



NAF EL CENTRO

SANDPAPER



NAFEC Celebrates 14th Annual Christmas Parade & Tree Lighting Ceremony

It was a crisp winter night as the floats, marching bands, horses, walkers, and celebrants started moving into position for a night of color, sound, and festivities. On Friday, the 3rd of December, 2010 NAFEC opened the doors and invited the public to join us in celebrating the beginning of the holiday season. There were 46 floats and displays moving through the half-mile route ending at the command's new tree. Some may remember that

high winds at the beginning of 2010 knocked down the old flag pole. AOC installed a taller one and this year's tree looks gorgeous. A perennial favorite, Santa Claus, arrived on a majestic throne this year flanked by festive elves. The NAFEC Chiefs Mess started work months in advance designing a new float for Santa this year. Additionally, the British chipped in by supplying all of the elves. Frosty and other characters frolicked in the crowd entertaining young and old alike. As the parade wound its way toward the tree, judges carefully considered the display. ❖

Awards were given out this year:

Base Awards

- CO's Award-CYP Float
- XO's Award-Chief's Mess Float
- CMC's Award-Strike Fighter Wing Float

Community Award

- *Best Float-San Diego State University ASB Students
- *Best Band-Southwest High School Marching Band, Drill Team and Tall Flags
- *Most Creative-McCabe School Marching Band

Picture by J. Holly Norred & Samantha Portwood



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Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
JANUARY	10	0	915	85
FEBRUARY	10	3	1099	86

COMMANDING OFFICER



As we get ready to begin a new year, I would like to take a few moments and reflect on all of the amazing work the NAF El Centro team accomplished in 2010. You are all truly dedicated professionals, and our year would not have been nearly as successful without the incredible amount of hard work and determination that you exert every day of the year.

Our mission at NAF El Centro is to ensure victory in combat through superior training of our aviators. Your work ensured that we were able to complete that mission this year in a highly successful manner. Through the course of the year, we hosted 81 separate detachments consisting of 615 aircraft and over 6800 personnel. We were also able to complete 68,500 airfield operations.

Each of you were instrumental to getting this base back on its feet after the

Easter earthquake. NAF El Centro sustained damage to the runway, tower, electrical and water distribution systems, and several buildings. The fact that we were able to operate aircraft within 48 hours of the earthquake is a testament to the patriotism and can do spirit that you bring to work every day.

Our annual Air Show was a huge success this year. We had over 40,000 members of the public here to see what you do, and to see the aircraft in action that they fund with their tax dollars. Even more importantly, the public was able to interact with the professionals that work here and gain an appreciation for the incredibly important work that you do.

Operational safety was enhanced on base due to the outstanding efforts of many of you. We were able to put new signs on the ranges to more clearly delineate range boundaries. This action alone will greatly increase safety for the public by lessening range incursions. We were also able to restripe the airfield and remove old and outdated power units from the flight line. This will ensure that aircraft operations on the tarmac will be much safer.

A couple of new buildings were added to the base. First and foremost of these is the Child Development Center. This new, state of the art facility replaces a building that was originally a temporary fix that was only supposed to last for a year, but instead lasted for over 25. A new shade structure at the front gate enables the professionals who are responsible for the security of the base to do their jobs in an environment that is much safer for them, and that keeps them from facing the worst of the summer heat.

Finally, you gave back to the community that supports us in innumerable ways. In over 23 years of active duty service, I have never lived in a community that is as supportive of a military installation as the people of Imperial County are to us. The fact that they are so supportive of us is due in large part to the role you play outside our fence line. You volunteer at the El Centro Food Bank, numerous schools, and at various events. This past year saw you play major roles in the Imperial County Aviation Day, Memorial Day and Veteran's Day celebrations, and at funeral services for our honored veterans.

As we look ahead to the New Year, please take a moment to reflect on all that you've done this past year. Each of you, military and civilian, government and contract employee, have played a role in our accomplishments. I can't tell you how fortunate I feel I am to be able to work with all of you. I often tell people that I have the best job in the Navy. The reason I tell them that is because it's true. Thank you for all you do, and come back in 2011 prepared to make it an even better year. ❖

R/CO

COMMAND MASTER CHIEF



Team NAF El Centro,

With 2010 behind us, we have not just completed another year, but another decade! Already we're on our way to completing the first week of 2011 and beginning the celebration of 100 years of United States Naval flying. Progress continues with sprucing up NAF El Centro and the vintage static display A-6 and F-14 jets at the Base.

I'm sure you're already aware that the United States Navy Demonstration Squadron "The Blue Angels" arrived on Monday, 3 January 2011. Before you know it, NAF El Centro's air show, the first official show of the Blue Angel's season will be here.

Other Detachments are also beginning to return, so I charge you with bring your "A" game to work every day – and continue to *Train like you Fight!*

For some of you, you've made your New Year's resolutions to improve your lifestyle and relationships. For those eligible to do so, don't forget to resolve to start studying for your rating exams this month for Chief, and exams in March for Petty Officer pay grades. It is important to get as much knowledge about PTS – this system can and will affect your Naval career.

Since my arrival to the command last July, I have reflected on what we did as a team in 2010:

- Senior Chief Deaton was advanced, and Chief Chaffin was selected to be a Chief Petty Officer;
- We proudly and honorably acknowledged POW/MIA's at a ceremony;
- Strike completely painted the A-6 Intruder static display aircraft, and we began preparation of the F-14 Static display aircraft;
- Helped build the Brawley War Memorial, and participated in the Dedication ceremony;
- The Brawley Mini-Rodeo;
- We re-surfaced the softball field at our adopted Seeley Elementary School.
- Our Honor Guard had several events from Veteran's Day to New Years; and finally,
- Advancements for AT1 Korb, HM3 Meuth, AZ3 Pham, MA3 Short, MA3 Earl, LS3 Dahlstrom, MA3 Adamsvalerio, MA3 Ludwig and MA3 O'Brien.

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

WANT TO BE FAMOUS?

How would you like to see your name on one of the stick birds on NAF El Centro? What's a stick bird? It is a colloquial term for airplane static. The airplanes at Blue Angel Park and the A-7 Corsair II near the Jet Mart are examples of stick birds. NAF El Centro wants to paint the A-7 and we need your help. Those who volunteer and help us "git 'er done" will have their name stenciled on the aircraft. Mr. Eric Arquileta won the design contest the Sandpaper featured in its November issue. He was inspired by a comical crayon drawing by one of the Chiefs on base. You can see that his design is bold and simple. Help us make this into a reality and at the same time claim little fame for yourself. Thanks go out to the American Legion Post #138 for helping us defray part of the cost of the project. ❖

A7 Stickbird Concept Art



SIGNATURE TAG LINES

The Skipper, Capt Thompson has a new policy regarding the sayings at the end of an e-mail.

Signature tag lines are usually quotes, inspirational messages or personal creeds after an individual's signature at the end of an email. Due to complaints about certain signature tag lines, [per Navy policy] signature tag lines are not permitted on government emails. The Air Force and Army have adopted a similar policy. ❖

If you have any questions,

Ask your Chief!

VITA – TAX Prep

To file your 2010 tax return or payment email AC2 Sanchez regarding the VITA program at nicholas.a.sanchez1@navy.mil

This service is provided free of charge to all NAF El Centro Active Duty, Reserve, Retired, and Military spouses. ❖



OPERATIONS DEPARTMENT

YEAR IN REVIEW

- 68,500** Flight operations conducted
- 6,892** Number of personnel deployed to NAF El Centro
- 1600** Preventative Maintenance Actions Completed
- 615** Number of aircraft deployed to NAF El Centro
- 81** Squadron detachments deployed to NAF El Centro, 43 Navy / 21 Marine / 2 Coast Guard / 15 foreign
- 77** Aircraft parking spots designated
- 22** Number of Qualifications
- 8** Tower windows replaced
- 7.2** Earthquake Survivor
- 7** Re-enlistments
- 5** Certifications / Inspections – HERO, NATOPS, IFLOLS, E-28, Airfield Safety.
- 2** Junior Sailor of the Quarter selections
- 1** Sailor of the Quarter

Building an Air Show:

By: ETC Haugh

Step 1 ICAS

As the base prepares to shut down, perform airfield maintenance, and celebrate the holidays, another project is already in the works; preparing for the 2011 NAF El Centro Air Show! While meetings have already been convened, committees established, and sponsors solicited, the true beginning to the building of our air show starts at the annual International Council of Air Shows (ICAS) convention which took place in Las Vegas. The base sent three delegates to the event this year. Their mission was to learn as much as they could and negotiate for performers and static displays. Classes, case studies, and seminars were held from 0830 in the morning until 1630 in the afternoon. Additionally, there was an exhibitor's floor in which air show performers, statics, and logistical providers showcased their abilities. The NAFEC team would also stay up until the wee hours of the morning negotiating acts, fees, and other sundry points. What did the base get out of all of this? Spencer Suderman and Bob McCormick will be flying here, individually and against each other in their nationally recognized acro-race. We are going to have an F-4U Corsair (think Baa Baa Black Sheep), and Helldiver flight demonstrations. We are also going to display the B-17 "Sentimental Journey" and the B-25 "Maid in the Shade." Oh, did we mention that on Wednesday before the air show, Spencer Suderman is going to attempt to break the world record for inverted flat spins? The air show is starting to come together. In the next issue we will showcase a few more of the statics and performers as well as describe some of the behind-the-scenes activities that take place when you build an air show! Next year's theme is the Centennial of Naval Aviation! Woo Hoo! One hundred years of burning up the skies! ❖

NAF El Centro Hosts Their First Site Managers Meeting

By J. Holly Norred

Commander Navy Region Southwest Site Managers' meeting held here at NAF El Centro for the first year. 11 Site Managers, 4 MWR Directors, CMC, N92 CNIC, Region's Program Manager, Financial Manager, NAFI HRO, MWR Program Manager and Food & Beverage Manager attended the three day event. ❖





Family Fitness Center Grand Opening

Article by Joe Conner, Picture by J. Holly Norred

The Family Fitness Center has been open now for over a month. The facility is the only stand alone facility in the Southwest Region. This facility is designed for the entire family. Equipment inside the facility includes ellipticals, treadmills, bikes, and free weights. A new flat screen television was installed and computers are on the way. We look forward to serving more families for the 2011 year. The hours of operation are Monday through Friday 0800-2000, Saturday 0800-1700 closed on Sunday & Holidays. ❖



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.

