



Volume 65, Issue Number 6 - October 2008

Who Is The New Command Master Chief?

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

After a five month stint as Interim Command Master Chief, Master Chief Pamela Durrant passed the pin at Naval Air Station Joint Reserve Base Fort Worth to the new CMC, Master Chief Petty Officer Ellen Zubke.

Zubke gave a brief introduction of herself to the personnel at quarters in early October.

The Wisconsin native hails from the small town of Iron Ridge, less than an hour from Milwaukee. After graduating Hustisford High School, home of the Fighting Falcons, she enlisted in the United States Navy and reported for basic training in Orlando, Fla.

Zubke, a graduate of the Aviation Electronics Technician "A" school, has led a career rich in Naval Aviation. In her 25 years of service, she has been assigned to several squadrons and aviation intermediate maintenance departments.

As an aviation maintainer, she really

enjoyed her tour of duty with Helicopter Antisubmarine Squadron 75, the Emerald Knights. There, she was assigned as the Quality Assurance Senior Chief and Maintenance Department Leading Chief Petty Officer.

Zubke, who pinned the second silver star above her anchors in 2003, is not a rookie CMC; she has served as CMC for the past five years at her two previous commands.

"My job here is to support the sailors; that's what I'm here to do.

[I will] advise the skipper on things for the sailors and help him meet the mission and the goals that he sets," said Zubke about her vision as the NAS JRB CMC.

"I'm an enabler. I just try to enable people to do their jobs." She says that her biggest accomplishment in the Navy was making Master Chief, but one of the hardest things she has ever done was



quitting smoking. Her favorite quote is, "say what you mean and mean what you say." – author unknown

Her complete biography is available on the command website: <https://www.cnic.navy.mil/FortWorth/AboutCNIC/Biographies/CMC/index.htm>



<https://www.cnic.navy.mil/FortWorth>



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NAS JRB FORT WORTH

COMMANDING OFFICER - Capt. T.D. Smyers
EXECUTIVE OFFICER - Cmdr. William Stewart
PUBLIC AFFAIRS OFFICER - Mr. Don Ray

SKY RANGER STAFF

EDITOR IN CHIEF - Mr. Rusty Baker

LAYOUT & DESIGN
 MC2(AW) D. Keith Simmons

GRAPHICS
 MC2(AW) D. Keith Simmons & Mr. Rusty Baker

CONTRIBUTING JOURNALISTS...

Find It Fast!
 Click On A Headline To Be
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MC2(AW) D. Keith Simmons
 NAS JRB Fort Worth Public Affairs

NCC(AW) Carol Dunkle
 NAS JRB Fort Worth Command Career Counselor



Lt. Deserine S. Pricejordan
 Fleet Readiness Center West Public Affairs Officer



Sgt. Lisa Rosborough
 MAG-41 Public Affairs



MCC Maria R. Escamilla
 COMNAVRESFORCOM



Regional Legal Service Office Southeast

A Message From The Skipper

No matter where I travel around the globe, I'm constantly reminded of how great we have it in the United States of America. The freedoms we enjoy in this great country are not widely available to people on other shores. Every day, the proud warriors of NAS JRB Fort Worth strap on the uniform of the US Armed Forces and go to work to defend those freedoms US citizens hold dear.

Despite this commitment to the ideals and liberties of America, many of us will stay home from the polls on Election Day. This is a hard one for me to figure out.

The very essence of our liberty is the expressed voice of our people. In my mind, it is both a right and a duty to cast a vote for the leaders we choose to lead the greatest country the world has ever seen.

Perhaps some of our hesitation lies in the feeling that, as uniformed warriors, we are apolitical and shouldn't participate in the electoral process. This is actually quite far from the truth! Our first Commander in Chief, George Washington, referred to the citizen-soldiers who won our freedom as "twice the citizen." One side of this dual aspect was, of course, their service as regular army or militia; the other side was their participation in the newly established representative government.

The rights we defend every day are rights for EVERY citizen, including those who are part of America's military power. Although military life can be restrictive – we live by a more stringent code of behavior and ethics than do our civilian neighbors, for example – we are, in no way, excluded from the RIGHT to cast our votes on Election Day. In fact, voting, for us, is a duty tied to our status as "twice the citizen."

The day we shirk that duty – and abdicate that right – is the day we cut our citizenship in half.

Vote this Election Day – plan it, execute it and proudly wear the "I Voted" sticker.



New Navy Web Site Supports Entire JRB

Story by Rusty Baker

NAS JRB Fort Worth unveiled its new Web site, just in time for the holiday season, providing local information to servicemembers and their families, guardsmen and reservists, civilian employees, retirees, as well as our neighbors and supporters in the Fort Worth area.

The Oracle-driven Web site: <https://www.cnic.navy.mil/FortWorth>, is remarkably faster and more intuitive than the installation's previous Web sites. Once more, the site has been structured with software to secure military-specific data like drill schedules and detailed maps can be featured without jeopardizing operational security. Users away from the office can gain access to secured sections as long as they are listed in the Defense Enrollment Eligibility Reporting System (DEERS).

