



Issue 7

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March 2011

NAF EL CENTRO

SANDPAPER



The 2011 NAF El Centro

Centennial of Naval Aviation (CONA) Air Show:
Starring the Blue Angels and a cast bigger than ever!

Sometimes, when you look around, especially the first two weeks of March, it might seem like something special is going on. Once a year, NAF El Centro: The Pearl of the Desert, and the site of some of the best air and ground training facilities in the world, changes gears and hosts an air show.

This is somewhat like putting together a movie. We have a major star, outstanding supporting cast, technicians, lighting assistance, sound people, caterers, producers, directors, electricians, marketing, and just about any other job you might find in Hollywood. This year the base is aiming for a blockbuster!

Our star is the legendary Naval Flight Demonstration Squadron; the Blue Angels! The team originally formed in 1946 and calls Florida their regular home. However, from December through March, they train at their winter facility here at El Centro. We are fortunate to be the "opening night" for their annual air show season. The distinctive blue and gold paint scheme has adorned eight different aircraft throughout their 65 year history. From the F6F Bearcat to the modern F/A-18 the Blues have flown cutting edge aircraft in a gut-wrenching performance designed to thrill crowds of all ages. The techs, mechs, and support staff have been working overtime to make sure the pilots have the best possible prop to perform their act. Furthermore, the Blue Angels have "Fat Albert," possibly the coolest C-130 demo ever.

Our supporting cast is by no means second class! Stars in their own right, these men and women have legendary performances that obviously defy gravity, but also fill you with wonder and amazement. Expect to see such

CONTINUED ON PAGE 2

Inside This Issue

- 01 2011 AIR SHOW
- 02 CO's Corner
- 02 Det Loading
- 03 CMC Corner
- 03 CCC Corner
- 04 DEFY Corner
- 04 Citizen in the Spotlight
- 05 Date Night
- 06 Classifieds / Jobs
- 07 The Desert Beat
- 08 Coming Events
- 09 Book Review
- 09 Black History Month
- 10 Kids Zone
- 11 Local Military History
- 11 What was going on....
- 11 Legal Corner
- 11 Environmental Corner
- 13 Medical Corner
- 14 UK Apache Det
- 16 Recent Events
- 17 Crossword Puzzle
- MWR Outlook



WWW.FACEBOOK.COM/NAFEC

Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
MARCH	5	3	471	44
APRIL	4	3	496	31

COMMANDING OFFICER



"March is always a special month at NAF El Centro. Spring training begins for baseball, the weather is perfect (or at least it is on most days), and we get to show the people of the Imperial Valley how much we appreciate their support by hosting the annual Air Show and Food Fest Events.

This year's Air Show promises to be our biggest one yet. There are scheduled to be over 40 static displays, and we will have more flying acts than we've ever had. As usual, the Blue Angels will be the headline act. After spending the winter with us, they always open their show season by performing at our Air Show. Just like last year, we will also have Metal Mulisha performing their thrilling act. All in all, I truly believe that no one will leave the show unsatisfied.

One thing I would like to say is that I am so appreciative of the efforts of everyone who works on this base to make sure that the Air Show goes off without a hitch. It truly is an all hands effort, and many of you put in long hours to ensure the show's success. The reward for all of your hard work will be evident in the smiles of the children who are thrilled by all of the performances, and in the pride shown by the public in their Navy. I won't be able to see each and every one of you during the Air Show to personally thank you, so please allow me to do it here in advance. Thank you. Thank you for all that you do every day on this base. Thank you for all that you are doing to make the Air Show the best event of the year in the Imperial Valley." ❖

CO

 CONTINUED FROM COVER PAGE

famous personalities as Spencer Suderman, Bill Cornick, John Collver, Rich Perkins, Matt Chapman, Viper West, Metal Mulisha, the Black Daggers, the USAF C-17 Flight Demo, a Trainer Parade, the Trojan Phlyers, the Navy's TAC demo, Heritage Flights, and a SAR demo. In case you were counting, NAFEC will have more acts than last year.

And what movie would be complete without eye candy? A huge mixture of vintage and modern military aircraft, classic cars, and information booths are there to grab your attention and demand a photograph. Look for cameo appearances from a B-17, B-25, P-51, F-14, British Apache and Lynx helicopters, a selection Seahawk variants, F-18's, Prowlers, Growlers, Cobras, Hueys, George Patton, a Flying Banana, some storm troopers and so much more, that space does not permit us to list them all. Suffice it to say, you really need to bring extra rolls or film or additional memory cards!

Also, do not forget that the overall theme this year is the Centennial of Naval Aviation. Born in our own backyard at North Island, the Navy's flight program, and aviation in general is the second most explosive technology of all time, beat out only by the computer. From the Wright Brothers, to landing on the moon, from the Space Shuttle to the new Joint Strike Fighter and Unmanned Aerial Systems the Navy has been a critical part of the history of flight. ❖

Article by: ETC Haugh



COMMAND MASTER CHIEF



Team NAF El Centro,

We have just completed exercise Solid Curtain/Citadel Shield and early reports indicate that while we handled the scenarios well overall (Base protesting, aircraft mishap and a single lone shooter) we still have some room for improvement. We must always train like we fight! In the real world, you may not get a second chance for a do-over. No matter what your job is on this Base, it is important to fully debrief to determine what worked and what did not from these scenarios. This shared knowledge will make you a better Sea Warrior!

For all Second and Third Class Petty Officers pay grades, I encourage you to stay focused in these next two weeks for the upcoming rating exams. It is important to set aside time each night to study to ensure you are prepared for them. It's been my personal experience that cramming for the exams simply does not work.

As you look around our base, you will see that we have completed the renovation of our F-14 Tomcat, A-6E Intruder and the A-7 Corsair II. I would like to extend a "Loud and Clear Shout Out" to AM2 Grimes, AM3 Rinehart, NC1 Jones, AM2 Westenbarger and MA1 Hernandez for setting the bar for all of us to follow. This elite cadre of professionals did a superior job in bringing the F-14 and A-6E back to their original glory.

I want you to know that as we work together as One Team hosting this year's NAF El Centro's Food Fest and Air show of on 11-12 March, with a bit of extra effort this year, we will achieve a memorable milestone as we celebrate our Centennial of Naval Aviation. ❖ 2009, www.NavyChief.com

Thank you for all you do!

CMC



Security Clearances and you!



Going through the process to obtain a security clearance should instill in every member how important and serious these credentials are. The U.S. economy and record retention rates have contributed to the growing competition in reenlisting. A significant number of Navy ratings require you to hold a clearance. If you lose your clearance in today's career climate you might be going home. Losing your clearance can mean losing your rating. The Navy gives you a chance to convert when you lose your clearance. With the nature of the Navy today, conversion options are very few and very competitive. Not having a current clearance can also invalidate past advancement results or prevent you from taking a future exam.

