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Lighter Fare

Wingman Weekend fast approaching

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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

October 14, 2016 Vol. 61 No. 41

'75 Years of Power Projection'

Port in a Storm



Team Robins offers assistance during Hurricane Matthew

U.S. Air Force photo by TOMMIE HORTON

Four Coast Guard Air Station Savannah search and rescue helicopter crews arrived at Robins Air Force Base Oct. 6. They were based here in order to fly missions in response to Hurricane Matthew. The storm – the first Category 5 Atlantic hurricane since Hurricane Felix in 2007 – struck eastern Florida Oct. 6. It made its way up the east coast to Georgia and the Carolinas Friday and over the weekend before dissipating Monday.

BY JENNY GORDON

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In response to Hurricane Matthew's steady trek along the coast of the southeastern U.S. last week, Team Robins members stood ready to respond when needed.

As mandatory evacuation orders were included for Georgia coastal counties such as Bryan, Chatham, Liberty, McIntosh, Glynn and Camden counties, and multiple counties across Florida and South Carolina, one way Robins assisted was through the standup of the Emergency Family Assistance Center.

The EFAC, a one-stop shop located at the Airman and Family Readiness Center in Bldg. 797, served as a resource for information and referral as

dozens of people fled areas affected by the hurricane. They began arriving after the EFAC stood up Oct. 6.

Representatives of the EFAC team not only included A&FRC personnel, but also workers from the Military Personnel Flight and Housing Office. Overall they assisted 145 individuals – many from Florida and South Carolina – who headed to Middle Georgia to seek safety and shelter.

Once the EFAC stood up, a steady trickle of evacuees arrived throughout the evening and early morning hours, giving the EFAC team plenty of time to individually assist each person. Assessments were made within 15 minutes, with questions such as how many dependents were travelling with them and if pets were included.

► see ASSISTANCE, A2

Robins saves \$1.2 million – injury compensation hits 15-year low

BY JENNY GORDON

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For the third straight year, Robins has achieved significant savings from decreased costs of workers' compensation claims.

A total of \$1.2 million was saved from the last chargeback year, from July 1, 2015, to June 30, 2016. That total represented 21 percent of the Air Force's total \$5.6 million decrease in workers' injury and illness compensation bill over the last year.

As part of the Robins Air Force Base portion of the Department of Labor's Federal Employee Compensation Act Report for 2016, the workers compensation bill for chargeback year 2016 was \$11.87 million; in 2015, it was \$13.08 million. This year's total was the lowest in 15 years.

Using 2013 as a benchmark, with the open-

ing of the Air Force's first FAST FORWARD – First Aid Station, Treatment and Forward Operating Rehabilitation of Workers Accentuating Restorative Dynamics – clinic on the Robins flight line, cumulative cost savings over the last three years yielded a total savings of \$7.25 million. This cost savings to the base enables Robins to be more competitive in obtaining and sustaining workload to support the warfighting mission.

"Robins' continued effort to reduce the risk of injuries has culminated in this wave of cost savings," said Col. (Dr.) Michael Rappa, Occupational Medicine Services chief at Robins. "I believe we will continue to see improvements as we make Robins a safer place to work. We have come a long way, but I think we still have opportunities to improve."

Rappa noted that a key factor of success has

► see COMPENSATION, A5

Gate construction slated to begin Oct. 31

ROBINS PUBLIC AFFAIRS

A military construction project will require closures at each of the base gates starting at the end of this month.

Beginning Oct. 31, the Russell Parkway Gate will be closed to inbound and outbound traffic. The MLK Gate will be open the same hours that the Russell Parkway Gate was open and will have five lanes of inbound traffic from 5:45 to 8 a.m. The project is expected to run about 21 days.

On or about Nov. 28, the Green Street Gate will close to inbound and outbound traffic. The MLK Gate will be open the same hours that the Green Street Gate was open and will have five lanes of inbound traffic from 5:45 to 8 a.m. This project is also expected to take roughly 21 days

On or about Jan. 5, the Watson Gate will be closed to inbound and outbound traffic. MLK Gate will be open the same hours that the Watson Gate was open and will have five lanes of inbound traffic from 5:45 to 8 a.m. This project is expected to take approximately 21 days.

Please plan your travel to work accordingly.

FRIDAY FLYBY: Popular social media trend may violate DOD regulations, Page A4



Road Closure Oct. 21

The following roads will be closed to support Wingman Weekend events: **Oct. 21:** Warner Robins Street from 7th Street to 9th Street (all day) 7th Street (from 7 to 9 a.m. for the Triple Ribbon Color Run). **Oct. 22:** Warner Robins Street from 7th Street to 9th Street (all day) Come out and join the festivities with your Wingmen and your families!

Flu shots available

The Houston County Health Department has kicked off this season's Civilian Vaccination Campaign and is providing on-base vaccinations. Most insurance plans are accepted, and for those without covered insurance, the cost is \$25. Shots are available at the Base Restaurant every Wednesday from 11 a.m. to 1 p.m., and at the Fitness Annex every first and third Wednesday from 8:30 to 10 a.m. and every second and fourth Wednesday from 2 to 3:30 p.m.



Weekend Weather

Friday
83/62



Saturday
77/57



Sunday
82/59



It's not hard to see the importance of safety glasses.

