

SKY RANGER



NAS Fort Worth JRB, Texas

Vol. 69, Issue 2

Motivated Marine Dedicated Mom

Meet 8th MCD's Marine of the Year

STORY AND PHOTOS BY LANCE CPL. JEN S. MARTINEZ, 8TH MCD COMBAT CORRESPONDENT



On Sept. 11, 2001, Teresia Kamau, a 17-year-old African immigrant who considered America her home, crowded

around a television at Yukon High School in Oklahoma with her classmates to watch the Twin Towers in New York City crumble after terrorists intentionally flew commercial jetliners into the buildings.

"We were all sitting there watching the buildings come down on television," she said. "We were all thinking, 'Oh my God, they can come here and get our families, (too).'"

Sgt. Kamau, who originally planned on pursuing a medical career after high school, made the decision to step on the yellow footprints to become a United States Marine. She knew she had to do her part to protect her family.

Before joining the Marine Corps, Kamau lived the early years of her life in Nairobi, Kenya, where she was born. She was raised on a farm with two sisters and a younger brother and went to a private school.

As the oldest daughter, Kamau performed chores after school such as cooking for the family, cleaning the house, and occasionally milking the



Sgt. Teresia Kamau, 8th Marine Corps District's Marine of the Year, sits with her daughter, Olivia, at a pumpkin patch in Fort Worth.

cows with her father's permission.

When Kamau was ten years old, her parents got the unique opportunity to live in the United States when her moth-

er won a Green Card lottery.

Kamau settled in Yukon, Okla.,

continued on page 11

Inside...

New NAF Plan Released



Gen. Binger Outlines Reorganization and Reduction in Staff

..... SEE PAGE 5



Lone Star Express Logs 150K Mishap-Free Hours

...SEE PAGE 7



Job Fair Tailored for Reservists

NOSC hosts ESGR Job Fair for Local Guardsmen and Reservists

..... SEE PAGE 4



SKY RANGER

NAS Fort Worth JRB, Texas

The Official Base Newspaper of Naval Air Station
Fort Worth Joint Reserve Base, Texas

Naval Air Station Fort Worth Joint Reserve Base
Commanding Officer
Capt. Robert Bennett

Public Affairs Officer
Mr. Don Ray

Deputy Public Affairs Officer
Editor
Rusty Baker
Rusty.Baker@navy.mil

www.facebook.com/NASFortWorthJRB

Get up-to-date information affecting the service members,
families, retirees and civilian employees on this installation.

The Sky Ranger is an authorized newspaper published on the second Thursday of every month for the installation's tenant commands, base military personnel, civilian employees and retirees of the Naval Air Station Fort Worth Joint Reserve Base, Texas.

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office. News items, photos and event briefs must be submitted by noon on the last Wednesday of the month. The Public Affairs Office is in building 1510 (Chennault Ave.) News ideas and questions can be directed to the editor by calling (817) 782-7815 or faxed at 782-3293. All materials are subject to editing.

The Sky Ranger is an authorized publication for members of the military service. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy, and does not imply endorsement thereof.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Naval Air Station Fort Worth Joint Reserve Base, or Full Armor Group of the products advertised. Advertisers are responsible for accuracy of ads contained herein.

Everything advertised in the publication shall be made available for purchase, use, or patronage without regard to race, color, religion, gender, national origin, age, martial status, physical handicap, political affiliation, or any other nonmerit factor of purchaser, user, or patrons.

The Sky Ranger is published by Full Armor Group, a private firm, in no way connected with the Department of Defense, or the U.S. Navy, under exclusive contract with the U.S. Navy. The circulation is 10,000.

POSTMASTER: Send address changes to NAS Fort Worth JRB Public Affairs Office, 1510 Chennault Ave., Fort Worth, Texas, 76127

The Sky Ranger is a registered trademark of the United States of America.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to the Public Affairs Office at 817.782.7815 or call Full Armor Group directly at 210.379.5110.



A MESSAGE FROM THE INSTALLATION COMMANDER



BENNETT

Future of the Force

This month we will discuss our Force's future. Even with the upcoming military structure reductions and our challenging resource environment, the Navy along with every other service branch will remain vibrant and capable. The decisions made by service leadership and congressional committees will undoubtedly elicit some changes. However, I am certain that we will continue to be the most capable and professional military team in the world while sustaining our ability to respond to our nation's global interests.

I will focus on what I 'know' and can discuss; our microcosm of the Force, Naval Air Station Fort



Worth Joint Reserve Base. My belief is that we are very well postured for the future due to the following reasons: relevancy, training capability, 'jointness,' cost effectiveness, national strategic asset, partnerships and local demographics.

Relevancy: Our warriors aboard NAS Fort Worth JRB have been integral to our combatant commanders around the globe. Roughly 6,000 of our 9,000+ service members have deployed, many more than once, over the past decade in support of contingency operation, humanitarian assistance and other operational requirements.

Training Capability: Due to our legacy of outstanding military and local political leadership,

regional municipalities' communication and coordination and an overall strategy of compatible development, we enjoy the ability to fully train units in their core missions. We have outstanding programs and initiatives with our military and civilian counterparts to sustain compatible development, and our training ability into the future.

Jointness: Our installation has this quality in 'spades.' Our installation is a model for other Department of Defense installations to emulate, each service is represented and we work together as one team.

Cost Effective: NAS Fort Worth JRB serves Guardsmen and Reservists; a collective national treasure. They are professional, mature, well trained and ready.

continued on page 7



CO's Suggestion Box

We continue to receive 'feedback' about our Visitor Control Center. Therefore, I decided to provide programmatic info (again): Effective October 1, 2011, the ID Card Office changed its work schedule to 7:30 a.m. to 4 p.m. Tuesday through Saturday; closed for all federal holidays. If the holiday falls on a Saturday, Sunday or Monday, the ID card office will only be closed the Saturday of the holiday weekend. All personnel requiring an ID card and/or DEERS services are strongly encouraged to make an appointment via the following Web site: <https://rapids-appointments.dmdc.osd.mil/appointment/default.aspx>.

This Web site also provides pertinent information on required documentation that you will need for your appointment.

Walk-in customers are always welcome, but those personnel with an appointment will have precedence.

