



Issue 26

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NAF EL CENTRO

SANDPAPER



A busy time for the base

By Kristopher Haugh

November and December seem to be some of the busiest months of the year next to the build-up to the air show. This year was no different and might have been a little busier than normal.

The base celebrated Veteran's Day by supporting events throughout the community with speakers and the color guard.

The Wardroom, CPO Mess and First Class Petty Officers Association sponsored another tremendously successful "Turkey for the Troops" event at building 4015, Nov. 21. There was enough food to feed 200 Sailors, Marines and detachments like the Brits. Nobody went home hungry and many of the permanent-party Sailors managed to take home leftovers.

Internationally acclaimed motivational speaker Nick Vujicic visited the base November 30, delivering a powerful message of hope. NAF El Centro had the honor of being the first U.S. Navy base to host Vujicic. Nick also spent the weekend at various speaking engagements around the Imperial Valley.

Hot Stuff is now the home to the "Desert Lanes" bowling center. The grand re-opening was held Dec. 6, complete with a ribbon cutting by CAPT Devon Jones, the base's commanding officer and Janie Yocupicio, the manager for the center. The bowling alley now has new pin setters, new seats, new floors and a great new look.

The base also continued entertaining the local community with its annual Christmas Parade. More than 30 groups from on and off base came together to march down A Street following the lighting of the base's Christmas Tree. The Yuma Shriners, Navy League Sea Cadets and Sun Community Federal Credit Union received the CO, XO, and CMC Choice Community awards. On base, AOC, the CYP and the Palm Oasis RVers took home the CO, XO and CMC Choice awards.

Finally, Santa, with the help of the British and their Merlin helicopter was able to land and spend time with children at the CYP's North Pole celebration held Dec. 8, at hangar eight. Santa, Mrs. Claus, elves and even a couple of the 501st Stormtroopers entertained the children. Gifts were handed out to the participants and breakfast was served too.

January is a new beginning and with the arrival of the Blue Angels, preparation for the annual air show moves into high gear! ❖

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WWW.FACEBOOK.COM/NAFEC

COMMANDING OFFICER'S Q & A



What do you think of the new paint job at the Galley? (Chief)

I think it looks good. The paint colors were chosen with a lot of careful consideration and will look even better when we install new carpeting and tile, scheduled to occur within the next few weeks. I am sure we all agree that the tattered, old blue carpet and industrial-looking tile need to go. So, over approximately one year, we will have: painted the exterior of the Galley and the utility building next to it, painted the Galley interior, installed a new front desk, installed new serving, buffet and drinks equipment, removed an unnecessary wall, installed new tables and chairs, installed new blinds and curtains, expanded the lunch hours, expanded the menu, procured furniture to make the back room a conference room, installed all new flooring, and implemented a credit card capability. All of this doesn't mean we can't continue to tweak the menu and other things to continue to improve the food and services to make your meals better and more enjoyable, but I think that's pretty good progress for one year.

Thank you for asking, Chief.

Can we raise pigs and bunnies on base as part of 4H? (CYP Youth)

That is an excellent question. We are looking into all of the factors that go into having some type of 4H activity on base, including a location, the laws and regulations and environmental issues that tell us what we are and are not allowed to do, logistics, nuisance to others, etc. Ms. Velinda Cruz, our CYP School Aged Care Director, has completed her training to be a 4H Leader and I know that many of you children are very enthusiastic about the potential of raising animals on the installation. Pigs may not be possible but we are working with our Public Works Department and CYP leaders to see what we can do.

When is there going to be a new Starbucks on base, I heard one was coming? (Civilian)

What you hear is correct. We are working with Regional MWR to bring a program called "We Proudly Serve" to the Liberty Center and rename it the "Flying Bean." The plan is for the Flying Bean to serve Starbucks products. The current Liberty Center employees will be Starbucks's trained baristas and will serve specialty Starbucks's products, including seasonal drinks. As part of the process, we intend to redesign some of the interior of the Liberty Center to give it a coffee shop feel. We hope to be ready to serve Starbucks products in the February - March 2013 timeframe. ❖ --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

NEX HOLIDAY HOURS



			NEX	Jet Mart
	Sunday	23-Dec	Closed	0900 - 2000
	Monday	24-Dec	1000 - 1400	0900 - 1800
Christmas	Tuesday	25-Dec	Closed	Closed
	Wednesday	26-Dec	0900 - 1800	0700 - 2000
	Thursday	27-Dec	0900 - 1800	0700 - 2000
	Friday	28-Dec	0900 - 1800	0700 - 2000
	Saturday	29-Dec	1000 - 1400	0900 - 2000
	Sunday	30-Dec	Closed	0900 - 2000
New Years Eve	Monday	31-Dec	1000 - 1400	0900 - 1800
New Years	Tuesday	1-Jan	1000 - 1400	0900 - 1800
	Wednesday	2-Jan	0900 - 1800	0700 - 2000

COMMAND MASTER CHIEF



Greetings. I am excited to be here in the "Pearl of the Desert". I would like to thank everyone for the warm welcome and I look forward to getting around and meeting each of you in the coming weeks. I would also like to thank CMDCM Gallinat for everything that he has done for NAF El Centro and wish him well in his next adventure. Well Done, shipmate.

The holidays are upon us, and there are a couple of items I would like to point out concerning this time of year. Most of us will have the opportunity to spend well deserved time with family and friends, but this can also be a time of great stress and if not recognized, can create bigger problems. I encourage you to seek assistance as soon as possible rather than waiting until the stress builds to a level that can cause compounding problems.

Keep an eye on your shipmates, as you know this time of year Suicide rates are at their peak. Remember the acronym ACT. ACT is a three-step process designed to help determine if someone is suicidal and to prevent them from hurting themselves. It stands for: Ask- ask the person if they are thinking of hurting themselves, Care- listen and let the person know they are not alone, and Treatment- get your shipmate to help as quickly as possible; such as the duty officer, chaplain, friend, medical personnel, or others who can help. Ask, Care, Tell.

Safety is also critical during this time of year. Specifically, electrical safety, please no Griswold family exterior illumination, this can be dangerous not to mention the drain on the power grid and the hit to your electrical bill. Also, for those who prefer real trees over artificial ones, remember to keep water in the base and recognize as they dry out, too many homes are lost due to fires caused by dried out trees.

The goal is for everyone to have a great holiday season and return after the holidays refreshed and energized. ❖

- CMC

Hails



CMDCM JOHN CREWDSON

**Not Pictured:
AO2 Reid Tippett
AO2 Daniel Mendoza**



MA2 SHAY MERCER

Farewells

AC2 Chamberlain, AD3 Barstow, AME2 Castillow, AM1 Napier, AE1 Behrmann, AZ3 Lindsay, AO2 Tarbox, AT3 Ramos, AM3 Marquez, AD3 Tinker





How to...Get SMART

By NC1(SW) Marc Jones



College is more important today than it has ever been in history and do you know you that you have college credit whether you've been to college or not? Everyone in the Navy has some amount of college credits earned. Most schools you attend while in the Navy earn you college credits, even recruit training nets you 3 college credits. The Navy has a program called SMART transcript that tracks all the college credits you have earned while serving your country.

SMART is the Sailor/Marine American Council on Education Registry Transcript. SMART is accepted by the American Council of Education to validate your military experience and training. You earn college credits while serving through making rank and attending schools. College credits are broken down into lower, upper and vocational level courses. Most nationally accredited colleges accept SMART transcripts and will credit you some or all of your military experience to your degree. Typically schools apply your credits towards your elective requirements.

