

Photo # NH 97377 Sunken and damaged ships at "Battleship Row", Pearl Harbor, 7 Dec. 1941



"Dec. 7, 1941 - a date which will live in infamy"



Issue 4

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NAF EL CENTRO

SANDPAPER



Remembering Jack Van Vooren

By ETC Kristopher Haugh

Small bases are like small towns. Everybody pretty much knows everybody else, and when things happen, news travels fast. NAF El Centro is just that way. Jack Van Vooren knew just about every Sailor and their family, civil servant and contractor on base and we all knew him. No matter when or where you saw him, he had on his Marine Corps liberty attire: Dockers, belt, collared shirt, and warm friendly smile. He was quick to greet everyone with a firm handshake and always had something nice to say to you. A quiet man, Jack spoke volumes with his actions and

attitude. That is why news of Jack's passing came as a shock. In mere moments the carefree activities of the base such as an intramural football game, dimmed due to the sad news. Word traveled fast and Sailors as far as NAS Lemoore received the notice and passed the word. Within a day, people all over the region and all over the nation knew that Jack was with us no more. Jack might have actually been surprised at all of the fuss. He was a simple man with simple values.

On Tuesday, November 23, at 1500 in the base chapel family, friends, coworkers, shipmates, and fellow Marines gathered to remember this good man and his great deeds. LSCD Adams, NAFEC's chaplain began the ceremony with some anecdotes about Jack, such as how Warrant Officer Van Vooren's men would whisper "Mufasa, Mufasa" reverently as he walked by. Speaking next was the Commanding Officer of NAF El Centro, Captain Thompson. The Skipper looked over at Jack's brother, daughter, and uncle and described how our loss could never match theirs. He told his own stories about how this quiet man was so capable of solving problems. He never complained about how hard a task would be, he simply nodded his head and said "Aye Aye Sir." Within days, or sometimes hours, Jack delivered. CDR Rosa from FISC San Diego spoke next and echoed the CO's sentiments. Jack was critical to the successful transition of the fueling operations from COMNAVREGSW N3 to FISC.

After the remarks, the audience stood as the National Anthem played and NAFEC's Color Guard, assisted by Marines from MCAS Yuma paraded the colors. The Marine Corps flag dipped as their



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WWW.FACEBOOK.COM/NAFEC

Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
DECEMBER	7	1	587	54
JANUARY	8	1	986	94

COMMANDING OFFICER



This is the time of year when we are reminded about what is really important in our lives. As we begin to look forward to spending time with family and friends, I hope that each of you keeps safety in mind.

At this time of year, many of you will be planning trips to see people you haven't seen in a while. If you plan on driving, I would ask that you carefully plan out your trips. Don't plan to drive 18 hours a day. Give yourself the time to ensure that fatigue won't end your trip prematurely. Make sure you know what the weather will be like on your trip, and plan accordingly. None of us is current in driving in winter weather. If you see a forecast that includes snow, ice, or sleet on your route, build in the extra time that you will need to safely arrive at your destination.

If you are staying at home, make sure that you've taken the appropriate precautions to safeguard yourself and your family. Ensure that wires aren't frayed. If you plan to put

up a live Christmas tree, then make sure it is properly watered. When putting up outside lights, use proper ladder safety techniques. If you are on the roof, then be sure that you've taken all steps necessary to safely do what you need to do.

Please take the time over the holiday season to enjoy a well deserved break. We have accomplished a lot this year, and I hope you take the time to reflect on a job well done in 2010. Remember, however, that we will be jumping head first into a busy time as the new year begins.

I truly appreciate the opportunity I have to work with each of you. Enjoy the holidays. Be safe, and then come back to work ready to tackle the new year."

CO

TURKEY FOR THE TROOPS III

RETURN OF THE TRYPTOPHAN

With hordes of frozen turkeys advancing on the base in preparation for a massive Thanksgiving assault, the Wardroom, Chief's Mess and First Class Association banded together to give the Sailors on NAF El Centro a precursor of what was to come. Established three years ago as a means to give our Shipmates in the barracks an early turkey dinner with some fun and games has grown to epic proportions. This year more than 10 birds, donated by the Navy League, were baked, roasted, and deep fried along with 5 hams and all the fixings of a traditional meal. One enterprising Sailor even brought a "sushi" turkey, however HM1 Keefer, the resident food inspector, did not allow him to participate. Aside from the regular grub, there was a table piled high with cheesecakes, sweets and the Skipper's world famous Pecan pie. From 1100 to 1230 more than 250 people came to eat. No hungry soul was turned away and the event was honored by having almost all of the British military detted here come and sample our traditional fare. The Brits were especially impressed by the hospitality of everyone and repeatedly remarked about how they did not have anything like this in their country. Special thanks go out to the First Class Petty Officers who worked hard to set up and then cleanup the event. Plans are already being made for expanding next year's event! Unfortunately, Mother Nature was not cooperating, as it was windy and cold. Therefore there was no repeat of last year's Sumo Wrestling Championships. At the time of press, there was no hard data on how many Sailors succumbed to the drowsy drug, but we have it on good authority that there were a lot of happy people who blissfully snoozed the afternoon away! All in all the event grew by over 30% and next year should be even bigger and better! ❖

COMMAND MASTER CHIEF



Team NAF El Centro,

WOW! Where did 2010 go? Christmas is just around the corner and when the Sandpaper gets delivered via the electronic world you will have about 20 shopping days to go.

For most people, the holiday season is a fun time of the year filled with parties, celebrations and social gatherings with family and friends. For others, it is a time filled with sadness, self-reflection, loneliness, anxiety - and yes, depression.

The holidays can bring stress, fatigue and unrealistic expectations. If you're concerned that you can't be with someone you love because of finances or your military commitments, I urge you to find a creative way to make the holiday special.

Can't be with your loved ones? Share with someone less fortunate. Adopt a needy family or consider volunteering at a homeless shelter or the Food Bank for a day. If you have kids, this is a great way to take back the Holiday and show them the true meaning of Christmas. It might even turn into a great new "family" tradition.

As tempting as it is to overextend your finances, don't value a gift by its price tag. The best gifts come from the sincere desire to make a person happy. If you give from the heart, your gift will never be too small.

No matter what your financial hardship is, I can't tell you sincerely enough to stay away from the payday loan centers at all costs! If you find yourself between a rock and hard spot, you'll find it difficult to get out of the vicious cycle of borrowing with a whopping (up to) 400% interest rate, is it worth it?

Most of all, my hope is that you will lean on your Navy brothers and sisters this time of year - we are your extended family! Don't just sit in the Barracks room by yourself, get out in the community! See the Parades and Christmas plays and volunteer your time.

Please be safe as you celebrate. I wish you all a joyous and blessed Christmas and Happy New Year!

CMC

P.S. Thank you to all who submitted inputs on how we should display our A-6 and A-7 aircraft for the "Centennial of Naval Aviation" celebration. Due to the volume of entries and the keen competition we will have to delay the results just a little longer. Watch for the displays and facelifts!



ARE YOU READY?

The month of March is always a significant month at NAF El Centro. The first two weeks are extremely tiring on us all due to the air show and the preparations leading up to it, but, it's rumored that this may not even be the most significant event that month. Most would agree, the opportunity to advance to

the next pay grade outweighs any air show (even a CONA air show). It's time to mark your calendars and save the date.

We are now three months out from advancement exams for E-4 through E-6. The exam dates are as follows:

- E-6: 03-March-2011
- E-5: 10-March-2011
- E-4: 17-March-2010

The best way to prepare for your exam is to Start Early! Get your BIB, develop a study plan, form a study group, and start studying.

If you haven't done so already, you can view your bibliography through NKO by clicking on the Navy Advancement Center icon under the Career Management tab. Good luck to all test takers on advancing your careers and paychecks.

Story by: AM2 Anthony Westenbarger



DEFY Phase II Officially Begins

On November 6th, 2010, the DEFY youth and staff officially kicked off the phase II portion of the program. Phase II consists of monthly activities and lessons with the youth, and lasts through May 2011. The event was a huge success with sixteen youth and ten staff showing up to partake in all the fun. The youth completed three lessons, took a tour of the air traffic control tower, played dodge ball and finished up with a Thanksgiving dinner which consisted of turkey, ham, mashed potatoes, beans, rolls, deviled eggs, fruit cups, stuffing, pie and cake. The next event will be held sometime in mid-January with the details on the actual activity still in the planning stages. ❖



Contact Information:

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Camp Director: Danny Richardson
 E-Mail: danny.richardson@navy.mil
 Phone: (760) 339-2601

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.

