

# SKY RANGER

The Electronic Newsletter of NAS Fort Worth JRB, Texas



# Happy Birthday

Volume 66, Issue Number 7 - September 2009

# SECTIONS

**JOINT NEWS** ..... **3 - 4**

**NAVY NEWS** ..... **5 - 8**

**ARMY NEWS** ..... **9**

**MARINE CORPS NEWS** ..... **10**

**AIR FORCE NEWS** ..... **16**

**TEXAS AIR NAT'L GUARD NEWS** ..... **9**

**PHYSICAL READINESS** ..... **12 - 13**

# NAS JRB FORT WORTH

**COMMANDING OFFICER** - Capt. T.D. Smyers  
**EXECUTIVE OFFICER** - Cdr. Richard Augenstein  
**COMMAND MASTER CHIEF** - CMDCM Ellen Zubke  
**PUBLIC AFFAIRS OFFICER** - Mr. Don Ray

## SKY RANGER STAFF

**EDITOR IN CHIEF** - Mr. Rusty Baker

### CONTRIBUTORS

MC1(AW/SW) Michelle Smith

MC2(AW) Bradley Dawson

## Hurt Families Hurt Readiness

Dedicated teammates with names like Ombudsmen, Family Readiness Officers, Family Readiness Groups and Family Counselors work alongside our Fleet and Family Support Center professionals to optimize the family readiness of our warfighting units. They do this because; as goes the family, so goes the warrior. An issue at home can distract, impede or downright cripple a Soldier, Sailor, Airman or Marine trying to accomplish a tough mission in an already tough environment.

So, why have domestic violence cases on this base doubled this year?

Are you shocked? Good; because I was shocked too. This is way beyond a “warm, fuzzy” issue – this is about the core of our warriors’ lives and the suboptimization of their warfighting readiness.

Domestic violence isn’t the problem of any individual tenant or unit; it’s a community problem that can best be solved through dedicated community involvement. In fact, the majority of domestic violence cases occur when people find themselves in stressful situations without community resources – and without knowing how to cope with the stress.

So what can you do? After all, you’re probably not a trained counselor or mental health professional, right?

People like you ... communities like us ... have benefitted when neighbors, friends, shipmates and co-workers become involved in supporting each other through utilizing resources to prevent domestic violence and seeking help if they are in an abusive relationship; **WHETHER THEY ARE THE AGGRESSOR OR THE VICTIM.**

Effective domestic violence programs succeed because of partnerships created among leadership, social service agencies, schools, faith communities, civic organizations and law enforcement agencies. Right here on NAS Fort Worth JRB, we have an obligation to become actively involved in prevention by supporting our warriors and their families to live and raise children in a safe, nurturing environment. We also have tools, available through Fleet and Family Support, to nurture healthy family relationships with the goal of preventing domestic violence in our warrior families.

Let’s keep our military community strong by keeping us free from domestic violence.



# 'Spirit of Jointness' Continues 15 Years Later

Story by Rusty Baker

October 1, 1994, greeted Fort Worth, Texas, with an unseasonal warm autumn breeze. Carswell, the local Air Force Base, was quite popular for hosting its military ceremonies, but this day didn't fit the usual protocol. As usual, patriotic melodies carried from the glistening instruments of the band as they sounded "Attention," while 10 platoons stood ready to render a crisp hand salute. Yet when the time came to render honors, a boatswain's pipe and ringing of a ship's bell welcomed the officers and dignitaries in attendance. With that, Carswell AFB, which had watched over the Texas skies for five decades, was to be reestablished as Naval Air Station Fort Worth Joint Reserve Base – the first of its kind.

The emergence of this new "joint" concept was a memorable moment in U.S. military history ; it occurred during an uneventful time of peace. The Cold War had come to a non-confrontational conclusion, which in turn surrendered the necessity of the ever vigilant Strategic Air Command. Thereafter, Fort Worth's familiar rumble of B-52 bombers overhead would soon be replaced by the shrieking sound of F-16 Fighting Falcons, as new force structure requirements called for Carswell to become a single squadron facility, corralled by a shortened fence line. Nearby Naval Air Station Dallas found itself in a similar situation, as the Base Realignment and Closure Commission closed 129 military bases and realigned 46 more.

In a twist of fate, Carswell would be given a reprieve from closure. Its 1,900-acre facility was chosen as the location for a multimillion-dollar-saving concept to transform a former SAC base into an economi-

cally viable, peacetime reserve complex that could accommodate both the remaining Airmen and NAS Dallas' tenants of Sailors, Soldiers, Marines and National Guardsmen. The only

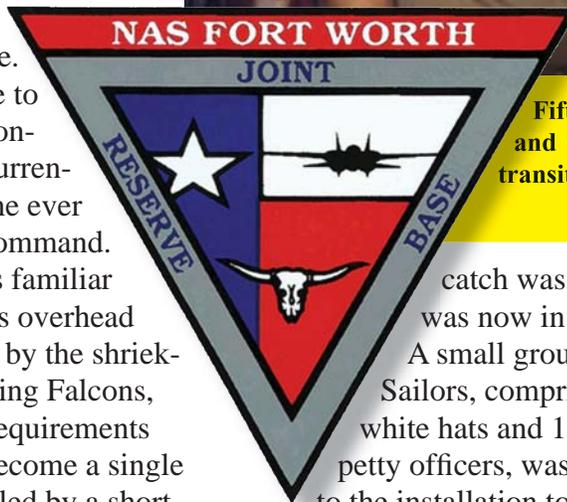
the bare bones outfit.

For simplicity sake, they were divided into four elements; air traffic control, security, headquarters and a forward division that was tasked to



Fifteen years ago this month, Master Chief Mike Bevill (left) and Capt. Dennis Beaver worked together to help ease the transition of the Navy taking over Carswell Air Force Base.

Photo by Bob Adams



catch was the Navy was now in charge. A small group of Sailors, comprised of 40 white hats and 13 chief petty officers, was assigned to the installation to prepare for dozens of flying squadrons, units and the thousands of service members that would be calling Fort Worth their home in the coming months.

"Originally those that came over were air traffic controllers, learning the flight patterns and the air space that the base was responsible for," said Mike Bevill, then master chief and senior enlisted advisor to

refurbish nearly 100 existing buildings, bays and aircraft hangars.

"The forward division worked with the women prisoners to refurbish the barracks and do grounds keeping, saving well over a million dollars," said Bevill. "All the chiefs, including myself, went through training in order to carry a crew of women prisoners to do work."

Sibling-like rivalry between the services was soon put aside and a true spirit of jointness was set in motion. Each service began working toward the common goal to improve cost efficiency by removing duplica-

Continues on the next page



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

tion of effort. A combined effort of saving money and manpower became evident with the creation of a joint environmental office, public work facilities, emergency dispatching and fuel operations.

Bevill said, "It was a team effort. Once you went over and started working with the people face-to-face, that's when you got a true joint effort."

As hangar spaces and buildings became available, NAS Fort Worth JRB's new partners would begin to fly or roll in. From NAS Dallas alone came Navy Fighter Attack Squadron 201, Naval Reserve Intelligence Command, Navy Fleet Logistics Support Wing and its local squadron VR-59, Marine Aircraft Group 41, and the Texas Air National Guard 136th Airlift Wing. Out-of-state flying squadrons from NAS Glenview and NAS Memphis also relocated to the JRB.

Support facilities soon began to open their doors for business. Services members would come to rely on staffed medical facilities, barracks, galley, and Morale Welfare and Recreation (MWR).

"One of the things we did when we first got there was to ask the community if they would participate in an MWR committee. We came up with proposals on how to do things for the military on the base," said Bevill.

Amy Krause, wife of retired Air Force Brig. Gen. Paul Krause, was one of the members on both the MWR and Base Exchange committees. She took the new inhabitants under her wing and lobbied for the younger service members to get better deals on clothing at the exchange, according to Bevill.

