

PHOENIX RISING

**TASK FORCE PHOENIX
NEWSLETTER**

C CO WARLORDS FLYING TO BAMIYAN



*“He that is in a towne in May loseth his spring.”
~ George Herbert*



Task Force Phoenix Commander's Corner

Dear Phoenix Family and Friends,

It truly feels like summer is in full bloom here in Bagram - although the fragrance of the flowering bushes and trees reminds us that it is still spring despite the 80 degree days and intense desert sun. Our tempo has continued to pick up and your Phoenix Soldiers continue to take it all in stride. We have really started to peak out with the Environmental Leaves (R&R) and I believe many Soldiers mark time as they say goodbye to their buddies for what seems like a very short 3 week period.

We continue to fully integrate into our new surroundings on the East side. Many of our Soldiers are still developing second skill sets of painting, spackling and putting down flooring. I would suggest that your family members start building a hefty "Honey-Do" list because these Troopers have some skills. The majority of us are still living on the West side of Bagram and commuting to work on our Executioner run buses.

TF Phoenix recently endured a very sad event that resulted in the loss of one of our greatest pilots. CW2 Terry Varnadore II, C/1-10 ATK "Blue Max," died on 23 April, 2011 when he was forced to conduct an emergency landing of his OH-58D Kiowa Warrior. Terry is survived by his wife Casey (who is currently expecting a second child), four year old daughter Ava and his parents Terry and Tina Varnadore.

The Varnadore family is in our thoughts and prayers and we will never forget you Terry.

"FEEL THE BURN"
LTC Dennis J. McKernan

*"April is a promise that May is bound to keep."
~ Hal Borland*



CSM Dvorsky and CW2 Blankenship, from A Co "Smugglers," made a deal before the Task Force Falcon "Half Way" run. CSM Dvorsky agreed that if Mr. Blankenship finished before him that he would wear the Smugglers' patch for a week.

As you can see, from the photo above, Mr. Blankenship won the bet!! CSM Dvorsky wore the Smuggler patch for a week as agreed with a smile on his face.

TF Phoenix is on the downhill slope toward their return home. Just remember to keep smiling!



*"Spring is when you feel like whistling even with a shoe full of slush."
~ Doug Larson*

Falcon family mourn fallen aviator



Soldiers and friends of Task Force Falcon, 10th Mountain Division, mourned the loss of one of their own during a memorial at Enduring Faith Chapel here April 26.

U.S. Army Chief Warrant Officer 2 Terry L. Varnadore II, an OH-58 Kiowa helicopter pilot in command assigned to Company C "Blue Max," TF Phoenix, 10th Combat Aviation Brigade, 10th Mountain Division, was killed April 23 when his aircraft went down during a night mission in Kapisa province.

"As we sit in this chapel on this unforgettable evening reflecting upon the life of Terry Varnadore, we realize that we have lost a great American hero,"

said U.S. Army Chaplain (Capt.) Robert Hearon, of Greenville, S.C., during his invocation.

As the memorial began, there was a mixture of somber faces and soft smiles as stories were told by Soldiers who were close to him.

U.S. Army Lt. Col. Dennis McKernan, TF Phoenix commander, spoke highly of the young pilot as Blue Max Soldiers looked upon the stand holding up his rifle, flight helmet, boots and dog tags that stood proudly under a bright ray of light in front of an American flag.

"Chief Warrant Officer 2 Terry Varnadore was a selfless, positive warrior and honorable man," said McKernan, of Haddon Township, N.J., "He was extremely competent, smart and very serious about preparing his company for combat and keeping them trained as Blue Max took the fight to the enemy."

As McKernan stood before a room full of solemn faces, he noted that while mourning is the start of the healing process, aviation Soldiers must stay focused on the mission.

"We are Soldiers, we are still in the fight and we know that we don't have the luxury to grieve very long. We must move on because that's what we do," said McKernan, "That's our mission and that's what our country, our Families, and our loved ones need us to do."

U.S. Army Chief Warrant Officer 2 Steven Badgley, of Poughkeepsie, N.Y., considered Varnadore to be one of his closest friends. The two young pilots arrived at Ft. Drum in 2007 where their journey together began. They deployed in support of

"Let us cross over the river and rest under the shade of the trees."

