



Issue 8

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NAF EL CENTRO

SANDPAPER




The Best Air Show Ever!

Unless you live under a rock, or are completely detached from reality, you have heard that our last air show was a phenomenal success. The hard work, long hours, meticulous planning, and the natural dedication to duty that all Desert Warriors at the Pearl of the Desert demonstrate, paid off. More than 50,000 thousand people showed up to see more statics than ever, a bigger wall of

fire than ever, more performers than ever and heck even Imperial Stormtroopers! Specifically NAF El Centro had about 60 statics. These included 32 classic cars in hangar 4, various vintage and modern military airplanes, civilian aircraft, large displays from the US Navy, Army, Marine, and Air Force Recruiters, local businesses, NASCAR, and a roving patrol from the Southern California Garrison of the 501st Stormtrooper Legion. A truly remarkable display was Helo Haven. Spearheaded by our cousins-in-arms, the Brits and their Apache and Lynx helicopters, 11 different rotary aircraft were featured in one area where spectators could interact with the crews of these birds.

There were amazing performances by the Navy's TAC demo team and a legacy flight with two Super Hornets, a Bearcat and a Hellcat. The Air Force's ACC demo also included a heritage flight with their F-16 Falcon and a P-51 Mustang. After walking through the C-17, the crowd was awed by the gigantic planes maneuverability as it did several passes over the airfield. Bill Cornick and Spencer Suderman furiously raced each other. Bill's experience won out over Spencer's youthful exuberance. Halfway through, the Super Hornets, Bearcat and Hellcat participated in what culminated in a 1500 foot "Wall of Fire!" In case you were worried, no we did not melt the metal on the hangars. We did manage to knock a few pictures off the walls with the blast however. Metal Mulisha awed the crowds with their gravity-defying leaps, turns, twists, and loops with motorcycles. Finally, the Blue Angels and Fat Albert dazzled everybody with a performance that brought thrills and chills to the more than 50,000 spectators present.

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WWW.FACEBOOK.COM/NAFEC

Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
APRIL	9	5	698	40
MAY	8	4	1165	68

DON'T ASK DON'T TELL (DADT) TRAINING

From Defense Media Activity - Navy

WASHINGTON (NNS) -- The Navy released NAVADMIN 041/11 Feb. 4 to provide Sailors with additional information and guidance following the repeal of the Don't Ask, Don't Tell (DADT) policy. The message, which is the second in what will be a series of NAVADMINS to inform leadership and Sailors on the subject, details a three-tiered approach to how training will be conducted across the fleet in order to provide for a smooth transition once the final repeal has been issued. The chief of naval operations (CNO) has designated Commander, U.S. Fleet Forces Command as the executive agent for delivery and tracking of the education and training and OPNAV N1 as the executive agent for the development of content. "The path to repeal of DADT requires informed and proactive leadership at every level. I will ensure you remain fully informed as we progress. I am counting on each of you to ensure that throughout this implementation period we do what we have always done: conduct ourselves with the highest level of professionalism and treat our shipmates with respect," said CNO Adm. Gary Roughead. Command leadership teams will be used to implement training throughout the fleet, ensuring revised policies and standards of conduct are understood. Sailors are reminded that the current DADT policy remains in effect. The final repeal will not occur until 60 days after the president, secretary of defense and the chairman of the joint chiefs certify to Congress that the repeal can be made in a manner consistent with the standards of military readiness, military effectiveness, unit cohesion and recruiting and retention of the Armed Forces. Additionally, no policies, regulations or benefits will change until 60 days after the final repeal.

For more news, visit www.navy.mil/local/dadt/.

DADT Tier One and Tier Two Training has been received by all levels of Command Leadership. Tier Three Training will begin tomorrow at NAF El Centro at 1400 in building 401, with subsequent sessions on April 11th at 0700 and April 14th at 1400. Training is mandatory for all active duty military. ❖

 **CONTINUED FROM COVER PAGE**

The Friday prior to the air show was Food Fest. There, more than 3500 people came to the base to sample foods from various restaurants, get exclusive NEX merchandise, meet with the pilots and performers and watch the biggest fireworks show in the valley! The Black Daggers started the night off with a jump that included pyrotechnics. From then on the night was a gigantic party! The weekend events were the biggest ever. More of everything happened and the base has once again raised the bar. This truly was THE BEST AIR SHOW EVER! ❖

The Job isn't finished until the Paperwork is done!

By: PSSN Meráz, Marques L.

Did you know that there is a process involved in taking leave in another country? In fact, this process can seem particularly overwhelming to the unprepared Sailor. The last time I took leave, I was that unprepared Sailor; that's why I would like to arm my fellow Junior Sailors with the information necessary to avoid making the same mistakes that I made.

Any time you are entering another country (whether on leave or official business); you MUST refer to the Electronic Foreign Clearance Guide (FCG) for instructions on the steps necessary for entry. Fortunately, the FCG is very straight forward and gives you all of the information you need.

For example, I was traveling to Panama on leave. I purchased my tickets, bought gifts to give to family members when I arrived, and secured all of my travel arrangements. However, when I routed my leave request, my Chief explained to me that there was a process involved; and failure to take the necessary steps could jeopardize my authorization to go (even though I purchased tickets). I went to the FCG and looked at the laundry list of clearances and online training necessary to gain access; not to mention the fact that I had to submit for my clearances with the requisite lead time. In the midst of panic, I began the process to completing the steps. I had to get a country clearance, get a theatre clearance, do an ISOPREP, and AT level 1 training in order to be fully cleared for leave. The lesson learned here was that if all of the paperwork had been done ahead of time, this would have been a much less stressful evolution.

Each country has a different set of requirements for entry. If you are going on leave, TAD/TDY, or even PCSing to another country, refer to the FCG to see what you need to do prior to purchasing a plane ticket. ❖

Source: <https://www.fcg.pentagon.mil/fcg.cfm>

COMMAND MASTER CHIEF



Team NAF El Centro,

We have just hosted the best Food Fest/Air show this Base has ever had, bar none! A new attendance record of approximately 55,000 was recorded, which caused the Security Department to park cars where we have never parked cars before.

That's not the only first...we even recorded the Base's first known wedding on the flight line! My wife Lisa and I tied the proverbial knot at VP-30's P-3 Orion, and we conducted a retirement ceremony immediately following the air show for EODCS Shawn Meyer's 22 years of Naval service. EODCS Meyers and his team orchestrated the spectacular "Wall of Fire."

I want to extend a hearty Thank You for bring your "A" game for both Food Fest and Air show. We all know too that it was months of preparation that led to a successful show.

"Bravo Zulu" and "Well Done" to all!

We have a lot going on in Our Navy with OEF, OIF, the Libya No Fly zone and the Japan disasters. I urge you all to be prepared as we stand by to help during any one of these crisis. It is imperative that we are focused to ensure you are trained and as qualified as you can be if we are called upon to render aide.

The spring PFA is coming up. Have you been training a minimum three times per week? I cannot stress enough that if you're cramming for this event - it just will not work. Please make time to train.

Our MWR staff and the gymnasium and pool facilities they manage are some of the best our Navy has to offer. I encourage you to utilize these resources for your fitness. It is important to be mentally and physically ready, but don't forget to be medically ready as well. Our doctors and dental staff are standing by to assist you!

As always, we need to stay focused for everyday you are here. Continue to train, just like we fight! Eternal vigilance is the price of freedom! ❖

Thank you for all you do!