We are here to provide the most professional, effective and expeditious customer service possible to our 195,000 DoD eligible personnel in the Dallas/Fort Worth Metroplex. Unfortunately, with our limited resources and the staggering amount of customer needs, wait times can sometimes be

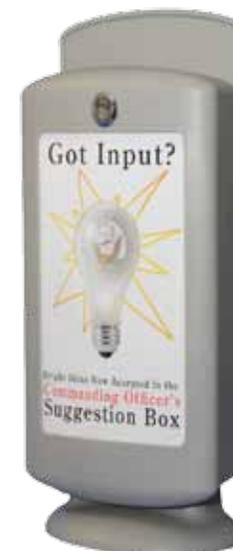
Other facilities on board NAS Fort Worth JRB that also issue DoD ID cards and complete DEERS transactions:

301st Fighter Wing (Bldg 1654)
(817) 782-6855 or
(817) 782-6571
Mon-Fri 8 a.m. to 3 p.m.

136th Airlift Wing (Bldg 1671)
(817) 852-3239
Tue, Wed, Fri 8 – 11a.m.
Thursday 9 – 11 a.m. only

Both facilities service walk-in business only.

lengthy. We ask that you continue to stay patient, use the appointment process when able and remain supportive. However, if you think our service is not up to par, you can file a customer complaint via <http://www.cnicy.navy.mil/fortworth/Contact/index.htm>. Once on this site, click on the following link (FTWO_INFO@navy.mil) to email your questions and/or comments.





www.TexasMotorsFord.com



Just One Mile North of I-30 on
West Loop 820 Exit White Settlement Rd.



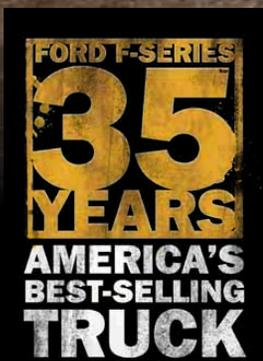
Ask for
"The Colonel"
Pat Snell



GO AHEAD AND DRAG OUR NAME THROUGH THE MUD.



CLEAN UP WITH GREAT SAVINGS DURING TRUCK MONTH



300 West Loop 820 South in Fort Worth

Just One Mile North of I-30 on
West Loop 820 Exit White Settlement Rd.

Call Toll Free **800-338-8452**

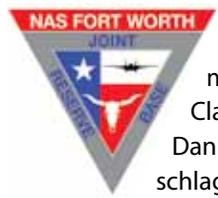
www.TexasMotorsFord.com



Controlling the Skies

Local Sailor Nominated for Air Traffic Controller of the Year Award

STORY AND PHOTO
BY RUSTY BAKER



Air Traffic Controlman 2nd Class (AW/SW) Daniel P. Lautenschlager has been nominated by NAS Fort Worth JRB Installation Commander Capt. Robert A. Bennett to compete at the region level for the Vice Admiral Robert B. Pirie Naval Air Traffic Controller of the Year Award.

The award, named after the former Deputy Chief of Naval Operations for Air Warfare, circa 1958 – 1962, is symbolic of the outstanding contributions to operational readiness and safety of flight made by individual Navy and Marine Corps air traffic controllers.

Lautenschlager's nomination comes as no surprise, as he has been cited by the command as an extremely dedicated and highly resourceful air traffic controller whose initiative and

commitment to excellence have made a lasting and positive im-



pact throughout the installation. "AC2 Lautenschlager is vastly exceeding our expectations of a second class petty officer. He is fulfilling the role of a seasoned first class petty officer or Chief," said Capt. Bennett. "Daily, he imbues his knowledge, leadership and professional skills upon his shipmates and is making a difference in their professional and personal lives."

Since Capt. Bennett designated Lautenschlager a Facility Watch Supervisor in May of 2011, his managerial skills and leadership have been instrumental in the installation's achievement of 26,650 flight operations with zero mishaps. These error-free flight operations were conducted

continued on page 10

NOW HEAR THIS: Base Announcements

Fleet and Family Support Center Activities:

Work in Texas: Texas Workforce representatives will be at Fleet and Family Support Center from 8:30 a.m. to 3:30 p.m. on the following Tuesdays in February 7, 14, 21, and 28.

Texas VA representative will be at FFSC from 10 a.m. to 3 p.m. on the following Thursdays: February 9, 16, 23.

Transition Assistance Program, or TAP, is available at the Navy Operational Support Center from 8 a.m. to 4 p.m. from February 28 to March 2 (four-day course).

The Following Life Skills Classes are presented by and available through the Fleet and Family Support Center. Call 817-782-5287 for details.

- **Introduction to Parenting** class on February 13 from 9:00 to 10:00 a.m.

- **Anger Management** class on February 15 from 9:00 to 11:00 a.m.

- **Ten Steps to Federal Employment** on February 29 from 10:00 to 11:30 a.m.

Chapel News:

Family Night featuring Dolphin Tale the movie at the Chapel, February 23 starting at 6:30 p.m.

Gospel Jubilee at the Chapel, February 24 from 11:30 a.m. – 12:30 p.m. Call (817) 782-5665 for details.

Seeking Volunteers: Fort Worth ISD's T.A. Sims Elementary School is seeking military volunteers in uniform to support the school's annual Career Day on March 9th.

A wide variety of speakers with different careers and hobbies are needed. Several 30-minute time slots are available throughout the day. The T.A. Sims Elementary School is located at 3500 Crenshaw in Fort Worth. If any service member is interested in supporting this event, please call the Base Public Affairs Office at 817-782-7815 by no later than March 2 for further details.

Montgomery Post-9/11 G.I. Bill and Navy College Brief by former CNRF Director of Education Incentive Programs on February 16 at 1:00 p.m. at the Base Theater.



National Guard and Reserve Job Fair at NOSC on Feb. 29

NAS Fort Worth JRB's Navy Operations Support Center (NOSC Building 1803) is hosting a Job Fair specifically for National Guardsmen and Reservists on February 29 from 10 a.m. – 3 p.m.

Examples of the more than 50 employer representatives are BNSF Railway, ATMOS Energy, AutoZone, Edward Jones-Investments, Lockheed Martin, Texas Highway Patrol, Halliburton Energy Services, Southwest Airlines, MedStar EMS, Citigroup, Gaylord Texas, American Eurocopter, Wells Fargo, Hyatt Hotels, Sam's Club, Tom Thumb and J.C. Penney. For a complete, up-to-date listing: www.txesgr.net

Although the Guard and Reserve are the main focus, any service member, dependent or retiree with a valid military ID can attend. Registration begins at 9 a.m. Workshops and benefit providers will be available starting at 9:30. For more information contact the Texas Employer Support of Guard and Reserve Office at (817) 336-7322.