Many times PCS'ing personnel may only get orders to a new command without any other information to assist them along their way. The new site focuses on incoming servicemembers who may not be familiar with the area by informing them of check-in procedures, the local cost of living, or the many support services a joint reserve base can provide. This resource can also be used to assist sponsors in notifying inbound personnel about the

base and the surrounding area. Other guidance includes a welcome aboard message, details on children's programs, a breakdown of local independent school districts, base policies, and other base-specific services.

Recreation on and around the base has never been easier to track. All indoor and outdoor Morale Welfare and Recreation (MWR) programs are just a click away. Contact Information Tickets and Travel (ITT) agents for prices on local theme parks, resorts and cruises. Rent a bass boat or travel trailer for the weekend. Rainy day? See what's playing at the base theater.

Families will have excellent resources at their fingertips. The Web site's Families section presents information on the Exceptional Family Member Program as well as services provided by the Fleet and Family Support Center. From there families can get deployment support, financial assistance or contact their ombudsman.

Joint reserve bases have a complex network of tenant commands, whose Web sites, appropriately, only focus on their own personnel. This can get confusing when an Airmen is searching for information on a Naval installation, or vice versa. NAS JRB Fort Worth's Web site has created a Fighter section that breaks down each

branch of service to the 40 commands co-located on base. Each squadron, unit or detachment is organizationally listed with important phone numbers and hyperlinks to each unit's official Web site.

As commands move into new buildings and communication systems are upgraded, it becomes a challenge to keep up with phone numbers. The Web site now features an installation directory quick list as well as the latest edition of the base phone book for those hard-to-find phone numbers.

Those just visiting the base will find lodging easy, as both the Navy Gateway Inn & Suites and the Navy Lodge feature local electronic reservations. From there, guests can discover what lies on the other side of the fence line by viewing local happenings by accessing a list of Fort Worth's local communities' official Web sites.

Retirees and history buffs will enjoy the soon-to-be-added archives of both Carswell Air Force Base and NAS Dallas' photos and stories. The 66-year-running Sky Ranger Magazine will also be featured in the Newsroom archives.

With constant updates of news you can actually use, NAS JRB Fort Worth's Web site is a relevant resource to all those associated with the base.

JOINT SERVICE WEB INFORMATION
FASTEST NAVY WEB SERVER EVER
UP-TO-DATE NEWS YOU CAN USE

<https://www.cnic.navy.mil/FortWorth>

WHO CAN BENEFIT FROM NAS JRB FORT WORTH'S NEW WEB SITE?

SERVICEMEMBERS - FAMILIES - GUARD & RESERVISTS - RETIREES - LOCAL SUPPORTERS



Navy Reserve Woman Competes In Ironman

Story by MCC Maria R. Escamilla, Navy Reserve Forces Command

“Whatever your mind can conceive and believe, it will achieve.” This quote from Napoleon Hill, the “philosopher of success,” appeared in an email from Chief Operations Specialist Karen X. Medart.

Medart, a Dallas/Fort Worth Reservist assigned to Commander, 7th Fleet Detachment 111 at Navy Operational Support Center Fort Worth, competed in the Ironman Louisville triathlon on August 31. The event consisted of a 2.4 mile swim, 112 mile bike and 26.2 mile run.

Before race day, “The weather in Louisville was a lot hotter than we expected,” said Medart. “The forecast kept changing during the week and it kept looking warmer.”

“I woke up about 4 a.m., then headed to the transition area at 5 a.m. to drop off my gear. The swim start was a mile away so everyone—2,400 people—had to walk in the dark to the pier where we would eventually jump in as we started the race.”

“The day started out cool and I had a great swim,” she said. “The water was 84 degrees, and my final swim time was 1 hour 31 minutes. I had to get my bearings again as I hit the swim exit and started to run.”

“We went on through the transition, grabbed our bike gear bags, changed and then headed to the bike course which was relatively flat for the first 15 miles. Then we hit these rolling hills out in the countryside, some were pretty tough. As I powered through the down hills my maximum speed hit 40 miles per hour.”

“We had to do two loops of one 30-mile section, which was deflating as the pros passed us on their second loop

while we were still on our first. At mile 65 I was climbing a steep hill when my chain came off. I fell in the ditch still attached to my bike and pedals.”

“Then it got really hot, 95 degrees, and humid as the day went on. I really started to feel the effects of the day at about the 100 mile mark. I just kept thinking, ‘start the run and you’ll start to feel better.’ But I never did.”

“I had severe heat rash on my legs which were burning like crazy. I started feeling light headed, dizzy, nauseous and had a headache. I was hoping to see my sister Lynn on the run course so she could talk to me and keep me going.”

“I finally stopped at an aid station at mile six on the run cause I felt so bad. It turned out that Lynn was right there! She kept saying, ‘Are you sure you can’t go on?’ But I knew this was

more than just being tired.”

“I was taken to the race medical area by ambulance where they put me on oxygen. They took my vitals and found I had a core temperature of 101.5 degrees! Heat exhaustion! I got one liter IV bag of a saline/Benadryl solution and tried to get my body temperature down. The medics finally let me go after a couple of hours.” Medart was done, but undaunted.

“I’m already thinking about another Ironman race next year, but definitely in much cooler climate,” she said with a laugh.

Although Medart didn’t finish the Ironman that day, she is still a model of the Navy’s culture of fitness. At fifty-years old, she regularly scores “outstanding high” on her physical readiness tests (PRTs). Concerning physical training, she offered this advice: “Make it part of your everyday routine so when the PRT rolls around you’ve maintained your fitness and you won’t doubt you’ll get a good score.”