CMC

Early out for Reserve Affiliation



Would you like to transition out of the Navy Early? There is a new program for qualified Sailors. NAVADMIN 088/11 announces a new enlisted early career transition program (ECTP). This program provides opportunities for active duty enlisted Sailors to transition to the selective reserves more than 90 days prior to their end of obligated service (EAOS). Eligible Sailors can submit requests up to 15 months prior, but no later than 3 months prior to their desired transition date. If approved, members will incur a mandatory drilling reserve obligation equal to their remaining time on active duty. The minimum obligation is one year. Members will have the option to apply for their current rate or selective needed ratings. Members

must have completed at least 24 months and a maximum of 16 years of active service at the time of transition. Contact your Command Career Counselor if you are interested in applying. ❖

Possible Navy reserve Benefits:

1. Mobilization deferment for up to two years
2. Affiliation Bonus
3. Tricare low cost dental and medical coverage for members and families
4. Reserve Retirement Benefits
5. Flexible Drill Opportunities
6. Commissary and exchange privileges
7. Montgomery GI Bill selected reserves benefits if member enlists for six years.



Article by: NC1 Jones



DEFY 2011-2012 RECRUITMENT

NAF El Centro is on the verge of completing another great year of DEFY. DEFY has been running now for 18 years, and NAF El Centro has been participating in the program for 15 of those years. We are now accepting applications for youth, junior mentors, and staff for the upcoming 2011-2012 DEFY year. Please contact either AM2

UPCOMING DEFY EVENTS

Saturday, April 9th

Lesson: Leadership, Self Esteem, Community Service
Activity: Pizza from Hot Stuff
Time: 1200-1500
Location: Building 4015

Saturday, May 8th

Lesson: N/A
Activity: Balboa Park trip to San Diego
Time: TBD

Saturday, June 4th

DEFY Graduation
Activity: TBD

Please contact either AM2 Anthony Westenbarger or AC2 Danny Richardson to enroll your child or sign up to help. DEFY is open to military dependants, DoD dependants, or dependant of any personnel currently working at NAF El Centro (must have base access). DEFY consists of a two phases. Phase 1 is a five day summer camp, and phase 2 is once a month meetings throughout the school year. The youth not only will enjoy themselves, but they'll get the opportunity to meet new friends and learn valuable life lessons along the way. ❖

Story by: AM2 Anthony Westenbarger

Contact Information: <http://www.donhq.navy.mil/defy/>

Program Manager: AM2(AW)Anthony Westenbarger

Email: Anthony.westenbarger@navy.mil

Phone: (760)339-2655/2665

Camp Director: AC2(AW)Danny Richardson

Email: danny.richardson@navy.mil

Phone: (760)339-2601/2507



Sailor in the Spotlight!



Evil Genius on Base – Call Sign “MegaMind”

Having been on base for just a few short months, MASA Jordan Reckmann is making a name for himself. And a good name it is. You might say that it happened all by accident. During the Citadel Shield/Solid Curtain Exercises, Seaman Reckmann was snagged by the CMC to be a phone talker in the Emergency Operations Center. Having absolutely no clue what was going on, he jumped right in and started calling the required personnel, informing them that “The EOC was being rebooted.” Ok, we think he meant to say they were being recalled to the EOC, but that’s what Evil geniuses do. They communicate in codes that we cannot fathom. His tenacity marked him as a potential doer of great things. When the call came to identify an assistant to help the PAO during the weeks prior to the air show, his name was thrown out by the CMC, which means he was “voluntold”. No seriously, he volunteered. His work with Michelle Dee was nothing less than phenomenal. Taking a cue, and just a little bit of direction from air show veteran AC2 Sanchez, MegaMind was everywhere at once doing anything that needed done. We think he cloned himself or had little Megabots assisting him. Since then, he has returned to Security Department where he is hard at work on his qualifications.

In his off time, Reckmann is an active member of the American Legion Bradley/Keffer Post 138. He sings tenor and is investigating opportunities with two local chorale groups. He just participated in the 2011 El Centro Relay for Life event and helped the valley raise more than \$105,000 for the American Cancer Society. Of course he is working towards making Petty Officer, but he is also looking into the possibility of an Officer program with STA-21 or even the United States Naval Academy. We are not exactly sure what else this mad man is doing but we are pretty confident it somehow involves taking over the world. On his nightstand is a copy of Robert Greene’s *48 Laws of Power*. And he is REALLY looking forward to his first arrest...hmmm. If you see this young man walking around base, or driving the patrol vehicle give him a wave a take a moment to find out more about one of NAF El Centro’s rising stars!

Oh and if you are wondering why we call him MegaMind, just check out the pictures.

❖



Article by ETC(SW/AW) Haugh



Date Night

with ABFC(Ret.) Marc Willis

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

Battle: Los Angeles

Players: Aaron Eckhart, Ne-Yo, Michelle Rodriguez, Bridget Moynahan, Michael Peña

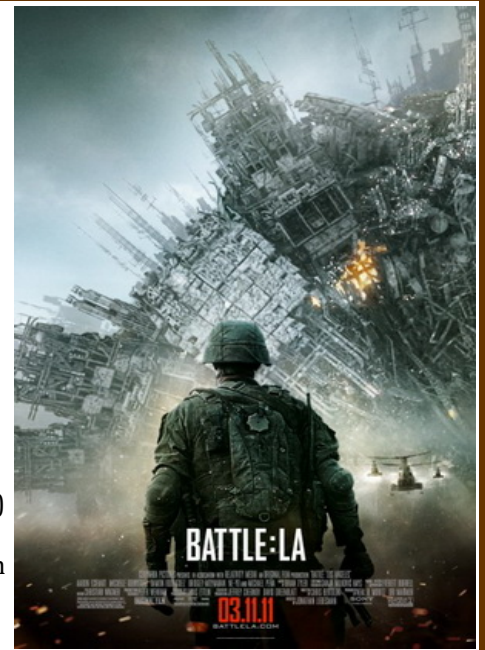
Genres: Action, Sci-Fi, Thriller

I must admit that I was a little skeptical about this film; you see I haven't been overly impressed with the most recent sci-fi releases. The previews for Battle: Los Angeles (LA) all seemed to remind me of Independence Day revisited or perhaps War of the Worlds. Seriously, how many alien attack scenarios can one take or can one modify to differ from the other? This tall task fell into the hands of director [Jonathan Liebesman](#), and he did a phenomenal job of differentiating.

Battle: LA starts off at United States Marine Corp base Camp Pendleton as an old Staff Sergeant (SSgt) Michael Nantz (Aaron Eckhart) realizes that he's no longer what he once was after a workout on the beach with fellow Marines. Seemingly headed for retirement he's suddenly forced into a new platoon with a mission to rescue civilians holed up in a police station. They have three hours to complete their mission before a scheduled bombing run takes place.

Once the action starts in this flick it never stops. The squad faces many obstacles along the way to ultimately saving LA; from in house bickering to advanced alien technology. Just when they as well as the audience thought there was time to regroup another hurdle appeared. Through SSgt Nantz's leadership and determination however they adapt, overcome and proceed to kick some alien tail.

As a retired service member I was able to relate to a few on-screen situations perhaps more than others as they called for aggressive leadership and relentless will. This I believe was the differentiating factor as it allowed me to relate more with the main character, SSgt Nantz, who by the way needs a promotion. With that being said, I rate this film four anchors out of five. ❖



Limitless:

Players: Bradley Cooper, Robert De Niro, Abbie Cornish, Johnny Whitworth, Anna Friel

Genres: Mystery, Thriller

Limitless starts off by backtracking all of the events that lead up to the opening scene that has Eddie Morra (Bradley Cooper) stuck between a rock and a hard place. Eddie began this trek as a struggling writer who after being dumped by his girlfriend, Lindy (Abbie Cornish), happened across his ex-brother-in-law Vernon Grant (Johnny Whitworth) who introduces him to the wonder pill NZT.

The wonder drug immediately increases Eddie's intelligence and focus therefore allowing him to complete a manuscript in a day and book in four days. Eddie also changes his persona and jumps into the market at the request of an associate he'd just met. Suddenly Eddie is on top of the world as Lindy has returned to his life and he's on the verge of brokering a historical merger for the powerful businessman Carl Von Loon (Robert De Niro).