The most often cited reason that a person loses his or her clearance is financial difficulty. Anyone can get into trouble with respect to money. However, the key is to be proactive and tell your chain of command. If you start working your financial problems well before the command has received notification there is a very good chance you will keep your clearance and rating! Your Command has resources in place to help you. Some of the options available to you are Command Financial Specialists and the Navy Marine Corps Relief Society. The Command Financial Specialist can help you establish a budget, work out ways to pay bills off quickly, and discuss ways to save money. Navy Marine Corps Relief Society can help by giving no interest loans when you're in trouble. Stay on top of your finances before they get on top of you! ❖

Article by: NC1 Jones





DEFY MEETS THE BLUE ANGELS

On Saturday, February 26th, the DEFY youth met with the Blue Angels, embarking on a guided tour through their work centers. After the tour, the youth got a preview of the Air Show demonstration from the Blues hangar followed by a photo with the eight pilots next to the Number 1 jet. The tour, guided by four first-year Blue Angel maintainers, was very rewarding and entertaining for the youth. The tour guides were very professional, enthusiastic, knowledgeable, and most importantly, proud of what they do. There were a total of sixteen DEFY youth and seven staff members in attendance. Additionally, the staff discussed the danger of internet predators and the importance of internet safety with the youth prior to the tour. The DEFY youth will meet again in early April. ❖ *Story by: AM2 Anthony Westenbarger*



DEFY Age Groups:

Youth 9-12, Junior Mentors 13-17

Who's Eligible?

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



Citizen in the Spotlight!



Donal Logue's versatility and talent make him one of the most respected actors today. Born in Ottawa, Canada, Donal moved all over the United States, from the Boston area to the Imperial Valley, where he lived most of his childhood and teen years in El Centro, California and attended Central Union High School (ASB President); his Junior year he attended St Ignatius College in Enfield, Middlesex, England. His mother was a teacher at Calexico High School in Calexico, California during the 1980s and 1990s.

Donal has roots in the Imperial Valley, as he comes home from time to time to take a break and visit with family and friends. During his visit you can count on him making a stop at Grasso's for some Italian cuisine and Camacho's Place; his home town favorite for local Mexican food. He has also been known to make personal appearances throughout the Imperial Valley's High Schools for Career Day's and various outreach programs.

A Dad to two wonderful children, when not acting, Logue is heavily involved in soccer, and regularly plays for the Los Angeles-based amateur team Hollywood United. He is also a fan of the Tottenham Hotspur Football Club.



Donal is one of those hometown heroes who believe in offering a helping hand to those who need it. After losing four friends in alcohol related incidents, Donal started advocating against alcohol abuse. He supports the National Marrow Donor Program*Be The Match*. He also supported the Imperial Valley Regional Disaster Fund to assist in disaster recovery after the 7.2 magnitude Easter earthquake. www.youtube.com/watch?v=cMxHPbr3gds

A note from Donal Logue: Please go to <http://www.marrow.org/> and register! last year- I swabbed my cheek, stuck it in an envelope, got a call - I matched a patient with terminal non-Hodgkins lymphoma in Europe (they keep it anonymous) I did a blood test- matched perfectly and am getting ready for simple IV procedure- Please go and register- it COULDN'T BE EASIER and you may be someone's (& their families & loved ones) last shot. See his Facebook post at [National Marrow Donor Program - Be The Match Marrow Registry](#)

Donal will be attending the 2011 NAF El Centro Air Show. Sailors should ask their Chief about meeting him.





Date Night

with ABFC(Ret.) Marc Willis

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

The Mechanic:

Players: Jason Statham, Ben Foster, Donald Sutherland, Tony Goldwyn

Genres: Action

February was a typical slow month in new movie releases. The choices for the wife and I were dire at best. With us both being a fan of Jason Statham, The Mechanic clearly presented the best opportunity at quality entertainment.

The Mechanic starts off with a splash; literally, Author Bishop (Jason Statham) drowns his target after hiding at the bottom of a pool awaiting an opening, very chic. Afterwards, the film also drowns. Author is tricked into killing his longtime associate Harry Mckenna (Donald Sutherland) by the head of their corporation, Dean (Tony Goldwyn). Guilt stricken, he takes on Harry's son Steve (Ben Foster) as an assassin understudy; eventually the dual take out Dean.

The action in this film is above average with the real drawback being the time in between action scenes. The time lapse however really took away from what was a dry plotted film to begin with. Perhaps if the action had been non-stop throughout The Mechanic would have received a Mr. Goodwrench certificate; oh wait, Mr. Goodwrench went by the wayside in much the same manner. With that being said, I rate this film two and a half anchors out of five.❖



Unknown:

Players: Liam Neeson, January Jones, Aidan Quinn, Diana Kruger, Bruno Ganz

Genres: Action, Mystery, Thriller

Billed as "The Bourne Identity" meets "Taken" lofty expectations are set, question is; were they met? It's all in the name or in this case a title; "Unknown" says much about my position throughout this sleek thriller.

Filmed in a wintry Berlin, Martin Harris (Liam Neeson) and Elizabeth Harris (January Jones) trudge along thru the first couple of scenes; obviously acclimating characters. The action or should I say non-action begins after a crash in the river leaves Martin with an identity crisis. Set out to prove his identity he encounters a few oddities like another man claiming not only to be Martin Harris (Aidan Quinn) but also a wife that doesn't recognize him. Will the real Martin Harris stand up? After surviving a couple assassination attempts he enlists the help of a former East German Stasi officer, Ernst Jürgen (Bruno Ganz) and lifesaver Gina (Diana Kruger). Jürgen eventually puts two and two together but ultimately takes his own life leaving Martin to discover not his true identity but the true shocking purpose of his visit to Berlin.

I conclude that while not on the level of "The Bourne Identity" or "Taken" with regards to action "Unknown" offers a more cerebral approach than all out butt kicking. Though the car chase seen can ignite memories of Jason and Marie recklessly evading the police in the streets of Paris; "Unknown" is more "The International" than the aforementioned blockbusters. With that being said, I rate this film three and a half anchors out of five.❖

CLASSIFIEDS

FOR SALE

FOR SALE: Gold gym trainer 550 series treadmill. Many different workout programs, includes Sound system, Pulse sensors, Measure heart rate, Fan, Inclines and User manual included. Used only a handful of times. Asking \$200 dollars. Call Donna at 760 455 3426



FOR SALE: Two PC Video Cards \$10 each and One Game Claw PC Video Game Controller \$10. Contact Kris Haugh at (760) 791-0197

WANTED

VOLUNTEER THRIFT SHOP CLERK – The base is looking for a volunteer to work the base thrift shop on Tuesdays and Thursdays from 0900 - 1300. Also more than one volunteer is O.K. one for Tuesday, one for Thursday. If you are interested apply with the CMC. x2437 or stop by BLDG 214

NOTICE! If there are no volunteers the thrift shop will be forced to shut down.