Medart said she tries to work

“At mile 65 I was climbing a steep hill when my chain came off. I fell in the ditch still attached to my bike and pedals.”



Photo by Lynn Fieser

out everyday. "I may swim one day, bike the next and run the day after," she said. While preparing for Louisville, she was training up to 20 hours per week. "Some of my long runs were three hours or more, and long bike rides were six to seven hours at a time."

"Fitness is just a life style for me," she added. "I entered my first triathlon in 1987, Ironman Canada, and was hooked."

Since then, Medart's competed in many other competitions up through the '90s. "So many I lost count," she said. "But one day I want to qualify for the Ironman World Championship in Hawaii. It's the 'Super Bowl' of triathlons."

Although Medart didn't get to finish the Ironman Louisville this time, she completed the chief petty officer

induction process when she returned home to Fort Worth. Her sister Lynn was there to pin on her new chief anchors for the pinning ceremony in September.

And since the Ironman Louis-

ville, Medart just returned from successfully completing the Ironman Half Marathon in Austin, Texas.

"Whatever your mind can conceive and believe, it will achieve," said Medart. "So dream big dreams!"



Photo by MC2(AW) D. Keith Simmons

During the 2008 Chiefs' Pinning Ceremony, newly-hatted Chief Operations Specialist Karen X. Medart stands proudly between her sister, Lynn Fieser, and Capt. Debre K. Sharits.



Photo by MC2(AW) D. Keith Simmons

Skipper Jailed, Then Bailed

Commanding Officer, Captain T. D. Smyers offers up \$20 to Master-at-Arms First Class Gabriel Hackett in an attempt to bail himself out of spending 15 minutes handcuffed for the annual First Class Petty Officer Association fundraising event.



9th NCR Holds Change Of Command Ceremony

Story and photo by YNC Louis Ojeda

The former First Naval Construction Division (NCD) Deputy Chief of Staff took command of the Ninth Naval Construction Regiment (NCR) on September 13, during a brief change-of-command ceremony at NAS JRB Fort Worth's Naval Operations Support Center.

Capt. Steven L. Young relieved Capt. Terry M. Mahoney, who was recognized by the guest speaker, First NCD Commander, Rear Adm. Richard E. Cellon, for his many noteworthy successes and accomplishments.

During Mahoney's tour, Ninth NCR deployed two Naval Mobile Construction Battalions (NMCB) to Iraq in support of Operation Iraqi Freedom and became the first reserve regiment to take over limited control of another reserve regiments' units while deployed.

Young has held a command tour with NMCB 22, during which he led 500 Seabees through a successful tour in Iraq.

Ninth NCR provides command and control necessary for its Seabees

and engineering counterparts in Army and Marine battalions to build and maintain infrastructure key in contingency operations worldwide. The regiment commands seven reserve Seabee units to include NMCB 15, NMCB 22, NMCB 25, NMCB 28,

NMCB 17, NMCB 18 and NCFSU 2.

Rear Adm. Cellon addressed the troops, highlighting the hard work they have performed during current military operations both at home and abroad and advised them that there is still much work to be done.



Commodore Mahoney hands over the command pennant to incoming Commodore Young during the Change of Command Ceremony at Naval Operations Support Center, Joint Reserve Base, Fort Worth. Ninth NCR Command Master Chief Petty Office Henry L. Heikkila stands at attention as he witnesses the transfer of the pennant.

Who's in charge of safety at NAS JRB?

WE ALL ARE!

Voluntary Protection Programs
An OSHA Cooperative Program



AIRSpeed Awards FRC West, MALS-41 With 'Battle A'

Story and photo by Lt. Deserine S. Pricejordan, FRC West PAO

Fleet Readiness Center (FRC) West, Fort Worth and Marine Aviation Logistics Squadron 41 (MALS-41), were awarded the Enterprise AIRSpeed Site of the Year "Battle A" Award for Continuous Process Improvement (CPI) sustainment initiatives during the second annual Enterprise AIRSpeed Summit held at the Admiral Kidd Conference Center in San Diego August 26-28.

The command was recognized for its stellar performance in the category of Continuous Process Improvement and Sustainment Initiatives which included: local policy changes, establishment of command strategic goals, robustness command CPI training, strong visual management items, recognition and awards programs, and the use of metrics for AIRSpeed alignment.

AIRSpeed is a program initiated by Commander, Naval Air Forces to improve readiness throughout Naval and Marine Corps Aviation. This program is designed to achieve the overall goal of aircraft ready for tasking (RFT) at a reduced cost. AIRSpeed employs a variety of toolsets aimed at increasing the velocity of production and the productivity within the Navy/Marine Corps' maintenance program.

nance program.

AIRSpeed utilizes many of the concepts currently being utilized by civilian industry. These concepts are Lean, Six Sigma, and Theory of Constraint, which have been implemented very extensively and effectively by civilian corporations. The bottom line for a corporation is the "profit" margin. The bottom line for Naval Aviation is increased number of RFT aircraft and fewer man hours ex-

ended in making those aircraft. FRC West, Fort Worth Officer-in-Charge, Cmdr. Lawrence McCabe and MALS-41 OIC, Maj. Robert Sajewski, have established a joint-command climate that values continuous improvement utilizing these AIRSpeed tools. Together, they have created an atmosphere that allows all personnel the ability to suggest improvement opportunities, utilizing a 'bottom-up' approach.