For more information call (817)782-7625

Have something to sell or trade? The Sky Ranger is now accepting personal ads from active duty, retired service members and NAS Fort Worth JRB employees who want to sell



A Douglas B-26 Counter Invader similar to the aircraft Mr. Maza was shot down in during the Bay of Pigs Invasion.

Bay of Pigs Invasion 50 Years Later: A Veteran Remembers

Last April marked the 50th anniversary of the ill-fated Bay of Pigs Invasion known as Operation Pluto. In remembrance to this important event and the impact on lives of the participants, the B-36 Peacemaker Museum has invited Mr. Alfredo Maza, a former Cuban exile, B-26 pilot, and Bays of Pigs veteran, to recount his experiences during a lecture to be held on Feb. 21 at 7:00 p.m. at the University of North Texas Health Science Center's Education & Training Building. Aviation historian Erasmo Pinero will assist in the lecture.

All lectures hosted by the B-36 Peacemaker Museum are free to the public. The presentation will take place at UNT's Health Science Center's Education & Training Building in Room 124, located at 1000 Montgomery Street, Fort Worth.

- Staff Report

or trade something. Call the Public Affairs Office at 817-782-7815. All ads are subject to editing and are placed on a space-available basis.

BRAVO ZULU

CONGRATULATIONS TO NAS FORT WORTH JRB'S SAILORS OF THE YEAR

SAILOR OF THE YEAR:
MA1 BRIAN SCHAAF

JUNIOR SAILOR:
AC2 DANIEL LAUTENSCHLAGER

BLUE JACKET:
MA3 JUSTIN ZEISE



Sailor of the Year
MA1 (SW) Brian W. Schaaf



Jr. Sailor of the Year
AC2 (AW/SW) Daniel Lautenschlager



Blue Jacket of the Year
MA3 Justin R. Zeise



Brig. Gen. William B. Binger, 10th Air Force commander, briefs his command's reorganization and reduction in staff to members of the Fort Worth Airpower Foundation at the Colonial Country Club, Fort Worth, Texas, Jan. 10.

10th Air Force Commander Briefs NAF Reorganization and Reduction

BY MASTER SGT. JOSHUA WOODS;
10TH AIR FORCE PUBLIC AFFAIRS



Brig. Gen. William B. Binger, commander of NAS Fort Worth JRB based 10th Air

Force, spoke to members of the Fort Worth Airpower Foundation at Fort Worth's Colonial Country Club concerning the future of the 10th AF mission on Jan. 10.

The general's briefing outlined the headquarters' reorganization and reduction in staff imposed by the upcoming Numbered Air Force restructuring instituted by Air Force Reserve Command.

"Our focus is going to change to concentrate on combat readiness, inspection readiness and situational awareness within our units," Binger said.

He explained that although the 10th AF staff will be reduced by 67 percent, his newly-formed staff will focus on readiness within sub-

ordinate units to make sure they can pass inspections and go to war.

Although, he said, the 10th AF staff will lose expertise in many of its functional areas, the NAF headquarters will rely on wing commanders and their experts for advice and inspection preparations.

The major command headquarters will provide support to the wings in functional areas that previously resided at the NAF and regional support group level. Tenth AF will advocate for units' readiness requirements and inspection preparation.

"The idea is to skip-echelon certain functional areas to AFRC for advice and expertise," the general said.

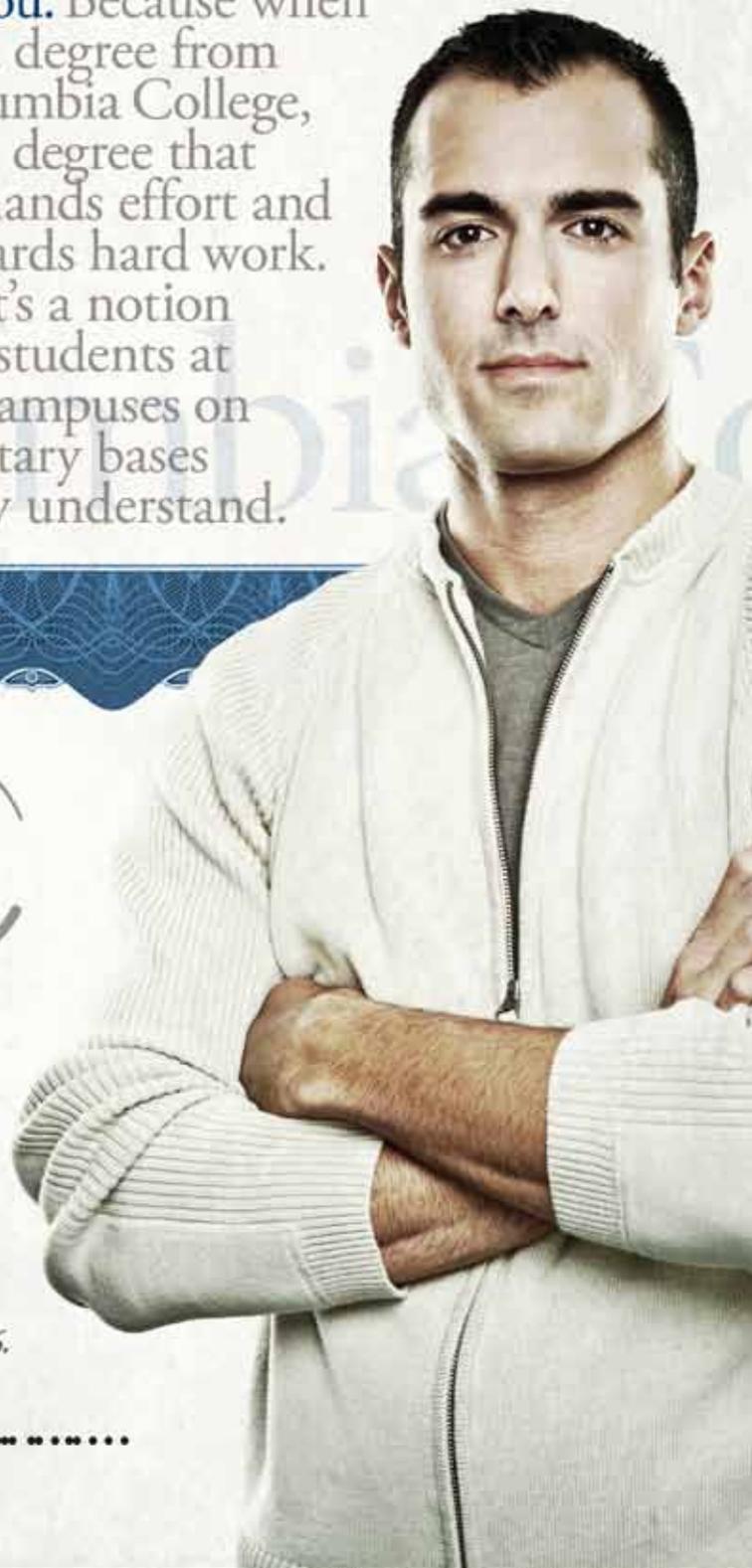
The reduction will remove personnel, intelligence, communications, chaplain, history, public affairs and medical directorates from 10th AF along with the entire 610th Regional Support Group also headquartered here.