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

CAC Site Security Manager/Verifying Official

Job Location(s) CA, El Centro

Job Description: Provide PART TIME temporary contractor Identification Card Administration to Government clients as a DEERS/RAPIDS Site Security Manager at the base or site level.

Required Skills: Must be a US Citizen and possess excellent customer service skills. Personnel must speak, read, and comprehend English to the extent that they can read and understand printed regulations, detailed written orders, operating procedures, training instructions and materials.

Desired Qualifications: Previous ID card facility experience and knowledge of the military desired. A recent valid security clearance and personnel service support experience a plus. Candidate should have strong oral communication skills, must be a team player, dependable and possess a professional attitude and demeanor. Time management skills, ability to interact with all personalities within a military environment, and demonstrated problem solving skills are strongly desired.

Follow this link for more info:

http://hostedjobs.openhire.com/epostings/submit.cfm?fuseaction=app.jobinfo&jobid=310963&company_id=15695&source=ONLINE&JobOwner=1013038&version=1&ohjobs=y

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.mwrtoday.com/>
 NMCI: <http://h10134.www1.hp.com/services/>
 SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>





THE DESERT BEAT

BY MA3 SHAWN PRIESTLEY

On Saturday, February 12, 2011 NAS San Diego North Island was the place to be as the U.S. Navy commemorated 100 years of Naval Aviation with a spectacular event. About 200 aircraft flew over San Diego during the Centennial celebration. NAF El Centro Security Department sent volunteers to assist in maintaining safety and good order and discipline for the over 120,000 people in attendance. Upon arrival onboard NAS San Diego it was not long before a few of our very own Master at Arms were called into service. MA3 Earl, MASN Martinez and MASA Thompson assisted MA2 Petty in a medical emergency. A number of our MA's were directed to ride on the tour buses to ensure safety and good order while attendees were transported around base. Meanwhile other MA's were instructed to perform baggage inspections at the main entry control point pedestrian gate. Before the conclusion of the day every volunteer was involved in a BOLO (be on the lookout) for a missing child which resulted in the successful return of the child to their parents.

The 22nd through the 25th of February, NAF El Centro worked in conjunction with NAS San Diego and Command Navy Region Southwest to perform a number of drills to test the capability and response of Naval Security Forces and personnel onboard NAF El Centro. Tuesday the 22nd of February planners were in the final stages of preparing drill packages and setting up the locations of areas around base involved in the training. The 23rd started with the finishing touches being added to the areas that were to be used in training for the day. Security Officials raised the Force-Protection Condition from Alpha, the level set for any normal working day, to Bravo. While in Bravo, security forces increased measures to counter any possible threats. Once personnel assigned to critiquing security forces deemed conditions were ready the Force-Protection Condition increased to Charlie and security forces again increased Anti-Terrorism measures. While in Charlie FPCON, Security was called to an active-shooter scenario at the Navy Exchange/Commissary parking lot. The exercise involved securing the scene, making it possible for medical to enter and assist the injured. A peaceful protest was also arranged to march at the main gate for security to respond to. Both drills on Wednesday had volunteers from the Imperial Valley student body participating. On Thursday the 24th security began de-escalating the FPCON from Charlie to Bravo and then conducted an active shooter drill involving solely security personnel resulting in the successful cancellation of the threat that security was called to respond to. Once the final drill was completed, the FPCON was lowered again back to Alpha where it is normally set.

The month of February kept Security busy sending volunteers to San Diego to assist in the Centennial of naval Aviation as well as conducting drills onboard NAF El Centro. With the Food Festival and Air Show quickly approaching however, February will look like a month of relaxation compared to March as Security ramps up, expecting over 100,000 visitors to NAF El Centro. ❖



Photos Courtesy of the Imperial Valley Press



Family Valentine's Dinner & Bowling

Smashing success during February 14th event at Cosmic Bowling Center. All lanes were busy with families competing with each other while savoring a delicious pizza and having just great quality time with each other. It all started around 1700 and lasted until 2100 when the last smiling family exited the building. Parents enjoyed coaching their little ones to bowl. There were a total of 30 kids along with 19 respective adults. ❖

Article by Janie Almendariz
Photos by Janie Almendariz



Coming Events:

MARCH 04 - 13

California Mid-Winter Fair
Imperial
Opens Weekends 1200
Opens Weekdays 1600

MARCH 05

Blue Angels 10K Run/Walk
Race starts a Sunbeam Lake
Starts 0730



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

MARCH 26

Parents Night Out
CYP
1800-2200

MARCH 30

Runway 08/26 Going Offline
Runway Resurfacing
Back Online 30 August

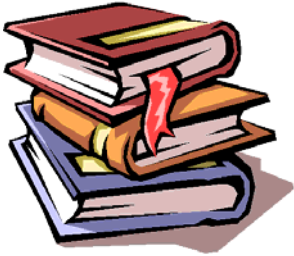
APRIL 01

Chiefs Birthday
118 Years of Leadership
Anchor Up!



JULY 16

El Centro day at the BallPark
PETCO Park, San Diego
Starts 1730

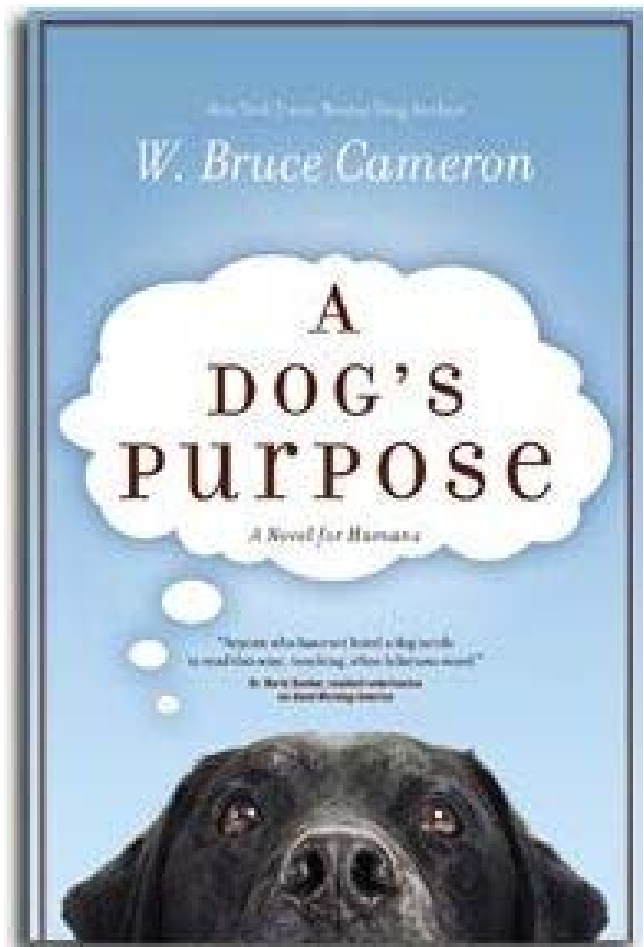


BOOK REVIEW

A DOG'S PURPOSE - W. Bruce Cameron

This heartwarming novel follows the four lives of a dog named Bailey as she struggles to determine what her "purpose" is in life. In each life, Bailey learns valuable lessons that she carries over to her next life. These lessons assist her in determining what her ultimate purpose is as a dog. Bailey first appears as a puppy raised in the wild and ultimately adopted by a woman who manages an unlicensed rescue operation. Next she is reborn as a golden retriever who almost dies when left in a hot car. She is ultimately rescued by a young woman and becomes the dog Bailey. Bailey is again reborn as a German shepherd police dog. It is not until she is reborn as a black lab that she completely understands her purpose in life. You will be truly touched at this Dog's ability to see the best and worst in her supporting cast. Cameron captures the reader's heart as you accompany Bailey on her multiple life journey. ❖

