



SKY RANGER

The Electronic Newsletter of NAS JRB Fort Worth, Texas

Volume 65, Issue Number 4 - August 2008

Emergency Management; Same In Homes As On Installations

Story by Rusty Baker

Natural disasters that affect North America like earthquakes, wildfires and tornados are abrupt and happen without an ample amount of time for people to react. Man-made disasters from terrorism, to a bridge collapse, or a hazardous-material spill, are similar in respect that they generally occur without warning. Since Sept. 11, 2001, the nation's emergency planning emphasis of how to respond to a disaster has shifted focus to how to be prepared when it may occur. From the cabinet-level policy makers, to installation emergency management, and even families living and working on base, having a plan in cases of emergency can save lives and property when a disaster strikes.

Stations and installations like NAS JRB Fort Worth have implemented this new approach, called All-Hazards Emergency Management, in an all-encompassing scope of orchestrating resources, planning, preparation, response, recovery and mitigation to be ready for any type of disaster either on or near base, or to support communities and other installations within the region.

"Everything is based upon what the resources' capabilities are and how expediently they can be delivered," said NAS JRB Fort Worth's Emergency Management Officer, Steve Thrall.

"This base is a primary site to be able to get to the scene while least likely to be impacted by the same elements."

Located more than 300 miles away from the nearest coastline and generally unaffected by the threat of hurricanes, Fort Worth has become a Continuity of Operations Site (COOP) and regional hub where its servicemembers and civilian personnel spring to action to provide support and supplies during the nation's worst hurricane-born disasters.

In 2005, joint-service members of the base provided direct support for hurricanes Katrina and Rita. Cargo aircraft immediately flew in food, water and supplies to Navy Security Forces and firefighters on the ground.

The base coordinated with the Veterans Administration, through the Natural Disaster Medical System, and evacuated intensive-care patients from the New Orleans area. Fort Worth became a shelter from the storm to dozens of coastal-based aircraft, while many



PH1(AW/NAC) Andrew Rutigliano

Public Works employees Frank Garcia and Jeff Boyd help a crane operator to upright an A-4 Skyhawk static-display aircraft that flipped over during the severe Fort Worth storm of June 2, 2004.

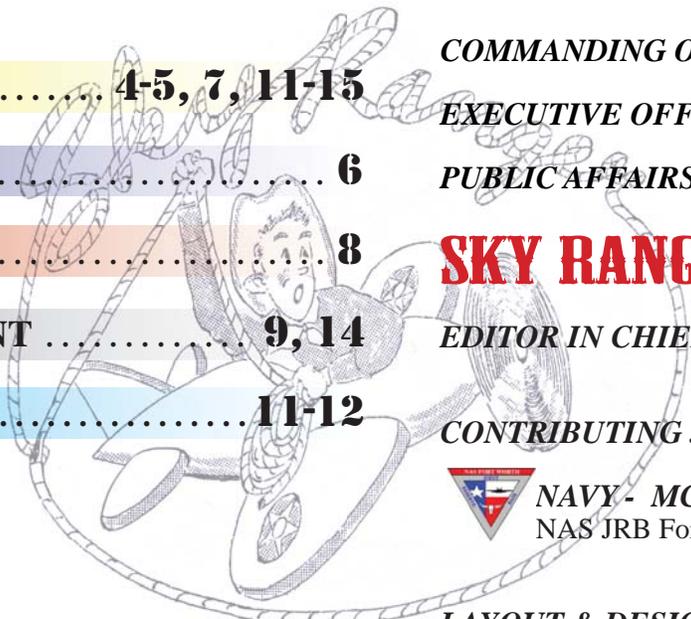
joint-service commands displaced by the hurricane and subsequent flooding made the base their temporary home as well.

Emergency
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Find It Fast!
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 Taken Directly To The Story



A Message from the Skipper

As we approach the beginning of the school year, I'm reminded of a television commercial from several years ago featuring a father and his children doing back-to-school shopping at one of those large office supply stores. The father is gleefully tossing school supplies in his cart and dancing down the aisles while his children look on with glum expressions; the holiday music in the background playing "... it's the most wonderful time of the year! ..."

My daughters hated that commercial, but it always brought me to tears, I laughed so hard!

The nostalgia made me ponder a few other things that accompany the return of the school year. As they apply to you, be ready for:

- Rush-hour traffic! Intensified by school buses and associated student/teacher traffic.
- PRT (Navy)! The time to get in shape is ... yesterday!
- Football season! Replace the batteries in that remote!
- Captain's Cup sports! Softball is in "swing", and bowling is right around the corner; so get your unit's team registered and in the hunt!
- Chief's initiation (Navy)! A safe and professional tradition continues at this NAS!

Looking back over summer, I've had an amazing education on the contribution our joint warfighters are making to the Nation's interests overseas. Last month I was privileged to send a headquarters company, with the Army's 56th Infantry Brigade, off on deployment to Iraq; and this month I was honored to be on the Flightline with Col Conoley to greet 45 Texas Air National Guardsmen as they returned on a C-130 from 6 months in Cuba.

To all of you returning and departing heroes, I say "God speed", and commit the resources of this base to your living, working, training and operating. Thanks for the education!



Emergency Continued

Fort Worth is no stranger to disaster. In June of 2004, one of the wettest months in Texas history, a powerful storm knocked out power to over a quarter million people in the Dallas/Fort Worth Metroplex. Although there were no injuries of personnel, the base suffered significant structural damage, major flooding, and damage to aircraft and base housing located off base. A recovery effort was initiated by the base commander to prevent any immediate threat to life or property loss. The command center was mobilized as joint-force personnel provided defense support to civil authorities, cleared waterways outside the front gate, and later removed storm debris from base housing.

According to Thrall, a base commander holds the authority to provide support, when and where needed, for up to 72 hours without a presidential declaration of a natural disaster. With this authority, the commander can appoint an incident commander to direct actions made with the emergency operations center (EOC), directly task his command and resources on base, and may request support from tenant commands, as what was done early on with Hurricane Katrina.

A recent example of responding to an immediate threat of life or property was the deployment of fire and rescue personnel, as well as high-profile vehicles to the town of Gainesville in June 2007.

“The town was literally flooded,” said Thrall, “the Red River had risen to within a foot of the interstate bridge causing roads to be closed.”

Once a situation is stable, lives are preserved and property is secured, the incident commander directs personnel and equipment to return to base, while man hours, costs and resources are measured within the EOC.

According to Thrall, the difference between how an installation responds to hazards and emergencies and the way a family living or working

on base would respond are very similar – be prepared.

“One of my primary functions is public education, and one outlet is Fleet and Family Services,” said Thrall. “I impress upon folks to plan ahead and prepare, so when the time comes, they’re better prepared.”

One valuable source of information to help people plan and prepare for incidents ranging from severe weather to a biological terror threat is the Web site www.ready.gov.