Contact Information:
Program Manager: Anthony Westenbarger
E-Mail: anthony.westenbarger@navy.mil
Phone: (760) 339-2655/2656
<http://www.donhq.navy.mil/defy/>

Asst Program Manager: Dave Harris
E-Mail: david.g.harris@navy.mil
Phone: (760) 339-2603

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

Customer Service Detachment



CSD has undergone a number of changes during 2010. Most of these changes are a testament to the Navy's commitment to the use of cutting edge technology to optimize efficiency and mission completion. Effective January 1st 2010, all service members enjoyed a 3.4% pay raise. Additionally, there were changes to BAH rates (please visit <https://www.defensetravel.dod.mil/site/bahCalc.cfm> to see your current BAH rate).

Additionally, our office has successfully facilitated a smooth transition from the hard copy Enlisted Service Record to the Electronic Service Record. All personnel records can be viewed via NSIPS or BOL. NSIPS displays all personnel information that is on record with CSD. This includes your Page 4 (NAVPERS 1070/604), Page 5 (NAVPERS 1070/605), as well as personal data such as education and training. The OMPF (record on BOL) displays official personnel documents that contain authorized signatures and have been electronically submitted.

Another big change that has taken place is the transition to E-leave. Now instead of routing a leave request, personnel can submit a request for leave via their NSIPS service record. This is a much faster process because it allows for quicker review and approval from your chain of command. In addition, it gives the service member the ability to check in and out of leave electronically. CSD is leading the way with technological enhancements in order to better meet the pay and personnel needs of our Desert Warriors; and the result is a more mission ready force. ❖

By: PSSN Meráz, Marques

DOD IA AWARENESS VER 9.0



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

Civilians complete on TWMS

Military complete on NKO





Date Night

with ABFC(Ret.) Marc Willis

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



Burlesque:

Players: Cher, Christina Aguilera, Kristen Bell, Julianne Hough, Stanley Tucci

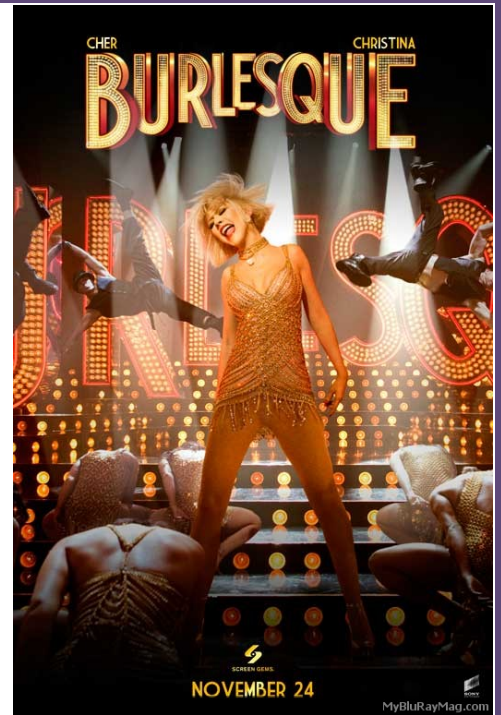
Genres: Drama, Musical

Yes I actually paid to see Burlesque; the question is should you? Honestly I was expecting a "Glitter" meets "Showgirls" debacle even with El Centro's very own Cher (Tess) co-starring. I had somehow believed that this type of film was beneath an entertainer of Cher's status. By this type of film I am mainly referring to simple plotted weak story-lined films that also debuts a musical diva. As implied earlier, I was prepared for a "Glitter" "Showgirls" fiasco but what I actually got was a "Glitter" "Coyote Ugly" mixture that wasn't half bad. Still the plot was simple, small town girl travels to Hollywood to fulfill her dreams of stardom.

The story sets off with Ali (Christina Aguilera) at work in a small town Iowa restaurant getting "punk'd" by the owner/boss who refuses to pay her. After he conveniently leaves she takes it upon herself to pay herself and raids the register before breaking into song and "breaking out" to Hollywood. The song is just a prelude of things to come as Ali was just dusting off her pipes. Following a long day of job searching Ali stumbles onto The Burlesque where she's immediately intrigued. This is where Tess makes her grand entrance with song; it's this performance that convinces Ali that she knows "What a Girl Wants." She was determined to be a burlesque girl no matter how "Dirty" she had to get as evidenced by her waiting on tables for the night without any official hiring.

Unbeknownst to Ali, The Burlesque co-owned by Tess and her ex-husband Vince (Peter Gallagher) is in the red and going under quicker than Fannie Mae stock. The potential savior Marcus (Eric Dane) offers to buy them out but has alternate plans with the club if successful in doing so. The other character of interest is Jack (Cam Gigandet) Ali's "Genie in a Bottle." Jack is also from small town America chasing a dream but relegated to bar tending duty; not confident enough to share his music with the world he only tells Ali about it. Eventually he opens up his apartment and heart to her after she shows up at his doorstep in sort of an "I Turn to You" kind of moment.

Ali's break comes when burlesque girl Georgia (Julianne Hough - yes that Julianne Hough of Dancing with the Stars fame) discovers she's pregnant. Ali walks into the club only to discover auditions being held by Tess and Sean (Stanley Tucci) and begs for an audition with a promise not to disappoint. In the end Sean convinces Tess to give her a shot as he was sort of "The Voice Within." The mean girl of the crew, Nikki (Kristen Bell), is the so called star and resents Ali from day one but in reality Nikki is an alcoholic and loses her position because of this. Ali's big break comes when Nikki arrives late once again and is replaced by Ali. Nikki's attempt to jeopardize Ali's performance backfires as it allows her to showcase her real talent and sing. After wowing the crowd Tess rewrites the entire show after Ali, a star is born! This seemed far-fetched in real world settings but I gave it a pass and went along with the storyline which in a sense is somewhat ridiculous. What gives this film merit is the onscreen chemistry between Tess and Sean as well as Jack and Ali. Each actor (including Ms. Aguilera) did a fantastic job in giving life to their character, making them believable in an unbelievable situation. The ending is sappy and predictable but I gave it a pass and went along with the storyline. With that being said, I rate this film two and a half fouled anchors out of five. ❖



The Chronicles of Narnia - Voyage of the Dawn Treader

By: Kai McAlister

The third in the series the Chronicles of Narnia, The Voyage of the Dawn Treader was a thrilling movie. The story begins back in Cambridge, England where Edmund and Lucy (the younger two of the Pevensies) are forced to stay with their bratty cousin Eustace. But in a strange incident they are, all three, taken to Narnia and dumped into the sea right in front of the ship the Dawn Treader.

They meet with all their Narnian friends and they embark on a great journey to traverse the sea and find the seven swords of the seven lords. However, they run into a very deadly enemy which uses no swords and no spears but temptation, lust, fear, and jealousy. The only way to defeat the enemy is to find the seven swords of the seven lords and put them all together at Aslan's table.

This is a very enjoyable movie that'll keep you on the edge of your seat. Even though the book was better (which is usually the case) this is a movie definitely worth seeing. ❖

CLASSIFIEDS

FOR SALE

PUT YOUR AD HERE!

PUT YOUR AD HERE!

CONTACT W_ELCN_PAO_SANDPAPER@NAVY.MIL

PUT YOUR AD HERE!

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.

YOUR JOB ADVERTISEMENT HERE!

CONTACT W_ELCN_PAO_SANDPAPER@NAVY.MIL

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 ALUTHIQ: <http://www.aluthiq.com>
 AOC: <http://aocwins.com/>
 HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
 JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
 MWR: <http://www.mwrtoday.com/>
 NMCI: <http://h10134.www1.hp.com/services/>
 SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>





New 2011 BAH Rates!

Article by: NC1 Jones

The Department of Defense has released the 2011 Basic Allowance for Housing (BAH) rates, which take effect Jan. 1, 2011. While overall rates will decrease an average of 0.59 percent, because of the individual rate protection provision, the average change service members will see is a 1.1 percent increase.

Individual rate protection ensures that individual members already assigned to a given location will not see their BAH rate decrease. though they will receive the increase if the rate goes up. This assures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area's housing costs decrease. Any decreases only apply to members newly reporting to a location.

A typical junior enlisted member with dependents will find his/her BAH about \$39 per month higher than last year, while a senior non-commissioned officer with dependents will receive about the same amount as last year.

Three components are included in the BAH computation: median current market rent; average utilities (including electricity, heat, and water/sewer) and average renter's insurance.

Total housing costs are calculated for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. BAH rates are then calculated for each pay grade, both with and without dependents. An estimated \$19 billion will be paid to over 1 million service members in 2011. ❖

For more information on BAH, visit <https://www.defensetravel.dod.mil/site/bah.cfm>

CCC Year in Review Highlights:

- Perform to Serve had significant changes with its integration into Fleet Ride.
- The Armed Forces Vocational Aptitude Battery (ASVAB) preparation course went away and is now available through Navy Knowledge Online.
- Selective Reenlistment bonuses were reduced across the board and the Navy established new reenlistment windows for people eligible for SRB's.
- A new warfare pin was established, Information Dominance.
- The Navy Working Uniform was implemented and made a requirement for your sea bags.
- There were changes to Tuition Assistance and the requirements to utilize this benefit.
- The Navy this year also integrated women onto submarines.
- The base awarded over 25 decorations ranging from the Navy Achievement to the Meritorious Service Medal.
- NAF El Centro had over 30 sailors reenlist, congratulations to them and their families for their continued service.