Review by: LT Kirtsey

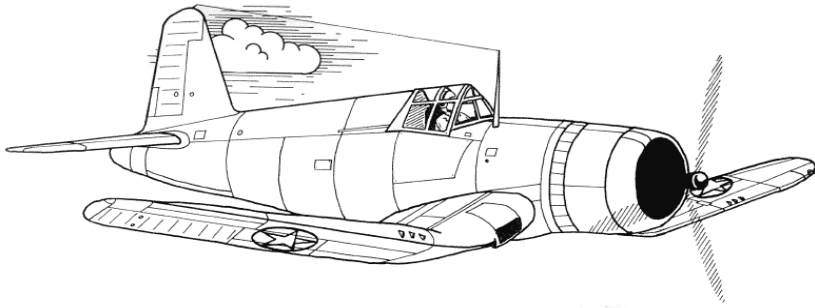


Black History Month Celebration

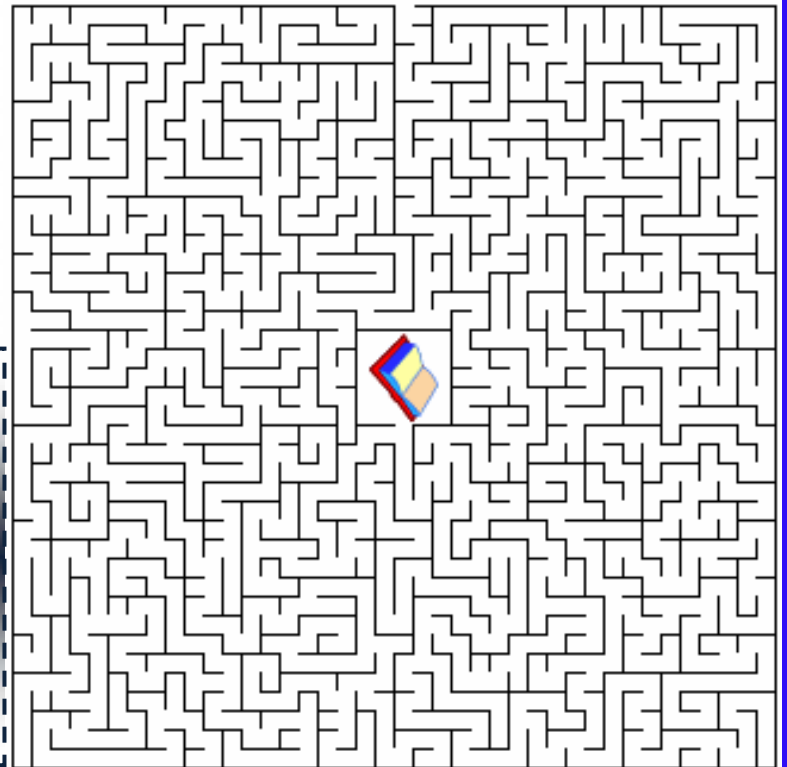
The Black History Month celebration was a raving success! Councilwoman Sedalia Sanders was gracious enough to come and speak with us. She has won many awards for the work she has done for this city! She was absolutely fantastic. She was warm, friendly, educational, and one of the most eloquent speakers I have ever had the pleasure of witnessing! She gave us a quiz and we worked on it together which was very fun, and she had wonderful insight on the sentiment of the African Americans during the Civil War. In addition to the keynote speaker, we had Southwest High School Drumline perform a routine. It was very entertaining! Not only was the routine pleasing to the ears, it was very aesthetically pleasing as well! They danced around with the drums and the snare drums performed stunts with their drumsticks. After the event we ate soul food and listened to music by successful African American artist like Marvin Gaye and the Jackson 5. Thanks to the donations and the volunteers, we had an abundance of food. We had cornbread, black eyed peas, collard greens, catfish, macaroni and cheese and much more! Listening to the music, eating soul food and chatting with the people in attendance made me feel like I was at my family reunion! The event would not have been as wonderful as it was if it wasn't for the help of the AOC, the Mirage club and the commissary. They contributed food, tables and money, which was crucial to the success of the event. It seemed like everyone enjoyed themselves. I know I did! ❖ *Article by AT3 Perkins*



KID ZONE



Women were given the right to vote in 1920 when the 19th Amendment to the Constitution went into effect.



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!

Local History with Two Old Goats

Every now and then the Two Old Goats run into a mystery, wrapped in an enigma, that even they cannot solve. Generally, this means that the historical issue in question was not really historical, it was a figment of their imagination, or somebody is hiding a deep dark secret. In these dire times they know what to do. They ask you! Here is what we need. We want you to start asking all the people you know to help solve a question. The question is: "Who was Kearn and Mordan, and what did they do to deserve a field being named after them?" Kearn and Mordan are not names normally associated with historical Navy (or Marine) markers. Did these people give the ultimate sacrifice? Did they serve a particular role? Were they local heroes? The Old Goats need your help.

Next, if it were possible to change the names of the field, what name should we change it to and why? We're not saying the name will change. After all, we might discover the meaning behind the current names. Thank for your help, and until next month, they will keep scratching their heads trying to figure out the riddle of the names. ❖

ENVIRONMENTAL CORNER

U.S. Department of Energy
Federal Energy Management Program (FEMP)

Equipment Procurement

The Federal government spends about \$10 billion annually on energy-consuming products and services for its buildings, operations, and transportation. As the world's largest volume-buyer of energy-related products, the Federal government can save energy, save money, and help drive the market for energy-efficient, renewable energy, and water-conserving products. To find out how your agency can make purchases that are smart about energy and cost, and meet legal requirements (FAR 23.203 – Energy Efficient Products), access Energy Star and FEMP's energy efficiency product recommendations, interactive energy cost calculators, and other resources. ❖

FEMP Website

<http://www1.eere.energy.gov/femp/procurement/index.html>

Energy Star Website

http://www.energystar.gov/index.cfm?fuseaction=find_a_product

LEGAL CORNER



New Legal Officer

Hello NAF El Centro,

My name is ABFCS Deaton and I am taking over the Legal Officer responsibilities from LT Kirtsey, I am located in Bldg. 507 (last Bldg on your left on 8th street). Come by and see me for all of your Legal needs (Wills, POA's, Public Notary), this is a new duty for me, I have a Fuels background (22 years) and about 3 days of legal experience, so please bear with me in this new endeavor, I may not have the answer for you right away, but I will certainly get the answer for you. I look forward to serving as your NAF El Centro Legal Officer. ❖

WHAT WAS GOING ON...