With September being National Preparedness Month, Web viewers are encouraged to prepare for possible emergencies by building a basic emergency supply kit, making a family plan to know how to contact each other and meet if separated, staying informed about the different type of emergencies that could occur in the area, and getting involved with others in the community.

“It’s common sense to have a plan of what to do when the unlikely happens,” Thrall said. “If you don’t have a plan, then your response will be difficult at best.”

One possible worst-case scenario in the Metroplex would be a mass evacuation caused by a hazardous material or biological/chemical attack.

Said Thrall, “We live in the fourth largest metropolitan area by population, evacuating from this area will be quite difficult. There are no zones like you have in hurricane areas. Traffic would most likely be contraflowed away from the city with directions given to the local population through the media.”

The Dallas/Fort Worth area’s sprawling landscape of suburban neighborhoods mixed in between areas of business, commerce and industry is unique. A person working on base in Fort Worth may reside in Grand Prairie, which is 20 miles closer to the center of the Metroplex, however other family members may work



ET1(SW) Bryan Rountree

Sailor of the Quarter



CS2 Idahoise Oniha

Junior Sailor of the Quarter



AC3 Cornelious Jones

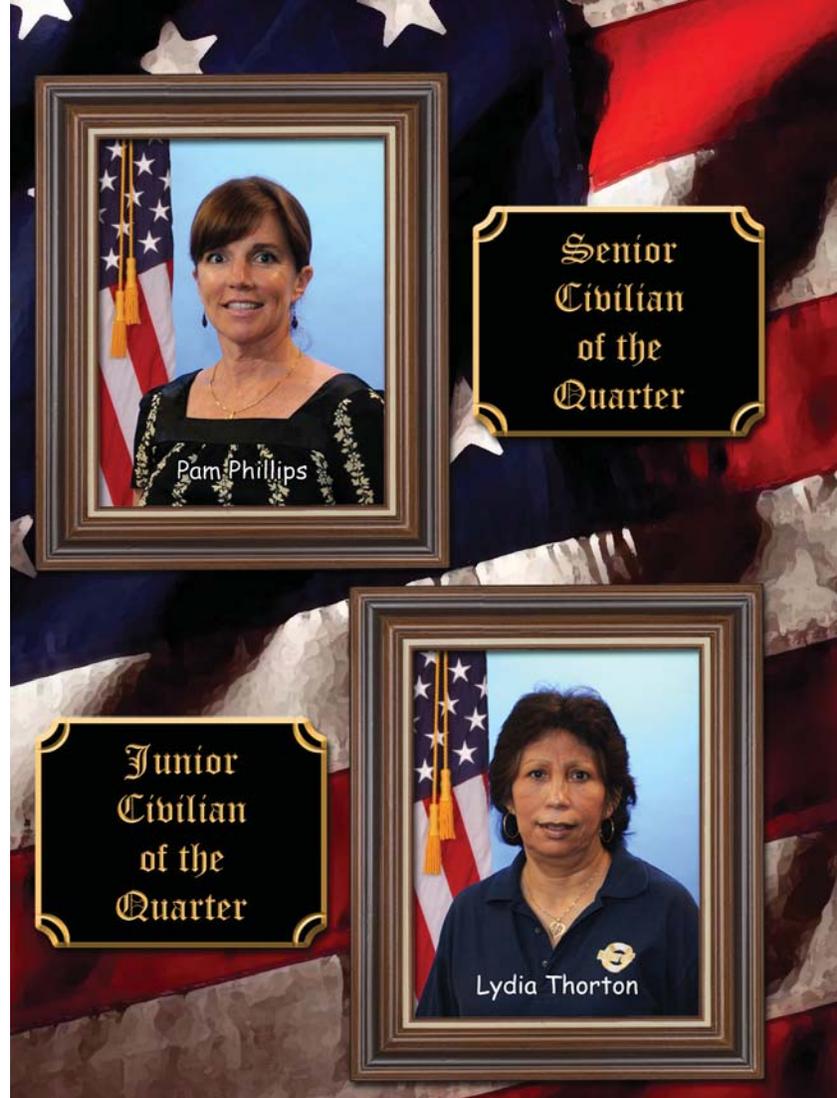
Blue Jacket of the Quarter

20 miles in a different direction. Not having a plan of where to meet after an incident occurs becomes a serious problem if family members are required to evacuate in separate directions away from an epicenter in the middle of the city.

Relying on cell phones for communication during a major ordeal has also shown to be a futile gesture. According to Thrall, the phone traffic after the Minnesota I-35W bridge collapse over the Mississippi Rive on Aug. 1, 2007, was so congested that the incident commander couldn't communicate on his cell phone to other emergency crews working on site. Family preparations should consider all scenarios when planning for the unexpected.

All-Hazard Emergency Management on base has continued to evolve with new and innovative procedures, training and worst-case scenario drills. An all-encompassing installation emergency plan has been devised and will be implemented by the end of the year to initiate hazard-specific response plans when the need occurs.

"As we continue planning and preparing, and we get our joint plan implemented, there's going to be more education to the base population of military members and their families of what to do, what we will do, and how we will best do it," Thrall said. ■



New CDC Hosts Grand Opening With Ribbon Cutting

Story and Photo by MC2(AW) D. Keith Simmons

To commemorate the new Child Development Center at Naval Air Station Joint Reserve Base Fort Worth, Texas, the grand opening ceremony was complete with a ribbon cutting on July 11 followed by a tour of the new facility.

Cutting the ribbon in the spirit of unity were the 301st Fighter Wing, Col. Bob Mortenson; Marine Aircraft Group 41, Col. Gary Graham; NAS JRB, Capt. T.D. Smyers; CDC Director, Mrs. Julie Roberts; Mr. Jim McGee from Sen. Kay Bailey Hutchinson's office; the 136th Airlift Wing, Texas Air National Guard, Col. Dave McMinn; NAS JRB Morale

Welfare and Recreation Director, Dr. Jim Gibbons, and military children enrolled at the new facility.

Opening remarks were given by Smyers, who stated that a big effort goes into putting these facilities on bases throughout the Department of Defense to support the needs of our personnel and their children.

"This structure adds the capability to this installation to take care of 108 children, their developmental needs and their safety. It's going to be expanded, there is military construction money there now to expand this facility by a factor of two. By December 2009 this facility

will be doubled in size," said Smyers.

Roberts later added that the building has seven classrooms and three playgrounds, for infants, toddlers and preschoolers. The facility can accommodate children as young as six weeks old and up to five years old, if they are not enrolled in kindergarten.

"We have a state of the art security system that monitors the inside of the building as well as the outside to include the playgrounds 24/7. We serve breakfast, lunch and afternoon snacks to all who are in attendance. The staff is awesome!" said Roberts.