New NAVADMIN on PFA Separations

By MAC Covarrubias

Effective January 1, 2011, members separated for failure to pass the physical fitness assessment (PFA) shall be assigned a separation program designator (SPD) code ending in either "FT" or "CR" depending on whether you fail the BCA or PRT. Due to this new policy, some Sailors will no longer be authorized to receive involuntary separation pay (ISP). For those Sailors eligible to receive a portion of ISP, will need to meet certain other requirements to receive it. I cannot stress enough the importance of staying within standards and maintaining a physical fitness program year round. For more information see NAVADMIN 420/10.❖

Stay Fit, Stay Navy!

Local Military History by Two Old Goats...

Why Are There Only Four Planes at Blue Angels Park?

NAF El Centro is the winter home of the Blue Angels. The Old Goats are pretty sure we all know this. However, it has been their cold weather respite only since 1966. In those 45 years, the Navy's premier pilots have flown four aircraft.

When the Blue Angels arrived in 1966 they were flying the Grumman F11F-1 Tiger. The same aircraft they had flown since 1957. In 1969 they transitioned to the McDonnell Douglas F-4J Phantom II. Then in December 1974, the Navy Flight Demonstration Team began flying the McDonnell Douglas A-4F Skyhawk II.

On November 8, 1986, the Blue Angels completed their 40th anniversary year when they unveiled their present aircraft, the McDonnell Douglas F/A-18 Hornet, the first dual-role fighter/attack aircraft, which is still serving on the nation's front lines of defense.

Prior to the Tiger, the Blue Angels flew the following aircraft: F6F Hellcat, F8F Bearcat, F9F-2 Panther, and the F9F-8 Cougar. ❖

What Say You?



1. How does your last command compare to this command?
2. What was your Ah-ha moment to join the Navy?
3. What is your favorite duty station and Why?

(SOY) MA1 Wakefield:

1. My last command was a high speed low drag. Little more fast pace than this command. I was in a mobile Det in San Diego, so I was deployed a lot. I did two, six month deployment with them in various different security missions. Pro at NAF: Not deployed as much. Con at NAF: Stuck in the office with a lot of paperwork.
2. When I was in High School I didn't know what I wanted to do when I grew up... I thought about the Marines, but there was a Navy recruiter that came to my High School and after taking the ASVAB, I got the job I wanted. I come from a Navy and Army family and I didn't want to join the Air Force. But the final selling point was the guarantee to see the world!
3. I don't have a favorite, but the one that sticks out the most is the USS Mississippi. I saw four different countries, two of the islands in the Caribbean, I crossed the Panama Canal and sailed three of the seven seas on that ship; I'm never sick at sea.

(JSOQ) MA2 Powell:

1. I worked long hours and travel a lot throughout the Middle East. I was on an admiral's personal protection detail in the Bahrain. My job was very busy everyday and sometimes dangerous. The Pros of NAF- More time off and not working in a dangerous environment like the Middle East. The Cons of NAF are 12hr shift, Base location and small community.
2. I joined the Navy in Nov of 1999 to travel the world, to serve in the military and because my sister had joined 4 years prior. I wanted to join the Marines as military police but was told that I couldn't at the time. I was given a choice to be a Marine cook or a Marine grunt which I didn't like either. So I chose the Navy because I knew that some day when I advanced to the rank of E5 I would be eligible for military police.
3. My favorite duty station was my last command, Naval Forces Central Command, Bahrain. I was on various 2 and 3 star admiral's personal protection details. I got to travel to a lot of countries providing protection for the admirals. By far my best duty or job I've ever had in my 11 years of naval service.

(Blue Jacket) ACAN Hill:

1. Since this being my first command, I unfortunately don't have another command to compare to. But I was at NATTC Pensacola for A School, The Pros there was just that it was so much bigger and had more people, I'm more of a city guy. Cons being barracks support which I was on for a LONG time while I was on medical hold.
2. Joining the military was always in the back of my head even through high school, and after some time in college I decided it was a better choice for me at the time.
3. Well since this is my first and only duty station I have to say NAF El Centro.

PSSN Meraz:

1. I'm sorry to say I really don't have any to compare with, since this is my first command. I have been to Camp Pendleton and thought it was HUGE compared to NAF El Centro.
2. I kind of always knew I was going to join the Navy; my father was a Corpsman and saw it had a certain level of stability that I knew I wanted for myself.
3. Of course NAF El Centro is my favorite duty station! If I could have the guarantee of advancement I would just stay here. It's close to home (LA) and I enjoy the family type environment; everybody knows each other. It's really hot in the summer, but the rest of the year makes up for it!

Coming Events:

JANUARY 11

Captains Cup Basketball
Fitness Center
League Starts

JANUARY 18

Family Bowling League
Bowling Center
1700 Every Tuesday

JANUARY 18

Mongolian BBQ
Mirage Club
1700

JANUARY 20

E7 Exams
BLDG 4015
Starts 0700

FEBRUARY 01

Navy League Dinner
Blue Angel Night
Mirage Club
1830



FEBRUARY 05

Mystery Dinner
Mirage Club
1700

FEBRUARY 25-26

Navy League Desert Outing
Starts 1800 Friday 25 Feb
Starts 0600 Saturday 26 Feb



MARCH 03

E6 Exam
BLDG 4015
Starts 0700

MARCH 10

E5 Exam
BLDG 4015
Starts 0700

MARCH 11

Food Fest
NAF El Centro Hangar 6
Starts 1800

MARCH 12

2011 Airshow
NAF El Centro
Starts 0800



MARCH 17

E4 Exam
BLDG 4015
Starts 0700



BOOK REVIEW



Percy Jackson and the Olympians: 5 Book Series- Rick Riordan

I know what you're thinking....and yes these are children's books. However, this five book series is one of the most well written pieces of modern day literature. These are books that both children and adults will enjoy. Riordan produces a masterpiece that takes Greek mythology and incorporates it into a modern day environment. He integrates aspects of action, adventure, and comedy into Percy Jackson's unique journey into young adulthood. The series follows Percy and his friends as they battle a myriad of mythological creatures, gods, and demigods in order to save their camp (camp Half-blood) and ultimately save Mount Olympus. In the first book *The Lightning Thief* Percy has just discovered that he is the son of one of the Big Three (the three Gods who rule: Zeus, Poseidon, and Hades). We follow him as he adjusts to his new status as a demigod and learns how to control the power he inherited from his father, Poseidon. Throughout the series, Riordan carefully develops each character and presents them with various obstacles, trials, and tribulations they must overcome. As a reader you become enthralled by each character's growth and development. By the final book, *The Last Olympian*, each character has matured from an innocent or naïve pre-teen to a tried and tested leader. Not only have the characters conquered mythological monsters, they also conquered awkward school dances and learning to drive. *Percy Jackson and the Olympians* are fun, easy to read books. After reading the first, you will want to rush out to get the four follow up books to this incredible series. ❖

MEDICAL CORNER

MEDICAL TOP 6 FOR 2010



1. Medical care for Blue Angel's NAF El Centro Air Show 2010. Supervised 34 HM's and helped organize a myriad of medical functions in support of >40K spectators.
2. Led BHC El Centro to excellent outcome/review during 2010 Joint Commission/Inspector General inspections. Lauded by CO, Naval Med Center San Diego and JC/IG inspector.
3. Medical Readiness for 400 personnel in 7 tenant commands above 85-90% consistently (6 months), up 15-20%. Ensured support from Base Command to keep medical readiness a priority.
4. BHC El Centro runs the sole known sustainable West Nile Virus/Mosquito Surveillance & Mgmt Program of all USMC/Navy installations on the West Coast, according to Navy Environmental and Preventive Medicine Unit No.5 (NEPMU-5). Our Preventative Med tech, HM2 Mourao, started it from the ground up and pulled together the public works and pest control contractors to get on top of the mosquito situation. Being the only Prev Med tech on base, he did this on his own initiative. Because of his work, he was invited to present at the Entomological Society of America's Annual Conference in San Diego.
5. Created an area/safety/medical/preventative med briefing for visiting Squadrons. Received great praise from British Squadron (Crimson Eagle 10B) and Royal Marine Commando Helicopter Unit). The briefing will be tweaked and used again for future detachments, at their recommendation.
6. 100% of Active Duty base population immunized for Influenza w/in 1month. ❖

Gains:
 LT Wilde
 LT Henley
 HMC Bell
 HM2 Menguita
 HN Jones
 HN Feng
 HN Lavender