March, 1973 – NAFEC Sandpaper

NAF Air Show Cancelled Following Loss Of Blues' Jets: "The loss of three aircraft on March 8 has forced the Navy's Blue Angels Flight Demonstration Team to cancel its scheduled appearances in March and early April. Most of the enlisted men have already been taken back to their Pensacola headquarters."

3 Blues Are Safe After Jets Crash in Mishap: "Three members of the U.S. Navy Flight Demonstration Team ejected safely yesterday when their F4 phantom jets collided in mid-air over their practice area. The Flight Demonstration Team was practicing a trail loop formation at the time of the accident."

NEW HOT STUFF MENU



THE BOWLING CENTER

Bldg. 485, NAF El Centro • Delivery: (760) 339-2918



Appetizers

Potato Wedges	\$1.50	Hot Wings (5 piece)	\$3.50	Popcorn Chicken	\$4.00
French Fries	\$1.50	Hot Wings (10 piece)	\$6.25	Jalapeno Cheese Poppers	\$2.75
Hot Stuffed Stix Cheese	\$2.50	Chicken Tenders	\$2.75	Mozzarella Stix	\$2.75
Onion Rings	\$2.75	Popcorn Shrimp	\$3.25	Nachos	\$2.50
Vickie's Chips	\$1.00			Egg Roll	\$2.00



Burgers

		Combo Meal <small>includes fries & drink</small>
Hamburger	\$2.50	\$4.50
Cheeseburger	\$3.00	\$5.00
Bacon Cheeseburger	\$3.50	\$5.50
Bowler Burger	\$3.50	\$5.50
Freedom Burger	\$4.50	\$6.50



6" Personal Pizzas

Single Topping Pizzas	\$3.25
<small>Cheese, Pepperoni, Italian Sausage, Canadian Bacon, Beef, Pork</small>	
Specialty Pizzas	\$3.50
<small>Double Pepperoni, 5-Meat, Garden Style, Hawaiian, Bacon Cheeseburger, Masterpiece Supreme®</small>	



Chicken Sandwiches & Wraps

Crispy Chicken Sandwich	\$3.00	\$5.00
Crispy Cordon Bleu	\$3.50	\$5.50
Grilled Chicken Filet	\$3.25	\$5.25
Grilled Cordon Bleu	\$3.80	\$5.80
Grilled Chicken Wrap	\$3.75	
Crispy Chicken Wrap	\$3.50	
Chicken Tender Wrap	\$3.25	



Large Pizzas

Single Topping Pizzas	\$12.00
<small>Cheese, Pepperoni, Italian Sausage, Canadian Bacon, Beef, Pork</small>	
Specialty Pizzas	\$14.50
<small>Double Pepperoni, 5-Meat, Garden Style, Hawaiian, Bacon Cheeseburger, Masterpiece Supreme®</small>	



Other Great Stuff

Carne Asada Burrito	\$4.50
Philly Cheese Steak Sub	\$4.50
California Burrito	\$5.50
Chimichanga	\$1.75
Homemade Cookie	\$0.75



Drinks

Energy Drink	\$2.50
Snapple	\$1.75
Ice Tea	\$1.25
Sodas	20 oz. \$1.25 32 oz. \$2.00 2L \$2.50
Smoothies	Small \$3.00 Large \$4.00

Add a nutritional booster to any smoothie for only 50¢
 1. Dessert De-Light (banana, strawberries & fat free yogurt)
 2. Strawberry Fields (strawberries & fat free yogurt)
 3. Creamy Pina (pineapple, banana, coconut & fat free yogurt)

CORONA, DOS XX, BUD LIGHT, MICHELOB ULTRA, MILLER LITE, COORS LIGHT

MEDICAL CORNER**HMC Bell says,**

"Is your IMR Up to date? Did you know that you could be deployed anytime? Contact your IMR Representative to see if you are fully ready. I pity the fool!"

**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.

NAF El Centro Base Lactation Room supports New Mothers!!!!

By HM3 Amanda Robert

Medical has a new function that will open Monday, March 7th to Active Duty/Civilian/Contract workers here on base, the new Base Lactation Room. You may be asking yourself, "What the heck is a lactation room?" This is a room that will provide breastfeeding mothers a clean, private, comfortable area to pump and store breast milk. It is a Navy requirement to have a non-lavatory space for exactly this purpose.

This is not a breastfeeding room. Mothers will not be able to bring their babies to work or pick them up on the way to the clinic to breastfeed. Anyone who wants to use the room will start by checking in with LT Laura Anderson or HM3 Amanda Robert at the clinic. We will provide guidance for mothers that will be using the room, to include rules and regulations on usage. Users will have to bring their own breast pumps, but will be able to store their milk in the room's designated refrigerator until the end of each business day. We also have a Lactation Educator here in the clinic, RN Irish Nicholas.

If you have any questions, please feel free to contact LT Laura Anderson or HM3 Amanda Robert at 760-339-2674. ❖

Our Medical Office is online

By HM2 Menguita

Relay Health is an online program where you can seek your Doctor's assistance with your non-urgent needs. We have advertised it via The Sandpaper, passed it to our patients as they visit us, offered it via phone and also invited the patient population via e-mail.

Filling out the paper application form does not automatically enroll you however. Patients will receive an e mail from Relay Health and need to click on the link. Once patients are enrolled, they may request for appointments, refill medications and get lab results.

Please contact the medical facility for any questions at (760) 339- 2674 you may also e-mail HM2 (FMF/ SW) Menguita at Recille.menguita@med.navy.mil or check out the website at: www.relayhealth.com. ❖

**First Annual Sweetheart Dance**

On Friday, 11 February 2011 the Youth Center had their First Annual Sweetheart Dance. The night was filled with food, fun and dancing. The food was prepared by Mrs. Velinda Cruz and consisted of spaghetti, meatballs, a vegetable tray, brownies, cupcakes and punch. This was of course the menu the teens requested. There was a giveaway of chocolates, a teddy bear and free go cart rides at the end of the night. The winner of the drawing was De'Voughna Simmons, daughter of Chief Airhart from Weapons. ❖

Article by: Micah Hamblin



British Apaches take to the skies in El Centro

By Major Marc Briggs

British Apache Attack Helicopters have once again taken to the skies above El Centro. The latest detachment of troops from the UK have been arriving over the past two weeks and now total over 200 in number.

Over the next 3 months the 6 x UK Mk1 Apaches will be used for two purposes. First, to train air and ground crew in preparation for Operational deployment to Afghanistan, and second, to enable the conclusion of the training of 16 new pilots, who need to learn how to use the aircraft in tactical situations and fire the weapons systems to complete their training. All of the training is encompassed in one training Exercise called CRIMSON EAGLE.