~ Thomas Stonewall Jackson

Soldiers from all over TF Falcon and the coalition forces join in Varnadore's memorial held April 26.



Operation Iraqi Freedom together in 2008; even though they were stationed at two separate locations Badgley looked forward to flying with Varnadore.

Upon their return, their wives and children became inseparable which made their friendship grow even more.

“Our families were one in the same,” said Badgley, “We made sure we never missed our weekly get-togethers where we chased the kids, played darts, and watched plenty of Wipeout.”

Varnadore's positive personality and helpful nature changed Badgley. He spoke with sincere tears in his eyes as he said goodbye to a friend and colleague.

“He helped me as a pilot and friend,” said Badgley, “Watching him with Casey made you want to be a better husband; watching him with Eva made you want to be a better father. I will always remember Terry with the giant smile that he always wore from cheek to cheek; even in the worst of times.”

Chaplain Hearon acknowledged the difficulty of accepting the loss of a comrade and reminded the Soldiers of the great service Varnadore performed as a pilot.

“We don't always understand why life happens the way it does. Many times we don't have answers to life's difficult questions. One thing we can be certain of is that because of men like Terry, millions back home can sleep safely every night.”

Close friend, flight school classmate and fellow pilot, US Army Chief Warrant Officer 2 Sean Hennessy could not make it to Varnadore's memorial, but shared with other Soldiers Varnadore's passion in life.

“Terry loved flying,” said Hennessy, of Bakersfield, Calif., “But it was obvious that his family was his life. On the weekends, or when he had time off from work, it wasn't unusual for Terry to take his family on an outdoor adventure or road trip.”

Blue Max commander, US Army Capt. Sean Reeves of Shalimar, Fla., emphasized Varnadore's love of his Family.

“Terry deployed to Afghanistan with his wife pregnant with their second child,” said Reeves, “He would show everyone the pictures of the ultrasounds and would talk at great lengths about his daughter's upcoming birthday. His family was his life and his motivation.”

Varnadore, 29, a native of Hendersonville, N.C., deployed with his unit in support of Operation Enduring Freedom in October 2010.

*“It is courage, courage, courage, that raises the blood of life to crimson splendor.
Live bravely and present a brave front to adversity.”*

~ Horace

10th CAB Soldiers commemorate fallen aviators



By Sgt. Amanda Jo Brown

May 5th marked five years since the crew aboard a CH-47 Chinook helicopter, call sign Colossal 31, were killed when their aircraft went down in Kunar province while conducting combat operations in 2006.

The six aviators were all members of Company B, 3rd Battalion, 10th Aviation Regiment, 10th Mountain Division (LI), of Fort Drum, N.Y.

Since the original Co. B, 3rd Bn., 10th Avn. Regt., was transferred and attached to another task force in March, Co. B, 1st Bn., 168th Avn. Regt., a National Guard unit from Washington state, attached to 3rd Bn.,

10th Avn. Regt., Task Force Phoenix, 10th Combat Aviation Brigade, 10th Mountain Division, TF Falcon, was asked if they would dedicate a flight May 5 from Bagram Airfield, Afghanistan, to honor those who gave their lives five years ago.

The six aviators who were lost that day were U.S. Army Chief Warrant Officer 3 Eric W. Totten, U.S. Army Chief Warrant Officer 2 Christopher B. Donaldson, U.S. Army Staff Sgt. Christopher T. Howick, U.S. Army Sgt. Bryan A. Brewster, U.S. Army Sgt. John C. Griffith, and U.S. Army Sgt. Jeffery S. Wiekamp.

U.S. Army Chaplain (Capt.) Robert Hearon, Headquarters and

Headquarters Company, 3rd Bn., 10th Avn. Regt., TF Phoenix, 10th CAB, 10th Mtn. Div., TF Falcon, conducted a moment of silence in front of the CH-47 conducting the Colossal 31 dedication flight.

“I would like to express my sincere gratitude to the men of Colossal 31,” said U.S. Army Chaplain (Capt.) Robert Hearon, TF Phoenix chaplain from Greenville, S.C., “Their unfortunate passing is a reminder to us all of the price that’s paid for freedom. May their memories live on forever, and may their families be blessed!”

Those who were in 10th CAB during the event expressed varying

*“With the tears a Land hath shed
Their graves should ever be green.”
~ Thomas Bailey Aldrich*

emotions. Many who were close to those on Colossal 31 found it difficult to find the words to express themselves.