The CDC is currently open Monday through Friday. ■

NMCI To Increase Internet Security By Month's End

By Rusty Baker

Late last year, the Department of the Navy required the Navy Marine Corps Intranet (NMCI) to implement a new Internet filtering system enterprisewide by August 2008 to enhance network security. According to NAS JRB Fort Worth's Installation Information Technology Manager, Cheryl Morley, NMCI is on schedule to begin blocking nonessential Web sites on Navy computer seats here on base by late August.

The new system will use preset criteria to block access to Web sites and other Internet resources that pose a threat to security or are considered non-essential to a user's function or mission. This practice, also known as "blacklisting," will block access to commercial Web sites such as MySpace and YouTube and peer-to-peer (P2P) file sharing networks. P2P file sharing is enabled by software such as Kazaa and Shareaza, which people often use to

enjoy non-work-related activities, such as swapping music, videos, and other Internet files.

Blocking select Internet addresses ensures network security and promotes the efficient, ethical and legal use of NMCI resources. Once the capability is implemented, users who try to access blacklisted Web sites or other Internet resources from their NMCI seats will receive an alert message that will indicate that the respective Internet address is blocked.

The Navy will use NMCI's Internet filtering system to monitor Web traffic and may choose to blacklist an Internet address at any time. The system will scan Internet pages for inappropriate content in real time, intercepting and cataloging suspect Internet addresses before users even attempt to access them. Even if normally acceptable Web sites temporarily show inappropriate content, the new capabil-

ity would automatically blacklist those sites until their acceptable content was fully restored.

Eventually affecting outbound Internet traffic for all NMCI unclassified Navy and Marine Corps seats, the new Internet filtering system will expand the DoN's existing security capabilities and reinforce its warfighting efforts in support of the Department of Defense (DoD) and DoN Internet use policies outlined in Naval Message - Effective Use of DoN IT Resources: <http://homeport/downloads/naval-message-don-cio-resources.pdf>

For information regarding security and appropriate use of DoN property, refer to the Security Awareness page in the Training section of the NMCI Homeport Web site. <https://www.homeport.navy.mil/training/security/> ■



Little Kids, Big Scissors

Military children attending the new facility lent their little hands to the Base Commanding Officer to help cut the ribbon at the front doors of the new CDC.



The Potential Price Of Friendship: Vicarious Liability

By Thomas E. Wallace, Esq.

In the Navy, military training teaches us many things. The military teaches us a rating and the discipline to achieve our goals, whatever they may be. The Navy also teaches us to be a “good shipmate.” We have all heard that term and have tried to live by that credo. However, in some instances, acting like a “good shipmate” can be costly.

This is not an article suggesting that we should not be good shipmates. Rather, it is an article suggesting that we should all be careful about the actions we take. This is especially true when we lend potentially dangerous equipment to a fellow servicemember or family member.

The theory of vicarious liability is the concept in which an individual can be held legally responsible for the wrongful conduct of another party. Under this concept of liability in the law is what many states call the “Dangerous Instrumentality Doctrine.” This doctrine is most often applied to motor vehicles, but it could be applied to any potentially dangerous object. Some examples are guns, airplanes, motorcycles or other items or machines that if operated incorrectly, could cause harm.

Under the “Dangerous Instrumentality Doctrine” as it applies to automobiles, the owner of a vehi-

cle may be found to be responsible for damages to a third party if the owner entrusted another person to use that vehicle, and the person to whom the vehicle was entrusted improperly or negligently operated the motor vehicle and caused injury or property damage to the third party.

This fact pattern should sound familiar. Our legal assistance offices regularly assist clients who, in the

There are some defenses that many states recognize under the “Dangerous Instrumentality Doctrine.” For example, if your vehicle is stolen from you and the thief gets in an accident while escaping and causes injury or damage, most states will excuse the vehicle owner from liability. If you have questions about how such laws in your location work, please contact your local legal assistance office at (817) 782-6009 and make an appointment. Please note that this article is not meant to be the substitute for the advice of a competent lawyer in the jurisdiction in which you live. ■

Additionally -

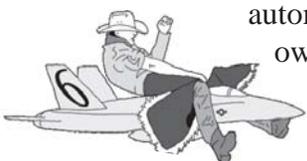
It is important to note that vicarious liability does not only come into play when talking about the Dangerous Instrumentality Doctrine. Also be

aware that when you serve alcohol to an obviously intoxicated person who then goes out and injures another or damages the property of another, you can be held liable. If you decide to host a gathering where you will serve alcohol, your safest bet is to always remain sober yourself, so that you can accurately judge when your guests have “had enough.” Sometimes being a good shipmate means that you have to be the one to say “no.” ■

**-Lt. Joanna B. Mastny JAGC, USN,
RLSO Southeast
BROFF Fort Worth**



interest of being a “good shipmate,” have lent their automobile or motorcycle to a fellow crewmember, and that crewmember became involved in an accident while operating the automobile or motorcycle. Usually this fact pattern has the additional fact that there was inadequate or no insurance on the vehicle and that a third party was injured or suffered some sort of damages. The owner of the vehicle in these cases could be subject to a lawsuit for damages under these theories of liability.



Tactical Support Wing Holds Change Of Command

From Tactical Support Wing Public Affairs

Commander Naval Air Force Reserve's (CNAFR) Tactical Support Wing (TSW) held a time-honored naval tradition with a change of command ceremony at Naval Air Station Joint Reserve Base, Fort Worth on Saturday, July 12, 2008.

Rear Admiral Pat McGrath was the guest speaker at the ceremony where Captain Bryan P. Cutchen was relieved as Commander by Captain John A. Hefti. Captain James Kuhn reported as the incoming Deputy Commander.

Cutchen, a native of Jacksonville, FL, assumed command of Carrier Air Wing Reserve Twenty (re-designated Tactical Support Wing in the Spring of 2007) in August 2006. He will next report for duty as Deputy Commander, Naval Air Force Reserve in San Diego, CA.

Captain Cutchen's superlative leadership over the past two years ensured successful high tempo operations during one of the most challenging periods in the Wing's history. Under his watch, TSW

provided over 140 fleet adversary support detachments to fleet air wings and fleet replacement squadrons. In addition, TSW conducted over 360 days of counter-narcotics missions in Central and South America, two expeditionary electronic attack deployments to Iraq and Afghanistan in support of Operations IRAQI FREEDOM and ENDURING FREEDOM, and provided Hurricane Katrina relief Command and Control.

Hefti, an Arlington, VA native, has served as TSW Deputy Commander since December 2007 and was commissioned in the Navy after graduating from the United States Naval Academy in 1985.

Captain Hefti was designated a naval aviator in 1987 at NAS Chase Field, Beeville, TX and subsequently served multiple F-14 Tomcat squadron and staff tours at Naval Air Station Oceana in Virginia Beach, VA. His varied career includes deployments in support of Operations DESERT SHIELD, DESERT STORM, PROVIDE

COMFORT, DELIBERATE FORGE, and SOUTHERN WATCH.