Over the next few months the British Detachment will split their training between NAF El Centro and Gila Bend Aux AFB in Arizona. El Centro provides the perfect infrastructure and support for the Exercise to be based from, as well as allowing the aircrew to experience altitude training in the nearby mountains, while Gila Bend, and the Barry M.Goldwater Range complex has the space needed to fire all of the weapons systems in tactical scenarios.

The UK version of the Apache helicopter is powered by 2 Rolls-Royce RTM322 engines each with a power output of 1,566 kW (2100 hp). This is slightly different to the US Apache that uses T700-GE-701D (AH-64D block III) turboshafts, each with a power output of around 1,490 kW.

The UK Apache has a maximum speed of around 182 mph and cruise comfortably at 161 mph. With the standard fit of fuel tanks the aircraft has a range of approximately 1,120 miles. When the aircraft is on the ranges in Arizona the aircraft utilises all of its weapon systems. This includes M230 30mm Chain Gun with up to 1156 rounds, Hellfire missiles and CRV7 Rockets.

People often question what the different coloured belts represent that the UK soldiers wear. The belts identify different Regiments and Corps. The majority of UK troops in El Centro have a light and dark blue striped belt, this represents the Army Air Corps (AAC). The AAC has two distinct groups, the aircrew who pilot and command the aircraft, and the groundcrew who control the functions such as re-fuelling and re-arming. A dark blue belt with red and yellow strips represents the Royal Electrical and Mechanical Engineers (REME), these troops are responsible for ensuring all aspects of the aircraft are fit to fly and fight. You may see one dark green belt, this represents the Infantry Regiment of the RIFLES and belongs to the co-ordinator of the Exercise.

The Apache aircraft is a formidable weapons and surveillance platform and is proving its worth in support of UK, US and other Coalition troops every day in Afghanistan. The training that is conducted at NAF El Centro is vital to the UK's ability to provide this support on to our Troops on Operations. Much of the training success at NAF El Centro is down to the individual support from US Staff, in Departments across the Naval Facility, and for that, the UK troops in America on Exercise and those fighting overseas are very grateful. ❖



Restoring a Legacy

by ETC Haugh

As most Sailors are well aware, the F-14 Tomcat is no longer flying in the US Navy. There are very few in museums and none are known to be flying, Iran being the exception. However, NAF El Centro is lucky enough to have one of these historical aircraft. She cannot fly but she is beautiful. A project three years in the making, the Tomcat was originally located at the Pioneer's Museum. It was relocated to NAFEC awaiting final disposition by the Naval Aviation Museum. Last year, we were authorized to begin restoration and then display the aircraft as either a "stickbird" (plane up on a



pedestal) or on the ground. Next the base needed to decide what paint scheme to give the old girl.

One of the Old Goats was poking around the base when they stumbled upon a gravestone. Generally when you find one of these, there are bodies underneath. However, in this instance, there was no body because the marker referred to a squadron that decommissioned. The marker was for an F-14 squadron VF-114, the Fighting Aardvarks. Quickly breaking out his calculator and determining that one plus one really was two, he made the suggestion to have our newly acquired static painted in the competition orange colors of that squadron.

To accomplish this herculean feat in an aggressive time frame demanded the talents of the best of the best. Sailors from Strike, Security and NAFEC came together and invested more than 500 man-hours to make this bird look beautiful. The majority of the prep work for the project was accomplished by MA1 Hernandez, NC1 Jones and AM2 Westenbarger. The task of painting not only the body, but the fine details, fell on AM2 Grimes and his stalwart assistant AM3 Rinehart. Of note is the aardvark on the tail. True to the original squadron's art intentions, the tail of "Zog" waggles when the rudder moves.

On Saturday, March 12th, at our air show all hands will have the opportunity to see the first public viewing of the plane since 2008. Later this month, members of VF-114 are going to congregate at El Centro for a reunion. More details to follow once planning for that event is complete. Make sure you bring your cameras, this is a historic event. ❖



RECENT EVENTS

**IN THE
PEARL OF THE DESERT**

Heart & Soles 5k

10 March 2011

Congratulations to all the Heart & Soles 5k Participants.

1st place

Male- Michael Smeltzer
Female- Donna Watson

2nd Place

Male-Brendan Rok
Female- Micah Hamblin



AIRSHOW FACEBOOK PAGE:

<http://www.facebook.com/pages/NAF-El-Centro-Airshow/452256870505.MIL>

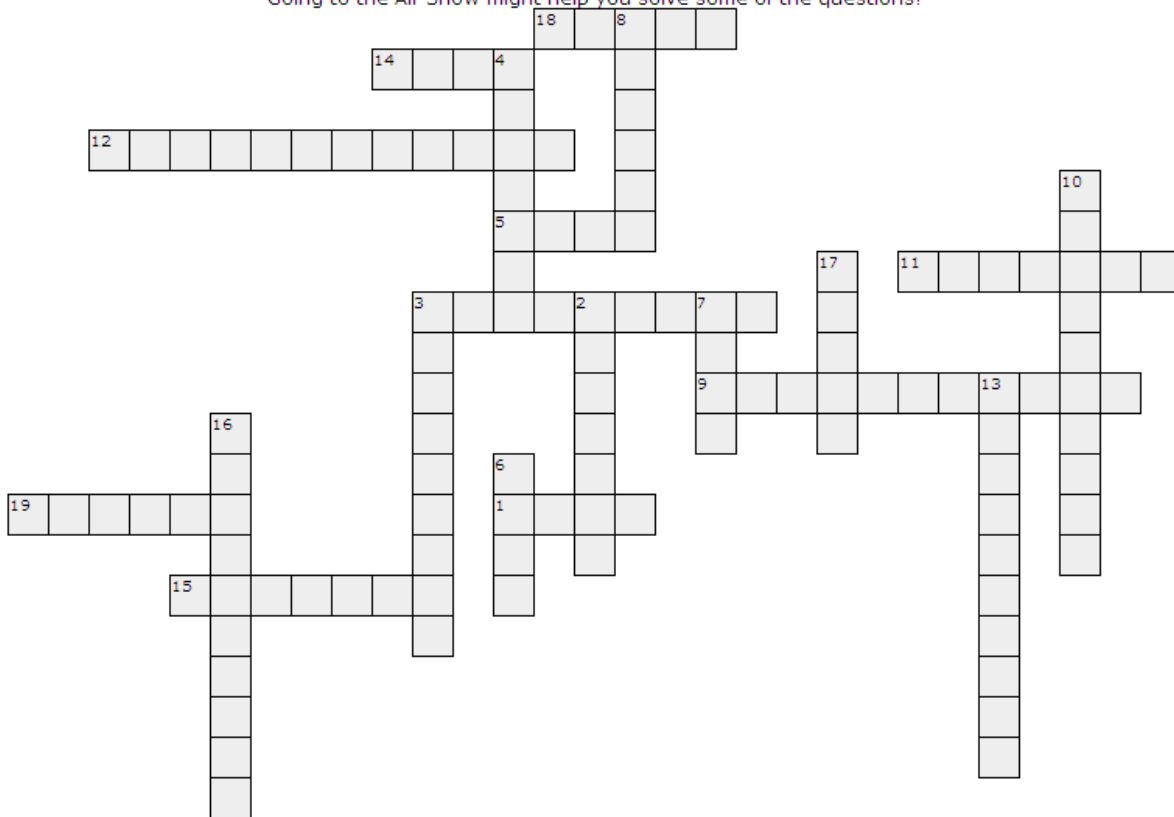
SANDPAPER CONTACT INFO:

E-MAIL:

W_ELCN_PAO_SANDPAPER@NAVY.MIL

Hide and Seek at the Air Show

Going to the Air Show might help you solve some of the questions!