However NZT has side effects, dangerous, fatal in some cases side effects. His ex-wife Melissa (Anna Friel) a former user of NZT explained this to him and advised him to lower his dosage until he exhaust all of his stash and hope for the best. Unfortunately no one


knows the creator of or the composition of NZT which also means no one knows the remedy either. Facing more than one dilemma, Eddie enlists a pharmacologist in hopes of discovering NZT's make-up all the while brokering the merger, evading a killer and a mobster, avoiding jail and keeping his sanity.

In the end everything played itself out on-screen except one crucial part of this twisted storyline which left the audience in wonderment, especially my wife, as to what happened. The world may never know as sometime later Eddie is seen thwarting Carl's attempt at blackmailing the young promising official with full disclosure of his addiction or should I say perceived addiction. With that being said, I rate this film three and a half anchors out of five. ❖

CLASSIFIEDS

FOR SALE

WANTED

FOR SALE!! 93 gallon Saltwater or Marine Aquarium 
that I would like to sell for \$650.00

Fish Tank Full Setup Saltwater		
Item	Retail Cost	Remarks
90 Gallon Fish Tank	\$1,270	Older Deep Water Fish Tank (No Saaks) (Set w/ Stand)
90 Gallon Fish Tank Stand	\$0	Paint White Set with Fish Tank (Very Sturdy)
Fluval Canister Filter	\$120	Works Great (2 Years Old) Protein Skimmer Attachment Include
AquaClear Powerhead	\$90	Works Great (2 Years Old) Air Supply Hose Worn
Thermometer	\$5	(8 Months Old)
Druga Surge Protect	\$35	4 Outlets Fulltime / 2 Outlets Night / 2 Outlets
2 Small Power Heads	\$30	(6 Months Old)
Heater	\$80	Works Great (2 Years Old)
HQI & Compact Lighting Sy	\$250	HQI needs new ballast but the two T3 bulbs work Great
Snip Deco	\$100	Great hiding Places
White Substrate	\$10	Mixed with Black Sand
Total Retail Cost	\$1,990	
Living Items		
Item	Retail Cost	Remarks
Live Rock (Fiji)	\$320	Teaming with Live Coral Algae & Coral (Worth More Now)
Live Sand (Black)	\$15	Teaming with Life
Brown Powder Tang	\$40	18 Months old
Yellow Tang	\$40	1 Year old
Domino Damself	\$6	2 years Old
Yellow Damself	\$6	1 Year Old
Chocolate Chip Star Fish	\$6	18 Months old
Sea Cucumber	\$15	6 Months Old
Total Retail Cost	\$610	
Grand Total	\$2,600	

Original Value was \$2,600.00

Everything must go together. Will help deliver, setup and show how to maintain it.

Call Bill Brown at 760 339-2643

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.

PUT YOUR AD HERE!

CONTACT W_ELCN_PAO_SANDPAPER@NAVY.MIL

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

JOB POSTINGS

CAC Site Security Manager/Verifying Official

Job Location: 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.

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

Deputy Public Affairs Officer

Job Location: CA, El Centro 

Job Description: Serves as a Public Affairs Specialist at the Naval Air Facility El Centro. This position is responsible for assisting in developing and executing approved strategic communication plans and creating and implementing strategies encompassing short and long term goals.

Follow this link for more info: <http://jobview.usajobs.gov>

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.mwrtday.com/>
- NMCI: <http://h10134.www1.hp.com/services/>





THE DESERT BEAT

BY MA3 SHAWN PRIESTLEY

In the week leading up to the air show, security personnel throughout the chain of command buckled down to ensure a safe and fun weekend for the estimated 50,000 visitors to NAF El Centro. Temporary parking lots were constructed, barriers and traffic cones were strategically placed and final plans were developed to guarantee a memorable Centennial of Naval Aviation Celebration.

The Food Festival kicked off the weekend on Friday, the 11th of March. Assistance from the 501st Legion's Southern California Garrison, a star wars imperial costuming club based out of San Diego, was approved and two of their members conducted roving security to include meeting with attendees and posing with fans for pictures. Base security personnel were placed from the event to the main gate and at several parking areas to help with traffic control and as a result there were no reported incidents. Several MA's, ASF and Reservists were utilized at the gate to the event for baggage and personnel inspections. There was an amnesty box at the entrance where several individuals chose to part with their pocket knives rather

than walk back to their vehicles. Participating security personnel were able to sample some of the food available as well as enjoy an amazing fireworks display. Many visitors made it a point to thank some of the security personnel for a great time and were told to come back in the morning for an even better one.

The day started early for security personnel on Saturday, the 12th of March. At 0500, all involved were arming up or signing out gear necessary for the day's events. After the brief was completed, over 60 members of security were transported to their assigned posts for the day. Spots included: the main gate, vehicle inspection team, general admission gate, back gate and multiple parking area posts. At approximately 0930, an unattended bag was reported near hanger 3 but was soon cleared when K-9 units inspected the bag and found it to be safe. As midday got closer and watchstanders began to feel the heat, a vehicle travelling from 4th and D Street to the West Gate lost control and rolled over a drainage ditch. The two occupants were a mother and son on their way off base to run errands. Within minutes, when the first security personnel arrived on scene, they found the two occupants already standing outside the vehicle. Neither the mother nor the child appeared to have so much as a scratch, and after medical transported them to El Centro Regional Medical Center they were released by 1400. Before the Blue Angels took to the skies the security assigned to parking/traffic control were forced to adapt and overcome by utilizing additional spaces for the over abundance of vehicles requiring parking. A suitable space was found and soon all visiting fans were able to park and make their way to the field for the show. Due to heightened security for both aircraft and personnel, the 501st Legion's Stormtroopers returned, and in greater numbers, to assist with flightline security. One of the stormtroopers reported that walking from one end of the event to the other took 2 hours as a result of the mobs of people stopping them for photos. A select group of MA's were even necessary to conduct crowd control during part of the show designed for the fans to meet the troopers. The stormtroopers were a big hit, and hopefully the 501st agrees to return for next year's air show. Soon after the Blue Angels finished their show visitors began to leave. Once the parking lots were empty and NAF El Centro got closer to normal, security members were able to return gear and go home after another successful air show.



With the air show behind and the month of April on the horizon, the security department looks on the coming month to be one of relaxation. Unfortunately, a cleared events calendar doesn't guarantee a lack of events. We hope that all onboard NAF El Centro, as well as the region, stay safe and enjoy the remainder of spring. ❖

CAPTAINS CUP - BASKETBALL



1st Place
Border Patrol



2nd Place
Strike Fighter



CYP's The Go Green Band

The CYP's School Age Care (SAC) program turned recyclables into instruments. The SAC Program now has an earth friendly band called "The Go Green Band". ❖

Pictures and Article by Micah Hamblin



1st Annual Blue Angels 10k Fun Run/Walk

Thank you to all the participants, staff, volunteers, base security, medical, Imperial County Sheriff's Department and Seeley School for helping make the 1st Annual Blue Angels 10k Fun Run/Walk a success! Over 160 participants of all ages participated. Cynthia Passmore, an event volunteers said "I heard people already talking about next year's event. The non-competitive spirit was wonderful and everyone felt a sense of accomplishment." ❖

Information will soon be available on the 2nd Annual Blue Angels 10k Fun Run/Walk.