More recently, Captain Hefti reported as Executive Officer to the VF-213 "Blacklions" in 2001 aboard USS CARL VINSON in support of Operation ENDURING FREEDOM. He deployed again with VF-213 in 2003 in support of Operation IRAQI FREEDOM aboard USS THEODORE ROOSEVELT and served as Commanding Officer of the squadron from 2003 to 2004.

Following his command tour, Captain Hefti reported to Washington, D.C. for three years where he served as Special Assistant to the Chief of Naval Personnel and earned a Masters Degree in National Security Strategy at the National War College.

TSW is comprised of six tactical squadrons and three Fleet Readiness Center sites located in seven states. The wing consists of over 1800 active and reserve personnel with an organizational structure similar to that of active fleet air wings. ■

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MALS-41 Marine Gives Back To Sports Community

Story by Sgt. Lisa Rosborough



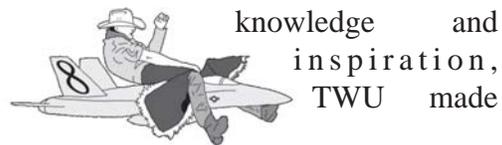
Staff Sgt. Jody Ellsworth, the training chief with Marine Aviation Logistics Squadron 41 in Fort Worth, Texas, has always had a love for the sport of soccer. A native of Carlsbad, New Mexico, Ellsworth started playing soccer at the age of four and has had a driving passion for the sport ever since.

"I started playing soccer as a young kid because it was the premier sport that was being played in my community. I was told I was a natural from the beginning," Ellsworth said. From that point on, Ellsworth said he made it his goal to become a student, teacher, and professional in the game of soccer.

Currently holding coaching positions with three different groups of athletes in the Fort Worth community, Ellsworth lends his Marine Corps knowledge and coaching experience to local junior high, high school, and college soccer athletes. He applies the same core values to the soccer field that he has learned throughout his 15-year career in the Marine Corps.

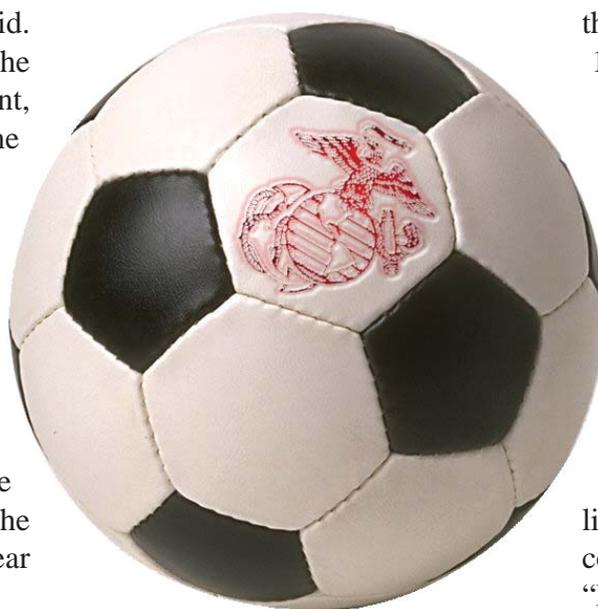
"I stress the honor, courage, commitment policy as well as academic achievement. It's important that the team keeps a positive attitude in order to get trained and get out there and get it done," Ellsworth said.

As an assistant soccer coach at Texas Wesleyan University in Fort Worth, "Ellsworth has had a great influence on the team," said head coach Josh Gibbs. Gibbs also added that thanks to Ellsworth's



it to the 2007 Red River Athletic Conference finals of the National Association of Intercollegiate Athletics Region VI Tournament.

"Staff Sgt. Ellsworth is fantastic. He deals with the kids in a very professional manner by explaining everything very specifically. It's amazing how he's able to use the leadership traits that he's learned in the Marine Corps and apply them to his coaching style on the soccer field with the kids," said Gibbs.



When he's not coaching at TWU, Ellsworth coaches the Varsity soccer team at All Saints Episcopal High School in Fort Worth during the fall. He also trains a group of teenagers ranging from ages 13-16 on the Texas Developmental Academy Futbol Team during the summer with coach Gaspar Martinez.

According to Martinez, Ellsworth has impacted the team tremendously. "His military background and superb knowledge of the game has helped the focus of the youth on the team," Martinez said. He

also added that Ellsworth has helped increase the team's intensity level.

Ellsworth's "superb" knowledge and intensity didn't come from just sitting on the sidelines during his soccer career. Also a Marine Corps Martial Arts Instructor (Black Belt), Ellsworth said he was a member of the All-Marine Soccer Team from 1991-1996 and played in the semi-professional soccer league for the San Diego Top Guns.

To take things to an even higher level in his athletic career, Ellsworth signed his first professional contract in 1996 and secured a spot on the practice squad of the Los Angeles Galaxy.

When asked what he loves most about soccer, Ellsworth mentioned that playing soccer is like being in one's own world. "You control the outcome," he explained. "However, soccer definitely has that Marine Corps feel to it because it's very tactical and the camaraderie is always a key factor."

According to those who work with him, Ellsworth aims to improve Marines around him. "Staff Sgt. Ellsworth is an outstanding Marine who is very experienced in what he does as a soccer coach," said Gunnery Sgt. Johnny Vasquez, MALS-41 Operations Chief. "In the two years that he's worked for me, he has definitely opened my eyes to a lot of things that are going on in the community." ■



GOV: <http://www.usajobs.gov/>
 USA: <http://www.cpol.army.mil/>
 USN: <https://chart.donhr.navy.mil/>
 TANG: <http://www.agd.state.tx.us/human-resources/state-jobs2.htm>
 USAF: <http://ask.afpc.randolph.af.mil/civemploy/>

SSA Offers Extra Earnings

Story by MC2(AW) D. Keith Simmons

Veterans, who served on active duty (including active duty for training) before January 2002, may be eligible for higher Social Security benefits.

Every month (since 1957 for active duty and 1988 for reservists) servicemembers pay Social Security taxes on their earnings. For veterans, who served between 1957 and 2001, extra earnings credits may be appended to your Social Security Record. The credits may help veterans qualify to receive Social Security or increase the benefits they receive.

For veterans who served between 1957 and 1967, the credits will be added to your record when you apply for social security. Veterans who served between 1968 and 2001, the credits have already been applied to your record. In January 2002, the Defense Appropriations Act ceased the eligibility for these credits; therefore any service after January 2002 does not qualify for extra earning credits.

The extra earnings for veterans who served between 1957 and 1977 are credited \$300 in additional earnings for each calendar quarter for which they received active duty basic pay. Veterans who served between 1978 and 2001 are credited an additional \$100 for every \$300 in active duty basic pay received up to \$1,200 a year.

Veterans, who enlisted after September 7, 1980, didn't complete their full tour or at least 24 months, may not be eligible to receive the extra earnings.