continued on page 8

You receive it on Graduation Day. But it's never handed to you. Because when it's a degree from Columbia College, it's a degree that demands effort and rewards hard work. That's a notion our students at 18 campuses on military bases truly understand.



Offering Associate, Bachelor's and Master's Degrees. Online. On Campus. Or both. Visit us at GoForGreater.org or call (817) 377-3276.



Lean Six Sigma Trains Green Belts on Base

BY RUSTY BAKER

Black Belts from Commander, Navy Region Southeast's Lean Six Sigma Division came to NAS Fort Worth JRB on January 23 – 27 to train base personnel in the fundamentals of Continuous Process Improvements concerning efficiency and eliminating waste on base.

Members of the Installation Command, Administration, Operations, Security, Fire Department, and Navy Gateway Inns

and Suites attended the four-day course and were designated as trained Green Belts upon completion as new facilitators of Rapid Improvement Events and other improvement efforts.

The catchy title and martial arts theme sound more like a premise to a Tom Clancy fiction novel, but don't let the nouveau techie name fool you, the ideas stem from the assembly lines from the turn of the Twentieth Century and have only been

perfected with continuous pursuits of perfection. Business giants such as Boeing, Motorola, Toyota, General Electric, Nike and General Motors have revolutionized business standards utilizing the three basic methodologies of Lean, Six Sigma and the Theory of Constraints.

According to Navy's Lean Six Sigma Black Belt trainers, "lean thinking" is a management philosophy focused on reducing wastes in products and services. By eliminating time in waiting for parts, over-processing paperwork or printing reams of unneeded paper, overall quality is improved while production time and costs are reduced. In military terms, Lean is a war on waste.

Six Sigma can be defined as a method to manage process variations that cause defects, and to systematically work towards managing variations to eliminate those defects. It is an optimized performance level approaching zero defects in any process, whether it produces a product, service or transaction. In other words, Six Sigma is a war on variation.

The unsung hero left out of the title is the Theory of Constraints. TOC identifies the weakest link in a system and strengthens it by exploitation and subordination of other pieces in the system. In keeping with military terminology, putting the slower runners in the front of the formation run, thereby stopping the accordion stretching of the entire group, is proper usage of TOC.

Reducing these methodologies to military terms is by



Overseeing the 'Statapult' group exercise and acting as the 'customer', Lean Six Sigma Management Program Analyst Brett Tracy, challenges Navy Region Southeast Inspector General Manager Shannon Davenport and her team members to brainstorm on solutions to problems in a poor-quality process. "When we display the Statapult results, the teams begin to see the exercise as competition," said Tracy. "They being applying the Lean Six Sigma tools taught in the Green Belt course to improve their process and performance."

no means a mistake. In May 2006, the Secretary of the Navy launched Process Improvement across the entire fleet to create more readiness and assets within the Navy and Marine Corps' budgets, with the corporate goals of reducing costs, increasing speed of process, improving safety and improving quality of work life.

"Do I think Lean Six Sigma is extremely important," Installation Commander Capt. Robert A. Bennett asked while addressing the class, "you bet."

Bennett recalled a former commander's axiom on efficiency with what he considered to be the six most expensive words in the Navy, "the way we've always done it." Since then, Bennett has focused his attention on how his command can be more cost effective while improving productivity, capability and capacity.

"Each of you in this class has an opportunity to make an impact on balancing our portion of the budget," said Bennett. "We

as leaders, and the taxpayers, expect you to lead the charge in being the very best stewards of their funding. All the services have opportunities to improve effectiveness and efficiency; our forcing function will be the upcoming DoD budget cuts."

Lean Six Sigma's ideals of thinking outside of the box may rub traditionalists the wrong way and therefore may not be eagerly embraced by those who haven't participated in a rapid improvement event. With talk of streamlining, there is always fear of just which department may have to do with less.

"With leadership support, engaged teams and proper implementation, success stories are inevitable," said Henry Burkard, Division Director of Strategic Planning and the Lean Six Sigma Division of Commander, Navy Region Southeast. "We look forward to working with [Installation Business Manager]

continued on page 10



Habitat for Humanity®
ReStore

A Non-Profit Organization
Benefiting Trinity Habitat for Humanity

We need donations!
We accept most useable, good
condition residential building materials.
Donations can be dropped off at either
of our locations, or call 817-626-5000
to schedule a pick-up.

<p>The ReSTORE sells donated doors, Windows, flooring, latex paint, plumbing, lighting, kitchen and Bathroom cabinets, appliances, hardware, electrical, and many Other home improvement materials. New Items arrive every day!</p>	<p>10% off</p> <p>Save an Additional 10% Off of any purchase Of \$40.00 or more With this coupon</p> <p>One coupon per household, Per visit. Expires 2/27/10</p>
<p>European Laminate Wood Flooring \$1.22/sq.ft.</p>	<p>Vinyl Tile Peel-N-Stick \$15.00 / box</p>
<p>South ReSTORE 3420 S. Grove West on Ripy from I-35 817-920-9203</p>	<p>North ReSTORE 4433 River Oaks Blvd. 1 block west of Jacksboro Hwy. 817-626-5000</p>

Lone Star Express Logs 150,000 Mishap-Free Hours

STORY BY LT. ROBERT RALSTON



Fort Worth based Fleet Logistic Support Squadron 59 (VR-59), the Lone Star Express, surpassed a major aviation safety milestone by completing 150,000 Class-A, mishap-free flight hours on November 16, 2011.