“I find myself trying not to think of the loss that was sustained five years ago,” said U.S. Army First Sgt. William Howard, the current first sergeant of Co. B “Colossal”, 3rd Battalion, 10th Avn. Regt., which is currently attached to TF Shooter, 10th CAB, 10th Mtn. Div., TF Falcon, “For those of us who knew them we’ll remember them in our own way.”

Co. B, 3rd Bn., 10th Avn. Regt. does something each year to honor those who have fallen, said Howard. This year, the unit is providing a tribute to each fallen aviator by painting each name on a Chinook.

“If you were to walk the “Colossal” flight line here at (Forward Operating Base) Fenty, you (would) find that every aircraft is emblazoned with the red and white of the U.S. Cavalry flag,” said Howard, “By (May 5), each flag will have (the name of) one of the six Soldiers from Colossal 31 painted in the white portion of the flag on every aircraft.”

Memorial ceremonies are meant to honor the sacrifices of the fallen and their Families, said U.S. Army Command Sgt. Maj. Ronald Dvorsky, command sergeant major of TF Phoenix, 10th CAB, 10th Mtn. Div., TF Falcon.

“This year, not unlike each year since the event, we honor those Soldiers and Families who provided the ultimate sacrifice to their country,” said Dvorsky, of Trumbull, Conn., “The least we can do to recognize our fallen aviators is take a few moments out of our day to remember those who have given their lives to the unit and country.”



*“Peace to each manly soul that sleepeth;
Rest to each faithful eye that weepeth.”
~ Thomas Moore*

TF Phoenix officer competes in Boston Marathon from Bagram



By Sgt. Amanda Jo Brown

Most people were quietly sleeping as one dedicated Dustoff Soldier rolled out of bed, put on his physical fitness uniform, and laced up his running shoes. U.S. Army 1st Lt. Michael Brisson, Company C, Task Force Phoenix, 10th Combat Aviation Brigade, 10th Mountain Division, mentally prepared himself as he made confident strides toward the starting line of the 26 mile long Boston Marathon shadow run in Bagram, Afghanistan April 16.

Stateside, the marathon extends from Hopkinton, Mass. to Boston. This year marks the 115th edition of the world's oldest, most prestigious annual marathon.

Brisson says he's trying to live a healthy lifestyle not only for himself, but to show Soldiers within his unit that proper physical fitness can be sustained even when the work load is high.

*"A competitive world offers two possibilities.
You can lose. Or, if you want to win, you can change."*

“I was always taught that I should set the example for Soldiers, regardless if I outrank them or not,” said Brisson, a native of Albany, N.Y., “I want to demonstrate that it’s possible to be a hard working, professional Soldier while maintaining an overall high state of physical fitness.”

His eyes focused on a point somewhere in the distance as he prepared to make the trek around Bagram.

The dark valley was lit by only the moon that hung low in the night sky highlighting the rugged edges of the Hindu Kush Mountains found in the Himalayas.

Brisson said he was both apprehensive and excited about the run. He had only completed one marathon previously, but he’d never run that distance at nearly a mile above sea level.

Running eight to fourteen miles daily, Brisson found the time to stay fit, even during the extreme operation tempo that is required of a medical evacuation pilot.

“Running is a lifestyle,” said Brisson, “Back in high school, I played football so I was on the heavier side. Once I joined the Army I picked up running; not only to help me pass the (Army Physical Fitness Test), but to stay healthy.”

Brisson stretched out his legs amongst the group of nearly 300 other avid runners preparing to take on the run - the chill of the night air cooling their muscles.

He only had 45 days to prepare when he found out about the Boston Marathon. He put together a five week training plan – focusing on aerobic exercise with stretching and light weightlifting.

“He spent a lot of time on the treadmill building up hours,” said US Army 1st Sgt. Brian Peplinski, Co. C, TF Phoenix, first sergeant, “We were (competitively) going back and forth in the number of miles we were (running).”

Self-assurance covered his face as he steadied himself – ready to take on the pavement to demonstrate that excellence can be achieved even in the most unfavorable conditions.

“Brisson continually sets a great example,” said Peplinski, a native of Bay City, Mich., “And this (run) is just one way.”

