

Today is the last edition of the Robins Rev-Up until we secure a new contract. The Telegraph published and distributed the Rev-Up for Robins Air Force Base for nearly 20 years. In anticipation of the expiration of the current contract, The Telegraph notified Robins that they did not intend to compete for the new contract as it was no longer a financially viable venture for their company. Robins and Telegraph officials held several meetings to determine if a mutually-beneficial

solution could be reached, but we were unsuccessful. The Telegraph did extend its services to Robins for an additional 30 days to provide more time for the transition.

We anticipate the next Rev-Up publishing and distribution contract will be awarded on a competitive basis in the upcoming months. Awarding a new contract is a lengthy process and no timetable can be set at this time, but we are taking all efforts to expedite

the restoration of RevUp operations. In the meantime, news and information regarding base events and activities can be found on the Robins AFB official home page at www.robins.af.mil or our Robins Facebook page at <https://www.facebook.com/RobinsPublicAffairs/>.

Editor's note: For more information, call the Public Affairs office at 478-926-2137.

ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

October 28, 2016 Vol. 61 No. 43

Taking care of people, sustaining CPI

Complex closes out fiscal 2016 with 182 aircraft

BY JENNY GORDON
jenny.gordon.ctr@us.af.mil

For Brig. Gen. John Kubinec, the continued mission success the Warner Robins Air Logistics Complex experienced in 2016 is a direct result of "having the 'best on the planet' professional workforce, a strong, collaborative partnership with our union, amazing civilian leadership and the Art of the Possible production system."

The complex had a record year in fiscal 2015 with 217 aircraft produced, more than any other period in the last several years. Kubinec, WR-ALC commander, said the continuance of that outstanding performance in fiscal 2016 speaks to how processes have been institutionalized across the entire complex. He said ensuring strong support of the skilled, professional complex work force was a vital key for production success.

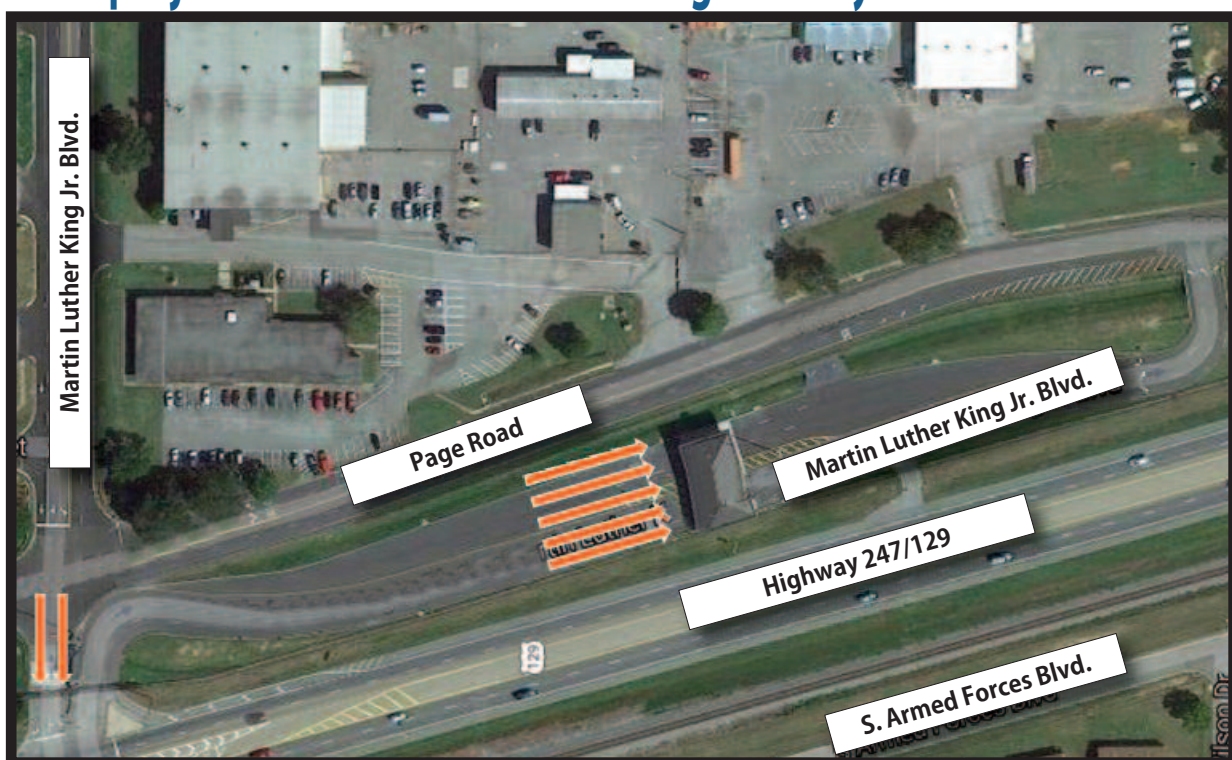
"Our goal now is to continue to build upon those gains to ensure this system and performance is sustainable for the long-term, for the readiness of our Air Force and for the defense of our nation," said Kubinec, who was also the Warner Robins Air Logistics Center vice commander in 2011. He returned to Robins this



Kubinec

► see CPI, A2

Gate project alters traffic flow starting Monday



Starting Oct. 31

MLK Gate: 5:30 to 8 a.m. – Morning Traffic: five lanes will be open for inbound traffic; **outbound will be closed 8 a.m. to midnight** – Three to five lanes will be open for inbound traffic; two outbound lanes will be open
Watson Gate: Normal Operations
Green St. Gate: Normal Operations
Russell Gate: Closed
Museum of Aviation Gate: 5:30 a.m. to 8 a.m. – inbound only

Starting Nov. 28

MLK Gate: 5 a.m. to 6 p.m. – Morning Traffic: five lanes will be open for inbound traffic until 8 a.m.; **Outbound will be open**
Watson Gate: Normal Operations
Green St. Gate: Closed
Russell Gate: Normal Operations
Air National Guard Gate: - Open from 5:30 to 8 a.m. inbound northbound traffic only. Open for outbound northbound traffic only from 3 to 6 p.m.

