



Issue 27

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NAF EL CENTRO

SANDPAPER



Going to the dogs

By Kristopher Haugh

Volunteerism is one of the benchmarks by which the local community judges NAF El Centro. Our Sailors are involved at the Imperial County Food Bank, in Honor Guards, funerals, fairs, festivals, charitable events, and now they have gone to the dogs.



Spearheaded by VFA-122 Detachment El Centro, Sailors have adopted the Humane Society of Imperial County located at 1575 W. Pico Avenue. Members interested in volunteering for one of the shifts can contact Petty Officers Ewing or Bravo or the Senior Enlisted Advisor, Senior Chief Bradley to sign up.

During a recent outing, Sailors helped perform some major renovations. They filled in pot holes in the dirt road with more than one ton of road grade dirt, pulled up and replaced carpets, pressure washed buildings, cleaned play pens and grounds, trimmed back the overgrowth along the fence line, washed the dogs, and delivered donated food.

Normally the shifts are two hours long Monday through Thursday



“We wanted to create an opportunity that our people can own, something they can take pride in,” said Bradley.

“The shelter is not supported by any government funds. They exist solely off of donations and volunteer efforts.

This is a family friendly event, Sailors can bring their families and everybody can spend some time caring for the dogs and cats out here,” Bradley explained.

“They definitely need our help,” he said with seriousness. ❖

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COMMANDING OFFICER'S CORNER



It has been a few months since I have commented here, so I'd like to use the space to update you on a few things.

First, we are 100% "on mission"; that is, thanks to your professionalism and sustained hard work, we continue to provide world class support to the combat training and readiness efforts of our warfighters, which is our number one priority and the sole reason this installation exists. I continue to consistently receive, on your behalf, exceptionally high praise from visiting aviation units on the outstanding and can-do support they receive from every NAFEC department.

We are continuing to aggressively pursue Quality of Life improvements across the base, even as we face substantial budget challenges. I expect the Lincoln-Clark housing and play areas upgrade project to be completed by the end of May. We should start the expansion of the Fitness Center in June or July. The upgrade to artificial surface for the Football Field and Track is scheduled to start this fall. The RV Park expansion (15 new lots) and upgrade project is underway, scheduled for completion in July. The projects to significantly upgrade the NEX and bring Starbucks to the Liberty Center continue to move in the right direction; I am optimistic that both will complete in 2013. I am sure all of you have seen the badly needed work that has started on Bennett Road by the County. The resurfacing of the road from the Front Gate to near the railroad track is scheduled to complete in the next week or two. And, though we have faced a number of administrative hurdles, I still expect to bring a couple of Bachelor's Degree programs to the base in the very near future.

In the meantime, budget constraints – sequestration, specifically – continue to impact us across the board. I am very aware of the reduction in availability of important facilities such as the Liberty Center, pools and Fitness Center. Please understand that these reductions are being driven down from Big Navy to all bases, that the XO, CMC and I understand the negative impacts on your lives, and that we are doing everything we can to mitigate the impacts of these reductions. As an example, it has been directed that bases with more than one swimming pool can fund the operation of only one. We are working with our Region Leadership for waiver approval to open the Large Pool on the weekends, considering our very hot climate and high demand signal for swimming recreation. We will keep you informed on that one and others and they progress. Also, our highly critical Civilian Workforce is facing furloughs in the very near future. No decisions have been finalized but, as we continue to hope that it will not come to fruition, we must be prepared if it does.

The summer heat is upon us, or at least right around the corner. Continue to do the outstanding job you do each day, keep an eye out for each other, and thank you for your tremendous contributions and dedication to the highly important mission here at NAFEC. ❖

- CO

Setting Boundaries – Close the Door on Energy Waste

By Ruth Erro



Doors let us in and out of the building, and in and out of spaces within the building. Most doors within the building are inside the air conditioning boundary, and can be left open unless they are designated as fire doors. But one way to save on heating and air conditioning is to close doors to spaces that aren't used much, like storage areas. If they have their own source of heat or A/C, set the thermostat to the most energy-saving position (down in winter, up in summer) or off, if there's no chance of water freezing in pipes in the space.

Obviously, doors to the outside need to be closed when the heat or A/C is on. If you notice a door that's frequently left open, report it to your supervisor or building energy monitor. The mechanical door closer may be in need of repair. Or maybe the building pressure needs to be adjusted. Typically, the volume of fresh air being brought into the building should be slightly more than the volume of air being exhausted, to keep a slightly positive pressure in the building.

It's especially important that large loading doors be closed when not actively in use, if the heat or A/C is on. Report large loading doors to conditioned spaces that are frequently left open. It might be cost effective to install automated high speed doors that save energy, and improve comfort and productivity. ❖

COMMAND MASTER CHIEF



Congratulations to our Sailors of the Year:

- MA1(SW) Stroupe Sailor of the Year
- MA2 Rangel Junior Sailor of the Year
- MA3Nuusolia Bluejacket of the Year

And congratulations to our Sailors of the Quarter for Q2 FY 2013. NAF El Centro is privileged to have so many outstanding Sailors making selection extremely competitive.

- Sailor of the Quarter HM1(FMF) Daniel Burns
- Junior Sailor of the Quarter AC2(AW/SW) Katherine Babilonia
- Bluejacket of the Quarter HN Victoria Neiblas

All three of these fine Sailors embody the Navy's core values of Honor, Courage and Commitment. Well Done Shipmates!

May is Asian American, Pacific Islander Heritage month. This is our opportunity to celebrate the contributions of generations of Asians and Pacific Islanders to our society and armed forces. This year's theme is "building leadership: embracing cultural values and inclusion." Please take the time to come celebrate with us on Thursday, May 23rd from 1100-1200 in Bldg 4015.

SAPR – Now that we have all completed the required sexual assault prevention and response training the focus does not end there. This is a topic that needs to remain in the forefront of our minds. One sexual assault in our Navy is too many. We all have a responsibility to recognize those predator type behaviors early on and take bystander intervention actions to prevent a potential sexual assault. When you think about it, this really is what our core values are all about.

Coming soon..... Alcohol Detection Device (ADD). What is it and what is it for? ADD's are a tool for commands to educate and increase awareness to promote the responsible use of alcohol. Overall it enhances a commands culture of fitness, support of good order and discipline and the mission. It provides immediate feedback to service members on the effects of alcohol use. Results of ADD testing are not intended for use as a basis for disciplinary measures. ❖ - CMC

An XO note...

By CDRFranzen

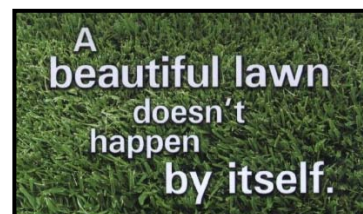
Desert Warriors,

For those of us who have the privilege to live in Lincoln housing, it has been brought to my attention that some of the backyards are being neglected. Lincoln/Clarke has spent a lot of money renovating and updating the properties. We as tenants have an obligation to maintain these properties. We are fortunate that Lincoln provides landscape maintenance for our front yards and reduces the work load on us with respect to landscape maintenance, many of your counterparts who rent properties in town do not enjoy this luxury.

Please do your part to maintain not only the inside of your Lincoln house but also your carport area and backyard. If you can't maintain your backyard properly Lincoln will provide that service for you and you will be charged appropriately.

Thanks for your help on this issue. ❖

-XO





GPS...Goals, Plan, Succeed

By NC1(SW) Marc Jones

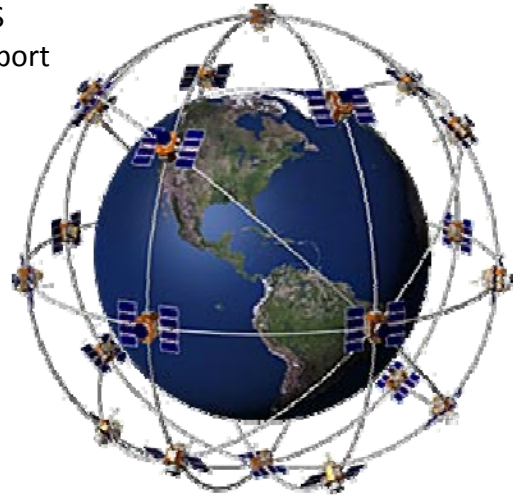


The transition assistance program (TAP) has been around as long as I have been in the Navy and has helped countless people transition to civilian life through the years. As of November 19th of this year TAP is being retired and GPS is now active.

What is GPS? It is TAPS evolved. GPS is now mandatory for all active duty members separating. GPS has been expanded one day, making it a five day course now. All service members will develop a Individual Transition Plan (ITP) to help them with planning their future beyond the service.