“A marathon requires patience and training,” said Brisson, “If I can successfully finish one while deployed, it shows that it is not an impossible feat to maintain an appropriate level of physical fitness even in a combat zone.”

Brisson and Peplinski made

their way to the front of the starting line. The runners grew quiet as the last minute hit. A controlled detonation echoed through the air in Bagram signaling the beginning of the race.

Brisson tackled the run with enthusiasm. After he sprinted across the finish line and received a hug from his wife - US Army 1st Lt. Sarah Brisson, Company D platoon leader, he caught his breath and looked back at the finish line.

“That wasn’t as bad as I thought it would be,” said Brisson, nonchalantly.

Brisson finished in 3:43 – placing 22nd in the race.

“I see (completing the Boston Marathon) as a personal accomplishment that is being fueled by my love for the Army,” said Brisson. “As an officer, I want to set the example for my Soldiers. By going above and beyond the required minimums and doing a marathon while deployed, I hope that it will inspire some of my Soldiers to adopt a healthy lifestyle.”

*“There's always competition out there.
That's what makes life exciting.
~ Carolyn Murphy*











Headquarters and Headquarters Company

By Capt. Charles Thomas

Springtime has finally arrived in Afghanistan. It's hot outside and we get the occasional afternoon thunderstorm, but thankfully it won't get too much hotter out here. A quick poll of the Soldiers who have been to Iraq will tell you that no one is missing the sandstorms and 120+ degree weather. We have also rolled past the 6 month mark and are official on the downhill side of the deployment. Before long, all of us Hooligans will be stateside. Just in time for fall and the holiday.

But of course we still have work to do. We finally moved our offices across the airfield after four months of waiting. Despite the pain and inconvenience of moving our entire operation across the airfield, our Soldiers did a wonderful job of ensuring we did so without disrupting the operations we provide to the task force as well as the other units we support. As always, the Hooligan Soldiers are keeping busy. The S1 shop continues the arduous task of processing every award for all the well deserving Soldiers in the task force. The S6 shop has done an outstanding job getting everyone in the task force connected in our new offices, which was no small feat. As expected, the S3/S2 shops continue to do an exceptional job of running the fight.

I hope everyone has a wonderful Mother's Day and an enjoyable Memorial Day. We couldn't do everything we do out here, without the support of everyone at home! this edition is not as exciting or

filled with tidbits of joy, we are doing well and looking forward to the end of awards season and whatever life in Afghanistan has to offer.



SPC Kotelnicki and SPC Zuluaga, relax outside of TF Phoenix's old TOC on the west side.



SSG Smith cheers on runners at Falcon's 'half way' run.

*"No winter lasts forever; no spring skips its turn."
~Hal Borland*

A Company

Arch Angels

By Capt. Charity Odell and ISG Albert Serrano



It is officially HOT here in Bagram, the temperatures don't mean much to most of us as the aircraft sensors read the temperature in Celsius, but we will come in from the flight line exclaiming the temperatures at this FOB or another, "Did you know it was 45 degrees there today!" So I looked it up, 45 degrees is actually 113 Fahrenheit, which for a 10th Mountain Soldier is HOT! Needless to say, there are more and more reason to miss our home and families.

The Task Force moved into the new KSPAN buildings and fortunately they are very nice air conditioned work areas that cut down on the dust, provide everyone with space to work and keep us connected to the fight through a steady stream of

emails. We proudly reenlisted SPC Ryan Baird and SGT Clifton Gerald this month. Both reenlisted for warmer climes (Fort Rucker, AL and Fort Polk, LA respectively) but after another few months of Afghanistan Summer they might want to change their minds. The company is steaming away through the deployment, as we passed the half-way mark and morale is bolstered every time we receive the loving letters, care packages and thoughtful mementos sent by our friends and family. Always in short supply, baby wipes are a great filler to any care package.

The company completed Department of Defense directed Don't Ask, Don't Tell training in April. It was a successful open discussion with the intent of the training to recognize the milestone as an expansion of our equal opportunities in the Army. More information is available about the how the repeal of DADT will affect Military Posts and Policies please check out Military Home Front (www.militaryhomefront.dod.mil) and search DADT.

As the weather becomes warmer back home and folks start venturing outside to enjoy the summer, please remember that your deployed family members enjoy seeing your adventures in pictures as much as you enjoy seeing ours.