Starting Jan. 5

MLK Gate: 5:30 to 8 a.m. – Morning Traffic: five lanes open for inbound traffic; **8 a.m. to midnight** – Three to five lanes will be open for inbound traffic; two outbound lanes will be open.
Watson Gate: Closed
Green St. Gate: Normal Operations
Russell Gate: Open 24 hours

See the Robins Facebook page at <https://www.facebook.com/RobinsPublicAffairs/> and the base marquee for schedule changes.

Robins to make room for C-5 workload

BY JENNY GORDON
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Shops across the 402nd Commodities Maintenance Group and many others are currently experiencing a renaissance of sorts.

That's because there's an air of anticipation, with a nod to the future of exciting things to come.

When mission-critical contract work performed on the C-5 Galaxy ended in 2015, the contractor, Marianna Airmotive, still had in its possession large assets and tooling that needed to be relocated. The Florida company had remanufactured, overhauled and made parts for 20 years for one of the Air Force's most versatile cargo aircraft.

Robins stepped in, and by August, a team of engineers, planners and Defense Logistics Agency personnel had audited assets the company had in its possession. By fall those assets and tooling were shipped to Georgia on 40 truckloads.

"Through the resources of 402nd CMXG, in just a few months this team designed tooling, stood up shops, and is now capable to do overhaul and repair on these critical assets," said Mark Johnson, 402nd CMXG deputy director. "Here's a case where major strategic airlift capabilities for the Air

► see C-5 A3

Work together, plan accordingly

BY GEOFF JANES
Robins Public Affairs

With the first part of a three-phase construction project kicking off at the Russell Gate Monday, Robins leadership is encouraging base motorists to plan ahead and adjust their schedules accordingly. The Watson, Green Street, and Russell Parkway gates will be closed for about 21 days each.

The construction being performed at the gates is a necessity to help ensure not only security but employee safety while traveling in and out of the base. Base leadership worked with local and state officials to maximize safety and minimize traffic hazards.

"We know this project is going to be an inconvenience for our people," Col. Jeff King, 78th Air Base Wing commander, said. "But when all is said and done, we'll have entry points that are more safe and secure. It will be worth the temporary inconvenience.

"We cannot impress enough upon our people the need to leave for work early so we can get through the three-week stretch at each of our busy gates with as little interruption as possible," he added.

The construction involves the in-

stallation of traffic-calming devices and the installation of gate cameras.

"We've seen far too many people flying through the gates, and it's just not conducive to the safety of our people," said Col. Jarvis Baker, 78th Mission Support Group commander. "We have to get through this together. We've looked at all of our options, and we've come up with the most effective alternative to ease traffic flow during the construction."

To help ease congestion, the MLK Gate will be open and increased to five lanes, for the same time periods each of the closed gates would normally be open. During each gate closure, the inbound and outbound traffic at the Martin Luther King gate will be the same as the gate that is closed. (See diagram above for specifics.)

Further, the Museum gate entrance will be used inbound only to access the base during the Russell Parkway closure, and the Air National Guard gate will be used during the Green Street gate closure.

Baker said there was a reason for planning the Russell Gate phase first.

"We chose the Russell Parkway gate to be first because we've got to make sure we get it done before weather potentially becomes a factor," he said. "It's our busiest gate."

About the project

Beginning Oct. 31, the Russell Parkway Gate will be closed to both inbound and outbound traffic. The MLK Gate will be open the same hours that Russell is normally open and will have five lanes of inbound traffic from 5:30 to 8 a.m. The gate is closed to outbound traffic.

The Museum of Aviation entrance will be an alternate base access point. This portion of the project is expected to last 21 days.

On or about Nov. 28, The Green Street Gate will be closed to inbound and outbound traffic. The MLK Gate will be open the same hours as the Green Street Gate is normally open, with five lanes open to inbound traffic from 5 to 8 a.m. Outbound traffic is closed.

This portion of the project is expected to last 21 days. The ANG gate will be opened during this time to relieve the excess traffic expected at the other gates.

On or about Jan. 5, the Watson Gate will be closed to inbound and outbound traffic. The MLK Gate will be open the same hours as the Watson Gate, with five lanes open to inbound traffic from 5:30 to 8 a.m.

This portion is expected to take 21 days.

FRIDAY FLYBY: Creating Connections: Wingman Weekend a huge success, Page B1

Combined Federal Campaign continues

The 2016 Combined Federal Campaign is inching closer to its goal. As of Oct. 21, the campaign has raised \$67,904 of its \$1 million goal – benefiting a significant number of local and national charity organizations.

The campaign season continues through Nov. 10.

Employees can contribute via MyPay. The Robins goal is 100-percent contact and \$1,000,000 in contributions. Contact your Unit Super Monitor or Key Worker for assistance.

For a list of POCs visit <http://www.robins.af.mil>.

Base Trick or Treat Saturday

The 78th Security Forces Squadron will host its annual "Pumpkin Patrol" for Trick or Treat in base housing Saturday from 6 p.m. to 8 p.m. In addition to Trick or Treat, the first ever "Trunk or Treat" will be at the Museum of Aviation parking lot. This event is being held in support of our local community and everyone in Houston County is invited.