Losses:
 HMCS Madrid
 HMC Baez
 HM1 Zina
 HM2 Rivera
 HM3 Koch

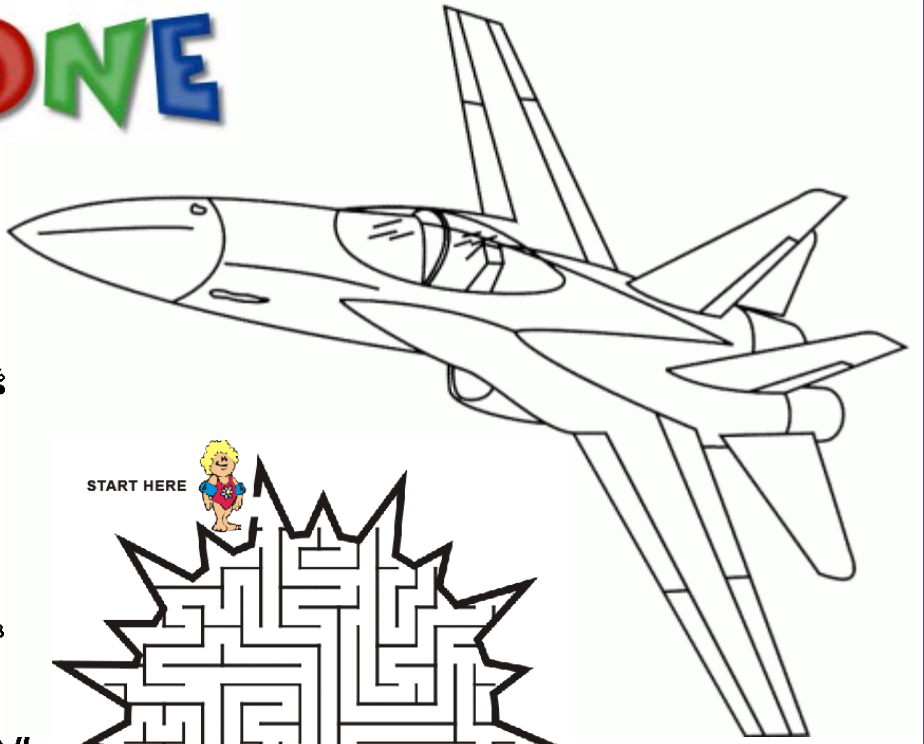
Branch Medical Clinic NAF El Centro is enrolling new patients.

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.

KID ZONE





Geotags: Opening Yourself Up to Exploitation.

By MAC Covarrubias and ETC Haugh

Recently, Adam Savage of MythBusters Fame, took a picture of his jeep, uploaded the image to Twitter and said he was “off to work.” What he did not remember to do was disable the geotag function of his Smartphone and now we can all find his house. Yes. He compromised the location of his family and opened himself up to stalking, theft, or worse. The whole article is here: <http://nyti.ms/917hRh>. Another article which demonstrates just how easy it is to find and exploit a person is here: <http://bit.ly/blqYmm>.

What exactly is geotagging? Geotagging is the process of adding geographical identification to photographs, video, websites and SMS messages. It is the equivalent of adding a 10-digit grid coordinate to everything you post on the internet. Geotags are automatically embedded in pictures taken with Smartphone’s. Many people are unaware of the fact that the photos they take with their Smartphone and load to the Internet have been geotagged.

So what is the concern? Tagging photos with an exact location on the Internet allows random people to track an individual’s location and correlate it with other information. How can they do this? If you use foursquare, Facebook Places, Gowalla, SCVNGR, and post pictures from your Smartphone, the more nefarious elements of society can find you. Services like MotionX and the other location-based social networking applications just mentioned allow strangers to track your movements every day. If they watch someone long enough they will know exactly when and where to find that person on any given day. By tracking movements and aggregating information, strangers can determine where someone lives and works.

Well shucks, you might be saying. What can I do now to prevent this? Simply deleting the photos you have out there might not be enough. Once it is on the web, it is out there, somewhere, forever. However, one of the simplest ways to avoid displaying too much information is to disable the geotagging function on your Smartphone. Another thing you can do is to be mindful of the items you post and the sharing policies on those sites. Of course, just like sex, abstinence is the best method for prevention! Do not post it!

If you have any questions about this, do a little research, and of course, you can always ASK THE CHIEF! ❖

WHAT WAS GOING ON...

December, 1972 – NAFEC Sandpaper

Sandpaper will report on December 6th Apollo XVII launch.

Sailors win wild horse race.

Question of the week: What do you think of WAVES serving on ships?

Base personnel play vital role in Apollo recovery.

President's job freeze to affect all personnel.



WHAT PAY DOES A NAVY WAVE GET?



RATE	Monthly Base Pay—Clear	Food Allowance*	Quarters Allowance*	Total Monthly Income
Apprentice Seaman	\$50.00	\$54.00	\$37.50	\$141.50
Seaman Second Class	54.00	54.00	37.50	145.50
Seaman First Class	66.00	54.00	37.50	157.50
Petty Officers	78.00 TO 126.00	54.00	37.50	169.50 TO 217.50

*[Unless food and quarters are provided by Navy]

PLUS \$200. for clothing, the finest medical and dental care, special tax exemption, low-cost Government life insurance, and free mail, reduced rates on transportation, theater tickets, etc.

DISSEMINATED BY CNO FOR THE NAVY 2007

NAVPERS 114

Children's Holiday Party

Article by Micah Hamblin, Pictures by Samantha Portwood

We had an amazing turn out for this year's Base Holiday Party. Over 300 people the event on Saturday, December 11, 2010. Our decorations this year were so festive! Decorations were put together by Velinda Cruz, Marie Marin and Violetta Lopez. The party consisted of several craft activities, cookie decorating, snow, a jumper, toys, an assortment of food and of course the man of the hour, Santa Claus. The toys in Santa's work shop and cupcakes were sponsored by Navy League. Navy League also assisted us with volunteers for the day and arranged to have Mr. and Mrs. Claus come out for this event. The food and crafts were prepared by Lucy Hort, Anita McIntyre, Ashley Tarbox and Tamara Benavides. We had volunteers from our Strike Fighter Wing Pacific Maintenance Unit and this was a tremendous help. MWR provided the jumpers along with the tables and chairs. The DECA commissary also provided the chips, water, juice and frosting. This event was such a success and the children had an incredible time. Thanks you so much to the Commissary, Navy League, Strike Fighter, MWR, base spouses and of course our CYP staff. This year's Children's Holiday Party was for the base and definitely put on by the base. It was a team effort and we appreciate everything everyone did to make sure our children had a fantastic party. Fleet and Family provided the toys for the children's bags from Santa Claus. ❖



LEGAL CORNER



What Exactly Is Article 134?

We all know the major articles outlined under the Uniform Code of Military Justice. However, one article is frequently misinterpreted. Article 134, also called the general article is frequently referred to as a catch-all. That gives the erroneous impression that to be punished; one does not have to meet certain elements of proof. In order to be punished or convicted of a charge under article 134, the act or crime must be prejudicial to the good order and discipline of the armed services. Some of these crimes may not be illegal in a civilian court; however, if the act brings discredit upon the military or is in violation of a federal law, it is considered a crime under the UCMJ article 134. Some examples are bribery, writing bad checks, failing to pay debt, fraternization, and animal cruelty (the Navy doesn't want a Michael Vick case). Crimes punishable under article 134 are classified as one of three clauses. Clause 1 offenses are those offenses which are prejudicial to good order and discipline. An example of this would be straggling or self injury. Clause 2 offenses involve conduct that brings discredit upon the armed services. An example of an offense that would fall under clause 2 is failing to pay a debt or making disloyal statements. Finally, clause 3 offenses are noncapital crimes that violate federal laws. For example, perjury or parole violations are crimes that would be classified as clause 3 offenses. When studying the UCMJ, don't underestimate the importance of article 134 or the elements needed to prove a violation of that article. ❖

Article by: LT Kirtsey at 760-339-2353

Treasure Hunt:

Can you find the Treasure?

Somewhere hidden in this Issue of the Sandpaper is a small version of this treasure chest image.



See if you can find the treasure!

From the Office of Fire and Emergency Services El Centro

Subject: Year in Review 2010

April 4, 2010: Earthquake Magnitude 7.2 EOC was activated. Fire Dept with coordination from Security and AOC responded to 44 incidents resulting from damage to base infrastructure.

May 21, 2010: FD supported USMC Exercise on Base and at Pat Williams Park in Brawley (1 ambulance sent to Brawley).

June 22 & 23, 2010: Green Light Visit Regional N Codes with Department Heads of NAF El Centro with Regional Chief Wood in attendance.

June 25, 2010: Mutual Aid Wildland Fire, Brandt Rd, Brawley. (Approximately 21 hrs on scene)

July 7, 2010: Station Fire at Hangar 2 stairwell. Station Fire outside Galley. Station Fire at Gym involving one Treadmill.

July 18, 2010: Mutual Aid Wildland Fire on Dogwood Rd., Heber.

August 9, 2010 at approximately 0026 hrs, NAFECFD and NAFEC Security responded to 3033 B Second Street for an unconscious person not breathing. Paramedics (Gold Cross Ambulance) were called to respond. On scene single 21 yr old female found unconscious. CPR performed, use of AED while in transport. Positive outcome for patient

August 17, 2010: Mexican/American Fire Department Appreciation Lunch-in hosted NAF El Centro. Local area Fire Chiefs in attendance .

August 31, 2010: Navy-Wide Exercise Citadel Rumble.

December 02, 2010: aircraft emergency, single F-18 with main gear issue after touchdown. Incident incurred damage to aircraft, electrical failure in the N-40 weapons compound. Pilot safely ejected, transported to ECCH for observation.

December 31, 2010: Fire Chief R. Valenzuela retires after 23.5 years at NAF El Centro. ❖



Entomological Society of America Annual Meeting

HM2 Mourao represents NAF El Centro:

The Annual Meeting of the Entomological Society of America is its premier event each year. For a four-day period, thousands of entomologists and professionals from related disciplines gather from around the world to exchange scientific information and ideas, enhance professional knowledge and skills, network with colleagues and re-acquaint with old friends, and conduct the business of the Society.