Spice is not nice!

DEA moves to emergency control of Synthetic Marijuana



Condensed from: <http://www.justice.gov/dea/pubs/pressrel/pr112410.html>

On November 24, 2010 the United States Drug Enforcement Administration (DEA) opted to use its emergency scheduling authority to temporarily control five chemicals used to make "fake pot" products. This action will make possessing and selling these chemicals or the products that contain them illegal in the U.S. for at least one year while the DEA and the United States Department of Health and Human Services (DHHS) further study whether these chemicals and products should be permanently controlled. The five chemicals will be designated as Schedule I substances, the most restrictive category, which is reserved for unsafe, highly abused substances with no medical usage. Over the past year, smokable herbal blends marketed as being "legal" and providing a marijuana-like high, have become increasingly popular, particularly among teens and young adults. These products consist of plant material that has been coated with research chemicals that mimic THC, the active ingredient in marijuana, and are sold at a variety of retail outlets, and over the Internet. These chemicals have not been approved by the FDA for human consumption and there is no oversight of the manufacturing process. Brands such as "Spice," "K2," "Blaze," and "Red X Dawn" are labeled as incense to mask their intended purpose. The Comprehensive Crime Control Act of 1984 amends the Controlled Substances Act (CSA) to allow the DEA Administrator to emergency schedule an abused, harmful, non-medical substance in order to avoid an imminent public health crisis while the formal rule-making procedures described in the CSA are being conducted. DEA Acting Administrator Michele M. Leonhart stated that, "Makers of these harmful products mislead their customers into thinking that 'fake pot' is a harmless alternative to illegal drugs, but that is not the case. Today's action will call further attention to the risks of ingesting unknown compounds and will hopefully take away any incentive to try these products."

DOD IA AWARENESS VER 9.0



IA training is a yearly mandatory training requirement for All Hands.

Civilians complete on TWMMS

Military complete on NKO





Date Night

with ABFC(Ret.) Marc Willis

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

Unstoppable: 1,000,000 Tons 100,000 Lives 100 Minutes

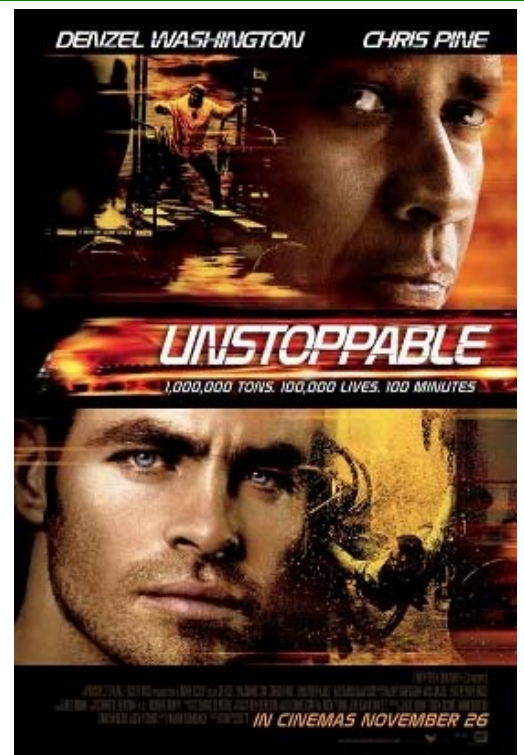
Players: Denzel Washington, Chris Pine

Genres: Action

AWESOME, TREMENDOUS, FANTASTIC! Okay now I'll tell you how I really feel. I was pleasantly surprised by this film. Kudos go out to Tony Scott for his direction and vision. I mean, seriously, how much can someone expand on a runaway train plot? You would be surprised as it was not so much an out of control train storyline that allure but rather the people and sub-stories of the two main characters. Frank Barnes (Denzel Washington) is a grizzled veteran engineer being forced to retire, with half the benefits, by corporate management as a cost cutting move. Frank is a true blue collar guy and professional doing his best to maintain a relationship with his two teenage daughters during the aftermath of their mother's death. Denzel does a marvelous job at giving this character life because, simply put, because he is Denzel. Will Colson (Chris Pine of Star Trek fame) is the rookie conductor assigned to pair up with Frank. The Colson name is what many believe expedited Will's progression to conductor status, with that being the case he would still have to prove his worth to Frank. Will is not without family troubles of his own as his wife hit him with a 30 day restraining order after he "directed" her friend to find another friend. The friend in question happened to be a law enforcement officer they both grew up with and Will's direction included a firearm.

Although some may find it hard to believe that a train filled with hazardous material is freelancing through Pennsylvania without a driver it may be even harder to believe that it does not derail and tragedy is avoided. This movie hits like a runaway train (pun intended) once it gets rolling. The recipe for disaster starts when an idiot assigned to simply move the train loses control once he breaks operating procedures. Once the train picks up speed evasive measures are coordinated and implemented with the exception of immediate derailment; a corporate decision. The entire corporate decision process reminded me of this summer's BP fiasco specifically the portrayal of the CEO's first notification of the problem. He, the CEO, was on the golf course of course and his main concern was minimizing profit loss. Nevertheless their attempts at stopping the foreseeable wreck all failed to include a former "there is no such thing as an ex-Marine" –Jack Van Vooren effort to board, at speed, the fugitive locomotive. Meanwhile Frank and Will narrowly escape calamity as they tuck onto a side track as the escapee rumbles down the track. Once it passed Frank realized there was an opportunity to possibly stop the runaway by hooking up his engine and applying the brakes. Okay, something else that may be a tad bit hard to believe for an audience but go with it because it makes for a good movie. As Frank and Will track down, get it, track down the UA train their kinship evolves as the vet advises the rook on career and life issues. All-the-while the renegade train barrels along accompanied by the media, police and a welder. This welder plays a pivotal part to the success of the mission but you will have to see this for yourself. As I sat on the edge of my seat I found myself rooting aloud (the wife did not really appreciate it) for Frank and Will to succeed at stopping this train, not only for the endangered community but to have the ability to stick it to their corporate management team. As luck would have it the media coverage reaches both Frank's daughters and Will's wife who is so moved by his heroism that she cannot restrain herself from greeting him on scene after all is said and done. Needless to say Frank is promoted prior to retiring with a full benefits package, Will reunites with his wife and the corporate manager along with the idiot responsible for the wild train are fired.

With that being said I rate this film with four and a half 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. The table I am selling for \$225 or better offer. 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

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.

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.

JOB POSTINGS

Job Title/Grade: Inventory Technician, NF-2
Empl Category: Regular Part Time (20-34.9 hours per week)
Rate of Pay: \$9.67 - \$20.06 (Salary based on job knowledge)
Dept/Location: RM/EL CENTRO
ReOpen: 11/16/2010



Jackie Fox

Human Resources Associate
 Navy Exchange - Naval Base Coronado
 Email: jacqueline_fox@nexweb.org
 Office: (619) 522-7222, ext. 7249
 Fax #: (619) 522-7453
 For Open Positions: www.navy-nex.com

Duties: Provides technical assistance to retail managers to maintain adequate inventory of merchandise.

Qualifications: High school graduate or equivalent preferred. A total of 2 years experience - (1) year general experience in administrative, professional, investigative or other responsible work and (1) year specialized experience which provided a knowledge of retail store operations processes and familiarity with inventory control methods in a computerized environment. Knowledge of Microsoft Office. Good communication skills, both written and verbal, and ability to deal effectively in a congenial pleasant manner. Must be willing to work flexible hours. For further information you may contact Jackie Fox at (619) 522-7222, ext. 7291, Monday through Friday from 8:00 to 4:00 p.m.