SECOND FRONT

ASSISTANCE

Continued from A1

Once they were helped, evacuees, who came from all branches of service, were able to take shelter in base dormitories and lodging, as well as off base at a church and American Red Cross shelters as needed.

“You can’t do this alone,” said Master Sgt. Avis Smith, Robins’ Readiness NCOIC. “When you have the right people in place, here at the Airman and Family Readiness Center, we have a lot of people who are perfect for assisting those in need. I’m impressed with their professionalism and all who were involved.”

“They offered a reassuring welcome and they meant it,” she added. “We had several (evacuees) who were just so grateful. They had amazing attitudes, and it was easy to see their resiliency just by the way they arrived.”

About 20 members made up the EFAC team, with shifts rotating to help when needed. All of the evac-

uees left Robins within 72 hours.

As the hurricane’s western eye wall approached areas such as Tybee Island, Georgia, and Hilton Head Island, South Carolina, its hurricane-forced winds lashed the coast, resulting in flooding, downed trees and tens of thousands were left with no electricity.

The 116th Air Control Wing deployed 78 Air National Guardsmen to Savannah to assist with relief efforts in the hurricane’s aftermath. They included personnel in the fields of civil engineering, logistics, maintenance, security forces and public affairs. They returned Wednesday.

Working alongside the Chatham County Public Works Department, the 116th Civil Engineer Squadron assisted with such operations as road clearing and debris clean-up operations. The unit was able to use multi-purpose tractors with buckets, grappling hooks and brooms, tools needed to respond to disasters such as Hurricane Matthew.

Robins continued to assist by also offering use of its flight line to visiting aircraft. Four search and



U.S. Air Force photo

rescue helicopters stopped in Oct. 6 from Coast Guard Air Station Savannah to protect them from the storm as well as to support quick response search and rescue efforts.

According to news reports, Savannah’s Hunter Army Airfield served as a forward operating base for hurricane response efforts, to include shoreline and port damage assessments.



U.S. Air National Guard photos by SENIOR MASTER SGT. ROGER PARSONS

Staff Sgt. Jhon Roberts from the 116th Air Control Wing, Georgia Air National Guard, chain saws a fallen tree during road-clearing operations in the aftermath of Hurricane Matthew, in Savannah, Ga., Monday. Citizen Airmen from the 116th ACW deployed to Savannah to support civil authorities working along side the Chatham County Public Works department to assist in road clearing and debris clean-up operations.

Right, Senior Airman Taylor Svoboda, 116th Air Control Wing, uses a chainsaw to help move a fallen tree during clean-up efforts in Savannah.



Staff Sgt. Dennis Tippens, 116th Civil Engineer Squadron, clears fallen trees from a roadway using a tractor during road-clearing operations Monday.



Purple ribbon for domestic violence awareness

BY ANGELA WOOLEN

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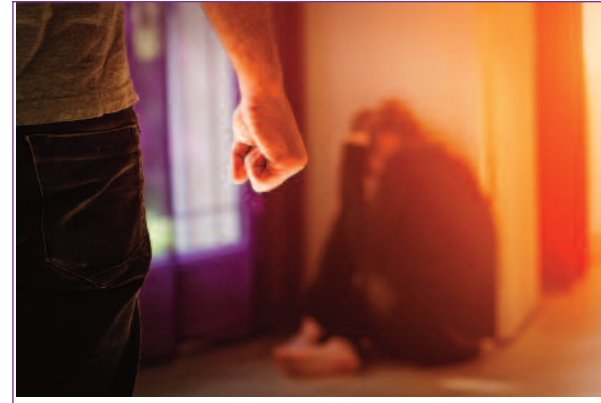
Family Advocacy is a place where victims can feel safe. It offers programs on parenting, anger management, healthy relationship strategies and stress management.

From 2003 to 2015, Georgia deaths from domestic violence were at least 1,550, according to the Georgia Commission on Family Violence. In 2014, law enforcement responded to 65,529 family violence incidents.

Last year, 2,554 victims requested shelter in Georgia and were turned away because of lack of space.

“We’re all impacted. This is not an individual problem, this is a community problem. This is someone we know, a friend, a coworker,” said Rozelle.

Adult victims of domestic violence are encouraged to call the 24 hour access line at 478-216-4457 to talk to a domestic abuse victim advocate.



WHAT TO KNOW

Triple Ribbon Month is designed to bring awareness to three important causes: Breast Cancer Awareness Month, Domestic Violence Awareness Month and Red Ribbon Week.

There will also be spirit days held throughout the month which encourage people to wear a different color shirt on Wednesdays. Wednesday is purple for Domestic Violence Awareness.

NEWS BRIEFS

Construction projects

The north side parking lot of Bldg. 210 and the south half of the parking lot located north of Bldg. 220 between Byron Street and Perry Street will be closed for resurfacing Oct. 24 through Nov. 6.

The north half of the parking lot located north of Bldg. 220 and Perry Street from 1st Street to Bldg. 210 will be closed for resurfacing Nov. 7 through 20.

The two phases of this construction project will involve repaving the existing parking lots and Perry Street. The 10 handicapped parking spaces at Bldg. 210 will be relocated.