Then Site Commander, Navy Capt. Dennis Beaver, was determined to connect with the local community. He spoke to numerous organizations out in town and allowed his Sail-

ors to serve as aides in local school classrooms during working hours, even raising the school's flag during Morning Colors. Bevill encouraged his chiefs to wear their uniforms to dinner or while watching a game out in town.

"People began to like us," said Bevill. "When the Sailors went out to eat with them, the people would just talk about how great they were."

In turn, the community reached out with a groundswell of support. Several good-hearted neighbors volunteered at the Family Service Center. Councilmember Andy Fontenot, a retired chief master sergeant in the Air Force, was the very first to walk into Bevill's office to see what he could do to help. That first Christmas, he delivered packages to the married service members to give to their children, and invited the young bachelors to a Christmas dinner. Fontenot would later serve as mayor of neighboring Westworth Village.

That type of neighborhood support was mirrored by the like-minded Sailors that worked in service-oriented positions on base. Bevill's most cherished memory while serving as the master chief of NAS Fort Worth JRB, was the story of a little girl who needed help renewing her ID card while her father was serving overseas. Bevill said, she was a gorgeous child, but with the obvious signs of her hair falling out, it was evident that she was undergoing chemotherapy treatment for cancer. While they were filling out the proper paperwork, Bevill's Sailors dashed off, returning minutes later with a little Sailor outfit and teddy bear. That day, they presented her with a framed certificate, naming her as an honorary Sailor.

"I was pretty proud of those guys," Bevill said with a smile, holding back emotions relived from that



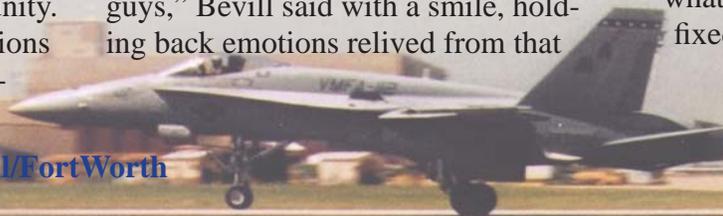
**Flying Squadrons like Navy Fighter Squadron 201 (above) and Marine Fighter Attack Squadron 112 begin to make the JRB their new home.**

**Photos by Bob Adams**

day, "It goes to show you that you can get a group of guys together and they can do anything – it was absolutely the greatest time in my career."

Mike Bevill retired as a master chief in Jan. 1998. Between his enlisted career and his current civilian position as the installation's manpower officer, he has served over 40 years in the Navy. He has seen great changes on the base in the last 15 years, but believes that in order to remain successful, the leadership should review its commitment to jointness.

"There's an opportunity where we can go back and evaluate where we are in comparison to where we started; to find out what's working and make sure it continues, and what's not working and needs to be fixed," said Bevill. ■



# Service Members, Volunteers Honor September 11th

Story and photos by MCI(AW/SW) Michelle Smith



Two events commemorating the 8th anniversary of the Sept. 11 attacks were recently held at NAS Fort Worth JRB. The first event was a 9-11 Freedom Walk sponsored by Operation Homefront. Military service members and civilians walked about one-half mile to the Navy headquarters building where participants gathered to observe Morning Colors.

Dark skies and drizzling rain couldn't dampen the upbeat spirits of walkers who gathered together during the early morning hours on Sept. 11 to participate in the 9-11 Freedom Walk hosted by NAS Fort Worth JRB and sponsored by Operation Homefront. Besides the walk, the morning's activities included a Sept. 11 Commemoration and flag retirement ceremonies, which honored the fallen and heroes of 9-11.

Active and reserve military personnel and their dependents, DoD civilians and walkers from Operation Homefront gathered together just before 7 a.m. to register and organize for the trek from AAFES's Exchange and DeCA's Commissary parking lots to NAS Fort Worth JRB's Headquarters building.

"It is such a privilege to be able to welcome an organization like Operation Homefront to our base and showcase the pride and heritage of Navy chief petty officers," said SKC Chad Elliott, the Master of Ceremonies for the day's event of remembrance. "Even with the threat of rain, people came, which is a testament to how important it is to pay respects to those who gave their lives as well as the flag of our country every chance we get."

After the walk, participants observed newly selected Navy chief petty officers conduct Morning Colors, ceremoniously retire American flags and read the names of chief petty officers killed since 9-11, while support-

ing the Global War on Terror. Other highlights included remarks by the installation's incoming Executive Officer, Cdr. Richard B. Augenstein who spoke about the significance of the day's events and inspected one of the flags during the flag retirement ceremony. The retired flag was then cased and presented to installation Command Master Chief Ellen Zubke as a heritage gift.

"While September 11th will always be remembered as a day of tragedy, the purpose of our event was to not only to pay our respects to those that lost their lives that day but also to remind ourselves of the ideals that this country, and its flag, represent. Many have come before us in defense of those ideals and we gladly take time out to honor their sacrifice and reaffirm our pride in this nation," said Cdr. Augenstein.

It was only the splattering of rain drops hitting the pavement that interrupted the solemn occasion as onlookers observed a moment of silence honoring the fallen and heroes of eight years ago. As the newly selected Navy chief petty officers prepared for the burning of the retired flags, the rain drops suddenly turned into sheets of rain that could not extinguish the flames they had lit or put out the hope and sense of renewal sparked by the morning's events.

"Even in the pouring rain we didn't flinch. We all stood tall, proud of our heroes," Elliott said. "What could be more fitting on September 11th?"

A high point of the ceremony came from Elliott's four-year-old son who recited the Pledge of Allegiance without missing a beat. ■



The second event, a flag retirement ceremony conducted by newly selected Navy chief petty officers is executed with military precision.

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



# Meet the Installation's New Executive Officer

By MC1 (AW/SW) Michelle Smith

You may have already met Cmdr. Richard B. Augenstein, the Installation's new Executive Officer (XO), during one of his visits to your office or department. That's because during his introduction to the troops the Passaic, N.J., native said one of his first priorities would be to meet as many personnel as possible.

Meeting new people quickly is old hat for Augenstein, who grew up in New Jersey, Pennsylvania, and Massachusetts. Augenstein said when growing up his family moved from place to place. "I bounced around a lot, but I started out in New Jersey," he said. In spite of living along the Eastern Seaboard and graduating from Massachusetts's Acton-Boxborough Regional High School in 1987, this New England Patriot fan said his roots will always be in the Garden State, "Jersey is what I always considered my home." "I have a lot of family there and I go back there all the time," he continued.

After graduating from high school, Augenstein earned a NROTC scholarship and obtained a Bachelor of Science degree in Mathematics from Norwich University in 1991.

***"I expect everyone to work together, that's the biggest thing - I expect teamwork."***

After graduating from college he was commissioned in the Navy and received orders to report to Naval Air Station Pensacola, Fla. to begin Aviation Indoctrination and Basic Flight

Training. After that, he was stationed in Meridian, Miss. for further jet training.

After earning his "Wings of Gold" in July of 1994, he reported to Lemoore, Calif., and the VFA-125 "Rough Raiders" for training in the F/A-18 Hornet. Cmdr. Augenstein's career includes numerous cruises aboard USS Independence (CV-62) in Japan and flying missions in support of Operation Southern Watch.

In August of 1998, Augenstein reported to the VFC-13 "Saints" at NAS Fallon, Nev. and became an Adversary Instructor pilot in the F-5E/F/N Tiger II. As an Adversary pilot, he flew training missions in support of all the F/A-18 and F-14 Fleet Replacement Squadrons (FRS), the Strike Fighter Advanced Readiness Program (SFARP), Carrier Airwings and TOPGUN classes.

Augenstein also completed the U.S. Navy Fighter Weapons School (TOPGUN) Adversary Course.