MWR is now taking applications for Recreation Assistant NF-02 for the pool. Salary range \$9.61 - \$14.91
Must have at least two years experience as LG/WSI and be at least 18 years of age. Must possess a current and valid WSI/lifeguard training, first aid and CPR certifications.
MWR is also taking applications for Recreation Aids for the pool. \$8.00
 For More information and requirements for these positions, please call Lisa Drainville in the MWR Personnel Office at (760)339-2324

JOB Links for Employment

Department of the Navy, Civilian Human Resources: <https://chart.donhr.navy.mil>
 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 ALUTIIQ: <http://www.alutiiq.com>
 AOC: <http://aocwins.com/>
 HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
 JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
 MWR: <http://www.mwrtdoday.com/>
 NMCI: <http://h10134.www1.hp.com/services/>
 SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>



PERFORM TO SERVE (PTS)

Brief by: NC1 Jones

Responsibility, we all have it to one degree or another. One very important thing we are responsible for doesn't have anything to do with fixing aircraft or a ship's weapons systems; it has to do with taking care of ourselves. What am I talking about? I'm talking about our careers! But we all need help navigating the twisting roads of our careers so we can succeed. A career topic that touches a lot of Sailor's lives is reenlisting. But one thing not universally understood is the approval method needed to reenlist. Perform to Serve (PTS) is the program the Navy uses for this approval. It is a force shaping tool designed to retain the Navy's best Sailors and meet current and future man power needs. But let's be realistic, it has become harder today to "stay Navy" than ever before. NAVADMIN 352/10 discusses the new changes to this process.



Fast facts concerning PTS:

1. All Sailors E3 to E6 and with less than 14 years have to be put into the PTS program regardless of reenlistment intentions.
2. There are three zones and each zone you enter needs a separate approval.
 - a. Zone A 0-6 years of service
 - b. Zone B 6-10 years of service
 - c. Zone C 10-14 years of service
3. A sailor must be entered into the system as early as 15 months prior to, but no later 12 months prior to their Soft End Active Obligated Service (SEAOS) or Projected Rotation Date (PRD). SEAOS is a Sailor's EAOS + any extensions.
4. Each Sailor gets six looks, once a month starting at their 12 month window.
5. If after six months a Sailor does not get approved to reenlist or convert, the CCC will receive a message saying the Sailor must begin his separation process and will be separated at his EAOS.
6. A PTS approval quota is only good for a period of 13 months or one reenlistment.
7. Extensions do not require PTS approval if they meet certain requirements listed in specific instructions.
8. PTS quotas that were obtained prior to the 13 month expression period or before October 2009 will expire soon and you need to seek your CCC to find out when.
9. Sailors can choose to remain affiliated with the active Navy or can elect to ask for a reserve billet but not both.

There are two other areas of importance when we talk about the selection process for PTS; what they compare and what will make you ineligible. When they compare individuals for those coveted reenlistment quota's, they look at an individual's pay grade, advancement status, last five evaluations, critical NEC's held, PFA performance, and proximity to SEAOS. The things that make you ineligible for PTS are:

1. Not being recommended for reenlistment on the most recent evaluation
2. Having significant problems or a progressing mark on a Sailor's two most recent evaluations

The Navy is changing every day to fit the demands the world puts on it. We need to remain fluid, knowledgeable, and be aware of these changes to make informed decisions to succeed in the Navy of the future. If you have any questions regarding this article seek out your Command Career Counselor.

RE-ENLISTMENT

MA2 Sean P. Rangel reenlisted on November 16, 2010 at BLDG 565 Security at 1000. He reenlisted for four years. It was attended by the XO, CMC, CCC and his chain of command. Also in attendance was his wife Anita Rangel, Mother Josie Rangel, and Father Miguel Rangel. The PAO was in attendance and for those interested, has pictures of the ceremony.

Events around San Diego for Military

The events in this section are not sponsored or put on by the US Military

Knott's Berry Farm Military Salute

From November 1 - November 25, present and past military personnel and one guest will be admitted FREE. Eligible personnel may also purchase up to six additional tickets for just \$15 each. Combine Knott's Military Salute with an area hotel voucher available at your MWR ticket office and enjoy a great affordable getaway. Proof of military service (DD214, Veterans Administration Hospital ID, or Active Military ID) is required.

Julian Events

Check out the many activities happening up in our neighboring city of Julian from November 1 to December 31. For more information visit

<http://www.julianca.com/events/index.htm>

Mother Goose Parade

In El Cajon on November 21, the 64th Annual Mother Goose Parade will officially start off the holiday season in San Diego County. The Mother Goose Parade is the largest parade in San Diego County, and the largest of its type west of the Mississippi. Each year the parade attracts thousands of spectators to the streets of El Cajon to view the parade for free on the Sunday before Thanksgiving. For more information visit

<http://www.mothersgooseparade.org/2009/>

Balboa Park December Nights

San Diego's favorite kick-off to the holiday season will take place for the 33rd consecutive year on December 3, 5:00 to 10:00PM and December 4, noon-10:00PM. In the spirit of the holidays, participating Balboa Park museums open their doors free of charge from 5:00-9:00PM both evenings. This is the largest free community festival in San Diego. For more information, visit www.balboapark.org/decemberevents

A Night in Bethlehem On December 10 and 11 from 6:30-9:00PM you can travel back to Bethlehem to the time when Jesus was born. Get the chance to see, smell and taste what it was like. This event is located at Deloro Hills Community Church in Oceanside. For more information, call 760-941-3200 or visit www.delorohills.org

39th Annual San Diego Bay Parade of Lights

Sponsored by the Port of San Diego, boaters will light up the harbor with festive lights and decorations. Event will last from December 12 to 19, 5:30-9:00PM. This year's theme is "The Sounds of Christmas". For more information visit

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

15th Annual Alpine Village Christmas Parade of Lights & Snow Festival

Event held on December 3 at 6:30PM. Join the 15th Annual Alpine Village Christmas Parade of Lights & Snow Festival for a ride down Alpine Boulevard to the Alpine Community Center to light the Christmas tree. Enjoy the free mountain of snow. Visit <http://www.alpinechamber.com/events.html> for more information.

Spirit of Christmas Get in the Christmas spirit at this special event on Saturday, December 4 from 1:00-6:00PM on Maine Avenue between Lakeshore and Parkside. Hay rides, visit with Santa, entertainment from Lakeside school children, games and food. The Community Tree Lighting will take place at 5:30PM. This year we will have a toy and food drive. Bring a toy and or food and drop it off at the event. Your donations will benefit those in Lakeside who need help from Santa. For more information please contact the Chamber of Commerce at 619-445-2722 or visit www.lakesideca.com

Coming Events:

DECEMBER 03

NAFEC Christmas Parade
1st and B Street to Flag Circle
Tree Lighting / Food / Santa
Starts 1830

DECEMBER 04

El Centro Christmas Parade
North 10th and Main to 8th Street
South 8th Street to Aurora Ave
Starts 1000

DECEMBER 04

Improv Dinner Theater
Mirage Club
\$25 per person
Cocktails 1800 / Dinner 1900

DECEMBER 11

Children's Christmas Party
CYP Center
Food, Games, Giveaways, & Santa
1200-1500

DECEMBER 11

Teen Winter Ball
CYP Center
Grades 7-12
1900-2200

DECEMBER 14

Lincoln "Our Gift To You"
Mirage Club
RSVP Requested
1800-2000

DECEMBER 16

Captain's Cup Superbowl
Teams Undecided
1630 Game 1
1730 Game 2 (If needed)

DECEMBER 31

ECRMC New Years Eve
Old Eucalyptus School House
\$50 Each / \$500 VIP Table Seats 8
1900 to 0200