Naval Air Facility El Centro

Blue Angels

10K FUN RUN/WALK



Coming Events:

APRIL 01

*Chiefs Birthday
118 Years of Leadership
Anchor Up!*



APRIL 04

*Uniform Shift
Whites*

APRIL 17

*Spring Fling / All Hands Cars Show
Naval Base San Diego
0900-1400*

APRIL 18

*Tennis Tournament
4015 Tennis Courts
Starts at 1700*

APRIL 21

*Month of the Military Child Parade
CYP to the Flag Pole
0900*

APRIL 21

*Command Picnic
Picnic Area #6 Corner 3rd and D St
1100-1700*

APRIL 24

*Easter Brunch
Mirage Club
1000-1030*

APRIL 24

*Base Easter Egg Hunt
Base Chapel
1030*

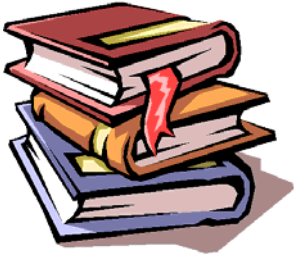
May 15

*25th Original Bay Bridge Run/Walk
Coronado Bay Bridge
Starts 0800*

JULY 16

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



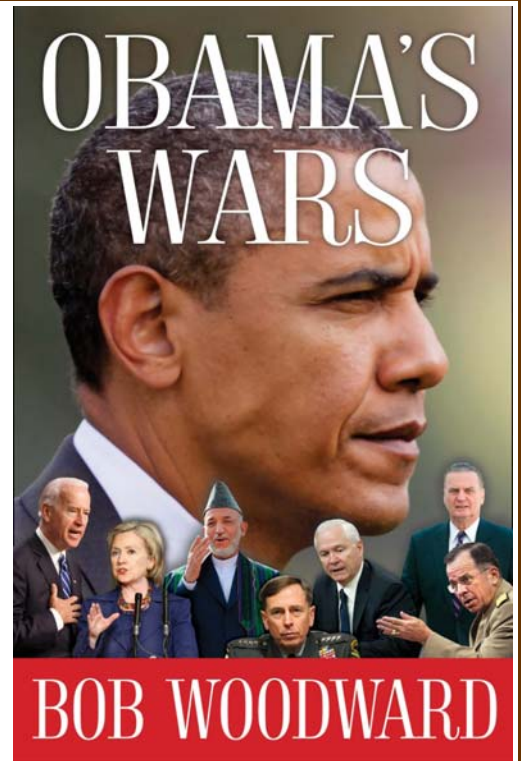


BOOK REVIEW

OBAMA'S WARS - Bob Woodward

I reluctantly picked up the latest book regarding our current Commander in Chief. I read *DREAMS OF OUR FATHER* and was extremely disappointed. However, Bob Woodward has done an incredible job describing the strategy change in Iraq, Afghanistan, and Pakistan. He manages to introduce and describe the key policy influencers in a way that is relatable, at times, funny, and memorable. He meticulously outlines the how's and why's of the strategic changes incorporated by the Obama administration. By focusing on the war's and conflicts, he gives the reader a better understanding of military strategy. *OBAMA'S WARS* gives the reader a concise and thorough review of both the success and failures of the Obama administration. He not only addresses the promotion of General David Petraeus, he also addresses the controversial commander of U.S. and NATO forces in Afghanistan, General Stanley McChrystal. This book is for the political and military aficionado. It does not address other, and some would say more important, issues arising in The President's first term. Woodward did an exemplary job outlining and explaining the strategies adopted by the Obama administration. However, the reader would have been served better, if Woodward also included a few introductory chapters that outlined the Bush administration strategies and reviewed their successes and failures.

Overall, this is a well-written and informative book. However, the reader should keep in mind that the book is politically influenced, and picks up years after the start of the Iraq and Afghanistan Wars begun. My recommendation would be to read this book with an open mind, and perhaps do a little independent research on the Bush administration's strategy regarding the Iraq and Afghanistan wars. ❖



Review by LT Kirtsey

Junior's Café

I'm so pleased that I am able to introduce you to one of the best places to eat in El Centro. I'm talking about Junior's Café! Junior's Café is a diner that serves good home-style cooking that has been pleasing its consumers for 8 years. On this particular visit, I had the chicken fried chicken, which is one of the consumer favorites. The dish was amazing! The chicken was well seasoned and incredibly moist and the mashed potatoes were phenomenal! The meal also came with a salad, string beans and cornbread, which were also very tasty. As a warning to all who will give Junior's a try, the portion sizes are enormous! A full plate will satisfy the largest of appetites. I ate until I was full at lunch and was left with enough food to satisfy me for dinner. Not looking for two servings on one plate? Don't worry; they serve half plates as well. The food at this diner is not only delicious but very easy on the wallet.

Another thing worth mentioning is the décor of the restaurant. The décor is a mix between country-rustic and 50's diner. The tables and booths definitely have a rustic country feel whereas the white and black checkered floor, the posters on the wall, and the bar looks like they came right out of the show "Happy Days." I asked Junior, the owner of the restaurant, why he chose this type of theme. He said, "You don't see a lot of diners around here anymore. Our restaurant is something different."

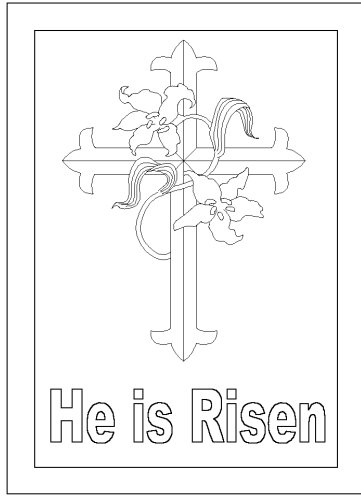
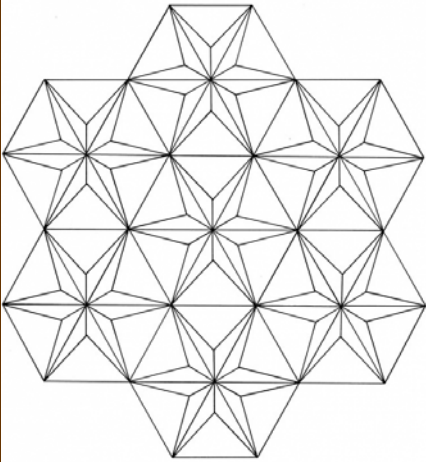
Junior is a self taught chef, which I find amazing! He taught himself the home-style cooking from text books and recipes.

One of the great things about this diner besides the fantastic food is the experience you get out of eating in the restaurant. "We treat people like family here," explained Junior when I asked him what made his diner so special. The Diner's hours are from 0700 to 1400 Monday through Friday. The restaurant is located at 1791 Adams Ave. If you blink you'll miss it but I promise you finding this restaurant will be worth it! ❖

Article by ATO3 Perkins

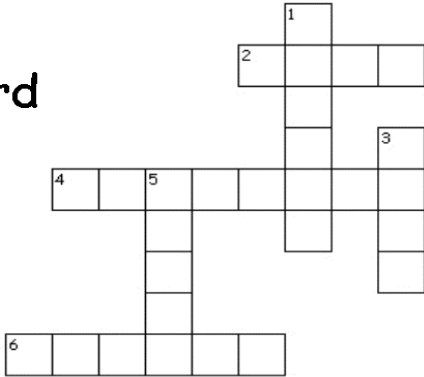


KID ZONE

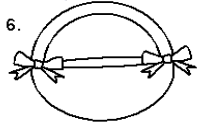
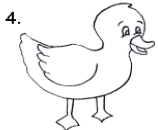


Easter Crossword

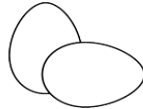
Word List:
basket, chick,
duckling, eggs,
lamb, rabbit



Across



Down



Treasure Hunt:

Can you find the Treasure?

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

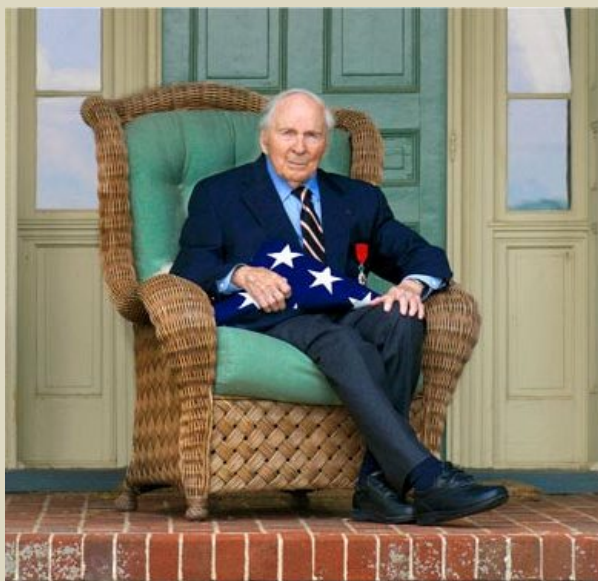


See if you can find the treasure!



