



USS Constitution



Issue 3

PUBLISHED BY THE NAF EL CENTRO PAO



November 2010

NAF EL CENTRO

# SANDPAPER



## 235<sup>th</sup> Navy Birthday Ball

The base celebrated its annual Navy Birthday Ball in Hangar 8 on October 16<sup>th</sup>. 2010 marks the Navy's 235<sup>th</sup> Birthday celebration. While there is some debate as to whether the Navy or the Marine Corps is the oldest, October 13<sup>th</sup> was officially recognized and established as the Navy's birthday in 1972 by ADM Elmo Zumwalt. Each year NAF El Centro's Ball has grown in attendance and splendor. This year was no different.

NAFEC enjoyed its largest turnout yet for a Navy Ball, with over 250 Sailors, Marines, spouses and guests attending. There was even a small contingent from Great Britain on hand. Everyone present remarked positively at the lengths the Navy Ball Committee had gone through to put together such a wonderful venue. According to LT Juachon from Medical, "This was the best Ball of my career!" Many of the attendees mimicked the unofficial 1940's theme, doing up their hair and attire in styles from that era. Sailors in sharp looking Crackerjacks, white hats kicked back, escorted their dates around the hangar as others in Zoot suits circulated about.

The red carpet event kicked off at 18:00, with the Central Union High School band playing Jazz and Swing music from the 40's. After nearly an hour of mixing and mingling, the MC kicked off the event describing a little bit about the history of the Navy and some of the customs and traditions that have been handed down throughout the years. At the conclusion of his remarks the crowd stood and sang "Happy Birthday" to the Navy. Immediately following this cheery song our award winning Color Guard paraded the colors. The celebrants were then treated to an inspirational performance of the National Anthem by Imperial Valley native, Ms. Leslie Mora. Once all hands were seated the PWO/MIA Remembrance ceremony commenced. After each item on the singular white table was described, LS3 Candito rang out two soulful bells reminding everyone present to "REMEMBER!" our missing comrades. Following a moment of silence, guests were officially welcomed and the dinner began. At the conclusion of a delicious meal of steak or stuffed chicken, Captain Thompson welcomed the revelers. The Guest Speaker, CDR Jim Bedinger,



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[WWW.FACEBOOK.COM/NAFEC](http://WWW.FACEBOOK.COM/NAFEC)

# Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
NOVEMBER	11	5	1081	78
DECEMBER	6	1	450	45

## COMMANDING OFFICER



I'm sure by now that everyone has noticed there is a significant foreign presence at NAF El Centro. This is something that you'll see more and more over the next couple of years. The Joint Helicopter Command in the United Kingdom has decided that NAF El Centro provides them with a superior location to do the desert environment training that they need before supporting NATO and coalition operations in Afghanistan.

At the beginning of last month, I had the opportunity to go to the United Kingdom for a series of meetings with the leadership of their Joint Helicopter Command. They currently conduct training in various places around the globe, including Kenya, Oman, Jordan, Morocco, and the ever exotic Arizona. This increases the expense of their training, and often leads to issues with logistic support. They have decided that they can conduct the vast majority of required training here at NAF El Centro at less cost and with a more reliable logistics tail. This means that you can expect to see training detachments from the United Kingdom on a regular basis. As a matter of fact, there are plans for a permanent liaison officer to arrive here in the spring and be part of the NAF El Centro staff.

While I was in the United Kingdom, I heard from everyone from their two-star commander to their individual pilots and maintenance personnel about how pleased they were with the quality of service they receive here at the Pearl of the Desert. They were exceptionally impressed with the willingness of everyone here to help them accomplish their mission. This is a direct reflection of the dedication each of you show every day. I tell everyone I can that I believe I have the best job in the world because I get to work with each of you. It's also great to hear from others how great all of you are.

In closing, I would like again thank each of you for what you do on a daily basis, and for the quality of service that you give to all of our detachments. ❖

r/ Skipper

### 235<sup>th</sup> Birthday Ball (Continued)

USN, retired. To warm up the crowd, Bedinger launched a series of jokes modeled around Jeff Foxworthy's "You might be a Redneck" routine. Some of the more memorable quotes included "If you think the Blue Angels are God's gift to aviation, you might be a Sailor. If you hear the word TATTOO and think its bedtime, you might be a sailor." And finally "If you think Top Gun was the best movie ever, you ARE a Sailor!" Bedinger then went on to speak about his experiences when he was a guest of the notorious Hanoi Hilton. He described the moral code that got him and many others through those nightmarish times; how our Honor, Courage and Commitment are critical in supporting us on and off the battlefield. The next order of business was the introduction of the youngest and oldest Sailors present. AVCM Mike Smith had the honor of being the oldest, while MASN Adams-Valerio claimed distinction as the youngest. With this formality out of the way, the Birthday cake was cut using the CO's sword. From there many formal and informal toasts were made. The Skipper raised a glass to the Commander -in-Chief, our British Allies toasted the Queen and many others were recognized. As the last toast, to the United States Navy, was made, AOC Chaffin led the crowd in singing the first and last stanzas of Anchors Aweigh.

The ceremony concluded with the drawing of the first door prizes and partiers hit the dance floor ready to cut the rug. The catering and service provided by the Mirage Club and staff was excellent. The DJ was still playing music well past the midnight hour as Ball party goers boogied until the wee hours of the morning. A special thanks to the entire Navy Ball Committee for a job extremely well done. This was a night for the record books! ❖

Article By: CDR Franzen XO and ETC Haugh

# COMMAND MASTER CHIEF



Team NAF El Centro,

November has always been the start of the holiday season for me. Veterans Day (or Armistice Day) is observed on November 11th of every year. The anniversary of a WWI armistice – or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, is regarded as the end of “the war to end all wars.”

The holiday was implemented to focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

I encourage you to make every effort to attend at least one Veterans Day event.

Locally, several events have been scheduled, starting with the War Memorial dedication in Brawley at 1000, followed by an event in Calexico at 1600, and finally the Sunset Retreat at the Pioneer's Museum in Imperial at 1830.

Later this month, each of us has an opportunity to express thankfulness and gratitude for the blessings we enjoy. You won't have to think long or hard to come up with reason to be thankful, the least of which is living in the greatest country on earth! We have one of the most important jobs – protecting our country; and we receive a steady paycheck with outstanding benefits for doing it. Whether you plan to break bread with your own family, or with your Navy family, I hope you will privately reflect on how truly blessed we are individuals. Take time to let your family, friends and co-workers know how much you appreciate them.

Some of you may have noticed that we are undertaking a “sprucing up” of some of our static aircraft displayed in Blue Angel Park. Soon, we will be celebrating the “Centennial of Naval Aviation.” Yes, that's 100 years of Naval Aviation (1911 to 2011). Throughout 2011, vintage aircraft will be showcased at air shows and fleet weeks around the nation. As we make our own preparation, we are painting an F-14 Tomcat, an A-6 Intruder and an A-7 Corsair II. I am seeking your input for a paint scheme for the A-7. Please submit your ideas on paper by 19 NOV 2010 for consideration. The selected design and submitter will be featured in the next edition of the Sandpaper. ❖

**Thank you for all you do! CMC**



**Four Loco** is not what we once knew. We all know about Anheuser-Busch's Tilt, Bud's Extra, and Miller-Coors' Sparks. These “High energy” alcohol drinks have been with us for some time, but now we have a new culprit in the mix!

Phusion Projects LLC of Chicago, Illinois has produced Four MaXed and Four Loco. The name “Four” is derived from its four main ingredients, caffeine, taurine, guarana, and alcohol.

The drink is available in nine flavors: Citrus, Uva Berry, Fruit Punch, Orange Blend, Watermelon, Blue Raspberry, Lemonade, Cranberry Lemonade, and Lemon Lime. It is sold in 23.5 oz aluminum can, as a caffeinated, alcoholic, malt beverage. Its alcohol content varies from state to state, ranging from 6% in Indiana up to 12.5% in Ohio. It also contains carbonation, sugar, and natural and artificial flavoring, similar to other “alcopops”.

When alcohol and caffeine are combined, people report feeling reduced sensations typically associated with alcohol, which is believed to result from the caffeine counteracting the depressive effects of the alcohol, thus keeping the individual more alert. However, when the caffeine wears off, the person will feel the full effect. This can lead to excess consumption of alcohol because of the delayed 'drunk' feeling will lead an individual to seek additional alcohol to obtain the same sensations as those found in previous encounters.

A study done at the University of Florida in Gainesville, Florida, found that students who mixed caffeine and alcohol thought they were capable of driving more often than those who drank non-caffeinated alcoholic drinks. ❖

**FOUR LOCO - A NEW DANGEROUS  
12.5 % MALT BEVERAGE**



## Red Ribbon Week at the CDC

On Wednesday, October 27<sup>th</sup>, the Child Development Center and DEFY staff joined forces celebrating the importance of Red Ribbon Week featured in the October Sandpaper issue. Fourteen children ranging from five to eleven took a pledge to make healthy choices, to be a positive role model for their friends, and to support the mission of Red Ribbon Week, "No use of illegal drugs, no illegal use of legal drugs."

The children were all rewarded with some prizes for their commitment ranging from teddy bears and plastic footballs to notepads and stopwatches. ❖



Story by:  
AM2(AW)Anthony Westenbarger



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### DEFY Age Groups:

Youth 9-12, Junior Mentors 13-17

### Who's Eligible:

Any child who's parent is either Active Duty, Reserve, Retired, Contractor, or Civilian Employee of NAFEC.

### Upcoming Events:

November 6<sup>th</sup> 1200-1600 Building 4015  
Lesson: Study Skills; Nutrition  
Activity: Thanksgiving Dinner and games.