All of this information is available from the Social Security Administration Web site at www.ssa.gov/retire2/military.htm. ■

2008 Chief Petty Officer Selectees

COMMAND	NAME	RATE
C3F JFACC DET FW	Bloyer, Steffanie	ACC
CFLSW	Altizer, Christopher	ATC(AW/NAC)
CFLSW	Lovell, Franklin D	AMC(AW/NAC)
CFLSW	Schneider, Thomas	ADC(AW/NAC)
CFWP	Ruhde, Phillip	ATIC
CNFK CP Tango	Guillen, Nicholas	ISC
CNL SE	Sapp, Franklin	ITC
COM 7th Fleet D111	Hollowell, Josie	OSC
COM 7th Fleet D111	Medart, Karen	OSC
COM 7th Fleet D111	Miller, Scott	ITC
COM 7th Fleet D111	Thompson, Michael JR	OSC
CSG-7	Braswell, Bobby	ITC(SW)
CSG-7	Sifford, Brian	QMC
FRC West	Cizek, Michael	AMC
FRC West	Hazley, Gene	ATC(AW/NAC)
FRC West	Medlock, Christopher	ATC(AW)
FRC West	Storer, Martha	ADC(AW)
NAS	Arroyos, Luis	BMC(SW/AW)
NAS	Dodge, Abram	ACC
NAS	Holiman, Eric	CSC(SW/AW)
NMCB 22	Aldridge, Glen	BUC
NMCB 22	Arning, Micheal	CEC
NMCB 22	Beverly, Margaret	EOC
NMCB 22	Bucholz, Joseph	BUC
NMCB 22	Byington, Samuel	EOC
NMCB 22	Ebel, Mark	SKC
NMCB 22	Fernandez, Oralia	YNC
NMCB 22	Moszynski, Stanislaw	BUC
NMCB 22	Valdez, Gabriel	CEC
NMCB 22	Williard, Christopher	BUC
NMCB 22	Wilson, Robert	SWC
NOSC El Paso	Mietlinski, Gene	GMC
NR 4MD 14	Mendenhall, Thomas L	HMC
NRD Dallas	Akins, Kacy	NCC
NRD Dallas	Bell, Randy	MAC(SW)
NRD Dallas	Coble, John	AOC(AW/SW)
NRD Dallas	Dowell, Jason	NCC(SW)
NRD Dallas	Gray, Kevin	NCC(AW/SW)
NRD Dallas	Hall, Reynaldo	PSC(SW/AW)
NRD Dallas	Lawrence, John	STGC(SW)
NRD Dallas	Mussett, Michael	HMC(FMF)
NRD Dallas	Polly, Tara	PSC(SW)
NRD Dallas	Wadley, Rodney	NCC(SW)
NRD Dallas	Walker, Gary	NCC(SS)
NSGR FT Worth	Pridgen, Abdul D.	CTMC(AW)
OHSU DALLAS HQ	Ellis, Christina	HMC
OHSU DALLAS HQ	Moseley, Gary	HMC
PHIB CB 1 Det 108	Izbrand, Thomas	BUC
RIA SE FTW	Edwards, Wanda	YNC
VR-59	Atkins, Timothy	AMC(AW)
VR-59	Chester, Jack	HMC(AW/NAC/FMF)
VR-59	Sopiak, John	ATC(AW)
VR-59	Tharp, Donnell R Jr	AMEC(AW)
VR-59	Vanheuklom, Jason	AMC(AW/NAC)
VR-59	Van Ness, John	ADC(AW/NAC)
VR-59	Wasson, Joel	ATC(AW/NAC)

Howdy,

My name is LCDR Nelson Wells. I'm on an IA deployment to Afghanistan and working on the fourth of a six month deployment.

I am currently assigned to the Engineering Directorate (CJ-ENG) of the Combined Security Transition Command - Afghanistan (CSTC-A). CSTC-A is located in the capital of Kabul, at Camp Eggers, a secure compound occupying a few city blocks near downtown. The mission of CSTC-A is to assist the Islamic Republic of Afghanistan to help develop a stable Afghanistan, strengthen the rule of law, and deter and defeat terrorism within its borders. CJ-ENG's mission is to support the overarching CSTC-A mission through infrastructure development, construction and facility sustainment. I work in the ANA Program Office, currently managing a program valued at about \$292 million spread over 28 projects of various stages of completion. My job is to oversee construction projects from the original requirement, from execution to completion.

Much of my work requires me to arrange and participate in convoys to visit project sites throughout the city, which means my donning full body armor and riding in "Up-Armored" urban vehicles. There is no mistake in anyone's mind that enemy forces lurk about the city waiting to attack unsuspecting coalition convoys, therefore everyone must always remain vigilant in each and every convoy that we participate in.

Do I feel like I'm making a difference? I confess that there are days that I don't. But as I look back. I am compelled to believe that the infrastructure I help build, allows for more Afghan Army troops to be trained, which means the fight to make the country more stable and secure is that much closer to becoming a reality. Yeah, I think I'm making a difference.

See ya soon. GO RED RAIDERS!!!

LCDR Nelson Wells



LETTERS FROM THE SANDBOX

Prior to deployment, Lcdr. Wells was the Public Works Officer for the NAS JRB Public Works Department.

TPWD Boasts Excellent Offer For Service Members

Story by MC2(AW) D. Keith Simmons

Hunting season is right around the corner and it is time to prepare for a safe and lawful season.

Since 2005, the Texas Parks and Wildlife Department has provided Texas resident active duty military service members with free hunting and fishing licenses.

Active duty members or activated reservists in the armed forces are eligible for a free "Super Combo" hunting and all-water fishing license. This package includes a Resident Hunting License, a Resident Fishing License and all five state stamp

endorsements (archery, freshwater fishing, saltwater fishing with a red drum tag, upland game bird, and migratory game bird). The Federal Waterfowl Stamp is not included with this package, but can be added for \$17.

This offer is available to service members who have their home of record listed as Texas in their service records or to those who have been stationed in Texas for no less than six months prior to the issue of the license. Service members are only required to present a current military identification

card at the license counter to receive the license.

In addition to having your hunting license on your person while hunting, you must also have a hunter education certificate. Every hunter (including out-of-state hunters) born

on or after September 2, 1971, must successfully complete the Hunter Education Training Course. Minimum age of certification is nine years old. If you possess a certificate from out of state, you do not have to take the Texas course. Also, if you hunt out of state, your Texas certificate will be recognized by any other state requiring a hunter education certificate.

The only exception to completing the Hunter Education Training Course is to purchase a Hunter Education Deferral. Any person 17 years of age or older may purchase the deferral for \$10. This allows the hunter to forego the hunter education program for one year. However, while hunting, the deferral owner must be accompanied by a person who is at least 17 years old, is licensed to hunt in Texas and has passed the Hunter Education Course or is exempt (born on or after September 2, 1971).