Local History by Two Old Goats - The End of an Era

It is not often that people get to actually see the end of an era. Usually eras shift, the end of one and the beginning of another is somewhat nebulous. Not so in this case. On February 27, 2011 at the grand age of 110 years young, Army Corporal Frank Buckles passed away. Why is this the end of an era? Corporal Buckles was the last surviving US veteran from World War One. He entered the service at age 16 and saw service in the European Theater. He also served during World War Two and was a prisoner of war for 39 months. There are no more veterans alive to speak to us about the "War to End All Wars."



**Army Corporal
Frank Buckles'**



There are no more living witnesses to the carnage, valor, courage, and hardship that marked the global conflict that lasted from 1914-1918 and laid the foundations for the future United Nations, the Geneva Conventions, and inspired such notable writers such as Ernest Hemmingway. On March 15, 2011 by Presidential Proclamation, the United States Flag was flown at half-mast. This was the day of Corporal Buckles' interment. The Two Old Goats highly recommend that if you know a World War 2 veteran, or one from Korea or Viet Nam, take the time to sit and talk to them. Listen to their stories, learn their history, soon those eras will pass into the annals of time. ❖

Stop Movement to Japan!!!

Due to the devastation as a result of the earthquake and subsequent tsunami in Japan, Navy leadership has ordered that all movement to Japan be stopped immediately. If you are scheduled to go PCS or TDY to Japan, you should stay at your present duty station until further notice. If you have already checked out of your command but have not yet traveled to Japan, check into the nearest navy base for temporary duty awaiting further transfer (acc 330); however, please contact your detailee for further instructions before doing anything.

By: PSSN Meráz, Marques L.

Legal Corner - UCMJ Article 86

This month we will discuss UCMJ Article 86, Absence without Leave. The book definition for this article is as such: Any member of the Armed Forces who, without authority fails to go to his or her appointed place of duty at the time prescribed; goes from that place; or absents himself / herself or remains absent from his/her unit, organization, or place of duty at which he/she is required to be at the time prescribed; shall be punished as a court martial may direct. The bottom line is, if you are late for work or fail to report to your appointed place of duty, you can be put on report and sent to Captain's Mast. An old Chief once said "If you are only on time you are late. If you're early, you'll be on time, every time." Try showing up 15 minutes early and you will never have anything to worry about. ❖

WHAT WAS GOING ON...

March, 1982 - NAFEC Sandpaper

"Well Done NAF" From VF-213 - In a message received recently from Fighter Squadron 213, Naval Air personnel were praised for their outstanding support.

Interservice Marriages - As more women enter the military, the number of intra-Navy or interservice marriages increases proportionately.

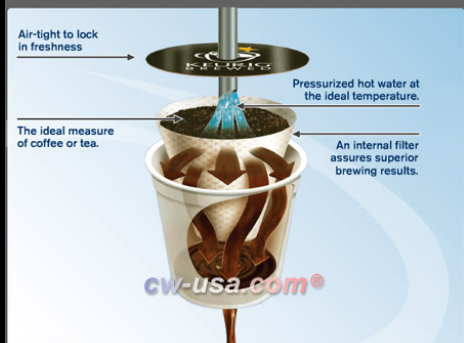
Help Stop Obscene Phone Calls - Recently several obscene telephone calls have been made to the women at the Naval Air Facility, El Centro, including the women's barracks, housing, communications and other locations.

Technology review: The Keurig Coffee Maker

By: PSSN Meráz, Marques L.



Patented K-Cup Brewing System A Technically Sophisticated Mini-Brewer



Whether it's homemade, office made, or made at the Liberty Center's Cyber Café, coffee is a vital part of the everyday lives of many NAF El Centro Sailors.

The newest trend in coffee consumption is the individual coffee makers. I hopped on the band wagon and got one for myself to see what all of the hubbub was about. The most popular of these is the Keurig Coffee Maker. My first impression of this coffee brewer was that it was probably unnecessarily expensive. However, after having used it religiously for about a month I must say that the Keurig Coffee Maker is a great buy. This is how it works: Keurig has an assortment of gourmet coffee flavors in the form of "K-Cups". The coffee drinker then places the K-Cup into the brewer, and after about 1 minute a perfectly brewed cup of gourmet coffee is dispensed into your coffee mug. According to Keurig.com, the Keurig brewing system "lets people brew the perfect cup of gourmet coffee in less than a minute, without having to grind beans, measure coffee, handle filters or clean up. It's as simple as it gets."

The only disadvantage I see with this coffee maker is that the K-Cups can get a bit pricey. Be that as it may, you can definitely taste where your money is going. That said, my final review of the Keurig Coffee Maker is that it is awesome. If you don't have one, get with the times and start utilizing the hottest trend in coffee technology. ❖

True or False? Myths and Facts about BAH and BAS

By: PSSN Meráz, Marques L.

There has been a great deal of confusion regarding the procedures for stopping a meal deduction or receiving BAH after having lived in the barracks. Let's try to clear the air by looking at three of the most common questions and misconceptions about the BAH and BAS entitlements.

1. I just got married, so my BAH and BAS will automatically start, right?
No. When you get married *you become entitled* to those allowances, but you still have to go through the proper channels in order to receive them. That means, route a request chit through the base chain of command (specifically requesting BAH and BAS) and turn in your meal pass. That will get the process started for us here at CSD to get you all of your entitlements. However, it is ultimately up to the member to make sure that all documents make their way to CSD, and that they begin to receive the entitlement.
2. When can I get BAH at a rate other than El Centro (i.e. San Diego, or wherever my family is)?
The sad truth is that the BAH entitlement is at the location that you are serving in (your Permanent Duty Station). There are only a few extenuating circumstances that permit a service member to receive their BAH from another location. Let's explore them:
 - I. Exceptional Family Member- If the service member has a dependent in the Exceptional Family Member program (at a specific category), they may be entitled to BAH at the service member's previous location. According to OPNAV INSTRUCTION 7220.12, "the commanding officer at the new permanent duty station must endorse medical certification from the supporting medical treatment facility that the required medical care for the exceptional family member is not available at the new permanent duty station." Please refer to OPNAVINST 7220.12 for more details.
 - II. Unusually arduous sea duty- If this is the case, the Commanding Officer has the authority to authorize BAH at the dependents location.

Although this is the case, service members always have the option to route a request chit in order to get this entitlement. However, it is subject to approval.

3. I have unusual working hours, so I can't eat at the galley for lunch. Do I still have to pay the meal deduction?
The answer to that is maybe. In this situation you would need to route a request chit through your chain of command along with supporting documentation of your normal working hours. This too is subject to approval.

Throughout all of this, we see one common theme. Any major changes to your BAH or BAS entitlements WILL necessitate a request chit and supporting documentation; nothing is automatic. The job isn't finished until the paperwork is done. ❖

MEDICAL CORNER



HMC Bell says,
"Be at all medical appointments at least 15 minutes early or I pity the fool who is late!"

HM1 Keefer awaits medical department's next Sandpaper article.

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.



Julius Oliver after finishing painting.

CYP's Woodwork Project

The after school programs has been involved in a long term woodworking project. For the past 4 weeks the children have had the opportunity to sand, paint, hammer, and put the finishing touches on wood they chose. Each child learned the different textures in sanding and the safety procedures for wood working. Thanks to our MWR maintenance crew who cut our wood and made sure each child had a bag of supplies. The children enjoyed the project and were extremely excited to take home the finished product. ❖

*Pictures by Micah Hamblin
Article by Micah Hamblin*



Beau and Cole Erro sanding the wood.