The Annual Meeting Agenda includes symposia, workshops, ten-minute papers, and poster presentations. Typically, between 1,800 and 2,600 presentations are given annually! In addition, students compete in the President's Prize and in the Linnaean Games, and there is a Career Center where job vacancies and resumes are posted. A commercial exhibition features entomological equipments, supplies, reference materials, as well as the opportunity to purchase gifts for friends and family. During this time, other groups such the Entomological Foundation, the Entomological Collections Network, and Coleopterists' Society have their meetings as well. And, of course, there are receptions and social events to round out the attendees' schedules. ❖



Full Brief presented at the end of the paper.



Security Department's Year-in-Review 2010

The Security Department has participated and provided security for many events throughout the year of 2010:

In February we participated in 3 different drills: the Mass Casualty Drill, Citadel Shield, and Solid Curtain.

March was our Air Show, Security patrolled the air field, parking and ensured the safety of those onboard base.

In the month of April, students from the Imperial Valley College (IVC) toured the Security Department and learned how our department is structured.

August is our crime prevention month in which we participated in the City of El Centro National Night Out. There was also the Citadel Rumble and NBVC Air Show support.

Security provided parking and color guard assistance with the POW/MIA Ceremony in October. Furthermore, everyone that attended the International Wrestling Event and Navy Ball had a wonderful time.

November was another tour of security for Central High School. Our patrolmen were very appreciative for the Turkey for the Troops program. They all enjoyed their turkeys during the Thanksgiving holiday. And of course, we cannot forget the Christmas tree lighting. ❖

A Sailor Sharing his Talents

By: PSSN Meráz, Marques

When I joined the military, I promised myself that I would share my music in some way with the community during my off-duty hours. After I reported onboard NAF El Centro, I met with Southwest High School's band director Mark Mordasini and discussed coaching their drumline. Since then, their progress has been phenomenal.

The Southwest High School Drumline is jam-packed with absolute raw talent. The students put in several hours of practice and endure the rigors associated with a very structured music program. As a result, the drumline has continued to gain membership interest; now spots in the drumline are competitive. This had led to improvements in the drumline's skills as well as increased exposure.

Southwest High School's drumline always loves an opportunity to perform at NAF El Centro. Every year they perform with the band at the annual Christmas parade; and for the first time ever, they performed at the Hispanic Heritage month celebration as a closer. More recently, the drumline had a Bowl-A-Thon fundraiser at our very own Hot Stuff bowling alley and raised well over \$700 for new equipment and drumline uniforms.

Every Sailor has a talent that they could contribute to the community. I encourage all Sailors to find an avenue to share that talent. Not only does it benefit the community, but it also has a priceless personal and intrinsic benefit. Coaching the drumline at Southwest is service that I am proud to say that I do. The students put in hard work and are always getting better; I am grateful for the opportunity. Visit <http://vimeo.com/15609370> to see the drumline's performance at the Hispanic heritage month celebration. ❖

Feds Rule Caffeine and Alcohol Shouldn't Mix

The U.S. Food and Drug Administration warned four small brewing companies that the caffeine added to their malt alcoholic beverages is an "unsafe food additive".

"The FDA does not find support for the claim that the addition of caffeine to these alcoholic beverages is 'generally recognized as safe,' which is the legal standard," Dr. Joshua M. Sharfstein, Principal Deputy Commissioner said in a news release. "To the contrary, there is evidence that the combinations of caffeine and alcohol in these products pose a public health concern."

Michigan, Washington, Utah have instituted bans, and others have taken or are considering similar steps, such as New York, Pennsylvania, Indiana, Oklahoma, Montana and Connecticut. More could act based on the federal action. States are the primary regulators of alcoholic beverages and have full authority to ban alcoholic energy drinks whether by regulatory or legislative action, or through attorney general enforcement. "State-level product bans will continue to be necessary to get the products off of store shelves," Michele Simon of the Marin Institute in San Francisco, told The Washington Post.

Just before the FDA's announcement, Four Loko's maker announced that it was removing caffeine, guarana and taurine from its 23.5-ounce cans of potent malt liquor. Phusion previously announced that it was voluntarily ceasing sales in New York after officials there pushed to ban the dangerous concoctions. Two years ago, under pressure from state attorneys general and coalitions, several large brewers, including Anheuser-Busch and MillerCoors stopped marketing caffeinated products.

A year ago, the FDA announced it was investigating the safety and legality of alcoholic energy drinks. It sent letters to nearly 30 manufacturers of alcoholic energy drinks demanding that these manufacturers produce evidence within 30 days that their products were safe and indicated that the FDA would take appropriate regulatory action, including possible product seizures if these manufacturers could not provide adequate proof of safety. ❖

US NAVAL SEA CADET CORPS

Volunteers needed!

The Dessert Eagle Squadron Sea Cadets are looking for a few volunteers to assist in education & training in color guard, drill, and general military knowledge. A female volunteer is needed to chaperon female sea cadet members, to include overnight stays once per month.

Also the Sea Cadets are actively looking for unwanted Utility Uniforms in good condition. Smaller sizes are highest in need.

Contact AC2 Chamberlain or AC2 Sanchez @ 760-339-2601. ❖



CYP Teen Center & Program

Since the opening of our new center we have increased in the number of teens. Prior to the new center opening we had limited participation in the program. Since August we have 13 teens enrolled in our program. The group of teens enrolled are very talented artists and love to paint. Activities are available for them to participate in such as games, arts, 4-H and of course power hour for their homework. We are currently working on a teen election of officers which will allow the teens to enhance their leadership skills. Also this gives them the opportunity to program the monthly events. I have seen a dramatic increase of interest from our teens and feel that our program will continue to grow.❖

Child and Youth Programs

CYP's Long Awaited Grand Opening

After 29 years in a temporary facility the CYP opened the doors to the new CYP Building on 12 August 2010. The building includes the Child Development Center (CDC), School Age Care (SAC) and the Teen Center all in one facility. Each program has their own large space. With a larger facility the enrollment has increased substantially. The SAC program has dramatically increased from 15 children enrolled prior to our opening and currently has 28 children which are hourly and full time. The CDC Program had 28 children now in the new center they have 45 children. The Teen Program prior to opening the new facility was put on hold due to the lack of participation. Teens became uninterested because they had to share a room with the SAC program. Now with their own space the Teen Program has 13 teens and growing.❖

Parent's Night Out

Parent's Night Out is now available for non enrolled dependents of military families, retirees, DOD employees, and contractors. Children must be signed up for evening care at least two days in advance in order for management to arrange adequate staffing. Parents of children who are not enrolled will need to bring a copy of the child's up to date shot record. A contact number and a back up number in case they cannot be reached will be needed. Enrollment will be recorded by age group and by child's last name. If a parent signs up their child for care and decides to cancel and does not call the CYP by 1600 on Friday the day before parent's night out, they will not be eligible to use the center for the next night out. Call the CYP for the next night out and mark your calendar!!❖

Toddler and Preschool Part-time care is coming to CYP, please stop by the center for more information!

Ask the Trainer

Article by Anna Santell

Question: Why can't I lose this belly?

"I do 100 abs exercises each day and still have a pop belly". Then the popular Myth: "You can do an exercise for a certain area of your body and fat will melt away".

You can pick up any popular magazine and they will have pictures, articles and even celebrities trying to make you believe in the "Popular Myth". Their headlines will state, "5 moves to trim, flatten, or sculpt your abs."

I regret to inform you, it is not that easy. You have to work hard and commit to these three things:

1. Regular exercise
2. Strength training
3. Eating healthy.

By the guidelines of American College of Sports Medicine (ACSM), you can do,

Intense cardio for 30 minutes, 5 days a week **or** 20 minutes of **vigorously intense** cardio 3 days a week.

For strength training ACSM recommends you do 8 to 10 strength exercises with 8 to 12 reps, 2 days out of the week. Make sure you do an exercise for chest, back, shoulders, biceps, triceps, legs (quads. and hamstrings), abs, and lower back.

Plan ahead to eat 4 to 6 small meals a day and try to make healthier food chooses. Eating healthy is nourishing your body; "to keep alive; maintain", at least 80 to 85% of the week. Good luck and have fun for the NEW YOU/ HAPPY NEW YEAR!! ❖

CAPTAINS CUP FLAG FOOTBALL

Bombers won the 2010 flag football championship. This was the Bombers aka Weapons second championship in three years. They defeated the Rattlers 13-12 in the finals. This was one of the best games played this season.

Quarterback Terrance Dukes led his team to victory by connecting with his favorite targets Michael Guidinger and Lorenzo Tremble. The Bombers defense was led by CY Ward and Easy Breezy. The coach for the Bombers was Erik Williams and the GM was Dennis Abela.

Congratulations to the Bombers.



Final Game!