In case of inclement weather or unforeseen conditions, work could be delayed.

If you have any questions, contact Ricky Davis, 478-327-2940 or Lorrie Simmons, 478-327-3977.

Team Robins Career Fair

The Team Robins Career Fair sponsored by 78th Force Support Squadron will host between 45 and 60 employers Nov. 9.

The career fair will be held at the Heritage Club Bldg. 956 from 10 a.m. to 2 p.m. Attendees are encouraged to bring their resumes and come dressed to interview.

The fair is open to base access personnel, which includes all Team Robins members and eligible family members.

CAC reset and appointments

You don’t have to go to the MPS to get your Smart Card/ CAC reset. Visit the link below to get a Smart Card PIN Reset.

https://wwwmil.robins.af.mil/Docs/CAC_Reset_Locations.pdf.

No more waiting in line for appointments. Make your identification card appointment on the RAPIDS scheduler link at <https://rapids-appointments.dmdc.osd.mil/?AspxAutoDetectCookieSupport=1>.

Legal Notice

Anyone having claims against the estate of
Airman 1st Class

Sawyer C. Porter should immediately contact
Capt. Kayley Squire at DSN 472-6573 or 478-222-6573.

AROUND THE AIR FORCE

Popular social media trend may violate DOD regulations

BY TECH. SGT. ROBERT BARNETT
Secretary of the Air Force Public Affairs

A young woman paced herself as she ran around her neighborhood, her breath visible as the brisk morning air cycled through her lungs, the wind blowing her hair back, and her cheeks stinging from the elements. She dodged people walking their dogs, trash cans left out for pick-up, and finally reached a pausing point where she took out her phone.

Dressed in civilian workout attire, she performed a pushup challenge on camera, and then explained to her social media audience how the pushups were intended to raise awareness for veteran suicide prevention and honor fallen veterans.

In this scenario, no one could tell she had taken an oath and wore a military uniform to work.

Some service members have participated in similar activities while in uniform or at their workstations. While they are allowed to participate, it shouldn't be done while representing the armed forces.

Military members interested in supporting non-profit organizations and fundraising causes may do so if they follow established guidelines, such as Air Force Instruction 36-3101, "Fundraising within the Air Force" and Department of Defense Regulation 5500.07-R, "Joint Ethics Regulation."

Basic considerations to keep in mind when supporting nonprofits:

► Fundraising cannot be done during duty hours, although lunch hours are permissible.

► No form of endorsement is allowed while in uniform.

► Fundraising by private organizations and unofficial activities can generally not occur during the Combined Federal Campaign or Air Force Assistance Fund.

► No fundraising is allowed in the workplace.

The rules listed above are similar for voting, supporting a political party or campaign, or a religious event or cause.

Ready to continue her run, the woman saw several people had liked her post, not because she was military but because they believed in the cause.

In Air Force News

New office looks to shape future force

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) – The Air Force of the future is taking greater focus as the new Air Force Strategic Development Planning and Execution Office is actively pursuing its mission and the experimentation campaigns that it has been chartered to execute.

The office will be responsible for supporting Air Force development planning efforts and conducting experimentation efforts that will result in planning choices for senior Air Force level resource decisions.

Gen. Ellen Pawlikowski, the Air Force Materiel Command commander, drove the initiative to stand up the new office within Air Force Research Laboratory due to its flexibilities and multi-domain perspectives of air, space and cyber. The Air Force vision she said, was for a strategic development planning effort to "marry up" operational warfighters and doctrine experts from all Air Force domains with the acquisition and technology communities.

DOD announces new hire probationary period

WASHINGTON (AFNS) – The probationary period for many new civilian employees hired by the

This week in Air Force History



On October 10, 1950, the first Air National Guard units were mobilized because of the Korean conflict.

Defense Department on or after Nov. 26, 2015, has changed from one year to two years, the acting deputy assistant secretary of defense for civilian personnel policy said.

Julie Blanks confirmed the change to the statute governing the probationary period in a memorandum to human resources directors.

The new law took effect Nov. 26, 2015, as part of the fiscal year 2016 National Defense Authorization Act, said DOD spokesman Eric Pahon.

The new probationary period affects employees who are

appointed to permanent positions in the competitive service, and anyone who received career DOD appointments in the Senior Executive Service on or after Nov. 26, 2015, Blanks' memo noted.

The change doesn't apply to employees appointed prior to that date or those appointed in excepted service, the spokesman said.

Turkey now unaccompanied, 12-month tour

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – Air Force assignments to Turkey are now unaccompanied, 12-month tours, effective Sept. 21, Air Force officials said Sept. 29.

The decision was made taking into account the region's current security environment and in consultation with the State Department and Turkish government, which resulted in eliminating the 24-month accompanied tour option and reducing the 15-month unaccompanied tour for U.S. military members, said William Houston, the Air Force Personnel Center assignments programs and procedures branch.

"This affects all airmen that arrive in Turkey after Sept. 21, 2016," Houston said. "Airmen with families who were planning to elect the accompanied tour need to be aware of the change before they make any move plans."