AIRSpeed Division (Pictured from Left to Right)

First Row: Gunnery Sgt. William E. Yerby: AIRSpeed Staff NCOIC

Lt. John Reid: AIRSpeed Officer Second Row: AE2 Jody Wade: AIRSpeed BMT Administrator and Maintenance Representative ADCS Sammie L. Mathis: AIRSpeed LCPO AT2 Robert A. Fiedler: AIRSpeed Administrator



Commander CNRSE Sends Gratitude For Efforts During Challenges Of 2008 Hurricane Season

A letter from Rear Adm. Micheal C. Vitale

The 2008 hurricane season has posed many challenges for Navy Region Southeast, and imposed major burdens on our people and installations. I would like to express my personal and professional gratitude for your dedication, professionalism, and extraordinary technical expertise. Your efforts prepared our people and installations for destructive weather, protected lives and property, and after the storms passed, rapidly restored our installations to full mission capability, while assisting local, state, and national agencies in their disaster response efforts to the communities in which we live.

The severe weather conditions required several of our installations to safely and rapidly evacuate personnel to safe havens. Once again, your foresight, planning, and compassionate care ensured our displaced personnel received a timely flow of information, superior care in transit, and continuous support as they traveled to and from these

remote locations.

Your dedicated efforts on behalf of our Sailors and their families during times of potential crisis demonstrated that the concept of the Navy family is an organic part of the way you conduct your operations, and not a catchphrase or advertising slogan.

Your support of the fleet, its fighters and families, was in keeping with the finest traditions of the United States Naval Service. Thank you for your service during these challenging events.

Well done and Bravo Zulu!



Photo by AG2 Benjamin Barker

On the watch floor of the Naval Maritime Forecast Center, Norfolk are (from left) Lt. James Scianna, Ship Routing Officer Kenneth Ghormley, forecasters Aerographer's Mate 2nd Class Alicia Scott, Aerographer's Mate 2nd Class Derek Tinsley, and Aerographer's Mate 1st Class Paul Stimson. NMFC personnel have provided detailed weather briefs to installations under CNRSE throughout the 2008 hurricane season, particularly during Tropical Storm Fay and hurricanes Gustav and Ike.

Texas Motor Speedway Honors The Military

Story and photos by Sgt. Lisa Rosborough, MAG-41

At 150 miles per hour, Marines enjoyed some action-packed down time on behalf of the USO in collaboration with Texas Motor Speedway and Team Texas High-Performance Driving School as part of their "Speeding to Help" Community Outreach Program last month.

Among the 100 military service men and women from various military branches that were granted free rides in race cars at the "The Great American Texas Motor Speedway" were the Marines of Fort Worth, Texas-based Marine Aircraft Group 41 and their attached squadrons. Military personnel from the USO Rest and Recuperation Program and Sheppard Air Force Base in Wichita Falls were also part of the 100 participating in the event.

The festivities began with a special presentation to the military by Texas Motor Speedway President, Eddie Gossage, in Victory Lane with the U.S. Army car. Gossage greeted military guests and then surprised them by giving each service member two frontstretch tickets to the Nov. 2 Dickies 500 NASCAR Sprint Cup race as a thank you for all they have done for our country.

Also giving thanks was Texas Motor Speedway Race Car Instructor and Dallas Police Officer, Patrick Shaw. "Having policed the streets of Dallas for the past 19 years, I have a deeper appreciation for what our troops go through. . .the sacrifices that they might be forced to pay and

According to Texas Motor Speedway officials, this is not the first time the racing world and the military have crossed paths. Military-sponsored race cars have become a common sight in motorsports. The more notable include the No. 88 National Guard car of Dale Earnhardt, Jr. and



the heartache that this sacrifice might bring to those that love them," Shaw said. "Those instructors that donated their time to give the troops a thrill. . . it was truly our pleasure."

No. 8 U.S. Army car of Mark Martin and Aric Almirola in the NASCAR Sprint Cup Series. The Marines and Air Force also have sponsored cars in the NASCAR in previous years.



Stay Sharp With Navy's Education Programs

Story by NCC(AW) Carol Dunkle

Today our Sailors are expected to be sharper, smarter and able to utilize critical thinking skills more readily than in the early days of our Navy. Today our Sailors must pursue an off-duty education to be able to perform as expected. There are many opportunities for them to take advantage of obtaining a degree.

If you have not obtained a high-school diploma, the Navy's Voluntary Education (VOLED) Program provides our Sailors the opportunity to complete a high-school diploma or equivalency certificate at no cost to them. The Navy's tuition assistance will pay 100 percent of tuition costs for courses applicable to the completion of a high-school diploma or equivalency certificate.

Has it been many years since you graduated from high school and you need assistance brushing up on the basics of math or English? The academic skills and college preparatory courses will provide you with the basics to prepare you to enroll in entry level courses at no charge.