## Flag Football Season set to Kick off on 16 November 2010

It's time to dust off your cleats and strap them on. Last season was one of the most exciting seasons ever. Strike Fighter won the 2009 Championship for the second time in 14 years. Strike Fighter is lead by 6'4" quarterback, Jeff Brown aka "The Gun Slinger" who is now a certified CFL (Command Fitness Leader). What I'm getting at is that the "Gun Slinger" is in the best shape of his life and has vowed to bring another championship to the "Hizee Fo Shizee". Another team to watch is Fed Law. They pardoned some criminals in order to get more players on their squad. Weapons Department knows how to build bombs, but they have no clue when it comes to dropping them. The Khakis are playing this year. I'm still trying to get a shuttle to drop them off at Valley Convalescent after each game. MWR was the only team that defeated the Desert Rattlers last season, they also have upgraded their offensive line by recruiting a couple of San Diego Charger cheerleaders. We look forward to another exciting flag football season. ❖

Written By: Joe Connor



### 8-on-8 Captains Cup Flag Football Season

#### Register By:

Tuesday November 9

#### Season Starts:

Tuesday November 16

### CURRENT SCOUT RANKINGS

- |             |           |
|-------------|-----------|
| #1 KHAKI    | #6 AOC    |
| #2 MWR      | #7 TBD    |
| #3 WEOPS    | #8 STRIKE |
| #4 FEDLAW   |           |
| #5 SECURITY |           |



## Aviation Day 2010- A Soaring Success!

By: PSSN Meráz, Marques

On October 22<sup>nd</sup> and 23<sup>rd</sup>, the Imperial Valley Airport hosted the 2<sup>nd</sup> annual Aviation Day. Aviation day is an opportunity for Imperial Valley to reach out to the community and showcase aviation as everything from an interesting hobby, to a fulfilling career. The mission of Aviation Day is to recognize and celebrate the spirit of general aviation in Imperial Valley. The event included entertainment from Imperial Valley's Mudpuppies band as well as performances from the Central Union High School Marching Band. Most notably were the Young Eagles Program flights, where children were able to get free 30 minute flights with the pilots and have their picture taken.

Desert warriors came out in full force for Aviation Day. The Executive Officer, CDR Franzen was a guest speaker for the opening ceremonies. Also in attendance was AC<sup>1</sup> Zendejas, NAFEC's Aviation Day representative and event announcer. NAFEC also provided over 15 volunteers that assisted with plane directing as well as static aircraft security.

The event was indeed a soaring success. 176 children received plane rides, over 1,000 t-shirts were given away in the first hour, 37 vendors came out to support the event, and 52 static aircrafts were on display. Aviation day had over 3,000 attendees, which is a testament to the amount of support received on behalf of the community. →

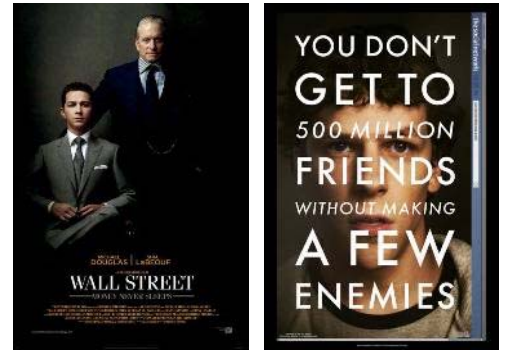
Photos on page 14



# Date Night

with ABFC(Ret.) Marc Willis

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



## Wall Street: Money Never Sleeps

Players: Michael Douglas, Shia LaBeouf, Josh Brolin, Carey Mulligan, Eli Wallach, Susan Sarandon, Frank Langella, Charlie Sheen

Genres: Drama

Money Never Sleeps is the sequel to the 1987 blockbuster Wall Street. I really don't know if this was the long awaited sequel because I really don't know of anyone that awaited it. Honestly, I enjoyed the first Wall Street and looked forward to Money Never Sleeps even though I didn't anticipate it if that makes any sense. The circumstances of this feature film actually hinge on reality with regards to Wall Street and scandal. Although it wasn't the focal point of the storyline there was sufficient airplay that maintained my interest; everyone loves a little scandal. The heart of the story is based on the two main characters separate drives; greed and revenge and how they correlate with one another and their common bond. The storyline plays out well in this film which is a credit to the writers Bryan Burrough, Allan Loeb, Stephen Schiff and director Oliver Stone. Michael Douglas earned an Oscar for his original portrayal of Gordon Gekko and his reprisal isn't half bad, in fact he's very good. As the film starts out, I couldn't help but feel for the "old guy" trying to restore a broken relationship with his daughter. I also couldn't help but despise the shyster for taking advantage of the situation for his own benefit, never mind relationships. Deep down I wanted him to do the right thing but I knew that he wouldn't because he was driven by greed. Upon Gordon's release from an eight year prison stint he subsequently becomes an author and speaker although his true passion remained the Wall Street game. It is a speaking engagement that allows him to cross paths with Jake Moore (Shia LaBeouf) who confidently informs him of his engagement to Winnie Gekko (Carey Mulligan), his daughter. From there they strike a deal to help the other get what they want although Jake agreed under false pretenses. As I said earlier Gordon wanted back in the game and Jake wanted revenge and they used each other to eventually get what they want. My only disappointment was the casting of Shia LaBeouf, of Transformers fame, as Jake Moore to star opposite Douglas. The disappointment stems from LaBeouf seemingly out of his element and outwardly outclassed by Douglas. No matter the dialogue, the scene or situation LaBeouf always appeared more Sam Witwicky than Jake Moore when paired with Douglas. Despite this shortcoming (maybe it was just me) the film is filled with great subplots throughout; revenge, love and greed, something for everyone. With that being said I rate this film with four fouled anchors out of five.❖

## The Social Network

Players: Jesse Eisenberg, Rooney Mara, Bryan Barter, Armie Hammer, Justin Timberlake, Brenda Song, Malese Jow, Andrew Garfield

Genres: Drama

I must admit that I really didn't want to see this film due to my distain with the whole social network thing but that's another story for another day. Unfortunately it was my wife's turn to select the movie so the only choice I had was between a pretzel and hot dog. After settling into my seat and dressing my dog with mustard only (only condiment allowed on a hot dog) I was left breathless as the opening scene has Mark Zuckerberg (Jesse Eisenberg) and his girlfriend Erica Albright ([Rooney Mara](#)) engage in a feverish vocabulary warfare that eventually leads to their break-up. Understand the use of the word breathless; the dialogue was paced so fast between these two that it was a wonder that they didn't pass out from a lack of oxygen. This turned out to be a landmark moment as it set in motion a couple of events that led to the development of The Facebook as time would tell. Driven by anger attributed to Erica, revenge and beer he wanted as many people in the world (or at least on campus) to know how he really felt about her...at that particular moment. He and his friends succeed at breaking into the campus' network and overload the server from web hits. After declaring this event a success Mark sets out to create a social network for all universities across America until meeting with Sean Parker (Justin Timberlake) of Napster fame who convinces him to go global. I'm pretty sure you all know how that turned out for Mark but is this a film worth seeing considering that we know the ending? Yes, although the subject is familiar the storyline isn't and it's within the storyline and portrayal by some very talented actors that make this production worth seeing...along with the scandal of course. Justin Timberlake's depiction of Sean Parker is very realistic, very believable; throughout his scenes you knew Sean was an immature kid ducking real word responsibility. Jesse Eisenberg and Andrew Garfield (as [Eduardo Saverin](#)) also give strong performances as they leave little doubt that they both are intellectual geeks. There weren't too many disappointments to speak of although I wish Brenda Song's character Christy Lee, Eduardo's girlfriend had more scenes simply for comical reasons but nothing really to pick at. Now with that being said I rate this film with four fouled anchors out of five.❖

# CLASSIFIEDS

## FOR SALE

**For Sale:** Selling my 98 Honda Civic Coupe, B18C1 Integra Swap Very low Miles and many upgrades.  
Asking \$7500 obo Call Sean at (951) 415-0536.

**For Sale:** Table plus chairs and a doggy door. The table I am selling for \$225 or better offer. The doggy door I am selling for \$40. My contact information is: Jose (760) 562-3365



**For Sale:** 1989 Yamaha XT 600. 8400 Miles. Excellent condition with new aftermarket 4 gallon tank. \$1050 or best offer. Must have all safety gear and required MC courses and drivers license. Call Brian at (619) 243-6177

**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](mailto:marcie@wildeforce.com).

## WANTED

**CLASSIFIED ADS** – If you have something to sell or something you need. Post it here! The cost is Free which is not very expensive. In other words, you have nothing to lose. Send your ads to the Sandpaper for inclusion in the next issue.

**Wanted:** Seeley School is collecting Box Tops for Education from General Mills products to redeem for equipment for their school. If you would like to donate them, please drop them off in CMDCM Gallinat's office.

**Wanted:** Drawing of the A-6 and how it should be displayed. Location is northeast corner of Flag circle.  
Also need a drawing of the fin flash on the A-7 by the Jet Mart. Looking to highlight the Centennial of Naval Aviation.  
If interested, please see CMDCM Gallinat.  
DUE: 19 November

# SCHOOL LIAISON OFFICER (SLO) PROGRAM



NAVY FAMILIES CAN MOVE FREQUENTLY AND MAY ATTEND MANY DIFFERENT SCHOOLS WHICH CAN CREATE A NUMBER OF CHALLENGES FOR OUR CHILDREN. TO ASSIST THE NAVY FAMILY, THE SLO PROGRAM WAS DEVELOPED TO SERVE AS THE PRIMARY POINT OF CONTACT FOR MILITARY INSTALLATIONS, LOCAL SCHOOL ADMINISTRATIONS, PARENTS AND THE COMMUNITY AT LARGE. THE NAVY SLO PROGRAM ASSISTS INSTALLATION AND REGIONAL COMMANDERS IN WORKING WITH STATE EDUCATION DEPARTMENTS AND LOCAL SCHOOL DISTRICTS TO ENSURE SCHOOL ADMINISTRATIVE PERSONNEL ARE AWARE OF THE INHERENT STRESSORS ON MILITARY FAMILIES BROUGHT ABOUT BY FREQUENT MOVES AND EXTENDED DEPLOYMENTS.