Although Augenstein has had many call signs during his career, "Augie" is the one he continues to be known by. "I thought one of the others ones would've stuck, but they never did," said Augenstein. "I'm not sure how it [call sign] came about, but it is a shortened version of my



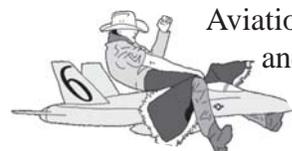
last name," he continued.

In 2004, he was selected as the recipient of the Richard T. Ryon Award designating him as the CVWR-20 (now Tactical Support Wing) Adversary Pilot of the Year.

In 2008, while serving as the Operations Officer, Augenstein came to Fort Worth when the CVWR-20 staff (now designated the Tactical Support Wing) moved to NAS Fort Worth JRB as part of the BRAC of NAS Atlanta.

Although still new as the XO, Augenstein said he wants personnel to know, "I'm fair and I am going to be a hard worker." "I expect everyone to work together, that's the biggest thing -- I expect teamwork." ■

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



# JRB Happenings

Dallas Cowboys Hall of Fame football star Rayfield Wright visits Naval Air Station Fort Worth Joint Reserve Base on Sept. 3 to share his views on success with service men and women. Wright used a variety of colorful metaphors to convey his message to the audience. Life is like a football game. "If you get called for holding, may you be holding on to what you believe in or holding the ones you love. Should you get called for illegal use of hands, may they be held together in prayer," said Wright. After his speech, Wright personalized copies of his book and spoke casually with those who stayed for refreshments and photo opportunities. Photo by MC2(AW) Bradley Dawson



Above: After standing watch over the installation for 67 years, the old water tower was dismantled and brought down Sept 15- 17. Photo by MC2(AW) Bradley Dawson



Chief petty officers, chief selectees and their families distribute free school supplies to students as they prepare for the new school year at the Unity One back-to-school festival held in the Fort Worth Stockyards. NAS Fort Worth JRB CPO Association volunteers staffed the community outreach event serving hundreds of students. Photo by MCC Maria R. Escamilla

Right: Space Shuttle Discovery, and its Shuttle Carrier Aircraft/Orbital Vehicle, landed briefly at NAS Fort Worth JRB to gas up and go on to Florida on Sept. 20. Photo by Carl Richards



# Navy To Shut Down Lifelines Web Site

Story by Karen Jones

After more than 10 years of operation, the Navy's quality-of-life Web site, Lifelines, will shut down at the end of September.

"It was a financial decision," said Cmdr. Dan Gage, spokesman for the Naval Education and Training Command, which has overseen the contract for the Web site. "We looked at the cost of continuing the Web site, versus what was already available."

With resources such as the Defense Department's Military One-Source and Military Homefront sites and the Navy Personnel Command site, there was duplication, he said.

"We determined we could save a lot of money without a significant impact" by shutting down Lifelines, which will save more than \$500,000 a year, he said.

"We've been honored to serve

the families," said retired Cmdr. Rudy Brewington, director of Lifelines.

Brewington said Lifelines is the the Navy site with the second highest traffic, after [www.navy.mil](http://www.navy.mil). He said the Lifelines material will be archived.

When Lifelines turns out the lights, the Web site will automatically redirect to [www.militaryonesource.com](http://www.militaryonesource.com), which provides resources, referrals and assistance in a variety of ways to all active duty, National Guard and reserve families.

A group of Web sites that are included in Lifelines will be moved elsewhere, except for Operation Dear Abby, which also will shut down. That site that allowed the general public to post generic "Any service member" messages online, available to troops and their families to search by service

or by state. Operation Dear Abby was started to compensate for the end of the "Any service member" mail program.

The other Web sites involved are:

- The Secretary of the Navy Retiree Council site, which will move to Navy Personnel Command.
- FamilyLine, an organization of Navy family volunteers providing resources for Navy families, to include resources for Navy ombudsmen, which will transfer to the Naval Installation Command.
- Direct Line, an online tool that allows retiring chiefs to request a certificate from the Master Chief Petty Officer of the Navy, which will be moved to the Master Chief Petty Officer of the Navy's Web site. ■



## JRB Fire Chief Recognized for Superior Civilian Service

NAS Fort Worth JRB Installation Commander, Capt. T.D. Smyers, presents the Superior Civilian Service Award to Fire Chief Paul W. Murray during Base Quarters on Sept. 18.

Murray was recognized for sustained superior service while serving as Deputy Regional Fire Chief, Navy Region South and District Fire Chief, NAS Fort Worth JRB, from Jan. 2004 - Jan 2009. Chief Murray has been a standout aboard this installation and throughout the region.

He was also recognized throughout the Navy as 2006 Commander, Commander, Navy Installations Command (CNIC) "Fire Chief of the Year." His efforts were directly responsible for the finest Fire Programs among all the regions, while his policies and best business practices were emulated and help up as the standard throughout CNIC.

Photo by MC2(AW) Bradley Dawson

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



# New Army Company Commander at CSAC

Story by MC2(AW) Bradley Dawson

**M**aj. Andrew Cecil took over for Lt. Col. James Hollingsworth as the Company Commander of Corps Support Airplane Company (CSAC) of the 11th Aviation Command.

Cecil, the previous Operations Officer of the 8th Battalion 229th Aviation Regiment, started his career as a tank and scout platoon leader for 4th United States Cavalry Regiment, 1st Squadron. He then moved to 16th U.S. Cavalry Regiment, 1st Squadron as the Executive Officer and Assistant Operations Officer. His next several years with the 8th Battalion 229th Aviation Regiment, first as Bravo Company Commander and later as the Operations Officer, were split up with a tour as the Air Operations Officer at the 11th Aviation Command.

He graduated from United States Military Academy in 1996 with a bachelor's degree in Systems Engineering. He then went on to complete Air Assault School and courses in

Armor Officer Basic, Scout Platoon Leader, Initial Entry Rotary Wing, AH-64A Qualification, Advanced Aviation Officer, AH-64D Qualification, Fixed Wing, and the Army's Intermediate Level Education of the Command and General Staff College.

During his 13 years of service, Maj. Cecil has earned a Bronze Star, Meritorious Service, Air, Army Commendation, Army Achievement, NATO Defense Service,

Global War on Terrorism, and NATO medals. He also put on his Army Service and Overseas Service ribbons and earned an Air Assault Badge. ■



**Lt. Col. James Hollingsworth relinquishes command of the Army's Corps Support Airplane Company by passing the unit's colors to Maj. Andrew Cecil during a brief ceremony in their new hangar.**

Photo by MC1 Michelle Smith

# 136th Airlift Wing members deploy to Afghanistan

Story and photos courtesy of 136AW PAO



**Staff Sgt. Jeremy Nabors, 136th Maintenance Squadron, embraces family members before deploying to Afghanistan on Aug. 28.**

Photo by Senior Airman Andrew Dumboski

**A**pproximately 40 members from the Texas Air National Guard's 136th Airlift Wing Operations and Maintenance Squadrons departed Sept. 25, by way of the wing's C-130H Hercules, to Afghanistan in support of Operation Enduring Freedom.

The deployment is the second of four rotations over the next several months, which will include a total of 200 members.

The OIF mission of the 136th Airlift Wing is to provide airlift support to deployed troops for United States Air Forces Central Command. The flying mission includes air-land and airdrop delivery of cargo and people to numerous in theater countries.

"As a military family, it is always difficult when our citizen-Airmen deploy in support of our global mission," said Lt. Col. John Yourse, 136th Airlift Wing Executive Officer. ■

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

# Cowboys of VMFA-112 Head For Historic Combat Deployment

Story and photo by Sgt. Lisa Rosborough



Reserve Marine pilots from Marine Fighter Attack Squadron 112 taxi their F/A-18A+ Hornets online prior to their Sept. 9 departure from NAS Fort Worth JRB to Iraq. This would mark the first time since World War II, that the “Cowboys” of VMFA-112 would mobilized and deploy to combat.