SUMMARY			199CollegeDegree.com	
ACE Evident Number	Military Course Number	Title / Subject	Date	State of Birth
001201402	A4191001	Naval Training	10-029-2002	
		First Aid And Safety		
		Personal Fitness Counseling		
		Personal Computer Basics		
001304408	C-0401-2010	Aircraft Structural Mechanic E-6/6R	10-0000-2002	
		Aircraft Structural Mechanic E-6/6R		
		Aircraft Environmental Control System		
		Aircraft Environmental Control System		
001304408	C-0401-2014	Aircraft Structural Mechanic E-6/6R	10-0000-2002	
		Aircraft Environmental Control System		
		Aircraft Environmental Control System		
001304408	C-0401-0132	P-3 Engine/Instrument Control System	10-1400-2003	
		Operational Analysis		
		Operational Analysis		
001401400	P-300-0024	Swamp	06-0000-2004	
		Emergency Health		
		Personal Health		
NBR-AS-001	AS1	Aircraft	10-APR-2003	
		Instrumentation of Aircraft		
		Instrumentation of Aircraft		
NBR-AS-001	AS081 - P04	Aircraft Structural Mechanic, Safety	10-1400-2004	
		Structural Mechanic Fundamentals		
		Aircraft Systems		
		Safety Fundamentals		

You can print your SMART transcript by going to <https://smart.navy.mil/smart/welcome.do> . To have your college accept your SMART transcript you will need to contact your closest Navy College Officer to have them send a certified copy to your school. Once your school receives your transcript a counselor will go over college plan and where these credits fit. Today's job market makes having a degree very important and your road to getting a degree just got a bit easier. If you have any questions regarding your SMART transcript please see your Command Career Counselor. ❖



oops

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
 AOC Shawn Kirchner
 AM1 Joe Napier
 HM2 Edruzzel Ducut
 MA3 Darlene Nuusolia
 HN3 Brandon Pratt-Almazar



The Wellspring - Chapel News



Christmas Sunday: With “Black Friday,” “Cyber Monday,” and the general hustle and bustle of the holiday season, how quickly we can forget the true message and meaning of Christmas. Come join us for “Christmas Sundays” during the month of December as we reflect on the birth of the Christ child, the Savior of the world, the greatest gift of all. Our sermon titles are as follows—*Jesus’ Christmas Tree*, *Heir Apparent*, *Wise Men Still Seek Him*, and *Go, Tell It On the Mountain*. This series begins Sunday, 01 Dec. and ends Sunday, 23 Dec. ❖



Christmas Choir Concert: All military and civilian personnel are cordially invited to our annual Christmas Choir Concert scheduled for Sunday, 16 Dec. at 1700 in the base chapel. A potluck dinner will immediately follow in the Community Center. If possible, please bring a dish to share. If you are unable to provide a dish, please join us anyway. There will be plenty of food and fellowship to go around! If you have any questions, please contact RP1 Kirby at x2454 or justin.b.kirby@navy.mil. ❖

Christmas Eve Service: All military and civilian personnel are cordially invited to our annual Christmas Eve service scheduled for Monday, 24 December, at 1630 in the base chapel. We will offer a simple, family friendly service that will include readings from the Christmas story interspersed with the singing of some of our favorite traditional Christmas carols. The evening will conclude with a special rendition of “Silent Night”. ❖



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.

No Vacancy

By Chaplain Smith



In 2008, the Travelodge hotel chain in England decided to give couples named Mary and Joseph free accommodations during the Christmas holiday. Couples seeking to take advantage of this special offer were required to provide proof of both their names and marital status. Travelodge operations director, Jason Cotta, said, “The phrase ‘no room at the inn’ is something that resonates with us in the hotel business. Therefore this year we have decided to evoke the true spirit of Christmas and invite Mary and Joseph as our guests.”

The holiday season can be notorious for “no vacancy” signs. Our additional travel and party plans means that space at hotels, airlines, and restaurants tend to fill up more quickly than usual. If we don’t hurry, we might find ourselves, like Mary and Joseph, waiting out in the cold. It’s nice to think that an entity like Travelodge might intentionally leave a space available for us with our name on it.

“No vacancy” signs, of course, can be found in other places as well. In the hustle and bustle of the holidays, we might even wake up one day to find a “no vacancy” sign on our hearts. Between baking cookies, buying gifts, and decorating our homes with our holiday best, we may discover that we’ve allowed history to repeat itself once again, leaving “no room at the inn” for God, the greatest guest of all.

The significant challenge once again this holiday season is that we would all intentionally leave space open in our lives and in the life of our families for the Almighty. His presence is the best present we could ever receive, a gift that keeps on giving. May we not leave God out in the cold this year. Instead, may we set aside a place in our hearts with His name on it, warmly welcoming Him in to stay—not just during the holidays, but all of the year through. ❖



IN THE SPOTLIGHT



PROMOTIONS



HM1 Recille Menguita
 AME1 David Brotherton
 AE1 Jesse Ramirez
 AZ1 Nanette Baltazar
 AO1 Michael Guidinger
 AO1 Brandon Walker
 AO1 Marie Hearsom
 AZ1 Eric Williams
 AM1 Michele Swycaffer



MA2 Joseph Carey	AO2 Thomas Foote III
HM2 Marc Meuth	ATO2 Amanda Bravo
MA2 Emily Kunis	AZ2 Cody Hosler
AO2 Anthony Henson	AC2 Katherine Babilonia
AME2 Robert Schavlay	AC2 Kyle Reed
MA2 Phillip Suddeth	AC2 Steven Hill
ATO2 Curtis Gionet	



HM3 Brandon Prattalmazar	ATO3 Adam Allard	AE3 Yukihiro Hohman
HM3 Tyler Lavender	AZ3 Dominique Jarrett	AD3 Daniel Sagara
MA3 Shana Hough	ATO3 Joshua Orem	AC3 Matthew Stanker
MA3 Jakeva Blair	AO3 Allan Brunson	
MA3 Lyle Barrois	AD3 Gyan Chin	
ATO3 Barnaby Ortiz Jr	AME3 Vincent Egbuniwe	
ATO3 Coty Crowell	AM3 Raul Madrigal	

NAFEC Sailors of the Quarter

Blue Jacket of the Quarter: MA3 Hough

Junior Sailor of the Quarter: AO2 Jones

Sailor of the Quarter: MA1 Stroupe

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
NOV	11	4	1168	85
DEC	5	2	536	32



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

COOL TIPS



CUT OPEN TOILET PAPER ROLLS AND USE AS A CUFF TO SAVE YOUR WRAPPING PAPER AND KEEP IT FROM UNROLLING

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).

A CORPORAL IN HAWAII HAD BOUGHT HIMSELF A NEW, USED MOTORCYCLE AND FIGURED HE'D TAKE IT OUT ONTO THE BARRACKS PARKING LOT TO GET FAMILIAR WITH IT BEFORE TAKING THE BASIC RIDER COURSE. CLIMB ONTO MOTORCYCLE. CHECK.

START ENGINE. CHECK.

TWIST ACCELERATOR AND LET OUT CLUTCH. WHOA, NELLIE!

THE MOTORCYCLE LURCHED, FELL OVER AND LANDED ON THE MARINE'S FOOT. OK, SO HE HAD FLUNKED AS AN UNTAUGHT MOTORCYCLE INSTRUCTOR. MAYBE HE FIGURED HE COULD DO BETTER AS AN UNTRAINED MEDIC, BECAUSE, THE REPORT SAID, "HE PERFORMED SELF AID UNTIL SUNDAY." THEN THE PAIN WAS SO BAD THAT HE HAD TO GO TO A HOSPITAL, WHERE DOCTORS TOLD HIM HE HAD A BROKEN FOOT. SOMETIMES YOU NEED TO QUIT WHILE YOU'RE BEHIND. ❖

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> ❖



A Message of Hope

Pictures from Nick Vujicic's visit to NAF El Centro



Nick's presence on base touched many people. His profound message of hope, unconditional love and deep faith affected many. All one has to do is make it "one day at a time."