This information and much more about the great outdoors of Texas is available from the TPWD Web site at www.tpwd.state.tx.us. ■



Photo by Patti Ford

Immigration Outreach To Local Military

Come and talk with specialists from the Dallas District Citizenship and Immigration Service about military naturalization, adjustment of status, fiancée petitions and other common services on Aug. 27 at 9:30 a.m. at the Regional Legal Service Office Classroom in building 1515. Active-duty personnel and their dependents, as well as reservists and retirees are welcomed. For more information, contact the Regional Legal Service Office at (817) 782-6010.



Women's Leadership Symposium

By LNI(SW/AW) Andrea Navarro

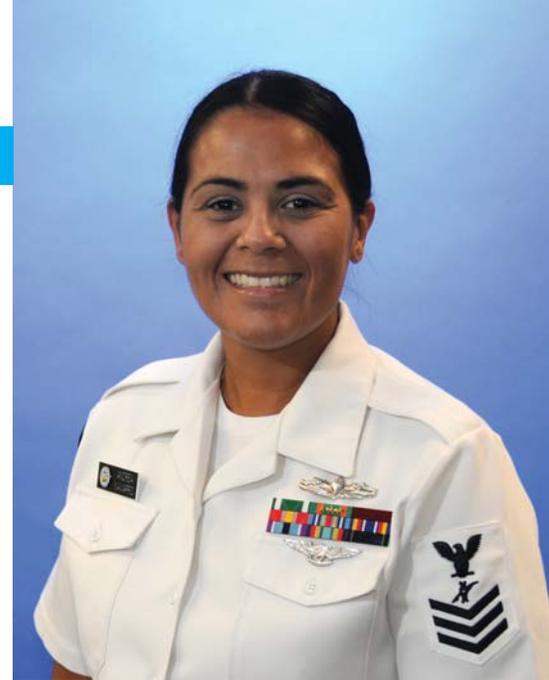
The message traffic popped up on my e-mail and read, "21st Annual Women's Leadership Symposium," and I was intrigued. In today's Navy, you don't think of men or women - you think we are all sailors, but this was an opportunity I couldn't afford to miss and I'm glad I didn't.

On July 10-11, 2008, the 21st Annual Women's Leadership Symposium was held at the National Conference Center in Lansdowne, Va. This year's theme was, "Informed Decisions: Making a Personal and Professional Commitment to Yourself." The symposium was jointly sponsored by the Navy Office of Women's Policy, Coast Guard Women's Leadership Association and Sea Service Leadership Association. The topics included, paths to career and personal success, discussions on current women's policy projects and mentoring initiatives, health and fitness, military vs. civilian

pay and benefits, and the highlight of the symposium the Navy's new "Work/Life Balance Movement".

Rear Adm. Harvey was the key speaker and highlighted the work/life balance lifestyle and how we could apply it to our Navy and professional/personal lives. He envisioned sailors working efficiently and getting home to spend more quality time with their families. His focus was for not to be at work if there is no work to be done. He spoke of telecommuting, shorter work weeks and flexible working hours. All fantastic ideas that would be welcomed in today's Navy, influencing those riding the fence to stay in.

The Women's Leadership Symposium provided a great environment for networking and mentorship. Every rank, rate, corps and background was represented. It was a unique opportunity to talk to senior enlisted/officer females and hear about their struggles



and the changes they've experienced in the Navy. We also had focus groups on issues facing junior sailors in regards to parenthood, child care, marriage/divorce and the challenges of leaving for Individual Augmentee assignment and deployments.

All in all, the 21st Women's Leadership Symposium was a valuable conference and I would encourage more junior sailors to attend. ■

DEFY Camp 2008

Camp Counselors: NCC(AW) Dunkle, AC1 Scott, CS2 Smith, AM3 Hart, CSSN Guerra, SK2 McDonald, AS2 Waltman, SK2 Warren, HM3 Stagner, AZ2 Sewell, MA1 Zetzwig, YN2 Asberry, SKSA O'conner, CS2 Oniha, CS2 Jackson, YN1 Rinkin, SK2 Puig, AZ1 Lee, AD1 McClay, YN3 Belt, YN3 Lacey, ASAN Webb, ET1 Rountree, AO1 Francis, ET2 Rosenberger, AS3 Armstrong, SK2 Tucker, PS1 BonneAnne, AT1 Kitting, AM1 Carroll, YN2 Suprenard, CS3 Conley, YN3 McKinley, ABH3 Hair, AS3 Piser, AM2 Read, AC2 Genz, AME1 Greene, AOAN Rutledge, NCC Jennings, AS2 Panganiban, HM3 Coker, AO2 Flores, AOAR Dominguez, AZ1 Crabbe, AC3 Jones, ACAN Erbez, AS1 Broddy, HM2 Morgan, HM1 Moreno, HM1 Sanchez, HN Betts, HM1 Willits, HM1 Harris, HM2 Lynch, HN Francois



In last month's issue of the Sky Ranger, it was mentioned that NAS JRB Fort Worth is a new participant in the Voluntary Protection Program (VPP), one of OSHA's cooperative programs aimed at improving occupational safety and health in the workplace and at home.

The program has been around since 1982 to recognize and partner with worksites, in this case NAS JRB Fort Worth, that implement exemplary systems to manage worker safety and health.

Here at this installation, our number one asset is our joint military-civilian team and safety is our number one priority. How many times do you hear that each day? Yet it's true. Leadership here wants you to be productive while at work each day, but at day's end, they want you to arrive home safe and healthy to families who need not fear the tragedy of your death, injury or illness.

As Cmdr. Jeff Fujisaka wrote last month, VPP requires management leadership and meaningful employee involvement in safety and health at work to include analysis of worksite hazards, hazard prevention and control, and management and employee safety and health training. It requires each individual to commit to a culture of health and safety, at work and during their leisure time. Each employee must be willing to get more involved in identifying and reporting hazards to their supervisor, correcting coworker shortfalls, and finding effective solutions. Then it is leadership's responsibility to follow through to ensure proper corrections are completed.

As just mentioned, VPP extends beyond work into the home. Much of what you look for and apply as safety



Voluntary Protection Programs An OSHA Cooperative Program

precautions at work, do the same at home during your leisure time. Look for safety hazards around the home and eliminate them before a loved one gets hurt. If a family member or friend is disregarding safety, stop to correct and advise them about what they are doing wrong.

Again, how many times have you heard someone say to make safety a way of life, both on and off the job. Get used to it. Even though NAS JRB Fort Worth is doing okay when it comes to safety, injuries and related time off, we have room for

improvement. VPP is a step in that direction. The Base CO Captain Smyers is committed to VPP and keeping you safe and healthy. He can't afford to lose his number one asset – you. He expects every employee, military and civilian, to get involved in VPP and for every supervisor to set the example.