*"Now every field is clothed with grass, and every tree with leaves;
now the woods put forth their blossoms, and the year assumes its gay attire."*

~ Virgil

A Company

Smugglers



Photo by U.S. Army Sgt. Amanda Jo Brown

U.S. Army Chief Warrant Officer 2 Joseph Blankenship placed 3rd in the male category of the 10K TF Falcon 'Half Way' run on April 30. Congratulations to Blankenship!

*“Where man sees but withered leaves,
God sees sweet flowers growing.”
~Albert Laighton*

C Company

By ISG Tim Clay

I sit here to write about CW2 Terry Varnadore II. We lost him the morning of 23 April in a remote valley in Afghanistan when his aircraft went down. He was at the controls and saved his copilots life, while giving his own - nothing greater than the man that would lay down his life for the life of his brother.

We ask you to think and pray for his loving family who lost a father and a husband. His wife and children should know that being around him made us all better people. He was smart, strong and caring. I only knew him a short time and I respected him very much. He was a good guy.

We honored his memory here and will continue

to hold him in our hearts for the Soldier that he was; he will not soon be forgotten.

As Soldiers, we are obligated to keep going. As Warriors, we are obligated to take care of each other, and will continue to look out for each other every day. We will never leave a fallen comrade.

Thank you for all the support you have given and continue to give to the Soldiers here in Blue Max. The strength of the Soldier is built from the family, and we have strong Soldiers. It is because of your untiring devotion to your husbands, wives, sons, daughters and friends that we move forward each day.

Thank you for all that you do.



*“Every spring is the only spring - a perpetual astonishment.”
~Ellis Peters*

SOLDIER OF THE MONTH

SPC JOE PHILPOTT



SPC Joe Philpott hails from Phelan, CA. After attending Red-lands High School and graduating in 2003, Joe joined the Army on 26 April 2006. His MOS is 15T, Blackhawk fixer-upper, you break it we fix it. Joe is married to April Philpott and they have three children, Tyler, 5, Fara, 4, and Cheyenne, 3 months. While not deployed to Bagram, Afghanistan Joe enjoys fishing, gaming, and running.

Joe's favorite sports team is the Dallas Cowboys - who are looking to rebound in 2011 after a dismal 6-10 record in 2010. Joe's goals are to quit smoking (two months smoke-free so far) and to break 1,000 flight hours - he only has 270 hours to go. His words of wisdom to his fellow soldiers are:

"Those that rush to live life are in a hurry to die."

*"If I had my life to live over, I would start barefoot earlier
in the spring and stay that way later in the fall."*

~ Nadine Stair

C Company

4th Platoon



SGT Cutsinger prepares for his last flight in the Army with C Company Dustoff.

By SPC Ryan Blomquist & SPC Daniel Fittos

Coming off one of the biggest operations in RC East, 4thplatoon entered April with high spirits. We welcomed the arrival of SPC Demery to our family here at JAF. He has become a great asset to our team, our mission, and has stepped up as a mentor to the younger crew members in the platoon. SPC Capps began his hoist progression and is well on his way to becoming an RL1 crew chief. His motivation and dedication has greatly helped the maintenance side of things here at JAF. Along with the op-tempo picking up, the increase in temperature and humidity is evidence of the arrival of the summer season. We saying goodbye to a member of our family here at JAF with the departure of SGT Cutsinger as he heads back to Ft. Drum to begin his transition out of the Army. He was a great crew chief, a mentor to younger soldiers, and an integral part to the success of our team. He is missed by everyone here and is irreplaceable. LTC Downey and CSM McGuire awarded SGT Cutsinger with gold combat spurs before he left, signifying his deployment with the Six Shooters.

We would like to thank the families and members of the FRG for your support and dedication. Your personal messages and holiday gifts have given us all the feeling that a part of home is still with us out here. Your loyalty is greatly appreciated and is a vital part to the success of every mission we do.

*“Spring is sooner recognized by plants than by men.”
~ Chinese Proverb*

D Company

Duke

By SFC James Kyne

So April has passed, and now we are halfway there! The Soldiers and NCOs have continued to ensure that quality maintenance is being performed. The days are long and tiring, but I am so proud to have a great group around me. The baby watch continues for one of our Avionics NCOs, SGT Gonsalo Cam-pos. He went on leave late in February, expecting to be a father by now. We are looking forward to celebrating the arrival any day now. Until then, he remains vigilant in his duties and responsibilities patiently waiting for that glorious day.

