



Issue 25

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NAF EL CENTRO

SANDPAPER



Base wins \$110K award for excellence

By Kristopher Haugh

On Monday, Naval Air Facility El Centro received the official notification that it won the fiscal year 2012 Commander in Chief's Award for Installation Excellence, Small Base Category for Navy Region Southwest, Oct. 30, 2012.

The award recognizes the efforts of the Sailors and civilian employees, in meeting the Commander Navy Installations Command's vision of support to the "Fleet, Fighter and Family".

Innovative energy conservation practices, environmental stewardship, operational efficiency and quality of life improvements are some of the components that were graded during the process.

The base will receive \$110,000 which will be used for sustainment, restoration and modernization throughout the facility.

"There were 10 bases in our region that competed in the large and small categories," said Todd Mitchell, program analyst for the installation here. Mitchell was the project manager in the compilation of the award submission package.

The base advances to the next round of competition scheduled for November. First, second and third place nominations will be forwarded to Commander Navy Installations Command and the Navy's winner will be announced in December, Mitchell said.

"If we make it that far, we are then in competition for the Commander in Chief's award for the entire Department of Defense," Mitchell added.

The announcement for the Department of Defense award is scheduled for May, 2013. ❖

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COMMANDING OFFICER'S Q & A



Why don't we have pediatric care on base? (Submitted by an E3)

Great question.

Unfortunately this is associated with the reality of a small installation. Because we have a small base population, and with it a small number of patients under the age of four, providers at the Navy Branch Health Clinic El Centro specialize in Active Duty medicine and adult medical care (such as aerospace medicine) and collaborate with nearby hospitals in the community for pediatric care and other types of specialized medicine. We are fortunate to have a superb team of medical professionals who are more than happy to provide referrals for any and all specialized care needs.

Can we extend the JetMart hours to 2200 or 2300 since some people work nights? (Submitted by an E3)

Great question and one that is asked frequently.

This is something we are looking into. The NEX is exploring the cost effectiveness for the Exchange to be open extended hours. We did a test run in the middle of October and the customers just weren't there to justify the cost of staying open later. We will revisit the matter in the beginning of the year.

Why did you want to be an aviator and fly fighters? (Submitted by an E4)

Thank you for your question.

I spent a good amount of time in my formative years hanging around the flight line of (then) NAS Miramar. From the time I saw my first F-14 Tomcat fly, I was hooked. The possibility of serving my Country and defending freedom - especially during the Cold War with the Soviet Union - while flying these sleek, beautiful fighters on and off of aircraft carriers and the physical and mental challenges that came with it appealed to me. I was fortunate enough to earn my wings and join my first Tomcat squadron 24 years ago. It has been an honor and privilege for me to be part of the great heritage of Naval Aviation for the past 26 years and serve alongside all of you - truly our Nation's finest.

Keep up the tremendous performance and remember that we are "Mission First, People Always". ❖

--CO

The CO will answer questions submitted by base personnel, military and civilian. To submit your question email it to the paper at:

W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

EARTHQUAKE SAFETY NOTE

A little knowledge and a few precautionary measures can enormously increase your chances getting through an earthquake - or any other type of hazard. The keys are education and preparing in advance. The earthquake safety tips will not make you an expert. However, they could make a life-saving difference if you find yourself in an earthquake situation. <http://geology.com/articles/earthquake-safety.shtml>



COMMAND MASTER CHIEF



Team NAF El Centro,

November is a time to give Thanks. It is especially so on 11 November every year. Though we shouldn't wait to be reminded, it is certainly fitting to extend sincere gestures of thanks to those we serve with and to those Veterans who have served before us.

This will be my farewell message to the Sandpaper as my relief CMDCM John Crewdson will report onboard early in November.

I feel incredibly blessed, and thankful for having had the opportunity to wear our Nation's cloth for over 30 years in our United States Navy. I am filled with pride in the accomplishments of all the men and women that I have served with over my career, and humility in being able to serve with each of you at NAF El Centro.

In all things, I have tried to do all I could to provide whatever was needed so you could be prepared to carry out your missions successfully, and to be prepared with your "A" game at all times. I encourage you to stay focused on the mission and take care of your shipmates.

I will always be thankful for the generous spirit and talent of our Sailors. Since my arrival to El Centro just over 28 months ago, the Sailors at NAF El Centro have really stepped up to make many improvements to all four of our Blue Angel static display aircraft, the "Field of Flags" representing all 50 states and built two memorials. Your dedication to making the Pearl of the Desert the best that it could be has been noticed. By your efforts, NAF El Centro was recently selected as the "Best of the Best installation" within the CNRSW. *You should be very proud!*

Lastly, for all of you that live and work at the Pearl of the Desert, I am thankful for your friendship. You have all enriched my life.

With my thanks and blessings to you all ❖

- CMC

Hails



LCDR GUNNER KESLER



MA1 JAMES PELGEN



PRAN DANIRIONDO ORDONEZ

No Picture Available:

AZ2 NANETTE BALTAZAR

AZ3 CODY HOSLER

ATAN ANDREA PETERMAN

ATAN RACQUEL HALL

AOAR MATTHEW ROSOL

Farewells

LT COVINGTON, TODD
MA2 BLOUNT, CAMERON
AOC BRITTAIN, TYRONNE
AE3 RUSSELL, MATTHEW

MA1 FERNANDEZ, DWAIN
AM2 RINEHART, LAURA
MASN ORALLO, JONATHAN
AZ1 ZEPEDA, ELIZABETH





Planning for your particular separation...

By NC1(SW) Marc Jones



Every person in the Navy today will at have to go back to being a civilian. Separation may occur early in a person's career or they may retire. Regardless of the time you give your country, it's inevitable you will separate. Being as prepared as possible for this milestone should be a primary goal of every service member.

All Sailors are entitled to attend the Transition Assistance Workshop, better known as TAPS. This is a five day course where they give you information regarding your transition to civilian life. You must also see your Command Career Counselor (CCC) to complete pre-separation counseling before you go to TAPS. Both of these programs help you with your ability to become a civilian.

Whether you are retiring or just separating you need to start planning for your transition as soon as possible. Starting a resume is a good place to start. The resume is going to be one of the most important pieces of paper you prepare when looking for employment after the Navy.

Resume writing classes are offered here on base with Ms. Pat Braxton at the Fleet and Family Service Center in 214.

You will also want to see your CCC, personnel support detachment, medical department, and veterans affairs office prior to you leaving service. Being proactive and not reactive is the name of the game here and we should all strive to prepare ourselves every day we wear the uniform for the life that comes after. ❖



Please let us know when we make factual errors so we can get the right word out there!

Free Anti-virus Software Available

Navy Information Operations Command (NIOC) Norfolk has put together a brochure that lists ways Navy's Sailors, civilian employees and contractors can protect their computers, both at home and at work. The brochure and free anti-virus software are available to all [Sailors, DoD civilians and contractors](#). Only those at a .mil computer and using their Common Access Card (CAC) can download this software via file transfer protocol to their computer. However, once downloaded, the software can be saved to a compact disk and installed in home computers. NIOC Norfolk also suggests [CERT's Home Computer Security](#) website as a good source for home-cyber safety tips. ❖

<https://infosec.nmci.navy.mil/main/>

REENLISTMENTS

AE1 Behrmann, Matthew

MA2 Ludwig, Nicholas

AO2 Christensen, Heather

AO1 Oliver, Julian

AO2 Ayers, Darnel



The Wellspring - Chapel News



Marriage Matters. If you are married, have been married, or hope to get married some day, this is the sermon series for you! No one can help us understand how to make the most of our marriage than the one who created marriage in the first place. Our sermon titles are as follows—*How Not to Marry a Jerk/Jerkette, Divorce Court, Church Wedding, and Married With Children.* This series begins Sunday, 04 November, and ends Sunday, 25 November. ❖



Christmas Choir. Our annual Christmas choir is bigger and better than ever! Rehearsals take place on Sundays in the base chapel as we prepare for our concert on Sunday, 23 December. All interested youth and adults are welcome. If you have any questions, please contact RP1 Kirby at x2454 or justin.b.kirby@navy.mil. ❖



Schedule of Events:

- Adult Bible Study—All military, civilian, and contract personnel are invited to join us each Thursday from 0630–0730 at the Community Center (Bldg. 364). The current study is “Faith Lessons of the Bible,” a video-based study that highlights lessons learned from biblical history, geography, and archeology. The group is led by Pastor Jonathan Burkee of Grace Evangelical Lutheran Church in El Centro. Coffee and pastries are provided.
- Women’s Bible Study—This group meets every Wednesday night at 1800 on base at Chaplain Smith’s home (3345B Gila Bend). They are studying the book *12 Extraordinary Women* by John MacArthur. All women—single, married, civilian, and military—are invited to attend. If you have questions, contact Tammy Smith at tammysmith365@yahoo.com.
- Protestant Worship Service—Sunday @ 0900 – Nursery (4 and under) and Sunday school (ages 5-12) available.
- Catholic Worship Service—Catholic Mass is currently postponed due to the recent retirement of our Catholic priest. Please contact Chaplain Smith at jared.n.smith@navy.mil or x2290 for information on Catholic services available in the El Centro area.