SAC class painting the wood.

AIRFIELD CLOSURE? Many people around NAFEC are under the impression that the airfield will be shutting down for six months. That is a completely inaccurate statement. In fact, the airfield will be supporting the same amount of detachments as it has in previous years. In April and May of 2010, we had eight detachments here during each of those months. This year, we have nine detachments scheduled for April and eight for May. So as you can see, the airfield is very much open and we all will remain very much employed. So this brings up the question, what is closing? The "airfield closure" refers to runway 08/26. The runway will be closed from March 29th through August 29th for resurfacing. NAFEC has two runways, with 08/26 being the larger of the two. This closure will affect the type of detachments we get down here for the next six months. You won't have to listen to any F/A-18s buzzing by or EA-6Bs turning their engines early in the morning or late at night. During the runway closure, the main aircraft you will see are helicopters, British C-130s, and T-45s from the two training wings that detach here on a regular basis. Though the overall appearance of the detachment schedule may change on who regularly comes here and who will be here in the upcoming months, the overall mission of the base will not change. As always it is our focus to provide the highest quality facilities, services and products to the Naval Aviation community and all organizations using Naval Air Facility El Centro. ❖

Story by: AM2(AW)Anthony Westenbarger

THE SWEET SIXTEEN EXPERIENCE

by Nikki Kirtsey

Last week, I had the privilege of attending one of the greatest sporting events of our time. MARCH MADNESS.....or more specifically, the Sweet Sixteen West Regionals. I was excited and pumped to see some of the greatest college players live and in person. First it was the University of Connecticut vs. San Diego State! The crowd was overflowing with Aztec Pride! And I will admit, I was definitely an Aztec fan that day! I wanted nothing more than to see Kawhi Leonard wipe the smug potential National Player of the Year smile off Kemba Walker's face. I said this before the game, and I still hold true to the following statement: If you can stop Kemba Walker, you can stop Connecticut. The only flaw to my logic was actually stopping Kemba Walker. I found the televised version of basketball lacking when compared to seeing Walker's speed, agility, and theatrical performances live. The Aztec's managed to hang in there for the first half; however, Kawhi Leonard and the rest of the Aztec's were unable to contain Walker. His 36 points led the Huskies to victory and an appointment in the elite eight.

On to the second game of the night.....Duke University vs. the University of Arizona. This was the main event! My blood definitely runs Duke blue. I had heard the wretched statistic that I have now come to hate.....prior to this game Duke University NEVER won a game coming out of the west region. Never.....0-4. I knew that statistic, but was confident that Mike Krzyzewski's coaching prowess would prevail over the inexperienced Sean Miller. The crowd was full of Arizona fans, but Duke plays in hostile territory all the time. I expected Nolan Smith, Kyle Singler, and Kyrie Irving to step up. And in the first half they did. Duke owned rebounds, field goal percentage, and the Wildcats in the first half. At half-time, my heart was soaring. I was even arrogant enough to inquire into tickets for the elite games on Saturday night. Then the second half started. It looked like more Blue Devil domination as Nolan Smith started off the half with an easy 2 point jumper. Unfortunately, that was the last easy shot made by my precious Blue Devils. Duke was unable to contain the combined effort of Derrick Williams and Solomon Hill. The Wildcats managed to overcome a six-point half-time deficit in just the first two minutes and 59 seconds of the second half. Once they gained the lead, Duke never had another shot. The crowd was overjoyed at seeing the defending national champions crushed by sixteen points. There on the big screen was the now updated and dreaded statistic.....Duke University 0-5 out of the West Regional's. I eventually consoled myself with Chinese food and the flicker of hope that Kyrie Irving will come back to Duke for one more year. ❖



DISTRACTED DRIVING

Article by Rodney Sims

Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.



THERE ARE 3 TYPES OF DISTRACTIONS THAT OCCUR WHILE DRIVING.

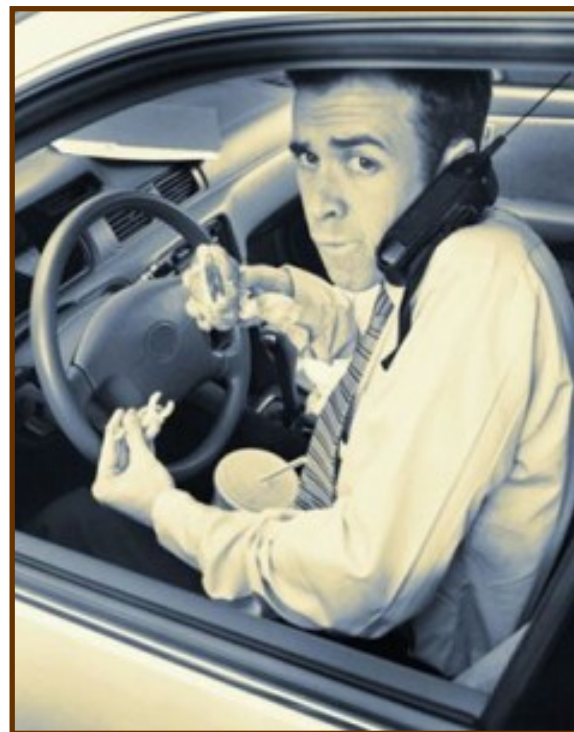
Visual Distraction – takes your eyes off the road.
Manual Distraction – takes your hands off the wheel.
Cognitive Distraction – takes your mind off the road.

When you are driving, the condition of the roadway you are on and the behavior of other drivers can change abruptly, leaving you little or no time to react. When you are driving, follow these rules:

These tips can help you continue to drive and arrive at your destination safely:

- Stay focused - Pay attention
- Expect the unexpected.
- Ensure all passengers are buckled-up properly.
- Be well-rested and in the appropriate mindset to drive. Driving while you are upset or angry can be just as dangerous as driving when you are tired.
- Help your teen identify and reduce distractions when he/she is driving.
- Do not tailgate.
- Allow sufficient time to reach your destination.
- Ensure your vehicle is properly maintained.

Drive safe and stay alive. Keep your mind on your driving; keep your eyes on the road, and your hands on the wheel! ❖



MOVEMENT TO BAHRAIN

United States citizens are being warned to defer travel to the Kingdom of Bahrain due to the political and civil unrest that has been ongoing since 13 March 2011. Military families and non-essential civilians have been authorized voluntary relocations to return to the United States. A stop order movement is in effect for personnel with accompanied orders to Bahrain while the voluntary relocation plan is in place. The Bahrain's Supreme Commander in Chief, His Majesty King Hamad has declared a "State of National Safety" for the next three months and has mandated the Bahraini Defence Force to take the necessary procedures to preserve the safety of its nation and people. The protests are not directed at the U.S. military presence on the island. More information regarding travel advisories to the Kingdom of Bahrain can be obtained from the following websites: <https://www.fcg.pentagon.mil/fcg.cfm> and [the U.S](http://www.usembassy.gov) and the U.S. Embassy Bahrain website at <http://bahrain.usembassy.gov>.

Article by MA1(SW) Fernandez

RECENT EVENTS

IN THE
PEARL OF THE DESERT

FOR MORE AIRSHOW PHOTOS VISIT:

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



Drumline: "Bottom row (right to left)- Gabriel, Eddie, Daniel (CAPT), Michael, Alex (Pee-Wee), PSSN Meráz. Top row(right-left)- Ilse, Kim (Kimbo), Jerry, Paola, Kimberly, and Mina."

"The Quint section of the Southwest High Drumline breaks it down for the crowd at Food Fest."