Are you taking classes already? Have you exceeded or are you about to exceed the 16 semester hours, 24 quarter hours or 240 clock hours in the

fiscal year (FY)? Waivers are available to Sailors on a case by case basis; however, the waiver request cannot exceed the DoD program limit of \$4,500 per FY. See the Navy College Web site for assistance on submitting an educational waiver. (<https://www.navycollege.navy.mil/tuition/ta10.html>) The deadline for submitting a waiver for FY-09 is August 31.

Don't forget about the free CLEP and DANTES test that will enable you to obtain college credit by examination. Testing is given at Columbia College on Tuesdays with the CLEP at 9:00 a.m. and DANTES at 1:00 p.m., and on Thursdays DANTES is at 9:00 a.m. and CLEP is at 1:00 p.m. Free study guides and practice tests are available online at www.nko.navy.mil.

The Navy's SMART transcript is another way to obtain college credit for your military training. Make sure that you submit a copy of your SMART to the college upon applying for admissions. The school will evaluate your transcript for additional college credits. Sailors can order an official SMART transcript to be sent to the school log onto the SMART Web site at <https://smart.navy.mil/smart/welcome.do>.



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/>

<https://www.cnic.navy.mil/FortWorth>



Sailor of the Quarter



Junior Sailor of the Quarter



Blue Jacket of the Quarter

7th Fleet Reserve Detachment Gets New Skipper

By MCI Charles A. Isom, Jr., Navy Reserve Navy Information Bureau 7th Fleet, Detachment Dallas



Photo by Cmdr. Dusty W. Rhodes

As Reserve Deputy and Chief of Staff, U.S. Pacific Fleet Rear Adm. Robin W. Watters (second from right) looks on, Capt. John F. Weigold (right), incoming Navy Reserve Commander, 7th Fleet, Detachment 111, congratulates shipmate Lt. Cmdr. Mark Myers (left) on the award he received from outgoing commander Rear Adm. George W. Ballance (second from left). NR C7F DET 111 held a formal change of command ceremony at Navy Operational Support Center Fort Worth Oct. 18. Watters was guest speaker as Weigold assumed command of the Reserve unit.

Navy Reserve Commander, 7th Fleet, Detachment 111 held a traditional Navy change of command ceremony at Navy Operational Support Center Fort Worth Oct. 18.

Capt. George W. Ballance, departing commanding officer, bid a formal farewell to the unit—one of the Reserve's busiest—as he was relieved by Capt. John F. Weigold IV.

"We're here today to see the sacred trust of command transferred from Capt. Ballance to Capt. Weigold," said Rear Adm. Robin W. Watters, Reserve Deputy and Chief of Staff, U.S. Pacific Fleet, who was the guest speaker of the ceremony.

During the ceremony, Watters promoted Ballance to rear admiral, lower half and awarded him the Legion of Merit.

With a great smile of pride and "two thumbs up," Ballance recognized the command chief petty officers. "Now here's where the rubber meets the road, because this is the finest group of management warriors of the Navy. They're an all star team, the back-bone of the unit and the folks who truly run the Navy," he said.

Ballance presented numerous personnel from Detachment 111 awards and medals. Watters and Weigold recognized each recipient as they departed the stage. After that, Cmdr. Douglas Carroll was promoted to the rank of Captain.

Ballance, a graduate of the University of South Carolina and the University of Texas at Arlington, was commissioned in May 1980. During his career, Ballance was awarded the

Legion of Merit, Meritorious Service Medal (three awards), Navy and Marine Corps Commendation Medal (two awards), Navy and Marine Corps Achievement Medal (three awards) and various other service medals and ribbons.

Ballance will be assigned as Deputy Commander, U.S. 7th Fleet.

The incoming skipper, Weigold, a native of Connecticut, graduated from the U.S. Naval Academy in 1984. Following the Surface Warfare Officer (Basic) School, Weigold served on active duty aboard USS John King (DDG 3) and USS Caron (DD 970).

Upon release from active duty in 1989, Weigold joined the Navy Reserve as a drilling Reservist at the Naval and Marine Corps Readiness Reserve Center Brooklyn. Since then, he served a variety of Reserve commands representing years of valuable leadership experience.

In June 2006, Weigold was recalled to active duty and served as Assistant Chief of Staff for Operations (N3) for Commander, Naval Forces Korea in Seoul, South Korea.

Weigold's awards include the Legion of Merit, Defense Meritorious Service Medal, Navy and Marine Corps Commendation Medal, Army Commendation Medal, Navy and Marine Corps Achievement Medal, as well as various unit and individual service awards.

"I am honored, yet humbled, by my selection to assume the role as commanding officer," said Weigold. "Though this will be my sixth command, I look forward to meeting and working with you to face new challenges and opportunities in our area of responsibility."

For more news about 7th Fleet, visit www.c7f.navy.mil.



TRICARE Reserve And Guard Family Benefit Now Permanent

Story posted on <http://www.health.mil/>

Eligible families of activated National Guard and Reserve members will continue to save up to \$300 in annual deductibles now that a TRICARE “demonstration” program is a permanent benefit.

Eligible family members of Guard and Reserve personnel activated for more than 30 days under federal orders in support of a contingency operation are made eligible for TRICARE Standard and TRICARE Extra, which have annual deductibles. While they may be eligible to enroll into TRICARE Prime or TRICARE Prime Remote for Active Duty Family Members, which have no deductibles, many may choose to stay with TRICARE

Standard or Extra.