#### A. SPECIFIC RESPONSIBILITIES OF THE SLO INCLUDE:

- (1) ADVISING THE INSTALLATION COMMANDER ON ALL K-12 GRADE EDUCATIONAL MATTERS; SERVING AS THE LIAISON BETWEEN THE INSTALLATION COMMANDER, MILITARY AGENCIES AND SCHOOLS BY PROVIDING ASSISTANCE IN MATTERS PERTAINING TO STUDENT EDUCATION.
- (2) FOSTERING A RESPONSIVE, COOPERATIVE RELATIONSHIP BETWEEN SCHOOL REPRESENTATIVES AND THE MILITARY COMMUNITY.
- (3) MAINTAINING SCHOOL TRANSITION SUPPORT FOR MILITARY CHILDREN.
- (4) IMPLEMENTING THE NAVY'S "STRATEGIC PLANNING FOR EDUCATION ADVOCACY" DESIGNED TO ENSURE NAVY FAMILIES HAVE ACCESS TO QUALITY EDUCATIONAL OPPORTUNITIES.
- (5) ASSISTING FAMILIES WITH SCHOOL TRANSFERS AND HELPING TO LEVEL THE PLAYING FIELD FOR MILITARY CHILDREN AND YOUTH.
- (6) CONNECTING EDUCATORS TO THE NAVY DEPLOYMENT SUPPORT SYSTEM TO INFORM THEM ABOUT THE CYCLES OF DEPLOYMENT AND THE TOOLS THAT ARE AVAILABLE TO ASSIST EDUCATORS IN WORKING WITH NAVY CHILDREN.
- (7) ASSISTING NAVY FAMILIES WHO HOME SCHOOL BY GATHERING AND SHARING INFORMATION ON HOME SCHOOLING ISSUES, POLICIES AND LEGISLATION FROM LOCAL SCHOOL DISTRICTS AND LEVERAGING NAVY CHILD AND YOUTH PROGRAM RESOURCES.
- (8) LEVERAGING INSTALLATION AND SCHOOL RESOURCES TO PROVIDE GRADUATING MILITARY DEPENDENTS WITH ACCESS TO POST-SECONDARY INFORMATION AND OPPORTUNITIES.
- (9) PROVIDING K-12 SPECIAL EDUCATION SYSTEM NAVIGATION TO MILITARY FAMILIES WITH SPECIAL NEEDS CHILDREN.

B. MORE INFORMATION. PARENTS, SCHOOL PERSONNEL, AND COMMUNITY MEMBERS WITH QUESTIONS ON SCHOOL-AGE MILITARY CHILD EDUCATION ARE ENCOURAGED TO CONTACT THEIR LOCAL SLO. [WWW.CNIC.NAVY.MIL/CYP](http://WWW.CNIC.NAVY.MIL/CYP)



## ARE YOU READY FOR THE SEMI-ANNUAL PHYSICAL FITNESS ASSESSMENT (PFA)?

If you answered no, it is probably too late to start getting ready for it now. For optimal results, it is recommended that you start preparing well in advance prior to the PFA. For an individual to become proficient at any given movement, that movement itself must be trained and practiced. For example, if you are preparing for the PFA run and you are interested in improving your run time, you will need to exercise at higher exercise intensity over a period of time. Push yourself a little harder than you normally run, i.e., don't expect to improve your run time overnight or by walking.

Exercise is not only good for you but it is also mandated by Navy regulation. Physical fitness is a crucial element of mission performance and must be a part of every Sailor's life. Mission readiness and operational effectiveness are built on the physical fitness of the individual; therefore, all Navy personnel shall maintain personal physical fitness by regular exercise and proper nutrition. For more information see OPNAVINST 6110.1H.

The Navy's PFA is designed to assess, twice per year, every Sailor's ability to demonstrate the minimum level of fitness required for naval service. Below are a few recent policy updates concerning the physical readiness program which may have a negative impact on your Navy career if you do not take control of it now.

- a. NAVADMIN 073/09. Reiterated the requirement to process for administrative separation (ADSEP) all Sailors who have failed the PFA three times in the most recent four year period, discontinuation of progress waivers, and prohibition of short-term extensions for the purpose of passing the PFA IAW NAVADMIN 277/08.
- b. NAVADMIN 131/10. Effective 1 July 2010, Commanding Officers are no longer authorized to waive the Body Composition Assessment (BCA) criteria up to the maximum standard when Sailors exceed BCA standards but score an overall "Outstanding" or "Excellent" on the PRT.
- c. NAVADMIN 193/10. Effective 1 August 2010, commands are required to enter a one-letter PFA code in Block 20 for each PFA cycle completed during the reporting period. This change is the result of selection board feedback and reinforces the requirement for commands to maintain accurate data in the physical readiness information maintenance system (PRIMS) and provides selection boards with accurate information concerning a member's PFA performance during that reporting period.
- d. NAVADMIN 256/10. Effective 1 January 2011, a change to the 12 minute stationary bike test adjusts the equation used to convert calories burned on the stationary bike into a predicted 1.5 mile run time. The revised equation will require the participant to burn more calories to achieve a probationary or satisfactory score than under the current equation. To access the bike calculator, log onto the PRIMS homepage and you can find it on the HELP drop down menu.
- e. NAVADMIN 338/10. Effective 1 January 2011, the following new elliptical trainers are approved for official PFA testing: Life Fitness models CT 9500, CT 9500HR, 95XI (quiet drive only), 91XI, 91X, and Classic Series (CLSX); PRECOR models EFX-556 Navy and EFX-556i Navy; and Nautilus model E9 16.

Don't wait any longer and develop a culture of fitness now. Develop a regular, year-round, fitness program to include aerobic physical exercise sessions at least three times per week consisting of at least 40 minutes of activity, including a minimum of 20 to 30 minutes of brisk aerobic exercise, a strength and flexibility component, and warm-up and cool down periods. ❖

*Article by: NAFEC PRT Coordinator: MAC Covarrubias*

**Navy Fitness** would like to assist you with ways on completing a 5k run with ease. Most of the weight gain happens in November and December. These months are very popular for weight gain. The question is WHY? You fill in the blank \_\_\_\_\_.

When an individual chooses not to be physically active for a minimum of 30 minutes a week, there is great DANGER. You just gained more than 10 pounds for the New Year.

NAVY Fitness would like to help you break that cycle. We want everyone to stay fit and healthy for the holidays. We would like you to come join our 8 week program. This program will enhance your ability to complete a 5k run with ease.

Runner's clinics will be available throughout the month.

The first clinic will commence on Monday, 08 November 2010, 1700 at the Fitness Center's Track. We look forward in seeing you there. ❖

*Article by: Anna Santell*

## Fire Muster

October 2<sup>nd</sup> 2010, San Luis, Az.

NAF's El Centro Fire Department "Bucket's Fire Brigade" was one of over 17 teams competing in the annual Regional Fire Muster. NAF sent two teams this year and both teams brought back several team awards including the 1<sup>st</sup> place over all award.

Every year a firefighter's competition is held to honor firefighters and their traditions. This consists of five events; make and break, hose cart pull, bucket brigade, barrel squirt and the truck pull. These events are based upon our tradition and history. This event dates back from the 1800's.

As firefighter's it have been these traditions that have kept Firefighters humble and true to the profession. Firefighters don't seek glory or to be heroes - just the pure satisfaction of knowing they helped a person to have another chance at life. Whether it was to save a house, a life or in our case here at NAF El Centro our service members and the equipment they use to secure our freedom.

NAFEC's Firefighters take great pride and pleasure in having the opportunity to give what little we can back. Anyone is more than welcomed to swing by the fire station and view the awards. If not for our military presence here at NAF El Centro we would not be here. **"Protecting those who defend our Freedom" ❖**

### NAF Fire Muster Team 2010

Anthony Esquer

Gilbert Flores

Julio Martin

Jack McConnell

Victor Morales

Jose Valencia

Warren Kelley

Alfonso Gonzalez

Ian Piccolo

Mike Palumbo

Randy Caldwell

Andres Garcia

David Wallace



## Coming Events:

NOVEMBER 11

**Veterans Day**  
**Brawley War Memorial**  
1000 - 1130

NOVEMBER 13 and 14

**Brawley Cattle Call**  
Nov 13 Shows 2pm and 7pm  
Nov 14 Show 1pm

NOVEMBER 23

**Turkey Trot**  
Navy Fitness Center, BLDG 364  
1200

NOVEMBER 24

**Turkey with the Troops**  
BLDG 4015  
1200

NOVEMBER 25

**Thanks Giving Dinner**  
Base Galley  
1400 - 1700

DECEMBER 03

**Base Christmas Parade**  
B-Street / Chapel / Flag Circle  
1830 - 2030

DECEMBER 04

**El Centro Christmas Parade**  
North 10<sup>th</sup> and Main to 8<sup>th</sup> Street  
South 8<sup>th</sup> Street to Aurora Ave  
Starts 1000

### NAVADMIN 356/10

This November we take the time to express our appreciation to our military families for their unwavering support throughout the year. National military family appreciation month is a time to thank and recognize our loved ones for their many personal contributions to our navy and nation.

Throughout the year, and especially this month, we thank our navy families who stand proudly by us, at home and abroad.

Released by Admiral G. Roughead,  
Chief of Naval Operations.