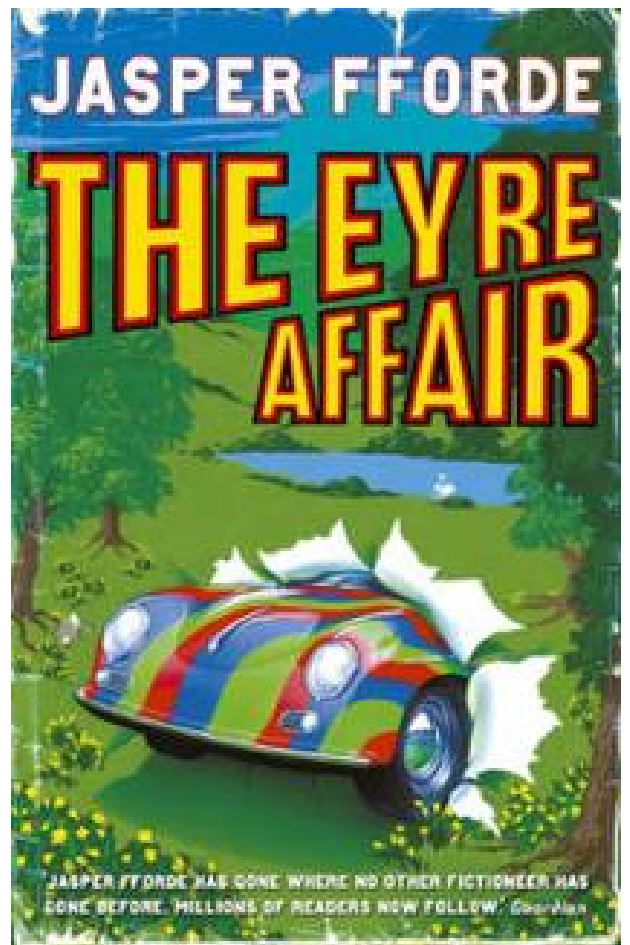


BOOK REVIEW

The Eyre Affair- Jasper Fforde

The *Eyre Affair* is a truly original book. Jasper Fforde manages to incorporate something for everyone in this remarkable novel. Set in 1985 Britain, this is a tale of science fiction, classic literature, and cloak and dagger mystery. In this age, time travel is a very real possibility and classic literature is taken VERY seriously. So seriously that one can be imprisoned for taking too many liberties with a production of Richard III or A Midsummer Night's Dream (imagine throwing Leonardo DiCaprio and Claire Danes in prison for their interpretation of Romeo and Juliet). The heroin of *Eyre Affair* is *Miss Thursday Next*. The novel follows her as she tracks down and attempts to stop one of 1985 Britain's most ruthless criminals. A man named Acheron Hades, whose minor crimes include murder, theft, and kidnapping. If murder is a minor crime one can only imagine what the real dastardly deed is.....Hades stole a machine that allows one to step into the pages of any book. He then kidnapped one Miss Jane Eyre. All of England is in an uproar, and it is Thursday Next's job to save the English icon. This is a wonderful book, especially for anyone who might consider themselves to be a classical literature junkie. ❖

By LT Kirtsey



MEDICAL CORNER



What's New in the World of CPR?

By: HM2 (FMF/SW) Menguita, R. USN

Both the American Heart Association (AHA) and American Red Cross (ARC) offer certification classes in First Aid, Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED). Both organizations are nationally recognized and accepted leaders in providing quality training programs at the local, state and national levels. However, the AHA offers a two year certification with all training programs. ARC only offers one (1) year certifications in CPR.

The AHA also does all the research and writes the [Emergency Cardiac Care \(ECC\) guidelines](#) for [CPR](#), [First Aid](#) and [AEDs](#). The American Red Cross uses the American Heart Association Guidelines to create their programs. So, if you wanted the best CPR program, wouldn't you want to work with the person who did all the research and wrote all the guidelines?

HM2 (FMF) Raquel Havig, Basic Life Support (BLS) Program Coordinator for Naval Medical Center San Diego has also confirmed, "You are correct we follow American Heart Association. Yes there has been some release of the NEW guidelines for performing CPR [ed. note: compressions only]. American Heart Association has yet to start practicing them. As of now we still practice the old guidelines when we instruct new BLS Providers. In December, American Heart Association will be conducting a conference where it will release all the new material and guidelines for performing BLS. You can go on to www.ECCU2010.org and it will let you know about what the conference will be all about."

(source: safetytrainers.com)



HMC Bell says,

"I pity the fools who haven't got their flu shot! Great job to all active duty staff on NAF El Centro for achieving 100% flu shot compliance!"

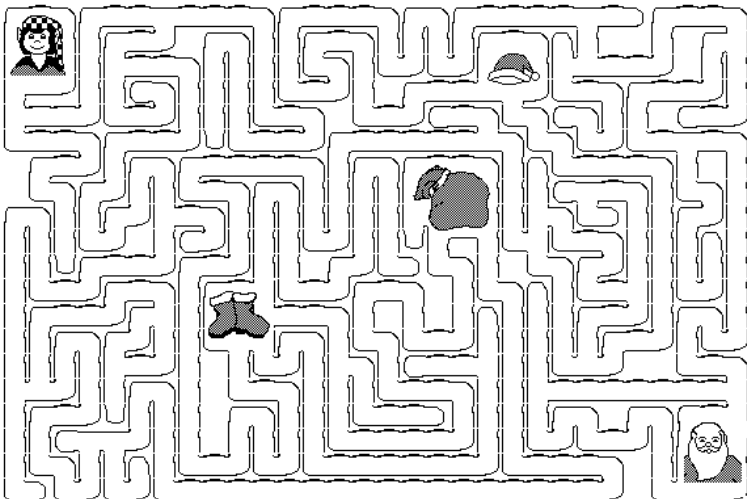
Branch Medical Clinic NAF El Centro is enrolling new patients.

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.

KIDS CORNER



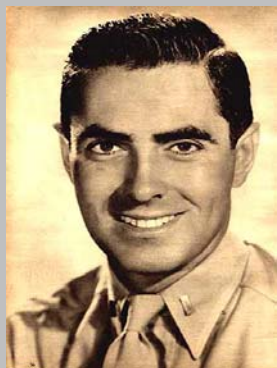
Local Military History by Two Old Goats...



Although at times it may seem that NAF El Centro (NAFEC) is more of a home to Marine Corps aviation units than Navy ones, at the beginning of our base's story it actually was a Marine Corps Air Station! That is right; NAFEC started its career as a Marine. The story begins in 1941 when the Civil Aeronautics Authority (CAA), a forerunner of the FAA, offered to construct a new airport for the Imperial Valley if Imperial County would provide the land. The CAA deemed the original airport (today's Imperial County Airport) as unsuitable for the new facility and the county purchased farmland near Seely for the project.



In 1942, the USMC tasked LCol William Fox with finding good locations for airfields in Imperial Valley. The primary site was obviously the modern airfield under construction. The Navy leased the airport while subsequently purchasing adjoining land in order to construct the necessary infrastructure. As the buildings went up, the CAA expanded the two runways and added a third. Finally, on 1 January 1943, MCAS El Centro was conceived with the commissioning of Marine Base Defense Air Group 43, VMF-216, and VMSB-235. MCAS El Centro was actually born on 24 July 1943. After nearly three years, the Marines decommissioned MCAS El Centro and on 1 May 1946 the Navy commissioned the property as NAS El Centro.



During its career with the Marines, El Centro was home to a number of units, aircraft, and notable personages. Units that were home ported or trained at the facility include: VMF-217, VMTB-242, VMO 155, VMF-313, VMF-323, VMF-122, VMB-423, VMB-433, VMB-443, VMF(N)-543, VMF(N)-544, VMR-352, MAG 43, MAG 35, VMF-214 (Pappy Boyington's reformed squadron), VMF-452, VMF-221, VMF-451, VMF-112, VMF-123, and VMSB-231. In its heyday, MCAS El Centro had over 210 aircraft stationed here.

Before he became an astronaut or Senator, John Glenn flew here with VMO-155. Charles Lindbergh, the first man to fly across the Atlantic, ferried a new version of the Corsair to El Centro and provided some instruction in the new systems to the squadrons. Finally, the actor Tyrone Power flew with VMR-352.

Various aircraft called El Centro home. These include: the SBD Dauntless, PV 1 Ventura, F4F Wildcats, F4U Corsair, PBJ Mitchell, F6F-3N Hellcat, R4D Dakota, and R5C Skymaster. ❖

WHAT WAS GOING ON...

October XX, 197X - NAFEC Sandpaper

Junior Bowling League

This year's Junior Bowling League was a huge success. The league ran from October 14th-November 18 with participant ages 6-15. Janie Almendariz, Bowling Center Manager said, "Not only did the kids have fun, they also improved their bowling averages". ❖



1st place- Andrew Rojas age 15



2nd place- Hiram Alcalá age 11



3rd place- Julius Cole age 14

Pictures by Janie Almendariz



2010 Bowling League Participants

Andrew Rojas-age 15
 Anna Rumpke-age 6
 Delaine A. Radley-age 11
 Emily Belloso-age 8
 Hiram Alcalá-age 11
 Julius Cole-age 14
 Julius Oliver-age 8
 Karyssa Lineses-age 7
 Lindsay Franzen-age 9
 Luke Franzen age-11
 Raymond Rumpke-age 8



LEGAL CORNER



Wills: What's the Big deal?