Marine Fighter Attack Squadron (VMFA) 112 has continued to ensure the highest combat readiness possible through various training opportunities throughout the year. Always seeking combat relevant training, the squadron, which is attached to the headquarters group, Marine Aircraft Group 41, deployed approximately 100 Marines on September 9 along with 12 F/A-18 Hornets in support of Operation Iraqi Freedom (OIF) II – its first deployment since the fatal attacks on the United States during September 11, 2001.

Using historical data compiled from the unit’s chronology report and other MAG-41 public affairs archival documentation, the following provides a history of the squadron, its aircraft, and special operations and training leading up the Cowboys’ departure for OIF.

## Operations and Training 2008 through Pre-Deployment 2009

The year leading up to VMFA-112’s first deployment in support of the Global War on Terrorism was a busy one. As documented in the squadron’s historical chronology, the squadron started 2008 off with a “Back in the Saddle” Safety Stand Down, which included the Global War on Terrorism brief. In the months to follow, Leathernecks took part in several operational and training evolutions such as Mojave Viper at Marine Corps Air Station Miramar in San Diego, California and Annual Training 2008 at Gowen Field Air National Guard Base in Boise, Idaho.

In preparing the squadron for each exercise, the headquarters group, MAG-41, provided military skills training to all Marines. This was fa-

cilitated by scheduling rifle and pistol range qualifications and Marine Corps Martial Arts Program courses, which would help to qualify Marines in hand-to-hand combat.

While in San Diego for Mojave Viper in February, the squadron focused on air-to-ground core skills as well as integrating into local flight operations with Marine Aircraft Group 11. This training evolution would later be further enhanced as the Cowboys prepared for its deployment in support of Operation Iraqi Freedom in the following year.

As the summer of 2008 approached, VMFA-112 gained more opportunities to train for war. The Cowboys successfully executed a self-escort, long range strike from Fort Worth, Texas to Florida. The strike provided 4th Air Naval Gunfire Liaison Company pre-OIF forward air controllers and joint terminal attack controllers invaluable training. Six jets departed Fort Worth for Florida, receiving fuel en route from a Marine Aerial Refueler Transport Squadron (VMGR) 452 KC-130 and an Omega Air Refueling 707.

In addition to the long range strike, in June, all Marines with VMFA-112 focused on preparing the jets and personnel for the upcoming annual training deployment. A drill weekend enabled the pilots to conduct training inside the Fort Worth Naval Air Station’s F/A-18 flight simulator using a reduced oxygen breathing device to familiarize themselves with the dangerous characteristics of hypoxia, which is defined as a pathological condition in which the body as a whole or a region of the body is deprived of adequate oxygen supply.

VMFA-112 headed into July towards the annual training site in

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



Boise, Idaho with MAG-41, to include four KC-130s, over 500 Marines and Sailors, as well as ten F/A-18A+ Hornets. All arriving at Gowen Field ANG Base, the annual training exercise was recorded as the first MAG-wide deployment in over eight years.

Providing an increased operational readiness of tactical aircraft with a specific type of sorties flown as well as excellent ground training opportunities for all Marines and Sailors, the opportunities included the rifle range, MCMAP and coordination with 4th Tank Battalion during the use of the High Mobility Multi-purpose Wheeled Vehicle simulator.

Marines took advantage of other training opportunities provided by the National Guard that included Call for Fire training, specialized marksmanship training, and getting to fire the M-240G machine gun.

Other features of VMFA-112 in action included the squadron conducting Dissimilar Air Combat Training (DACT) sorties against the F-15 units at Mountain Home Air Force Base, refueling operations with Marine Aerial Refueler Transport Squadron 234 and executing a Marine Air-Ground Task Force demo at the local ground range.

By the end of the summer of 2008, the squadron had taken on the

task of supporting a Pilot-for-a-Day event in Corpus Christi, Texas. During the event, they flew numerous close air support training missions and also sent two of their aircraft to the White Sands Missile Test Range in New Mexico to support Special Operations Forces with CAS training.

VMFA-112 also provided support in South Carolina to Expeditionary Warfare Training Group, Atlantic for CAS missions as well.

In 2009, an extension of the Mojave Viper Exercise continued as Leathernecks with VMFA-112 traveled to California once again to complete training exercises on close air support and armed reconnaissance.

With several waves of training beginning in February and into the summer months, Mojave Viper 2009 was enhanced in order to set the pace for the upcoming deployment overseas. According to the squadron's operations department, the focus this time was geared towards the ground combat element in which the Cowboys were the supporting unit at 29 Palms, Calif., that provided the ground combat element with the requisite aviation assets they would work with in theater.

"We've completed much of the green side of training such as the

rifle, pistol and physical fitness testing," said Lt. Col Michael Jeffries, operations officer for the Cowboys. "We spent a month having our maintenance department ensure that the parts for the jets were being fixed so we could fly successfully."

In further preparation for deployment, Mojave Viper provided the territory where pilots were retrained so they could be as proficient as possible in order to execute different types of sorties, which made the 23 days of flying in California very busy with a high tempo for maintenance and aircrew.

The recent deployment to Iraq is a historic moment for the squadron," said Col. Richard Giudice, commanding officer of VMFA-112. "This squadron has not seen combat for over 50 years", added Giudice.

"My primary goal is to ensure the safety of each of the Cowboy Marines and ensure a safe return home."

Marines of VMFA-112 were first mobilized for the Global War on Terrorism on June 27, 2009 before departing with the main body in September. They are joined by two more units from NAS Fort Worth JRB - Marine Aviation Logistics Squadron and Marine Air Control Squadron 24. ■



***Texas-Sized  
'Opener'***  
Service members help to spread the USA flag across the field at the inaugural football game during the Dallas Cowboys' regular season-opener against the New York Giants inside the new Cowboys stadium in Arlington, Texas.



## Preparing for the PRT

PRT season is upon us again! Weigh-ins will be taken at Station Weapons on the 15th and 16th of October from 0800 to 1100. The PFA will take place on the 22nd and 23rd of October at 0700. Here are some ideas and tips for workouts to further prepare for this event. Good luck and see you there!!

### Warm-up:

Jumping Jacks  
Neck Rotation  
High Knee  
Wind Mills  
Torso Twist

### Stretch:

Things to avoid while stretching:

1. Avoid extreme hyperextension of the spine (arching the back)
2. Avoid locking any joint and always keep a slight bend in the knee when performing standing stretches
3. Never force a movement
4. Avoid forward flexion of the spine
5. Avoid spinal rotations, they are bad for the back
6. Do not perform circular motions