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



"Vincennes University -at NAF El Centro"

Now has a page on



Become a fan today! You'll find our next term schedule, office hours, contact info, CLEP/DSST list, links to resources, and more! With VU there are No Book Fees, NO EXCUSES! Jump Start your Education TODAY with VU!!! SEE THE VINCENNES UNIVERSITY SITE DIRECTOR

FOR MORE INFORMATION:

Jodi M. Barnett

E-MAIL: jbarnett@vinu.edu

CALL FOR AN APPOINTMENT TODAY! 760-339-2986 or 619-437-0411

FREE FUN!!

Sponsored by the Liberty Center



Our British allies enjoy their first rodeo! How about those cowboy hats?



Fun times learning to use a Segway and then touring the base!



**LET THE
GOODTIMES
ROLL**

At the CYP...

By Joanna Lopez



Thanksgiving Feast 2012

The first thanksgiving celebration in the United States was recorded in 1621. The feast which began as a thanksgiving to God at Plymouth for the plentiful harvest that year, became a tradition celebrated by many throughout Canada, the United States and around the World. Each distinct culture celebrates a day of giving in their own special way since "Thanksgiving" is defined as an expression of or an act of giving thanks to others. At the Child and Youth Programs (CYP) our focus this time of this year was exactly that, to give thanks to our parents, sailors and friends who have done so much for our children. To honor those who made a difference in the CYP throughout all these wonderful years, we took our time to plan a great feast for those who we truly appreciate and consider them as part of our family.

The CYP started the Thanksgiving Feast early this year. On Nov. 8, the parents arrived ten minutes early. The aroma in the air as you opened the doors to our building was the delicious scent of pumpkin pie, juicy turkey and steaming mashed potatoes. The parents walked in excited, each one with a smile on their face, anxiously waiting for the main event as they took their seats in the multipurpose room. Behind the scenes, Miss Velinda Cruz, Marie Marin and Serina McGuire frantically raced against time to prepare the meals. They deboned the turkey, which had been cooking since 3:30 am, and made sure all the trimmings and the very delicious desserts were placed on the table, ready to be served. Marie finally opened with an introduction to our Thanksgiving Feast and Von Gaines did the honors of praying for our food. The XO, who was also one of our honored parents, thanked the CYP for all the effort done for the community of NAFEC. His speech reached out to all of us who worked so hard on these special events for our parents, sailors and friends.

The feast continued as each parent shuffled one by one to the table with all the tasty food. The teachers served the children their plates with proportioned meals. The first thing to go was the mashed potatoes, which were very delicious. Serina's secret was sour cream! The second delicious item to go was the gravy. The five moist turkeys were all served and were gone by 12 o'clock. First, seconds and thirds were served and extra food was taken home to share with loved ones who could not make it to this special event. An abundance of food filled each parent as they walked happy and sleepy out of the center. Each child dressed in either Indian or pilgrim hat walked back with their teachers after having spent a very special time with each of their parent. The CYP returned to normal as the excitement began to settle down. The event lasted about three hours and we served about 80 families and friends. It was an honor to serve all of these guests and to bring them joy on such a special celebration.

Now as the end of the year nears, the CYP would like to thank all those who have supported them through all their difficult transitions in these past two years. It has been a blessing to have such great parents, sailors and friends who volunteer and support the CYP. A big thank you to: Captain Devon Jones and Trina Jones, Erick and Shannon Franzen, Chaplain Smith, Justin Kirby, Carl Plummer, Michelle Dee, Kris Haugh, Pat Braxton, Stephen Kireta, Kevin Cash, Jim Shin, Navy League, Gaylla Finnell, Seeley School, Mirage Club, MWR, DECA Commissary, Dollar Tree Stores, (American Legion Auxiliary) Kim Vincent, Safety, Security, Strike, British Squadron, Medical, Fire, AOC, Amber Husky (DEFY), Sherrilyn Sands, Katarina Favela, Jacob and Brenna Dunlap, William and Heather Ewing, Julian Oliver, Sandra Perry, Ilona Davidson, Laura Jones, Tamara Benavides, Monica Gonzalez, CYP Teens and Staff. To all our parents thank you, it is greatly appreciated. ❖



The kids get ready to enjoy a Thanksgiving feast



Parents enjoy their feast at the CYP

El Motin del Caine

I was 18 years old and growing up in Mexico when I bumped into this novel called The Caine Mutiny by Herman Wouk- translated in Spanish El Motin Del Caine... I had no idea I was going to marry a Navy veteran of the Vietnam War and that I was going to immigrate to the US. The book opened my eyes to so many things long before I came in contact with NAF El Centro. . I never in a hundred years imagined I was going to work at a place that to me operates like a Navy ship. Yes, ever since beginning my work at the Naval Air Facility I considered myself part of the glorious Navy. In my mind the base was an enormous ship and the captain was in command. I considered the CYP mission essential and my boss, my coworkers including myself were part of the crew. Late in my life I had the opportunity to watch the movie, which as you know, the book is always more detailed and informative.

Through the book, the movie and in my imagination, I role played all the Caine crew members including the rich arrogant Ensign Keith, Lieutenant commander DeVries, Executive officer Lieutenant Maryk, Lieutenant Keefer communications officer and Lieutenant commander Queeg. While Captain Queeg and the Caine are fiction it is clear that Captain Queeg's exemplary steadfast dedication to his duty drove him to the point of going over a cliff. I lived and felt the pain of captain Queeg during the court martial trial for the mutiny. I loved Lieutenant Barney's incredible performance as Maryk's defense counsel and his gusty, spirited style shown at his best at the bar where a few of the participants were savoring a glass of champagne as a celebration of a job well done. Defense counsel voiced his feelings about the true nature of each contributor in the case. I urge everyone who has not seen the movie to do so and to pay close attention because so much is so well depicted and relevant to all who are connected with the Navy.

Through the book, the movie and working at the CYP, I developed a sense of awareness of the many responsibilities a Navy captain and his crewmen shoulder during their time of service. My heart goes out for all the Navy captains, officers and sailors past, present and future for their invaluable service as defenders of our freedom. Thank you so much. Your effort and dedication is the glue that keeps us united as a great wonderful free country.

As Captain DeVries told Lieutenant JG Keith "Take it out Keith" I too am taking my own ship out of port to retirement that will take effect on 31 December 2012

My heartfelt thanks to my CYP director Katrina Portwood for her kindness, appreciation of my efforts and incredible teamwork. Special thanks to all my amazing coworkers for their spirit of camaraderie, friendship and unity. My sincere thanks to all my MWR friends and to all my friends at the NAF El Centro. ❖

Good bye, farewell, adios. Dolores Mason AKA Lola



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?

"The Flu: Let it Fly Right on Past You – Well, Maybe"

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



Last month I wrote about the common cold. This month I am writing about the flu. A lot of people think they are the same thing, but they are not. Both the common cold and the flu often start with a runny nose, sneezing, and a sore throat. While colds develop slowly, the flu tends to come on more suddenly.

What is the flu?

The flu, also known as "influenza," is a viral infection that attacks the respiratory system which includes the nose, throat, and lungs.

What are the symptoms for the flu?

The most common symptoms of the flu are:

- Fever >100 degrees Fahrenheit
- Muscle Aches and Soreness
- Chills and Sweats
- Headaches
- Dry Cough
- Sore Throat
- Fatigue and Weakness
- Nasal Congestion



The flu will gradually improve in ; however, a person with the flu you may feel run down for a week or so. Most people recover completely in 1-2 weeks.

When should you go the emergency room?

Despite how common the flu is known to be, there are instances in which complications may occur that must be viewed as an emergency. The Centers for Disease Control (CDC) considers the following symptoms as sufficiently alarming that should cause a person with any of them to seek emergency care:

- Difficulty breathing or shortness of breath.
- Pain or pressure in the chest or abdomen.
- Sudden dizziness.
- Confusion.
- Severe or persistent vomiting.
- High fever lasting more than three (3) days.
- Bluish or grayish skin color.