Service members will be required to bring the following material to GPS

1. A copy of their Verification of Military education and training report
2. Individual Transition Plan template
3. A copy of last five evaluations
4. Most current leave and earnings statement
5. Current credit report
6. Transcripts (Smart, AART, CCAF)
7. DOD self-service logon and E-benefits registrations
8. DD2648 Pre-separation counseling form



Remember a prepared Sailor is a successful one! ❖



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/>

GIANT VOICES FROM ON HIGH *By LT "Secret Steve" Kireta*

A Mass Notification System, also known as Giant Voice (GV), will be installed onboard NAF El Centro in the month of May. The GV system consists of three outdoor siren towers that give the installation the ability to transmit live and recorded voice messages, tones, and music.

The installation is scheduled to begin on May 6, with testing scheduled for 20-31 May. During the test period, the system will be activated sporadically during the hours of 0800-1700 on select weekdays. All tests will be prefaced with a test message to notify base personnel. Any further questions can be sent to your base Emergency Management Officer LT Stephen Kireta at Stephen.kireta@navy.mil. ❖



The Wellspring - Chapel News

Battles of the Bible: Strategies for Victorious Living. Those of us who have joined the ranks of Jesus' disciples have done so desiring to live victoriously as we fight the good fight of faith. We want to succeed in the battle to overcome sin and to live our lives before God with honor, courage, and commitment. Doing so, however, requires strategies that will bring us success. To this end, in this new preaching series, we will be studying various battle accounts in the Bible, discerning the military strategies that brought God's people victory or defeat, and applying the spiritual principles that are applicable to our lives today. Sermon titles will include *Divide and Conquer*, *Tactical Retreat*, *Strategic Superiority*, *Military Advisement*, *Peace Accords*, *Unconditional Surrender*, and *The Final Battle*. This series will continue through May 2013. ❖



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). We will begin a new video series this month entitled *NOOMA*. In each of these brief videos (10–15 minute), Pastor Rob Bell presents a message that is powerful, probing, and provocative regarding Christian life and practice, often raising as many questions as he answers, allowing plenty of time and opportunity for group discussion and interaction. Coffee and pastries provided.
- **Women's Bible Study**— All women (military, retired, civilian) are invited to join our Women's Bible Study. This group meets every Wednesday at 1800 on base at Tammy Smith's house (3345B Gila Bend). They are currently studying *Be Decisive: Taking a Stand for Truth* by Warren Wiersbe, a study in the book of Jeremiah. For more information, please contact Tammy 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.

Loose Lips Sink Ships *By Chaplain Smith*

"Loose Lips Sink Ships". During WWII, this slogan appeared on posters across the United States in a concerted attempt to discourage careless comments that could be damaging to the Allied war effort. A salvo of words overheard by the wrong ears could send a ship to the bottom of the sea as sure as the enemy torpedo that was fired against it.

If you are a part of today's modern Navy, you've probably discovered that loose lips can still sink ships—and much more. The gossip that runs the length of a ship or base and back again has a way of causing damage among members of the command and crew, sinking reputations and relationships, taking morale to the very depths of the sea. Many of us have stories we could share of the severe damage that gossip has caused in the lives of friend and foe alike.

It is the responsibility of every member of our Navy to reverse this downward trend. And we can do so by refraining from speaking, entertaining, and/or repeating careless comments about the personal lives of our shipmates. Toward this end may we remember the following...

#1. If You Think You Know What You Saw, Think Again. I read a true story recently about a young wife of a deployed soldier who was spotted having dinner with another man. The woman and the man were seen sitting close together. Hugs were even exchanged. The rumor mill ran amuck of the obvious impropriety. "Concerned" individuals went so far as to contact the deployed husband to notify him of his wife's illicit activities.

The following was the deployed husband's response—"The man you saw was my brother. He is going through a divorce and my wife, as his sister-in-law, is doing her job of comforting and helping him through this hard time at my request."

In the end, what seemed like impropriety was altogether proper. And what appeared to be "helping" was only hurting instead. A brief conversation with the wife could have put this rumor to bed before it even began.

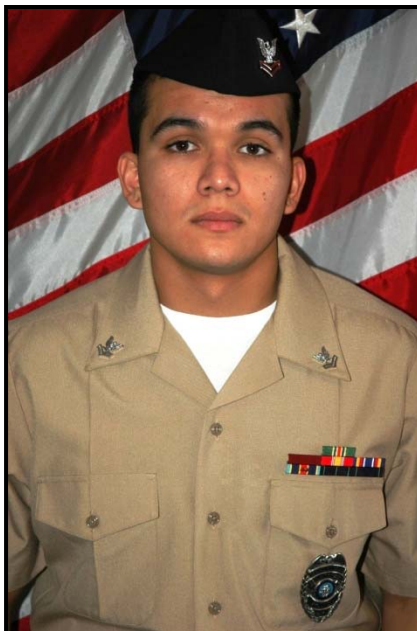
#2. If You Didn't See It, Don't Repeat It. Given that our eye witness accounts are not always accurate, it is prudent to be principled enough not to repeat information that we didn't actually witness ourselves. While our intentions may certainly be above reproach, we may be aiding and abetting the enemy without even knowing it.

#3. If You Can't Say Anything Nice, Don't Say Anything At All. This maxim served most of us well as children. It will serve us equally well as adults. When considering the question of gossip, there are always two questions that one must answer regarding the statements that we choose to make about others. First, "Is it true?" And, second, "Is it good and right?" If our words will not raise the reputation and spirit of others, then it might well be better for us to say nothing at all—true or not.

Loose lips can sink ships. Loose lips can sink lives as well. It is up to us all to raise ourselves above the rumor mill so we all don't go down with the ship. ❖



IN THE SPOTLIGHT



NAFEC SAILORS OF THE YEAR

SAILOR OF
THE YEAR

MA1(SW) Stroupe



JUNIOR
SAILOR OF
THE YEAR

MA2 Rangel

BLUE
JACKET OF
THE YEAR

MA3 Nu'usolia

Burrowing Owl Survey

By Michael D. Remington

On 26-27 December 2012, NAFEC's Natural Resources Specialist completed the annual Christmas runway/taxiway area burrowing owl/critter survey and documented one burrowing owl living in several culvert pipes immediately adjacent to the fuel hot pits. With the high aircraft traffic common at the hot pits during flight operations, this owl presented an ingestion hazard. No other animals were found to be residing within the area that would present a significant BASH hazard. On 16 January, the owl in the area flushed upon approach; the culvert pipe was inspected to confirm that no owls, nests, or eggs, were inside; and heavy mesh screening was placed over the pipes to prevent further owl usage. ❖



Culvert inspection for burrowing owls.

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
MAR	10	3	1228	86
APR	8	3	1174	80



**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:



Bread Tags make excellent cord labels

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 SUMMARY OF MISHAPS NEW-YEARS RESOLUTION ISSUE, JUST REPEAT THESE WORDS:

- A. I WON'T HAND A LOADED PISTOL TO SOMEONE WHO HAS OFFERED TO CLEAN IT BUT WHO DOESN'T KNOW HOW TO UNLOAD IT WITHOUT FIRING IT INTO MY HAND.
- B. I WON'T USE A FOLDING CHAIR AS A LADDER SUBSTITUTE WHILE TRYING TO CHANGE A LIGHT BULB, ESPECIALLY NOT AFTER TAKING ON AN UNSPECIFIED AMOUNT OF BEER.
- C. I WON'T LET MY OFFICE PLANTS TOUCH HIDDEN, EXPOSED LIVE WIRES.
- D. I WON'T LOSE MY TEMPER AND HEAD-BUTT MY CAR'S HEADLIGHT.
- E. I WON'T SPRAY MYSELF IN THE FACE WITH A FIRE EXTINGUISHER WHILE INVENTORYING AN EMERGENCY SUPPLY BAG.
- F. I WON'T DO PUSHUPS WITH ONE HAND ON AN ANT NEST.
- G. I WON'T CLIMB A CLIFF AT THE BEACH WEARING SANDALS (EVEN "PROTECTIVE SANDALS," WHATEVER THEY ARE).
- H. I WON'T FLEE A MYSTERIOUS NOISE IN A MUSEUM THAT CONTAINS MUMMIES, KNOCK MYSELF OUT RUNNING INTO A STATUE, AND THEN RECORD THE MISHAP CAUSE AS "CURSE."
- I. I WON'T TRY TO BREAK UP A DOG FIGHT WITH EITHER A BARE HAND OR BARE FOOT.
- J. I WON'T MISREAD MY JOB SERIES AS "SNAKE HANDLER" AND GRAB A WILD SNAKE.
- K. I WON'T LET A RENTAL CAR'S GPS CONVINC ME THAT I CAN DRIVE TO AN ISLAND THAT IS NINE MILES OFF SHORE, EVEN AT LOW TIDE WHEN THERE APPEARS TO BE A GRAVEL SURFACE.
- L. I WON'T TRY TO HURDLE A LIMBO BAR WHILE PARTICIPATING IN A ROLLER DERBY.
- M. I WON'T SLICE OPEN MY LEG ON A SUBMERGED ROCK, THEN TRY TO CAUTERIZE THE WOUND WITH A HOT BUTTER KNIFE.