Recently Captain Smyers established a VPP Steering Committee to help oversee Fort Worth's VPP efforts. Nine sub-committees were established too, from Training to Publicity to Emergency Response to Mishap Investigations and so on. VPP is here to stay so you'll be hearing and seeing a lot more over the months ahead. If you would like to become a committee member or know what committees are available to you, call Cmdr. Fujisaka at base extension 7709 or e-mail him at Jeffrey.fujisaka@navy.mil.

Let VPP work for you, both on and off the job. ■



The recipient of the July 2008 safety award is Mr. Roger Green from the NAS JRB Fire Department



Advancement Exams and You

By NCC(AW) Carol L. Dunkle

What does advancement mean to you? For all, it means increased authority and greater responsibility for current positions; however, it also means a pay increase. For some, the basic pay increase could be as little as \$78 a month but for others it could be as much as \$602. What motivates you as a sailor? The increased authority and greater responsibility or simply the money?

Whatever your reasons for advancement, it is your responsibility to know the date, time and location for the coming advancement exams. It is also your responsibility to show up on time with your ID card in hand.

For NAS JRB Fort Worth sailors, the exam will be administered at the NOSC Fort Worth Drill Hall at 7 a.m. on the following days: E-6: Sept. 4; E-5: Sept. 11; E-4: Sept. 18.

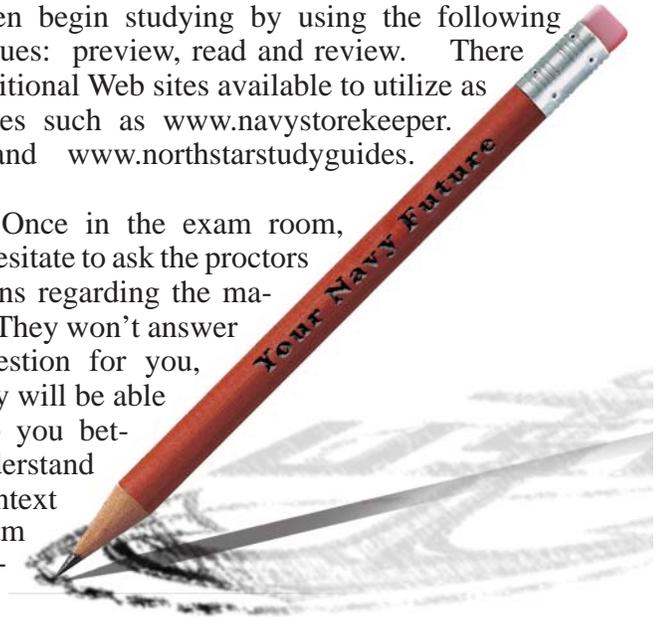
Make sure that you visit your administration department and sign your worksheet prior to taking the advancement exam. This is your chance to correct any discrepancies before the exam. The exam room is not the time or place to make changes.

You should know the Performance Mark Average for the current exam cycle. See NAVADMIN 126/08 for the computations periods that are being used for the September 2008 Cycle 200 advancement exam and BUPERSINST 1430.16F page 3-8 for computation guidance. Sailors should also know how many award points that they have received. See BUPERSINST 1430.16F pages 3-6 and 3-7 for the complete list of award points.

Every sailor must take the initiative to study. Studying a week or two before the exam is not sufficient time to prepare for the exam. Set aside at least 15 minutes, but preferably an hour of study time each day. Read the material and develop study questions to review with your peers. Remember to ask your senior leaders questions when you do not understand the covered material. Most importantly, ensure that you are well rested prior to entering the exam room.

For study tips or to view and print your rating's bibliography, log on to: <https://www.advancement.cnet.navy.mil> Current exam bibliographies are released five to six months prior to the next advancement exam cycle. Locate and print all of the references listed in your bibliography and then begin studying by using the following techniques: preview, read and review. There are additional Web sites available to utilize as resources such as www.navystorekeeper.com and www.northstarstudyguides.com.

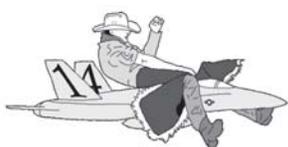
Once in the exam room, don't hesitate to ask the proctors questions regarding the material. They won't answer the question for you, but they will be able to help you better understand the context an exam question.



Collect All Three!



Ideas, Questions, Feedback...
Contact: Rusty.Baker@navy.mil



New Core Values posters available on the NMCI share drive at [Cni\\$\(S:\)/FTWO/Public Affairs/Posters](http://Cni$(S:)/FTWO/PublicAffairs/Posters).

Courage is displayed on this months back page.

Fight The Dog Days Of August With Hydration And Precaution

Story by Rusty Baker

August arrived in Fort Worth with record temperatures in excess of 105 degrees. According to the National Weather Service, heat-index values shot up to 110 in many parts of North Texas, causing heat-related injuries to rise with every degree. As service-members continue to exercise and physically train on board NAS JRB Fort Worth, they should know about the warning signs of heat stress and dehydration and how to react when they occur.

Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center recently said, "As we head into the dog days of August, we're going to face some of the season's hottest weather. Sailors play and exercise hard in spite of the conditions, so it's important to watch out for signs of heat stress and dehydration. Take care of each other off-duty just like you do on the job. Remind one another to take breaks, cool off and drink plenty of water."

Since Oct. 1, 1999, there have been 109 reported heat-related mishaps involving 118 Sailors. Nearly half of the reports stated that the heat-related mishap occurred during command physical training, PT testing, command-sponsored runs, and off-duty exercise. Dehydration and heat stress can sap energy levels and can even hinder the performance of the most physically fit.

Working or exercising in hot weather will result in extra fluid loss, leading to dehydration. Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke. Drink plenty of non-alcoholic fluids several hours prior to exercise and drink cool water often during physical activity. If you'll be participating in the activity for more than one hour, replenish with a sports drink, which has a 5-to-10 percent concentration of carbohydrates in addition to a small amount of sodium.

Those who go for a cold beer after a hard day's work in the yard or after work should know that alcohol

will not replenish body fluids. It actually further dehydrates the body and should be avoided while participating in summer sports or outdoor activities. That includes drinking alcohol in excess the night before a major competition, work out or PT testing.

Don't wait until you're thirsty to drink water. Thirst is a late signal of severe fluid loss. Symptoms of dehydration include muscle cramps, decreased blood pressure and dizziness. Even small degrees of dehydration will cause a decrease in performance, and this can occur at any stage of competition.

Navy installations use green, yellow, red and black flag to alert all on board their installation to hazardous heat conditions as determined by Wet Bulb Globe Temperature. Commanding Officers of installations are responsible for ensuring commands recognize the need to limit or curtail physical training and strenuous exercise during red and black flag conditions.

Knowing the signs of heat exhaustion and heat stroke can save your life. Symptoms of heat stress include

dizziness, light-headedness or fainting, weakness and moist skin, mood changes such as irritability or confusion, and upset stomach or vomiting.