Wills are documents which outline how you want your assets and property to be distributed upon your death. All adults who have any significant amount of property (cars, jewelry, savings, real estate, etc) should have a will. If you are married, both you and your spouse must have separate wills. Communal property, such as joint bank accounts and joint real estate, are automatically transferred to the surviving member upon one member's death. Additionally, wills should be changed after every marriage, divorce, birth, or death. Your will should be updated after any significant event that may affect how you choose to dispose of your assets. Wills do not include health care directives. Many service-members confuse wills with living wills. A living will expressly outlines your wishes to be taken off life-support if you are declared brain dead. A springing power of attorney appoints someone who will make financial decisions for you IF you become incapacitated. I highly recommend in addition to a will, that all service members obtain a living will and springing power of attorney. These are essential steps to ensuring that your family is prepared. For any information regarding wills please contact LT Kirtsey at 760-339-2353. ❖

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.

Remembering Jack Van Vooren (Continued)

hymn was played. Then the congregation joined voices to sing three verses from Eternal Father. Once the crowd took their seats, Chaplain Adams began his service. Jack was young when he left us. Many had a hard time even believing he was gone, but LCDR Adams reminded us that in the Bible, the book of Ecclesiastes says that "There is a time for everything and a season for every activity under heaven: a time to be born and a time to die...a time for war and a time for peace." Chaps related these verses to Jack's life, and the impact Jack had on each of us. He helped us to see that this was the right time for Jack.

Next, ABFC(ret) Marc Willis took the podium and began to describe Jack as only a best friend can. He told us how Jack was instrumental in giving him the opportunities to finish his degree, and supported Willis as he tried out his new roles in Operations. He related stories about how Jack would come over to visit him and chat about sports, or sometimes, just step in to stir the pot between the OPSO and the Chiefs and then quietly leave with an ear-to-ear grin. But most of all, he tried to impress upon the gathering how Jack was dedicated to the job and his comrades, often proactive in his approach to work, solving problems before the rest of us knew they were there. He went on to mention the time Jack won recognition as Civilian of the Quarter. Jack never wanted to stand out in the crowd. He enjoyed working behind the scenes to ensure the success of the mission. Nevertheless, he took it all in stride, even having his name up on the base marquee, much to his chagrin. As Chief Willis sat down, the Chaplain introduced Jack's brother, Leon, and invited him up. In quiet hushed tones, Leon mentioned that his family's greatest fear upon arriving in El Centro was that Jack lived alone and died alone. He and his family were grateful to learn that Jack was not alone. He had a large, loving, extended family. They were in awe by the support afforded them throughout the base and extending into the community. Burgers and Beer, Jack's favorite hangout, became theirs too.

With the eulogies and service completed, two sharply dressed Marines from MCAS Yuma stood up and approached the altar, where a flag lay and a picture of Jack stood. In unison, they picked up our Nation's colors and expertly folded the cherished banner. Then, in perfect step they marched to the rear of the chapel and stood by as the NAFEC Honor Guard delivered a 21 gun salute. After carefully placing a shell casing into the folds of the flag, the Marines marched back and presented the flag of the United States of America to Jack's brother. The Marines carefully rendered their salute and promptly returned to their seats. All hands stood as Chaplain Adams gave the invocation and the memorial concluded. Thereafter, many people lined up to pay their respects to Jack's family. As the crowd dispersed, one could only wonder if Jack was looking down on us all with his smile and a twinkle in his eye. Although he would probably say he did not deserve this, he was always humble that way, he would have certainly been thankful for the outpouring of love and support.

For those who never got a chance to know Jack really well, one need only read his favorite book; *A Message to Garcia* by Elbert Hubbard. That was Jack in a nutshell.

SEMPER FI JACK

Thanksgiving Themed Pin Decorating Contest

Thank you to everyone who participated in this year's Pin Decorating Contest. We had twenty four entries this year. All participants received a free game of bowling and smoothie. Participant also got to take home their decorated pins. ❖

Contest Choices

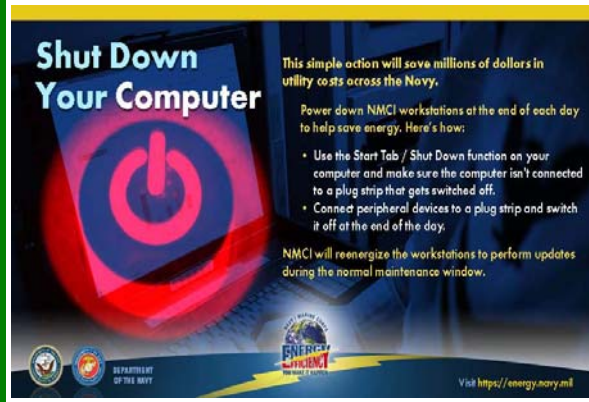
CO's Choice-Gabby Saucedo

XO's Choice- Kyra Mcalister

CMC's Choice- Jaden Oliver

Pictures by I. Holly Norred





Holiday Energy Conservation:

- 1) Shut down NMCI and legacy computer, including monitors, printers, scanners, and all other electrical office equipment.
- 2) Shut off lights when you leave the room. If you can't find a switch, please report it to your building monitor or energy manager.
- 3) Keep doors and windows closed when heating or cooling your space. Infiltration of outside air doubles the amount of heating/cooling you need and makes the equipment work harder.

If you see lighting left on in unoccupied outdoor areas during the day, report it. Lighting controls can often be installed to provide lighting only when and where it's needed. ❖

PHYSICAL READINESS TEST RESULTS



FASTEST RUN

MALE: MA3 GONZALES (08:55)
 FEMALE: MASN FERGUSON (13:38)

MOST PUSH-UPS

MALE: PSC ARANA (124)
 FEMALE: LT KIRTSEY (50)

MOST CURL-UPS

MALE: MASN MARTINEZ (120)
 FEMALE: LT KIRTSEY (110)

TOP 10 NAF EL CENTRO

NAME	SCORE	DEPARTMENT
1. PSC ARANA	300	PSD
1. MA3 GONZALEZ	300	SECURITY
2. CDR FRANZEN	285	XO
3. MASN MARTINEZ	280	SECURITY
4. LT KIRTSEY	270	ADMIN
5. MA2 DURAN	265	SECURITY
5. MA3 WILKINS	265	SECURITY
6. LT TURNER	260	ADMIN
7. RP2 AGORCHUKWU	250	ADMIN
8. MAC COVARRUBIAS	245	SECURITY
8. CMDCM GALLINAT	245	CMDCM
8. MASN KELLER	245	SECURITY
9. MASN VELEZ	240	SECURITY
10. PS3 JETER	235	PSD
10. ITCS MCALISTER	235	OPERATIONS
10. MA2 POWELL	235	SECURITY
10. MA2 VEREEN	235	SECURITY

PSC Arana and MA3 Gonzalez will both be receiving a certificate of achievement along with a 48 hour special liberty for scoring in the "Outstanding" bracket in all three events of the PRT and an overall score of "Outstanding High", the highest possible score. Bravo Zulu!

The XO, SUPPO, MASN Martinez will be receiving a certificate of achievement for scoring an overall "Outstanding" in the PRT. Great Job! ❖

By: MAC Covarrubias

TOP 5 IN EACH DEPARTMENT

NAME	SCORE	DEPARTMENT
1. PSC ARANA	300	ADMIN
2. CDR FRANZEN	285	ADMIN
3. LT KIRTSEY	270	ADMIN
4. LT TURNER	260	ADMIN
5. RP2 AGORCHUKWU	250	ADMIN
1. MA3 GONZALEZ	300	SECURITY
2. MASN MARTINEZ	280	SECURITY
3. MA2 DURAN	265	SECURITY
3. MA3 WILKINS	265	SECURITY
4. MAC COVARRUBIAS	245	SECURITY
4. MASN KELLER	245	SECURITY
5. MASN VELEZ	240	SECURITY
1. ITCS MCALISTER	235	OPERATIONS
2. AC1 ZENDEJAS	220	OPERATIONS
3. AC2 BENAVIDES	215	OPERATIONS
3. AC1 THOMPSON	215	OPERATIONS
4. AC2 HALL	200	OPERATIONS
4. AC2 RICHARDSON	200	OPERATIONS
4. AC2 SANCHEZ	200	OPERATIONS
4. AM2 WESTENBARGER	200	OPERATIONS
5. AC2 CHAMBERLAIN	195	OPERATIONS
5. ACAN HILL	195	OPERATIONS
1. AO2 OLABODE	285	WEAPONS
2. AO1 MCBRIDE	280	WEAPONS
3. AO1 ABELA	270	WEAPONS
4. AZ2 WILLIAMS	260	WEAPONS
5. AO2 PAGAN VAZQUEZ	235	WEAPONS

Making the old new!