Bombers-13 Rattlers-12



League Results

#1	Bombers	Weapons
#2	Rattlers	Strike
#3	MSEC	MWR/Security
#4	Gladiators	Khaki
#5	Fed Law	Federal Law

What a game this was! Rattlers took a six point lead in the first half, but the Bombers kept building their ammunition. Easy Breezy, who plays wide receiver and cornerback for the Bombers, was not on the field. His wife was giving birth to a beautiful baby girl. Breezy actually snuck out of the hospital while they were assigning his daughter a social security number, and showed up to the game. Breezy was one of the reasons the Bombers won. He gave them hope and motivation. Breezy showed up with the blue hospital scrubs suit and the blue face mask. The referee had to ask him to take the mask off. After that the Rattlers were shook! They kept looking at Breezy like, man this dude is crazy! I actually saw some Rattlers players with tears in their eyes. While all that crying going on, Big Lorenzo Tremble decided he was going to win the game by catching a 40 yard pass thrown by SQIE (Slowest Quarterback In EL Centro). After that, the Rattlers couldn't go past the cover 4 defense that the Bombers ran. They were waiting for the Gun Slinger to throw the ball. The main reason the Bombers were able to contain Brown was because of that Louisiana native, by the name of CP Ward also known as PR Wardrow. He was definitely the game changer. CP Ward complained that he had never received so many Christmas hugs while playing a football game. General Manager, Dennis Buddacris made all the right moves in the post season while CEO, 100% Smurf supported. Congratulations to Coach Erik Williams and the Bombers. They deserve to be called CHAMPIONS.❖

- **Received CNO and SECNAV awards for FY09 in the "Environmental Restoration, Installation" category.**
- **Reduced base energy consumption which consists of natural gas and electricity by 1.5% of the FY 2003 baseline.**
- **Executed a budget of \$11.6 million to support base facilities, including the awarding of \$5.6 million on over 40 construction and repair projects.**

Completed projects included:

- Hangar 7 & 8 Renovation, \$3.5M. Awarded 2/26/2009 (FY09), completed 1/31/2010. Project scope included misc. non-structural repairs/upgrades to 2 old WWII-era hangars. Scope included asbestos & lead abatement, interior painting, window replacement, restroom upgrades, lighting upgrades, hangar floor epoxy coat, etc. This provides a significant increase in the quality of life for visiting detachments working in these hangars.
- Photovoltaic Roof Systems, \$2.97M (ARRA). Awarded 7/20/2009, completed 2/12/2010. Project involved demolition and replacement of the roofs on the five (5) buildings (201, 202, 214, 4001, and 4002), followed by the installation of Solar Photovoltaic (PV) Power systems on the five new roofs. This system produces 2,300 MBTU annually and will save \$95K/yr in energy costs.
- Galley Food Prep Area Renovation, \$1.06M. Awarded 6/26/09 (FY09), completed 2/22/2010. Project scope included misc. repairs and upgrades to food prep area. Install stainless steel wall paneling; repair chill boxes; remove swamp coolers; upgrade/repair HVAC system; repair service entrance door and air curtain; restroom upgrades; roof repair. Significant improvement for quality of work environment for galley workers, which is directly related to the quality of service provided and quality of life for military personnel who use the galley.
- Blue Angel Park Desert Landscaping, \$550K. Awarded 9/28/09 (FY09), completed 3/1/2010. Project included modifying sprinkler system, replacing grass with desert landscaping and drought-tolerant plants (which apparently includes some grass). But the good news is that the project saves 2.76 million gallons of irrigation water per year.
- Whirl Tower Demolition, \$174K. Awarded 6/30/2009, completed 5/31/2010. Included demolition of an abandoned steel tower and block building on the range. The facilities were used during the heyday of the space program, but had been abandoned for decades and had become a significant public safety risk due to the presence of HAZMAT and numerous fall hazards on site. By demolishing the facilities, the Navy's liability and the threat to public safety was eliminated.
- Worked with AOC to assist in recovery from Easter earthquake, including replacing ATC Windows, \$279K. Awarded 4/5/2010, completed 5/31/2010.
- Water Treatment Plant Motor Control Upgrades, \$192K. Awarded 12/30/2009, completed 6/36/2010.
- P-211 Combined CDC/Youth Center, \$8.1M (MILCON). Awarded 1/30/2009, ribbon cutting held 8/12/2010. Design/build project to construct new combined CDC/YC to replace inadequate facilities (one was an old housing unit, other was an old fitness center). Project was completed on budget and slightly ahead of schedule. Resulted in a world class facility that will make a significant improvement in the quality of life for Sailors & their families.
- Remove old Wells Units from the airfield parking aprons, \$51K. Awarded 2/19/2010, completed 9/31/2010.
- Airfield Striping, \$198K. Awarded 6/16/2010, completed 7/31/2010. This project eliminated erroneous markings on the west and south parking aprons and painted new striping in compliance with airfield safety standards.
- Range Signs @ Target 101 & 103, \$265K. Awarded 6/30/2010, completed 11/15/2010. This project installed boundary warning signs around our most heavily-encroached upon target areas, greatly improving public safety and the effectiveness of training.
- Bldg 5000 HVAC & Renovation, \$295K. Awarded 6/14/2010, projected completion 12/17/2010. ❖

NAFEC TOP 10 NEW YEARS RESOLUTIONS

- 10 We SHALL STOP A BAD HABIT(S).
- 09 We SHALL ALWAYS WEAR OUR SEATBELT.
- 08 We SHALL IMPROVE OUR PFA SCORE.
- 07 We SHALL NOT DESTROY GOVERNMENT PROPERTY.
- 06 We SHALL NOT VISIT NAMBY-PAMBY LAND LOOKING FOR SELF CONFIDENCE.
- 05 We SHALL NOT MULTI-TASK AND DRIVE.
- 04 We SHALL MAINTAIN UNIFORM AND GROOMING STANDARDS.
- 03 We SHALL OBSERVE AND BE MINDFUL OF COLORS EVERY DAY.
- 02 We SHALL NOT HAVE A LEISURELY CONVERSATION WITH THE GATE GUARD WHILE CARS ARE BEHIND YOU.
- 01 We SHALL BE CAREFUL OF WHAT WE POST ON THE INTERNET VIA FACEBOOK, TWITTER, BLOGS, ETC.

RECENT EVENTS

IN THE
PEARL OF THE DESERT



NAFEC CPO MESS FLOAT STRIKE RATTLERS



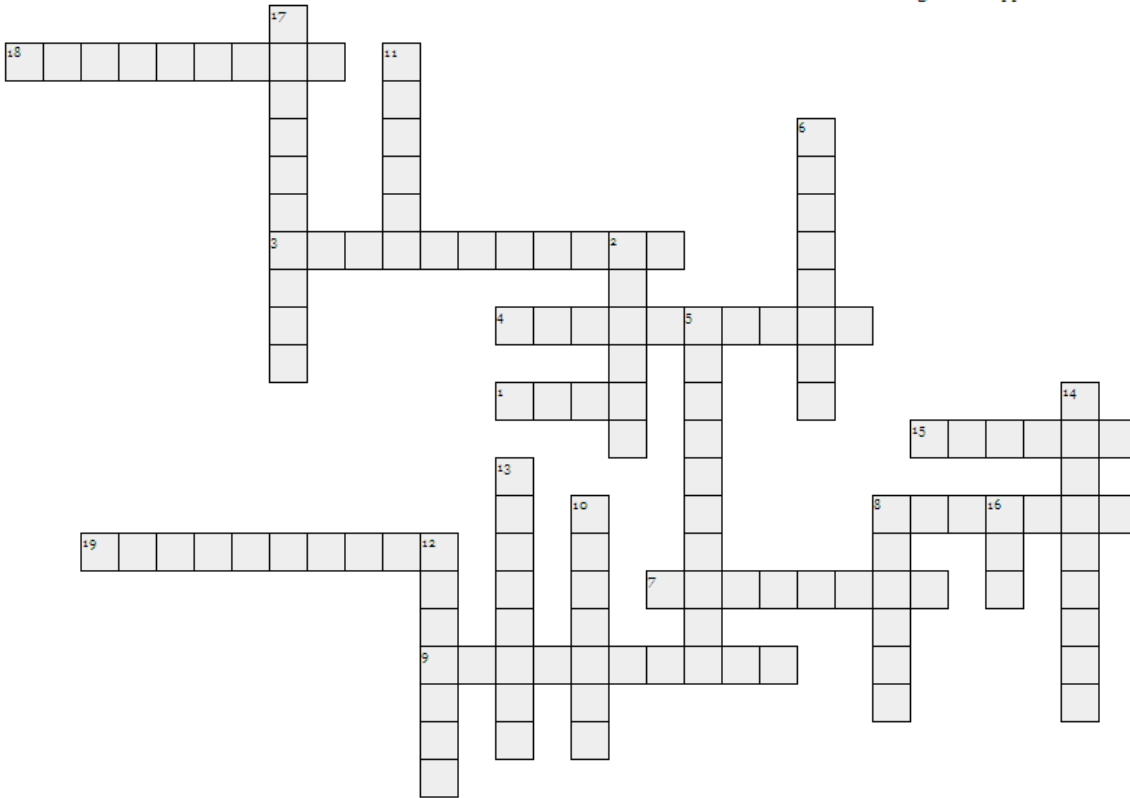
SANDPAPER CONTACT INFO:

E-MAIL:

W_ELCN_PAO_SANDPAPER@NAVY.MIL

The New Year at NAF El Centro

Take a little time out to find out more about the new stuff on the base and remember some of the things that happened.



Across:

- 1. called the Centennial of Naval Aviation.
- 3. They drop the ball here. Will you watch it?
- 4. This bowl game features Navy and SDSU.
- 7. Uniform will be required at this year's dance.
- 9. Here to train for the 2011 air show season.
- 8. First name. He hopes to break a world record before the airshow.
- 15. Spelled with and A, not an E. We have 9 of them.
- 18. You're reading it. And it's going to get better.
- 19. Look for an F-14 to be parked here.

Down:

- 2. Upgrading this next year. Long and strong!
- 5. This rattled and rolled us on Easter.
- 6. Doubling from 4 to 8, inspired by NASCAR? For airplanes.
- 8. Do this for all officers, foreign and domestic.
- 10. Shares a name with Pappy B. Near the Jetmart, getting a new color scheme soon!
- 11. The Brits have these here. Not really Blue Thunder.
- 12. They won the Captain's Cup Football League.
- 13. This is where the new California burrito is.
- 14. Not milk, but still SOY.
- 16. This uniform will be mandatory in 2011.
- 17. New goal, a desire to do better. Make one soon!