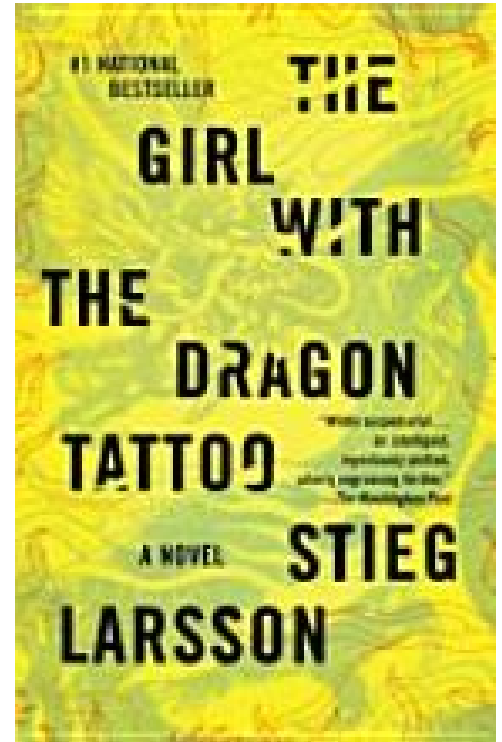




## **BOOK REVIEW**

### **The Girl With the Dragon Tattoo- Stieg Larsson**

*The Girl With the Dragon Tattoo* has garnered much national and international acclaim. Steig Larsson captures the readers' attention as he takes the lead character, Mikael Blomkvist, on an enlightening journey of revenge and redemption. Blomkvist, who was once a well-respected financial journalist, seeks to clear his name and regain his impeccable professional reputation after a much publicized conviction. After receiving an offer of help to clear his name, Blomkvist must first attempt to solve a decades old disappearance case in a remote part of Switzerland. For those who love mysteries, *The Girl With the Dragon Tattoo* is a must read. You will become obsessed with the future of the main character and title character. However, if you are picking this book up merely because it made the best-seller list or because Hollywood has come calling, my best advice is to put it back. For those who typically do not read mystery novels a la Michael Connelly or James Patterson, *The Girl with the Dragon Tattoo* is not the book to read in order to delve into the mystery genre. The beginning is appallingly slow, and the plot might be a bit obvious to anyone who has seen their fair share of Lifetime Network Movies. However, if you can wade through the first 150 pages, the last half is much better and worth the wait. ❖



### **MEDICAL CORNER**



Influenza Campaign continues..

HM2 (FMF) Mourao, Leonardo, HM2 (AW) Crowe, Melissa and HN Meuth, Mark from the Branch Health Clinic supported the recent Drive-Thru Influenza campaign.

It was conducted by the Department of Public Health on October 16th 2010 from 06:00 to 11:00 at the Imperial Valley Expo parking lot. During this event, more than 1500 people were vaccinated and we were able to give back to the community.❖

Written by HM2 (FMF) Mourao, Leonardo  
Preventive Medical Technician

### **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 LT Laura Anderson at (760) 339-2674.

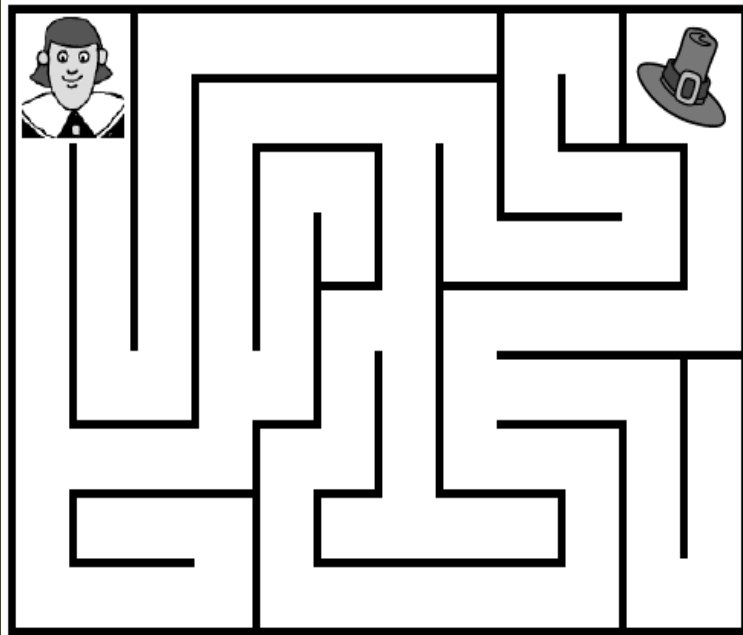
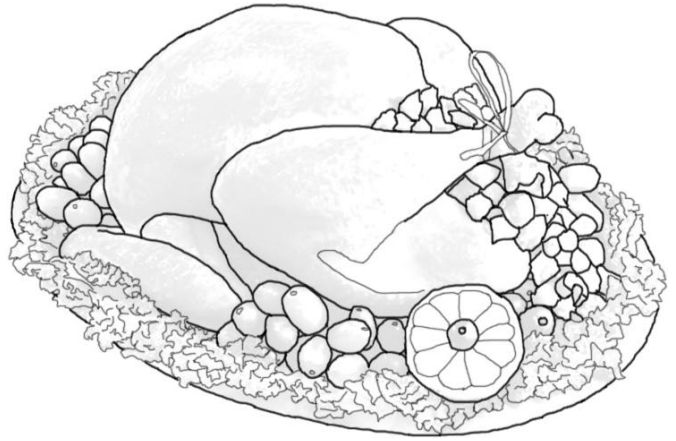
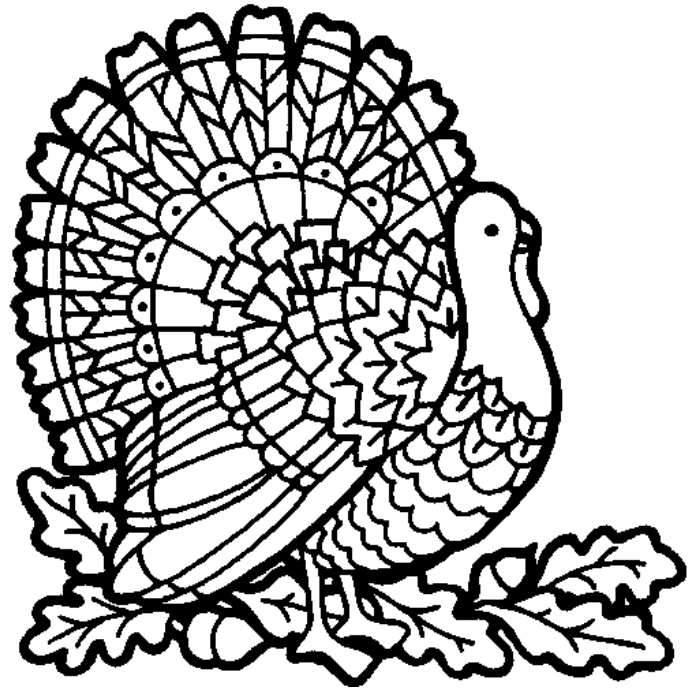
### **NAFEC Celebrates Hispanic Heritage Month**

The smell of sweet and spicy Mexican dishes filled the room as folkloric dancers performed a traditional dance on stage at the Mirage Club on 1 October 2010. Authentic foods were prepared ranging from Mexico, Central American, and South American countries. Over 50 sailors and civilians attended the event. Hispanic themed songs, a slide show, and a memorable performance by our NAF Child and Youth Program (CYP) children were presented in a celebration to recognize the lively sounds, dynamic flavors, and spirited community of Hispanic culture that is part of the military and in the United States today. The celebration ended with a Hispanic themed song played by beat catching, high spirited, Southwest High School Drum line team. ❖

Story by: AO2(AW) Sherrilynn Sands



# KIDS CORNER





## Local Military History by Two Old Goats...

Have you ever heard of the Naval Parachute Test Range? For most of us on the base we are too young to know what that was. However, we see the remnants of that prestigious organization all around us. On October 23<sup>rd</sup> a group of parachute riggers, test jumpers and maintainers met at the old parachute drying tower for what will be their last time. Most of these men were stationed at NAF El Centro from the 1950's to the early 1970's, but attached to the USAF's 6511<sup>th</sup> Squadron. Their mission was to develop and test new parachutes for aircraft. Additionally, El Centro was selected as the site to test the recovery systems for the Mercury, Gemini, and Apollo spacecraft. During their time on El Centro, they basically "owned" the southern side of the base utilizing many of the buildings for machine shops, repair bays, and work centers. Today we use those buildings for HAZMAT, the Fleet Readiness Center (FRC), and Recycling for example. The remaining 500 series barracks are from that time and some of those open fields that have an odd parking lot in the middle of nowhere used to be more barracks and admin spaces. Not to sound too much like Ripley, but believe it or not, America's space program was made possible by the efforts at El Centro. ❖ <http://www.rootsweb.ancestry.com/~kscomanc/nptr.html>

## LEGAL NOTICE

Spice- What Is It and can I use it?

Spice is a legal substance made from a mixture of plants such as Bay bean, Blue Lotus, and Maconha Brava; these herbal substances are mixed with a small dose of tetrahydrocannabinol (THC) (a key ingredient in marijuana), to create a "high" effect. Spice goes by a variety of names including Genie, Skunk, and Yucatan Fire. It is typically rolled into a joint and smoked to produce the "high" effect. The key difference between spice and other substances forbidden by the department of the Navy is that spice is legally sold in California and the United States. While it is legal to purchase this substance, Department of the Navy and Department of Defense prohibit the use of this substance. OPNAVINST 5350.4D prohibits the use of any substance that may impair persons' mental or physical faculties. While this may seem like a harmless substance, using it is in direct violation of SECNAVINST 5300.28D, and may cost you your naval career. ❖

*Written By: LT Kirtsey*



## A kid's movie reviewed by a Kid!

Alpha and Omega is a classic animated tale much like Romeo and Juliet. Humphrey and Kate (The main characters) are wolves relocated by rangers. They are taken to Idaho where they meet two French... I mean, "French slash Canadian" geese. Since Humphrey is an Omega (lowly) wolf and Kate is an alpha (top) wolf they cannot marry or even talk to each other which "secretly" tantalize them both. The story follows their adventures trying to get back to the wilderness together.