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

Free Summer Camp

The DEFY team has scheduled a free summer camp for children ages 9 to 12 to be held off base from August 11-16, 2013.

The program teaches leadership, teamwork skills, goal-setting, drug awareness, deglamorization of "gang mentality" and builds self-esteem.

There is absolutely no cost to parents for this program. Food, lodging, transportation, admission, everything is provided by the program.

If you are interested in having your child or children attend this event contact HN Victoria Nieblas at 760-339-2674 or Victoria.nieblas@med.navy.mil.

There will be a parent orientation on August 3, 2013 at 1700 in building 4015. ❖

Volunteers Needed

The DEFY team is accepting applications to be a volunteer in the two-phase program that seeks to empower children with life-enhancing skills and abilities.

The team is looking for a Training Coordinator, Health Care Supervisor, Public Affairs Liaison, Administrative Assistant, Mentor Coordinator, Workshop/Special Events Coordinator, Camp Photographer and Mentors.

Drug Education for Youth is a Department of Defense sponsored organization. Military member who are part of the program are authorized TAD orders to attend the summer camp.

If you are interested in participating in this program, contact HN Victoria Nieblas at 760-339-2674 or Victoria.nieblas@med.navy.mil. ❖

Pearl of the Desert Riders

By AE1 Derek Perry



Summer, or at least our blast furnace version of it, is almost upon us here in the Imperial Valley. Many riders like to enjoy the time on the open road when it's not a blistering 120 degrees. I have seen a good number of riders out lately.

Most riders here on base know me, I am AE1 Derek Perry, and I work on base with VFA 122. I have recently taken over as the base motorcycle safety representative or MSR.

The base sponsors a safety ride every third Friday of the month, meeting at the commissary parking lot at 0800. We do this to encourage safe riding among all military members, dependents, DOD employees, and civilians. We perform the T-CLOCKS inspection and check for proper PPE before every ride.

We had a quarterly meeting in February with a large turnout and discussed what everyone expects from the group and future rides. Our March ride was to Yuma with lunch at Buffalo Wild Wings. Our April ride was to San Diego along the 94.

I would like to have another meeting with all of the riders here on base to make plans for future events and to go over other business on May 15, at Bldg 4015 at 1000. I would like to encourage all riders / owners to attend the meeting. The next ride is scheduled for May 17, 2013.

If you have any questions feel free to email me at Derek.a.perry@navy.mil or call me at work at 760-339-6037. ❖



Morale, Welfare and Recreation



Want to know what is going on and what cool things there are to do? Need to know what free movies are playing? Here is a helpful link!

<http://navylifesw.com/elcentro/>

Join your friends in a once of a life time adventure at Yosemite National Park. You must sign up at the Liberty Center by May 14, 2013. This is a three day long trip, food is not included, but transportation and lodging is. Active Duty is just \$160 and their guests are \$185. This is a perfect opportunity for bird watching, hiking, photography, and just spending some great time with friends in the untamed scenic vistas of America. ❖



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!

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> ❖



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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The Out-of-Towners

By Kristopher Haugh

Twice a year, photographers from around the southwestern U.S. and distant parts of the world descend upon NAF EL Centro to take part in a "Photo call."

The clubs that usually come out for this exclusive event are FenceCheck, Aviation Photographers of Southern California (APSoCal), Phoenix Spotters, Imperial Valley Friends of Photography and Arizona Aviation Photographers (AzAP) along with personal initiations to leading photographers.

Initiated in 2008, the photo calls were designed to give special access to aviation photographers who would then share their pictures with the base and with the world. This event is a low cost method for the U.S. Navy to share its message through the lenses on non-military photographers said Michelle Dee, the base's Public Affairs Officer. These talented men and women capture images from a different perspective and they help us showcase what naval aviation is capable of, she added.

AzAP has been shooting out here since 2009. According to the photo club's website, the mission of AzAP is to provide a means for Arizona-based photographers to record and preserve the southwest's rich aviation heritage, both current and historical. They also serve as an aviation-media resource for news media, museums, military, and the aerospace industry.

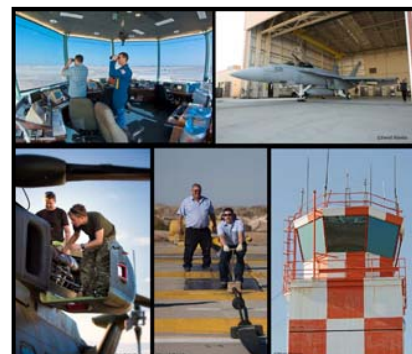
Earlier this year, AzAP spokesman Joe Copalman contacted the PAO about a project his club was working on. As a thank you to the many hard working Sailors on the base who helped facilitate the photo calls, they collected not only their finest images, but the ones that did the best job of visually telling the NAFEC story from over the years, to create a coffee table photo book.

The El Centro Chamber of Commerce and Visitor's bureau worked with the club to help them set up with an online print-on-demand publisher. The result is a 40 page book of stunning images showing the mission, personnel and aircraft that visit and work on the installation.

The book, titled *The Out-of-Towners* was officially unveiled at the NAF El Centro's 2013 air show. "This book was created by the Arizona Aviation Photographers club as a tribute to the men and women, sailors and Marines, allied service personnel, government and contract employees, and the members of the surrounding communities who are stationed at, detached to or work at Naval Air Facility El Centro," Copalman said.

The Out-of-Towners is available for order through www.Blurb.com, a print-on-demand service that ships your books directly to you after purchase. Softcovers are available for \$35.00, hardcovers for \$45.00, and it is also available as an eBook download for iPad, iPhone, and iPod touch for \$9.99. Proceeds from the sale of *The Out-of-Towners* will be used to directly benefit the sailors aboard NAF El Centro.

For more information on the Arizona Aviation Photographers, visit their website at www.azaerophoto.com. To order the book, visit the Blurb publisher at <http://www.blurb.com/b/4122185-the-out-of-towners>. ❖



Sample images from Arizona Aviation Photographer's book, "The Out-of-Towners."

At the CYP...

By Joanna Lopez



As the old year comes and goes we tend to reminisce about all the good things that happened throughout 2012. Here at the Child and Youth Programs (CYP) we would like to take a moment to remember December 8, 2012, a very special Saturday that brought many children happiness in the middle of the desert. Who would have thought that a very special visitor would be doing a joint operation with our British forces in the valley? The CYP took it above and beyond. The holiday spirit was in the air and spreading to everyone who entered the CYP. Parents, VFA-122 Det el Centroe and even our friendly British neighbors decided to take up this mission with our center and make wishes come true to all our children this past year.

The parents were half an hour early as our busy workers prepared everything for "Breakfast at the North Pole." Jumpers were filled with air. Eggs and pancakes were prepared and ready to be savored. Arts and crafts tables were set and ready to receive the anxious little children. Eight o'clock could not come too soon, as the parents and children rushed in to get a toy from the very famous *Toys for Tots*. From the very classic Barbie to Super Spy Kids gear the *Toys for Tots* brought many delightful smiles to these young children. Free gifts and free food were only a few of the things that the CYP had specially prepared on this day, but the main event was yet to arrive. An hour and half later the doors to the hangar were finally spread open and all the children and parents anxiously rushed to the front. All cameras were set and ready as the sky was the limit. From faraway something was approaching the hangar. Not a sleigh or reindeer, but something green? One of the children asked "where are the reindeer?" Puzzled by the fact no sleigh was in sight the children were amazed to see that Santa had taken to the air in a different vehicle. With the help of our very special British forces, Santa arrived in a British Merlin Helicopter. Mrs. Claus was already mingling with the crowd and awaited her dear husband's arrival with our elves and Stormtroopers as reinforcements to escort our special visitor inside. The children cheered and "aaaawwwed" as Santa came out of the helicopter. He walked in with Mrs. Clause and the elves into the hangar. In the blink of an eye, the line to take pictures with Santa had already formed. Parents and children eagerly awaited their turn to tell Santa their special request. One by one each child was heard and posed with Santa for that memorable picture. Some cried but most smiled at the big jolly man in a bright red suit, with a bag of goodies which was given to each child. Their faces lit up as the bags were open and all the gifts were unwrapped.