### Core Workout:

Scissor Kicks  
Forward

and Side Planks

Flutter Kicks  
Tear Drops

### Arms/Shoulders/Back:

Wide/Normal/Diamond Push-ups  
Dips  
Pullups  
Military Press

### Legs:

Jump Squats  
Lunges  
Weighted calf raises

### Cardio:

1.5 Mile Run  
400M swim  
(8) 400M Sprints  
15-20 Minutes on Elliptical  
15-20 Minutes on Bike

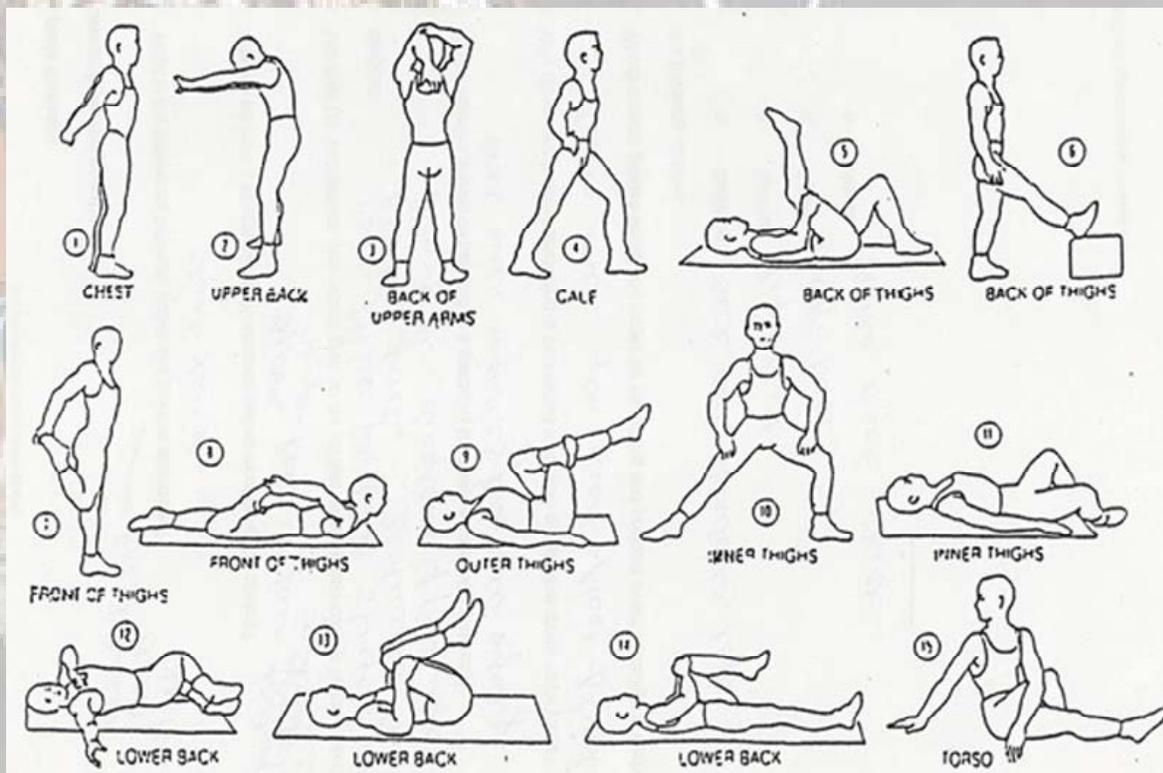
Here is a brief list of website links with incredible workouts to add to your daily routine:

[www.crossfit.com](http://www.crossfit.com)

[www.sealswcc.com](http://www.sealswcc.com)

[www.menshealth.com](http://www.menshealth.com)

[www.womenshealthmag.com](http://www.womenshealthmag.com)



# Chicken Lettuce Wraps

Main  
Entree

**1 lb ground chicken**  
**Salt & Pepper**  
**2 tablespoons vegetable oil**  
**1 tablespoon minced ginger root**  
**4 cloves garlic, minced**  
**1 large red bell pepper, seeded  
and very thinly sliced**  
**1 cup shredded cabbage**  
**1 can waterchestnuts,  
diced**  
**3 scallions, chopped**  
**1/2 cup hoisin sauce**  
**3 tablespoons chopped fresh  
basil leaves**  
**1 tablespoon fish sauce**  
**1/2 head iceberg lettuce, cut in half**



In a large skillet, heat oil over medium-high heat. Add chicken, salt and pepper and saute for 4 to 5 minutes, until lightly browned. Add the ginger, garlic, peppers, cabbage, water chestnuts and scallions and stir-fry another 4 minutes. Add hoisin sauce to glaze the mixture, toss 1 minute, then add basil and fish sauce, turning to coat. Transfer cooked chicken mixture to a bowl. Place spoonfuls of chicken into a piece of lettuce and fold over to eat, like small tacos.

Serve with soy sauce and Sriracha hot sauce for added spice!

## *Last-Minute Prep for October's PFA*

*By YN2 Sarah Coker*

With the Fall PFA around the corner, it's time to point out a few tips for preparation. You already know how important it is to eat healthy and light, so as to maintain a healthy lifestyle. You don't want to go into the day of the PFA without giving your body the energy and balance it deserves from eating the right foods: fruits for their natural sugars, vegetables for their source of vitamins, and meats for their source of good fiber and protein, all will help provide the necessary nutrition your body naturally craves to withstand a PFA. Another extremely important fact that you need to be aware of, especially before conducting your PFA this fall, is proper hydration. If you don't provide your body with plenty of water and electrolytes, you may be putting yourself

at serious risk. Your body is made up of 75% of water, and when you subject yourself to physical training (especially when you are not conditioned for it), your body soaks up every drop it can get. Dehydration occurs when there is more water leaving the body than being taken in and can cause you to pass out and possibly become hospitalized. Signs that you need more water intake include: lack of sweating, dry mouth, dark yellow urine, muscle cramps, nausea and vomiting. Please be sure to prepare yourself by drinking lots of water every day several weeks before you conduct your PFA. For more information on Navy physical readiness, please log on to <http://www.npc.navy.mil>, under "Support & Services", then click Physical Readiness. ■

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

# A Dash of Salt

*A Series of Articles on Nautical Terms, Phrases and Cliches by Jon Craig*

## 'KNOTS'

**T**oday, with all the fantastic electrical and electronic devices to show us where we are, where we're going and how fast we're getting there, we have carried over this old term to define our speed at sea. Back in the days of sail (you saw that coming, didn't you?) the system used was crude, but relatively accurate.

It took two people to determine the speed of the ship. One would cast the log and the other would time it. It worked like this. A log (or board), with a string tied to one end and looped around the middle of the log with a slip knot would be thrown over the side by one man. The string around the middle meant the log would float sideways to any pull created by the string and tend to remain in place on the water. The string had knots tied at specific intervals. The other man would be holding a one-minute sandglass (like an hourglass, but one that measures only one minute). The man casting the log would throw it over the side and as far forward of the ship as he could. As it came toward him he would take up the slack in the line, and as it got even with him he would say "TURN!". The man holding the glass would turn it over and start the sand running. The other man would let the log float without it being pulled by the ship and as he let it run easily through his fingers he would be counting the knots in the string. When the sands had run out indicating that one minute was up, the man with the glass would say "STOP!", and the man with the rope would clamp down on the string to stop it and call off the number of knots that had passed. (He would then give the string a jerk to release the slip knot and turn the log end on to make it easier to haul in.) Since the knots were already properly spaced no computations were needed, and the number could be reported to the quarterdeck right away. What they were reporting was the number of nautical miles per hour the ship was moving. A nautical mile is equal to 1.15 statute miles, so a ship going 10 knots would be moving the equivalent of 11.5 miles per hour. The log was usually cast once in each watch, or more often if the captain wanted a reading for some special reason.



### 50 Knots Plus!

With the recent announcement that the Navy's newest, most technologically advanced warship will be named after our city, Texas pride has expanded beyond the state borders! The USS Fort Worth will be the third hull of the new-concept Littoral Combat Ship (LCS), establishing an entirely new capability for our modern Navy, designed for today's asymmetric threat.

The word "knot," when used as a measure of ship speed, has "per hour" built in; so, unless you are talking about acceleration, it is incorrect to say "knots per hour". On inland waterways, rivers and lakes, ship speed is supposed to be measured in miles per hour, but most Sailors (and many captains) don't know this, so they use knots all the time.

As an aside, there were many things that could affect the speed of a ship; the strength of the wind, the number, size and type of sails, the shape of the hull and keel and the amount of cargo. One very important consideration was the condition of the hull; whether it was clean or covered by marine growth. It is amazing how much effect this has on a ship's speed and (these days) fuel consumption. A method of overcoming this problem is the basis of another coming article. ■



# *How to Protect Yourself in the Workplace during a Pandemic*

The best strategy to reduce the risk of becoming ill with pandemic influenza is to avoid crowded settings and other situations that increase the risk of exposure to someone who may be infected. Some basic hygiene and social distancing precautions that can be used in every workplace include the following:

- Stay home if you are sick.
- Wash your hands frequently with soap and water for 20 seconds or with a hand sanitizer if soap is not available.
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve.
- Wash your hands or use a hand sanitizer after coughing, sneezing, or blowing your nose.
- Avoid close contact (within 6 feet) with co-workers and customers.
- Avoid shaking hands and always wash your hands after physical contact with others.
- If wearing gloves, always wash your hands after removing them.
- Keep frequently touched common surfaces clean (telephones, computer equipment, etc.).
- Try not to use other workers' phones, desks, offices, or other work tools and equipment.
- Minimize group meetings; use e-mails, phones and text messaging.
- If meetings are unavoidable, avoid close contact (within 6 feet) and ensure that meeting room is properly ventilated.
- Limit unnecessary visitors to the workplace.
- Maintain a healthy lifestyle; attention to rest, diet, exercise and relaxation helps maintain physical and emotional health.