To volunteer to provide a "Trunk," call 472-1980 or email samuel.harrison.1@us.af.mil or jared.scott.5@us.af.mil to reserve a spot. Candy will be provided.



Weekend Weather

Friday 84/53



Saturday 85/54



Sunday 89/54



Be smart. Implement safety from the start.

SECOND FRONT

CPI

Continued from A1

past summer.

“The Air Force has the smallest fleet we’ve ever had and the oldest. It’s now more critical than ever to our national defense. We must continue to perform and improve – it’s what our nation demands of us,” he said.

In fiscal 2016, which ended Sept. 30, a total of 182 aircraft were produced by the complex.

Seven C-5s were produced in fiscal 2016, making this the fifth consecutive year the 559th Aircraft Maintenance Squadron has achieved a 100 percent on-time due date performance, or DDP.

In the 562nd Aircraft Maintenance Squadron, 44 C-17s were produced, which amounts to a 98 percent DDP.

There were 64 C-130s produced in 2016 in the 560th Aircraft Maintenance Squadron, four more than originally planned. Its DDP stood at an 85 percent DDP for the year.

In the 561st Aircraft Maintenance Squadron, 67 F-15s were produced, finishing the fiscal year with a 35.8 percent DDP.

In the 402nd Commodities Maintenance Group, commodity lines produced 34,947 units in fiscal 2016, over 1,000-plus additional units than planned.

The 402nd Electronics Maintenance Group produced 60,725 units, with over 5,086 more assets than had been planned at the beginning of the year.

The 402nd Software Maintenance Group completed 239 projects, over 30 more than also originally planned.

And the 402nd Maintenance Support Group, with PMEL calibrations, conducted 27,990 preventive maintenance actions to keep the production plants running smoothly.

Why it matters

Everyone must work together to do the important work of a depot, to provide readiness to our Air Force and enable warfighters to be successful, Kubinec said.

Commodities and electronics maintenance groups worked diligently to increase parts availability and ensure assets are there when the warfighter needs them.

In particular, he cited this year’s success story of Robins’ support of Air Force Special Operations Command’s MC-130H Combat Talon and AC-130U gunships. This aggressive C-130 AFSOC Acceleration Plan included programmed depot maintenance in fiscal 2016 of six high-demand aircraft by members of the 560th AMXS, with support from throughout the WR-



U.S. Air Force file photo by RAY CRAYTON

Kelly Kim, 560th Software Maintenance Squadron aircraft mechanic, replaces floor panels on an Air Force Special Operations Command MC-130H Combat Talon. The Talon is touted as one of the fiscal 2016 success stories.

ALC production machine.

Ongoing CPI efforts in the squadron have served as a model for production lines throughout Robins to learn how to accelerate a production machine and to better understand critical paths and reduction of flow days, according to Kubinec.

“This has been a great example of continuous process improvement, and putting Art of the Possible into action,” said Kubinec, referring to the Air Force Sustainment Center’s approach that incorporates scientific production principles and the AFSC leadership model, which places emphasis on process discipline and accountability.

He added, “The warfighter is very pleased as we are meeting and exceeding their expectations. Bottom line is we’re putting those weapon systems back in the fight sooner, and that’s what is most important.”

While production numbers are important, he said it’s about providing readiness to the warfighter, something the complex can’t lose sight of.

Taking care of people

One area that takes priority when it comes to taking care of the workforce concerns safety statistics.

The WR-ALC saw a 55 percent reduction this past year in the number of personal injuries reported.

“For the first time, our TCIR and DART rates have met the industry standard,” said Kubinec, referring to Total Case Incident Rate and Days Away Restricted Transfer numbers. “This has been possible with the work done through the Voluntary Protection Program and the strong partnership with our union.”

“It is our commitment to our workforce to provide

them with the safest possible working environment,” he continued. “We’ll continue to do that, and to get better as a priority every single day.”

Almost every weapon system in the Air Force inventory is supported from somewhere in the complex. As the WR-ALC looks to the future, focus will remain on its people, continuing on the same path as before, and working together as a whole – a “team of teams” among AFSC’s three air logistics complexes at Robins, Ogden and Tinker.

“We can’t do it alone. It takes an entire enterprise across AFSC to really make the improvements and performance we’ve had here,” he said.

The general said the attention gained from outside the Air Force is indicative of WR-ALC’s success in working as part of a larger team and utilizing AoP concepts. The complex recently hosted joint service visitors from the U.S. Navy’s Fleet Readiness Center Southwest, who wanted to learn more about AoP and performance gains achieved to date.

Other upcoming joint support includes a Marine Corps Air Station Cherry Point, N.C. visit, AoP briefing at the 12th Luther G. Jones Army Aviation Sustainment Forum, and visit from Marine Aircraft Group 11, 3rd Marine Aircraft Wing, Marine Corps Air Station Miramar, Calif.

“Robins should be very proud of the work performed here. We are in demand right now. People are asking how we’ve achieved the kind of production we’ve had, how we’ve made improvements. We’ve set the standard in implementing Art of the Possible, and people are recognizing it. We are all in this together in defense of our nation.”



U.S. Air Force photo by TOMMIE HORTON

Kyle Greetham, Wolfvision communications manager, explains the capabilities of the company’s Visualizer presentation and collaboration systems to a visitor at a technical expo Oct. 1 at the Museum of Aviation’s Century of Flight Hangar.

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 now 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.

Inclement weather or unforeseen

conditions, may cause delays.