Across:

- 1. A British cat
- 3. An explosive finale to Food Fest
- 5. The theme for this year
- 9. This aircraft lit the Wall of Fire
- 11. She's the ATTU WARRIOR
- 12. They are the men in white
- 14. Classic stuffing in hangar 4
- 15. The new version of the prowler
- 18. A Marine Corps snake
- 19. NAFEC's rare bird, doesn't fly, but looks great!

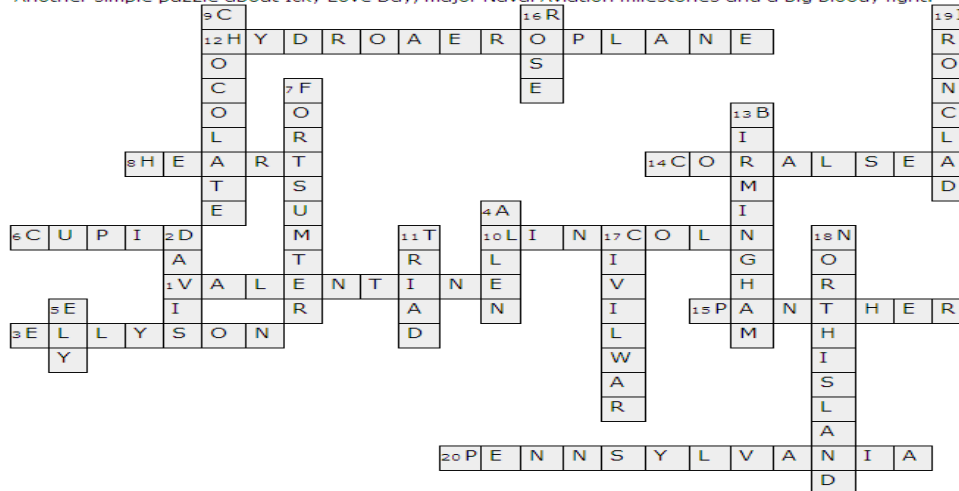
Down:

- 2. A surprise event in the morning
- 4. Attempting to break a world record
- 6. The Black Daggers are bringing this to the show
- 7. He's the Blues new Boss
- 8. This flying fruit is really a helicopter
- 10. It all revolves around this.
- 13. The first display you see coming through the gates
- 16. Metal Mulisha flies this vehicle
- 17. If you have a problem this hangar can solve it.

FEB SOLUTION

Love and Anniversaries KEY

Another simple puzzle about Icky Love Day, major Naval Aviation milestones and a big bloody fight.



Across:

- 1. This Saint has his day on the 14th. (VALENTINE)
- 3. Aviator #1 was LT ??? (ELLYSON)
- 6. Missile armed, mutant baby with wings (CUPID)
- 8. Can be fluffy, red, chocolate or candy. Broken ones are bad. (HEART)
- 10. The Union President (LINCOLN)
- 12. Glenn Curtiss' vehicle that sparked interest in Naval Aviation (HYDROAEROPLANE)
- 14. Significant WW2 naval air battle, a ship too (CORALSEA)
- 15. LCDR Amen in his F9F??? was 1st Navy pilot to shoot down a jet (PANTHER)
- 20. First trap on a ship was on the USS ??? (PENNSYLVANIA)

Down:

- 2. The Confederate President (DAVIS)
- 4. LTJg ??? was the first woman to be designated a naval aviator. (ALLEN)
- 5. Might be considered the first Naval aviator (civilian) (ELY)
- 7. Site of first Civil War battle. (FORTSUMTER)
- 9. Milk, Dark, Swiss, Belgian, hot... (CHOCOLATE)
- 11. First Navy air plane, the A-1 ??? (TRIAD)
- 13. First aircraft launch from a ship was on the USS ??? (BIRMINGHAM)
- 16. ...by any other name would smell as sweet (ROSE)
- 17. 2011 celebrates 150 years of this American conflict (CIVILWAR)
- 18. Birthplace of Naval aviation (NORTHISLAND)
- 19. Monitor and Merrimac were examples of this type of ship (IRONCLAD)

BOWLING

Bowling Center

Bldg. 485
760-339-2575/2918

Family Fun Friday's

Bowling and Go-karts for the whole family!
Friday nights from 1600-2200 • \$50
1 Large pepperoni pizza,
6 soda drinks,
12 games of bowling,
6 shoe rental
4 go-kart rides

Youth Special

(up to 17 years of age)
Saturday 1000-1600 • \$6.50 Per Person

Special includes:
1 1/2 hours of bowling • Soda
Hamburger & French Fries • Bumpers (If Needed)
Lightweight Bowling Balls • Shoe Rental
(this special may not be used for parties. Once the lane is purchased time starts running)

Sunday Bowling

Get 2 hours of bowling on Sundays
1000 to 1600 • Only \$5 per person!
Includes shoe rental.
(All bowlers must be present when lane is purchased, no other bowlers can be added once game has started)

Child & Youth Programs

Bldg. 3400 • 760-339-2560

Child Development Center
Monday-Friday: 0545-1730

Teen Center
Monday-Friday: 1500-1730



4-H
Every Tuesday • Time: 1545
Location: CYP

Teen Night
Friday, March 18 • 1800-2200
Come out to you teen center for a night of games, movies, food and fun. For additional information call 760-339-2560.

Parent's Night Out
Saturday, March 26 • 1800-2200
For information call 760-339-2560

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

Naval Air Facility El Centro
Blue Angels
10K FUN RUN/WALK

Saturday, March 5, 2011 • 7:30 am

Celebrate the 1st Annual Blue Angels 10K Fun Run... it's a family event for all ages! You can run, walk or bring the stroller, strollers are allowed. All participants receive an event t-shirt.

Run begins at 7:30 am at Sarcobea Lake, on Sarcobea Lake Rd and ends at the Naval Air Facility El Centro Blue Angel Park.