I was approached by two of my NCOs, SGT Raymond Jarosh and SGT George Parker, about having a surprise pizza lunch for the Soldiers who have worked so hard. I agreed and decided to have a little fun. I had them have all the Soldiers meet in the clamshell so that I could “speak” with them. The NCOs ensured that they stayed to the back to bring the pizzas in on cue. I immediately dropped all of them in the front lean and rest position. I then asked them if they felt that I had been doing a good job taking care of their needs. They all agreed that I have. Then I asked them if they knew what I expected of them. They all looked around confused. I then explained to them that they just needed to do the right thing and be Soldiers. I gave the NCOs the cue and they started to bring the pizza. I then told them that was exactly what they were doing and to all get up and enjoy the pizza that we had bought for them. I truly believe that was one of the best days we have had since we arrived. The Soldiers enjoyed the lunch and a good time was had by all.

I will be taking my R&R soon, but I know that 1LT Brisson and SSG Holley will keep everything running smoothly in my absence. Once again, I am truly blessed by the wonderful people that I am surrounded by. Until I return, continue to pray for our Soldiers and know that the countdown has begun until we can all be home with our loved ones.



LEFT: Sgt. James Kyne D Co Shops Platoon sergeant.



*“April hath put a spirit of youth in everything.”
~ William Shakespeare*



E Company

2LT Zuleika Betancourt

Finally the month of May is upon us and we are at the halfway point. We only have half left before we get to come home for good. The Boston Marathon was held on Bagram on April 16th, and the following Soldiers participated: CPT Macumber, CW3 Pfeiffer, SFC Brady, SPC Green and myself. That was a unique experience and we all enjoyed it. Although we were tired at the end, all of us were proud of our accomplishments and completed the marathon in our required time. There will be another marathon in Sep-tember and many of us will continue to train towards that event as well.

There is a Pizza Hut that opened up within Bagram and we took time out of our busy days over the past month to have a pizza party within the motor pool. It was a great time and gave the Soldiers an opportunity to relax for a moment and get a taste of home.

This month, SPC Addington, Bradley reenlisted for another five years within the Army. He and his wife, SPC Cynthia Addington, which also works in the motor pool, will be leaving for Germany shortly after our arrival back to Fort Drum. SPC Addington, B. and SPC Hardy also went to the Soldier of the Month board for Echo company and both of them did an outstanding job.

*“Spring has returned. The Earth is like a child that knows poems.”
~Rainer Maria Rilke*

Military Humor

Real Army Leaders:

Can remember when there were real NCOs.

Know why there is a bayonet lug on the end of their weapon.

Have eyes in the backs of their heads.

Can see in the dark.

Would rather be a squad leader than a general.

Love deploying to combat because there's less paperwork.

Can remember running PT in boots.

Think it's cool to teach their kids how to do "SPORTS".

Know that there's a difference between "giving orders" and "going through the orders process".

Think that "slides" involve ropes and snap links.

Believe that they do have a rendezvous with destiny.

Don't know how to use a "stress card".

Don't need "leadership tabs" to know when they're in charge.

Won't brief it if it's too complicated to fit on a few 3x5 cards.

Really don't like taking crap from those who haven't "been there".

Want to be like Teddy Roosevelt.

Don't need a GPS to find themselves.

Have enough extra TA-50 in their closets to start a surplus store.

Would love to own their own HMMWV.

Think that MREs taste good.

Know that "accuracy counts", especially in combat.

Can be found eating and bunking with the troops.

Know what a "link count" is.

http://www.strategypage.com/humor/articles/military_jokes_20079181.asp

“When somebody tells you nothing is impossible, ask him to dribble a football.”

~ Author Unknown

MAY, 2011

VOL # 1 ISSUE # 8

***“Without geography,
you're nowhere.***

~Author Unknown



PARWAN PROVINCE, Afghanistan – *Spc. Montgomery, “Monty,” climbs to greater heights in C Company “Blue Max.” He is seen here participating in the Blue Max ballet. April 19. Even in busy times, Soldiers find ways to expand their horizons.*

www.tfphoenixrising.yolasite.com

www.flickr.com/tf_phoenixrising

www.facebook.com/TFPhoenix