For more details, call Ricky Davis, 478-327-2940.

CPTS closure

The 78th Comptroller Squadron will be close at Noon on Nov. 17 for an official function.

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.

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.

USE YOUR WITS NOT YOUR WATTS.



U.S. Air Force photo by ED ASPERA

Daniel Blanco, 574th Commodities Maintenance Squadron sheet metal mechanic, works on the C-5 forward ramp floorboard.

C-5

Continued from A1

Force were in jeopardy. When we talk about depots – why we maintain 50/50 capabilities – this is exactly the reason.”

For example, Bldg. 169 has been a flurry of activity. When you’re dealing with C-5 parts, such as side doors, you need floor space to not only store, but maintain and work them. The building was reconfigured to accommodate the workload.

But it’s not just happening there. In less than a year’s time, it took tremendous effort to bring the items to Robins and

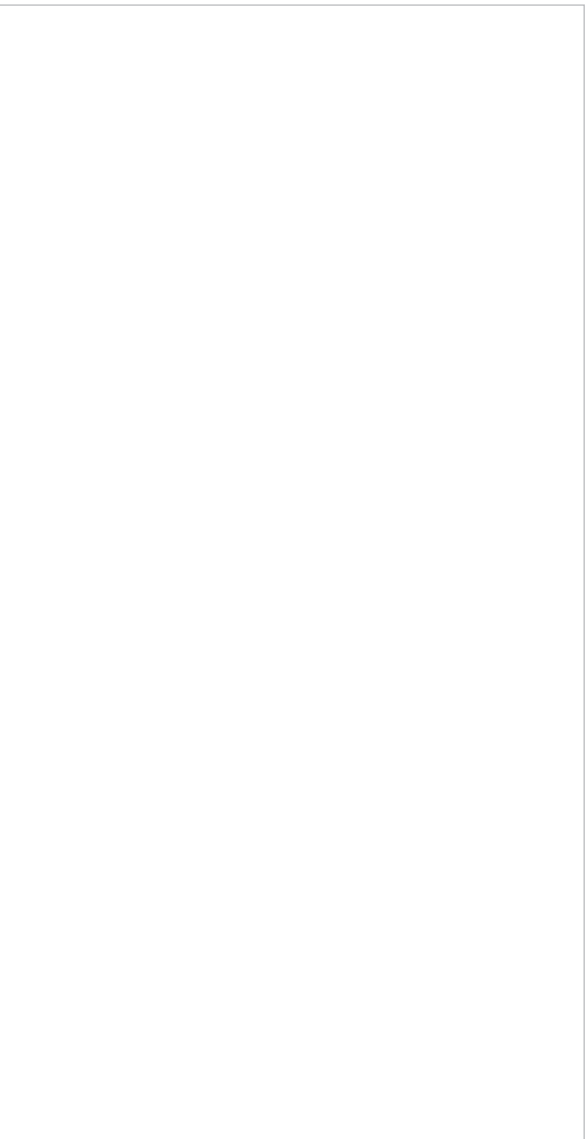
sort through it all, while at the same time standing up multiple shops so the mission could continue.

A total of 54 assets will be worked, and set up across numerous buildings over the next several years, to include Bldgs. 169, 149, 110, and 2328, location of the C-5 aft and forward ramp shops. Those are one of the largest C-5 assets, which take the longest time to overhaul, sometimes up to one year.

“The wonderful thing about this effort is we don’t have the capability yet to paint these (aft and forward ramps), but we’ve partnered with 402nd AMXG. We’ve already built a fixture, rolled a ramp into their shop, got it out, partnering with them until our paint shop could build a bigger area. That’s been a big win,” said Karla Landry, 574th Production Engineering Section director.

SHOUTOUTS

Thanks to the collaboration of team members, to include the C-5 System Program Office, 409th Supply Chain Management Group, communications, a dedicated team of nearly 25 engineering professionals, CMXG, DLA, the 402nd Maintenance Support Group, contracting and business offices, Georgia Air National Guard and the 78th Air Base Wing, work on sustaining C-5 parts will continue for years at Robins.



AROUND THE AIR FORCE

AF manpower, personnel, services leaders talk recruiting, retention

BY TECH. SGT. ROBERT BARNETT

Secretary of the Air Force Public Affairs Command Information

The Air Force deputy chief of staff for manpower, personnel and services spoke on recruiting and retaining the best and brightest and keeping military families together during an Air Force Association breakfast Oct. 12 in Arlington, Virginia.

Lt. Gen. Gina Grosso is responsible for strength management, education and training, compensation, resource allocation, and the worldwide Air Force services program.

Grosso sees her responsibilities as encompassing a “cradle to grave” approach to human resources, from recruitment and development to assignments and retention, she said. This also includes sustaining and regenerating Airmen and family programs to ensure their care and wellness.

“Our personnel system is really rounded and all encompassing, so we have to really think, ‘How do we tap into the talent that we have all across the Air Force?’” Grosso said.

The Defense Department is leading the way with transformational efforts that will greatly modernize Air Force policies, with the ultimate goal of optimizing

recruitment, retention, and overall productivity. The Air Force has cross-functional working groups aiming to accomplish those objectives and the initiatives of the Human Capital Annex to the Air Force Strategic Master Plan, the Air Force’s core strategic document.

Following the annex, the service will modernize its approaches to attracting and recruiting, development, talent management, resiliency, retention, diversity and inclusion, and optimize its approach as a total force of active-duty Air Force, Air National Guard and Air Force Reserve.