To help beautify the base and recognize some of the different aircraft which have flown here over the years, the Chief's Mess, along with some dedicated Sailors are restoring an F-14 Tomcat. Once completed, this legendary fighter will go on display in front of the Mirage Club. Restoration is a lengthy process that starts with sanding the entire aircraft exterior to prepare it for a fresh coat of paint. After sanding the plane, prep work for the actual painting begins. This entails taping off all the markings on the plan and cleaning the aircraft to make sure no dust, debris, or oils are on the skin. The base coat of grey is then applied to about 90% of the aircraft. After the grey coat is dry we then prep and apply the different gloss paints for the many markings that cover the aircraft. While the process seems simple, it is the actual size of the plane that makes it time consuming. From a distance planes may seem small. But when you walk right up to them, there is a large amount of metal that needs some good old TLC. The final product will be a plane that the entire base will be proud of. This particular F-14 will be painted in the squadron colors of VF-114, the Aardvarks. The inspiration for using this squadron came when a tombstone commemorating the life of the squadron was discovered in a back lot of the base. The aircraft and tombstone will be located in the open field next to the Mirage Club (just in case you were wondering why there is an empty slab sitting there!) Many thanks go to NC1 Jones, AM2 Westenbarger and MA2 Hodges for helping the Chief's "git er done!"

Article by NC1 Marc Jones



Child & Youth Program Thanksgiving Dinner

We had a great turn out for this year's Thanksgiving Dinner. More than 120 adults and children showed up to celebrate Thanksgiving with the Child and Youth Program. Mrs. Yolanda Lizarraga, Mrs. Velinda Cruz and Ms. Marie Marin prepared the buffet for this year's dinner. The Buffet included turkey, stuffing, sweet potatoes, mashed potatoes, fruit salad and several different beverages. This year's table center pieces were made by the children from our center. The children were very proud to have their art as center pieces. ❖

*Story by Micah Hamblin
Pictures by Micah Hamblin*



CAPTAINS CUP FLAG FOOTBALL

League standings

# 1 Seed	Rattlers	4-0
# 2 Seed	MSEC	3-1
# 3 Seed	FedLaw	1-3
# 4 Seed	Gladiators	1-3
# 5 Seed	Bombers	1-3

Offers for individual military families:

1) Discounted tickets to the California Ballet's production of the Nutcracker. California Ballet's Military Night at the Nutcracker will take place at the San Diego Civic Theatre on Saturday, December 18, at 8:00 pm. Tickets can be reserved at a nominal cost (\$0.75 per ticket and \$4.00 per order handling fee and if you print your tickets at home an additional \$2.50 per order). To get tickets please visit the link at <http://www.ticketmaster.com/event/0A00451B167D2D8E?di d=home> and use the password: Home. Please note: You may only reserve 6 tickets per order.

2) Complimentary tickets to Bella A Capella, Pacific Coast Harmony's Holiday Show on December 11, 2010 at 3pm and 7pm in San Diego. Tickets are available on a first come first serve basis for each performance and a limit of 6 per family. If you would like tickets email Jerry Kent at jerry.kent@cox.net with your name, contact information and number of tickets requesting. To learn more about Pacific Coast Harmony visit their website at www.pacificcoastharmony.org

Ordies drop the bombs and lend a hand



Article by: AZ2 Carrera



The Imperial Valley Food Bank and the Aviation Ordnance Men Association have been working hand in hand to feed the Imperial Valley for over 3 years now. Most of the time you can find personnel from Navy Munitions Command El Centro volunteering during the week, mainly on Fridays, when the workload permits, of course. Sometimes they take as few as 3 people and some days as many as 7 people will show up to lend a hand.

One of them is A01 Dennis Abela, not only does this Sailor carry a full workload as the Quality Assurance Leading Petty Officer, but he is also the liaison between the Food Bank and the Navy. He said that he likes to help when the helps needed most and it is his job to know when they need help. When I asked A01 how he feels about volunteering he stated "Doing this kind of work, not only helps people in the local community, but also gives me the satisfaction that a little bit of time can go a long way, to me its kind of like doing God's work" A01 hopes that this will open everyone's eyes to helping in anyway possible.

Another volunteer was A02 Ryan Heeney, it was his first time volunteering but he enjoyed every moment. He said this about volunteering "It's good and makes everyone pull together for a good cause and helping people is always nice". This day we had more help than usual and I would like to give special recognition to AZ2 Williams, A02 Pins and A02 Collier.

As we all know the holidays are quickly approaching and the Food Bank seeks to get more and more volunteers for the increased spike in work they experience around the holidays. The job today was to help collect turkeys through the Turkey Drive which was taking place in front of Wal-Mart. It was very exciting to see that before we even opened one kind Gentleman had donated close to 50 turkeys already; their original quota was to collect 400. We also had the task of asking for monetary donations at the entrance and the people were very kind on this Friday. Maybe it was due to it being a Friday and a payday or just seeing the hard work on the volunteers but the Imperial Valley Community was very kind. After everything was said and done the Imperial Valley Food Bank had collected 535 turkeys and collected over \$1,100.00 in donations.

I spoke with Ted Turner the warehouse manager of the Imperial Food Bank and he said "It's great to have these guys from the Navy out here, it just shows us how much they care about the local community and how everyone can lend a helping hand no matter what you do or who you are." On a daily basis the food bank has between 5 to 10 volunteers and serves as many as 12,000 volunteers a month of food daily to Imperial County residents in need , they are always looking for a helping hand. In 2009, volunteers provided the equivalent of two full-time employees. Another interesting fact was in 2009, IVFB distributed an incredible 750,000 lbs of nutritious fresh produce - three times as much as the previous year. With the economy on shaky grounds in the past few years the Food bank has seen a tremendous spike in people requiring assistance from Imperial Valley residents, and they have stepped up their effort.

I also spoke with Gunner Covington the Officer In Charge at NMC El Centro to ask his point of view on his guys hard work at the Food Bank. Although it is very busy at work and his plate is always full with work he supports his people and loves helping the community he told me "I fully support it, when you have guys who take their own time to go out and do some volunteer work, I will always support that, we want to support the local community as much as they support us". This to me sounds like a boss who fully supports the community involvement his team gives.

In the end, it is hard to realize how much a few hours of your time can make a lasting impression. Sometimes we forget, that maybe we may not need help now, but we may have friends or family whom do. My hope is that there will be someone as nice as these guys to help out when they need it the most. Once again I say go out and lend a helping hand to someone in need, you never know how much it means. Till next time friends take care and lend a hand

If you are interested in volunteering at the Imperial Valley Food Bank please contact them at 760-370-0966 or just stop by 329 Applestill road, El Centro, CA 92243. Donations are also greatly appreciated and accepted via Paypal or money order you can read more about it on their website <http://www.ivfoodbank.org>.