Life Without Limbs/Life Without Limits

By Chaplain Smith

“What do you call a man with no arms and no legs?” This could be the opening line used by a careless comedian who couldn’t possibly imagine the hardship and heartache of living with such a harsh reality. But this is not a bad joke. It is reality for one man. His name is Nick.

Nick Vujicic was born in 1982 to Boris and Dushka Vujicic, a pastor and a nurse living in Melbourne, Australia. Nick was born without arms and without legs. His parents were devastated knowing that they would never see their son run, kick a ball, or ride a bike. They would hug him but never feel his warm embrace in return.

But it was Nick who would obviously have to deal with the daily challenges brought about by his disability. Physically, he would have to find ways to provide for his basic needs (cooking, cleaning, and self-care). Emotionally, he would have to overcome constant discouragement, disillusionment, and depression. And spiritually, he would have to discover a renewed meaning and purpose for his life—a reason to go on living.

Nick has been able to do all of this—and so much more! He has gone from a life without limbs to a life without limits! He swims, surfs, and even plays golf, living an independent life full of passion and purpose. Nick now travels the world as a motivational speaker encouraging others to overcome whatever adversities they may face in their life, delivering a message of help and hope for the hurting.

We are pleased to announce that Nick Vujicic will be our guest speaker at the Safety Stand Down scheduled for Friday, 30 November, at 0730 in the base theater. You won’t want to miss his humorous, heartfelt, and helpful presentation. Don’t miss it!

To hear from Nick and to learn more about him please visit the following link...

<http://www.youtube.com/watch?v=AW579icDRSA&feature=related>. ❖





IN THE SPOTLIGHT



Winning the Installation Excellence award: This is how we did it

A SMALL sample of the base's endeavors from the award package submission include:

- Provided 5,000 airfield hours of Air Traffic Control (ATC)/range/fuels/ordnance support to the Warfighter, including 37 types of aircraft from 22 wings across Contiguous United States (CONUS) and Allied Nations.
- Supported Deployed Warfighter Program headed by the Navy Entomology Center of Excellence (NECE), the United States Department of Agriculture Center for Medical and Veterinary Entomology, in coordination with 910th Air Wing and the Coachella Valley Mosquito and Vector Control district in California **to test and evaluate new disease vector control spraying techniques** at NAFEC's Parachute Test Range for use in Afghanistan theater.
- Supported Joint Task Force North initiative to employ ground-based air surveillance radar on NAFEC ranges to identify air threats in support of U.S. Border Patrol to deter, prevent and support the interdiction of threats to the homeland.
- Provided facilities to U.S. Border Patrol National Honor Guard Team in preparation for National Team Competition.
- The **only installation in Region Southwest** to conduct an annual air show. Over 50,000 aviation enthusiasts attended the 43rd Annual NAF El Centro Air Show featuring the Blue Angels Flight Demonstration Squadron; **the largest single day event in the Imperial Valley**. The annual Air Show **generated approximately \$1.6 million in direct/indirect economic value** to the Imperial Valley.
- Grand total of 22,000 lbs of food collected for the Feds Feeds Families - 400% above command goal and a 400% increase from FY-11. **As one of the smallest Navy installations, "Team El Centro" donations exceeded that of several CNIC regions.**
- Organized 28 community relations events, involving more than 175 military and civilian personnel/dependents, devoting more than 440 hours and assisting more than 29,000 people.
- Senior leadership routinely participated in "Career Day" fairs at all school levels in the Imperial Valley to discuss career opportunities in the Navy, serving your country, community involvement and the mission of NAFEC.
- Coordinated with multiple U.S. and foreign detachments to create COMREL opportunities. For example, United Kingdom helicopter fly-in, presentation and aircraft tour at McCabe Elementary School.
- Organized Annual Open-House Christmas Parade/Tree Lighting Ceremony that included floats crafted by various local organizations and tenant commands, multiple school bands, food and beverage concessions and a children's play zone. Event ended with all base children participating in the traditional tree lighting ceremony.
- Coordinated with Jaguar Motors to provide Presenting Level Sponsorship for annual air show; sponsorship included opportunity for **20 Sailors to drive the Jaguar XKRS before public release** and leading journalists from the automotive industry to test drive the XKRS on Runway 8/26.
- The facility provided support to key United Kingdom operations such as Royal Navy exercise DESERT COMMANDO; Army-exercises LYNX VORTEX and CRIMSON EAGLE (including Captain Wales (Prince Harry)); Royal Air Force-exercises NOCTEM WARRIOR and VENTUS MAGNUS.
- Due to NAFEC's outstanding support, availability of multiple ranges, desert environment and cost effectiveness, Ministry of Defense-Joint Helicopter Command has **consolidated all U.K. pre-Afghanistan deployment desert training from 5 locations throughout the world to a single training site: NAFEC.** ❖

Awards won by NAFEC entities during this period and helped push us over the top include:

- CY-11 Five Star Admiral Elmo R. Zumwalt Award recipient for excellence in lodging management. (Awarded in CY12)
- Gold Level FY12 Secretary of the Navy Energy and Water Management Award (based on FY11 accomplishments).
- Work Center Star Award - Safety Excellence Award to Environmental Division.
- 2011 Commander's Award for Design Excellence: Combined Child Care and Youth Center. (Awarded in FY12.)
- Work Center Star Award - Safety Excellence Award to Facilities Management Division.
- Activity Star Award - Safety Excellence Award to Public Works Department.
- Work Center Award - Safety Excellence Award to Facilities Engineering and Acquisition Division.

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
OCT	13	4	1373	98
NOV	11	4	1306	79



**Numbers subject to change based on availability of hangar space and time of squadron det request.

COOL TIPS

Sometimes we find a better way to do something and sometimes we see a easier way to get the job done. If you have a helpful tip on how to do something please send it to us. Everyone can use a helping hand! Send your tips to:



W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL



Summary of Mishaps 1000 Ways to Hurt Yourself



WELCOME TO THE LATEST EDITION OF THE SUMMARY OF MISHAPS, ANOTHER CHAPTER IN OUR ONGOING SAGA OF SITUATIONAL AWARENESS (LOSS OF), COMMON SENSE (LACK OF), AND COMPLACENCY (NO LACK OF).

WELCOME TO THE LATEST EDITION OF THE SUMMARY OF MISHAPS, ANOTHER OF OUR ALPHABETIC FORAYS INTO JUST HOW MANY DIFFERENT THINGS CAN PUT A DENT IN YOUR PLANS FOR THE REST OF THE DAY, AS WELL AS A DENT IN ONE OF YOUR EXTREMITIES. TODAY WE WILL SPELL N-A-V-Y...

N. NEGOTIATING CURVE, WHAT A MOTORCYCLIST WAS TRYING TO DO WHEN HE COLLIDED WITH AN ONCOMING BUS.

A. APPLESAUCE ON A HALLWAY FLOOR, SLIPPED ON BY A CIVILIAN CLERK AT A MEDICAL CLINIC. LEG FELT NUMB, AND THE CLERK THEN STUMBLED GOING DOWN STAIRS AND INJURED HER ARM. OFF WORK 11 DAYS.

V. VENDING MACHINE, TIPPED OVER WHILE BEING SHAKEN BY AN E-3

Y. YELLOW JACKET, STUNG EMPLOYEE WHO WAS PICKING UP A PALM FROND ON A GOLF COURSE. ❖

Survey season: an opportunity to make your voice heard

By Kristopher Haugh



The base is preparing to take its annual Defense Equal Opportunity Climate Survey and this is the chance for all base personnel, military and civilian, to have their voices heard, said Chief Petty Officer Shawn Kirchner, the facility's Command Managed Equal Opportunity Program Manager.

"The survey is scheduled for November," Kirchner said. "However technical difficulties with the Defense Equal Opportunity Management Institute's website might push that to the right a little."

The purpose of the survey is to get a sense of how things are going throughout all levels of the command, Kirchner said. We really want to know the good and the bad, what is working and where we need to improve, he added. "And I want to stress the fact that the survey is anonymous and confidential," Kirchner added in a matter-of-fact tone.

After the last survey we noticed there were some concerns about confidentiality, some members were not sure their responses were protected or that comments could be tracked back to them through the use of a survey number or by the demographics, Kirchner said.