The squadron's Commanding Officer, Cdr. Scott Eargle, graciously accepted the award from Boeing Global Transport and Executive Systems representative, Steve McMullin, during December drill weekend quarters.

Accepting the award before



PHOTO BY PHC MICHAEL A. HARNAR

Flying the C40 Clipper, Fleet Logistic Support Squadron 59's mission is to provide around-the-clock, Navy-unique, fleet essential airlift logistics support to combatant commanders and all military services worldwide.

the squadron of 220 Reserve and Full Time Support Sailors, Eargle expressed his pride and satisfaction in their performance.

"For over 29 years, safety of flight has been foundational to VR-59's continued success,

and reaching this milestone is achieved by very few squadrons," said Eargle.

The Commander of the Naval Safety Center, Rear Adm. Brian Prindle, recognized the teamwork and professionalism required for such an accomplishment.

"Since their establishment in 1981, the Sailors of VR-59 have demonstrated that outstanding safety outcomes are the result of an all hands commitment to 'doing it right the first time, every time,' which leads to enhanced mission readiness," said Prindle.

Safety and enhanced mission readiness look to continue as defining characteristics of the Lone Star Express for many years to come.

FROM THE CO continued from page 2

The key aspect that makes them imperative for our future is that with predictable, periodic, and with ample notification, they are the most cost effective capability in DoD. Granted, we must maintain an operational mix of active and Reserve personnel and capabilities for immediate response and cost-effective strategic depth.

National Strategic Asset: Being located in the middle of the country with beautiful weather almost all year provides unique attributes that other installations do not enjoy. We serve as a continuity of operation site for many units from the Gulf and East coast. There are also other capabilities on board the base and in the region that serve national security

and defense support of civil authorities' interests.

Partnerships: We enjoy robust and synergistic partnerships with Lockheed Martin, Federal Bureau of Prisons and Federal Emergency Management Agency, along with local, state and other federal agencies. These relationships serve as "win-win" programs and opportunities to serve the community, state and nation.

Demographics: The Fort Worth, Dallas Metroplex is a unique area in the nation. Our community and its leaders offer overwhelming and unwavering support and service for our military. This area also provides regional aviation and other vital skill sets needed to fill military billets at NAS Fort Worth JRB.

God Bless,
Skipper

NORTHWOOD UNIVERSITY

Discover the leader in you.

- Earn Your AA and BBA in Management
- Evening, Weekend, and Online Classes
- Meet once a week for 8 weeks
- Military Friendly
- Faculty with Real-World Experience

Contact us today

817.737.6442

www.northwood.edu

NAS Fort Worth JRB
1564 Headquarters Ave
Building 1564



A PROFESSIONAL VETERANS CERTIFYING OFFICIAL IS EAGER TO HELP YOU GET STARTED ACHIEVING YOUR EDUCATIONAL GOAL
LOCATED WORLDWIDE • ACCREDITED REGIONALLY • KNOWN LOCALLY

10TH AIR FORCE continued from page 5

This new NAF structure more closely aligns AFRC NAFs with the active-duty NAF structure.

"We want to streamline our operation," Binger said. "We don't want to duplicate efforts and we want to save the taxpayer money. It's our job to do things smart and efficient."

We need to mirror how the active-duty numbered air forces are structured, he said.

However, even with a manpower reduction, 10th AF will begin to gain leading-edge combat missions in space, intelligence, cyberspace and new weapon systems, according to Binger.

"Tenth AF owns all the combat forces and all the combat

power that AFRC supplies to the combatant commanders," Binger said. "We are gathering more missions and more responsibility with a smaller staff to help keep my eye on what's going on."

The demand for Air Force Reservists on the frontlines has grown since 9/11. On any given day, approximately 5,000 Air Force Reservists are on active-duty in the United States, Afghanistan, Iraq and other locations around the globe.

"Every one of 10th AF's weapon systems are in theater, or are being used in theater, to support the war efforts," Binger said. "Although my staff is reducing in size, my focus is still on readiness and to be the airpower advocate for the Air Force Reserve."

Do You Freegal?

Base Library Offers Free Music Downloads to Service Members, Families.

BY RUSTY BAKER

The Base Library now offers a new music downloading service to all service members and families.

The service, known as Freegal Music, allows users to download five free songs each week from hundreds of thousands of classical, pop, rock and country songs from Sony Music Entertainment.

"With so much controversy over piracy with online entertainment sites, Freegal offers our customers the opportunity to download free, legal music each

week," said Base Librarian Patricia Tellman.

No software installation is needed. Search for your favorite artist, listen to a sample, and download immediately. Once an artist is selected, users can easily scroll through their albums and click any song for a 30-second sampling. Reminders like what songs have been previously downloaded in the account or how many downloads are left for the week assist users as well.

Tellman said, "I have down-

loaded comedy skits as well as music from the site myself."

Freegal continues to add hundreds of more artists and songs each week. The music site features contemporary artists such as Pitbull, Beyonce, P!nk, John Mayer, Kings of Leon, and Kenny Chesney, but offers a comprehensive list of classic rock and country as well.

Those who are taking advantage of the service are enjoying the ease and choices that are available. Say Yes to - Do You Freegal? Call the Base Library for additional information and to sign up 817-782-7735.

COMMUNITY RESOURCES and ATTRACTIONS

All information is intended for military, DoD, Bureau of Prisons ID-card holders and families. Events and facilities are not open to the general public.

LIBRARY

1802 Doolittle Ave.
817-782-7735

Hours: Monday through Thursday 9:30 a.m. to 7 p.m.; Friday and Saturday 9:30 a.m. to 5:30 p.m.; Closed Sundays and holidays.

Do You Freegal? Take advantage of our new free music download service where patrons can download from five free legal music downloads per week. There are well over a million songs to choose from, only requirement is that they have an account with the library. Come by or call the library to sign up.

February is Black History Month! The library will display information about famous and not so famous Black Americans. Come learn about the achievements in art, theater, sports and many more areas in our country and the world.

Book Signing: Author Dr. J'Nell Pate will have a forum and book signing for her new book - "Arsenal of Defense" at 11:30. The book covers Fort Worth's military legacy from 1849 to the twentieth century, covering the base's transition to the Joint Reserve Base, and military contractors Lockheed Martin and Bell Helicopter.

Valentine Bingo and other games on Saturday, February 11 at 1 p.m. Materials will be available for children to make Valentine cards for family and friends.

Ongoing: Preschool Story Time - Wednesdays from 10:30-11:00 a.m. Recommended ages 3-5; the programs will include stories and activities.