More than 325 people and children were served. This event was a success and a blessing to many families this past year. A very merry thank you to all who helped bring this event to life. The CYP could not have done this without the support of our Sailors and parents. It is always such a comfort to know that CYP has been blessed by so many throughout this past year and will hopefully be continually blessed this 2013. To all on base, have a Happy New Year! ❖



JOE'S SPORTS SMACK TALK

A new Captain's Cup season is under way. Here are the current standings based on the football and basketball seasons. Right now softball is underway!



Football Results:

Khakis	5 pts
Cons	3 pts
Security/Medical	2 pts
Strike	1 pt
Weapons	0
Boss	0
Operations	0



Basketball Results:

Cons	3.5
OPSEC	1.5
Security/Medical	1.5
Khakis	0
Strike	0
Boss	0



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?

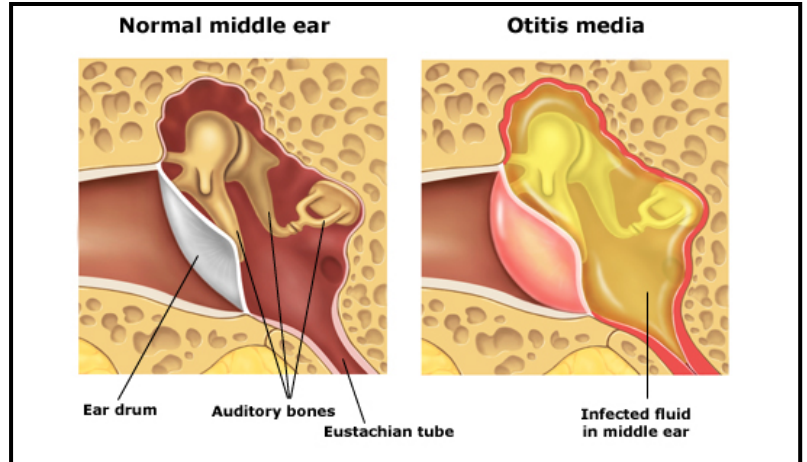
"Hear Ye! Hear Ye! Ear Infections Can Be a Pain"

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



How Does an Ear Infection Develop?

Acute infections of the middle ear (what doctors call "acute otitis media") occur when there is a viral or bacterial infection in the middle ear. Normally, the Eustachian tube drains fluid from the middle of the ear to the back of the throat. Yet, if that tube becomes blocked, the fluid is not able to drain and can become infected in the middle ear. Children and infants are more likely to get ear infections than are adults because those younger Eustachian tubes become blocked or swollen more easily. Unlike other kinds of infections, ear infections are not spread directly from one person to another; however, when one person spreads either a bacterial or viral cold to another person, that spreading may indirectly lead to an ear infection in that second person.



What Are the Causes and Risk Factors of Ear Infections?

Some of the most common causes and risk factors for ear infections are:

- Allergies
- Colds
- Sinus infections
- Exposure to tobacco smoke or other irritants, like air pollution
- Increased saliva production during teething in young children
- Attending day care, especially with a lot of children. The more children that a child is exposed to, the greater the chance of that child getting a cold which, in turn, increases the chances of getting an ear infection

How Can Ear Infections be Treated?

Most acute ear infections can be treated at home without antibiotics.

These treatments include:

- Apply a warm, moist cloth or compress to the affected ear to decrease pain
- Take over-the-counter medication for pain like ibuprofen and acetaminophen. (Remember though, do **NOT** give aspirin to children)

If a child is less than 6 months old and has a fever, go see a doctor. For those children older than 6 months old, see the doctor if they develop:

- Fever higher than 102.0 degrees Fahrenheit
- Significant pain or other symptoms that are not relieved with the above-mentioned at-home treatments
- If the symptoms get worse or do not improve

Tip of the Month: As we begin this new brand new year, please pay close attention to your child's ear. Through these methods of detection, you might just prevent an infection. Younger children cannot always clearly say, what is really bothering them today. As they say: There are two things certain, one thing sure; an ounce of prevention is worth a pound of cure, but see your doctor when symptoms worsen or stay. As we experience colder weather that looms, this info may reduce trips to waiting rooms. ❖

What Are the Symptoms of Ear Infections?

The symptoms of ear infections can depend on the age of the person affected. Infants will usually have irritability and inconsolable crying. Children a bit older might have a fever or difficulty sleeping. Although tugging or pulling on the ear can indicate an ear infection, it might not always be present. Other symptoms include:

- Earache or ear pain
- Fullness in the ear
- Difficulty hearing or complete hearing loss in the affected ear
- Headache
- Vomiting
- Diarrhea



Can Ear Infections be Prevented?

Not entirely. But you can decrease the risk of developing an ear infection with the following:

- Wash hands and toys frequently to decrease the risk of getting a cold
- Avoid exposure to second-hand smoke or other air irritants
- If possible, enroll your child at a daycare with a small number of other children to limit the exposure of colds

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

NMCS D EFMP Coordinator:

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

HMC(AW/SW)BELL SAYS: " LET THIS NEW YEAR 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! "

Did you know...

Naval Medical Center San Diego offers language assistance?

For patients needing Interpreter Support, please contact one of our Clinic Staff at (760) 339- 2674/ 2675.

(Note: NMCS D requires 72 hour notice to ensure appropriate help is addressed).

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. ❖

The Desert Beat

BY MASN Oronde Vassell

Greetings again from the aspirations of a dedicated sailor!

I am pleased to share a little of my rate in the Navy and what we as Master at Arms (MA) do here at Naval Air Facility El Centro.

What I hope to create from this article is a segment for personnel on base who, if active duty military, retirees, family and civilians, would like to be more informed and connected with their security here on base. Being a native of New York City the term, "boys in blue" was no affiliation to the United States Navy but in relation to the New York Police Department and the discreet image of outstanding customer service, unity, and presence they provided for the city.

What you can expect from this article and many more to come is law enforcement topics, fun history facts, criteria for security, and even some interviews with Master at Arms and security officials here on base. Without further ado, I present a brief history of the rate and how it applies here at NAF El Centro.

The Master-at-Arms rating started out in the post-American Revolutionary War on board the ships of the United States' early Navy. Taking on many customs and traditions of the Royal Navy, the existence of the rating did not take effect until the Naval Act of 1 July 1797 (a previous Act of 27 March 1794 authorized the same, but was allowed to expire) or known as the Congressional Act to provide for a Naval Armament, which authorized the President of the United States to provide four ships of 44 guns and two ships of 36 guns each, to be employed on each ship various officers, marines and petty officers under the command of a commissioned officer as the Captain.

In the United States Navy today, an MA is the rating primarily concerned with law enforcement and good order and discipline. They serve as a military police force onboard naval ships and installations, both within the continental United States (CONUS) and outside the continental United States (OCONUS). MAs traditionally report to the Commanding Officer (CO) of the command, through the Executive Officer (XO) or Operations Officer (OPS), in maintaining good order and discipline, enforcing rules and regulations, and protecting life and property. To this day this tradition is the driving force for MAs and is being stationed here at NAF El Centro.

As some have noticed, the patrol units driving around base and even the foot patrols conducted by myself and security officers have been established as a positive influence building a base community among the civilian, military, families and law enforcement here.

Community policing provides a safer living environment and the maintenance of an orderly society.

The vision for Naval Air Facility El Centro is to be the Navy's premiere tactical training air installation-providing world class operations, world class facilities and the highest quality of life for our personnel and their families. During my tenure here, I have realized this vision is lived out every day by each individual here. With customer service being the core foundation of security at NAF El Centro, we are committed to not only upholding the law, but the mission, vision, and identity of this installation as well. ❖

On Base Catholic Services

By Chaplain Smith

It is with regret that I must announce that Catholic services at NAF El Centro will be postponed through FY13. Due to the current budget crisis, the contract for this position has been cut. It is difficult to tell if or when the contract will be renewed.

We would encourage you to take full advantage of the Catholic services available in our community. Please find more detailed information below. If you have any questions or concerns, please contact me at x2290 or jared.n.smith@navy.mil. I look forward to assisting you in any way that I can.

Local Catholic Churches in the Imperial Valley

St. Mary and Our Lady of Guadalupe in El Centro

St. Margaret Mary and Sacred Heart in Brawley

St. Anthony's in Imperial

Our Lady of Guadalupe in Calexico

St. Joseph's in Holtville

The closest on to the base is St. Mary's on La Brucherie. Here is the website for that one:

www.stmaryec.org. ❖



Helping Hands

The Sequestration of Service

By Chaplain Smith

To one degree or another every branch of the military and every base installation have felt the effects of sequestration. The impact has been felt right here at NAF El Centro. The hours of service at many of our MWR facilities have been cut. Employment opportunities for those who serve us have been cut, too. It seems that the only thing not being cut is our grass!

One of the latest cuts has been to our COMRELS, one of the best opportunities we have to serve our community. Specifically, the Religious Ministry Team was informed recently that our monthly Niland COMREL will now only be authorized every other month when government funds and/or transportation are being utilized.