Introduced as one of the first TRICARE healthcare enhancements after Sept. 11, 2001 to assist the increasing number of National Guard and Reserve service members activated to support the Global War on Terrorism, the benefit waiving annual deductibles has been a demonstration project for over seven years.

Guard or Reserve families often meet annual deductibles under their commercial plans before they get activated. Waiving the TRICARE Standard and Extra deductibles means eligible families will not have to pay additional deductibles under TRICARE. The annual

deductible for Standard and Extra is \$300 for families.

The published regulation also contains provisions that make it easier for Reserve and Guard members to continue to see their family physicians by potentially increasing the amount that can be paid to out-of-network health care providers.

Since eligibility for TRICARE benefits is determined by the services, to ensure family members are eligible for the TRICARE Reserve Family Benefit, activated Reserve and Guard members should visit their local military ID card issuing facility and update information in the Defense Enrollment Eligibility Reporting System (DEERS).

Room 850: Where Perfect Credit Lives

CNIC Communication Release

In keeping with the CNIC mission of supporting the Fleet, Fighter and Family, CNIC leadership encourages all members add the resources announced by the U.S. Department of Treasury and the Ad Council to your personal financial fitness regimen to combat the issue of excessive debt, provide financial literacy, and build wealth.

The campaign targets young adults, ages 18-24, who are just starting to be financially independent and are experiencing debt and other forms of financial distress for the first time. Many do not have the knowledge about basic credit facts and have not been taught the importance of good credit and the negative impact of bad credit.

The objec-

tives this new campaign is to encourage young adults to think twice about spending in the moment and to seek more knowledge about how their behavior can affect their credit history and immediate future. It will also teach how overspending may “cost” them more than they think. It can cost them a job, a car loan, or an apartment. It can also cause public embarrassment.

Clicking on the link, <http://www.controlyourcredit.gov/html/room850.html> which will take you to “Room 850” where the perfect credit score resides. The information on this Web site introduces the concept and importance of a high credit score and the significant role it plays in applying for a job, taking out a loan, or making a big purchase. In all cases, the higher the credit score, the more options you

are given.

A luxuriously appointed place, Room 850 is the ultimate in elite accommodations. Likewise, a perfect credit score of 850 will give its owner the utmost in amenities and positive outcomes. At this Web site, visitors can click on both radio and TV ads that convey, sometimes humorously, the importance of establishing and maintaining good credit. Also available at the link, <http://www.controlyourcredit.gov> are information and an interactive game which provide an innovative method to learn the fundamentals of good credit and personal finance.

For assistance in determining your credit score see your Command Financial Specialist or visit your local Fleet and Family Support Center.



<https://www.cnic.navy.mil/FortWorth>

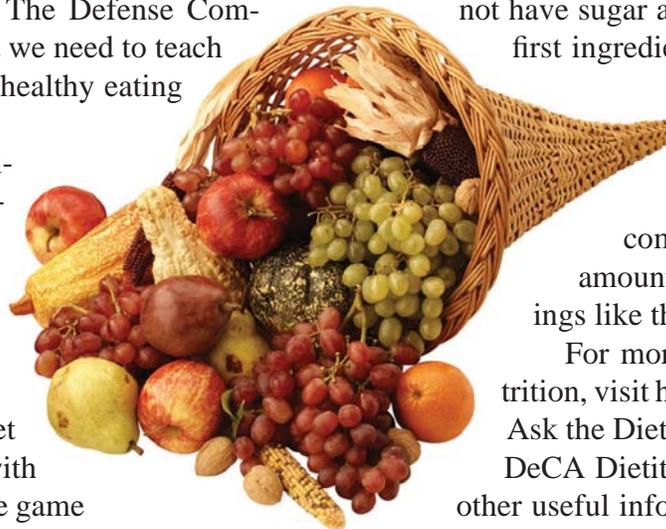
Teach Children How To Make Healthy Choices

By Maj. Karen E. Fauber, DeCA Dietitian

We all want the best for our children; yet we find it challenging at times to get healthy, satisfying meals on the table. Work, school and all the many day-to-day activities often have us on the go. If you find yourself rushing home after work and trying to decide what to make for dinner at the last minute, you are not alone. Your commissary is working with you to help you make choices that are good for you and your family. Many of us are concerned about our children's health, especially with the growing trend of overweight and obesity today. The Defense Commissary Agency recognizes that we need to teach our children the importance of healthy eating and being physically active.

The U.S. Department of Agriculture's Web site, www.mypyramid.gov, has a section designed for children on how to be more physically active and make healthy food choices. There is an interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. In the game there are "fuel" tanks for each food group to help students keep track of how their choices fit into MyPyramid. After viewing the Web site with your kids, have them help plan meals and snacks for a few days. This can be a fun learning experience that the whole family can enjoy. To help you get started here are a few ideas from the site:

- Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice and low-fat popcorn, more often.
- Vary your veggies. Go dark green and orange with your vegetables—eat spinach, broccoli, carrots and sweet potatoes.
- Focus on fruits. Eat them at meals and at snack time, too. Choose fresh, frozen, canned or dried, and go easy on the fruit juice.
- Get your calcium-rich foods. To build strong bones serve low-fat and fat-free milk and other milk products



several times a day.