MEDICAL RAISES AWARENESS FOR PROSTATE CANCER BY PARTICIPATING IN "MOVEMBER"

RECENT EVENTS

IN THE PEARL OF THE DESERT

CANADIAN DETACHMENT 410 SQDN



NEW PROMOTIONS

SECURITY

- MA3 Earl
- MA3 Short
- MA3 Ludwig
- MA3 O'Brien

MEDICAL

- HM3 Meuth

STRIKE

- AT1 Korb
- AZ3 Pham
- LS3 Dahlstrom
- MA3 Adamsvalerio

NATIVE AMERICAN CELEBRATION



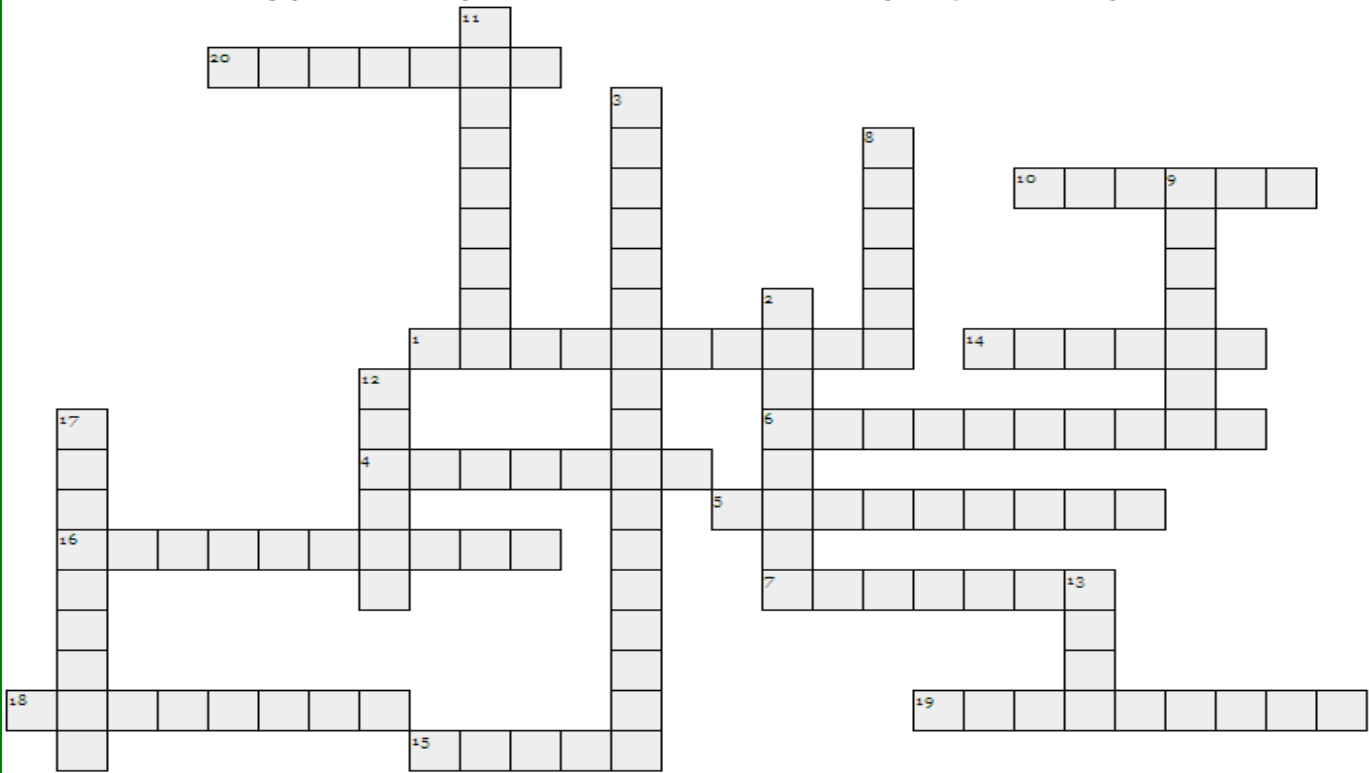
SANDPAPER CONTACT INFO:

E-MAIL:

W_ELCN_PAO_SANDPAPER@NAVY.MIL

Christmas Crossword Crazyiness

Enjoy a little holiday cheer and take a stroll down memory lane, this one's easy!



Across:

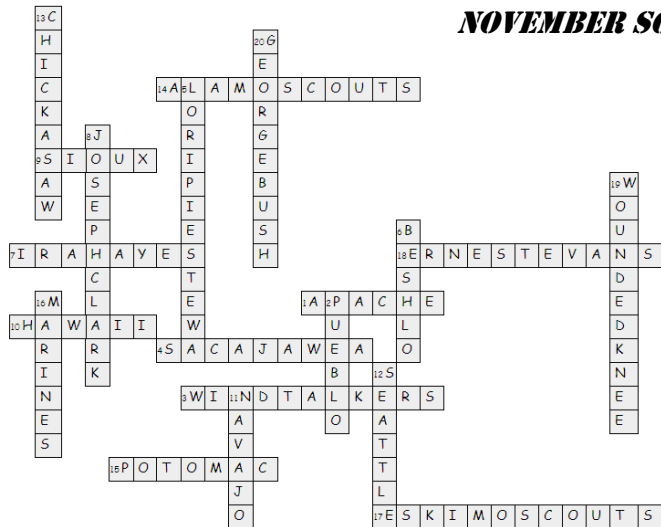
1. All she wants for Christmas is 2 of these
4. Nine-branched candle holder
5. Little town where the reason for the season was born
6. Famous ballet about a wooden doll
7. Lead element in Santa's flight team
10. He's one cool dude, has a magic
14. Traditional holiday beverage, made from cows and chickens
15. I am dreaming of this kind of Christmas but not in El Centro
16. AKA St. Nick, might scare some little children
18. That big red guy stuffs these, sometimes with coal!
19. He nips at your nose
20. Four-sided spinning top that Jewish children love

Down:

2. Grandma got run over by one of these
3. Author of Twas the Night Before Christmas
8. Green guy, hated Christmas, had a dog
9. George C. Scott, Patrick Stewart, Jim Carrey, Bill Murry, etc.
11. Hot head, he's Mister Hundred and One
12. Large Yeti-like creature, very ticklish and bouncy
13. The Herald Angels said this
17. They roast on an open fire



NOVEMBER SOLUTION



Across:

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 (SACATAWEA)
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 (SIHOUX)
10. Island state of the US with a Native American population (HAWAII)
14. Army unit during WW2, forerunner of the Special Forces (ALAMOSCOUTS)
15. Large River running through Washington DC (POTOMAC)
17. A special unit of the Alaska National Guard (ESKIMOSCOUTS)
18. CDR in WW2, Only Native American Sailor to win the MOH (ERNESTEVANS)

Down:

2. A living structure found in New Mexico, also name of a tribe (PUEBLO)
5. First American Indian to die during the Inqoi conflict (LORIPITSTEWAN)
6. Iron Fish on 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 Hennington, 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)



SOAR is an innovative program that makes it easy for parents to play an active role in their children's education. SOAR is designed for military families, and is easily accessible worldwide.

Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Parents can monitor their children's progress from anywhere, and are provided with resource materials.

To learn more, please view SOAR's Website:
<http://www.soarathome.com/>

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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	2984 / 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
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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

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

DECEMBER 2010

NAF EL CENTRO

MWR OUTLOOK

Base Christmas Parade & Tree Lighting Ceremony

Friday, December 3

Parade begins at 1830

See the base light up with holiday cheer! Entries come from all over the Imperial Valley including base organizations, school bands, police departments, fire departments and many other community organizations.

Parade starts at the corner of 1st and B Street, continues down B Street, ending at Flag Circle with a Tree Lighting Ceremony and awards.

FREE cookies, hot chocolate and coffee for all attendees!

Additional concessions are available for purchase.

Improv Dinner Theater

Be part of the comedy as Sharpo's Master Comic Improvisers (Improv) lead a hilarious interactive comedy show. All scenes are improvised based on audience suggestions.

Saturday, December 4

At the Mirage Club • \$25 per person

Cocktails begin at 1800, Dinner begins at 1900

Pre-sale tickets available at the Mirage Club.

Family Fitness Center

Bldg. 305 • 760-339-2644

Monday-Friday: 0800-2000

Saturday: 0800-1700

Sunday & Holidays: Closed

It's here! What families have been waiting for, a place you can bring your children AND workout... for FREE! The exercise area features recumbent bikes, upright bikes, treadmills, elliptical and free weights. Children can do homework in the homework room, watch TV or play outside in a fenced playground. Children, 10 years and older, are welcome to workout too! Parents/guardians are responsible for child(ren). No child(ren) shall be left unsupervised

Now Open!



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
December 1-3 • \$5.95
Corned Beef Sandwich

Wednesday, December 1
Country Fried Steak

Thursday, December 2
Barbacoa

Friday, December 3
Fish & Shrimp

CHEF'S WEEKLY SPECIAL
December 6-10 • \$3.95
Chili Bread Bowl

Monday, December 6
Beef Brisket

Tuesday, December 7
Fried Chicken

Wednesday, December 8
Roast Pork

Thursday, December 9
Carne Asada

Friday, December 10
Ceviche

CHEF'S WEEKLY SPECIAL
December 13-17
Carne Asada Nachos \$5.95

Monday, December 13
Salisbury Steak

Tuesday, December 14
Roast Chicken

Wednesday, December 15
Enchiladas

Thursday, December 16
Prime Rib \$9.95

Friday, December 17
Fish & Shrimp

Mirage Club is closed
Dec. 18-Jan. 2, 2011

Happy Holidays!