"The survey, which will be administered on line, is completely 100 percent anonymous", said CDR Erik Franzen, the installation's Executive Officer.

"Take me for example," Franzen said. "I am the only white, male, O5 officer on the base; that's pretty specific. I was unable to locate my responses when reviewing the data because of the way the data is collected, organized and presented," he added.

While demographics are collected, they are only used to show trends within broad groups. The survey looks at race and pay grade for example but it does not detail the information. Individual minority groups or specific ranks are ignored and instead the data is grouped by ranges, according to survey guidance instructions provided to the Command Assessment Team.

The survey program uses trend analysis and not individual responses, Kirchner explained. The system does not care who said what, only that similar or dissimilar data points exist. It looks for areas of agreement, disagreement and the magnitude between those points, he clarified.

The only way for us to know anything about a person is during the open-ended questions, Franzen admitted. You would have to come out and specifically say, on each of the questions, "I am so-and-so and I think..." He added.

But saying that we need more or less of this or that program is completely untraceable, Franzen stressed.

We really need maximum participation and complete honesty to help us understand what our strengths and weaknesses are, where we are succeeding and where we need to focus more of our efforts, Franzen said.

One example of where changes can happen is the Sandpaper, Franzen said. There used to be a perception that on base jobs were not advertised adequately, now we publish all of the ones posted and we have links to pages where people can search for jobs as well, he added.

In addition to the survey, we make observations from administrative data such as advancement statistics, award nominations and re-enlistment demographics. There will also be follow-up group discussions and interviews with randomly selected base personnel, "to best triangulate the common consensus of the command," Kirchner said. We do that so we, as the Command Assessment Team, fully understand the scope of the issues, both good and bad, that the survey identifies. Then we can create a plan of action to address the negatives or capitalize on the positives, he added.

The bottom line is that we need all hands to participate, Franzen said. The process will not work if people do not speak up and let us know how things are going here at NAF El Centro. ❖

Morale, Welfare and Recreation



NFL SUNDAY TICKET

By Candyce Zavala

NFL Sunday Ticket is available at the Sundowner Club! Come out and root for your favorite team while enjoying draft specials, finger foods and half time games. Games begin at 0930 on Sundays and will continue to be shown all day. For more information contact Javier Guerra at 760-339-2996.



Liberty Half-Time Challenge
A special challenge during
NFL half-time...are you
game?
Starting at 2:30 pm



Stop in at the Liberty Center to sign up for some fun (open to active duty only). Check out the MWR Outlook for a full list of events!



Contact Information: <http://www.public.navy.mil/bupers-npc/support/nadap/Pages/DEFY.aspx>

Program Manager: AC2(AW/SW)Amber Huskey
Email: amber.huskey@navy.mil
Phone: (760)339-2601



NAF El Centro's Desert Eagle Squadron

Base Program Coordinator: AO2 Ashten Pins
E-Mail: ashten.pins@navy.mil
Phone 760-339-2606



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JOE'S SPORTS SMACK TALK



Congratulations to Team Wreck they are this year's 2012 Fall Softball Tournament Champions.

Training Time Out

By Kevin Cash

BE PREPARED !!

By now you have heard of the devastation caused by Hurricane Sandy. In the most populated industrially advanced cities in the world, people are still struggling to meet the basic necessities of life, food, water, shelter, power and sanitation. A general rule of thumb is to have enough non-perishable food and water for 72 hours. But what happens if recovery and restoration efforts cannot be met in that time period? You need to seriously consider developing a concrete plan for how to cook food without electricity.

To cook without electricity, you have several options. Many people count on cooking with a propane grill. This may be a short-term solution, but you must keep in mind that propane cannot be safely used indoors, as burning propane creates deadly carbon monoxide fumes. In case of winter weather, you must have a protected outdoor area in which you can cook. Additionally, propane cylinders are difficult to store, expensive, and potentially explosive.

In good weather, you can cook outdoors over a wood or charcoal fire using a Dutch oven. These pots can stew, fry, roast, or steam food. The best Dutch ovens are made of cast iron, which retains heat longer than aluminum pots. However, cast iron pots are quite heavy and can be prone to rust if not properly maintained. If you have a fireplace, you can cook using a Dutch oven in your fireplace.

Camping stoves are another popular choice for cooking without electricity. These stoves burn butane or other fuels. However, these stoves also release carbon monoxide and should not be used indoors. Again, a sheltered outdoor area must be available to use a camping stove in the winter.

In clear weather, you can also use a solar oven to cook and bake. A solar oven is fairly simple to make yourself, or you can purchase one pre-made. Solar ovens convert the ultra-violet rays of sunlight into infrared rays. The trapped infrared heat in the oven causes food to cook. However, these ovens are limited by the amount of sunlight available. In the winter, you may only have a few hours in which to do your cooking, so you must plan accordingly.

To cook safely indoors without electricity in the winter, you can also use "canned heat." These are the small, flaming canisters that caterers use to keep food warm and can be found under the brand names of Sterno, Heat-it, or Safe-Heat. These canisters use an alcohol-based, gel-like fuel that will not spill. They are fairly easy to find in a department store's camping section. Although you will need a stand to hold the pots of food over the heat, using this source of heat is fairly simple. A seven-ounce can will burn for up to two hours.

If you do not have a wood-fueled cook-stove in your home, you will have to plan for cooking without electricity. A good emergency plan [<http://www.harvestonfarms.com/How-to-Prepare-For-Any-Disaster-p/gb1.htm>] may include all of the above options, depending on the circumstances of the power outage. Above all, be sure that you cook with safety in mind. ❖



At the CYP...

By Joanna Lopez



The Child and Youth Programs (CYP) provide many fun and exciting opportunities for parents and sailors on base to participate in. This month we would like to highlight the benefits of becoming a Child Development Home (CDH) provider for the CYP. If you are unemployed, living in base housing and looking for a part-time or full-time job then look no further. The CDH allows you to take care of children in the comfort of your own home at your own time. It is also a great opportunity for spouses who are currently enrolled in school to earn some extra cash as well as recent parents to take care of their own children while taking care of others. The CDH is mission essential and is a CYP program established for parent and sailors whose work hours are outside our centers hours of operation. These hours can include regular hours to overnight shift and weekend care. CDH providers are certified and inspected by our program Director, Medical, Fire and Safety Departments. It's a great program for those who are also on tight budgets and are looking for child care that is 20% less than our regular fees at the CYP. Our providers are trained in CPR, First Aid and Fire Extinguisher Safety. Providers are also trained in USDA food standards and obtain reimbursement for the food fed to children. Our providers also get to pocket the fees charged for care besides the subsidy claimed for each child. So for those who are looking to improve your resume and become a providers there are great benefits that come out of this job.

Our two current CDH providers, Jhaizel Mata and Francis Oliver, have taken on this challenge to help out our sailors and parents on base. Mrs. Mata recounts her experience as a provider in a one on one personal interview:

Q. How did you become aware of this opportunity?

Mata: "I learned from MWR flyers. I wanted to earn income; it fit me because I could stay at home. I talked with Britney and then we talked with Miss Velinda and the next week we were already in training."

Q. What do you like most about his job?

Mata: "It's a profitable business, I can help my husband and it's nice. It feels great helping your neighbor with taking care of their children."

Q. What do you recommend to others who want to become a provider?

Mata: "To think about it, because it's a high paying job that you can do at work with no boss and making money and taking care of your child."

Q. Can you recount your first day experience as a CDH with a child?

Mata: "I was nervous because it's different when you're taking care of someone else's child than your own. You have to take good care of them and make them happy. The twins are really good. At the end of the day you're tired but it's good."

Q. How does your husband feel about the job?

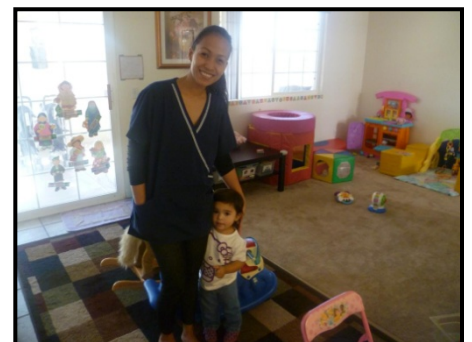
Mata: "He's very helpful and very supportive. He's there for me, when I need him and I'm happy."

Q. Would you continue studying to maybe go into this field?

Mata: "Probably be a teacher, if I have the opportunity."

Thank you to Jhaizel Mata and Francis Oliver who support our sailors in accomplishing their everyday mission.

The CYP is here to provide care for every type of schedule which includes CDH and After School Care. We strive to offer the best quality child care and affordable prices for all our parents and sailors. ❖



FALL FESTIVAL

At the CYP



RAPIDS Self Service

Do you need an 1172-2, Email Update, or to Update Contact Information?