2011 Air Show Productions / www.airshowproductions.com



SANDPAPER POLL:

<http://www.zoomerang.com/Survey/WEB22C5CDH5YRW/>

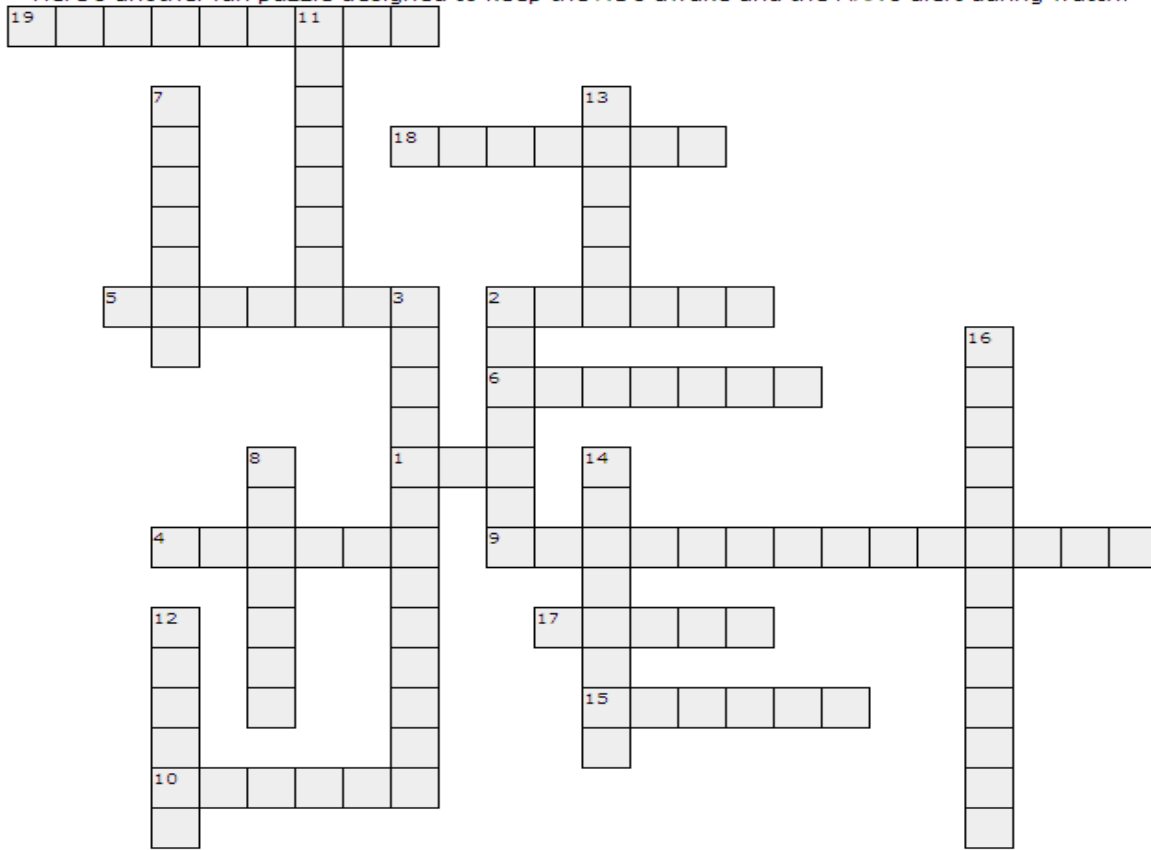
SANDPAPER CONTACT INFO:

E-MAIL:

W_ELCN_PAO_SANDPAPER@NAVY.MIL

SPRING IS IN THE AIR

Here's another fun puzzle designed to keep the AC's awake and the MAA's alert during watch!



Across:

1. He surrendered on April 9th, 1865 at Appomattox
4. Easter eggs go in here
5. In 1960 the USA launched the first of this type of satellite
6. This island was invaded in 1945
2. A season or a piece of tightly coiled metal
9. It's a seasonal field day, get rid of the junk
10. This is a GOOD day
15. The 13th mission, Tom Hanks really wasn't there
17. Fuzzy baby bird
18. The USA declared war on this country in 1917

Down:

2. They bring May flowers
3. This war began with the battles of Lexington & Concord, 1775
7. This group released their second album, the 1st in the USA
8. April 17, 1964 Ford unveiled this cool car, not the LDO
11. April 8, 1974 Hank Aaron broke who's record with HR #715
12. They celebrate their Birthday on 1 APRIL
13. It's not about the bunny
14. Celebrate a clean planet
16. It's on April 21, and Skipper says have fun

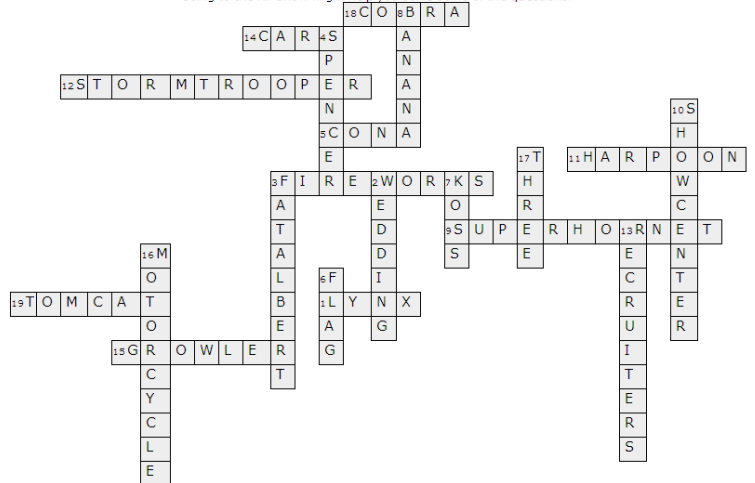
SUDOKU

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

MAR SOLUTION

Hide and Seek at the Air Show KEY

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



Across:

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

Down:

2. A surprise event in the morning (WEDDING)
4. Attempting to break a world record (SPENCER)
6. The Black Daggers are bringing this to the show (FLAG)
7. He's the Blues new Boss (KOSS)
8. He's the other Blue Angel (FATALBERT)
10. It all revolves around this. (SHOWCENTER)
13. The first display you see coming through the gates (RECRUITERS)
16. Metal Mulisha flies this vehicle (MOTORCYCLE)
17. If you have a problem this hangar can solve it. (THREE)

APRIL 2011

NAF EL CENTRO

MWR OUTLOOK



Command Picnic

**Thursday, April 21
1100-1700**

At picnic area #6, on the corner of 3rd & D street
Free food & drinks, LIVE entertainment, Kids Zone
including face painting and much more!

1100-1200Basketball Game
(Young Bloods vs. Old Fogies)

1200-1530Food Service

1200.....Horse Shoe Pits open

1300-1600Music

1300-1400Human Fooseball

1300-1500 Kids Activities

**1400-1500 Water Games at the
Large Pool**

For more information call 760-339-2482.

EASTER BRUNCH

at the Mirage Club
**Sunday, April 24
1000-1300**

\$12.95/adult, \$7.95/child (6-10 years)

Menu: scrambled eggs, smoked bacon, sausage
patties, biscuits & country gravy, French toast with
syrup, fresh baked rolls, vegetable medley, baked
ham, steamship round of beef, muffins, fresh fruit
bar, salad bar and dessert bar.