Mardi Gras Celebration

Free entertainment, dancing, beads, Cajun food and King Cake at the Tex-Plex Recreation Center (Building 1815) on February 17 starting at 4 p.m. Call 817-782-6121 for details.

TEXPLEX CENTER

1815 Military Pkwy.
817-782-6122/5505

Information, Ticket and Tours (ITT)

2012 Season Passes for Six Flags are available. Call and ask about Combo Passes, Play Passes and soon-to-arrive Hurricane Harbor tickets.

Attractions: Dinosaur World (Glen Rose), Fort Worth Zoo, SeaWorld, Disney World, Medieval Times Dinner & Tournament (new show for 2012), Rave Movie Theater, Fort Worth Museum of Science & History OMNI Theater and more.

TORNADO LANES

1815 Military Pkwy.
817-782-6122/5505

The bowling lanes are temporarily closed for renovation. Grand reopening to be announced.

CHUCKWAGON GRILL

1815 Military Pkwy.
817-782-6122/5505

Hours: Monday through Thursday 6:30 a.m. to 9 p.m.; Friday, 6:30 a.m. to 10:30 p.m.; Saturday 7 a.m. to 10:30 p.m.; and Sunday 11 a.m. to 6 p.m. Open daily for breakfast, lunch and dinner. Pizza is available for delivery. 817-782-5505.

Cupid Swim Party

Saturday, February 11, from 6:30 - 10 p.m. Enjoy swimming, DJ/Karaoke and food. All child under 12 must be accompanied by an adult at all times. \$5 for persons over five years old.

SPORTS BAR

1815 Military Pkwy.
817-782-6122/5505

Hours: Tuesday through Thursday, 4 to 9 p.m.; Friday and Saturday, 4 to 11 p.m.

UFC Fight Free Watching Party, February 25. Drink and food specials.

Ongoing: Free Munchies on Fridays, 4:30 to 6 p.m.

Thursdays: Karaoke featuring DJ Glenn begins at 5 p.m. with music for everyone.

MOVIE REEL THEATER

1845 Military Parkway
817-782-6037

Going Digital: Later this year, the Base Movie Theater will upgrade to a digital format projection means. Until this conversion occurs, admission to the on-base movies will be free. However, once the theater system goes digital, charging for admission will resume.

The reason behind the "free admission" initiative is because the current and very old projection system finally gave out. The current 35mm projection system is beyond repair, plus the company that made the replacement parts no longer in business. So in order to maintain customer service, movies will be shown via DVD.

LONE STAR CENTER (formerly DESERT STORM CONFERENCE CENTER)

2570 Desert Storm Road
817-782-5293/7237

Hours: Monday-Friday, 9 a.m. to 5 p.m. Office is closed on weekends, but building is open most weekends for scheduled events, conferences or meetings.

Ongoing: Call for information concerning your next conference, meeting or event.

VET CLINIC

1739 Eisenhower Ave.

Of note: The clinic is now being operated by the Army.

817-782-5608

Call ahead to set up appointments.

FITNESS CENTER

1810 Tuskegee Airmen Drive
817-782-7770

Hours: Monday-Thursday, 5 a.m. to 9 p.m.; Friday and Saturday, 5 a.m. to 8 p.m.; Sunday, 7 a.m. to 5 p.m.

Men and Women's Bench Press & Power Lifting Contest on February 19 at 10:00 a.m. \$20 per event or \$30 to compete for both. Register at the Center by February 17. First and second place trophies to winners with t-shirts and snacks for all entries. Call 817-782-7770 for additional information.

Spin classes-Tuesday and Thursday early mornings from 6:30 - 7:30 a.m.

Yoga classes Saturdays from 10:45 - 11:30 a.m.

Other classes available are step aerobics, pilates, yoga, spin, zumba, pump-it-up, adult/children karate and personal training.

Family-Friendly Fitness on Fridays at 2 p.m. Parents must participate in workout program

with their children ages 6 to 18 years.

AQUATICS CENTER

3319 Hensley Ave., 817-782-1220

Hours: Monday-Saturday, 6 a.m. to 7 p.m.; Sunday, 7 a.m. to 4 p.m. and holidays 10 a.m. to 2 p.m. Active Duty and Reserves only: Monday-Saturday from 6 to 8 a.m.

Water Aerobics from 8 - 9 a.m., \$1 per person. Details available at the aquatics center for swimming lessons.

Full schedule of classes posted at center.

Rent the Aquatics Center for a private party at 817-782-6122.

LIBERTY

1815 Military Parkway (located in TexPlex), 817-782-3175

Single Service Member Program (17-25 years of age, restrictions apply), call for additional information and schedule of upcoming activities.

OUTDOOR REC & BOAT RENTALS

Bldg. 3326 (by the ball fields) 817-822-8952

Of note: Boat rentals not available until Spring.

Bike Rentals: Check out the new bicycles and helmets, available for rental at Auto Hobby/Outdoor, 1145 Hercules Drive. Rentals are available Thursday through Tuesday (no Wednesday rentals).

Canoe/Kayak Rentals: Call 817-782-6375, Auto Hobby Shop/Outdoor Rec Rental. Make reservations in advance.

CHILD YOUTH PROGRAM (CDC)

3320 Sesame St. Drive, 817-782-7520

ACTION ZONE SUMMER CAMP

1145 Hercules Dr, 817-782-7566/7520

**NEW SAPR 24/7
Victim Advocate Hotline: 817-204-3081**

Are Your Halls Too Bright?

One path to energy savings runs just outside your door—the hallway. Halls usually need only 5 to 10 foot candles of light.

The average ambient light level in offices is usually around 30 foot candles. If your hallways look bright compared to your office areas, tell your building energy monitor or facility manager. They may be able to take out some lamps or fixtures to save energy.



CLASSIFIED AD

Take your Combatives Training to another level at Genesis Jiu-Jitsu! Conveniently located 5 minutes from Base! Open 7 Days a Week! Ages 4&UP!
www.genesisjiujitsu.com
817.602.2585

Need A Rental?

Fort Worth 2933 Alta Mere
817 377-8847
Reference customer # FGBASE.



We'll pick you up.