Save Time -- Do These Actions Yourself Using the
RAPIDS Self Service (RSS) Website!

Just visit https://www.dmdc.osd.mil/self_service to get started.

You Can Use this Self-Service Website if:

1. You are a Sponsor.
2. You have a CAC.
3. You use a CAC-enabled personal computer.

MEDICAL CORNER

What's Up, Navy Doc?

"Behold: Don't Be Slowed by the Common Cold"

By: *Nadine Henley, LT, MC(FS), USN*



We are fast approaching the season of goblins and turkeys and Christmas lights, when the temperature outside has started to drop. With the joys of this season also comes a rise in the number of people suffering from the common cold. For fun, test your knowledge about the "common cold":

"True or False: The colder temperatures coming with Fall and Winter cause the common cold." (Clue: Read further for the answer.)

What is "the common cold"?

The common cold is diagnosed when a person develops a variety of symptoms in the upper respiratory tract that is caused by different viruses. While there are over 200 different viruses that can cause these symptoms, the most common viruses are rhinovirus, coronavirus and respiratory syncytial virus (RSV). Therefore, the "common cold" is a virus or virus-related condition.

Although the symptoms of the common cold are not life-threatening, they can lead to a large number of office visits to the doctor and missed days of work and school due to what you might call just plain old misery.

How does a "common cold" start?

A common cold starts when the person catches a virus from someone else who has a virus. The most common way of catching a virus is when that person touches a surface that has been contaminated with the virus – doorknob, grocery cart, etc. – and then touches his or her mouth or nose. Another way of catching a virus is when a person inhales the infected droplets of another person who is sick and sneezes into the air. That virus which has been loosened into the air attaches to the mucosal lining of the nose and mouth and that person then becomes sick with a "common cold." The immune system of that newly infected person produces white blood cells to attack and kill the virus.

Who gets a "common cold"?

Everyone! However, children are more likely to get common colds because they are in day cares and schools, where they are in close contact with other children the entire day. Also, a child's immune system is still immature; it might not have yet built itself to be strong enough to fight off the virus. Adults are more likely to get a "common cold" in the late fall and winter months because more people stay inside, which leads to a higher rate of spreading of the infection as they come into close contact with an increasingly larger number of people. Also, these viruses survive better when the humidity is low. Do not believe the myth that it is the actual cold outside temperatures that cause the "common cold" and its symptoms.

What are the symptoms of a "common cold"?

Sore throat. cough. sneezing. nasal congestion. watery eyes. and mucus production

What is the treatment for the "common cold"?

There is no cure for the "common cold," at least none that medical science has been able to create to date. Yes, that old saying you hear is entirely true; we have been able to come up with the technology and know-how to send men and women into space but we have not been able to cure the "common cold." Some ask, "Why not prescribe an antibiotic, like penicillin or erythromycin, for me?" The answer to that question is simple: Antibiotics fight bacteria; they are entirely ineffective in trying to fight a virus. The "common cold" is caused by a virus.

The best treatment for the "common cold" is supportive treatment – staying hydrated, getting plenty of rest, and treating the specific symptoms that you have (pain medication or throat lozenges for a sore throat, normal saline nasal spray for nasal congestion). These will not "cure" the virus nor will they make the virus go away faster, but they can help you feel better. Most common cold symptoms last from 7-10 days. If your symptoms have not improved or if they are getting worse after this time-frame, you might need to visit your doctor because some people can develop a secondary bacterial infection after the initial viral infection. These secondary bacterial infections can occur in the lungs, ears or sinuses and include bronchitis, pneumonia, ear infections and sinusitis which may become serious.

How can you prevent getting a "common cold"?

- The most important prevention tool is to wash your hands. Keep your hands clean and avoid touching your mouth and nose.
- Do not share eating utensils or hand towels with anyone who is infected.
- When you sneeze, do so by placing your nose into the crook of your arm; at least this may prevent you from infecting others.
- If you can, avoid being around people who have the above symptoms to decrease your risk of being exposed to the virus.
- When going to the grocery store, clean the handle of your cart with a moistened towel many stores offer nearby and then clean your hands as well before touching the cart handle again.
- When going to the gas station, do not touch the gas dispensing handle or the octane selector button with your bare hand. Instead, put your hand inside a plastic bag before touching anything. These gas station surfaces are touched by many people during an average day and can be the depository for many viruses and bacteria.
- At this time, there is no vaccine to prevent the common cold.

The monthly reminder:

As the weather gets colder, give the cold shoulder, to any thoughts of getting sick; the common cold can make a visit, though you'd think you can miss it, since you don't live in the Arctic. This virus is a common pest, that you can deal with best, by following simple advice; around other folks cover your nose, wash your hands and who knows, that virus might think twice. Prevent it by giving chase, before the virus invades your space, you must be bold. Keep the virus away, and to its dismay, you may just beat that "common cold." ❖

CLINIC INFO

By: HM2(FMF/SW) Menguita, R.
Branch Health Clinic, NAF El Centro

760-339-2674/2675



Branch Medical Clinic NAF El Centro is enrolling new patients.

The following are eligible to enroll:

- Active Duty Military Members
- Dependents – Up to Age 64
- Dependent Children – Age 4+
- Retired Military Members – Up to Age 64

To sign up stop by the clinic Monday – Friday from 0730-1600, or call our main number: (760) 339-2674. If you have questions, contact Ms. Wanda Vaughn at (760) 339-2674.

OUR OFFICE IS ONLINE!



You can:

- ❖ Visit your doctor through a web visit
- ❖ Get your lab results
- ❖ Schedule your next appointment
- ❖ Refill your medications

It is so easy to get started!!!!!!

Provide our front desk with your e-mail address and your PCM (Primary Care Manager) or visit us at our website at: www.RelayHealth.com. You may also send your information to HM2(FMF/SW) Menguita at: Recille.menguita@med.navy.mil

Exceptional Family Member Program (EMFP)



EMFP Regional Coordinator:

Ms. Jenny Turner jenny.turner@med.navy.mil

NMCSDFMFP Coordinator:

HM3 Ivan R. Perez ivan.perez@med.navy.mil

HMC(AW/SW)BELL SAYS: " LET THIS PFA SEASON BE YOUR JUMPSTART TO A CULTURE OF FITNESS. MY OLD FRIEND MICHAEL JACKSON USED TO SAY, "DON'T STOP TIL YOU GET ENOUGH". I PITY DA FOOL WHO WAITS TILL THE LAST MINUTE! "



Healthy Eating

DATE: NOVEMBER 13, 2012 TIME 1100 INSIDE BLDG. 4015
CONTACT HN PRATT AT 760-339-2674 BY NOV. 6 TO RSVP

Are you eating healthy? Please join us as we hold a nutrition class with Registered Dietitian Christine Favus. The class is intended to teach the importance of making good nutritional decisions by examining the food pyramid, analyzing nutritional information and categorizing foods as healthy vs. less healthy. You will understand how to change these habits by making healthy choices and eating balanced meals. Everyone is welcome to attend. ❖

DENTAL SERVICES: CAPT Grisham and his crew will be here 24- 28 September 2012. Please stop by after lunch as they are driving from San Diego. Ensure your Dental Classification is up to date. Class 1 and 2 are acceptable, Class 3 and 4 are non-deployable classes and affect your unit's readiness. Stop by to get your Annual Exam done. ❖

DID YOU KNOW? Only a Military Dental Officer can clear a spouse/ family member for Overseas screening. If the patient is being seen by a civilian Dentist in the network, they still need to be screened by a Military Dentist to clear them. This has something to do with the level or standard of care that we receive overseas, as well as coverage and payments. ❖



NAVY MEDICINE
World Class Care...Anytime, Anywhere

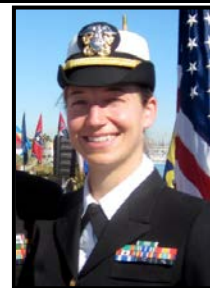
REFILLS*REFILLS*REFILLS*

Please be informed that Branch Health Clinic El Centro is unable to provide prescription refills. Please call the phone number listed on your pill bottle (619) 532-8400 and follow the prompts. (Pick up your medication at any of the Naval Pharmacy Locations, or have it mailed to you between 7-10 business days). Ensure you have enough medication and as always, please plan ahead. Thank you. ❖



“Theft of Government Property”

By LT Jasmine “JAG” Scott, USNR



Though the Navy may seem at times to be disorganized, it does have an intricate system of tracking its property. There is even a special article in the UCMJ devoted to address theft, loss, and damage to Government property by service members. Article 108 is split into three parts: 1) selling or otherwise disposing of military property, 2) damaging, destroying or losing military property, and 3) suffering military property to be lost, damaged, destroyed, sold or wrongfully disposed of.