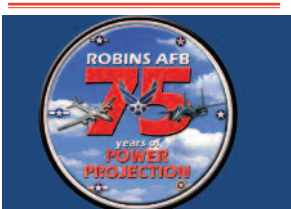


U.S. Air National Guard photo by Senior Master Sgt. Charles Delano

Overhead enhancement

Senior Airman Jeremiah Davidson, from the Wyoming Air National Guard's 153rd Maintenance Group, replaces a turbine overheat detector on a C-130H Hercules, in Cheyenne, Wyoming. The aircraft assigned to the 153rd Airlift Wing are undergoing a 3.5 engine enhancement modification and will begin an operational use evaluation test program at the jointly run Air National Guard and Air Force Reserve test center in Tucson, Arizona.

ROBINS REV-UP



COMMANDER
Col. Jeff King

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They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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COMPENSATION

Continued from A1

been the development at OMS of one of the most effective injury care, rehabilitation and case management services in the Air Force for federal employees with workplace injuries.

He cited other factors attributed to the downward trend, including continued command emphasis on workplace safety and health; employees' active participation in the Voluntary Protection Program; efforts of installation safety offices; and continued collaboration with American Federation of Government Employees Local 987.

The summer 2013 opening of the FAST FORWARD clinic has also directly benefitted many employees who are treated much quicker on site for various conditions, rather than visiting off-base treatment facilities, added Rappa.

The clinic, open Monday through Friday from 12:30 to 9:30 p.m., now includes a dedicated nurse

practitioner as well as three sports rehabilitation specialists.

"We've been able to remove the barriers to access, allowing employees to come in and be immediately seen, increasing the timeliness to treatment," said Rappa. "Injuries and other health issues are addressed right away. So because employees are seen earlier, their treatment begins earlier and their conditions don't progress into something much more serious."

As a large and dynamic industrial complex with thousands of employees, OMS at Robins is effectively working to manage the care of work-related conditions. Its providers not only care and follow up with employees, but also actively engage in a worksite visit program throughout the base, assessing hazards and offering ways to reduce injuries and illnesses.

According to Rappa, since the FAST FORWARD clinic's opening, he's seen a 50 percent decrease in the rate of injuries in the complex.

"I believe the trend will continue as we're getting more involved in injury prevention," he said.



Success Here
=
Success There!

OCTOBER IS
NATIONAL
BULLYING
PREVENTION
MONTH



Break the cycle of bullying

BY J.D. LEVITE

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. (AFNS) – Bullying is not just a part of life that stops in the schoolyard; it can have consequences that stretch into adulthood and impact people for the rest of their lives.

According to the National Center for Education, one in four children will experience bullying in their lives, and it comes in many forms: social, verbal, physical and even cyberbullying. But just because it exists doesn't mean it has to stay that way forever.

"We can prevent bullying," said Maj. Joshua Duncan, a pediatrician and the chief resident for General Preventive Medicine Residency with the Uniformed Services University of Health Sciences. "We can change these behaviors, and we can prevent some of the consequences we see."

Some of those consequences include an impact on healthy behavior for children who bully and children who get bullied. For both, there can be psychological effects.

"A lot of people who have experienced bullying will develop mental health disorders like anxiety or depression," Duncan said. "Being bullied also puts them at risk for suicide as well as developing psychoses."

He added that children who are bullied while involved in sports or other physical activities can be at a greater risk for developing obesity.

"This can be a form of social bullying where they're the last person picked on the team or nobody wants to include them," he said. "That causes them to withdraw. They tend to avoid those kinds of experiences. They tend to avoid physical activity because they've been bullied."

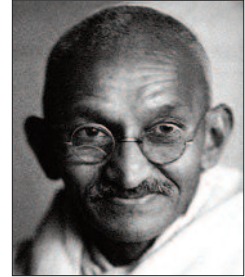
Duncan also said children who bully can develop many of the same mental health issues, and they are more prone to engage in certain activities like substance abuse or exhibit criminal behavior as they age. They also can continue abusive relationships later on in life.

Duncan said, for this reason, it's important for adults, including parents and teachers and other authority figures, to learn to recognize the signs associated with bullying. He also said children tend not to report bullying because they want to be independent and don't want to be judged by their peers.

Some of the signs for children who are being bullied include unexplained injuries, psychosomatic symptoms like stomach aches or headaches, difficulty sleeping, and bed-wetting episodes. These children can be withdrawn and refuse to participate in social activities or sports. Some of them may even run away or attempt to injure themselves.

There are three things Duncan recommends for countering bullying: ignore, stand up and get help.

Editor's note: *Read the full story at <http://www.af.mil/News/ArticleDisplay/ta/bid/223/Article/963459/break-the-cycle-of-bullying.aspx>*



Thought for the Day

"Live as if you were to die tomorrow. Learn as if you were to live forever."

— Mahatma Gandhi



What's inside

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AFRC exhibit moves to MOA, B6

Services events, B6

Lighter Fare

THE ROBINS REV-UP ■ OCTOBER 14, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



U.S. Air Force photos by KENYA JAMES

Team Robins members enjoy a recent Wingman Day which focused on resiliency, team building and good old-fashioned fun. The base is gearing up for another event Oct. 21 and 22.

CREATING CONNECTIONS

Installation Wingman Day aims to forge bonds among Team Robins members



BY ROBINS PUBLIC AFFAIRS OFFICE

Creating connections with those we work with every day is an important part of the wingman concept.