“How do we think differently about matching people’s desires with the big requirements of the Air Force?” Grosso asked. “We’re going to let individuals define themselves – these are qualitative characteristics. Then our recruiters will be able to define what they are looking for, and then we’re going to do a match. We’ll compare that with traditional processes and see if we’re doing better.”

Grosso also noted more joint spouses are being assigned together.

“There is a very high success rate,” she said. “We match 95 percent, so it’s higher than people think ... I think we can get to 100 percent, but it requires us to think differently.”

Career progression is another area Grosso wants to improve on.

According to Grosso, many people are happy where they are but have to move when they get promoted. In the future, Grosso hopes that system can be improved upon as well.

The all-volunteer Air Force competes with some of the best companies for human resources, and these companies are becoming smarter at attracting and retaining the country’s top talent by understanding the demands of millennials, she said.

The Air Force must increase attraction and retain talent in order to meet the challenges of the future, Grosso added. Talent management is about more than numbers; it’s about what is gained as an organization with diversity of thought and experience. Leadership will continue to think of ways to increase diversity and inclusion, not just for today’s Airmen, but to ensure tomorrow’s Airmen are part of the team to bring Air Force capabilities to the joint fight.

“It’ll be interesting to see how all those come together,” she said. “I think we’ll see a very different assignment process in the end, and hopefully satisfaction will go up.”

In Air Force News

Guard uniquely positioned to contribute in cyber realm

JOINT BASE ANDREWS, Md. (AFNS) – The civilian-acquired skills of its members enable the National Guard to make unique contributions in the cyber realm, Gen. Joseph Lengyel, chief of the National Guard Bureau, said Oct. 17.

Lengyel told audience members at the North American International Cyber Summit 2016 that Guard members can be found in high-tech companies ranging from startups to Google and Microsoft.

Lengyel said civilian-acquired skills give guardsmen a unique ability to contribute in their military roles, and it’s a two-way street.

“We provide employers the military training and experience our guardsmen take back to their civilian positions,” he said.

The National Guard is not a new arrival in cyberspace. Fear that coding issues would cause problems after Dec. 31, 1999, – popularly known as the Y2K or Millennium Bug – prompted the formation of what are now called Defensive Cyberspace Operations Elements in each of the 50 states, three territories

This week in Air Force History



From Oct. 28 through Dec. 18, 1995 in an operation called Vigilant Sentinel, the Air Force first tested the air expeditionary force concept, deploying F-16 Fighting Falcons of the 20th Fighter Wing and the 347th Wing to Bahrain.

and Washington, D.C., where the National Guard operates.

Nation’s first special tactics memorial unveiled

HURLBURT FIELD, Fla. (AFNS) – A 7-foot tall bronze statue of a special tactics Airman in operational gear stands atop a black granite base – a memorial to past, present

and future special tactics operators.

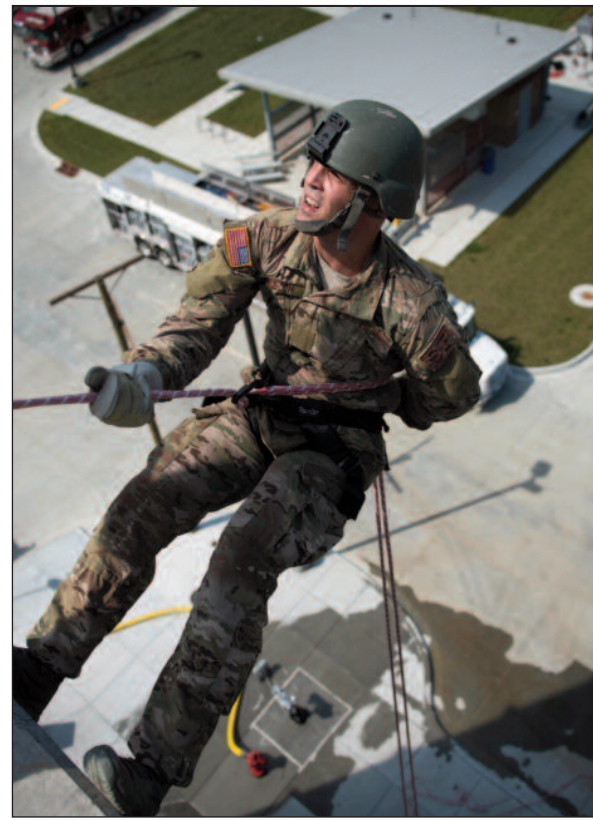
The Special Tactics Memorial was unveiled at a dedication ceremony with more than 800 people present. Air Force Chief of Staff Gen. David Goldfein presided over the ceremony at Hurlburt Field Air Park Oct. 20.

“This memorial serves to close a loop in our airpark,” said Lt. Gen. Brad Webb, the Air Force Special Operations Command commander. “As special tactics is the connective tissue between the ground and the air, this memorial links our past to our present and our future.”

James hosts spouse, family forum

WASHINGTON (AFNS) – Air Force Secretary Deborah Lee James hosted a Spouse and Family Forum in the Smart Center Auditorium on Joint Base Andrews Oct. 19.

The forum’s agenda – spouse employment and child care access; Air Force program for families with special needs; and schools, assignments, deployments and reintegration – was based on frequently asked questions James received during her travels.

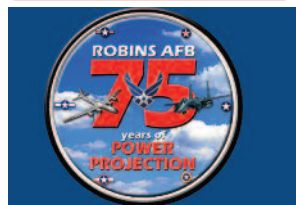


U.S. Air Force photo by Tech. Sgt. Drew A. Egnoske

Descent maneuvers

Airmen from the Oklahoma Air National Guard’s 138th and 137th Security Forces Squadrons perform rappelled descent maneuvers at the Tulsa Fire Safety Training Center, Tulsa, Okla.