First, let's determine what “military property” is. It is defined as “all property, real or personal, owned, held or used by one of the armed forces of the United States.” That means that everything from the extra stapler in the office to the SH-60 on the tarmac is property of the United States government and covered under Article 108.

So what's the difference between the different parts of Article 108?

Article 108(1) involves selling military property, which is pretty straightforward. If a service member sells military property, they are subject to disciplinary action. “Otherwise disposing of military property” could refer to a few situations where a service member maybe gives the military property to someone else whether he is aware if that other person will sell it or not. However, allowing someone to have access to a warehouse where they take military property would actually be an offense under Article 108(3).

Article 108(2) and 108(3) address the differences between willful and negligent actions. Article 108(3) uses the word “suffering” which simply means permitting or allowing. A negligent loss or damage to government property occurs when a service member had a duty to protect that property and failed to do so. Willfulness is established when there is evidence the service member had the intent to destroy or lose the military property. In the case of an MA and his rifle, if the MA left his rifle at the range and it disappeared when he returned for it, that would be negligent loss, and charged under Article 108(2).

In contrast, if the MA threw his rifle off the deck of a ship because he hated wearing NWUs, that would be a willful loss of government property, still charged under Article 108(2). However, if an MA was ordered to guard an armory, left it open overnight, and there were arms missing the next day, the MA may be charged with “suffering” military property to be lost, Article 108(3). This is the case even if it was a complete mistake; the MA did not have anything to do with taking the rifles. The MA had a duty to guard the military property, and their negligence caused that property to be lost.

The same standards apply for damaging government property. In general, the Navy anticipates that all property can only take a certain amount of wear and tear. So if a fuel line busts on a chopper while a helicopter mechanic is turning his wrench, the mechanic won't be charged with Article 108 unless there is some evidence that it was a criminal act and not just a mistake.

The maximum punishment for Article 108 varies depending on the facts and the value of the military property. However, as a general rule, the max punishment for violation of 108(1) of military property greater than \$500 or of any firearm or explosive is a dishonorable discharge, forfeiture of all pay and allowances, and confinement for 10 years.

Remember that despite these provisions in the UCMJ, military property is meant to be utilized by service members to carry out the mission. Any damage or destruction that is accidental and occurs while carrying out the plan of the day is not considered a criminal act. However, these provisions do exist to punish those who do sell, lose, destroy or cause sale, loss or destruction of military property with criminal intent as defined in Article 108. ❖





DISASTER PREPAREDNESS

Giant Voice

By LT. "Secret Steve" Kireta

In the next couple months you'll notice 3 towers erected around the base. One near the CYP, another behind NGIS, and the third will be off of G Street. Each tower will stand approximately 50ft tall with several round dishes on the top. The three new towers are the most visible portion of a Giant Voice system and will be an addition to the base's Wide Area Alert Notification (WAAN) system. The towers will allow for time sensitive information to be disseminated quickly to all base personnel in a timely manner whether it be after an earthquake or during our annual air show. Each morning Colors will be played on the system as a daily test. The Giant Voice system is a welcome addition to Emergency Management's commitment to base safety here at NAFEC. ❖



Helping Hands

Giving Thanks

By Chaplain Smith

How will you spend your Thanksgiving this year? Most of us will take time to enjoy one of the following traditional activities—spending time with family/friends, feasting on turkey, or watching football. And in some cases, we'll do all of the above! These "main dishes" are what Thanksgiving is all about.

But allow me to suggest adding an additional item to your Thanksgiving celebration this year—a side dish of service.

Thanksgiving, of course, is all about giving thanks. And I can't think of a better way to give thanks than to give of ourselves—our time, talent, and treasure—to those who are less fortunate. There's something about serving others, especially at the Thanksgiving season, that demonstrates just how thankful we truly are for all that God has graciously given to us.

If you would like to add a side dish of service to your Thanksgiving plans this year, please consider the following two COMRELS. If you have questions or would like to participate, please contact RP1 Kirby at justin.b.kirby@navy.mil or x2461.

Niland—This COMREL is scheduled for the third Wednesday of every month from 0730-1230. Sailors travel to Niland, CA. Duties include unloading pallets of food, sorting food for distribution, and assisting in carrying bags of food for elderly and/or disabled recipients. The next service date is 21 November.

Niland Thanksgiving—Sailors and civilians are encouraged to join us as we serve a traditional Thanksgiving meal to approximately 300 residents of Niland, CA. The hours of service will be from 0800-1600. The service date is 22 November. ❖

A Word of THANKS...

We would like to thank the 5 volunteers (3 sailors and 2 Brits) who participated in the Niland COMREL in October, including CPL Jones, CPL Yewkins, AM1 Napier, RP1 Kirby, and HM3 Mata. Together they served more than 300 local residents.

We would also like to thank the 13 volunteers (8 civilians, 3 sailors, and 2 Brits) who participated in the Treats for Troops COMREL in October, including LT Henley, MA1 Stroupe, RP1 Kirby, Velinda Cruz, and several teens from the CYP. Together they served 1000 members of our military deployed overseas. ❖

Date Night

with ABFC(Ret.) Marc Willis

----- A Movie Review -----



Movie Title: Taken 2

Players: Liam Neeson, Maggie Grace, Famke Janssen

Genres: Action, Crime, Drama

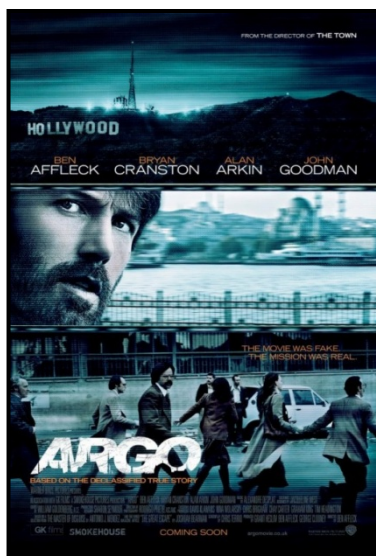
Rating: PG-13



After a slow September in the movie world there was finally more than one movie I was looking forward to seeing. And as usual, my lovely wife, not so much as she just wanted hot buttered popcorn and a diet Dr. Pepper. I on the other hand am a big fan of Liam Neeson and Famke Janssen not to mention the first Taken feature film. That film was filled with high end action and suspense throughout, additionally receiving high marks as a top action movie for 2008. So would the sequel satisfy my anticipation or would I be taken aback?

Following the original's slow beginning Taken 2 begins with a Bryan (Liam Neeson) looking to spend time with his daughter Kim (Maggie Grace) as they have a driving date. Perhaps his C.I.A. training came into play as most parents can attest to the stresses associated with teaching teenage daughters to drive egh...um...Whitney. Maybe not, however they would come into play in a major way as he and his family are targeted by the father and boss of the Albanian crime organization that kidnapped Kim. Bryan, though, received assistance from Kim, possibly (pun intended) the world's youngest C.I.A. operative in thwarting their assailants.

As you know the chief reason for my wanting to see this film was for the action. Taken two has an ample amount yet not to the preferred standard. This in no way detracts from the film as once the plot takes off it takes off in a big way. With that being said, I rate this film four anchors out of five. ❖



Movie Title: ARGO

Players: Ben Affleck, Bryan Cranston, Alan Arkin, John Goodman

Genres: Biography, Drama, Thriller

Rating: R



The Iranian hostage crisis may just be a page in American history books to some but to others it is a horrifying chapter in personal diaries.

Argo was another of the movies I wanted to see in the month of October. My beautiful wife was actually *okay* with this one ergo she only needed a small popcorn for the duration. My interest in this film stems from the fact of the storyline being based on actual C.I.A. events; events that were still classified as recently as 1996. In addition, Ben Affleck has become quite the director with *The Town* and *Gone Baby Gone* already under his belt. His acting skills aren't too shabby either. His skills would need to be on full display if he was to dramatize the dramatic.

As the dramatization unfolds onscreen the revolutionary Iranians are in the midst of taking over the U.S. Embassy, forcefully I might add. The six diplomats that avoided capture are aided by Tony Mendez (Ben Affleck) and his team John Chambers (John Goodman) and Lester Siegel (Alan Arkin). The success of the operation hinges on Tony's experience and cool demeanor to train and guide the terrified individuals to safety CIA 101 style. The caveat was that this was to be done in a matter of 72 hours. Using passports and tactics Jason Bourne and Michael Westin would be envy of the group navigated through their precarious predicament smoother than a Porsche traveling on Bennett Rd. With that being said, I rate this film four anchors out of five. ❖

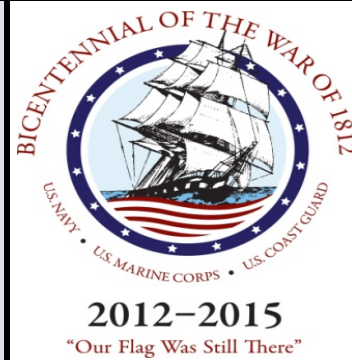


WHAT WAS GOING ON...