Getting to know each other and sharing interests is how we build communities, and the 78th Air Base Wing is kicking off a program called Robins Connect to do just that.

The purpose is to connect Team Robins members with others who share similar interests.

A Wingman Day Oct. 21 will be held in conjunction with the 78th Force Support Squadron Fall Bash planned for Oct. 22. The event will provide an opportunity for various groups to come together and have some fun. Wingman day will be from 8 a.m. to 2 p.m. at Robins Park.

"We want to make life easier for people," said Tech. Sgt. Maurice Collins, Installation Resilience Program manager. "Our goal is to create more contacts on- and off-base. We're a diverse community, and we want as much participation as we can get."

Editor's note: Organizations and clubs wishing to participate can contact Collins at 478-327-5439 or maurice.collins.1@us.af.mil.

EXHIBITORS ON TAP

Airmen Against Drunk Driving; Airmen Committed to Excellence; Adoption Info & Support Group; Airman Refuge; Animal Shelter; Bishop ATA Karate; Car Clubs; Company Grade Officers Club; Crochet for Beginners; Enlisted Spouses Club; FSS Activities; (Riding Club/ Outdoor Adventure/ Arts & Crafts Center); Full Tilt CrossFit; FUNducate LLC and "The FunBunch" (Community involvement and children's motivational education); Just Bee Cards, LLC (Greeting Card enthusiast); Land to Hand (Farmers Market); Meet the Breed (show dogs); Middle Georgia Derby Demons (Flat track roller derby); Middle Georgia Minis (Mini Cooper Club); Museum Of Aviation (Volunteer opportunities/ aviation education); Parent Advocates for Students and Schools; POW/MIA Memorial Foundation; Remote Control (R/C) cars or aircraft; Reserve Officers Association; Robins 56/ Manning Inflatable; Robins AFB Trap & Skeet Club; Robins Auto Crafts Club (non-profit); Robins Officer Spouses Club; Tabletop/Role-Playing Games; Team RWB Warner Robins; Toastmasters International; Veterans MMA/Zanshin South Jiu Jitsu Brazilian Jiu-Jitsu/Submission; Wrestling/Muay Tai/Boxing/Fitness; Warner Robins Jeep Club

2016 Wingman Day / FSS Fall Bash

ROBINS CONNECT

October 21

- Wingman Day • Triple Ribbon
- Resilience Fair

Along with **FSS FALL BASH!** on **October 22** Robins Park

FALL BASH FUN DAY

Saturday, Oct. 22
1 - 5 p.m. • Robins Park
Free Entry For All Ages

Fall Bash is an annual customer appreciation program designed to say "Thank you" to our loyal customers and promote a positive image to new customers.

Activities include: Food, Bouncy Castle, Train Ride, Music/Announcer DJ, Rock-climbing Wall.

Creating Connections

"Robins Connect" is an opportunity for Airmen (Military/Civilian/Dependents) to create connections with others with similar interest. Team Robins members will highlight their hobby/organization, and create connections with others.

Building Communities

- HOBBIES • CLUBS
- VOLUNTEER OPPORTUNITIES
- ORGANIZATIONS
- COLLECTORS
- AND MORE!!

A BETTER YOU

Diet changes to reduce your Breast Cancer risk

MARITA RADLOFF

Robins HAWC registered dietitian nutritionist

October is Breast Cancer Awareness Month, a national initiative to raise awareness for breast cancer.

One in 12 women – or 12 percent of the female population – will develop breast cancer in their lifetime, according to the American Cancer Society.

Research has revealed that breast cancer risk can be reduced with lifestyle and dietary changes. While no dietary approach can prevent breast cancer, a great deal of the differences in risks between people is due to factors that aren't hereditary.

Staying physically active, avoiding tobacco products, maintaining a healthy weight, and eating a healthy diet may greatly reduce the risk.

Studies show that including certain foods and limiting others may have an impact. For women at an increased risk for breast cancer, either from having a relative with a diagnosis or a genetic disposition, or those who have had breast cancer, following these guidelines to make lifestyle changes will help reduce your risk of developing cancer or keep you in remission.

Maintain a Healthy Body Weight

Women who are overweight or obese have higher levels of circulating estrogen in contrast to women who are at a healthy weight.

Studies show that being overweight or obese increases a postmenopausal woman's risk for developing hormone-receptor-positive breast cancer, likely because extra body fat increases levels of estrogen and other hormones.

Studies have shown that a reduction of just 10 percent of body weight decreases estrogen levels and their activity. Obtaining and maintaining a healthy weight through diet and exercise is worth the effort.

**WHAT TO KNOW**

As part of its Triple Ribbon Month celebration, local agencies along with base helping agencies will dispense educational information at road shows Oct. 23 and 30 at the Base Restaurant and Base Exchange.

Robins will also host its annual Pink Picnic luncheon Oct. 27 at the Museum of Aviation from 11:30 a.m. to 1 p.m.

The guest speaker will be Becky Olson, a three-time cancer survivor.

For more information, call the Health and Wellness Center at 478-327-8480.

Not only will you reduce your risk for diseases, but you are more likely to survive if you're diagnosed with breast cancer. To obtain a healthy weight, speak with your doctor or registered dietitian nutritionist about how many calories you need a day, and get at least 150 minutes of moderate exercise per week.