All in all it was a good movie to relax and watch, great for kids and adults alike. It is pretty predictable and has been told in many ways already. But if you like a slight adventure and sliding down mountains this movie is good for you. ❖

**RATED: PG** *Written By: Kai McAlister*



## WHAT WAS GOING ON...

**October XX, 197X - NAFEC Sandpaper**

**New Miss NAF Announced...**Miss Cindy Kern, 16, has been chosen new Miss NAF, to represent the Naval Base at public functions.

**\$300 Offered in Wild Horse Ride Contest...**Base cowboys are invited to participate in a wild horse race...

**Navy's First Mark-48 Torpedo is Delivered...**The Navy accepted first delivery of the Mark-48 torpedo, a wire-guided, submarine launched, anti-submarine torpedo with anti-surface ship capability.

**Navy Seals Jump in Minus 16 Degree Cold Over El Centro...**Could it be 16 degrees below zero in El Centro? As jumpers parachuted from an Air Force C-130 last week at NAF, the outside temperature was 16 degrees below and colder with 47 knots of westerly winds which add a chill factor at 25,000 feet.

**NFO's to Head Fighter Squads...**The first two Naval Flight Officers to command Navy fighter squadrons assumed command recently. ❖

## “Navy Youth Make Their Own Veggie Tales”

Written By: LS3 Candito

It can be difficult to plant a garden in the desert soil, but along with the local 4-H and the Imperial County Agriculture Commission, gardening is becoming a reality for the children on base.

According to Micah Hamblin of the NAFEC Youth Center, “So far we have planted broccoli, cauliflower and several kinds of lettuce. The children really enjoy going out every day to check on the progress of the garden and are responsible for watering it daily.” The kids are truly becoming junior farmers, with the guidance of Robert Powell of NAVFAC. “[Powell] has been a huge asset to getting the garden started this year. He has been hands on with the children and got them involved from the beginning,” said Hamblin.

Besides teaching the children how to grow veggies, the garden is teaching them the important life lessons of hard work, team effort, and how to care for something that depends on them. “They assisted with bringing the soil into the beds, making sure it was nourished, planting the vegetables and now maintaining the garden. This has definitely been a team effort and is an extremely rewarding project for the children,” said Hamblin.

If you would like more information on this project, contact Micah Hamblin of the NAFEC Youth Programs. ❖



## Welcome Back to Our Winter Families.



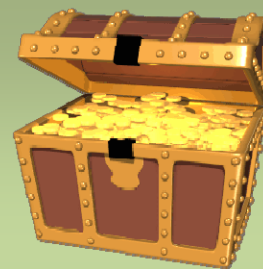
### Low Cost Software for Sailors

Are you considering going back to school? Do you need to take the ACT or SAT? Would you like some help? If you answered yes to these questions, we might have a solution for you. eKnowledge and the Commander, Navy Installations Command (CNIC) are pleased to announce the arrival of PowerPrep 7.5. This program is designed to help Sailors prepare for those important college entrance tests. Some shipping and handling fees are involved but the overall cost is low. For more information on this opportunity take a look at,

<http://www.eknowledge.com/CNIC>. ❖

Article by: ETC Haugh

### Treasure Hunt:



**Clue:**

**Orwm cfx xwn  
oxda.**

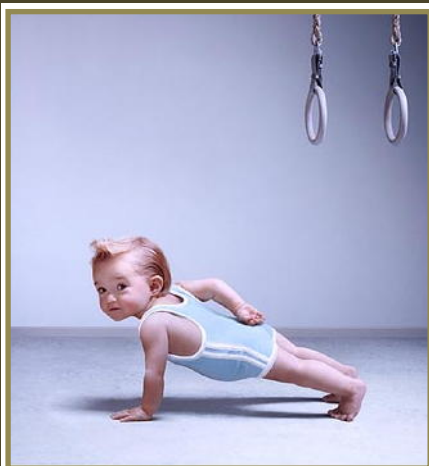
**Cnuu wxenvkna oren  
hxd anjm cqñ Bjwmyjyna nenah  
vxwcq.**

Decode the clue, and follow the instructions to receive a special prize. Hint: Substitution Cipher  
Note: Sandpaper committee not eligible to win.

## SANDPAPER POLL

**How would you spend a 60,000 grant for the base?**

Submit your answer in one of the 4 poll boxes located in Welcome Center, Liberty Center, Strike G-dunk, and Galley.



## HOUR OF OPERATIONS

**M-F 0800-2000**

**SAT 0800-1700**

**SUN CLOSED**

# NEW FAMILY FITNESS CENTER

Family Fitness Now



This is what all families have been waiting for. A place you can bring your kids and workout. Kids can watch a movie, play outside in a fenced playground or stay inside a secured area. Wi-Fi will be available. The exercise area includes recumbent bikes, upright bikes, elliptical, treadmills and some free weights.



### NAF El Centro Family Fitness Center Rules

**1.** No child (ren) shall be left unsupervised while in the Family Fitness Area. Adults are responsible for maintaining direct line-of-sight supervision of their child (ren) at all times while using the Family Fitness Center.

**2.** Children age 15 years and younger are eligible to use the Family Fitness Center. Children under the age of 9 are not allowed to use the fitness equipment.

**3.** Family Fitness Center users shall sign in themselves and their child (ren) each time they use the facility. The parents/ legal guardians' signature on the sign-in sheet will be considered an acknowledgment of the intent to abide by these rules.

**4.** Sick children are not allowed to use the Family Fitness Center. A child may not use the playroom if he or she displays symptoms of a contagious disease and or did not attend daycare or school due to illness. Adults are responsible for ensuring their child (ren) do not have following conditions symptoms: cold; fever of 101 degrees within the past 24 hours; constant cough; first 24 hours of taking an antibiotic; diarrhea.

**5.** For safety reasons, children under the age of 9 may not enter the cardio/ weight area, where they would have access to fitness equipment. If a child needs to use the restroom, an adult must accompany the child to and from the restroom.

**6.** Food or drink (other than water) may not be brought into the Family Fitness Center or play area.

**7.** Toys and play material provided are to be left in the room for others to use. Any broken items found in the play area should be removed and reported to fitness center staff. Also, immediately report any malfunctioning fitness equipment to the fitness center staff.

**8.** Family Fitness Center users must clean, sanitize and organize the play room at the completion of workout. Please use the sanitation solution provided to clean mats, toys, and other articles.

**9.** Unruliness will not be allowed. Anyone violating the Family Fitness Center, to include play area, playground policies and procedures, will be asked to leave. Future use of the facility may be denied.

**10.** At no time will fitness staff assume responsibility for the supervision of children in the Family Fitness Center. ❖

Story by: Joe Conner

Picture by: J. Holly Norred

# What Say You?

3 Questions – 4 People. Really?



1. What would be your theme song for NAF El Centro?
2. If you could have any job on base, what would it be?
3. What is your career goal; in or after you leave the Navy?

## Rodney Sims (SAFETY)

1. Three's Company.
2. MWR – Gear Issue, Because Jason has too much fun with all the MWR toys.
3. Continue to work with the awesome civilian people here on base.

## LT Kirtsey (SUPPO)

1. Here I go Again by Whitesnake.
2. I would probably work at the gym, it would motivate me and then I would be the first to try out all the new equipment.
3. I want to work in Washington DC as a civil servant.

## HM1 Keefer (MEDICAL)

1. One Vision, Queen. NAF El Centro makes me think of the movie Iron Eagle.
2. I think I would like to be the Fleet Liaison. With the number of trainees that filter through, the endless possibilities to see how other Military Branches and our allies do business would be great.
3. I would like to retire with a degree in nursing. The educational opportunities are unmatched here in El Centro.

## AMAN Shiflett (STRIKE)

1. Happy Days Theme Song.
2. CO, cause he gets paid a lot.
3. Navy – Make 3<sup>rd</sup> before leaving El Centro, Civilian – Become a US Marshall.

## AVIATION DAY PHOTOS

ARTICLE ON PAGE 4



## What did they just say?

*Idea by Pat Caro, Story by ETC Haugh*

After reading this article you might LOL. Some of you might even ROFL. If none of this makes any sense to you, then you might be a noob. In our modern world of instantaneous communications such as Facebook, Twitter, and of course text messaging, a new writing form has developed. Letters and sometimes numbers are used to shorten or eliminate words to create condensed messages. Think Campbell's Soup for a moment. Your brain supplies the water in this example to create a coherent message out of just a few letters. There are well over 1000 different combinations. Furthermore, specific groups have combinations specific to them. An online gamer would easily recognize LFG, AFK and LD as "Looking for Group," "Away from the Keyboard" and "Link Dead" respectively. A serious Star Wars fan might text MTFBWU to his pal...BTW that means "May the Force be with you." Did you just notice what I did? BTW means "by the way." These little acronyms are slowly creeping into our language. You might already use some of them and not even realize it. How often have you said NLT, ASAP, or even V/r? OMG...what's the world coming to? In any event, if you want to know how to crack the code, check out this website [http://www.webopedia.com/quick\\_ref/textmessageabbreviations.asp](http://www.webopedia.com/quick_ref/textmessageabbreviations.asp) for a funny little look into the way some people now communicate. Back to work....B9! ❖

### Breast Cancer Awareness

As you know October is Breast Cancer Awareness Month. The Navy Fitness Center wanted to help raise awareness by holding the Breast Cancer Awareness Walk. The event was held on, Thursday, October 27 and began at 1200. We had 70 participants of all ages come out and support this event. Navy Fitness and the base Energy Conservation team passed out goodies to all participants. Thank you to everyone that came out to support this event! ❖