ROBINS REV-UP



COMMANDER
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SUBMISSION GUIDELINES

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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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Combat Communications Engineering Integration Center opens at Robins

BY JOINT BASE SAN ANTONIO-LACKLAND

24th Air Force

Members of the 5th Combat Communications Group, along with special guest Lt. Gen. William Bender, Chief Information Officer, Office of the Secretary of the Air Force, hosted a ribbon-cutting ceremony for the new Combat Communications Engineering Integration Center located at Robins Oct. 19.

Effective Sept. 25, the EIC was established as a central engineering and validation element for the modernization of combat communications units throughout the total force.

Under the mission of 24th Air Force's six lines of effort, "Build, Operate, Secure, Extend, and Engage," the center seeks to help achieve the overarching goal of the "Extend" line of effort; which guarantees the expeditionary communications at the speed of need.

Within the "Extend" line of effort, the center

seeks to synchronize and normalize cutting-edge tactical communications capabilities that are accredited, mission ready, and battle tested in the most expeditious manner possible.

"The EIC will help the Air Force move rapidly to relevant, scalable and standardized tactical communications equipment which will be vital to training, mission assurance and organization of the force," stated Col. Jeremy Boenisch, 5th Combat Communications Group commander.

The primary focus of the center is underpinned by the Program Action Directive 12-07 and the Deployable Communications Concept of Operations (2012) with emphasis on the priorities of satellite communications, expandable communication packages, tactical processing nodes, communications fly-away kits, and radios.

Though the EIC is geographically located at Robins, it will be comprised of representatives from across the total force, ensuring a relevant and standardized path to superior equipment.

ABOUT THE GROUP

The 5th Combat Communications Group was activated on July 1, 1964. The 5th CCG is an Air Force Space Command unit reporting to 24th Air Force at Lackland AFB, Texas. The group's four combat communications mission squadrons and one support squadron deploy in support of joint task force, combatant command, and Air Force flying wing operations and exercises.

The group also serves in an advisory capacity for three Air National Guard combat communications groups and Air Force Reserve communications flights with more than 2,500 people in subordinate squadrons from Maine to the Virgin Islands. The group supports United States Central Command Air Forces and Joint Chiefs of Staff operations with exercises in Southwest Asia, Central and South America and the Pacific theater.



REMEMBER TO PRACTICE OPSEC EVERY DAY, EVERYWHERE.

Thought for the Day

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

— John Quincy Adams

What's inside

Don't suffer in silence, B2

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Lighter Fare

THE ROBINS REV-UP ■ OCTOBER 28, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



U.S. Air Force photos by KENYA JAMES AND MISUZU ALLEN

Above, Team Robins members participate in a color run signifying the kickoff of Robins Connect and Wingman Weekend Oct. 21. The two-day event included focus on resiliency, team building and good old-fashioned fun.

Below, from human foosball to educational booths on how to stay healthy, there was something for everyone during Wingman Weekend.

CONNECTING THE DOTS

Installation Wingman Weekend brings Team Robins together for fun

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

For many Team Robins members, finding a niche outside of work can be difficult. Robins Connect was started in order to bring interest groups to the base.

From radio-controlled cars to medieval groups and purebred dogs, there was a variety of things to see and do during Wingman Day and Robins Connect on Oct. 21 and 22.

Tony Wong has been building RC cars for almost 10 years.

"When I first started, there was not a lot of local interest," he said.

Due to the expensive nature of the sport, the participation ebbs and flows. He currently owns four 1/10 scale cars that are powered by nitromethane fuel that can reach speeds up to 50 mph.

Part of the Roller Derby League, the Middle Georgia Derby Demons did a demonstration of what roller derby is all about.

Although she didn't know how to skate when she joined, Amy Mooney thought it looked like fun when she started a few years ago.

Mooney decided to try it so she had a hobby outside of her full-time stay-at-home mother job.

The group train people how to skate if they're interested, she said.



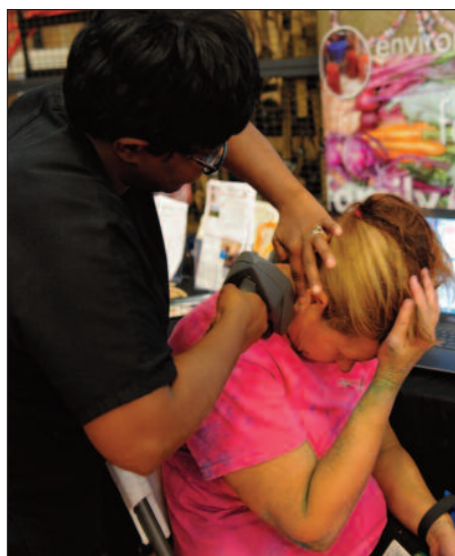
The 5K Color Run was also a success. Starting at 8 a.m., runners were crossing the finish line with clothes, hair and skin in all shades of the rainbow.

Other activities included a human foosball game, Zumba and corn hole. There was also music, educational booths and food for all.

The fun continued Saturday when more than 3,000

people came out for the Team Robins Fall Bash. The yearly tradition allows the Robins community to take a break and have some fun with the family.

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



A BETTER YOU

Don't buy the stigma: Don't suffer in silence

BY STAFF SGT. VANESSA BERRIO

Mental Health NCOIC



WHAT TO KNOW

The Mental Health Flight is comprised of four different elements: Mental Health, Alcohol and Drug Abuse Prevention and Treatment Program, the Family Advocacy Clinic, and Resiliency and Prevention Program.