**IT'S FLU SEASON**

**THESE TIPS MAY KEEP YOU WELL**

**GET IMMUNIZED**

**COVER YOUR MOUTH WHEN YOU COUGH**

**WASH YOUR HANDS WELL AND OFTEN**

For more info go to:

[https://www.cnic.navy.mil/CNIC\\_HQ\\_Site/OperationPrepare/FluInformation/index.htm](https://www.cnic.navy.mil/CNIC_HQ_Site/OperationPrepare/FluInformation/index.htm)

General Information of Seasonal Flu and H1Ni can be found at:

<http://cdc.gov/flu/> and <http://cdc.gov/h1n1flu/>



# 301st Airman Provides Medical Care in Guyana During Humanitarian Exercise ‘New Horizons’

Story by Dona Fair, Joint Hometown News Service



**Tech Sgt. Pamela Reed provided medical support in Guyana as part of nation-building exercise New Horizons.**

Not many people in this remote South American country get a reception like the daughter of an Azle, Texas, woman. People paddle miles upriver, hike through overgrown jungle trails and pile into cramped, overcrowded buses to get to her.

The “her” is 301st Fighter Wing’s Tech. Sgt. Pamela D. Reed, who recently spent time in Guyana as part of a nation-building and humanitarian exercise called “New Horizons.” She and more than 200 service members provided such things as medical and dental care, built schools and other community facilities to aid the people of the poverty-stricken nation.

Reed served as a medical service specialist during the exercise.

“I provide medical

services by helping in triage, where I take vital signs, and anything else I can do to help within the scope of my experience,” explained Reed.

“New Horizons” is celebrating 25 years of providing aid to underserved areas throughout Central and South America and giving service members a type of experience they would never receive back at their normal duty station. This year, the focus has been on building a new medical clinic in La Pentinence, a new schoolhouse in Bel Air, the renovation of another school in Timehri and eight medical readiness exercises throughout the region.

“The amount of people needing care here is beyond belief,” said Reed. “I am learning how to handle the large volume of patients in a very short period of time – sometimes up to 600 patients a day! I’m also learning a lot by working with patients from another country who speak a different language. We really have to slow down and listen to them.”

Amid the poverty, sickness and structural decay of the region lies one of the most beautiful places on earth. Dense

forests, with some of the most exotic plant and animal life, along with some of the most spectacular waterfalls anywhere make Guyana a place where time seems to stand still.

“Guyana is beautiful, but it appears to be a very poverty-stricken country,” said Reed. “The people are very friendly and grateful for all of our help. Compared to the standard of living we’re used to in the U.S., this place is dirty and has a lot of disease. One elderly woman took my hand and kissed my cheek with extreme gratitude. It made me feel so lucky to be an American.”

While Reed may not be asked for autographs, be followed by paparazzi or noticed on a busy street, for hundreds of locals in the desolate jungles of Guyana, the help she and her fellow service members provided will be remembered for life. ■



**U.S. Army, Air Force and Guyana Defense Force service members built a clinic (above) and school, as well as provided medical services, as part of nation-building exercise “New Horizons,” designed to strengthen ties with partner nations in Central and South America.**

Photos by SrA Christopher Griffin



# NMCB 22 Ready for Deployment to Southwest Asia

Story and photo by Mass Communication Specialist 2nd Class Ron Kuzlik, NMCB 22 Public Affairs

Nearly 600 Seabees from Naval Mobile Construction Battalion (NMCB) 22 returned to Naval Construction Battalion Center (NCBC) Gulfport Aug. 26 following successful completion of a two-week long field training exercise at the national mobilization site aboard Camp Shelby, near Hattiesburg, Miss.

Even though the official motto of the Seabees is *Construimus, Battuimus, or "We Build, We Fight,"* Seabees do much more of the former but must continue to be prepared for the latter, especially with U.S. forces simultaneously engaged in combat operations in both Iraq and Afghanistan.

During the exercise, the battalion was evaluated to ensure that it is mission capable and is ready to carry out tasking as necessary in preparation for the battalion's upcoming deployment to Southwest Asia in September.

"The Lone Star Battalion", as NMCB 22 is called, "line hauled" its trucks and much of its equipment and personnel in convoys from NCBC Gulfport to a pre-constructed contingency operations location at Camp Shelby, about 60 miles to the north.

While at the COL, Seabees received training in chemical, biological and radiological defense, indirect fire drills, and prepared for the push to a forward operating base.

Three days later, an air detach-

ment moved out to construct the FOB, constructing a defensive perimeter with concertina wire and fighting positions, an entry control point, and com-

civilians as human shields for intelligence gathering, civil disobedience and other attacks.

NMCB 22 Commanding Officer Cmdr. Ernst K. Walge commented on the battalion's performance during the exercise.

"We learned a lot of very valuable, 'real world' skills while in the field, making this a very real, very relevant experience for everybody," Walge said. "Communications and accountability are the big topics. For sure this is something that every Seabee in the battalion will take with them when we deploy forward next month."



**Construction Mechanic Constructionman Apprentice Frank Fontelera (left) and Equipment Operator 2nd Class Cathryn Brannan listen to an exercise brief. NMCB-22 is conducting a field training exercise in preparation for deployment to Southwest Asia.**

mand operations center. Afterwards, the main body followed constructing a galley, chapel, showers, and a laundry facility.

The same day, a detachment pushed out to construct a medium-girder bridge, a Southwest Asia-styled hut, a 12 x 800-foot road project with two culverts, one armored observation tower, a lavatory facility, a hardened security bunker, heavy timber bunker at the FOB, and also completed quick reaction road repair to fix a bomb-crater hole.

All this tasking was completed while under the constant threat of attack from an aggressor battalion, whose job it was to simulate attacks by snipers, improvised explosive devices, suicide bombers and even the use of

For Yeoman 2nd Class Clayton Brennen, a former field artillery Soldier in the Army, this was his first field training exercise with the Seabees.

"It was really a good experience. I helped build the heavy timber bunker, and got to see how the Seabees build, and make stuff happen. They did a great job with the shower just to make life in the field a little more bearable."

NMCB 22 has nine detachments at Navy Operational Support Centers in Texas and Oklahoma. Its mission is to train for mobilization readiness and construction operations in support of commander, first naval construction division. ■

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



# *CNRSE, NAVFAC SE, FISC Jacksonville and AFGE Reach Agreement on New Labor Contract*

By Mary Anne Broderick Tubman CNRSE Public Affairs

On Aug. 8, Navy Region Southeast (NRSE), the Naval Facilities Engineering Command (NAVFAC) Southeast, and the Fleet Industrial Supply Center (FISC) Jacksonville reached agreement with the American Federation of Government Employees (AFGE) on a new master labor contract that will cover approximately 4,000 personnel at installations throughout the region.

Six parties, representing management and labor for NRSE, NAVFAC SE, and FISC, utilized a process known as interest-based bargaining, which replaces traditional positional bargaining with a process of joint problem solving. The six-day session, which was held at the Federal Aviation Administration Center for Management and Executive Leadership in Palm Coast, Fla., was facilitated by the Federal Mediation and Conciliation Service (FMCS), an independent agency headquartered in Washington, D.C., which provides mediation services to industry, government agencies, and communities through the promotion of labor-management cooperation.