In November during 1975 - NAFEC Sandpaper

HUNTERS ALERT: Hunters turned out in very large numbers on Saturday in Imperial County where pheasants provided by the DEPT. of Fish and Game were released last week. More than 13000 birds were released.

NAVY PLANS 600 SHIP FLEET: The number of active navy ships has dropped from 976 in 1968 to 483 today. Both the Secretary of the Navy and the Chief of Naval Operations have called for a rebuilding of the active fleet to about 600 ships by the mid 1980's. This is being done to maintain a balanced force.



MAKE A STAND.
MAKE A DIFFERENCE.
MAKE IT COUNT.



For more information on how to cast your vote, contact your Navy Voting Assistance Officer or visit www.fvap.gov.

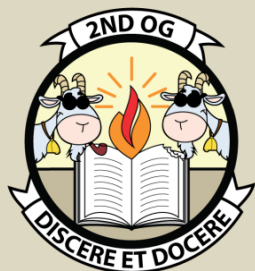
VOTE 

FFR www.fvap.gov

Honor the past  Support the Future

Vote!

VOTE !!!



LOCAL HISTORY BY TWO OLD GOATS



Did you know....The Air forces Project Blue Book investigated three Reports of UFO's in El Centro in 1957 and 1958? (Project Blue Book 1947-1972, NARA) Along those lines....there were two documented reports of Japanese Fire Balloons in the Imperial Valley during World War II. One was sighted over the Salton Sea as reported by the Salton Sea Air Station, but Air Intercept turned up nothing. The second was reported crossing the mountains headed toward El Centro and landed at Laguna Salada, Mexico where it was deflated by a strafing run and guarded by the Mexican Army until turned over to the US Army. (War Diary's of MCAS El Centro, NARA)



Next month the 2OG will have an in depth report on the fire bombs! ❖

A LETTER OF THANKS...

I would like to take this opportunity to thank the Installation for supporting all CYP events. Your presence motivates staff because we know we have people like you who believe in us, and what we can do for the children and the community.

I am still overwhelmed about the successful turn out at the Fall Festival. It was not perfect but the community especially the children had a wonderful time. CYP would not be able to do these events without the people behind them.

People, groups and individuals who helped 2012 October Festival happen:

- Commanding Officer, Captain Devon Jones and Executive Officer, Commander Erik Franzen for their unwavering support of our program, for this event and throughout the year.
- MWR (Administration, Gear Issue, Auto Hobby, Liberty, Mirage and Maintenance) for providing us the tables, chairs, booth set up, hayride, popcorn and snow cone machine and people to help out.
- Ms. Michelle, Mr. Kris and Pat Braxton for spreading the news for this wonderful event.
- Mr. Jim Shinn's support in talking to our families during the event.
- The Women's Auxiliary of El Centro (Kim Berry and Megan Bell) for having a booth and sharing arts and crafts activities to our children.
- Ms. Amber Huskey and the DEFY group for sharing a booth and handing out goodies to children and families.
- Ms. Gaylla Finnel from Navy League for sponsoring us the prizes.
- Ms. Trina Jones and Tamara Benavides who sponsored the 200 cupcakes for the cakewalk booth.
- Ms. Shannon Franzen and the Girl Scouts for volunteering their time to help in the different booths.
- Mr. and Mrs. Tim Stroupe for running the hayride till eight in the evening, in full capacity and Conor Dee for making sure those children were entertained during the ride with his clown costume and acts.
- Mr. David Gupton from the Dessert Eagle Squadron and his cadets for helping out to the event booths and clean up.
- Fire Department for taking Sparky and staying for the event to support us.
- Mr. Milton and 4-H partners for sharing their pets in the petting zoo.
- Mr. and Mrs. Hann from American Legion who gave out pencils to the children and offers their support for future events.
- AOC for sponsoring the black sheeting for the haunted house and providing the lights for the night.
- Commissary for sponsoring pumpkins for decorations.
- WTC who cleaned up after our big mess.
- CYP teens for being excellent actors and actresses who scared people at the haunted house.
- CYP teens and school age children for covering the booths and helping prepare for the night.
- Mrs. Hernandez for lending us some decorations to our haunted house.
- To all the families, friends and children who came to support the event and shared the fun with us.
- To our volunteer parents who gave their time to manage booths and parents who sponsored some supplies.
- To Jason our new MFLCC at CYP for giving us the support, motivation and a helping hand throughout the event.
- To all CYP staff (Mickey, Maria, Sylvia, Kate, Joanna, Lola, Anita, Denise, Serina, Stephanie, Robin, Von and Ernie, Ms. Marie and Katrina) for preparing and decorating the booths and activities, manning and supporting this event, preparing food for the event on top of their full schedule.

It is not our intention to forget anyone but if I do, I apologize now. CYP staff and administration just want to thank each and every one who helped out for this successful event. We are so grateful for giving us a chance to share a fun event with you and we are looking forward to working with you in our future events. ❖

Sincerely,

Velinda Cruz
CYP Lead



LA MIGRA MONTHLY

By The Border Community Liaison



BORTAC

The Border Patrol Tactical Unit provides an immediate response capability to emergency and high-risk incidents requiring specialized skills and tactics. BORTAC has a cadre of full-time team members headquartered in El Paso, Texas and non-full time members dispersed throughout the United States that can be called upon when needed.

The team is unique in that it conducts training and operations both within the United States and in other countries in furtherance of the Border Patrol's mission. BORTAC also trains and equips Sector Special Response Teams which provide Sector Chief Patrol Agents with the same specialized rapid-response capability within their respective areas of responsibility.

The unit was created in 1984 in response to rioting at legacy INS detention facilities. Originally created to fulfill this civil disturbance function, the unit quickly evolved and acquired additional skill sets in high-risk warrant service, intelligence/reconnaissance and surveillance, foreign internal defense training, airmobile operations, maritime operations, and precision marksman/observer.

BORTAC is unique in that it provides a global response capability. The unit has conducted training and operations with both foreign and domestic law enforcement and military entities throughout the United States and around the world, including in support of Operation Iraqi Freedom and Operation Enduring Freedom.

Candidates that apply for BORTAC score a minimum of 90% on the Border Patrol Physical Efficiency Battery (PEB) and the Border Patrol firearms course of fire. Even if candidates pass the battery, for the chance to go to the BORTAC training course, the applicants must have one of the top 75 scores of all applicants in the country. Once selected to go through the intense BORTAC training the training is grueling and many people are unable to complete the full course.

The BORTAC Operator Training Course was designed to mirror aspects of U.S. Special Operations Forces selection course. The grueling BOTC, which may last over a month, begins with physical testing in push-ups, sit-ups, pull-ups, a 1.5 mile run and a pistol qualification. Those candidates who pass the initial testing must then complete a timed six-mile ruck-march with a weighted pack and be tested in swimming, treading water, and drown-proofing.

After completing the entire testing phase, candidates undergo weeks of intense training in small unit tactics, operation planning, advanced weapon skills, defensive tactics, and airmobile operations. Before graduating and putting the BORTAC wings on their uniform, candidates must demonstrate the ability to function in a team environment under stress and sleep deprivation. Upon graduation, BOTC graduates may work alongside other operators on their Sector Special Response Teams, while learning advanced techniques in weapons and tactics.

If you have any suggestions for articles or have things you would like to ask us about the United States Border Patrol, please contact Border Patrol Agent Trevor Ambrosini at trevor.n.ambrosini@cbp.dhs.gov ❖



IMAGES FROM THE NAF EL CENTRO FALL PHOTOCALL



Dueling Prowlers
by Jeff Welker



Ready for Launch
By Anthony Taylor



MASN Vassell Monitors the Flight Line
by Kristopher Haugh



VMFA-155 Silver Eagles by Jeff Welker



Four in the Green by Anthony Taylor

NAVAL AIR FACILITY EL CENTRO'S
"FLEET AND FAMILY SUPPORT"
QUARTERLY CLASS SCHEDULES

FLEET AND FAMILY (MRS. PAT BRAXTON)
760-339-2242

CLASSES WILL BE HELD IN BLDG 214 (FLEET AND FAMILY OFFICE)
NOTE: ALL FLEET AND FAMILY CLASSES WILL BE HELD ON THURSDAYS!!!