BACK PACKS

Adult Entry (25 yrs. and older) \$25
Military Active Duty & 6 months ES+ \$20
Children (5-13 yrs.) \$15
Children 4 and under (No registration required) FREE
Groups of 25 or more (Team entries must be pre-registered together) (Team or group name needed on registration form) \$20
Police per permit \$20

For event registration and info go to www.nafelcentro.com or call 760-339-2627.



POST-RUN/WALK PARTY:
Invite your friends to cheer for you at the finish line and celebrate at the post race party at the Blue Angel Park, NAF El Centro. Enjoy refreshments, music, jumpers and free health screenings. Food is available for purchase.

NAF EL CENTRO

MWR OUTLOOK

THIS MONTH!!
Blue Angels 10K Fun Run/Walk
Saturday, March 5
See back cover for details.

14th Annual Entertainment & Food Festival
Friday, March 11 • 1730
Hangar 6 • FREE Admission
Sample food from local Imperial Valley Restaurants. Entertainment by Adam's Attic. A night show by the Army Black Daggers.



Naval Air Facility EL CENTRO AIR SHOW
Pre-AIR SHOW Party
Saturday, March 12
FREE Admission
Gates open at 8 am
Reserved seating available.
Backpacks and coolers not allowed.
For more information call 760-339-2519.

at the Sun Downer Club
Friday, March 11
2100-0200 • \$5



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 March 1-4

White Onion Soup \$3.95

Tuesday, March 1
BBQ beef & chicken

Wednesday, March 2
Fried Chicken

Thursday, March 3
Carne Asada

Friday, March 4
Fish & Shrimp

CHEF'S WEEKLY SPECIAL March 7-11

Poor Boy Sandwich \$4.50

Monday, March 7
Salisbury Steak

Tuesday, March 8
Fat Tuesday

Wednesday, March 9
Carne Asada

Thursday, March 10
Prime Rib \$9.95

Friday, March 11
Fish & Shrimp



TUESDAY NIGHT BUFFET

1700-2000
\$9.95 buffet includes:
soup & salad

March 1
Chicken Fried Steak & Salisbury Steak

March 8
Fat Tuesday

March 15
Prime Rib \$10.95

March 22
Mongolian BBQ \$9.95min

Mirage Club, Bldg. 227
760-339-2996

LIBERTY

Bldg. 202 • 760-339-2559

LIBERTY PROGRAM FOR ACTIVE DUTY ONLY

Monday-Friday
0700-2100

Saturday-Sunday
1100-2100

Holidays
1200-1800

Events are held at the Liberty Center
unless stated otherwise

Every Tuesday Karaoke Tuesdays

Time: 2000
Location: Sun Downer Club



Karaoke Tuesdays
Every Tuesday



St Pattys Day
Thursday, March 17



Sumo Wrestling
Thursday, March 30

Wednesday, March 9

Happy Birthday March Babies

Time: 11:00 while supplies last
Stop by your Liberty Center for a FREE slice of cake.

Friday, March 11

Entertainment and Food Festival

We will be closing at 1600. Join us at the Entertainment and Food Festival in hangar 6. Admission is free event begins at 1730.

Saturday, March 12

NAF El Centro Air Show

Liberty Center Closed

Wednesday, March 14

Call of Duty Xbox 360 Live Contest

Contest on-line. Prize for the winner
Time: 1800 must sign up @ 1700

Thursday, March 17

St. Patty's Day

Stop by for some St. Patty's cookies
Time: 1100 while supplies last.

Wednesday, March 23

Hot Wings Hump Day

Time: 1700 while supplies last

Saturday, March 26

Ping Pong Tourney

Time: 1700

Tuesday, March 29

Pool Tourney

Time: 1730

Thursday, March 30

Sumo Wrestling

Time: 1600

LIBERTY PROGRAM FOR
ACTIVE DUTY ONLY



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

Tuesday, March 1

1130-1230 I. Combo
1600-1700 Body Sculpting
1700-1800 I. Spin 'N Run
1800-1830 Abs Kicking

Wednesday, March 2

0830-0900 Senior Strengthening
1130-1230 I. Spin 'N Run
1600-1700 I. Spin 'N Strength
1700-1800 Plyometrics

Thursday, March 3

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

Friday, March 4

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

Saturday, March 5

0830-0930 Circuit Training
1100-1200 Spin

Sunday, March 6

No classes

Monday, March 7

0830-0900 Senior Strengthening
1130-1230 I. Spin Class
1600-1700 I. Spin 'N Abs
1700-1800 Plyometrics

Tuesday, March 8

1130-1230 I. Combo
1600-1700 Circuit Training
1700-1800 I. Step 'N Strength
1800-1830 Abs Kicking

Wednesday, March 9

0830-0900 Senior Strengthening
1130-1230 I. Spin 'N Run
1600-1700 I. Spin 'N Run
1700-1800 Circuit Training

Thursday, March 10

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

Friday, March 11

1130-1230 I. Spin 'N Strength
Closing at 1530

Saturday, March 12

Closed

Sunday, March 13

No classes

Monday, March 14

0830-0900 Senior Strengthening
1130-1230 I. Spin Class
1600-1700 I. Spin 'N Abs
1700-1800 Plyometrics

Tuesday, March 15

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

Wednesday, March 16

0830-0900 Senior Strengthening
1130-1230 I. Spin 'N Run
1600-1700 I. Spin 'N Abs
1700-1800 Plyometrics

Thursday, March 17

1130-1230 Circuit Training
1600-1700 Circuit Training
1700-1800 I. Spin
1800-1830 Abs Kicking

Friday, March 18

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

Saturday, March 19

0830-0930 Circuit Training
1100-1200 Spin

Sunday, March 20

No Classes

Monday, March 21

0830-0900 Senior Strengthening
1130-1230 I. Spin Class
1600-1700 I. Spin 'N Strength
1700-1800 I. Step 'N Tone

Tuesday, March 22

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

Softball Season begins

Wednesday, March 23

0830-0900 Senior Strengthening
1130-1230 I. Spin 'N Run
1600-1700 I. Spin 'N Run
1700-1800 Circuit Training

TRIPS

Information & Ticket Office

Bldg. 202 • (760) 339-2559
Open to all authorized MWR Patrons

Class B Driver Wanted

We are looking for a Class B driver for our trips. If interested please stop by and see Charlotte.



Wednesday, 30 March

0830-0900 Senior Strengthening
1130-1230 Spin & Run
1600-1700 Spin/Run
1700-1800 Circuit Training

Thursday, 31 March

1130-1230 Circuit Training
1600-1700 Body Sculpt
1700-1800 Plyometrics
1800-1830 ABS Kicking



Thursday, March 24

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

Friday, March 25

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

Saturday, March 26

No Classes

Sunday, March 27

No Classes

Monday, March 28

0830-0900 Senior Strengthening
1130-1230 I. Spin Class
1600-1700 I. Spin 'N Abs
1700-1800 I. Step 'N Tone

Mission Nutrition Workshop 0800-1630

Tuesday, 29 March

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