Write up by J. Holly Norred  
Pictures by J. Holly Norred



### Junior Navy Ball

The First Annual Junior Naval Ball for teens was held on Friday, 15 October. The event was held at the new Child and Youth Programs (CYP) facility. Teens enjoyed an evening of refreshments, dancing and fellowship. Twenty three teens showed up for the event and danced the night away. This is an event that the CYP will conduct annually and we plan to have more dances and socials throughout the year. ❖



### UPCOMING EVENT:

**Teen Night** (Teen's grades 7-12)  
Friday, November 19  
1800- 2200  
Pizza and refreshments will be served!

For more information on the new Teen Program or upcoming events call (760) 339-2560/2917

Story by Micah Hamblin  
Pictures by Micah Hamblin

### 1<sup>ST</sup> PLACE



### 2<sup>ND</sup> PLACE



### 2010 Double Elimination Softball Tournament

The 2010 Fall Softball Tournament was won by Javi's Boyz. Javi's Boyz had already lost two games to the Hustlers in the tournament. Hustlers knew that the Finals was already in the bag. Now I understand the statement, "Don't count your chickens before they hatch". Hustlers get beat in game 1 of the finals 26-24. Since this was a double elimination tournament they had to play again. Javi's Boyz gave the Hustlers, a good ole sound beat down 17-7. Hustlers are now out hustling for more chicken eggs. Congratulations to Javi's Boys aka "Low Budget Dodgers Team". ❖

Write up by Joe Conner Picture by Dave Mersino

## 2<sup>nd</sup> Annual Family Oktoberfest

This family event was packed with over 200 people. Kid enjoyed face painting, cookie decorating, bowling, fishing, hayride and many other fun stations! The highlight was for all that entered the spooky haunted house. ❖



## Dog Day & Water Trikes at the Large Pool

*Pictures by Andrew & Sean Suamataia*



## 4<sup>th</sup> Annual Halloween Bash

With over 150 people in attendance this event was a definite bash! What's better than a night filled with food, costumes and giveaways? Many people had amazing costumes, but only one could take home the grand prize and this year it was PJ Enders dressed as an Avatar. ❖



*Write up by J. Holly Norred  
Picture by Javier Guerra*



ACC Harris in awe.

A Sailor op testing MWR's new trikes.

## FIRST ANNUAL BASE FLEA MARKET



A01 Allen – Re-enlists with family and LTjg Covington ORDO

Weapons Detachment El Centro







AVCM Smith and MA2 Daniels tandem jumps.

# RECENT EVENTS IN THE PEARL OF THE DESERT



Navy Ball Entrance

CO and XO with their spouses



Hispanic Heritage Celebration



## FIRE EXTINGUISHER TRAINING



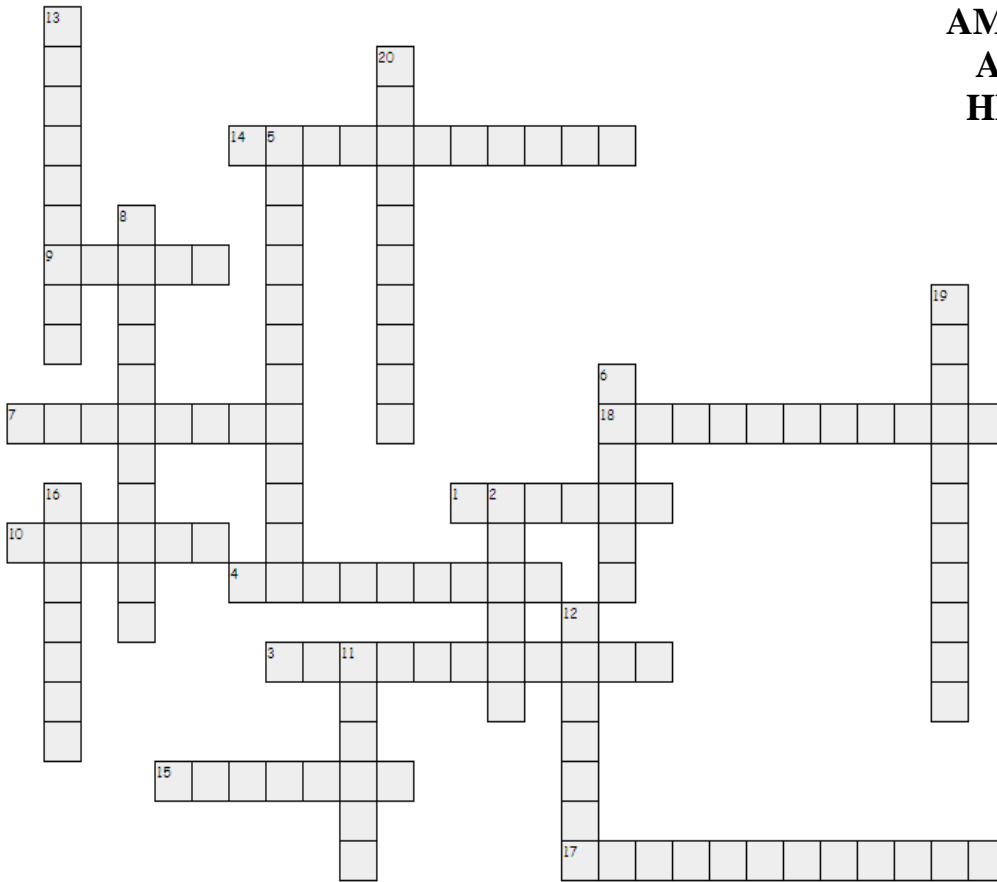
Coming to a Mirage Club near you!



**SANDPAPER  
CONTACT INFO:**

**E-MAIL:**  
[W\\_ELCN\\_PAO\\_SANDPAPER@NAVY.MIL](mailto:W_ELCN_PAO_SANDPAPER@NAVY.MIL)

# AMERICAN INDIAN & ALASKAN NATIVE HERITAGE MONTH



**Across:**

**Down:**

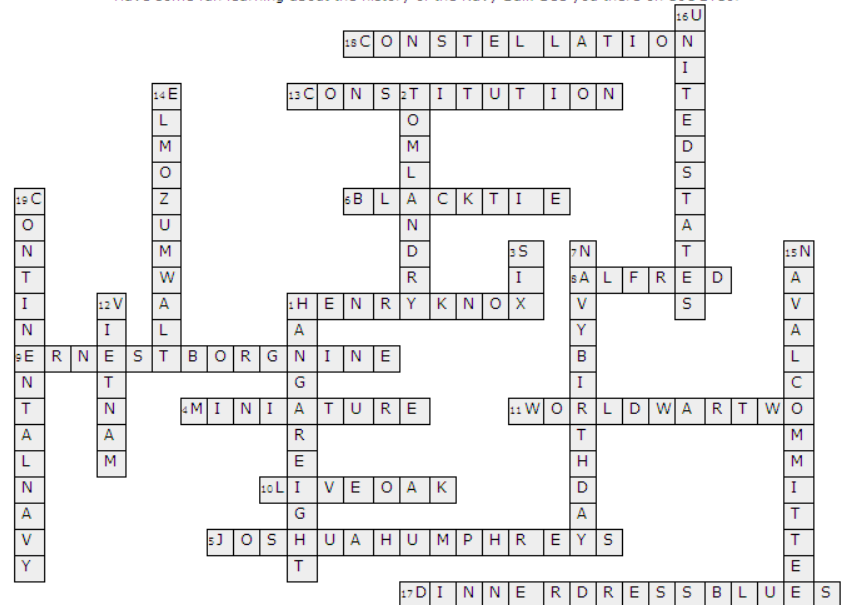
- 1. The Brits in H7 fly a bird named after this tribe (APACHE)
- 3. Movie about the Navajo during WW2, stars Nick Cage (WINDTALKERS)
- 4. Woman who accompanied Lewis and Clark on a long hike (SACAJAWEA)
- 7. Native American who helped raise the flag on Iwo Jima (IRAHAYES)
- 9. MSGT Keeble was the 1st member of this tribe to earn the MOH (SIOUX)
- 10. Island state of the US with a Native American population (HAWAII)
- 14. Army unit during WW2, forerunner of the Special Forces (ALAMOSCOOTS)
- 15. Large River running through Washington DC (POTOMAC)
- 17. A special unit of the Alaska National Guard (ESKIMOSCOOTS)
- 18. CDR in WW2, Only Native American Sailor to win the MOH (ERNESTEVANS)
- 2. A living structure found in New Mexico, also name of a tribe (PUEBLO)
- 5. First American Indian to die during the Iraqi conflict (LORIPUESTEWA)
- 6. Iron Fish or Submarine in Navajo (BESHLO)
- 8. 1st Native American graduate from the Naval Academy (JOSEPHCLARK)
- 11. Tribe in WW2 who had an unbreakable code (NAVAJO)
- 12. Land of the Seahawks, named after a popular chief (SEATTLE)
- 13. John Herrington, the 1st Native American in space was from this tribe (CHICKASAW)
- 16. The branch of service the Navajo Codetalkers belonged to (MARINES)
- 19. Last major battle between US Troops and Indians (WOUNDEDKNEE)
- 20. 1990, this president approved the resolution designating November's observances (GEORGEBUSH)

Puzzle Set #C5628 Level: Challenging

3						5	4	7
		9				1		
			1					8
			3					1
7					5			
		4	6	2	8			
	6					7		
8	9	5		4			6	
	1			6				

## NAVY BALL - AN HONORED NAVY TRADITION KEY

Have some fun learning about the history of the Navy Ball. See you there on 16OCT10!