Eat a Variety of Fruits and Veggies

Everyone knows that eating a diet high in fruits and vegetables is good for you, but it's especially important for those with an increased breast cancer risk.

Fruits and vegetables, along with beans and grains, are known to contain phytonutrients. The term phytonutrients is a broad term for compounds produced by plants that have beneficial effects on the body. One common phytonutrient frequently mentioned is antioxidants, known for their cancer-fighting properties.

Carotenoids are an antioxidant responsible for the yellow, orange and red colors of fruits and vegetables. Carotenoids have been shown to lower risk of developing breast cancer, including those that are difficult to treat and have a poor prognosis.

Aiming for five cups of fruits and vegetables a day is recommended, and getting your fill of carrots, red peppers, sweet potatoes, winter squash, spinach and kale will increase your phytonutrient intake. By eating a wide variety of phytonutrients, you'll provide your body with a wide variety of beneficial compounds to help reduce your cancer risk.

Alcohol Consumption

Several studies have demonstrated an association between alcohol consumption and breast cancer.

The role alcohol plays in the development of breast cancer isn't clear at this time, but research shows that women who have two to five drinks daily are at least 50 percent more likely to develop breast cancer compared to non-drinkers.

Dietary guidelines already recommend women limit alcohol to one serving per day, but women with breast cancer or who are at a greater risk of developing it, might consider avoiding alcohol altogether.

Remember, a serving of alcohol is a glass of wine (5 ounces), a shot of liquor (1.5 ounces) or a bottle of beer (12 ounces).

If you're at a greater risk for breast cancer due to a first-degree relative diagnosis, had breast cancer before, or simply want to reduce your chances of developing it, it's important to adopt these habits into your everyday life.

These are lifestyle changes not meant to happen overnight – be gentle with yourself and implement these modifications slowly.

Reducing your cancer risk is a goal that should be kept throughout your life.

To learn more either talk with your primary care provider or contact the Health Promotions Flight at 478-327-8480. You can also sign up for a nutrition class or inquire about weight management options available at Robins at the HPF.

Let's get moving ...

AFMC promotes 'RECESS' physical activity challenge

BY AIR FORCE MATERIEL COMMAND
HEALTH & WELLNESS TEAM

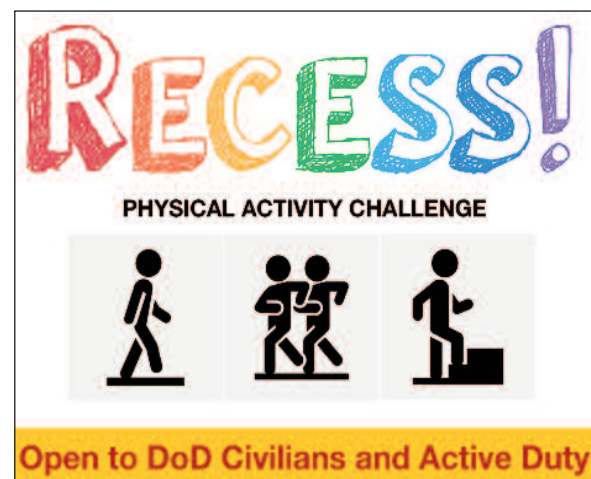
WRIGHT-PATTERSON AIR FORCE BASE, Ohio – During the months of October through December, Air Force Materiel Command will promote its RECESS physical activity challenge.

RECESS is a command-wide initiative which is conducted by Civilian Health Promotion Services, to help the AFMC workforce increase movement by promoting short bursts of physical activity throughout the day.

According to a 2015 study of the health effects of sedentary time on adults published in the Annals of Internal Medicine, more than half of the average person's waking hours are spent sitting, watching television, working at a computer, driving, or doing other physically inactive pursuits.

The study documented higher rates of type 2 diabetes, cancer, and cardiovascular disease in very sedentary people.

The RECESS physical activity challenge promotes regular movement to combat sedentary behavior. Examples of how to increase movement would include:



✦ Taking short walks during lunch and throughout the day.

✦ Using the stairs instead of the elevator.

✦ Standing while talking on the phone.

✦ If you work at a desk for long periods of time, try a standing desk – or improvise with a high table or counter.

Moving more and sitting less daily will help you to counteract the detrimental health effects of sitting. The key is to move your body frequently during the course of the day.

How to participate in the RECESS Physical Activity Challenge:

1. Enroll at <http://www.afmcwellness.com/> between now through Oct. 26.
2. Complete the initial check-in event with CHPS between now and Oct. 26.
3. Perform and log at least 720 minutes (12 hours) of physical activity between Monday and Dec. 2. Log activity minutes on the <http://www.afmcwellness.com/Activity Log> starting Monday through Dec. 2.
4. Attend the CHPS education class, "Physical Health Triangle" between Monday and Dec. 2.
5. Attend final check-out with CHPS between Dec. 6-16 to receive the challenge completion award.

Participants who complete the RECESS physical activity challenge requirements will receive a free Restore Strong Core & Back Kit from CHPS. Contact your physician before beginning any physical activity program to be sure it is safe.

For more information, visit <http://www.afmcwellness.com/> or contact your local CHPS team at DSN 497-8030.