- Go lean with protein. Eat lean or low-fat meat, chicken, turkey and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- Change your oil. We all need oil. Get yours from fish, nuts and liquid oils such as corn, soybean, canola and olive.
- Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Encourage your children to apply what they have learned while shopping regularly at the commissary, where your savings can amount to 30 percent or more. With savings like that, it's always worth the trip!

For more information about children's nutrition, visit <http://www.commissaries.com>, go to Ask the Dietitian and post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in the Dietitian's Voice archive. For tempting, delicious recipes check out Kay's Kitchen. And to enjoy all your commissary benefit has to offer, sign up for the Commissary Connection.

About DeCA: The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,000 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



Sky Ranger Feedback?

E-mail: FTWO_INFO@navy.mil



Constructive Eviction Of Residential Leases

By Lt. j.g. Guy Reschenthaler, JAGC, USN

Three weeks ago you rented your apartment. At the time, everything seemed perfect. The neighborhood seemed safe and there were no defects in the apartment. Things were going great. Now you have discovered that there has been a string of robberies at your apartment complex, and the landlord has taken no steps to improve safety. The heating system only works half the time, and it is the middle of February! Worse yet, the plumbing has not worked for two days. You and your spouse have even considered moving into a hotel until matters improve.

Before you pack your bags, you call the landlord for the seventh time. He only makes vague promises about fixing the problems. You're at your wits end. You ask yourself, "What are my legal rights?" What you need to know is the law on constructive eviction.

Constructive eviction occurs when the landlord's actions have the effect of evicting you, the tenant. The legal standard for constructive eviction varies from state to state. The tenant usually must prove that the landlord's action or inaction made the apartment uninhabitable. A tenant can argue that the landlord has failed to provide a basic need or that he has made living in the apartment unbearable. The best way a tenant can prove constructive eviction is to argue that the implied warranty of habitability was

broken.

An implied warranty is a warranty that is included in a contract, whether stated in the contract or not. By statute, every residential lease contains an implied warranty of habitability. The warranty states that the landlord promises to maintain the rental property so that the apartment is fit for human habitation. This means that the landlord has an obligation to provide such things as plumbing, heat, locking doors, drink-

tions, speak with an attorney as early into the process as possible.

Another possible trigger for constructive eviction is a violation of the doctrine of quiet enjoyment. The right to quiet enjoyment is the right not to be unreasonably disturbed in your apartment or house. This right may also apply to common areas such as sidewalks, backyards and pools. If your landlord is constantly entering your apartment, making demands to inspect the property at late hours of

the night, or even permitting other tenants to play loud music or have wild, noisy parties in the evening hours, then the landlord may have violated the doctrine of quiet enjoyment. If the landlord does not fix the problem after receiving notice, then this too can trigger a constructive eviction.

Servicemembers, as a mobile group of people, are likely to face property leasing issues.



able water, electricity and other basic necessities.

Violations often occur after the tenant has taken possession. The landlord should be notified and given a reasonable time to fix the problem. "Reasonable" depends on the problem. For example, it is likely reasonable to go without heat for one or two days. Going without heat for several weeks is another story. Whatever the reasonable time period may be, if the problem is not fixed, a tenant has several options. To evaluate your op-

Most of the time, problems can be worked out by communicating the problem to the landlord. Make sure the communications are documented in letters or e-mails. If the problems persist and your landlord refuses to remedy the situation, legal assistance attorneys are available to assist you and your family. Servicemembers on board NAS JRB Fort Worth may call (817) 782-6009.

This article is not intended to substitute for the personal advice of a licensed attorney.



DoD Finalizes NSPS Regulations

Article Attributed to the Office of the Assistant Secretary of Defense; <http://www.defenselink.mil/Releases/>

The Department of Defense and the Office of Personnel Management jointly issued the final enabling regulations for the National Security Personnel System, one of DoD's human resources management systems. NSPS was originally authorized by the National Defense Authorization Act for Fiscal Year 2004 and amended by the National Defense Authorization Act for Fiscal Year 2008.

The proposed regulations were initially published in the Federal Register on May 22, 2008, for a 30-day public comment period. The department and OPM received 526 public comments. Nine of the 10 unions having national consultation rights with the department also provided comments. DoD and OPM carefully considered all comments and suggestions. The final regulations incorporate some of the changes and recommendations received and reflect the department's commitment to ensuring fairness and transparency in the performance management system, a key concern of commenters. A comprehensive overview of the comments and the department's response is included in the supplementary information published with the final regulations.

While the final regulations incorporate significant changes, the core features of the personnel system remain intact. The final regulations govern how classification, compensation, and performance management flexibilities will be accomplished. NSPS retains the existing values of the civil service, including merit system principles and veterans' preference, and allows employees to be paid and rewarded based on performance, contributions to mission accomplishment, and market considerations.

The NSPS regulations have undergone significant change since they were first introduced. Most of these changes were motivated by one of three factors: changes mandated in law, changes derived from lessons learned and best practices, and changes driven by public and union comments.