# NAVAL AIR FACILITY EL CENTRO

CO: CAPT THOMPSON

XO: CDR FRANZEN

CMC: CMDM GALLINAT

## ADMIN DEPARTMENT

Admin Officer 2558  
 Assistant Admin Officer 2696  
 Self Help/LCPO 2072  
 Admin Assistant 2544  
 Fax 2593  
 Security Manager 2477  
 Command Career Couns 2329

## AOC

Trouble Call Desk 2204  
 Transportation 2218  
 Pest Control 2204  
 Transient Line 2425  
 Ground Electronics 2580  
 Project Manager 2208  
 Support Equipment 2643

## BEQ (HOUSING)

BEQ Manager 2269  
 BEQ Front Desk 2935 / 2277

## CHAPLAIN'S OFFICE

Chaplain 2290  
 Admin Office 2461

## CHILD DEVELOPMENT CENTER

Program Administrator 2327  
 Admin 2560  
 Preschool 2619

## COMMAND

CO/XO Secretary 2401  
 Command Master Chief 2437  
 Public Affairs Officer 2519  
 Inspector General 2535  
 SAPR 24-HR Hotline 760-644-2913  
 Program Analyst 2479  
 Ombudsman 760-677-9310  
 CDO 760-390-8053  
 DAPA 2803

## DEFENSE COMMISSARY AGENCY

Manager 2558  
 Fax 2484

## EMERGENCY

Emergency 9911  
 EOC 2964 / 2971 / 2954 / 2459

## ENVIRONMENTAL

Front Desk 2262  
 Director 2202  
 Protection Specialist 2261  
 Recycling 2225  
 24-Hour Hotline 760-250-5912

## FIRE DEPARTMENT

Dispatch 2222  
 Training Chief 2354  
 Fire Chief 2251

## FLEET & FAMILY SUPPORT CENTER

Office 2442  
 Cell 760-677-9310

## FUELS

Manager 2521  
 Office 2659

## IT REP / NMCI

IT Support 2414  
 NMCI 1-888-843-8624

## LEGAL

Legal Officer 2353

## MEDICAL / DENTAL

Sick Call 2674 / 2675  
 Pharmacy 2631  
 Medical Officer 2677  
 Dental Appointment 2664

## MVR

Director 2325  
 Marketing 2482  
 Gear Issue 2486  
 Mirage Club Manager 2319  
 Library 2470  
 Cyber Café 2558  
 Theater 2440  
 Small Pool 2582  
 Fitness Center 2488 / 2489  
 Youth Center 2644  
 Auto Hobby Shop 2689  
 Large Pool 2487  
 Bowling Alley Mgr. 2985  
 Bowling Alley Attend. 2575  
 Hot Stuff Pizza 2918

## NAVY EXCHANGE

Manager 2341  
 Navy Lodge 2342  
 Barber Shop 2597  
 Jet Mart 2670  
 Subway 0209

## OPERATIONS DEPARTMENT

OPSO 2604  
 Fleet Liaison 2655 / 2665  
 Fax 2377  
 Flight Planning 2601  
 Fax 2900  
 Weather 2523  
 Airfield Manager 2672

## PERSONNEL SUPPORT DETACH.

OIC 2473  
 Office 2546

## PUBLIC WORKS DEPARTMENT

Front Desk 2201  
 Dumpster Servicing 2201  
 PWO 2214  
 FEAD Specialist 2456  
 Utilities 2561

## RANGE CONTROL

Manager 2238  
 Fax 2240  
 Yuma Range Control I 269-2214

## SAFETY

Navosh Manager 2448  
 Aviation Safety Officer 2286  
 Explosive Safety Officer 2280

## SECURITY DEPARTMENT

Security Officer 2588  
 LCPO 2580  
 LPO 2337  
 Dispatch 2222 / 2232  
 Front Desk 2525  
 Main Gate 2688

## STRIKE FIGHTER WING (SFWPMU)

OIC 2303  
 Admin Officer 2302  
 Admin Office 2432 / 2433  
 Maintenance Officer 2310  
 MMCO 2246  
 Maintenance Control 2245  
 Maint. LCPO 2246  
 QA 6023  
 Power Plants 6026  
 Airframes 6028  
 Paraloft 6025  
 Electricians 6037  
 Ordinance 6029  
 Avionics 6027  
 Line Division 6032

## SUPPLY DEPARTMENT

Supply Officer 2353  
 Fax 2215  
 Galley 2219  
 Hazmat 2977  
 Mail Room 2477  
 Shipping/Receiving 2453

## VINCENNES UNIVERSITY

Office 2986  
 Email: [vueloelcentro@earthlink.net](mailto:vueloelcentro@earthlink.net)

## WEAPONS DEPARTMENT

Weapons Officer 2280  
 Admin 2606  
 LCPO 2693  
 LPO 2606  
 ASRS / CALA 2570  
 North 40 2562

## BASE PREFIX

Commercial: 760-339-XXXX  
 DSN: 658-XXXX

## DIALING INSTRUCTIONS

Local/Long Distance: 7 1 XXX-XXXX  
 DSN: 6 XXX-XXXX

## MAILING ADDRESS

Naval Air Facility El Centro  
 1605 3rd Street Building 214  
 ATT: (Your Name)  
 (Det Name)  
 (Hangar Number/Building Number)  
 El Centro, CA 92243-5001



### MWR November 2010 Holiday Hours:

	Thu 11/11	Thu 11/25	Fri 11/26	Sat 11/27	Sun 11/28
<b>MWR Main Office</b> 760-339-2481	Closed	Closed	Closed	Closed	Closed
<b>Auto Service Center</b> 760-339-2689	Closed	Closed	Closed	0800-1600	Closed
<b>Bowling Center</b> 760-339-2575	1200-1800	Closed	1200-1800	1200-1800	1200-1800
<b>Cyber Café</b> 760-339-2559	1200-1800	1200-1800	0700-2100	1200-1800	1200-1800
<b>CYP</b> 760-339-2560	Closed	Closed	0545-1730	Closed	Closed
<b>Fitness Center</b> 760-339-2488	0600-1430	Closed	0600-1430	0800-1700	0800-1700
<b>Hot Stuff</b> 760-339-2918/2575	1200-1800	Closed	1200-1800	1200-1800	1200-1800
<b>Large Pool</b> 760-339-2627 • Closed for the season					
<b>Liberty Center</b> 760-339-2559	1200-1800	1200-1800	0700-2100	1200-1800	1200-1800
<b>Mirage Club • Lunch</b> • 760-339-2996	Closed	Closed	Closed	Closed	Closed
<b>Mirage Club • Dinner</b> • 760-339-2996	Closed	Closed	Closed	Closed	Closed
<b>Movie Theater</b> • Call 760-339-6015 for movie times.					
<b>Outdoor Adventure</b> 760-339-2486	Closed	Closed	Closed	Closed	Closed
<b>Small Pool</b> 760-339-2627	1200-1800	Closed	1000-1800	1200-1900	1200-1900
<b>Sun Downer Club</b> 760-339-2319/2996	Closed	Closed	Closed	Closed	Closed
<b>Ticket Office</b> 760-339-2559	Closed	Closed	0900-1700	Closed	Closed

NAF EL CENTRO

# MWR OUTLOOK



## TRIPS

### Outdoor Adventure

Bldg. 318 • 760-339-2486  
Monday-Friday  
0800-1630

### 4th Annual Welcome Back Party

Friday, November 5  
1700-2000 • \$8 per person  
Put on your best Hawaiian shirt and grass skirt! MWR's hosting a welcome back party luau-style at the Small Pool, Bldg. 239. Great food, great music, great entertainment and great FUN! Everyone's invited!

### Veterans Day Celebration

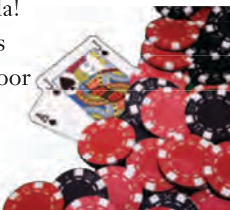
Wednesday, November 10  
1100-1400 • FREE  
Honor those who have served! Meet at the NAF RV Lounge Patio Area. For more celebration details call 760-339-2486.

### 1st Annual Mr. & Ms. Snowbird Pageant

Friday, November 19  
1500-2000 • \$10 (includes dinner)  
Make a date to join the celebration at the Mirage Club as MWR crowns our first-ever Mr. & Ms. Snowbird. Will it be you?

### Spotlight 29 & Augustine Casino Trip

Tuesday, November 30  
0800 • \$5 per person  
Let's have a full day of fun in Coachella! Van departs from Outdoor Adventure bright and early.



**NOVEMBER Party Package Special**  
BIG BBQ Grill (propane)  
1, 8' Table • 10 Chairs  
1, 150 qt Ice Chest  
Only \$25 a Day! (regular \$33)

## SPORTS ALLEY

**Bowling Center • Go-Kart Track  
Driving Range • Hot Stuff Pizza**

Bldg. 485 • 760-339-2575/2918

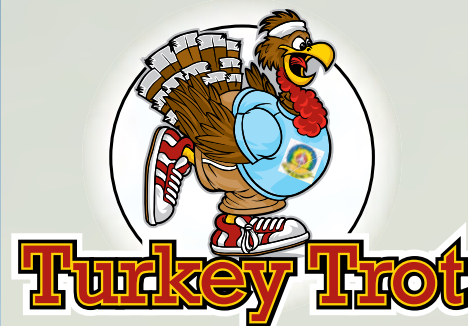
**Bowling:**  
Daily 1000-2200

**Go-Kart Track:**  
Fri-Sun 1700-2200

**Driving Range:**  
Open sunrise to sunset.

Tokens available at the Bowling Center.  
(see Bowling Center hours of operation above)

**Hot Stuff Pizza:**  
Mon-Sun 1000-2200



Tuesday, November 23  
1200 • FREE

All authorized MWR patrons are invited to run, walk or trot your way around base. If you are the fastest, you're taking home a prize!  
Navy Fitness Center, Bldg. 364  
760-339-2380

## Tuesday Night Buffet

At the Mirage Club, Bldg. 227  
760-339-2319

Every Tuesday Night in November  
1700-2000  
\$9.95\*  
(includes soup, salad and dessert)



\*Mongolian BBQ \$8.95 minimum

## MOVIES

### NAF El Centro Movie Theater

Bldg. 203 • 760-339-6015

**FREE MOVIES!**

### Open Thursday-Sunday

For the most up-to-date movie listing call our movie hotline at 760-339-6015, pick up a printed schedule at any MWR facility or visit [www.mwrtoday.com](http://www.mwrtoday.com). Movies are open to all authorized MWR patrons.