The Mental Health Flight is located in Bldg. 700. Services are offered to active duty personnel, TRICARE Prime beneficiaries, retirees and family members. The clinic is open Monday through Friday from 7:30 a.m. to 4:30 p.m. For more information, call 478-327-8398.

Don't carry that burden. Don't suffer in silence when we're here and willing to help.

Some people may be concerned about perceived negative consequences of coming to Mental Health, specifically confidentiality.

In the large majority of mental health cases, the member's unit or chain-of-command are never aware that the individual was seen.

However, there are a few rare situations that require us to make a notification. Those disclosures

include imminent plans to harm yourself or others, domestic violence, child abuse or neglect, drug or alcohol abuse, and engagement in serious UCMJ violations.

The current battle we're facing related to stigma is our new deployment clearance process, which requires waivers be submitted for members with certain mental health history.

That doesn't mean you can't deploy if you've ever been seen in mental health. Depending on your mental health history, a waiver may have to be submitted pausing your clearance for deployment until the waiver is approved.

Out of all the submitted deployment waivers since June 2015, all but one has been approved. If a deployment would exacerbate a current mental health condition or significantly impede treatment of an ongoing mental health issue, the member would not likely be medically cleared for deployment. Instead they would complete their treatment to get better and return to the field.

The Air Force is in the business of taking care of people, and the mission of the mental health clinic is to provide the treatment needed to resolve any mental health concerns so that members can return to duty.

Mental Health is here to aid in this process, and we can't do that if there's false information about the frequency of negative career ramification being spread. Remember, it could be someone you're close with and you wouldn't want them to suffer in silence due to false claims. As our flight chant says, "Mental Health, WE AIN'T CRAZY."

Pumpkin Protein Pancakes

If you're like the rest of America and currently loving everything pumpkin, try out these two protein-rich breakfast ideas that are easy to prep ahead and use for the rest of the week. One cup of pumpkin contains more than 200 percent of your recommended daily intake of vitamin A, is a good source of fiber and has more potassium than a banana.

This recipe was adapted from <http://www.ambitiouskitchen.com>

These pancakes are wheat free and high in protein – two pancakes have a whopping 13 g. For an extra protein punch, add a scoop of your favorite protein powder to the blender. If you have a gluten intolerance, you can also make these gluten free using certified gluten free rolled oats. They're also a one 'bowl' recipe, using just your blender to whip these up. Double or triple the recipe to make a batch for the week.



•Pecans or walnuts for topping

RECIPE DIRECTIONS

1. Place ingredients into a blender and blend until smooth. If batter is too thick, add 1 to 2 tablespoons of almond milk. Let batter thicken for 5-10 minutes. If the batter is too thin, add 1 to 2 tablespoons of oats and blend again.

2. Coat a griddle or large skillet with cooking spray and place over medium heat. Pour 1/4 cup of batter onto skillet, cooking until bubbles appear on top. Flip pancakes and cook until golden brown on underside. Repeat. Makes 8 to 10 small pancakes.

3. Top with maple Greek yogurt, maple syrup and nuts.

INGREDIENTS

Pancakes

- 1 cup rolled oats
- 1 teaspoon baking powder
- 1 1/4 cup plain or vanilla Greek yogurt

- 1/2 cup pumpkin puree
- 1 medium ripe banana
- 2 eggs
- 1 teaspoon vanilla
- 1-2 tablespoon unsweetened vanilla almond milk

- 1-2 scoops unflavored or vanilla protein powder (optional)

Maple Greek Yogurt Topping

- 1/2 cup plain or vanilla Greek yogurt
- 1 to 2 tablespoons pure maple syrup (to desired sweetness)

Flu season is here

Flu season is approaching, and the 78th Medical Group is working diligently on its 2016 Flu Campaign.

As vaccines arrive, the Immunization Clinic will focus first on the active duty population. Once the active duty population is immunized, the clinic will open availability to dependents and retirees.

High-risk beneficiaries may receive flu vaccines now with a referral from their primary care provider. In addition, Individual Mobilization Augmentees may walk in to the Immunization Clinic effective immediately. The CDC's Advisory Committee on Immunization Practices does not recommend the live attenuated influenza vaccine or FluMist for the 2016-2017 season due to their low effectiveness from 2013 through 2016.

Beneficiaries should be aware that the FluMist may still be available at off base pharmacies but it will not be covered by TRICARE nor will it satisfy readiness requirements for service members.

Beneficiaries are encouraged to watch the 78th Medical Group Facebook page and signs posted throughout Robins for more information on availability and vaccination locations.

AFMC launches WorkLife4You!

This is a new service bundled with our long-standing AFMC Employee Assistance Program. WorkLife4You is available for civilian employees and their families.

Work/Life Specialists are available 24/7 to provide expert consultations and help you find quality child care, adult care, adoption resources, fitness centers, schools, universities, home improvement professionals, movers and many other helpful resources nationwide. The program saves individuals an average of 13 hours per request.

Online tools and free educational kits are available as well. EAP and WorkLife4You services are available all day, every day by calling 1-800-222-0364 or by visiting the websites listed below.

EAP: <http://www.foh4you.com/>

WorkLife4You: <https://www.worklife4you.com/index.html>

Registration Code: AFMC

Wheelin' Around



Warrior Transition Battalion shoots hoops with Robins

BY ANGELA WOOLEN

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For the second time, Robins hosted a Wheelchair Basketball Clinic as part of its annual Disability Awareness Month.

Harlon Matthews, part of the Henry County Parks and Recreation department's wheelchair sports, brought several wheelchairs for Team Robins members to try.