Although this cut to our COMRELS is certainly challenging, we can assure you that there have been no cutbacks in our commitment to serve our sailors in their efforts to serve our community. We are committed to offering the best quality COMRELS as frequently as possible. Sequestration may have reduced our resources, but it has not reduced our resolve to serve.

A list of our upcoming COMRELS is listed below. If you have questions or would like to participate, please contact RP1 Kirby at justin.b.kirby@navy.mil or x2461. As always, if you have any COMREL suggestions, please let us know.

Niland—This event will take place on Wednesday, 19 June, 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.

A Word of THANKS...

We would like to thank the four sailors who participated in the American Legion COMREL in January, including AD2 Ewing, AD2 Hintzsche, AT2 Bravo, and AEAN Hajney.

We would like to thank the four sailors who participated in the Salvation Army COMREL in February, including PR1 Lyons, AD2 Ewing, AZ3 Jarrett, and AD3 Carpenter.

We would like to thank the twelve sailors who participated in the Boys and Girls Club/CYP Mini Olympics in April, including AT1 Xangsayasane, AZ1 Baltazar, AME1 Marcotte, AT1 Laliberte, AT2 Stone, AO2 Foote, MA2 Rangel, AZ3 Jarrett, AOAN Bechie, ATAN Hall, AEAN Hartmann, and MASN Vassell

We would like to thank the seven sailors who participated in our Niland COMREL in April, including HM1 Burns, AO2 Foote, AO2 Phillips, AM2 Kimeli, AEAN Curtis, AEAN Hajney, and AOAA Bechie. ❖

Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: Pain and Gain

Players: Mark Wahlberg, Dwayne Johnson, Anthony Mackie, Tony Shalhoub, Ed Harris

Genres: Action, Comedy, Crime

Rating: R

For you Mark Wahlberg and Dwayne “The Rock” Johnson fans this film is anything but usual for both entertainers. *Pain & Gain*, incredibly, is based on the true acts committed by the three gentlemen portrayed between 1994 and 1995. With me vaguely remembering the actual story I had to do a little research to help understand the storyline. And boy what a storyline it is.

Envy is the root of all evil; an old adage the best describes Daniel Lugo (Mark Wahlberg). The mastermind or rather lead knucklehead of a criminal enterprise composed of two equal numbskulls, Paul Doyle (Dwayne Johnson) and Anthony Mackie (Adrian Doorbal) attempts to steal his way to the *American Dream*. A comedy of errs and I do mean comedy leads to his and the trios eventual demise.

Understand the trio is depicted as bumbling fools onscreen in spite of their heinous crimes. Fortunately for Michael Bay (director) and screenwriters Christopher Markus and Stephen McFeely the combination of comedy and crime work well onscreen. So well in fact that I had to be reminded (literally) that the story was based on true events. With that being said, I rate this film three and a half anchors out of five. ❖

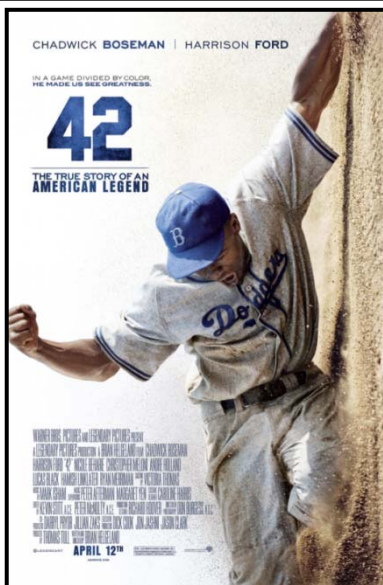


Movie Title: 42

Players: Chadwick Boseman, Harrison Ford, Nicole Beharie, Christopher Meloni

Genres: Drama, Sport

Rating: PG-13



It sure has been awhile since my last review; it feels good to be back! Some of you may have already had the pleasure of viewing 42 at the sneak preview a couple of weeks ago so I apologize if you feel this review is not necessary. However, I felt it necessary to offer my opinion to the big screen's portrayal of history.

Fans of baseball are quite familiar with the significance of the number 42 or more importantly the significance of the man behind the number 42 as it stands as the only number retired in all of baseball. 42 revealed the trials and tribulations that both Jackie Robinson (Chadwick Boseman) and team owner Branch Rickey (Harrison Ford) experienced while desegregating baseball. The film gives insight to the *times* and the culture and the forward thinking of Branch Rickey.

The film's storyline credits Branch Rickey for breaking the color barrier however, he *was* a businessman. His business sense was clearly evident throughout the film; others petitioned for baseball integration prior to. Nonetheless, Jackie's make-up as a man, as a human was also clearly evident throughout the film. It would have been a crime had we not seen Jackie's torment, temperament and tolerance. It would have been a crime had we not seen baseball's reaction to his acquisition. It would have been a crime had we not seen Jackie's acclamation.

As much as Jackie's acquisition was about baseball both men knew there was much more at stake than a bat and a ball. It was refreshing to see that side of the story amplified. With that being said, I rate this film four and a half anchors out of five. ❖

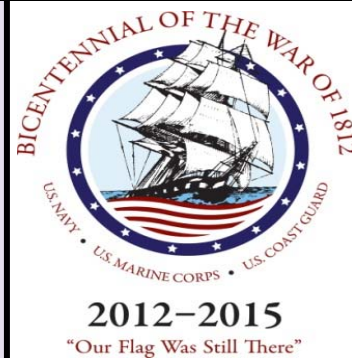


WHAT WAS GOING ON...

In December during the 1970's - NAFEC Sandpaper

April 21, 1972 – Special Navy Camera Now On The Moon: The Naval Research Laboratory created a special camera to give man his first moon based observatory. Navy CAPT and Astronaut John Young set the camera in the shadow of his lunar landing module during the first lunar excursion. ❖

May 4, 1973 – Special Navy Camera Now On The Moon: The Naval Research Laboratory created a special camera to give man his first moon based observatory. Navy CAPT and Astronaut John Young set the camera in the shadow of his lunar landing module during the first lunar excursion. ❖



DISTINGUISHED WARFARE MEDAL IS NO MORE

(Condensed from the original article)

Defense Secretary Chuck Hagel has eliminated the Distinguished Warfare Medal, DOD officials announced April 15, 2013 according to an article by Jim Garamone of the American Forces Press Service.

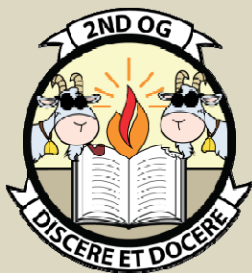
Instead, the military will recognize service members who directly affect combat operations without being present through distinguishing devices that will be affixed to already existing awards.

"The Joint Chiefs of Staff, with the concurrence of the service secretaries, have recommended the creation of a new distinguishing device that can be affixed to existing medals to recognize the extraordinary actions of this small number of men and women," Hagel said in a written release.

DOD announced the creation of the Distinguished Warfare Medal Feb. 13, 2013.

Members of veterans' service organizations and others objected to the Distinguished Warfare Medal, officials said. The medal's order of precedence was to be just below the Distinguished Flying Cross and just above the Bronze Star. Some commentators objected that it would rank higher than the Purple Heart -- awarded to those wounded or killed in action.

The distinguishing devices can be affixed to awards at different levels, so, once written, the criteria for the awards must reflect that, officials said. For example, the criteria for affixing a device to an Army Commendation Medal would be different than those for a Meritorious Service Medal -- a higher award. ❖



LOCAL HISTORY BY TWO OLD GOATS



A recently interesting nugget discovered about the base was the existence of the "Chuting Stars" parachute team. These guys were the forefathers of today's Leap Frogs demonstration team. Formed in 1960 as an opening act to the Blue Angels, this team was specifically formed from jumpmasters at NAF EL Centro to celebrate the 50th anniversary of Naval Aviation in 1961. After the first year, they were transferred to Florida where they remained until 1964 when budget cutbacks forced their decommissioning.

Reformed in 1969 as a collateral duty assignment for jumpmasters, they performed for three more years until they were permanently disestablished in 1972.

It's nice to see that our base has had such an impact on naval aviation including our own demonstration team! ❖

DeCA reduces its footprint on Earth Day, every day

By Jessica Newby, DeCA public affairs specialist

Earth Day may only come around once a year, but the Defense Commissary Agency focuses on being green and environmentally friendly every day.

“From the design of commissaries to the products offered inside — and everything in between,” said Joseph H. Jeu, agency director and CEO, “DeCA strives to be a good steward of natural resources, to find creative ways to recycle and conserve, and reduce our carbon footprint.”