What are the complications of the flu?

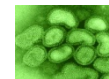
Generally, for people who are young and healthy, there are no complications. However, there are situations or medical conditions which can put certain people in a high-risk group for complications when they get the flu. Those high-risk groups include the very young, the elderly, people who have lung or heart problems, pregnant women, and people with weak immune systems or chronic illnesses. If a person is in a high-risk group, complications may include ear infections, sinus infections, pneumonia, bronchitis and in some instances, even death.

What is the treatment for the flu?

Just as is true for the common cold, there is no magic pill that can be given to treat the flu. Both the common cold and the flu are viral infections. Since antibiotics are only effective against bacterial infections, they cannot be given to treat the flu. Nevertheless, there are other treatments that can be undertaken that have proven to be relatively effective:

- Get plenty of bed rest – Allows a person's immune system to fight the infection.
- Drink plenty of fluids such as water, juice, and warm soups – Prevents dehydration.
- Take appropriate dosages of over-the-counter (OTC) pain relievers such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) – Can help fight the pain and body aches caused by the flu. *However, NEVER give aspirin to children or teens because of the risk for Reye's Syndrome, a rare but potentially fatal disease.*
- Take warm showers – Can also reduce body aches.
- Apply warm compresses in the nasal area – Can reduce nasal congestion.
- Use nasal strips and humidifiers – Can help reduce nasal congestion.

Take cough drops and over-the-counter (OTC) cough syrup – Can reduce the cough and sore throat that come with the flu.



Can I prevent getting the flu?

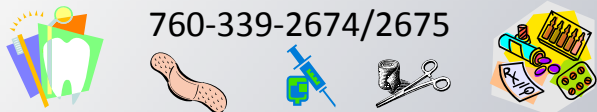
The flu season is rather long, generally running from Fall to the following Spring, with its peak occurring between December and March. There are a few things during this time that may reduce a person's chances of getting the flu:

- Wash your hands frequently – The flu virus can enter the body through the nose, eyes, or mouth. Scrub your hands with soap for at least 15 seconds. Use alcohol-based hand sanitizers, if soap and water are not available.
- Obtain a flu shot – Annual flu vaccinations for persons older than 6 months of age are recommended. Contrary to common belief, the flu shot does not cause any side effects in most people. However, persons who have a severe allergy to eggs should not receive the shot since hens' eggs are used in the product. About 5-10% experience side-effects such as headaches, low-grade fever, or muscle cramps for about a day after the vaccination.
- Nasal spray vaccine, but only for healthy individuals between ages 2 years of age and 49 years of age – The nasal spray vaccine contains live attenuated virus. Side effects of the nasal spray include nasal congestion, sore-throat, and fever. The nasal spray vaccine should NOT be given to pregnant women and anyone who has a medical condition that may compromise the immune system.
- Cover your mouth and nose when you sneeze or cough – Use a tissue or the inner part of your elbow.
- Avoid crowds – The chances of catching or spreading the flu increases dramatically with the number of people you contact. ❖

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! "



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. ❖

DUI



“Driving Under the Influence”



Presented By

Naval Air Facility El Centro Police Department

POSITIVE SIGNS OF A DRUNK DRIVER

- Weaving in or out of lane
- Constant breaking at inappropriate times.
- Driving much slower than the speed limit, impeding traffic or driving in excess of the speed limit.
- Driving without headlights when dark.

UNIFORM CODE OF MILITARY JUSTICE

A service member or their passengers conduct may also subject them to Captain’s Mast for the following offenses:

- Art. 91 - Insubordinate Conduct
- Art. 92 - Failure to Obey Order
- Art. 116 - Riot or Breach of Peace
- Art. 117 - Provoking Speeches or Gestures
- Art. 134 - Disorderly Conduct: Drunkenness

Driving after consuming even one alcoholic beverage delays reaction time and impairs a driver’s ability to comprehend, process and react to potentially dangerous situations, like an encounter with another driver who is DUI.

ADDING IT UP

Did you know that the average cost associated with a DUI conviction in California is over seven thousand dollars?

ITEM	COST
VEHICLE TOWING AND STORAGE	\$187
BOOKING AND JAIL COSTS	\$156
DRIVER'S LICENSE REINSTATEMENT	\$100
CAR INSURANCE INCREASE	\$2,700
COURT COSTS AND FINE	\$1,296
COMMUNITY SERVICE FEE	\$44
DUI VICTIM FUND	\$100
ALCOHOL ABUSE EDUCATION FUND	\$50
DUI CLASS	\$550
ATTORNEY'S FEES	\$2,000
OTHER COSTS	\$55
*TOTAL	\$7,238

*Costs may vary widely depending on the county, state or federal jurisdiction and other circumstances surrounding the arrest.

Drink Chart Guide

Your Weight	NUMBER OF DRINKS (over a two-hour period) 1-1/4 oz. 80 proof liquor, 12 oz. can of beer or 4 oz. of wine							
	1	2	3	4	5	6	7	8
90 to 109	1	2	3	4	5	6	7	8
110 to 129	1	2	3	4	5	6	7	8
130 to 149	1	2	3	4	5	6	7	8
150 to 169	1	2	3	4	5	6	7	8
170 to 189	1	2	3	4	5	6	7	8
190 to 209	1	2	3	4	5	6	7	8
210 to 229	1	2	3	4	5	6	7	8
230 & UP	1	2	3	4	5	6	7	8

To be used as a guide only!

Alcohol-related traffic collisions kill more young people between 16 and 24 than any other single cause.

Every Commanding Officer or Officer-In-Charge has ordered subordinates under their command, either verbally or in writing not to operate a motor vehicle after consuming an alcoholic beverage.



DISASTER PREPAREDNESS

Winter Storms

By LT. "Secret Steve" Kireta



As the cooler weather rolls in, many of us will head into the mountains for fun in the snow. With drastic weather reachable within just a few hours we should all be careful for potential winter storms if we happen to be in the mountains. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days.

Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Regardless of the severity of a winter storm, you should be prepared and also know the difference between various types of storm advisories.

A Winter Storm Outlook is when winter storm conditions are possible in the next 2 to 5 days. A Winter Weather Advisory is when winter weather conditions are expected to cause significant inconveniences and may be hazardous. A Winter Storm Watch is when winter storm conditions are possible within the next 36 to 48 hours. A Winter Storm Warning is when life-threatening, severe winter conditions have begun or will begin within 24 hours.

Stay informed wherever you are this winter season and stay safe with proper precautions. Check the forecasted weather prior to leaving for a trip and plan accordingly. Stay prepared and Merry Christmas from your Emergency Management Officer. ❖

Helping Hands

A ComRel Christmas

By Chaplain Smith

Christmas is a season for giving gifts. We give gifts to family. We give gifts to friends. It is also a wonderful time to consider giving the gift of our time and energy in service to our community!

If you would like to give the gift of community service this Christmas season, please consider one or more of the following COMRELS. If you have questions or would like to participate, please contact RP1 Kirby at justin.b.kirby@navy.mil or x2461.

Toys for Tots—This special event is scheduled for Wednesday, 12 December, in El Centro. Sailors will travel to a Pioneer Van and Storage in El Centro to sort donated toys for distribution throughout Imperial County. Volunteers will depart NAFEC at 0800 (meet at chapel parking lot) and return at 1230. NWU/flight suit is preferred. Six volunteers are needed.

Niland—This monthly event will take place on Wednesday, 19 December, in Niland. We will depart NAFEC at 0730 (meet at chapel parking lot) for Niland and return by 1230. Volunteers will assist in food distribution to needy families. NWU/flight suit is preferred. Six volunteers needed.