Pick-up is subject to geographic and other restrictions. ©2010 Enterprise Rent-A-Car Company 800680 08/10 JM

E Y E G L A S S E S
BUY ONE GET ONE

50% OFF*



*50% off 2nd pair must be of equal or lesser value as the first pair purchased. Purchase of two complete pairs of eyeglasses required. Second pair must be purchased with the first pair and at the same date and time for the same person. Cannot be combined with any other discount, coupon or insurance plan. All eyeglass purchases require a current, valid prescription. Offer expires 03/03/12. ©2012 National Vision, Inc.



**Limited
Time
Offer!**

**NAS JRB
Fort Worth Exchange
817-738-3101**



Eye Exams Available by:
Dr. Bert Buie
Independent Doctor of Optometry
(817) 570-0545

TRICARE accepted.
Appointments are available.
Walk-ins are welcome.

BUY CONTACT LENSES ONLINE AT **www.MILITARYCONTACTS.net**

Retired Military Wives Invited to Monthly Meetings

All wives and widows of career military men with a valid ID card are invited to participate in the twice-monthly assembly of the Retired Military Wives Club.

The Retired Military Wives Club has its business meeting on the second Thursday of each month at the Fort Worth Elks Club, 3233 White Settlement Road. It begins at 11 a.m. The group's social event is on the fourth Thursday of every month.

For details about the club or these events, contact Jean

Bonner (817-246-9523) or Judy Corso (817-266-0167).

The Society of Military Widows

Chapter 32 of the National Organization meets at the chapel on base on the fourth Wednesday of the month at 11 a.m. for fellowship, lunch and a short business meeting. All widows of military branches and ranks are welcome. For details, contact Jo Henry at (817-283-0416).

Carswell Retired Officer's Wives Club

Carswell Retired Officer's Wives Club meets on the second Tuesday of each month at 11 a.m. at the Fort Worth Woman's Club, 1316 Pennsylvania Ave. The CROWC is open to wives of current and retired officers of all branches. For details, or to make a reservation, contact Lois DiBarotomeo (817-346-8931).

—Staff Report



Security Chief Shawn Wallace places his hand in the impact area while Battalion Fire Chief Roger Green test fires a ball from a "Statapult" during an exercise geared to have groups identify weak links in the process, develop standardized variant, and eliminate unneeded steps to achieve success. According to Lean Six Sigma Management Program Analyst Brett Tracy, "the exercise is viewed by participants as fun in the beginning, yet competition sets in as the exercise develops new challenges during the course."

CONTROLLING THE SKIES continued from page 4

ed in concert with neighboring Fort Worth Meacham Airport. Meacham's operations bordering the installation's airspace exceed an additional 40,000 flights per year, making coordination within an already high-tempo evolution of operation even more noteworthy.

Said Bennett, "AC2 is a model Sailor who has an exceptional attitude and devotion to duty."

Lautenschlager led 36 controllers in further producing a total of 57 ATC position qualifications, 15 branch supervisors, and three FWS designations enhancing operational readiness. Additionally, the watch teams received two Navy and Marine Corps Achievement Medals and countless Bravo Zulu's from pilots on a continuous basis from Lautenschlager's outstanding performance, control and ability during periods of high traffic and poor weather conditions.

As his section's leading petty officer, Lautenschlager oversaw more than 1,500 hours of military education and lectures

in the professional development of 18 air traffic controllers on watch. His leadership and mentorship produced 28 ATC position qualifications and nine ad-

"Without the hard work and dedication of my fellow controllers, and the senior leadership team that I am now gratefully apart of, I would not be standing where I am today."

—LAUTENSCHLAGER

through an intense 2011 ATC Naval Air Training and Operat-

ing Procedures Standardization Evaluation. He spearheaded program reviews to enhance ATC efficiency and effectiveness, resulting in sustained superior performance in all areas evaluated.

Most notably he received acknowledgement from the inspectors for his accountability in the daily leadership and effectiveness of the watch team. His willingness to pursue and accept higher responsibility resulted in his selection to serve as the Flight Planning Branch Chief, a billet normally held by a chief petty officer. This is an unprecedented achievement throughout the fleet.

Lautenschlager's nomination has been submitted to Commander, Navy Region Southeast and is currently under review.

"I am greatly honored and humbled to be nominated for this prestigious award," said Lautenschlager. "Without the hard work and dedication of my fellow controllers, and the senior leadership team that I am now gratefully apart of, I would not be standing where I am today."

LEAN SIX SIGMA continued from page 6

Dave McAdams and the NAS Fort Worth JRB Lean Six Sigma team in the future."

Burkard and Management Program Analyst Brett Tracy are the only two Lean Six Sigma Black Belts in CNRSE. Together they travel to installations throughout the region to teach the four-day course and one-day Champion class. They later serve as subject matter experts for newly-trained Green Belts, providing further tools and advice to aid in continuous process improvement.

Fleet Readiness Command West (Fort Worth) has been a Lean Six Sigma success story in the making since the command began training and applying the methodologies in 2007. To date, FRC West has nearly 300 Yellow Belts, eight certified Green Belts, two certified Black Belts and 13 Champions within the Lean Six Sigma program. More than 50 additional Green Belts and two Black Belts have been trained and are awaiting certification.

According to Senior Chief

Aviation Structural Mechanic (AW) Daniel Lindsey, FRC West's local Continuous Process Improvement Leading Chief Petty Officer, a F/A-18 Hornet squadron was experiencing a high casualty rate of Forward Looking Inferred Radar pods. FRC and partnering Marine Aviation Logistics Squadron 41 augmented the squadron with a certified Green Belt subject matter expert to discover the root cause. The GB/SME determined the fault was pilot induced during landing. Training was conducted eliminating 100 percent of FLIR pod casualties for the squadron. The squadron now only performs routine maintenance and neither FRC nor MALS-41 performs unnecessary repairs to the pods.

"Ultimately the squadron is the big winner, saving themselves flight hour dollars and maintenance man-hours," said Lindsey.

Future training CNRSE Lean Six Sigma Green Belt training is scheduled for NAS Pensacola, Fla., and Naval Construction Battalion Center Gulf Port, Miss.

MARINE OF THE YEAR

continued from page 1

where she attended Yukon High School. She said she was quiet, but had many friends.

She didn't go out and party, but instead participated in many extra-curricular activities like singing in choir, and sprinting for the school track team.

During her later years of high school, Kamau decided to work two part-time jobs – at a sandwich shop after school, and a grocery store on the weekends – to make money for extra clothes and shoes.

When her friends and family heard of her plans to enlist, they were surprised that such a feminine girl would want to join the military.