During Earth Day, April 22, and Earth Week, April 17-24, commissary customers can look for extra savings on earth-friendly items such as compact fluorescent light bulbs and a good assortment of green cleaning products and high-efficiency laundry cleaning products. There are also innovative waste-reduction products such as paper towels and bathroom tissue without cardboard tubes, so there is nothing to throw away after the last towel is used. Being green even extends to DeCA’s produce department, where customers can find organically grown fruits and vegetables.

“Our sales say something about commissaries and our customers,” Jeu said. “Not only are commissaries committed to selling environmentally-friendly products, but our customers are committed to protecting the environment, and that’s something we can all get behind.”

DeCA’s dedication to being green is part of an ongoing culture change, said Mark Leeper, an environmental engineer at the agency’s Fort Lee headquarters. Consider, for example, the recent purchase of a dehydrator, installed at the Marine Air Ground Task Force Training Command Twentynine Palms Commissary, Calif. The dehydrator has reduced the store’s waste by 86-90 percent. It converts food and paper product waste into a bio-solid, or compost, which can be repurposed.

“This process allows DeCA to reduce the number of solid waste containers at our stores,” Leeper said. “That reduces the amount of money we spend on refuse services.” The following initiatives exemplify DeCA’s focus on conserving natural resources:

Recycling. In fiscal 2012 alone, DeCA recycled 63,000 tons of solid waste, which means about 70 percent of all recyclable materials brought into commissaries are recycled. Part of that effort involved cardboard recycling. Cardboard sold to recycling companies — instead of throwing it away — netted \$5.3 million in revenue that went into the agency’s surcharge fund, which is used for renovating and building commissaries. The effort will expand beyond stores this month when a waste-sort audit will be conducted at DeCA Headquarters. The audit identifies and measures recyclables that are being thrown out and determines how the agency can improve its recycling program.

Conserving water and energy. Commissaries are energy-intensive facilities, and DeCA managed to save 2.3 percent in fiscal 2012. Thanks to various energy-saving features being added to its stores — when compared to commercial supermarkets, commissaries are 34.2 percent more energy efficient — the agency is moving steadily toward the federal energy goal of 3 percent annual energy reduction through 2015. Annual energy use intensity has been reduced by 20.7 percent between fiscal 1995 and fiscal 2010. In fiscal 2012, water use declined 2.7 percent.

Reusable bags and CFL bulbs. From fiscal 2006 to the first quarter of fiscal 2013, commissaries have sold nearly 6 million reusable bags. Customers also bought almost 6 million CFL bulbs from calendar year 2006 through 2012.

More green foods. DeCA continues to increase its volume of organic products. This lineup includes organic meats, produce, dairy products, baby food, and organic dog and cat foods.

Greener stores. DeCA recently opened its first “green” commissary, equipped with the newest energy-saving features, in Ansbach, Germany. The grand opening of the new store in Portsmouth, Va., will be the first commissary with energy-conserving glass doors on most display cases. Future initiatives include a worldwide equipment assessment to meet fiscal 2015 energy and water goals, starting Web-based refrigeration monitoring, testing low ambient “layered” and “day” lighting, establishing an energy reporting website, and providing annual computer-based, energy efficiency training for the agency’s facility energy supervisors.

“Being a lean and efficient organization that uses nature’s assets as wisely as possible is a goal that challenges us every day,” Jeu said. “But it’s a philosophy we embrace at DeCA, and thanks to the collective effort of our workforce and customers, it’s something we can achieve.”

For more information about DeCA’s initiatives go to the agency’s Go Green Web page at <http://www.commissaries.com/green/>. ❖

LA MIGRA MONTHLY

Ultra-Light Aircraft being used for illegal drug smuggling

By: Trevor Ambrosini, Border Patrol Agent, Border Community Liaison

Ultra-Light Aircraft (ULAs) have been utilized by drug smuggling organizations to deliver payloads of drugs throughout the Imperial Valley in recent years. As part of a multi-faceted approach to combating this, the El Centro Sector Border Patrol has been aggressively working on a campaign to raise awareness regarding this smuggling method. By empowering our partners, the public, and stakeholders within the community with information about what suspicious activity to look for regarding illegal ULA traffic, we can work together to obstruct this form of illegal drug smuggling. Please read the following important information regarding illegal ULA activity.

- Many ULAs are flown by law abiding citizens. These citizens will be seen flying their ULAs for recreational purposes over the Imperial Valley during daylight hours.
- The Federal Aviation Administration (FAA) regulations prohibit ULAs from flying at night. If you encounter a ULA flying at night please report it immediately.
- During nighttime hours you may hear a ULA before you see it. These aircraft make a low humming sound similar to that of a lawn mower or any small engine vessel.
- In most cases, ULAs will drop off their illegal payloads from the air. The payloads will typically be dropped in makeshift welded cages and some sort of marking device like common glow sticks, touch lights, or candles will be used to illuminate the drop zone on the ground (see images). These items will typically be left behind when the drugs are picked up on the ground. If you encounter any of these illegal ULA traffic indicators please do not remove or disturb them and report it immediately.
- If you see a ULA you believe is involved in suspicious activity, do not try to follow it, intervene, or approach the area that you suspect illegal activity may be taking place. Never put yourself in a potentially dangerous situation. Report the activity to the proper authorities to investigate.
- **Please report suspicious activity to the El Centro Border Patrol (800) 901-2003 ❖**



Drug laden ULA in flight over the desert.



Example of the "cargo" dropped from drug smuggling ULAs.



Examples of the home-made lighting sources used to designate drop zones in the desert for drug laden ULAs.



Wal-Mart Plans to Hire Any Veteran Who Wants a Job

By JAMES DAO, The New York Times

Published: January 14, 2013

Wal-Mart, the nation's largest retailer, will announce Tuesday a plan to hire every veteran who wants a job, provided that the veterans have left the military in the previous year and did not receive a dishonorable discharge. The announcement, to be made in a speech in New York by William S. Simon, the president and chief executive of Wal-Mart U.S., represents among the largest hiring commitments for veterans in history.

Company officials said they believe the program, which will officially begin on Memorial Day — May 27 this year — will lead to the hiring of more than 100,000 people in the next five years, the length of the commitment.

“Let’s be clear: Hiring a veteran can be one of the best decisions any of us can make,” Mr. Simon will say in his keynote speech to the National Retail Federation, according to prepared text. “These are leaders with discipline, training and a passion for service.”

In a statement, the first lady, Michelle Obama, who has led a campaign by the White House to encourage businesses to hire veterans, called the Wal-Mart plan “historic,” adding that she planned to urge other corporations to follow suit.

“We all believe that no one who serves our country should have to fight for a job once they return home,” Mrs. Obama said in the statement. “Wal-Mart is setting a groundbreaking example for the private sector to follow.”

The unemployment rate for veterans of the recent wars has remained stubbornly above that for nonveterans, though it has been falling steadily, dropping to just below 10 percent for all of 2012. That was down from 12.1 percent the year before. The year-end unemployment rate for nonveterans was 7.9 percent in 2012.

Reducing the veteran unemployment rate was among the few veterans’ issues discussed by the presidential candidates last year. It has also been central to the work of Mrs. Obama’s campaign to assist veterans and military families, [Joining Forces](#). Last August, her office said that private companies working with Joining Forces had hired or trained 125,000 veterans or their spouses in a single year, surpassing the group’s goal of 100,000 a full year early.

Wal-Mart’s foundation has consistently been among the most generous contributors to veterans’ charities, committing to donate \$20 million to veterans’ causes by 2015. “I take this one personally,” Mr. Simon, a Navy veteran, says in his prepared text.

But the company has also been aggressive about hiring veterans because it views them as good employees, said Nelson Lichtenstein, a [labor historian](#) at the University of California, Santa Barbara, and the author of the book “The Retail Revolution: How Wal-Mart Created a Brave New World of Business.”

About 100,000 of the company’s 1.4 million employees in the United States are veterans, company officials said.

“They like military people because they have a sense of hierarchy and a commitment to the organization they are in,” said Professor Lichtenstein, who has been a critic of Wal-Mart’s management practices. “And that’s important to Wal-Mart.” In recent years, Wal-Mart has been the target of lawsuits by women, accusing the company of discrimination in salaries and promotions.

Gary Profit, a retired Army brigadier general who is senior director of military programs at Wal-Mart, said the company might not be able to guarantee that every veteran who wants a full-time job will be able to get one. But he said that because of the size of Wal-Mart’s retail operation and supply chain, it is almost certain that the company could find a job — even a part-time one — close to any veteran who wanted one.

“If you’re a veteran and you want a job in the retail industry, you have a place at Wal-Mart,” he said. ❖

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!!!