Changes brought about by National Defense Authorization Act for Fiscal Year 2008:

1.) NSPS will follow existing government-wide rules for:

- Labor-management relations
- Disciplinary and adverse actions and employee appeals of adverse actions
- Staffing and employment
- Workforce shaping (reduction in force, furlough, and transfer of function)

2.) Excludes Federal Wage System (blue collar) employees from coverage under NSPS. Mandates that all employees with a performance rating above "unacceptable" (rating of 1 on a scale of 1-5) or who do not have a current performance rating receive no less than sixty percent of the annual government-wide General Schedule pay increase. In accordance with the statute, the balance will be allocated to pay pools for the purpose of increasing rates of pay based on performance at the valued performer (rating of 3) and higher levels.

3.) Requires that all NSPS employees with a performance rating above "unacceptable" or who do not have a current performance rating receive locality pay in the same manner and extent as General Schedule employees.

Adjustments and clarifications made to lend consistency based on lessons learned and best practices:

1.) Allow for NSPS coverage of employees appointed for less than 90 days

2.) Provide a conversion/movement out process for employees moving to GS positions, to ensure consistent pay setting practices for NSPS employees

3.) Allow employees to request reconsideration of an individual job objective rating, in addition to the ability to request reconsideration of the overall final rating of record

4.) Grandfathers GS pay retention timeframes for employees covered by GS grade or pay retention rules at the time of their conversion to NSPS

Additional substantive changes made following publication of the proposed rules in the Federal Register:

1.) Revised definition of "rate of pay" to ensure consistency and conformity regarding pay issues.

2.) Require organizations to share aggregate pay pool results

3.) Extend accelerated compensation for developmental positions to positions assigned to the Student Career Experience Program in the student pay schedule

4.) Extend within-grade increase "buy-in" provision to Federal Wage System employees who move into NSPS.

DoD will continue to use NSPS flexibilities to build and sustain a high-performing workforce. There are currently approximately 183,000 DoD employees under NSPS. The next DoD organizations will convert into NSPS in the late 2008 - early 2009 timeframe, bringing the total number of employees under the system to approximately 200,000.



Family Housing Residents Asked To Grade Balfour Beatty

Story by Dianne Borges

Balfour Beatty Communities (formerly GMH Military Housing), has completed another year in the privatization program of family housing at NAS JRB Fort Worth. Therefore, they are sending Resident Satisfaction Surveys to learn how residents think Balfour Beatty Communities is doing.

This is an opportunity for residents to receive one month free rent by completing the survey and a drawing entry form.

The survey, a part of Balfour Beatty Communities' performance assessment program, was designed by the nationally recognized real estate consulting firm of CEL & Associates, Inc. Its purpose is to identify what the residents like and do not like about the housing and Balfour Beatty Communities' property management services including maintenance and its performance of those services. "With the results," said Terri

Edelman, Senior Vice President of Community Management, "we will be able to gauge whether we are on track and where there is the opportunity to modify our existing services to better meet the needs and expectations of our residents."

The survey results are confidential and anonymous. Only CEL & Associates, Inc. employees will view the actual surveys. They will provide Balfour Beatty Communities with a final tally on each question. The survey is easy to complete. Residents need only fill in the circles that best describe their perceptions, opinions or feelings. The rating and evaluation criteria are provided on the survey.

Accompanying the survey is a drawing entry form. Residents who complete the survey and entry form will automatically be placed in a drawing for one month's free rent.

Also included in the survey

package is a comment card which will be forwarded to Balfour Beatty Communities. "This card gives residents the added opportunity to elaborate on a particular issue or let us know if they would like to be contacted about a specific concern," Edelman stated.

The purpose of privatization is to bring the quality and standards of installation housing up to those of private industry housing. This allows the Navy and other DoD branches to concentrate on their respective, complex missions. This program gives the Services the opportunity to provide better homes and communities faster than the traditional military construction methods. Balfour Beatty Communities also strives to achieve outstanding maintenance services as well as community activities and events.

"We're asking the residents directly – please tell us how we're doing," added Edelman.

DEPARTMENT OF THE NAVY

Air Conditioners Myths versus Reality

Myth:

Setting your air conditioner thermostat to its lowest setting when you start it will cool your room faster.

Reality:

This will just use more energy. It will take the same amount of time for the room to reach your desired temperature as it would if the A/C is set 10 degrees lower. Also, it's easy to forget about the thermostat as it cools to the lower temperature and you consume even more energy.

For more energy myths and reality visit:

https://energy.navy.mil/awareness/tools/tools_6.html



Energy Efficiency ... You Make It Happen.

<https://www.cnmc.navy.mil/FortWorth>



“A good Navy is not a provocation to war. It is the surest guaranty of peace.”

– President Theodore Roosevelt

Reflecting on the Past. As we celebrate our Navy’s 233rd birthday it is particularly relevant that we consider the influence the Great White Fleet deployment of 100 years ago had on our Navy’s development. In 1902 President Theodore Roosevelt’s statement to Congress comparing a Navy’s relationship with peace is still valid today as “A Cooperative Strategy for 21st Century Seapower” raises the prevention of war to a level equal to the conduct of war.

Looking to the Future. A great Navy cannot be built overnight and requires sustained support. Our fleet is strong because of the support of our Sailors, their families, the U.S. Congress, and the American public over the past 233 years. As the U.S. Navy reflects on its past, we focus on the future...committed to continuing our tradition formed in 100 years of global partnerships and security executing the Maritime Strategy while promoting global peace and prosperity.

<https://www.cnic.navy.mil/FortWorth>