GETTING TO KNOW YOU



Eddie Preston

U.S. Air Force photo illustration by **CLAUDE LAZZARA**

UNIT: Air Force Life Cycle Management Center

JOB TITLE: Hydraulic Servicing Equipment engineer

TIME IN SERVICE: 14 years

HOMETOWN: Bonaire, Georgia

What does your work involve at Robins? "Total life cycle systems management and program engineering support and sustainment of various hydraulic servicing equipment such as hydraulic component test stations, hydraulic test stands, hydraulic servicing carts and other hydraulic servicing equipment to support servicing and maintaining Air Force aircraft hydraulic systems and components."

What do you enjoy most about your work? "I enjoy seeing the direct and immediate payback and benefits that hydraulic fluid purification provides to the warfighter."

How does your work contribute to the Robins mission? "I'm the engineer for portable (flight line) hydraulic test stands, hydraulic fluid purifiers, back shop hydraulic test stands and hydraulic fluid servicing units for the Air Force and our foreign military sales customers."

What prompted your interest in your current career field? "My father prompted me to become an engineer. When I was young, he worked multiple jobs at a time trying his best to provide for his family. He started work as a machinist at Robins in 1982, went to college at night and ultimately worked his way up the ladder to be a senior computer specialist working in engineering data and data security. He always wanted me to be an engineer."

Who has been the biggest influence in your life? "There have been many people who have influenced my life. The most prominent are my grandfather, my uncle and my father. My grandfather, Calvin Davis, always took the time to take me fishing or hunting on his days off. My uncle, Ken Dorough, always treated me like a son. My father probably influenced me the most in my career. He worked hard to climb the ladder during his career at Robins, and really put the drive in me to be something one day."



U.S. Air Force photo by **ED ASPERA**

This exhibit, currently housed at the Air Force Reserve Command history office, will soon call the Museum of Aviation home.

AFRC exhibit gets new home at MOA

BY ANGELA WOOLEN

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The Air Force Reserve Command history office at Robins has some memorabilia it wanted to showcase, and the Museum of Aviation has some space to fill.

The two got together and are creating a display case filled with the various roles of the Air Force Reserve.

"We have the mannequins; the one thing we lacked were cases," said Paul Larsen, AFRC staff historian.

One of the male figures represents 2nd Lt. Robert Moore, a World War I pilot. His uniform is on loan to AFRC by the National Museum of the United States Air Force. The tall boots and outfit harken to a time of mounted cavalry.

Moore was a member of the Army Signal Officers Reserve Corps.

Other mannequins include Capt. Trish Hayden, aeromedical evacuation critical care nurse; Lt. Col. Jeffrey Macrander, Lone Survivor mission; and Senior Master Sgt. Jack Story, Band of the Air Force Reserve drum major.

Hayden was a critical-care nurse with

the 920th Rescue Wing when she helped to save an airman who had been stabbed in the eye by a 9-inch knife.

Macrander, a member of the 305th Rescue Squadron, Davis-Monthan Air Force Base, Arizona, led the mission to rescue U.S. Navy S.E.A.L. Marcus Luttrell in 2005.

Story served as the drum major for the Band of the Air Force Reserve from 1989-2002. He is currently a school teacher here in Warner Robins.

"Our goal is to tell our story about what they've done," Larsen said.

The Reserve performs operational missions just as the regular Air Force does and Larsen hopes this exhibit will help show that to people.

This will be the first dedicated AFRC exhibit with artifacts and will be showcased on the second floor near the Explosive Ordnance Disposal's display in the Eagle Building.

"The exhibit will be a great partnership for AFRC and the museum. We provide a great setting and hundreds of thousands of visitors per year and AFRC gets to share some amazing stories," said Mike Rowland, curator at the museum.



Become part of a winning team

Robins is currently hiring multiple selectees for the following sheet metal worker position. Please visit the link below.

<https://www.usajobs.gov/GetJob/ViewDetails/451533400/>

For more information on navigating USA jobs, watch the video on Youtube by copying and pasting this link: www.youtube.com/watch?v=8BicxsWEY6c&feature=share in your browser.

To search for other jobs, visit www.usajobs.gov.



Click it
or Ticket
It's the LAW.



U.S. AIR FORCE
EagleEyes

WATCH.REPORT.PROTECT.

**REPORT
SUSPICIOUS ACTIVITY
TO 468-EYES**

Airman & Family Readiness Center Classes, workshops & seminars

► **Pre-Separation Briefing**

(retirees)* – Tuesday from 8 a.m. to noon; (separatees)* – Oct. 25, from 8 a.m. to noon

► **Financial Beginnings (First Term Officers)*** – Tuesday, from 1 to 3 p.m.

► **Passport to Parenthood** – Tuesday from 8:30 a.m. to noon at the HAWC. Call 478-327-8398 to register.

► **First Term Airman Course: Finances*** – Tuesday from 7:30 a.m. to noon.

► **Right Start*** – Wednesday from 7:45 a.m. to 12:30 p.m.

► **Career Technical Training Track*** in Bldg. 905 Room 121 – Wednesday and Thursday from 8 a.m. to 4 p.m.

► **Key Leaders' Orientation*** – Thursday, from 7:30 to 12:30 a.m.