The Warrior Transition Battalion from Fort Benning, Georgia, fielded a team to not only demonstrate the sport but to take on Air Force members.

"I've played basketball all my life but I can't stand up," said Sgt. Latoya Burnette of the WTB. After her injury, she wasn't sure if she would be able to play anymore.

"It's such an awesome program," she said of the WTB wheelchair team.

The sport is a way to develop camaraderie between fellow wounded warriors but it also provides a way for athletes to continue to participate in a

sport they're passionate about.

Last year, Col. Jarvis Baker, 78th Mission Support Group commander, challenged the base to do bigger and better things with the clinic. Baker did his part by getting strapped into a wheelchair to test his skills.

"This is a good opportunity for us to say this is important," he said. "Our program is going to get stronger."

The rules are the same as in regular basketball. One can't push the chair more than twice without being called for traveling, but there's no double dribbling foul in wheelchair basketball.

"Let the wheel do the work," Matthews told Air Force clinic participants.

To be able to maneuver and control the wheelchair is something that takes practice and dedication. For Burnette, she was ready to give up, but said she's glad she got the hang of it. It allows her to play the sport she loves.

"It's a blessing that we can still play," she said.



U.S. Air Force photos by RAY CRAYTON
As part of National Disability Employment Awareness Month, Robins hosted a wheelchair basketball clinic and games Oct. 20. The Fort Benning Warrior Transition Battalion demonstrated how to play wheelchair basketball and also provided tips and techniques to those participating. Numerous games were played to ensure everyone had a chance to participate and learn the game of wheelchair basketball. Henry County Parks and Recreation provided the wheelchairs for participants.

Soldiers, Airmen transitioning from active duty can keep shopping the Robins Exchange

The Army & Air Force Exchange Service knows how to take care of its own.

When service members transition to Individual Ready Reserve status, they keep the shopping benefit they've earned.

"Soldiers and Airmen transitioning to IRR status are very much a part of the Exchange family and can still shop at the Robins Exchange," said Robins Exchange General Manager, Stephanie Wilson. "Their Exchange benefit, including tax-free shopping and competitive prices, remains intact during their time in IRR."

Soldiers and Airmen transitioning from active duty and their families can continue to visit the Exchange, Express, mall and food court. They can also shop online at shopmyexchange.com for exclusive military pricing on many items and an expanded merchandise selection.

Besides retaining shopping privileges, those in IRR status keep their Military Star card benefits. If they don't have an account, they are eligible to apply for one.

"The Military Star card offers a competitive interest rate and no late, annual or over-limit fees," General Manager Stephanie Wilson said. "Cardholders also receive extra savings at Exchange food courts and gas stations, free shipping on shopmyexchange.com and rewards points for every \$1 spent."

To gain access to the installation to shop at the Robins Exchange, shoppers can apply for an IRR ID card at the installation's personnel office 72 hours after discharging from active duty.

"It's been an honor serving these Soldiers or Airmen while they served our country," Wilson said. "The Exchange looks forward to being there for them as they transition to IRR status."



U.S. AIR FORCE
EagleEyes

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**REPORT
SUSPICIOUS ACTIVITY
TO 468-EYES**

HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR
28 29 30 31 1 2 3

ON TAP

Fried Catfish Buffet

Today
 11 a.m. to 1 p.m.
 Heritage Club Lounge
 \$8.95 all you can eat
 \$7.50 per person
 For details, call DSN 468-2670.

Zombie Run 5K

Today
 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

Today
 \$250 Club Card drawing for members present at 5 p.m.; \$250 Club Card drawing 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

Sunday
 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

Sunday
 Robins Skeet Range
 New shortened six-week league format
 \$12 per week
 (two Rounds at \$6 each)
 For details, call 478-955-3255.

Tips from the Pro

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

First Friday

Nov. 4
 Heritage Club
 Heavy hors d' oeuvres 4 to 5 p.m.
 \$100 Club Card drawing for members present at 7 p.m.
 Jazz Band 5 to 8 p.m.
 For details, call DSN 468-2670.

Family Movie Night

'Angry Birds'
 Nov. 4

6:30 p.m.
 Base Theater
 For details, call DSN 468-2001.

Give Parents a Break Hourly Care

Nov. 5
 6:30 to 10 p.m.
 CDC East and School Age Program
 For details, call DSN 468-5805.

Customer Holiday Cards

Nov. 8
 5:30 to 7:30 p.m.
 Arts & crafts Center
 \$25 per person
 For details, call DSN 468-5282.

Job Fair

Nov. 9
 10 a.m. to 2 p.m.
 Heritage Club
 For details, call DSN 468-6559.

Trap & Skeet Fun Event

Nov. 11
 Noon
 Robins Skeet Range
 For details, call 468-400.

Base Library presents Native American Heritage Month

Nov. 15
 Noon to 1 p.m.
 Base Library
 For details, call DSN 497-8761.

Turkey Trot 5K

Nov. 18
 7:30 a.m.
 Fitness Center
 For details, call 468-2128.

Pallets & Pints

Nov. 19
 1 to 3 p.m.
 Arts & crafts Center
 \$35 per person
 For details, call 468-5282.

Thanksgiving Bingo

Nov. 22
 2:15 p.m.
 Heritage Club Bingo Room
 More money game and door prizes.
 For details, call 468-4515.

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.

Robins Air Force Base on Facebook

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

*Sometimes everyone needs
 a little help ...*

Chaplain – 926-2821
 EAP – 327-7588
 Suicide Hotline – 800-273-TALK (8255)