Niland Christmas—This special event will take place on Saturday, 22 December, in Niland. We will depart NAFEC at 0930 (meet at the chapel parking lot) and will return at approximately 1600. Active duty and dependent volunteers are welcome to participate as we distribute refreshments and toys to children and their families from the Niland area. NWU/flight suit is preferred. Eight volunteers needed. ❖

A Word of THANKS...

We would like to thank the 13 volunteers (5 sailors and 8 Brits) who participated in the Feed the Children COMREL in November, including AM1 Napier, RP1 Kirby, MA1 Pelgen, AO2 Walker, and AO2 Torricellas. Together they served more than 1400 local residents.

We would like to thank the 5 volunteers who participated in the Toys for Tots COMREL in November, including AM1 Napier, AO2 Alvarez, AO2 Jones, AD2 Salazar, and AD2 Ewing. Together they assisted in the purchase of more than 500 toys for children in the Imperial Valley.

We would like to thank the 8 volunteers who participated in the Niland COMREL in November, including RP1 Kirby, HM1 Burns, AT1 Laliberte, AD2 Hintzsche, AD2 Ewing, AT3 Smeltzer, HA Nieblas, and ATAN Adams. Together they served more than 350 local residents.

And we would also like to thank the 14 volunteers who participated in the Niland Thanksgiving COMREL in November, including RP1 Kirby, HM1 Burns, AO2 Russell, AO2 Alvarez, AD2 Ewing, HM3 Mata, ATAN Adams, AE Hohman, Tammy Smith, Velinda Cruz, and four teens. Together they served more than 450 Thanksgiving meals to local residents. ❖



Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: FLIGHT

Players: Denzel Washington, Kelly Reilly, Bruce Greenwood, Don Cheadle, John Goodman

Genres: Drama

Rating: R

On this night it was not a difficult task in convincing my lovely wife to accompany me to the theater. Free popcorn and Denzel Washington; what woman would refuse? Although I am pretty sure that my wife would never refuse a date with me to begin with. However, let it be known that I too am a Denzel fan.

Flight is a compelling story that gives double meaning to its moniker. One would believe the story's concentration would revolve around the heroic efforts exhibited by Whip Whitaker (Denzel Washington) in salvaging a wounded plane. As the story unfolds it becomes clearly evident that the title and main character are intricately entwined. Almost immediately after Whip saves the lives of so many he continues to tailspin through life however, unable to avoid a crash and burn. Shunning the advice and help from others Whip falls victim of his own arrogance and delusion.

Denzel however gives a magnificent performance as Whip. This character really connects with the audience as you cannot avoid empathizing with him in his most vulnerable moments. Nicole (Kelly Reilly) also delivers a noteworthy performance as Whip's girlfriend turned conscience. John Goodman provides plenty of humor, check that, he provides all of the humor and leaves a lasting impression as the associate Harling Mays.

Overall Flight is a really good film worth the price of admission. With that being said, I rate this film: four and a half anchors out of five. ❖



Movie Title: SKYFALL

Players: Daniel Craig, Judi Dench, Javier Bardem, Ralph Fiennes

Genres: Action, Adventure, Crime

Rating: PG-13



The new Daniel Craig James Bond brings a new attitude that resembles Jason Bourne more and more with each film. Skyfall is the third Daniel Craig adventure following his *Casino Royale* block-buster and the *Quantum of Solace* lack-luster. Viewing this film was a task as my always supportive, gorgeous and loving wife accompanied me to the midnight debut of *Skyfall*. I am not ashamed to admit that I am a 007 fanatic that was feverishly anticipating the latest edition. However I was not alone as 150 of my closest friends felt the same way.

As in previous films the opening scene is meant to be an intoxicating and exhilarating sequence of events. Chasing an assailant on top of a speeding train provided just the right amount of intoxication and exhilaration up until Bond gets shot. Fear not, Bond enjoys a brief hiatus in death until called into action to save the queen or in this case M (Judi Dench).

Because of this, Bond is given depth as a character, more than in previous films as the audience gets a small glimpse into his childhood.

The depth of character combined with the new attitude and fearless style have made for one electrifying 007. Not since the days of Sean Connery has James Bond been so rugged and commanding. With the addition of the edgy fight and actions scenes fans are in for a treat for years to come or at least two more pictures as Craig has signed on to complete Bond 24 and 25. With that being said, I rate this film five anchors out of five. ❖

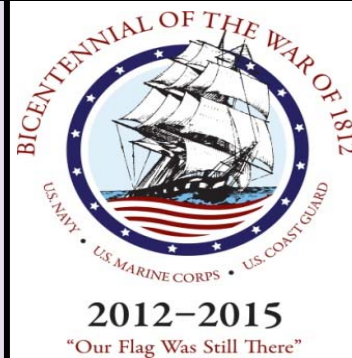


WHAT WAS GOING ON...

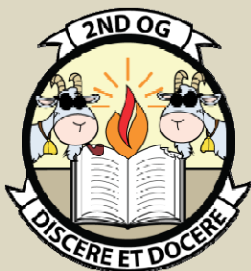
In December during the 1970's - NAFEC Sandpaper

Dec. 1, 1972 – APOLLO 17 LAUNCH: The DOD will provide approximately 3,954 personnel, 40 aircraft and three ships positioned around the world for the support of the Apollp 17 moon mission. The launch is scheduled for Dec. 6th at 9:53 p.m. ❖

Dec. 27, 1974 – B-1 MAIDEN FLIGHT: The Air Force's new B-1 Bomber successfully completed its maiden flight Monday morning, Dec. 23. The graceful white needle nosed plane climbed to an altitude of 10, 000 feet and reached an air speed of 180 knots before it landed without problems one hour, 25 minutes later. ❖



OUR BRITISH ALLIES CELEBRATE “REMEMBRANCE DAY” ON BASE. WE CALL IT VETERAN’S DAY.



LOCAL HISTORY BY TWO OLD GOATS

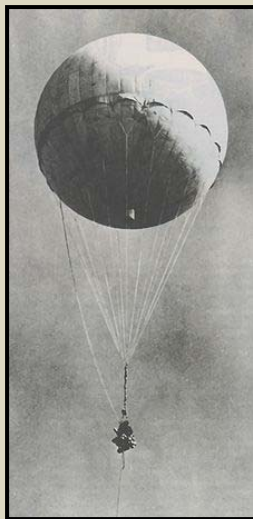
A few months ago the 2OG told us about Operation X-ray, the plan to use bats to carry incendiary devices into the houses and buildings of Japan and then cause massive wide-spread damage via the ensuing firestorms. Pretty farfetched huh? Well, believe it or not, the Japanese tried something similar.

They deployed more than 9000 fire balloons from 1944-1945 in hopes of starting fires here in America. About 300 were observed or shot down here. Despite the hopes of massive destruction, only 6 U.S. civilians were killed. It seems the balloon was more effective than the bat-bomb.

Near MCAS El Centro, two of these balloons were sighted and one was captured and destroyed just across the Mexican border.

World War II was a time of great inventiveness, and some pretty wild ideas were tried by both sides in order to win the war.

So watch the skies...you never know when you might be witnessing local history!❖



Commissary Rewards Card helps patrons save money

Users can now opt-in for email alerts to new coupons

By Jessica Newby, DeCA public affairs specialist



FORT LEE, Va. – The Commissary Rewards Card is saving commissary customers time and money through digital coupons, and more customers are welcome to join.

“Since the launch in September, shoppers have redeemed more than \$85,000 in Commissary Rewards Card coupons, and there’s ample room for more customers to get a card and get in on the savings,” said Chris Burns, DeCA’s director of sales. “If you already have a card, check the website often, because new coupons are added frequently.”