► **VA Benefits Briefing*** – Oct. 26, from 8 a.m. to 3 p.m. in Bldg. 905.

► **Tips on Writing a Federal Resume** – Oct. 27 from 8 to 10 a.m.

► **Educational Track*** – Oct. 27-28, from 8 a.m. to 4 p.m. (Call Ron

Smith 478-327-3410 to register).

► **DAV Medical Records Review** – Appointments only. Call DSN 472-4146.

► **Department of Labor** – Wednesdays, from 8 a.m. to 4:30 p.m.

► **Military and Family Life Counseling** – Mondays through Fridays, from 8 a.m. to 8 p.m.

► **Pre-Deployment Briefings*** – Tuesdays and Thursdays, from 1 to 2 p.m.

► **Survivor's Benefit Plan** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.

► **CAPSTONE appointments** – Every Thursday afternoon at 1 p.m., 2 p.m. and 3 p.m.

Editor's Note: All classes require pre-registration.

*For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m. * Denotes military spouses are welcome*



FALL BASH FUN DAY 2016

Saturday, Oct. 22
1 - 5 p.m.
Robins Park
Free Entry For All Ages

Activities: Food, Bouncy Castle, Train Ride, Rock-climbing Wall

For more information, call 478-926-6559 or DSN 468-6559.

Team Robins will host its annual Fall Bash Oct. 22, from 1 to 5 p.m.

The family-friendly event, slated to take place at Robins Heritage Club, is a yearly tradition that allows the Robins' community to take a break and have some fun.

The free event – which will include rides, face painting, games, live music, a craft fair and other family-friendly activities – is open to all Robins Air Force Base ID cardholders.

Food and drinks will be available for purchase at the event.



Robins Air Force Base on Facebook

Check out Robins on Facebook. Visit www.robins.af.mil and click on the Facebook link.

Halloween Pet Photos can net shoppers \$5,000

DALLAS – For many military families, pets are more than just companions – they're family.



Now, the Army & Air Force Exchange

Service is giving service

members the opportunity to give their pets some well-deserved appreciation – and win a \$5,000 Exchange gift card in the process. All they have to do is enter the Dress Up Your Pet for Halloween Photo Contest.

Through Oct. 31, authorized shoppers can submit a photo of their pet wearing their cutest Halloween costume at shopmyexchange.com/BecauseOfYou. One winner will receive a \$5,000 Exchange gift card, courtesy of Smokehouse Pet Products, while five runners-up will receive a year's supply of pet food – a \$500 value.

The sweepstakes is part of the Exchange's Because of You program, which has expanded in 2016 to celebrate military families as well as honor active-duty troops.

"Through every deployment, TDY or PCS, military pets are there to welcome service members home, support the family members and provide a sense of comfort and continuity through the constant change that goes with the military lifestyle," said Retired Army Col. Thomas Ockenfels, the Exchange's Chief of Staff.

No federal endorsement of sponsors is intended.

HAPPENINGS/SERVICES

ON TAP

Family Movie Night

'The Haunted Mansion'
Today
6:30 p.m.
Base Theater
For details, call DSN 468-4001.

Membership Dinner

Monday
5:30 to 7 p.m.
Heritage Club Ballroom
For details, call DSN 468-2670.

Tips from the Pro

Tuesday
5 to 6 p.m.
\$5 for unlimited balls
Pine Oaks Golf Course
For details, call DSN 468-4103.

Fall Bash Arts & Crafts Fair

Deadline to reserve space is Wednesday

Registration forms available at
the Arts & Crafts Center
Tables are \$20 each
For details, call DSN 468-5282.

Triple Ribbon 5K Color Run

Oct. 21
8 a.m.
Fitness Center
For details, call DSN 468-2128.

Beginners Frame Class

Oct. 25 and 27
6 to 9 p.m.
Arts and Crafts Center
\$20 per person
For details, call DSN 468-5282.

Zombie Run 5K

Oct. 28
Register from 4 to 5:15 p.m.
Race starts at 5:30 p.m.
Trap and Skeet Range
Open to all Robins personnel

For details, call DSN 472-7681.

Last Friday

Oct. 28
\$250 Club Card drawing for members
present at 5 p.m.; \$250 Club Card draw-
ing for members present at 7 p.m.
Heavy Hors d' oeuvres from 4 to 6 p.m.
Jazz Band from 5 to 8 p.m.
For details, call DSN 468-2670.

Halloween Big Bingo

Oct. 30
2:15 p.m.
More money game and door prizes
Heritage Club Bingo Room
For details, call DSN 468-4515.

Robins AFB Trap and Skeet Range Fall Trap League

Oct. 30
Robins Skeet Range
New shortened six week league format

\$12 per week (two Rounds at \$6 each)
For details, call 478-955-3255.

Job Fair

Nov. 9
Marketing Office
For details, call DSN 468-6559.

Twilight Rates

Every day
After 4 to 7 p.m.
Pine Oaks Golf Course
Play 18 holes with cart
\$20 per person.
For details, call DSN 468-4103.

Afterburner October Special

5:30 a.m. to 1 p.m.
Base Restaurant, Bldg. 166
Hot or Cold French Vanilla
For details, call DSN 472-7827.