MAR 7TH	
PREGNANCY RESOURCES	1300-1400
PREPARING FOR AN OVERSEAS TOUR	1400-1500
FEB 14TH, MAR 14TH	
RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500
FEB 21ST, MAR 21ST	
GOAL SETTING	1300-1400
ASSISTANCE W/ HOME PORT CHANGES	1400-1500
FEB 28TH, MAR 28TH	
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

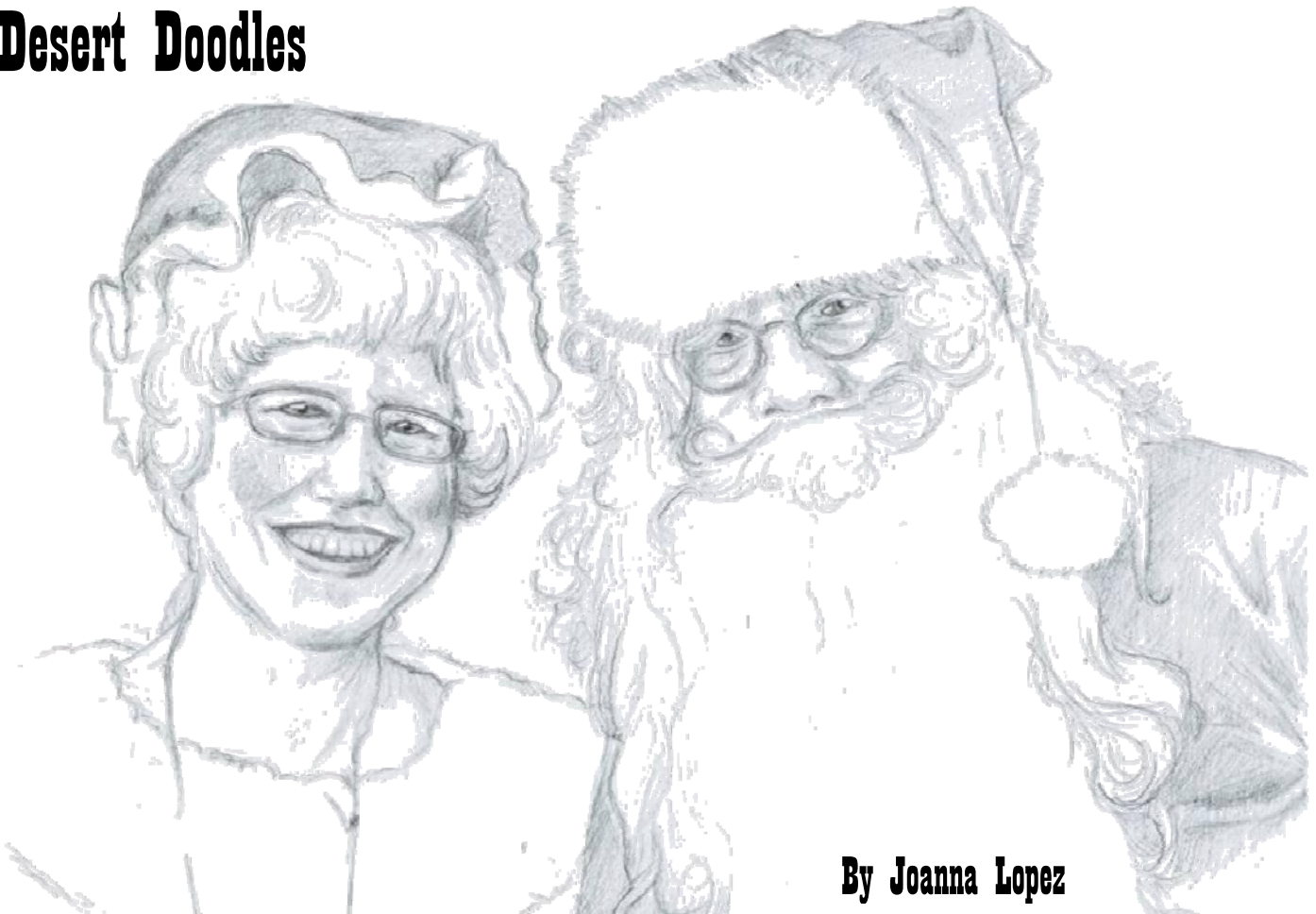
FEBRUARY

- 19TH - CONFLICT RESOLUTION IN THE WORKPLACE
- 26TH - HELPING YOUR CHILD HAVE SCHOOL SUCCESS

MARCH

- 5TH - EFFECTIVE PARTNER COMMUNICATION
- 12TH - ANGER MANAGEMENT
- 19TH - POWERFUL PARENTING
- 26TH - HELPING FRIENDS AND FAMILY MEMBERS

Desert Doodles



By Joanna Lopez

RECENT EVENTS

IN THE PEARL OF THE DESERT



Dante Dinelli of Public Works battles sandstorms April 8, 2013, returning from an inspection of Bldg 5000.



ENS Kmetz inspects his department following the summer uniform shift.



Students from Calvary Chapel School pose with the brave men of El Centro Fed Fire.



“Cutters” take 1st place in Captain’s Cup basketball.



Puppy love at the Imperial County Human Society



The annual SAR Bird escort at the 2013 air show.

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:
 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. ❖



Retired U.S. Marine Bob Miller poses with Sailors from NAF El Centro at the Red Cross Battle of the Badges Blood Drive.

BATTLE OF THE BADGES

By Chaplain Smith

The Red Cross Battle of the Badges Blood Drive was held Friday, Jan. 11 at the Fairfield Inn and Suites. We were joined by local area police officers, fire fighters, etc. in providing much needed blood donations for our community. Both civilians and military were encouraged to participate. ❖



Chaps bravely donates blood for a great cause!





Changes in the New Year

By Jim Shinn



There will be changes in the New Year, but what and how? Many of us set New Year's resolutions. That is a good thing. To set future goals and then not achieve them, well, I really don't know how good that is. If you really want to make changes, read on. I will share what research says about what works, some personal experiences and what I have learned from successful clients from years past.

I am going to give you a list of suggestions. They are all important, and I am not sure which is more important. What powers the change for one person, may not be the catalyst for another. You pick and choose or use them all. If you do none, well don't expect 2013 to be much different than 2012. I have already achieved one goal and that was to make a 3 pointer in a full court basketball game after turning 60. Not really a big deal, but I got what I wanted. How about you?

- 1) Start small with changes. Rather than the goal of losing 20 pounds this year, say to yourself, I will lose 2 pounds a month. Small victories encourage us to do more.
- 2) Write down goals. Get them out of your head and down on paper. If we leave them in our heads, it is easy to forget them on a daily basis. If we see it, we are reminded of what we need to be doing or where need to be going (or what needs to be avoided)
- 3) Tell a positive person about your goal. If you tell a negative person, they may tell you things that just make your angry or decrease your motivation. Many a health club have personal trainers, because the individual will "pump you up" rather than let the air out of your tires.
- 4) Get support. The Good Book says "it is not good for man to be alone!" By ourselves we are more likely to plop it in front of the tube with chips or ice cream. If we have a walking or weight loss partner, we often have a personal relationship and reason to maintain the positive change of course. If we have someone to hold us accountable, we do better. We pay our bills because our collectors will always hold us accountable.
- 5) Join a support group. If you want spiritual changes, get in a Bible study. If you want physical changes join Weight-Watchers, a walking group or a sports team. If you want to change some emotions or a behavior that is bad for your mental health, find a support group or maybe AA or Alanon. We don't have as many support groups down here in Imperial Valley, but they are worth the trip to San Diego. Suicide of a friend or family member is very painful for the survivors. When I hear of one in the community, I will often call or send them information about "Survivors of Suicide", a group that meets monthly in San Diego.
- 6) Get individual or family counseling. Counseling can help to keep the focus on the desired changes and remove some of the barriers. The counselor often has experience helping others with similar needs.
- 7) And finally, important but one I caution about, is check out the Internet. There is good information about change and there are some supportive resources available. A friend of mine had a rare cancer, and he found people throughout the country, who were going through similar treatment. He was very bright and discerning. There is a lot of nutty stuff on the web, so I would encourage activities 1-6, rather than the Internet. But if you decide to use the Net, don't go it alone. Have another person there to help you process the information.

I hope you have a Happy New Year! Fleet and Family Support is here to help so come to one of our Life Education programs, put on by Pat Braxton x2442 or Jim Shinn x2241 or call if you would like some information about services or community resources. ❖

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.