The card is easy to use. Any authorized commissary user can pick up a card at their commissary, complete the registration online and load digital coupons on their card. In fact, families with multiple shoppers – a military member and spouse, for example – are each encouraged to have their own rewards card.

At checkout, coupons uploaded or “clipped” to the card are matched to their purchases when the card is scanned at the register. Customers can even print out a list of the coupons on their cards to use when shopping. Also, customers are reminded that although they can still use paper coupons and the rewards card during their shopping trips, a paper coupon and a digital coupon cannot be redeemed for the same item.

“The card is meant to make our customer’s lives easier,” Burns said. “We know they want to save money; and by providing them an easier way for all of our customers to do this, we are improving and preserving their benefit. All they need to do is get the card and use it.” Some key points about the card are:

- Customers are advised to regularly visit the Commissary Rewards Card site that is linked on the www.commissaries.com website for any new digital coupon updates. At the Commissary Rewards Card site, customers can also sign up to get e mail notifications when new coupons are added.
- Only one Commissary Rewards Card can be used per customer transaction.
- Each digital coupon has terms and limits that are stated by manufacturers. Manufacturers determine the number of coupons they release on the website, and coupon offers are removed once quantities have been clipped or offers have reached their expiration dates.
- There is no extension for overseas digital coupons since customers have the same Internet access available to them regardless of their location.
- DeCA’s coupon policy also limits coupons to one per purchase, so these coupons cannot be combined with manufacturer coupons, to include commissary or military paper coupons.

“The Commissary Rewards Card is all about rewarding our customers,” said Marye Carr, DeCA’s project manager for the rewards card program. “This is just the first step for the rewards program. Down the road we hope this card will have many more features that our customers can use to enhance their benefit.”

For more information on this card, please visit www.commissaries.com/faq and click “Commissary Rewards Card.” Assistance is also available through the customer service hotline at 855-829-6219 or through email at commissarysupport@inmar.com. ❖

America Recycles Day Event

Location: NAF El Centro

Description and Status: The Recycling Center held an open house and tour for all those who work and live on the Installation on 14 November. Approximately 100 customers attended the open house throughout the day including children from the Child & Youth Program (CYP). The Solid Sustainable Waste and Recycling Program provided facility tours, set up a booth, and give away promotional items and offered a bottle of drinking water to those customers that showed up for this event. For the last three months The Recycling Center has been busy changing-out the old office recycling containers for plastic bottles and aluminum cans with new, colorful, nature bins that are more eye-catching. ❖



The CYP kids learn to recycle!

LA MIGRA MONTHLY

By The Border Community Liaison



THE "LE CLUB"

In the beginning of the 2012 school year, the El Centro Border Patrol Border Community Liaison Unit (BCL) formed the first Associated Student Body Law Enforcement Club at Southwest High School. The purpose of this club is to give students who have an interest in pursuing a career in Law Enforcement the opportunity to learn what this type of career entails. The Law Enforcement Club meets weekly and is coordinated by the El Centro BCL Unit. Students participate in activities including presentations from various law enforcement agencies like the Border Patrol K9 unit, the El Centro Police Department, the California Highway Patrol, and the Drug Enforcement Administration. The club has also done several practical activities including preliminary hand cuffing techniques, defensive tactics, physical training, and building entry. This club has been a great opportunity not only for the student to learn about different aspects of a career in Law Enforcement but also a chance for our agents to have positive interaction with the students so they become comfortable around uniformed law enforcement personnel. Because of the popularity of this program the El Centro BCL hopes to work with other BCL units in the El Centro Sector next school year to expand this program to high schools throughout the Imperial Valley. ❖

TURKEY FOR THE TROOPS!





First Controlled Burn Completed at Naval Observatory Flagstaff Station

By Michel D. Remington

NAF El Centro's Environmental Division provides support to the Naval Observatory Flagstaff Station (NOFS). A major support program at NOFS is the management of the natural resources around the Observatory. This includes forest thinning and conducting planned prescribed/controlled burns, and is coordinated and supervised by Robert Powell, our Natural Resource Specialist. The first controlled burn under the NOFS's Integrated Natural Resources Management Plan (INRMP) occurred during the week of 8 October.

The Observatory consists of 287 acres, is located in Coconino County, Arizona, five miles west of the city of Flagstaff on Route 66. It is bordered by Coconino National Forest, Arizona State Trust, and private lands. The NOFS is located in the western arm of the Arizona-New Mexico Mountains ecoregion, within the largest contiguous stand of ponderosa pine trees in the world. The property on NOFS is valuable habitat for a broad range of animals, including several sensitive species, notably the federally threatened Mexican spotted owl.

The forest habitat at NOFS evolved with a more frequent fire regime than has recently occurred. These pre-historic fires kept undergrowth in check, provided for a healthy forest, and made conditions more park-like with open mature tree stands. Because of more recent fire suppression



In recent years the Navy has instituted a program of tree thinning. The last thinning occurred in 2007 and the next major forest thinning treatment at NOFS is anticipated to occur around 2055. The thinning process, along with natural tree and shrub growth, produces a lot of debris that can provide fuel for uncontrolled fires.

The use of prescribed fire as an element to manage forest health and the potential for catastrophic wildfire is considered an essential tool. Prescribed burning is used as necessary to reduce the fuel load, improve understory structure and condition, and enhance the amount, distribution and nutritional value of wildlife forage plants, habitat for focal species, and, habitat for beneficial pollinators. Also, regular prescribed fire mimics natural fire regimes and provides enhanced wildfire protection to the facility by burning accumulated fuel.

Prior to any prescribed burn, particular care is given to assure that oak stems/boles/canopies/snags/and pines of a certain size will be protected to the extent practicable consistent with use of prescribed burning. With the oaks as a linchpin of forest composition, the conditions for oak survival growth and canopy development will be enhanced. One criterion for prescribed burn in the presence of oaks will be to prevent scorching of oak root crowns and boles. This may involve active protection measures such as pulling leaf litter away from close proximity to the oaks, initiating burns when moisture conditions would preclude ignition of oak leaf litter near the stem, scraping fuel breaks around clumps of oaks.

Burning occurs when there is sufficient understory vegetation (grasses and forbs) to carry a fire in an efficient and effective burn. One goal is to provide a mosaic of understory/litter ages across the Navy property. In order to minimize impacts to the Mexican spotted owl the Navy and the U.S. Fish and Wildlife Service agreed to burn a maximum of 40 acres of NOFS property every other year., subject to adjustment for weather, topography, fuel conditions, etc. .

Of paramount concern are the safety of personnel, Observatory facilities and the oak fraction of the forest. The periodicity of burning, both in general and on a rotational basis on any given tract of land or across the entire Navy property, will depend on fuel accumulation and condition to initiate and carry a fire in accordance with the prescription, fuel distribution and weather conditions. We coordinate our burning plans and scheme with adjacent property owners to maximize benefits and safety and to reduce costs. "While the management of the desert ecosystem of NAVFAC's ranges is important, the opportunity to manage the forest habitat at NOFS is a rewarding challenge." said Powell. ❖

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 13TH)
RESUME WRITING 1300-1400
WINNING INTERVIEW TECHNIQUES 1400-1500