(DEC 6 TH)	
PREGNANCY RESOURCES	1300-1400
PREPARING FOR AN OVERSEAS TOUR	1400-1500
(NOV 8 TH , DEC 13 TH)	
RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500
(NOV 15 TH , DEC 20 TH)	
GOAL SETTING	1300-1400
ASSIST WITH HOME PORT CHANGES	1400-1500
(NOV 22 ND , DEC 27 TH)	
BUDGET CLASSES	1300-1400



BASE CLINICIAN (MR JIM SHINN)
760-339-2241

CLASSES WILL BE HELD IN BLDG 401 (WELCOME CENTER)
NOTE: ALL CLINICIAN'S CLASSES WILL BE HELD ON TUESDAY'S
1330-1430

NOVEMBER

- 6TH – CONFLICT RESOLUTION IN THE WORKPLACE
- 13TH – POSITIVE PARENTING AND SCHOOL PROBLEMS
- 20TH – LOVE LANGUAGES-IMPROVING MARRIAGE RELATIONSHIPS
- 27TH – COPING WITH THE HOLIDAY BLUES

Desert Doodles



By Joanna Lopez

RECENT EVENTS

IN THE PEARL OF THE DESERT



Firefighters push their newest rig into the bay signifying its readiness!



Getting the small pool refurbished is a BIG feat!!



Our allies, the Brits, take time to teach students from IVCC about their mission and training here at NAFEC!



The Franzen family at Halloween!



Bell ringing before the Navy Ball!



Base personnel walk the track in an MWR sponsored Breast Cancer Awareness event!

HOW TO GET NMCI HELP:
(866) 843-6624

SANDPAPER CONTACT INFO:
E-MAIL:
W ELCN PAO SANDPAPER GS@NAVY.MIL

VASSELL'S RUNNING 101

Greetings from the aspirations of a dedicated sailor!

My name is Oronde Vassell and I am stationed in NAF El Centro. My job here is with Security and I am loving every bit of my tour thus far. So much so that I will like share a bit of my passion and knowledge for the sport of running.

What I hope to create from this article is a running segment for personnel on base who, if active duty military, would like to increase their performance for the PRT or other runners who just want to become more educated on proper footwear for their day to day workout regime.

What you can expect is articles on running gear, nutrition, techniques, stretches and running shoes. We might also start a running club. Nothing serious! If you have never run before and want to learn we can do that. If you have been running but want to take it to the next level, we can do that too. People run differently, have different goals and different levels of physical fitness. If we start a club, it will not be one size fits all.

As a former Nike sales representative in New York city and Division I track athlete, I learned quickly one of the golden rules of choosing the right pair of running shoes: "Never buy running shoes based on the colors or style. Just because they look great doesn't mean they'll be the best running shoe for you." In my daily research as an aspiring professional runner I have broken down running into three categories: Passive, Aggressively Sound, and Active. Passive consists of your occasional jogs on the track or around the base but nothing too serious, just enough to get a good sweat and maybe a warm up before your workout. Aggressively Sound being your hardcore runner who is more aware of their body type and how much to put out (which is typically no limit). These runners are either your elite everyday joggers or once athletes who "still got the touch." Lastly there is the active runners being every once in a while you will run on the treadmill and do a light jog. You're more conservative and in tune with your body but you typically have one gym shoe for everything. Which runner are you?

Any questions, comments, concerns please feel free to contact my email: oronde.vassell@navy.mil ❖

PEER SUPPORT IN THE PEARL

By Jim Shinn

Are you a people person? Do you sometimes worry about co-workers and their families? Do you like to help others? Have you thought about career possibilities in human services? The Fleet and Family Support Program is offering monthly lunch meetings to those who are interested in being part of a Peer Support System in the Pearl. Two groups are being organized. One is for active duty members, and this group could possibly organize a local CSAAD (Coalition of Sailors Against Destructive Behaviors). The other is for those civilian employees working here on the base. The food will be good (and free), the learning valuable, the fellowship fun and it will be opportunity to get together with some characters who care!! If you have questions, or if you are interested, or want to recommend a co-worker, please call Jim Shinn at FFSC 339-2241 or email him at james.shinn.ctr@navy.mil. ❖



2012 Base Christmas Party

Tickets for the 2nd Annual NAFEC Christmas Party go on sale 01NOV12. It will be held 15DEC12 at the Mirage Club from 1800-0000. Dress code is business casual and your ticket purchase, \$20 for everyone, includes your choice of prime rib or grilled chicken breast. Please contact one of the following Christmas Party representatives.

AOC Irvin ext. 2606
 HM1 Burns ext. 2674
 AO1 McClure ext. 2606
 AO1 Pinero ext. 2679
 AZ1 Avila ext. 2655
 AO1 Oliver ext. 2962
 AO1 Araya ext. 6011
 AO1 Williams ext. 2606
 AZ2 Wallace ext. 2606
 AO2 Guidinger ext. 2606
 MA3 Reckmann cell 507-923-1775



*Please purchase your tickets by 10DEC12. ❖



LOVING SAILORS! Part 7 of 7

By Jim Shinn



I'd like to say that I saved the best for last, but sailors and their partners are such a diverse group, what was helpful for one person, might be unnecessary for the next. We have been sailing along using the SAILORS S-A-I-L-O-R (Serve, Affirm, Intimacy, Listen, Open, Respect) to take us through the storms and smooth sailing of life's relationships. All the above are important values and the last one, which completes SAILORS is Show. When it comes to love, it needs to be demonstrative, and every day is time for "show and tell." Feelings are important, but they don't affect others until we see or experience it. For a mission to be successful, all parts of the team need to do their work. On a sailboat, someone has to manage the sails, control the rudder, cook the food in the galley and more. Just because I care about the other sailors on board, if the food doesn't get cooked or the hatches are not battened down, I don't care how much you love me, I will be hungry and maybe wet.

Whether on the job or at home, work is how we show we care. When our children are small, no one denies the responsibility we have to feed, get up at night, change the diapers and act goofy with our children. We do it because we love and want them to grow up strong, healthy and happy. Adults, whether spouses or co-workers, need us to do things for them so that they will feel loved, respected, supported and cared for. Showing others how we feel is often work, because we often don't feel like doing it. A week doesn't go by where I don't feel like staying home and goofing off, but that doesn't get the job done, or the paycheck filled. When we show up, and show that we care, people, especially my boss, clients and wife are satisfied.

None of us are "super-sailors" and do all the loving things all the time (Serve, Affirm, Listen, etc.) but we can be better than yesterday and plan on being more loving tomorrow. If you have difficulty being loving or more loving, help is a phone call away. Talk to your supervisor, the base chaplain or the counselor at Fleet and Family Support (339-2241). If you reach out, I guarantee, you will get help because here at the Pearl of the Desert we want to be about loving sailors!! ❖

Notable Notes!!!



The ATM has been relocated to the NEX/Commissary/Liberty Center Complex. It is located next to the Red Box out front of the NEX entrance.

FUN STUFF IN SAN DIEGO:

Looking for something to do on your next trip over the mountains? Check out the following link from MWR. Events are open for active duty, reservists and retirees.

<http://navylifesw.com/sandiego/about/nltw>

Putting you "Ballers" on notice! 1100-1230 Monday-Thursday daily basketball pick-up games held in the Sports Center. Bring your game, not just your shoes.

A reminder

Do not plug U/A USB devices into your NMCI computer

This includes smart phones. Your account will be **locked** out and that is bad.

Thanksgiving Word Search



- ALGONQUIN
- AMERICA
- CANOE
- COLONY
- COOK
- CORN
- ENGLAND
- FALL
- FAMILY
- FEAST
- FREEDOM
- GRAVY
- HARVEST
- INDIANS
- JOHN CARVER
- LONGHOUSE
- MAIZE
- MASSASOIT
- MAYFLOWER
- MILES STANDISH
- NEW WORLD
- PATUXET
- PIE
- PILGRIMS
- PLYMOUTH
- PUMPKIN
- PURITANS
- SAIL
- SAMOSET
- SETTLERS
- SICKNESS
- SQUANTO
- SQUASH
- STUFFING
- THANKSGIVING
- TREATY
- TURKEY
- VOYAGE
- YAMS

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A	V	O	Y	A	G	E	Z	R	Y	H	Z	E	G	E	A
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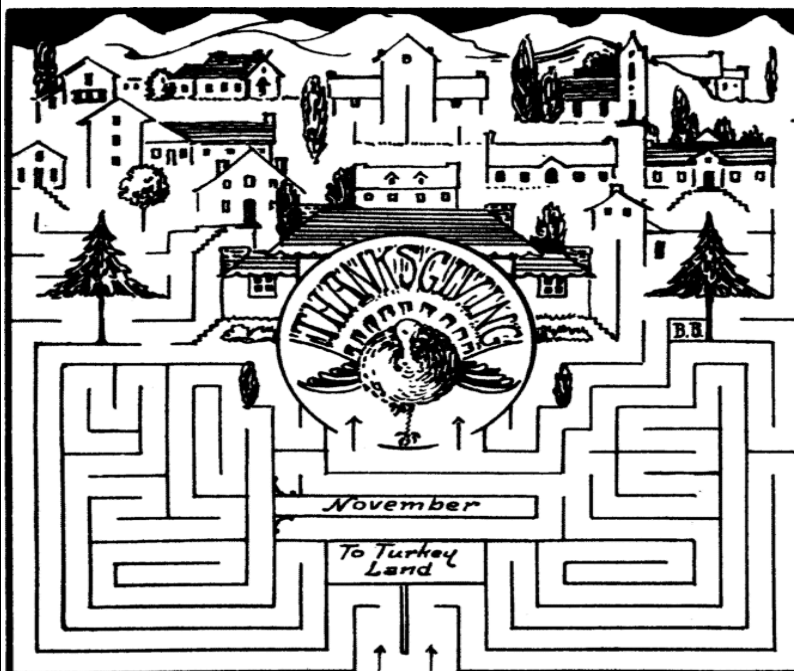
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 Happy Thanksgiving!