The current contract, which was negotiated in 2001, was a master labor agreement for NRSE before the region was consolidated with Navy Region Gulf Coast and Navy Region South in the 2005 BRAC. The proposed master labor contract, which incorporates 14 AFGE labor agreements in effect at various installations, was renegotiated at the request of AFGE to include NAVFAC and FISC.

“We’re all very pleased with

the end product of our negotiation process,” said Mark McCabe, chief negotiator for AFGE and local union president at NSB Kings Bay. “The new agreement is much more employee-friendly than the last, in spite of the fact that it covers a significantly greater number of people and is more focused on a regional picture.”

***“The new agreement is much more employee-friendly than the last, in spite of the fact that it covers a significantly greater number of people and is more focused on a regional picture.”***

The proposed agreement will serve as a master labor contract for AFGE members at NRSE Headquarters; Naval Air Station Jacksonville, Fla.; Naval Station Mayport, Fla.; Naval Submarine Base Kings Bay, Ga.; Naval Support Activity Orlando, Fla.; NAS Key West, Fla.; NSA Panama City, Fla.; NAS Whiting Field, Fla.; NAS Pensacola, Fla.; NAS Meridian, Miss.; Construction Battalion Center Gulfport, Miss.; NAS Fort Worth JRB; NAS Kingsville, Texas; NAS Corpus Christi, Texas; and Naval Weapons Station Charleston, S.C.

A total of 38 articles related to conditions of work are contained in the proposed contract. They include labor/

management relations and training, safety, job and position descriptions, employee/employer/union rights and responsibilities, hours of work, overtime, grievance procedures, and use of the alternative dispute resolution (ADR) process. Another enhancement provided by the proposed agreement is that it will serve both management and labor across multiple command lines.

“While all contract negotiations are demanding, this one was successful because we were able to work toward a middle ground to create a contract that will serve both management and labor,” said Jim Rountree, regional business manager at NRSE and principal negotiator for the management group. “Having a relationship built on mutual respect allowed us to talk freely with each other and find solutions of interest to all parties.”

Now that negotiations are complete, the membership of each AFGE local chapter has until Sept. 16 to vote on the proposed contract. If ratified, the contract will be signed by members of management and the union, and forwarded to the Office of the Secretary of Defense (OSD) for approval. The contract could become effective by the end of October.

Once approved by OSD, the new contract will remain in effect for three years, with the option to extend through the mutual agreement of all affected parties. Comprehensive training covering every aspect of the new agreement will be provided. The contract will also be posted on the CNIC Gateway and distributed on CD to employees without NMCI access. ■



# Announcing the JRB's New School Liaison Officer

By MC1(AW/SW) Michelle Smith



**N**AS Fort Worth JRB is proud to announce the selection of Michael Arnett, a former Fort Worth ISD administrator, as its new school liaison officer.

As the School Liaison Officer (SLO), Arnett will serve as the primary point of contact between the military installation, the local school administration, parents, and the community at large. In doing so, he will help the in-

stallation commander work with local school districts to ensure school personnel are aware of the stressors on military families brought about by frequent transitions and extended deployments.

School liaison officers are proven educational professionals located on all major Navy installations. They serve as "links" between not only the Navy families but all military families and schools.

Arnett is a retired school teacher, coach and administrator from the Fort Worth ISD who earned his bachelor's and master's degrees from the University of Texas at Arlington. While attending college, Arnett was employed at the Eastside YMCA in Fort Worth as a youth league coach. He found his calling in becoming a teacher-coach, and adopted the YMCA motto, "The kid first and the sport second!" That dedication and philosophy carries on with him today.

The NAS Fort Worth JRB School Liaison Officer will serve military families by providing the following services:

- Supporting families with inbound/outbound school transfers;
- Providing information on local schools and boundaries;
- Assisting with school choice;
- Helping families understand the special education process;
- Providing information about graduation requirements;
- Making military and community agency referrals;
- Supporting families with the home schooling process; and
- Assisting with post-secondary preparation;
- And any other school related issues that may arise.

Arnett considers it an honor and a privilege to serve those whose sacrifice at the altar of freedom cannot be measured or matched. Arnett is making himself available to speak to churches and civic groups about his new role as the school liaison officer for the Naval Air Station. For more information, or to contact Mr. Arnett: E-mail-michael.arnett@navy.mil or cell phone number-817.825.6428. ■

---

## Northwood University Celebrates Academic Year at Opening Convocation

**N**orthwood University recently celebrated the start of the new Academic year 2009-2010 at our annual Opening Convocation which was held at NAS Fort Worth JRB. A gathering of staff, faculty and students assembled in the NOSC Drill Hall to listen intently to the convocation address delivered by Dr. Kevin Fegan, provost, Texas area regarding the institution's conversion from quarter to semester system and answering questions about various topics pertaining to adult education.

Also present was honored guest, Capt. T.D. Smyers, commanding officer, who emphasized the importance of education by recounting his scholastic achievement as a Midshipman at the United States Naval Academy and later while pursuing his master's at the National Defense University's Industrial College of the Armed Forces. He encouraged all students to fulfill their goal because it will be worth it.

A favorite tradition called the "Crossing Over" was briefly described by Denise Ward, regional alumni director, where alumni and current students are invited to the campus in Cedar Hill each year during Homecoming to participate in a ceremony for induction into knighthood and to receive a medallion. "The knight is the official mascot of the Texas campus and this is a great way to reconnect with alumni and students," she explained.

In addition, Christi Anguiano, associate director of graduate studies provided information about our MBA program which is based on an integrated management curriculum specifically designed for leaders in the private or public sectors.

Other guests included Dr. Jane Konditi, academic dean and Sylvia Correa, director of enrollment who were present to greet students, staff and faculty.

Anyone interested in pursuing a Bachelor of Business Administration degree on base, please contact Brian Rolfes, program center manager at (817) 737-6443. ■

# What to do with Your Cell Phone during a Deployment or PCS

By LT Cara Addison, JAGC, USN

Congress has given yet another financial protection to the men and women who serve this country, and it involves cellular phone service contracts. A provision recently added to the Service members' Civil Relief Act (SCRA) covers the cancellation and suspension of cell phone contracts in the event of a deployment or permanent change of duty station (PCS).

Section 535a is found near the SCRA sections addressing termination of residential leases and maximum interest rates, but it has its own specifics about when it applies and how it works. The law states that any service member who receives orders to deploy outside the continental United States for at least 90 days, or who receives orders for a PCS within the United States, may terminate or suspend a cell phone service contract. But that's not all it says, and here are the limitations. First, the contract needs to be "entered into by the service member." This means that the contract must be held in the service member's name. Second, the service member must have signed the contract before the date the deployment begins or the PCS takes place. Finally, it is a condition that "the service member's ability to satisfy the contract or to utilize the service will be materially affected by such deployment or permanent change."

Upon receiving the request of a service member meeting the requirements outlined above, the cellular phone service provider shall: "(1) grant the requested relief without imposition of an early termination fee for the termination of the contract or a

reactivation fee for suspension of the contract; or (2) in the case that such service member is deployed outside the United States . . . , permit the service member to suspend the contract at no charge until the end of the deployment without requiring, whether as a condition of the suspension [], that the contract be extended."

One more word of caution – the law requires the service member to make a request for the termination or suspension, and include a copy of his or her military orders.

While no specific format of the request is

necessary, it is best to make it in

writing and at least 60 days before the date you wish the termination or suspension to take effect. Keep a copy of all correspondence with the contractor.

Please realize that the SCRA is federal law, and as such, would trump state law. Check the appropriate state law on this topic to see if it is more favorable to the service member. Florida law, for example, allows termination in the event of a deployment of at least 60 days, rather than 90 days. However, Florida Statute 364.195 only addresses termination of contracts and not suspension, and does not have the same "shall" language for the contractor to grant relief. Rather, it merely states that the service member "may" terminate.

One goal of the SCRA is to prevent service members from facing financial burdens due to their military service. Given the popularity of cell phones, the deployment rate of our forces, and the frequency of PCS moves, Section 535a is definitely a helpful and much appreciated law.