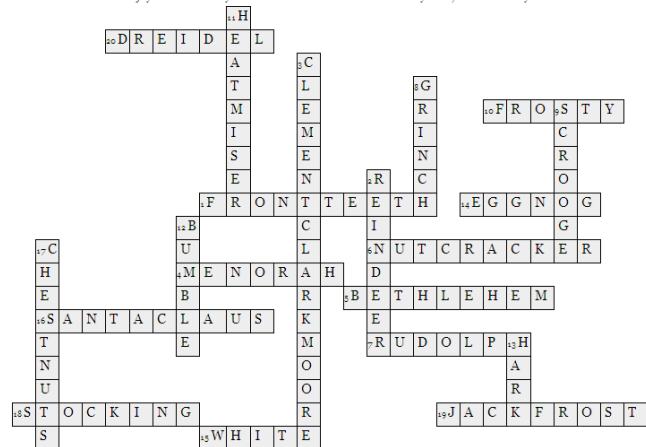
SUDOKU

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

DECEMBER SOLUTION

Christmas Crossword Crazyness KEY

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 (FRONTTEETH)
- 4. Nine-branched candle holder (MENORAH)
- 5. Little town where the reason for the season was born (BETHLEHEM)
- 6. Famous ballet about a wooden doll (NUTCRACKER)
- 7. Lead element in Santa's flight team (RUDOLPH)
- 10. He's one cool dude, has a magic (FROSTY)
- 13. Traditional holiday beverage, made from cows and chickens (EGGNOG)
- 14. I am dreaming of this kind of Christmas but not in El Centro (WHITE)
- 16. AKA St. Nick, might scare some little children (SANTACL AUS)
- 18. That big red guy stuffs these, sometimes with coal: (STOCKING)
- 19. He nips at your nose (JACKFROST)
- 20. Four-sided spinning top that Jewish children love (DREIDEL)

Down:

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

Mosquito surveillance in The Naval Air Facility El Centro



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Introduction:

There has been limited surveillance in Imperial County since West Nile Virus was established in California. Due to increasing complaints, mosquito surveillance program was started in Naval Air Field El Centro (NAFEC) on summer 2008 to determine the source and make-up of the mosquito populations. The program has collected thousands of mosquitoes during the season. Agriculture is present within the perimeter of NAFEC, unusual for military installation. This paper explores how agriculture may play a role in maintaining mosquito populations in NAFEC and presenting the WNV risk to military personnel, their dependents, civilians, and retirees.

Background:

- NAFEC is located in Imperial Valley Region, Imperial Co., CA.
- Imperial Valley has desert climate with over 350 days of sunshine and less than 76 mm (3 in) of rain annually. Winter temperatures from up to mid 80F to lows in the mid 40F to mid 50s F. During summer days, the dry desert heat can push temperatures well past 100F and overnight lows to mid 80F. Average annual humidity is 24%.
- West Nile Virus was probably introduced into California during July 2003 and was detected initially in a pool of *Culex tarsalis* mosquitoes collected near El Centro, Imperial County, on July 16, 2003 (Reisen *et al.*, 2004)

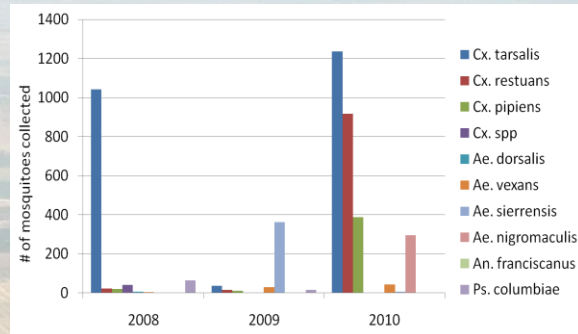
Methods and Materials:

- An IPM program was developed on summer 2008 to reduce the impact of mosquitoes in NAFEC. I established 6 mosquito collection stations and conducted weekly mosquito collection and identification. The methods of mosquito collection utilized are a combination of light trap with CO2.

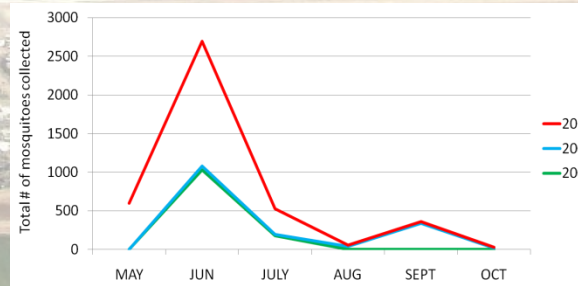
Acknowledgements:

Technical guidance and support are provided by Ephraim Ragasa and Dr. William Tozer of the Navy Environmental Preventive Medical Unit FIVE and Michael Medina from Naval Facilities Engineering Command Southwest.

Results:



Graph 1: At least 10 species were identified from 2008-2010.



Graph 2: Total number of mosquitoes collected from May to October timeframe

Discussion:

- NAFEC's agricultural leases and close proximity to extensive farmland is suspected to be the main contributing factor to increased mosquito activity because of the accumulation of stagnant water.
- Based on the data collected in the past three years, the mosquito season is from May to October with the high in the months of June and a small spike in September. Despite the minimal rainfall and blistering temperatures, we suspect the increase in mosquito activity coincides in the increase irrigation occurring at the same time period.
- NAFEC's IPM program includes treating larvicides to stagnant water within the perimeter.
- Despite the potential mosquito problems, the agricultural leases within NAFEC reduces potential for dust storms which can affect air operations.
- The Branch Health Clinic at NAFEC screens and conducts serum tests for patients who are suspected to have West Nile Virus. The clinic also tests for any past or present infections. The clinic collects dead birds and submits samples that meet the criteria for testing to UC Davis Vector Control.
- Future Project:
 - To conduct a strong public education campaign.
 - Maintain larviciding of suspected breeding sites.

Reference:

1. Reisen W.K., *et al.* (2004) West Nile Virus in California. *Emerging Infectious Diseases*, **10**, 1369-1378. <http://www.cdc.gov/ncidod/EID/vol10no8/04-0077.htm>



The views expressed in this article are those of the author and do not necessarily reflect the official policy or position of the Department of the Navy, Department of Defense, nor the U.S. Government.

ADVENTURE

Outdoor Adventure

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



January Rental Special

Softball Bag (12 gloves, 2 bats and 4 balls)
48 qt. Ice Chest and
Pitching Machine (if available)

Daily Rental: \$10
Weekend Rental: \$20

JANUARY 2011

NAF EL CENTRO

MWR OUTLOOK

FAMILY BOWLING LEAGUE

1 adult and 1 child per team
Every Tuesday • 1700

10-week league starts January 18, 2011*
\$60 per team (or \$12/wk)

1st place: Nintendo Wii
2nd & 3rd place: Trophy

Sign up today at the Bowling Center!
For info call 760-339-2918/2575.

**Sign up by January 14, 2011. Minimum of 8 teams
needed to run league. No late entries will be accepted.*

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



BECOME CPR & AED Certified
Learn how to save a life!



\$25 2-Day Course*

Dates Available:

January 11-12, 1700-2100

January 18-19, 1700-2100

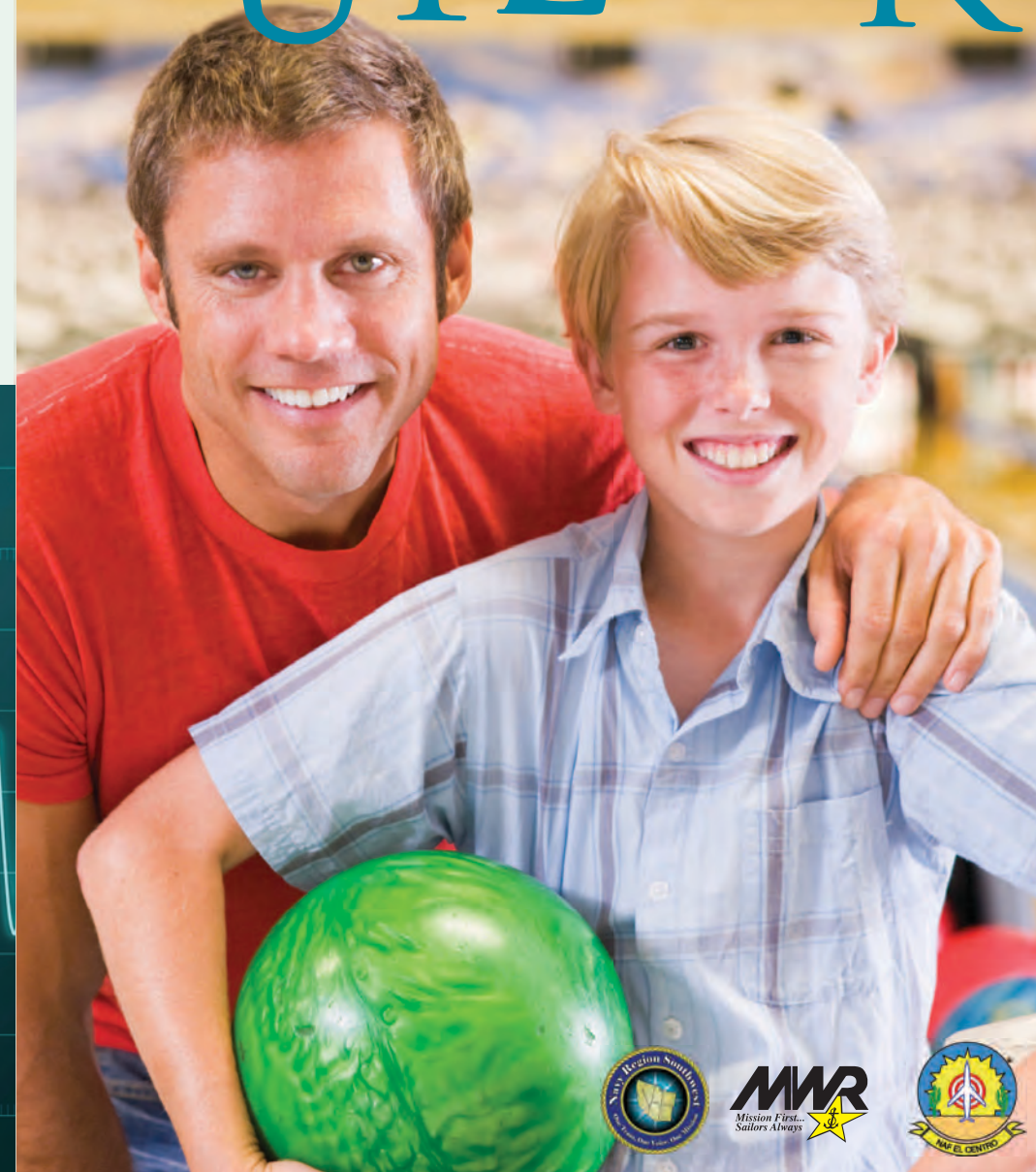
January 25-26, 1700-2100

**Must attend both days to receive certification.*

Child & Youth Programs

Bldg. 3400 • Multipurpose Room

760-339-2627



FOOD

Mirage Club

Bldg. 227 • 760-339-2996

Lunch:

Monday-Friday 1100-1300

Dinner:

Monday-Friday 1700-2000

Lunch Buffet: \$8.95

(includes your choice of soup or salad)

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

CHEF'S WEEKLY SPECIAL

January 3-7

Chile Rellenos \$6.95

Monday, January 3
Country Fried Steak

Tuesday, January 4
Fried Chicken

Wednesday, January 5
Meatloaf

Thursday, January 6
Carne Asada

Friday, January 7
Fish & Shrimp

CHEF'S WEEKLY SPECIAL

January 10-14

Reuben Sandwich \$5.75

Monday, January 10
Salisbury Steak

Tuesday, January 11
Lasagna

Wednesday, January 12
Roast Pork

Thursday, January 13
Mexican Buffet

Friday, January 14
Seafood Buffet

CHEF'S WEEKLY SPECIAL

January 17-21

Carne Asada Nachos \$5.95

Monday, January 17
Holiday ~ Closed

Tuesday, January 18
Chiles Rellenos

Wednesday, January 19
Roast Chicken

Thursday, January 20
Prime Rib \$9.95

Friday, January 21
Fish & Shrimp

CHEF'S WEEKLY SPECIAL

January 24-28

Chili Bread Bowl \$3.95

Monday, January 24
Beef Tips

Tuesday, January 25
Pasta Bar

Wednesday, January 26
BBQ Chicken & Pork

Thursday, January 27
Carne Asada

Friday, January 28
Ceviche

CHEF'S WEEKLY SPECIAL

January 31- February 4

Shrimp Cocktail \$6.50

Monday, January 31
Enchiladas



LIBERTY

Bldg. 202 • 760-339-2559

LIBERTY PROGRAM FOR ACTIVE DUTY ONLY

Monday-Friday
0700-2100

Saturday-Sunday
1100-2100

Holidays
1200-1800

Events held at the Liberty Center
unless stated otherwise

Every Tuesday Karaoke Tuesdays

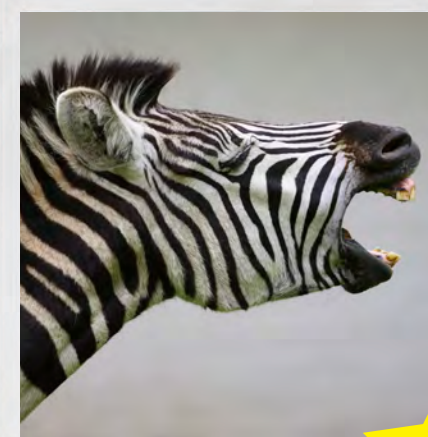
Time: 2000

Location: Sun Downer Club



Karaoke Tuesdays

Every Tuesday



Trip to San Diego Zoo

Saturday, January 22



Pool Tournament

Thursday, January 6

LIBERTY

Navy Morale, Welfare and Recreation

Saturday, January 1 & Sunday, January, 2

New Year's Day

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

Monday, January 3

Wii FIT Competition

FREE

Time: 1700

Thursday, January 6

Pool Tournament

FREE

Time: 1700

Wednesday, January 12

Hump Day Hot Wings

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: 1700

Thursday, January 13

Ping Pong Tournament

FREE

Time: 1700

Monday, January 17

Martin Luther King, Jr. Day

We're open holiday hours today, 1200-1800.

Thursday, January 20

Pre-Payday Pizza

Active Duty are invited to come by your Liberty Center for FREE pizza, while supplies last.

Time: 1700

Saturday, January 22

Trip to San Diego Zoo

Let's check out San Diego Zoo's new Elephant Odyssey, Polar Bear Plunge and more! Van leaves the Liberty Center at 0800. Sign up by January 18.

Price: \$5 (Active Duty get in FREE)

Monday, January 24

Wii Monster Buck Hunter Competition

FREE

Time: 1700

Friday, January 28

January Birthdays

Celebrate our January birthday babies with a FREE piece of cake, while supplies last!
Time: 1100

LIBERTY PROGRAM FOR ACTIVE DUTY ONLY

FITNESS

Navy Fitness Center

Bldg. 327 • 760-339-2488

Monday-Friday
0500-2000

Saturday-Sunday
0800-1700

Holidays
0600-1430

0600-1430



B.....Beginners Class
I.....Intermediate Class
A.....Advanced Class
PiYo....Pilates/Yoga

Saturday, January 1
New Year's Day ~ Closed

Sunday, January 2
No classes

Monday, January 3
0830-0900 Senior Strengthening
1130-1230 I. Spin
1600-1700 I. Spin 'N Abs
1700-1800 Total Body

Tuesday, January 4
1130-1230 I. Combo
1600-1700 I. Spin 'N Strengthening
1700-1800 Medicine Ball 'N Run
1800-1830 Abs Kicking

Wednesday, January 5
0830-0900 Senior Strengthening
1130-1230 I. Spin 'N Run
1600-1700 Total Body
1700-1800 PiYo

Thursday, January 6
1130-1230 Circuit Training
1600-1700 I. Step 'N Tone
1700-1800 Stability Ball 'N Run
1800-1830 Abs Kicking

Friday, January 7
1130-1230 I. Spin 'N Strengthening
1600-1700 Dance
1700-1800 PiYo

Saturday, January 8
No classes

Sunday, January 9
No classes

Monday, January 10
0830-0900 Senior Strengthening
1130-1230 I. Spin
1600-1700 I. Spin 'N Strengthening
1700-1800 Circuit Training

Tuesday, January 11
1130-1230 I. Combo
1600-1700 B. Sculpting
1700-1800 Medicine Ball 'N Tubing
1800-1830 Abs Kicking
BASKETBALL SEASON STARTS

Wednesday, January 12
0830-0900 Senior Strengthening
1130-1230 I. Spin 'N Run
1600-1700 Total Body
1700-1800 PiYo

Thursday, January 13
1130-1230 Circuit Training
1600-1700 Circuit Training
1700-1800 I. Step 'N Tone
1800-1830 Abs Kicking

Friday, January 14
1130-1230 I. Spin 'N Strengthening
1600-1700 Dance
1700-1800 Pilates

Saturday, January 15
0830-0930 I. Spin 'N Strengthening
1100-1200 Circuit Training

Sunday, January 16
No classes

Monday, 17 January
Holiday Hours ~ 0600-1430

Tuesday, January 18
1130-1230 I. Combo
1600-1700 Total Body
1700-1800 Medicine Ball
1800-1830 Abs Kicking

Wednesday, January 19
0830-0900 Senior Strengthening
1130-1230 I. Spin 'N Run
1600-1700 I. Spin 'N Run
1700-1800 Dance

Thursday, January 20
1130-1230 Circuit Training
1600-1700 Circuit Training
1700-1800 I. Step Aerobics 'N Tone
1800-1830 Abs Kicking

Friday, January 21
1130-1230 I. Spin 'N Strengthening
1600-1700 Dance
1700-1800 Pilates

Saturday, January 22
No classes

Sunday, January 23
No classes

Monday, January 24
0830-0900 Senior Strengthening
1130-1230 I. Spin
1600-1700 I. Spin 'N Strengthening
1700-1800 Circuit Training

Tuesday, January 25
1130-1230 I. Combo
1600-1700 Total Body
1700-1800 Medicine Ball
1800-1830 Abs Kicking

Wednesday, January 26
0830-0900 Senior Strengthening
1130-1230 I. Spin 'N Run
1600-1700 I. Spin 'N Run
1700-1800 Dance

Thursday, January 27
1130-1230 Circuit Training
1600-1700 Circuit Training
1700-1800 I. Step Aerobics 'N Tone
1800-1830 Abs Kicking

Friday, January 28
1130-1230 I. Spin 'N Strengthening
1600-1700 Dance
1700-1800 Pilates

Saturday, January 29
No classes

Sunday, January 30
No classes

Monday, January 31
0830-0900 Senior Strengthening
1130-1230 I. Spin
1600-1700 I. Spin 'N Strengthening
1700-1800 Circuit Training



TUESDAY NIGHT BUFFET

1700-2000

Buffet includes soup and salad.

January 4
Tri-tip \$9.95

January 11
Country Fried Steak & Salisbury Steak \$9.95

January 18
Mongolian BBQ
\$8.95 minimum

January 25
Prime Rib \$10.95

Mirage Club, Bldg. 227
760-339-2996



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 work out too! Parents/guardians are responsible for child(ren). No child(ren) shall be left unsupervised while in the Family Fitness Facility.

Now Open!