Tuesday Night Buffet

December 7
1700-2000
Country Fried Steak &
Salisbury Steak \$9.95

December 14
1700-2000
Prime Rib \$10.95

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

Wednesday, December 1

Wii Big Fishing Competition

Time: 1700

Friday, December 3

Base Christmas Parade & Tree Lighting Ceremony

Time: 1830 (see ad on front cover)

Wednesday, December 8

Candy Cane Day

Stop by Liberty for your FREE candy cane, while supplies last. Yum!

Thursday, December 9

Ding Dong Thursday

A tasty chocolaty treat is waiting for you! Get yours, while supplies last.

Events held at the Liberty Center unless otherwise stated.

Wednesday, December 15

Hot Wings 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

Tuesday, December 21

Happy Birthday December Babies

Celebrate your day with a piece of cake, while supplies last!



Friday-Sunday, December 24-26

Happy Holidays to All

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

Friday, December 31

New Year's Eve

We're open holiday hours today, 1200-1800. Happy New Year!



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

Wednesday, December 1

0830-0900 Senior Strengthening

1130-1230 I. Spin

1600-1700 I. Spin 'N Abs

1700-1800 Circuit Training

Thursday, December 2

1130-1230 I. Combo

1600-1700 Body Sculpting

1700-1800 Plyometrics

1800-1830 Abs Kicking

Friday, December 3

1130-1230 I. Spin 'N Core

1600-1700 I. Spin 'N Run

1700-1800 Pilates

Saturday, December 4

0830-0930 I. Spin

1100-1200 Circuit Training

Sunday, December 5

No classes

Monday, December 6

0830-0900 Senior Strengthening

1130-1230 I. Spin

1600-1700 I. Spin 'N Abs

1700-1800 Plyometrics

Tuesday, December 7

1130-1230 I. Combo

1600-1700 Circuit Training

1700-1800 I. Step Aerobics

1800-1830 Abs Kicking

Wednesday, December 8

0830-0900 Senior Strengthening

1130-1230 I. Spin 'N Run

1600-1700 I. Spin 'N Strength

1700-1800 Body Sculpting

Thursday, December 9

1130-1230 Body Sculpting

1600-1700 Body Sculpting

1700-1800 I. Step 'N Tone

1800-1830 Abs Kicking

Friday, December 10

1130-1230 I. Spin 'N Core

1600-1700 I. Spin

1700-1800 Pilates

Saturday, December 11

No classes

Sunday, December 12

No classes

Monday, December 13

0830-0900 Senior Strengthening

1130-1230 I. Spin

1600-1700 I. Spin 'N Run

1700-1800 Step Aerobics

Tuesday, December 14

1130-1230 I. Combo

1600-1700 Body Sculpting

1700-1800 Stability Ball

1800-1830 Abs Kicking

Wednesday, December 15

0830-0900 Senior Strengthening

1130-1230 I. Spin 'N Run

1600-1700 I. Spin 'N Abs

1700-1800 Plyometrics

Thursday, December 16

1130-1230 Body Sculpting

1600-1700 Circuit Training

1700-1800 Body Sculpting

1800-1830 Abs Kicking

Friday, December 17

1130-1230 I. Spin 'N Core

1600-1700 I. Spin 'N Run

1700-1800 Pilates

Saturday, December 18

0830-0930 Circuit Training

1100-1200 Pilates

Sunday, December 19

No classes

Monday, December 20

0830-0900 Senior Strengthening

1130-1230 I. Spin

1600-1700 I. Spin 'N Strength

1700-1800 Plyometrics

Tuesday, December 21

1130-1230 I. Combo

1600-1700 Circuit Training

1700-1800 I. Step Aerobics

1800-1830 Abs Kicking

Wednesday, December 22

0830-0900 Senior Strengthening

1130-1230 I. Spin 'N Run

1600-1700 I. Spin 'N Abs

1700-1800 Plyometrics

Thursday, December 23

1130-1230 Body Sculpting

1600-1700 Body Sculpting

1700-1800 Circuit Training

1800-1830 Abs Kicking

Friday, December 24

Holiday Hours ~ 0600-1430

Saturday, December 25

Closed

Sunday, December 26

No classes

Monday, December 27

0830-0900 Senior Strengthening

1130-1230 I. Spin

1600-1700 I. Spin 'N Run

1700-1800 Plyometrics

Tuesday, December 28

1000 Family Bike Ride

1130-1230 I. Combo

1600-1700 Circuit Training

1700-1800 I. Step Aerobics

1800-1830 Abs Kicking

Wednesday, December 29

0830-0900 Senior Strengthening

1130-1230 I. Spin 'N Run

1600-1700 I. Spin 'N Strength

1700-1800 Plyometrics

Thursday, December 30

Holiday Hours ~ 0600-1430

Thursday, December 31

Holiday Hours ~ 0600-1430



MWR DECEMBER 2010 HOLIDAY HOURS OF OPERATION:



HOURS OF OPERATION:

MWR Main Office • 760-339-2481
Auto Service Center • 760-339-2689
Bowling Center • 760-339-2575
Cyber Café • 760-339-2559
CYP • 760-339-2560
Family Fitness Center • 760-339-2644
Fitness Center • 760-339-2488
Hot Stuff • 760-339-2918/2575
Large Pool • 760-339-2627
Liberty Center • 760-339-2559
Mirage Club • Lunch • 760-339-2996
Mirage Club • Dinner • 760-339-2996
Movie Theater
Outdoor Adventure • 760-339-2486
Small Pool • 760-339-2627
Sun Downer Club • 760-339-2319/2996
Ticket Office • 760-339-2559
Hours subject to change.

FRI 12/24

Closed
 Closed
 1200-1800
 1200-1800
 Closed
 Closed
 0600-1430
 1200-1800
 Closed for the season
 1200-1800
 Closed
 Closed
 Closed
 Call 760-339-6015 for movie times
 0800-1200
 1000-1500
 Closed
 Closed

SAT 12/25

Closed
 Closed
 Closed
 1200-1800
 Closed
 Closed
 Closed
 Closed
 1200-1800
 Closed
 Closed
 Closed
 Closed
 Closed
 Closed

SUN 12/26

Closed
 Closed
 1200-1800
 1200-1800
 Closed
 Closed
 0800-1700
 1200-1800
 Closed
 1200-1800
 Closed
 Closed
 Closed
 Closed
 Closed

FRI 12/31

0800-1600
 0800-1600
 1200-1800
 1200-1800
 0545-1730
 Closed
 0600-1430
 1200-1800
 1200-1800
 Closed
 Closed
 0800-1200
 1000-1500
 Closed
 Closed

YOUTH

Child and Youth Programs (CYP)

Child Development Center
 Monday-Friday: 0545-1730
Teen Center
 Monday-Friday: 1500-1730

Teen Center Holiday Break Hours

December 20-31
Monday-Friday: 1330-1730
 Center closed weekends, Christmas Eve & Christmas Day

Teen Winter Ball

Saturday, December 11
1900-2200
Grades 7-12
 Teens are invited to dance the night away at the Winter Ball. Refreshments will be served.



Children's HOLIDAY PARTY

Saturday, December 11 • 1200-1500

Open to all authorized MWR patrons- Celebrate the holidays with CYP. Come out to enjoy, free food, drinks, games, activities and giveaways, plus a special appearance from Santa Claus.

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

December Pizza Special

Large Pepperoni Pizza for \$8 (carryout only)

2-for-2 Bowling!

2 Games of Bowling for ONLY \$2
 Monday-Friday: 1000-1600
 Includes shoe rental

RENTALS

Outdoor Adventure

Bldg. 318 • 760-339-2486

Monday-Friday • 0800-1630

DECEMBER RENTAL SPECIALS

Water Trikes

\$30 per weekend (regular \$40)

Storage Unit Rental

Pay for 5 months and get 1 month FREE!

MOVIES

NAF El Centro Movie Theater

Bldg. 203 • 760-339-6015

FREE MOVIES!

Now open Wednesday-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. Movies are open to all authorized MWR patrons.