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MAZE



KID ZONE



Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

I was fortunate to have gotten to go to the Southwest High School Volleyball tourney with my daughter who plays with the Seeley Suns. It was a fun-filled day with lots of teams, lots of players, and constant movement from one court to the next with the anticipation of who will play next. Coaches coaching and referees reefing, snacks being sold, and cheering in the air. That got me to thinking about all the sports that is goes on here in the valley. While I am not a frequent spectator as of late except my daughters volleyball team, I have enjoyed going to watch the kids that want to work together as a team and I have passed up the opportunities to watch professional sports due to my own personal belief that they get paid too much to play a game. I want to watch someone have fun! My team winning is just a bonus, although I don't claim teams. I don't affiliate with any one high school, but high school athletics is still good entertainment, not to mention cost effective because it is close and admission prices are low!

Sports seasons are divided up into fall, spring and winter and no matter what you enjoy there is a school with your sport. There are the high schools but don't forget the local Imperial Valley College, Pop Warner football, the elementary schools, and a host of sports sponsored by the city leagues. Sports are not the only spectator events to go and watch. There is also Cheerleading, Flag team, clubs, theater, and band. The schools also sponsor camps for different sports which is a good source of revenue for the athletic departments.

Unfortunately football season is almost over, but that only means that Basketball season is right around the corner starting at the end of November going through February. After that comes Baseball/Softball season which mentions only the three biggest sports. Not to diminish sports like wrestling, track and field, cross country, tennis or volleyball, but if the school offers those you can find them on the links. Take a look for the schedule of your favorite spectator sports and go out there and support someone that is earning an education and playing for fun - not millions of dollars, fame, and endorsements! Support the home team!

<http://www.brawleyhigh.org/>

<http://www.spartansnet.net/>

<http://ihs.imperial.k12.ca.us/>

<http://www.eaglesnet.net/>

<http://www.imperial.edu/courses-and-programs/athletics/>

<http://www.elcentrochamber.org/tourism/sports-and-recreation/> El Centro Chamber of Commerce ❖

Brawley High School

Central High School

Imperial High School

Southwest High School

Imperial Valley College



CLASSIFIEDS

JOB POSTINGS

FREE SERVICES: Would you like to be more prepared if a disaster, natural or manmade were to occur? You can be prepared for the unexpected. **Join the Imperial Valley Ready Group** to get items such as 72 Hour Kits, food storage and emergency items. For more information email LT Marcie Wilde at marcie@wildeforce.com.

CAR/VAN POOLS

If you commute from San Diego to NAF El Centro, please contact:
Tom Holman at 760-339-2533 or
thomas.g.holman@navy.mil

If you commute from Yuma to NAF El Centro, please contact:
Eric Rube at 760-339-2265 or
eric.rube@navy.mil

FOR SALE!! 1980 CJ-5 Jeep. 258 inline six, brand new exhaust from manifold back, polyethylene gas tank and polyurethane bushings throughout suspension. \$5000 OBO. Contact ABFCS Deaton @ 858-232-1717



FOR SALE: 2009 Suzuki Boulevard 800cc - \$7,100 OBO



Excellent condition, 9,394 miles; dealer extended warranty until Sept 2013. Phone Michel at 760-344-0235 or e-mail at micheljcde@aol.com.

FOR SALE!! 2007 White Nissan Sentra. 76K miles. New battery, new tires, keyless entry, keyless start, alloy wheels. Drives great, AC blasts cold air. Asking \$9400 OBO. Contact MA3 Emily Kunis at Emily.kunis@navy.mil for more information.



MWR Jobs

****Waiter/Waitress NA-7420-02****



What's available? Stop by the MWR Main Office (Bldg 318) to see all current and continuous vacancy announcements. You can also call the Human Resources Office at (760) 339-2475.

HOW TO APPLY: Submit a NAF application or resume to the NAF Human Resources Office, Building 3210, Anchors Catering and Conference Center, Naval Base, San Diego, 2375 Recreation Way, San Diego, California 92136-5518 or fax to (619) 556-9537. Resumes and applications may also be submitted via email to mwr.hr.dept@mwrsww.com. Submitted applications and resumes will be retained for 90 days. For more information, visit our website at <http://mwrtoday.com/sandiego/about/jobs/>. Submitted applications and resumes will be kept for 90 days. It is the responsibility of the applicant to resubmit an application after 90 days. ❖



AOC Support Services

ESTIMATOR – Full Time (Posting Open through October 10, 2012)

Contact: www.caljobs.com, Job No.: CA13211807



NEX

****Flex Position**** We are looking for a flex position 20 hours, minimum, for the Jetmart. To apply go to www.mynavyexchange.com and click on the "work for us" tab and follow the directions. Good Luck!



FOR SALE!!
PUT YOUR AD HERE!
CONTACT [W ELCN PAO SANDPAPER GS@NAVY.MIL](mailto:w_elfcn_pao_sandpaper_gs@navy.mil)

JOB Links for Employment

- Federal Jobs: <http://www.usajobs.gov>
- DoD Jobs: <http://www.militaryconnection.com/dod.asp>
- Employment Development Department's California Jobs: <http://www.caljobs.ca.gov/>
- Imperial County Jobs: <http://imperialcountyjobs.org/>
- Energy Conservation: <http://www.tetrattech.com>
- HOUSING/ Contract ALUTHIQ: <http://www.aluthiq.com>
- AOC: <http://aocwins.com/>
- HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
- JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
- MWR: <http://www.mwrtoday.com/>
- NMCI: <http://h10134.www1.hp.com/services/>
- SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>

Am I Hydrated? Urine Color Chart

1
GOOD

2

3

4

5

6

7

8
BAD

HELPFUL NUMBERS

Chaplain's Office--760-339-2290
 Chaplain (after hours)--847-714-3743
 Drug and Alcohol Advisor--760-339-2603
 Medical Emergency Room--911
 NAFEC Medical--619-804-1037 (COD)/619-804-1520 (POOW)
 Fleet and Family Services--1-800-273-8255
 Suicide and Crisis Center Hotline--1-800-342-9647

CO Suggestion Box Locations

Jet Mart
 AOC Bldg
 NGIS Bldg 401
 Weapons
 Liberty Center



Road Runner

NEX El Centro

**"If you can't find it,
 WE CAN GET IT!!!"**

We'll make it easy...

1. Let us know what you're looking for.
2. We'll find it for you.
3. We'll contact you when item(s) are ready for pick-up.

Please contact us at
 760-339-2342
 or see one of our friendly
 NEX associates for details.

Thank you for supporting your NEX

COMING EVENTS

November 9

Welcome Back Luau
 Oasis RV Park
 1700
 Cost: \$5

November 10

Brawley Cattle Call
 Meet At Liberty Center
 1800
 Cost: \$10 Admit/ \$5 Xport

November 11

Brawley Cattle Call
 Meet At Liberty Center
 1300
 Cost: \$10 Admit/ \$5 Xport

November 12

Veteran's Day Observed

November 14

Fall 2012 NAFEC Grand Prix
 Across from Hot Stuff Pizza
 1030

November 17

Give Parents a Break
 CYP
 1830-2300

November 21

Turkey Trot 5K
 Fitness Center
 1200

November 27

Tecate, Mexico Trip
 0800
 Meet at Bldg 318 (Oasis RV
 Park)
 Cost: \$8

November 30

Julian Adventure
 0800
 Meet at Bldg 318 (Oasis RV
 Park)
 Cost: \$8