If left untreated, heat exhaustion can progress to more serious heat stroke. Symptoms of heat stroke include dry, hot skin with no sweating, mental confusion or losing consciousness, and seizures or convulsion. To prevent heat stress you should know the signs and symptoms of heat-related illness and monitor yourself and those around you. Whenever possible, block direct sun or other heat sources. Go into an air-conditioned space to rest frequently when participating in sports or working outside. Keep hydrated by drinking water; about one cup every 15 minutes. Avoid alcohol, caffeinated drinks and heavy meals.

Act fast when you recognize symptoms of heat-related illness. Call 911 immediately when you recognize signs of heat stroke. While waiting for help to arrive, move the person to a cool, shaded area, loosen or remove heavy or tight clothing, provide cool drinking water, and fan or mist the person with water. ■



Green Flag (WBGTI of 80 to 84.9 degrees F): Heavy exercises, for unacclimatized personnel, will be conducted with caution and under constant supervision.



Yellow Flag (WBGTI of 85 to 87.9 degrees F): Strenuous exercises or physical labor will be curtailed for unacclimatized, newly assigned Marines and Civilian Marines in their first 3 weeks. Avoid outdoor classes or work in the sun.

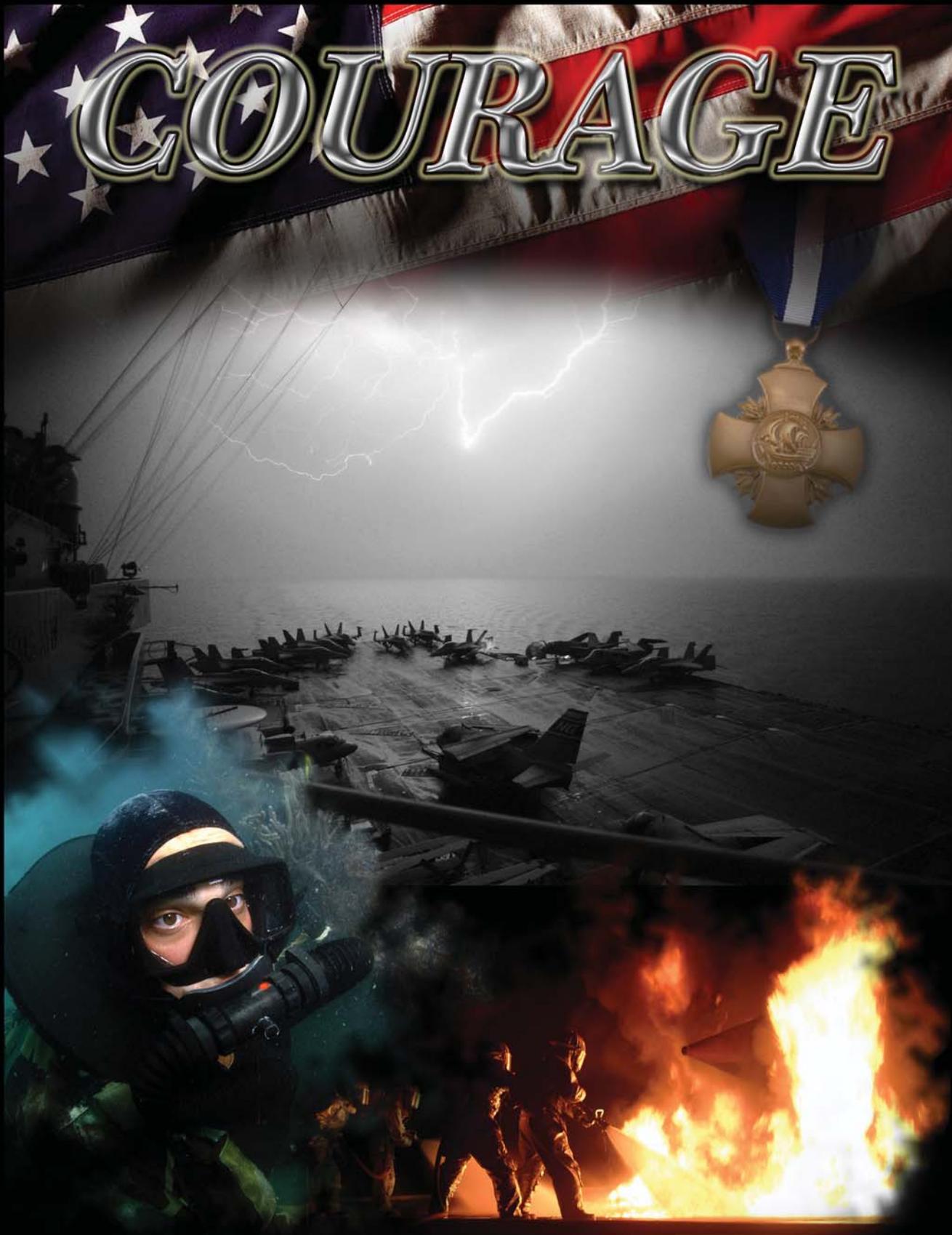


Red Flag (WBGTI of 88 to 89 degrees F): All PT or very strenuous work will be curtailed for those not thoroughly acclimatized by at least 3 weeks. Personnel not thoroughly acclimatized may carry on limited activity not to exceed 6 hours per day.



Black Flag (WBGTI of 90 and above degrees F): All nonessential physical activity will be halted.

COURAGE



Courage is the value that gives me the moral and mental strength to do what is right, with confidence and resolution, even in the face of temptation or adversity.

SAFETY AND OCCUPATIONAL HEALTH, VOLUNTARY PROTECTION PROGRAM

Mission First Safety Always

Safety isn't a priority; it's a corporate value and a behavior associated with how we approach doing our job – whether here on base, at home or out and about – all the time, every time. The responsibility for a healthy, proactive safety culture lies with every team member's dedication to identifying, eliminating or reducing risks, and preventing mishaps.

The dynamic Navy work environment challenges us to be alert to changing work conditions and avoid the danger of complacency that often comes with repetitive processes.

As a participant in the OSHA Voluntary Protection Program (VPP), we have made a commitment to Excellence in Safety and Health. We will achieve this through sound risk management principles, analyzing work process, exceeding applicable compliance standards, and maintaining strong continuing education programs that support a strong safety culture.

Through the continuous use of Operational Risk Management (ORM) principles, we will increase our awareness of the hazards related to on and off-duty activities. ORM consists of (1) accept risk only when benefits outweigh cost, (2) accept no unnecessary risk, (3) anticipate and manage risk by planning, and (4) make risk decisions at the correct level of authority. Leaders of high risk departments shall ensure 100% annual compliance for ORM training in ESAMS for their employees and themselves. High risk departments include Operations, the Fire Station and Security.

Our personnel are our most valuable resource; let's preserve each other together. In an environment of constrained resources, losing any of you, even for a short time, significantly degrades our mission effectiveness.

T. D. SMYERS