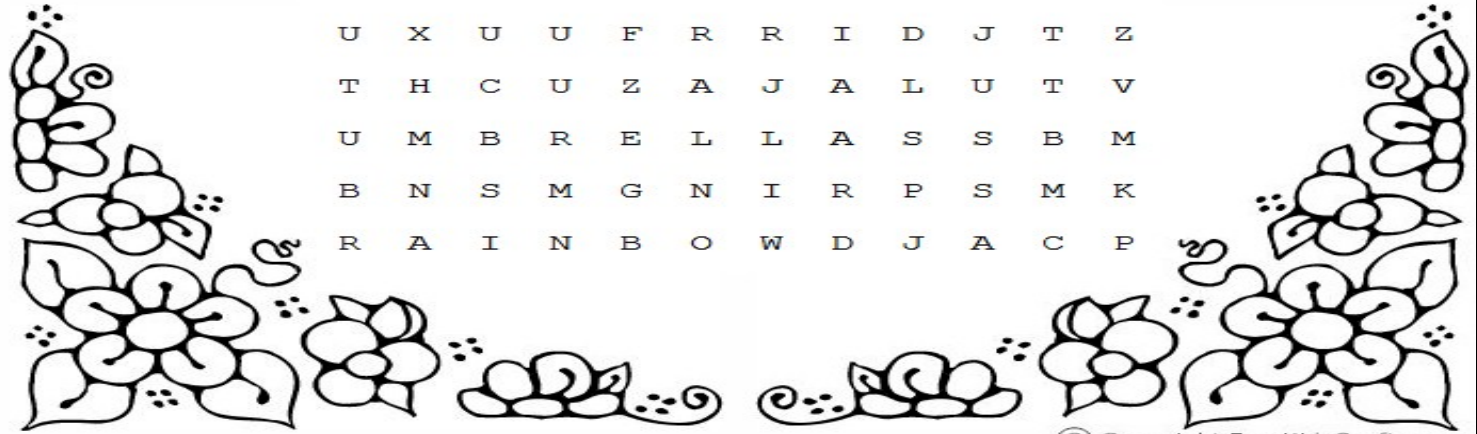


Spring

BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA

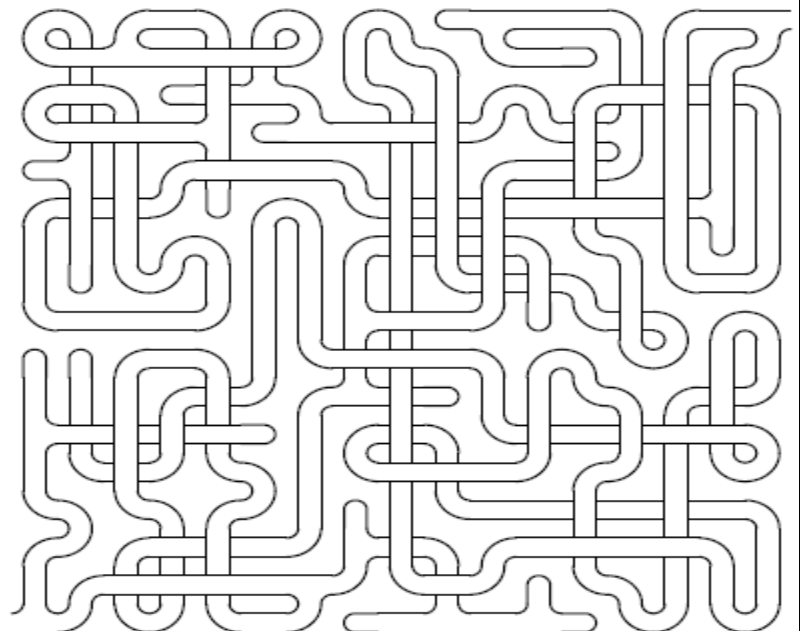
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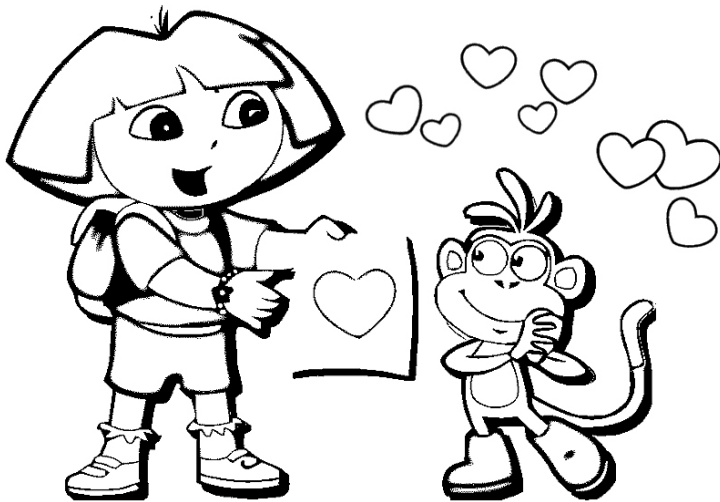
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6			3	5				1
	9					7		
	6				2			
1					9			
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MAZE



KID ZONE



*Happy
Mother's*



Day!

Looking for a vacation hotspot??

By AO1(AW/SW) Carson

If you have some vacation time coming up and don't know where to take the family, I have a great suggestion for you. Do you enjoy the outdoors, beautiful scenery, fresh water lakes or maybe some fishing or even hunting? If you answered yes to any of these questions then I know exactly where you can take your family on your next vacation.

Coeur d' Alene, Idaho is a hidden hot spot for summer and winter travelers. With over 25 fresh water lakes to swim and fish in as well as plenty of camping spots along the Coeur d' Alene river, this is a haven for the outdoors type of person. If you love to snow board or snow ski this is a great place to head too as well. There are five major ski resorts within two hours of the city limits with plenty of fresh "real" snow on the slopes as early as the end of October. Oh do you like golf? There are four major golf courses including one that has the world's only movable floating golf green. Yes, you heard me correct, the green can be positioned in 19 different locations making every round different with specially made floating golf balls to be used on this hole.

You will see breath taking mountainous views in every direction and plenty of activities to go along with it. The city of Coeur d' Alene has plenty to offer as well. The Coeur d' Alene resort was voted number 1 by Conde Nast Traveler. Surrounding the hotel is the world's longest floating board walk where you can take a leisurely stroll out onto the lake while taking in the views of nearby Tubbs hill. From the board walk you can rent jet skis, paddle boats, ski boats or even take a sea plane tour or enjoy some parasailing. Down town Coeur d' Alene has many local eateries, micro breweries and shops where you are sure to enjoy the best of what the city has to offer. If you head one hour east over the fourth of July pass you can visit the oldest building in all of Idaho, the Cataldo Mission, constructed by hand in the late 1800's this historic land mark is a must see for any visitor.

No matter what time of year you plan to visit this historic and tranquil city you will find yourself in awe of its beauty and deep history. There is so much more to tell about the city and surrounding areas but I don't want to take all the fun out of your vacation. So the next time that you are planning a trip, keep this in mind if you are truly looking for a great adventure. ❖



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 / ESO (760)339-2473

Transfers - 760-339-2473

Receipts / Separations - 760-339-2474

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 - \$6,900 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: 1990 Bronco 4x4
\$3500
Contact Tom at 760-630-5115



JOB POSTINGS

MWR Jobs



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. ❖

Part time secretary-receptionist for busy Psychology Office. Must be able to work independently and self-supervise. Duties answering phone, managing paper work for federal drug program 22hrs a week and one day must be able to work 8:00am to 6:00pm one day a week. Currently it is Wednesday. pay \$10.00 to \$12.00 an hour. Must be organized with a good memory and bilingual. Please fax resume to 619-291-6738.

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://navylifesw.com/sandiego/about/jobs/>
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

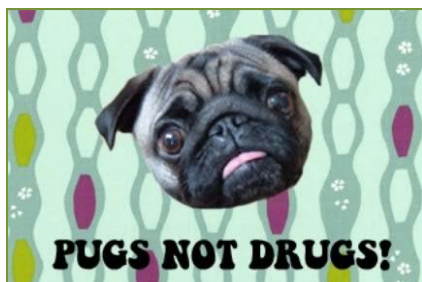
8
BAD

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

May 4

Earth Day Celebration
 Bucklin Park, El Centro
 1000-1400

May 4

Give Parents a Break Night
 CYP
 1800-2230

May 4

Cinco de Mayo Beach Fiesta
 Sundowner Club
 1830 - ???
 No Cover + Drink specials

May 11

Neighborhood House Farmers Market
 El Centro
 201 Third Street, El Centro
 0900 - 1300
 760-352-2252

May 12

Mother's Day Brunch
 Mirage Club
 10:30 - 1300
 Adults: \$12.95! Kids: \$6.95
 Reservations: 760-339-2319

May 16

America's Armed Forces Kids Run
 Navy Fitness Center Bldg 327
 1500
 Register at the Fitness Center
 Free T-shirt for all of the youth

Certified Navy Child Development Home Providers:

1. Melissa Barnes
480-319-4870
2. Amber Johnson
760-592-4344
3. Heather Ewing
760-592-4199
4. Jhaizel Mata
760-592-4918