

# DEPLOYED FORCES SUPPORT MONTHLY NEWSLETTER

MARCH 2025

VOL. 2  
NAVAL BASE SAN DIEGO

## TOP NEWS

### Gym equipment: DRMO/Recycle proces

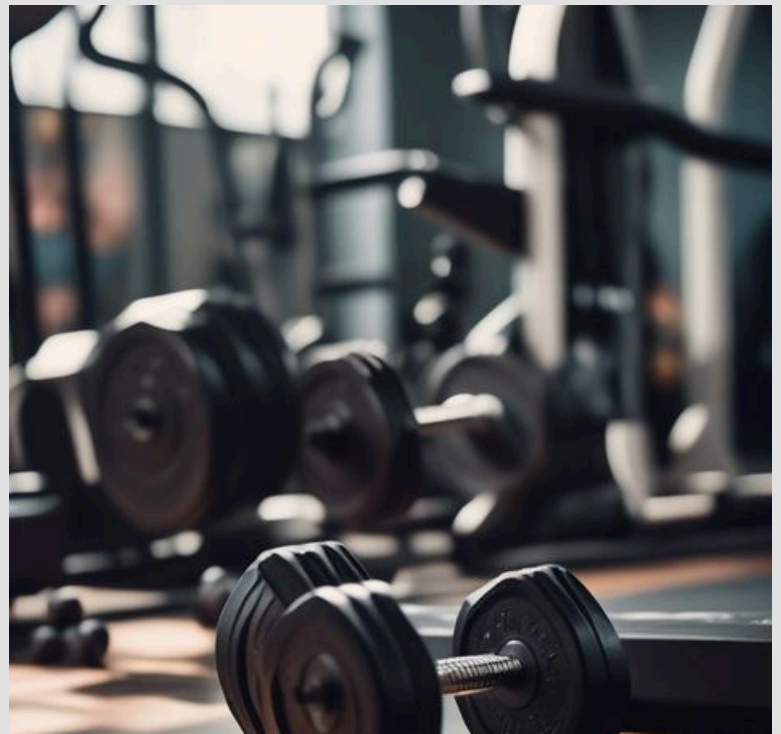
The Defense Logistics Agency Disposition Services (DLA Disposition Services) manages the Defense Reutilization and Marketing Office (DRMO) process for surplus military equipment, including gym equipment. When military units no longer require gym equipment, they can turn it in to DRMO, which assesses the items for reuse, recycling, or disposal. Reusable equipment is made available to other military units or federal agencies, while non-reusable items are recycled or disposed of in an environmentally responsible manner. This process ensures that surplus gym equipment is efficiently redistributed or recycled, supporting sustainability and cost-effectiveness within the Department of Defense. Additionally, units should maintain copies of all turn-in documents for their records and coordinate with the local DFS & DRMO office to ensure compliance with all procedures.

### PMS tip of the month

Maintenance should be conducted on a monthly basis in port and weekly while at sea. Ensure that all nuts and bolts are properly tightened, cables are secure and free from fraying, and treadmill belts are centered and tightly secured. Each command is required to have a repair technician, preferably an E-6 or lower, who is familiar with the equipment. If you need to assign a repair technician for your command, we offer a class twice a month that covers the basics of equipment maintenance.

Innovation at Work:

## SPRING INTO EFFICIENCY



### Maintaining Inventory: Expendable vs Non-expendable

Afloat recreation non-expendable property is NAF property with a useful life over two years and a cost greater than \$300, while expendable property has a useful life under two years or a cost under \$300. A physical inventory of NAF and APF property must be done semi-annually (within 30 days of 31 March and 30 September). Non-expendable property must have a unique identification number, listed on the Inventory Record with item details, serial number, acquisition cost, and date. Expendable property aboard ships is tracked by the RSO, including item name, quantity, and total value, but inventory numbers are not required.

[www.navyfitness.org/deployed-forces-support](http://www.navyfitness.org/deployed-forces-support)  
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## EVENTS THIS MONTH:

DIY MOSQUITO REPELLENT  
CANDLES \$15 for 2 candles  
THURSDAY, MARCH 6, 5:30 PM

HIKING TRIP 3:  
LOS PENASQUITOS CANYON  
PRESERVE  
SATURDAY, MARCH 8, 8 AM, \$5

BABY SHOWER  
SATURDAY, MARCH 8, 10 AM  
FREE FOR NEW MOM, \$25 FOR  
GUEST ISLAND CLUB, TRIDENT  
ROOM

GNOME PAINTING AND HUNT  
THURSDAY, MARCH 13, 6:30 PM,  
\$7

TALENT SHOW LOWRY THEATER  
FRIDAY, MARCH 21, 7 PM, FREE

INTERCHANGEABLE WREATH  
SUNDAY, MARCH 23, 10 AM, \$16

FAMILY BOARD GAME NIGHT \$5  
PER FAMILY  
THURSDAY, MARCH 27, 5:30 PM

TRIP TO: AIRTRACK PARK \$25  
FRIDAY MARCH 28, 5:30 PM

MEET THE PADRES  
MONDAY MARCH 31, 6:40PM  
\$116, PETCO PARK

## PROGRAM SPOTLIGHT : COMMUNITY RECREATION

### VOLUNTEERS WANTED SPRING FLING



**Friday, April 11 | 8:30 AM–1 PM & Saturday, April 12 | 7 AM–3 PM**  
**Admiral Prout Field**

MWR is looking for volunteers to help with our Spring Fling Event! Set up, tear down, help with games, rides etc. Must be 18yrs+ LOA provided. Jeans, shorts, tennis shoes ok, t-shirt provided to wear during the event. Walk ins welcome.

### SIGN UP!

[Runsignup.com/race/CA/SanDiego/VolunteerSpringFlingDaybeforeFRIDAY](https://runsignup.com/race/CA/SanDiego/VolunteerSpringFlingDaybeforeFRIDAY)

[Runsignup.com/race/CA/SanDiego/VolunteerSpringFlingDayofSATURDAY](https://runsignup.com/race/CA/SanDiego/VolunteerSpringFlingDayofSATURDAY)

VISIT [f](#) @COMREC FOR MORE INFO  
[navylifesw .com/NBSDCR](https://navylifesw.com/NBSDCR)

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