Contact your local legal assistance office for questions regarding cancelling your cell phone contract: Fort Worth, Texas at (817) 782-6009.

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

attorney.



# Energy Awareness Month

## 'What Can We Do?'

By Nelson Wells, Resource Efficiency Manager, NAS Fort Worth JRB Public Works Department

October is the month the Department of Defense sets aside to re-focus on energy and water conservation and efficiency. Does energy conservation mean we ought to do without energy and water? No, it means we ought to achieve the same results in our daily routine, but using less. To succeed at reducing our energy and water consumption, Congress and the President established goals that mandate the entire federal government to achieve.

### Think 3-2-2-2

A simple way to remember the goals is to think "3-2-2-2," that is:

- 3% reduction per year in energy,
- 2% reduction per year in water,
- 2% reduction per year in transportation fuel
- 2% increase per year in renewable energy production.

The Energy Independence and Security Act of 2007 established a requirement for: 3% reduction in energy consumption per year through 2015, a 2% per year reduction in water consumption through 2015, and a 2% annual reduction of fleet vehicle consumption of petroleum (gas and diesel). The National Defense Authorization Act of 2007 mandates a 2% annual the increase of renewable energy production.

Furthermore, this past August, Rear Adm. Townsend G. Alexander, commander Navy Region Southeast (CNRSE), kicked off a comprehensive and robust energy strategy for Navy Region Southeast by signing a new Energy Instruction. This instruction provides a roadmap for meeting the "3-2-2-2" mandates of the new laws.

OK, so we have laws and instructions requiring us to reduce our consumption. Why?

### The Base(ic) Facts

As the single largest domestic user of energy, the federal government spends more than \$9 billion annually to power its vehicles, operations, and approximately 500,000 facilities throughout the United States.

In fiscal year 2008 alone, the utility bill (electricity, natural gas, water and wastewater) for NAS Fort Worth JRB was over \$9 million (base wide). Over 40% of the Navy annual budget here at Fort Worth is spent on the utilities, a statistic typical throughout the Navy. With the ever-increasing cost of energy, this number is rising every year, not only throughout the Navy, but also across the federal government. This alarming trend is taking valuable resources away from our war fighters, which is why the DOD and CNRSE have developed the initiative to save energy.

### What's Being Done Now

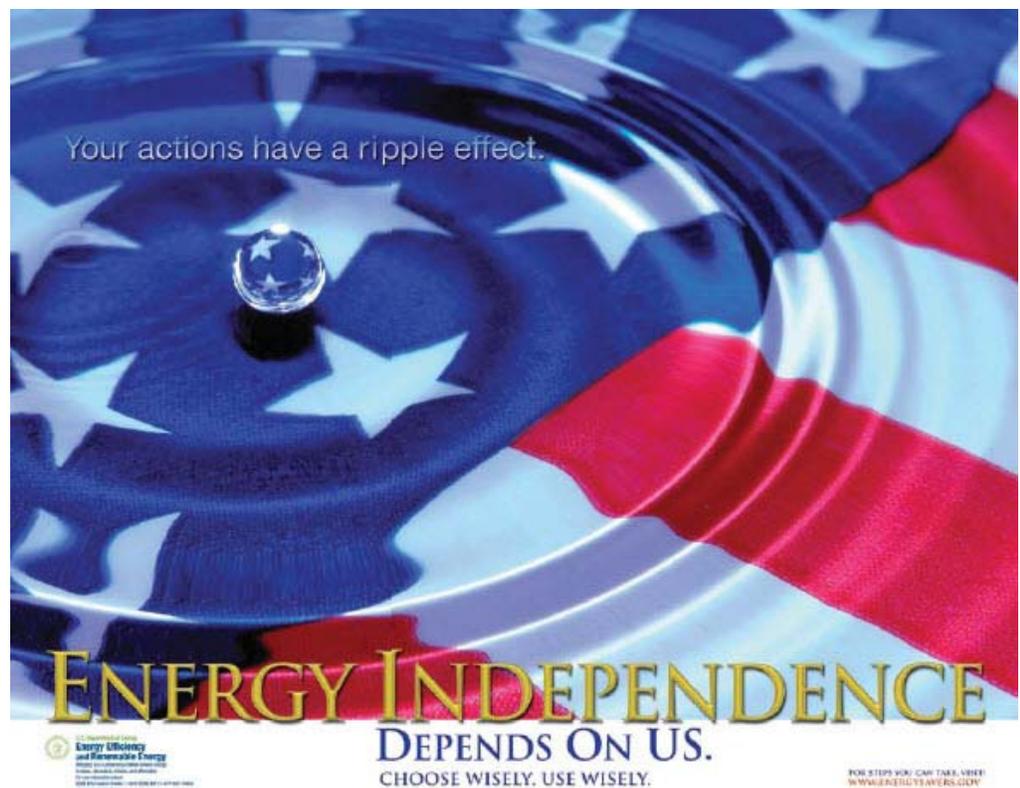
Several initiatives are under-

way to reduce base energy consumption. This coming winter, a \$7 million energy savings performance contract will be awarded to replace inefficient air conditioning, and lighting equipment in 30 buildings around the base. The project will also connect 23 buildings to an energy management control system that will more effectively maintain the heating and cooling in those buildings. The ESPC will also install the installation's first 10-kilowatt solar panel that will produce renewable energy from the sun. The project is estimated to save the base over \$700,000 annually.

Another project currently underway is to install two small wind turbines capable of generating up to 5 kilowatts of power from the wind.

### Bringing It Home

So what can each of us do for our part in helping the base meet its energy and water reduction goals? I'm glad you asked.



- You might be sitting at your desk in front of your computer reading this article? Are you turning that computer, monitor, speakers, printer, radio, or adding machine, or anything else that can be turned off around your workstation at the end of the work day?
- Are there any task lights or lamps near your desk? Are you turning those off at the end of the day?
- Are you using a space heater at your desk during winter months? Bring a sweater from home.
- Are you turning the office lights off at the end of the day? Is there a plan in the office for a designated person or "last man out" to turn the lights off at the end of the day?
- Have you notified your building energy monitor/building manager that the exit door doesn't seal or close properly, allowing warm (or cold) air into the office?
- Are there any incandescent bulbs in your building that haven't been changed out with compact fluorescent? Contact your building energy monitor (BEM).
- Is it too cool in the office in summer, or too warm in the winter? Contact your BEM. (heating and air conditioning is the greatest consumer of energy for a typical building.)
- Are there any faucets/toilet/urinals that continually leak for fail to work properly in the restrooms?
- Do you waste transportation fuel when there are alternate ways to get to another building on base? Consider walking, using an electric vehicle or bicycle (if available).

You should be getting the picture. If all of us were to look around our office or work space, if we were to seriously ask ourselves if there is a more energy efficient way of getting our work done, the base would go a long ways toward meeting or even exceeding our energy reduction goals. In fact, most of these simple practices can be used at home to reduce our home energy bills.

Remember, when we take actions to reduce energy consumption, we are helping to increase our energy security, reduce operating costs, lower emissions (carbon footprint), protect the environment, and supporting our war fighters.

Let's all make a special effort throughout the month on finding ways to reduce energy consumption, and then carry these practices throughout the year. Your own actions may very well have a ripple effect throughout the base, our community and our country. ■



# Desert Storm Conference Center

*The Desert Storm Conference Center is a great place to schedule your next special event or conference. The center has been the host of several events over the past years such as weddings, wedding receptions, change of commands, retirement parties, dining in, mess night, birthday parties and variety of conferences.*



*Desert Storm offers low pricing, a ballroom and several other breakout rooms for whatever your venue may require. We like to let our customers feel special while we go out of our way to make your event everything you want it to be.*

*Please come by and visit our facility anytime or just stop by to say hello. We welcome and look forward to planning your next event!*