"Nobody thought I could do it because, obviously, I'm a girly-girl," Kamau joked. "(I joined) to prove to everyone I could actually make it as a Marine – to prove everybody wrong, because I like doing that."

During the year Kamau was a "poolee," an applicant waiting to ship to boot camp, she said she was torn between the satisfaction of becoming a Marine and the fear of a new life.

"I went through the roller-coaster of thinking, 'Yay, I did it!' and, 'No I don't want to go!'" Kamau said. "I remember a week before (I left), my mother called the dean of admissions of one of the colleges because she didn't think I was going to go, and there were times where I thought, 'No, I don't think I can do this,' but when it came time to do it, I was ready."

Kamau shipped to Marine Corps Recruit Depot Parris Island, S.C., Aug. 24, 2004, and attended the Personnel Administration School in Camp Lejeune, N.C., to become an administrative specialist. She then transferred to Marine Aircraft Group 39, Camp Pendleton, Calif., where she deployed to Iraq in support of Operation Iraqi Freedom. She was later sent to the Marine Corps Systems Command in Quantico, Va.

While there, Kamau received orders to deploy to Afghanistan. Soon after receiving those orders, she found out she was pregnant.

"The same day I found out – when medical finally told me – my major came in and told me, 'You got your orders, you got your wish!' because I had been begging and begging to deploy, but I was a firm believer that everything happens for a reason," she said.

Kamau said she sometimes compares the difficulty of being a single mother to being in boot camp.

"(In boot camp), you're given a task to do – like taking care of the gear locker and having to do the laundry for the whole platoon and in a stressful situation," Kamau said. "My situation is similar because I have this beautiful little thing and she's all mine, and I have to take care of her, but I can't let my emotions get the best of me. I can't. So, I set aside my emotions and do what's most important."

Kamau says she wouldn't be able to handle her stress so well without the support of her friends and the Marines in her charge.

"It's amazing to have great friends. I truly do believe they are some of the best people ever. (My friends) help whether it's just spending time with the girls, or having a (night) to alleviate the stress," she said. "My Marines know when work goes well, I'm a happy girl and not stressed with the daily tasks. They make it to where I can still be able to do what I need to do for myself."

Kamau currently holds four billets at the 8th Marine Corps District: noncommissioned officer-in-charge of the inbound section; the assistant Substance Abuse Control Officer; the training chief; and the Organizational Defense Travel System Administrator. The bulk of her time is spent working on Marines' travel claims with the Defense Travel System.

"My work is so repetitive," Kamau said. "It's very much a con-



Sgt. Teresia Kamau, the training chief for 8th Marine Corps District, holds four administrative billets at the district. For her achievements, Kamau was named 8th MCD District Marine of the Quarter for the third quarter FY 2011 and District Marine of the Year in which she competed against 24 other Marines.

tinuous thing, especially with DTS. I think I live and breathe DTS. I have my computer at home programmed to do all the work I can do from here. So even when I'm out of the office I'm still a phone call away and can access whatever anyone needs. Training and DTS are the 'meat and potatoes' of my (day)."

Kamau said she finishes the work that needs to be done regardless of how big her workload is. She is always busy at work, but is rarely too busy to take on a new challenge or help her fellow Marines.

"Kamau over-stresses herself a lot," said Sgt. Gilma A. Losano, a personnel clerk at 8th MCD. "She's always typing something up on the computer or on the phone. When she's working on something, and someone gives her another task, she stops what she's doing to complete it. She keeps doing that until she overworks herself. When someone needs help, she'll stop what she's doing to help that person. She listens and helps in any way she can. She always takes care of other Marines."

Kamau's friends say that she is a motherly person who puts others before herself.

"She's sweet and caring," said Taylar Andrews, a Marine spouse and friend to Kamau. "She thinks

about other people's feelings and she goes out of her way for people all the time to make sure that they're happy. Her best quality – she has so many – is probably how caring and loving she is."

She has been recognized many times for her positive attitude in and out of work and for her hard work in the unit. She is noticed by Marines not only in her section, but throughout the district headquarters.

"Sgt. Kamau is a Marine who cares about the product she puts forth," said Master Sgt. David Robinson, the 8th MCD adjutant chief. "She stays late almost every day because failure is not an option for her."

Since checking into the unit July 2010, she was the district's Marine of the Quarter for the 3rd quarter of fiscal year 2011 and was ultimately named the Marine of the Year for fiscal year 2011 for her "exceptional initiative, positive attitude and diligent work ethic." She was awarded a Certificate of Commendation and two Navy Achievement Medals for her achievements.

Not only do the Marines around her get to see exceptional professionalism daily, even Kamau's daughter, Olivia, has begun to emulate her mother's leadership and independence.

"When she comes home, she'll take off her shoes and put them on the shoe rack," Kamau said with a big grin. "She'll go in the pantry, get her fruit snacks or her little goldfish snacks, and get her chocolate milk from the fridge. Then, she'll go to her room, turn on the TV, and watch TV. I mean, what two-year-old does that?"

Kamau says being a single mother has ruled out things that she wanted to do like becoming a Marine Security Guard, but she still sees Olivia as a blessing.

"I was slightly disappointed that I couldn't do MSG duty, but everything happens for a reason," Kamau said. "So, (I) take it and go with it because there's a reason. All these changes have happened but one drastic change has brought me the most happiness and it's (my daughter)."

Kamau said the way she was raised in Africa has helped her to be strong and accomplish all she has today, whether it's excelling as a Marine or as a mother.

"My upbringing has given me the discipline and the strength to be able to withstand just about anything," Kamau said. "My parents never allowed me to fail at anything. They also made sure to instill in me that I can do anything that I put my mind to."

She said growing up in Kenya and being a mother brought out her strengths the most in her life and has taught her to take nothing for granted.

"It's truly unbelievable," Kamau said. "I never knew exactly how strong I truly was until I had my daughter."

Kamau's newfound confidence has inspired her to pursue bigger challenges and new goals in her life.

Kamau is currently pursuing a degree in nursing and applying for the Marine Corps Enlisted Commissioning Educational Program, to become a Marine Officer and plans to retire from the Marine Corps after 20 years of service.



Free Parking
Free Tubes
Picnics Welcome
No glass or alcohol, please.



Buy Your Season Pass Now
at schlitterbahn.com



SCHLITTERBAHN
NEW BRAUNFELS *Waterpark*

830.625.2351
schlitterbahn.com

© 2011 Waterpark Management, Inc. All Rights Reserved.