# FOOD

## Mirage Club

Bldg. 227 • 760-339-2996

Lunch:  
Monday-Friday 1100-1300

Dinner:  
Monday-Thursday 1700-2000

Lunch Buffet: \$8.25  
(includes your choice of soup or salad)

Soup \$2.50, Salad \$4.50,  
Soup & Salad \$5.50



**CHEF'S WEEKLY SPECIAL**  
November 1-5 • \$5.95  
Carne Asada Quesadilla

Monday, November 1  
Fried Chicken

Tuesday, November 2  
Pasta Bar

Wednesday, November 3  
Roast Pork

Thursday, November 4  
Carne Asada

Friday, November 5  
Ceviche

**CHEF'S WEEKLY SPECIAL**  
November 8-12  
Chile Relleno \$5.95

Monday, November 8  
Country Fried Steak

Tuesday, November 9  
Lasagna

Wednesday, November 10  
Meatloaf

Thursday, November 11  
Veterans Day Holiday/Closed

Friday, November 12  
Fish & Shrimp

**CHEF'S WEEKLY SPECIAL**  
November 15-19  
Reuben Sandwich \$5.95

Monday, November 15  
Pot Roast

Tuesday, November 16  
Veal Parmesan & Pasta

Wednesday, November 17  
BBQ Chicken & Pork

Thursday, November 18  
Prime Rib \$9.95

Friday, November 19  
Seafood Buffet

**CHEF'S WEEKLY SPECIAL**  
November 22-26 • \$5.95  
California Chicken Sandwich

Monday, November 22  
Chile Relleno

Tuesday, November 23  
Beef Brisket

Wednesday, November 24  
Roast Turkey

Thursday, November 25  
Thanksgiving Day/Closed

Friday, November 26  
Thanksgiving Holiday/Closed

**CHEF'S WEEKLY SPECIAL**  
November 29-December 3  
Shrimp Cocktail \$5.95

Monday, November 29  
Salisbury Steak

Tuesday, November 30  
Enchiladas



*Events held  
at the Liberty  
Center unless  
otherwise stated.*

# LIBERTY

Bldg. 202 • 760-339-2559

## LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY

Monday-Friday • 0700-2100  
Saturday & Sunday • 1100-2100  
Holidays • 1200-1800

Every Monday

### Monday Night Football

Stop in the Liberty Center and watch your favorite team play.

Every Tuesday

### Karaoke Tuesdays

All-hands are invited to "Wow" the crowd!  
Time: 2000 • Location: Sun Downer Club

Monday, November 1

### Pool Tournament

\$5 buy in, winner takes the pot!  
Time: 1700

Wednesday November, 3

### Wii Football 2010

Join us for a friendly game!  
Time: 1730

Monday, November, 8

### Press Your Luck Wii

Stop by to play an old-time game and test your skills!  
Time: 1730

Wednesday, November, 10

### Hot Wing Hump Day

Stop by your Liberty Center and enjoy FREE hot wings to help you get through the rest of the week. Hurry in, these wings won't last long!  
Time: 1600

Thursday, November 11

### Veterans Day

We're open holiday hours today, 1200-1800. Stop by for some FUN!

Monday, November, 15

### Ping Pong Tournament

FREE  
Time: 1700

Tuesday, November, 16

### Twinkle Tuesday

FREE cream-filled Twinkies, while supplies last.  
Time: 1700

Wednesday, November, 17

### Movie 'N Pizza

FREE food and fun – there's no better place to be than Liberty!  
Time: 1700

Wednesday, November, 23

### Wii Fit

Are you? Head over to Liberty and show off your skills.  
Time: 1730

Thursday, November, 25

### Thanksgiving Day

We're open holiday hours today, 1200-1800. Stop by for some FUN and FOOD! Turkey and cheese sandwiches for all!

Monday, November, 29

### Balloon Volleyball

Stop by Liberty to relieve your stress with a game of balloon volleyball...POP!  
FREE  
Time: 1700

## LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY



# AQUATICS

## Small Pool

Bldg. 239 • 760-339-2627

Mon-Fri: 1000-1800

Sat & Sun: 1200-1900

Holidays: 1200-1800

## Large Pool

Bldg. 374 • 760-339-2487/2627

Closed for the season

## Master Swim Program

Tuesday & Thursday 1630-1730

At the Small Pool

Master Swim Program provides a coach, structured workouts, and stroke and technique assistance. It is also designed to help swimmers improve fitness and/or train for specific goals. For more details stop by the Small Pool or call 760-339-2627.

## Water Aerobics

**A great full-body, low-impact workout!**

Tuesdays and Thursdays 1000-1045  
FREE • At the Small Pool

## Private Swim Lessons

Learn to swim or improve your strokes and technique one-on-one with a certified American Red Cross Water Safety Instructor (WSI). Sessions available for all swimming levels. Space is limited. Call to register today!

# FITNESS

## Navy Fitness Center

Bldg. 327

760-339-2488

Monday-Friday  
0500-2100

Saturday-Sunday  
0800-1700

Holidays

0600-1430



B.....Beginners Class

I.....Intermediate Class

A.....Advanced Class

### Monday, November 1

1130-1230 I. Spin  
1600-1700 I. Spin 'N Abs  
1700-1800 Plyometrics

### Tuesday, November 2

1130-1230 I. Combo  
1600-1700 Circuit Training

1700-1800 I. Step 'N Tone  
1800-1830 Abs Kicking

### Wednesday, November 3

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin 'N Run  
1700-1800 Stability Ball

### Thursday, November 4

1130-1230 Body Sculpting  
1600-1700 Body Sculpting  
1700-1800 Medicine Ball  
1800-1830 Abs Kicking

### Friday, November 5

1130-1230 I. Spin 'N Core  
1600-1700 I. Spin 'N Abs  
1700-1800 Pilates

### Saturday, November 6

0830-0930 I. Spin  
1100-1200 Circuit Training

### Sunday, November 7

No classes

### Monday, November 8

1130-1230 I. Spin  
1600-1700 I. Spin 'N Strength  
1700-1800 I. Step 'N Tone

### Tuesday, November 9

1130-1230 I. Combo  
1600-1700 Body Sculpting  
1700-1800 Circuit Training

1800-1830 Abs Kicking  
*Flag Football Registration Deadline*

### Wednesday, November 10

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin 'N Run  
1700-1800 Plyometrics

### Thursday, November 11

Veterans Day ~ Holiday Hours  
0600-1430

### Friday, November 12

1130-1230 I. Spin 'N Core  
1600-1700 I. Spin 'N Abs  
1700-1800 Pilates

### Saturday, November 13

No classes

### Sunday, November 14

No classes

### Monday, November 15

1130-1230 I. Spin  
1600-1700 I. Spin  
1700-1800 Plyometrics

### Tuesday, November 16

1130-1230 I. Combo  
1600-1700 Circuit Training  
1700-1800 Stability Ball  
1800-1830 Abs Kicking  
*Flag Football Season begins*

### Wednesday, November 17

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin 'N Run  
1700-1800 I. Spin 'N Tone

### Thursday, November 18

1130-1230 Body Sculpting  
1600-1700 Body Sculpting  
1700-1800 Circuit Training  
1800-1830 Abs Kicking

### Friday, November 19

1130-1230 I. Spin 'N Core  
1600-1700 I. Spin 'N Abs  
1700-1800 Pilates

### Saturday, November 20

0830-0930 Circuit Training  
1100-1200 I. Spin

### Sunday, November 21

No classes

### Monday, November 22

1130-1230 I. Spin  
1600-1700 I. Spin 'N Run  
1700-1800 I. Step 'N Tone

### Tuesday, November 23

1130-1230 I. Combo  
1600-1700 Body Sculpting  
1700-1800 Circuit Training  
1800-1830 Abs Kicking  
*Turkey Trot 5K Run/Walk*  
*(see front page for details)*

### Wednesday, November 24

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin 'N Abs  
1700-1800 Plyometrics

### Thursday, November 25

Thanksgiving Holiday ~ Fitness Center Closed

### Friday, November 26

Holiday Hours  
0600-1430

### Saturday, November 27

No classes

### Sunday, November 28

No classes

### Monday, November 29

1130-1230 I. Spin  
1600-1700 I. Spin  
1700-1800 Plyometrics

### Tuesday, November 30

1130-1230 I. Combo  
1600-1700 Body Sculpting  
1700-1800 Circuit Training  
1800-1830 Abs Kicking

## MONGOLIAN BBQ

Tuesday, November 9 & Thursday, November 18  
1700-2000 • At the Mirage Club  
\$8.95 minimum

Mix and match your choice of chicken, beef, pork or shrimp, choose your vegetables and create your own sauce. All orders include a side of rice.



## 8-on-8 Captain's Cup Flag Football Season

Season begins Tuesday, November 16  
Registration deadline: Tuesday, November 9

All hands are invited to participate. Once teams are determined, schedule will be announced. For details or to register call 760-339-2488/2380.

*\*Note: If your command has a team, you must play for your command.*

# NEW!

## Senior Strengthening Class

Starting Monday, November 1  
Every Monday and Wednesday  
0900-0930  
In the Aerobics Room