(DEC 20TH)
GOAL SETTING 1300-1400
ASSIST WITH HOME PORT CHANGES 1400-1500

(DEC 27TH)
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

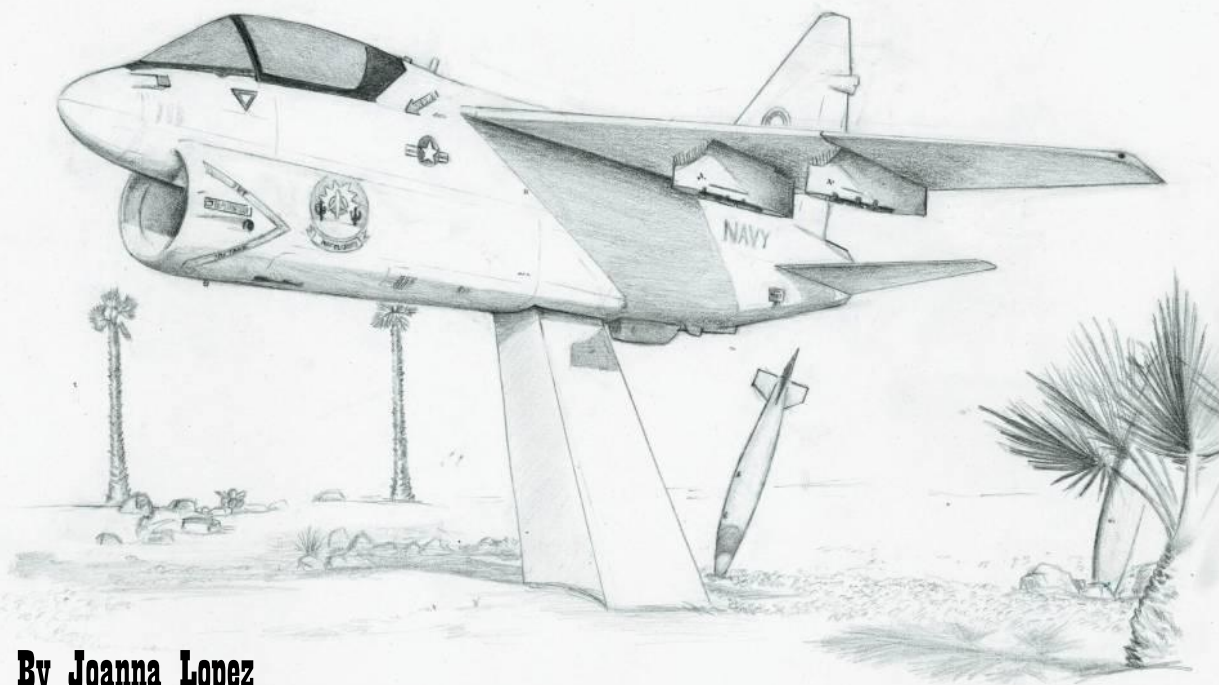
DECEMBER

18TH – COPING WITH OTHER
PEOPLE'S ALCOHOL ABUSE

25TH – MERRY CHRISTMAS!!!

Desert Doodles

Vaught A-7A Corsair II



By Joanna Lopez

RECENT EVENTS

IN THE PEARL OF THE DESERT



Pictured here are the base's newest Petty Officers First, Second and Third class. To the left are the frockees from NAF El Centro. Below are the frockees from VFA-122 Det El Centro



Demonstrating a dance!



Sailors volunteer for Toys-for-Tots.

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

SANDPAPER CONTACT INFO:
E-MAIL:
W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL



CREDO



CREDO Marriage Enrichment Retreats are still the best kept secret in the Navy! If you are looking for an opportunity to invest in your relationship with your spouse, there's no better place to go than the beautiful Town and Country Resort in San Diego. Did I mention that it is FREE!

DATES:

18-20 January
08-10 February
08-10 March
05-07 April
26-28 April
17-19 May
14-16 June
12-14 July
09-11 August
13-15 September

1. SCHEDULE: Friday at 1800 until Sunday at 1200. Sessions are Friday night (2 hours), Saturday morning (4 hours), Saturday evening (2 hours), and Sunday morning (3.5 hours). Saturday afternoon is set aside for couples to enjoy the local area/attractions on their own.

2. ELIGIBILITY: Active duty and activated reservists ONLY.

3. AMENITIES: FREE lodging, parking, and meals (Friday snacks; Saturday breakfast, lunch, and dinner; and Sunday breakfast). Participants must provide their own transportation to and from San Diego and arrange for child care as needed. Given the nature and purpose of the retreat, children are not permitted to attend sessions or occupy hotel rooms.

4. CONTENT: Couples will learn how to maintain or improve their relationship and better handle the inevitable conflicts that come with marriage. There is no pressure to change as each couple incorporates what information and tools work best for them. A variety of practical and engaging teaching methods are used. All content is non-religious.

5. REGISTRATION--Registration opens THREE months prior to the retreat date. Please contact Chaplain Smith at jared.n.smith@navy.mil or x2290 to complete the registration process. Registration is now online and only takes minutes to complete. Retreats tend to fill up quickly so be sure to register at the earliest possible date. (Please note that no cost TAD orders are required for E-6 and below.)

If you have any questions, please contact Chaplain Smith. ❖



New on-base dialing procedures effective Dec. 10, 2012

By Kristopher Haugh

NAVFAC headquarters is upgrading the E911 system throughout all facilities in the continental United States. This project will affect NAF El Centro and how members here make phone calls.

The E911 upgrade is scheduled to be implemented from Dec. 10-14 and no service interruption is expected. Starting Dec. 10, there are new procedures to be followed when dialing on and off base.

To dial on base you will be required to press the star or asterisk key (*) before the four digit number. For example, if you are calling Hot Stuff to order lunch and you are on base, you would dial *2918. Likewise, if you were calling the Liberty Center to get ticket information you would dial *2559.

To dial off base you will press "9" instead of "7." Then you will type in the local or long distance number as usual. An example of this would be 9-1-XXX-XXX-XXXX.

Calling into the base, from off base, will not be changed. If you have any questions, please contact ETC Thorson at extension 2655. After Dec. 10, you will need to dial *2655. ❖

2012 Base Christmas

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

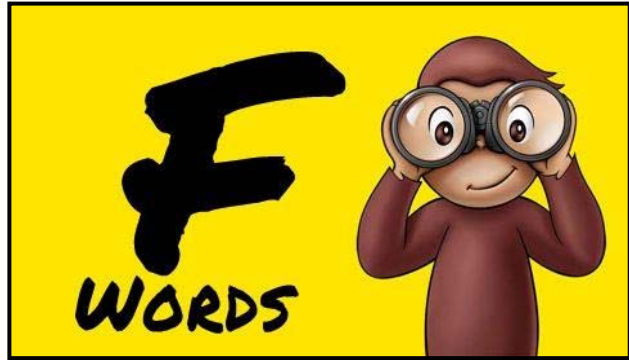


*Please purchase your tickets by 10DEC12. ❖



"F" Words!

By Jim Shinn



I hope you were there to hear the "F" words by Nick Vujicic the motivational speaker who presented at NAF EC, Southwest High School and on the football field of Central High School. He was an excellent speaker, powerful and he succeeded in many of his purposes. Nick is a gentleman, who was born without arms or legs, who did not let that stop him. He is administrator for successful organizations, a very sought after speaker, married and a soon to be father. I was lucky to see him twice, once at the hear at NAF, EC, and the next day on the football field. He scored a touchdown every place he spoke based on reports from audience members and the media! If you missed him, you can Google him at "Life Without Limbs."

At the base, I was introduced to his "F" words: friends, family and faith. He reiterated this time and time again, the value of this time-tested triangle. His message was simple, in that with the help of friends, family and faith, we can overcome obstacles, move forward and experience success in life's opportunities. For many in the military, they experience stress very unique to the human condition and to go it alone, or to try to do so is dangerous and not realistic. There are others who care for us, but we have a responsibility to let them know we need support, encouragement and sometimes guidance. In addition to the 3 "F"'s, Nick's other notable notion was "living one day at a time." When we begin to worry about the future, it interferes with our making the best out of today. Just get through today, in a positive way, and tomorrow may be better or at least we will be better prepared for what comes.