Make your reservations today!
(760) 339-2319



FOOD

Mirage Club

Bldg. 227 • (760) 339-2996

Lunch:

Monday-Friday 1100-1300

Dinner:

Monday-Friday 1700-2000

Lunch Buffet: \$8.25

(includes your choice of soup or salad)

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

Friday, April 1
Seafood

CHEF'S WEEKLY SPECIAL

April 4-8

Carne Asada Nachos \$5.75

Monday, April 4
Fried Chicken

Tuesday, April 5
Roast Pork

Wednesday, April 6
Pasta Bar

Thursday, April 7
Carne Asada

Friday, April 8
Fish & Shrimp

CHEF'S WEEKLY SPECIAL

April 11-15

Shrimp Cocktail \$5.95

Monday, April 11
Salisbury Steak

Tuesday, April 12
Enchiladas

Wednesday, April 13
Veal Parmesan & Pasta

Thursday, April 14
Barbacoa

Friday, April 15
Seafood

CHEF'S WEEKLY SPECIAL

April 18-22

Chile Rellenos \$6.50

Monday, April 18
Country Fried Steak

Tuesday, April 19
Beef Tips

Wednesday, April 20
Prime Rib \$9.95

Thursday, April 21
Closed

Friday, April 22
Closed

CHEF'S WEEKLY SPECIAL

April 25-29

Reuben Sandwich \$5.75

Monday, April 25
Roast Chicken

Tuesday, April 26
Chile Rellenos

Wednesday, April 27
Meatloaf

Thursday, April 28
Carne Asada

Friday, April 29
Seafood

TUESDAY NIGHT BUFFET



Tuesday Night Buffet

Every Tuesday • 1700-2000

Our delicious \$9.95 buffet includes
soup, salad & dessert.

April 5

Salisbury & Country Fried Steak

April 12

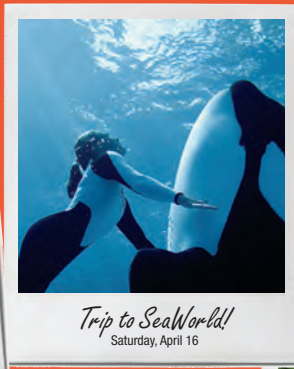
Prime Rib (\$10.95)

April 19

Mongolian BBQ

April 26

Tri-Tip



LIBERTY

Bldg. 202 • (760) 339-2559

LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY

Monday-Friday
0630-2200

Saturday-Sunday
1100-2200

Holidays
1200-1800

Every Tuesday

Karaoke Tuesdays

All-hands are invited to "Wow" the crowd!

Time: 2000

Location: Sun Downer Club

Tuesday, April 5

Tea Tuesday

Come in and enjoy a FREE cup of tea. We have Black Tea, Passion Tea and Green Tea served hot or cold!

Time: 0800-1100

Friday, April 8

Pool 'N Pizza Friday

Stop by the Small Pool for a slice and a swim.

Better hurry, yummy pizza goes quick!

Time: 1700

Wednesday, April 13

Hot Wing Hump Day

Stop by your Liberty Center and enjoy FREE hot wings to help you get through the rest of the week.

Time: 1700

Saturday, April 16

Trip to SeaWorld

FREE to Active Duty and family members who have not already used their "Here's to Heroes Salute" offer. Otherwise, purchase your tickets at the ITT counter. Bus leaves at 0800 from the Liberty Center parking lot. Must sign up by April 12. Cost: \$47

Events held at the Liberty Center unless otherwise stated.

Tuesday, April 19

Movie & Relaxation

Stop by, take your shoes off, kick your feet up, watch a movie and enjoy FREE popcorn!

Time: 1700

Friday, April 22

Pizza Eating Contest

How many slices can you eat in 5 minutes?

Time: 1600

Monday, April 25

Easter Egg Hunt

A prize in every egg!

Time: 0900-until all eggs are found

Thursday, April 28

Comedy Show

This is one show you don't want to miss!

Time: 1700



LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY



YOUTH

Child and Youth Programs (CYP)

Bldg. 3400 • 760-339-2560

Child Development Center
Monday-Friday 0545-1730

Teen Center
Monday-Friday 1500-1730

CYP Picture Day

Tuesday, April 19 • 0800
It's picture day! Take a family picture, cap and gown picture, or just bring your child to flash their best smile for Grandma and Grandpa. Pictures taken by and ordered through Lifetouch Portraits. All base personnel are welcome!

Month of the Military Child Parade

Thursday, April 21 • 0900
Mark your calendar to come out and cheer on the children as they parade to the flagpole. It's a great way to celebrate the month of the military child!

Base Easter Egg Hunt

Sunday, April 24 • 1030
At the Base Chapel
Bring your little bunnies and baskets out to enjoy a base egg hunt sponsored by Lincoln Military Housing.

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
- PiYo....Pilates/Yoga

Friday, April 1

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

Saturday, April 2

0830-0930 Circuit Training
1100-1200 Spin

Sunday, April 3

No classes

Monday, April 4

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

Tuesday, April 5

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

Wednesday, April 6

1130-1230 Spin 'N Run
1600-1700 Spin 'N Strength
1700-1800 Plyometrics

Thursday, April 7

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

Friday, April 8

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

Saturday, April 9

0830-0930 Circuit Training
1100-1200 Spin

Sunday, April 10

No classes

Monday, April 11

1130-1230 Spin Class
1600-1700 Spin 'N Abs
1700-1800 Plyometrics

Tuesday, April 12

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

Wednesday, April 13

1130-1230 Spin 'N Run
1600-1700 Spin 'N Run
1700-1800 Circuit Training

Thursday, April 14

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

Friday, April 15

1130-1230 Spin 'N Strength
1600-1700 Spin 'N Abs
1700-1800 Pilates

Saturday, April 16

No classes

Sunday, April 17

No classes

Monday, April 18

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

TENNIS TOURNAMENT BEGINS

Tuesday, April 19

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

Wednesday, April 20

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

Thursday, April 21

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

Friday, April 22

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

Saturday, April 23

0830-0930 Circuit Training
1100-1200 Spin

Sunday, April 24

No classes

Monday, April 25

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

Tuesday, April 26

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

Wednesday, April 27

1130-1230 Spin 'N Run
1600-1700 Spin 'N Run
1700-1800 Circuit Training

Thursday, April 28

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

Friday, April 29

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

Saturday, April 30

No classes

Tennis Tournament

Begins Monday, April 18

Join the fun! Double elimination competition begins at 1700 at the Bldg. 4015 tennis courts. Prizes for 1st and 2nd place are up for grabs!

Registration deadline is April 12.

For more information or to sign up call 760-339-2488.



TICKETS

Information & Ticket Office

Bldg. 202 • (760) 339-2559

Open to all
authorized MWR
patrons



We are looking
for a Class B driver
for our trips.

If interested, please stop
by and see Charlotte.

BOWLING

Bowling Center & Hot Stuff

Bldg. 485
(760) 339-2575/2918

Friends & Co-Worker Challenge

1100-1400 or 1700-1900

Think you're the best? That's not what we heard! Bring your friends and co-workers to the Bowling Center to find out. Large pepperoni pizza, 4 drinks, 4 shoe rentals and

8 games for **ONLY \$20!**

Offer valid through April 30

Beat the Bowling Manager...
Win a Pizza!

EVERY Monday Night

1700-1900

Beat the Bowling Manger's score and win a FREE large pepperoni pizza! See bowling desk for details.

After-School Special

Monday-Friday • 1500-1900

Special offer for kids 17 years & under. 2 games of bowling, shoe rental, 1 personal pizza and 1 soda for **ONLY \$7!**

Not valid with any other offers, discounts, coupons or reservations.



AQUATICS

Small Pool

Bldg. 239 • 760-339-2627
Monday-Friday 1000-1800
Saturday & Sunday 1200-1900
Holidays 1200-1800

Large Pool

Bldg. 374 • 760-339-2487/2627
Closed for the season

Water Aerobics

A great full-body, low-impact workout!

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

Master Fit Class

Monday-Thursday 1100-1200
FREE at the Small Pool

Master Fit class is a workout inside and outside of the water! Class includes front crawl, side strokes, push-ups, squats, burpees, jumping jacks, and more. Can't make it at 1100? The day's workout will be posted, so you can stop by during normal hours of operation and complete at a time that works for you.

For more details stop by the Small Pool or call 760-339-2627.

Lifeguard Class

At the Small Pool

Must be 15 years or older. Register by April 13th.

Class Schedule: April 15, 1700-1900 and April 16-19, 0800-1630

Price: Military & family members \$60, Civilians \$100.

Price does not include book or mask.

Book and mask can be purchase at the American Red Cross 760-352-4541.

To register or for more information call 760-339-2627.