I especially appreciated Nick's anti-suicide message he gave to listeners. When Nick he was a child, he shared of his thoughts to take his own life. It was just a few days later, this past weekend, an atrocity occurred in the National Football League, where Jovan Belcher, Kansas City Chief linebacker, killed his girlfriend and then himself. It was a terrible, traumatic chain of events, I tried to not watch too much of it. As is my custom, late on Sundays, I like to watch the highlights. I had a chance to see the Kansas City Chiefs discuss their win and their more important loss, a beloved teammate. What impressed me was the coach of the Chiefs, Romeo Crennel and the leadership he demonstrated a day after the homicide/suicide occurred. I was impressed by his strength, empathy and professionalism. I also liked the fact that he too shared the "F" words, to help a team and organization move forward.

Places of work, organizations, departments and other formal meeting of minds, always involve friends, and you can become like family. The system works even better when you share faith. The neat thing about faith, is that if you believe in the God of the Bible, you are never really alone, and He will never leave you nor forsake you. During our down times, the darkest hours, it is important to remember the "F" words. Nick came and gave a message for prevention. The coach gave a message of intervention. He said very clearly that during this painful time, we have to rely on "friends, family and faith" to get to a better day. And when bad stuff happens, we also need to get to the last "f" word and that is forgiveness. Like healing, it all takes time, and friends, and family and faith! ❖

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.

Christmas Word Search



G L E T W C R S T O C K I N G
 Y I P I D A E R B R E G N I G
 A C O V T R P Y A E C E F F U
 R E A S L E Q I X O C T A P Z
 E M I R Y H A U D P S A J O N
 S E A P O B E T H L E H E M I
 N R U L O L D O N T F O S P U
 A R L S L E I G H A A S U D O
 M Y N O K L T T O Y S I S H R
 W C E N E M E S I W F E T A N
 O B M K A J L O Z Y E G V M A
 N E R N O L U H M G O T E L M
 S O G I E O Y D N A C X O N E
 V E R B I J O T H U W B K A N
 R E E D N I E R Q C A E E R T



1. Bells
2. Bethlehem
3. Candy
4. Carol
5. Christmas
6. Elves
7. Gifts
8. Gingerbread

9. Holly
10. Jesus
11. Manger
12. Merry
13. Ornament
14. Peace
15. Reindeer
16. Santa

17. Sleigh
18. Snowman
19. Star
20. Stocking
21. Toys
22. Tree
23. Wisemen
24. Yuletide

Copyright Christmas Online

SUDOKU

7					3			2
		4					1	9
		5	2		9			
	2			1	5			7
	9		4	7				8
			7		4	8		
3		2				5		
9			3					1

MAZE

Make Santa's Christmas merry and bright
 By helping him through this maze of lights!

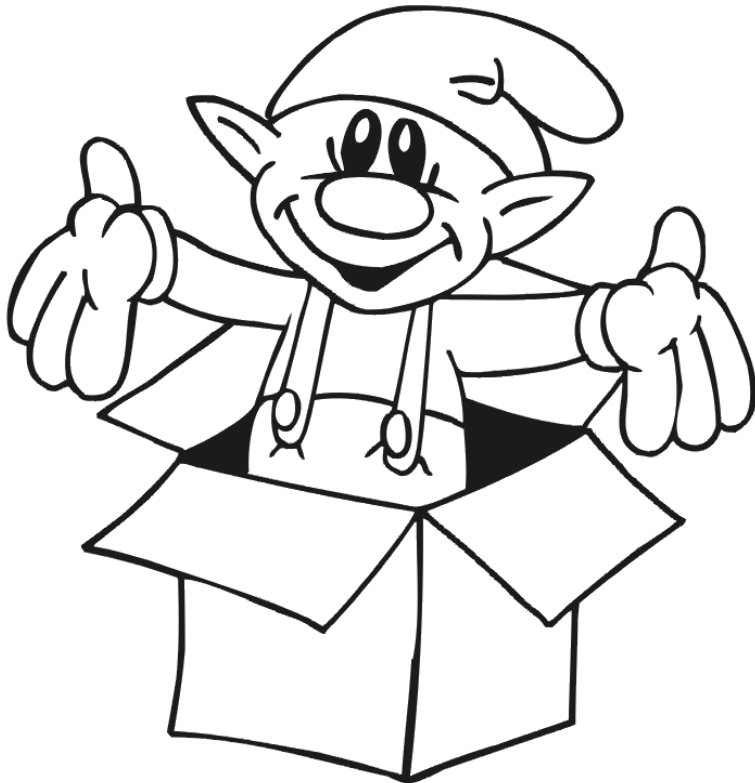
KID ZONE



GIFTS



coloringkidsboys.com



Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

As a last random act of kindness I coordinated with the El Centro City Library to donate some surplus books from the Chaplain's office which were still in the boxes from a donor. We did not have room for them in the small library at the community center. If you've never been to the City Library, I can definitely tell you that you are missing out. Mr. Banks is the director, and in the comments I received from him, he made it clear that sailors are welcome to come out and peruse the collection of books in which we have just added 5 boxes from the Chaplains office. There are also volunteer opportunities there whether you like to read to the preschoolers, help tutor English, or stocking the shelf in according to the old Dewey Decimal System!

This is a new facility. The old one, which had been the library's home for over 100 years, was damaged in the earthquake two years ago. When I arrived on board I had list of items to first seek out. The top ten list included Church, Wal-Mart, and the library but I found that the library was closed pending relocation. Thanks to the miracle of the internet I was able to connect with them, unfortunately only a few days before my departure.

The services they offer cannot be adequately noted in a freelance writer's article, nor would I be able to express what would interest you due to what interests me in the great facility. The library has over 100,000 books begging for you to go soak up the knowledge or stories, a variety of CD's, DVD's, audio books, reference material, newspapers, magazines and a section on local history. There is also Wi-Fi for your own device, public internet and computers, and you can obtain e-books. I highly encourage you to take a trip out to 1140 North Imperial to visit the library. I shall close with Romeo and Juliet: "Parting is such sweet sorrow, That I shall say good night till it be morrow". I bet they have that in the library!

This is my last edition of 'Off Base and into the Community'. Thank you all for your comments on the articles and it was my pleasure to shed a little bit of light on things that some may have just overlooked in their quest to find things to do here in the Imperial Valley. It's out there, be like the Lycos dog and "go get it"! ❖

CSD has new numbers!

The customer Support Detachment has some new numbers. Please note the following changes:

ID card section - 760-339-2623/2417

Military Personnel Supervisor / ES0 (760)339-2473

Transfers - 760-339-2473

Receipts / Separations - 760-339-2474

Desert Lanes...is open!



Cutting the ribbon.



Modeling the new shoes!



Trying for a STRIKE!

CLASSIFIEDS

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.



JOB POSTINGS

MWR Jobs



****CYP Clerk NF-0303-02****

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@mwrsw.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. ❖



**** Motor Vehicle Mechanic #05190****

Full Time Position, Posting open through Dec. 21, 2012

****Water/Sewage Plant Operator****

Full Time Position, Posting open through Dec. 24, 2012

To apply go to www.caljobs.ca.gov, Job No.: CA13634164, and CA13639968, no phone calls will be accepted

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

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

December 14

Parade of Lights
 Imperial Ave, Imperial CA
 1800-2200

December 15

Christmas in a Small Town
 North and South Imperial Ave
 Imperial, CA
 0900-1500

December 15

2nd Annual NAFEC Christmas Party
 Mirage Club
 1800-0000

December 15

Air Field Closes for rubber removal

December 18

Christmas Village Walking Trip
 Meet at Palm Oasis RV Park
 1600
 Cost: \$6.00

December 19

Niland ComRel
 Meet at Chapel Parking Lot
 0730-1200

December 22

Niland Christmas
 Meet at Chapel Parking Lot
 0930-1600

December 25

Christmas Day
 0001-2359
 Hopefully Santa didn't leave coal!

December 30

Sumo Wrestling
 Liberty Center
 1630

