

ROBINS REV-UP 2.0

NOVEMBER 23, 2016

SUCCESS HERE = SUCCESS THERE!

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FRIDAY FLYBY



Safety Awards

Congratulations is in order to the following Team Robins organizations and people for being recognized for excellence in safety.

AFMC Chief of Safety Special Achievement Award and Aero Club Safety certificate: 78th Air Base Wing Safety Office

AFMC Safety Career Professional of the year, Cat. III: Elza Fowler; **Cat. II:** John Ainsworth.

Gate project resumes with Green Street Monday

ROBINS AIR FORCE BASE, Ga. — Beginning Monday, Phase 2 of the gate project starts as construction moves to the Green Street Gate.

The Russell Parkway and MLK gates have resumed normal operations. The Museum gate is closed until further notice.

As with the Russell Parkway Gate phase, the Green Street Gate portion is expected to last 21 days. During that time period, The MLK Gate will remain open from 5 a.m. to 6 p.m. For morning traffic, three lanes will be used for inbound traffic until 8 a.m.

The Russell Parkway and the Watson gates will conduct busi-

ness as usual.

To further assist in relieving traffic, the Air National Guard Gate will be open from 5:30 to 8 a.m. for inbound northbound traffic only. It will be open for outbound (northbound traffic only) from 3 to 6 p.m.

The final phase of gate construction concerning the Watson Gate is slated to begin Jan. 5.

During that portion of construction, five lanes at the MLK Gate will be open from 5:30 to 8 a.m. to facilitate morning traffic. Three lanes will also be open for inbound traffic until 7 p.m., with two outbound lanes open.

While the Watson Gate is

closed, the Green St. Gate will have normal operations and the Russell Gate will be open 24 hours.

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. The construction involves the installation of traffic-calming devices and the installation of gate cameras.

Editor's Note: More information will be released as it becomes available. Be sure to check www.robins.af.mil.

NEW EMPLOYEES NOW HAVE TWO-YEAR PROBATION

ROBINS AIR FORCE BASE, Ga. — All new Department of Defense federal employees appointed to permanent positions in the competitive service and newly appointed senior executive service positions are required to serve a two-year probationary period.

The Requirement for new employees is retroactive to Nov. 26, 2015.

For more information on employee probationary periods, please visit the myPers website at <https://mypers.af.mil/>.

A simple search for article "1028" will bring you to the Employee Probation Period article.

For questions or concerns, please send an email to: AFPC.DP3FM.CivForceMgtBranch@us.af.mil.



THANKSGIVING MESSAGE FROM AFSC COMMANDER

The one thing we have in common is freedom

By Lt. Gen. Lee Levy III
Air Force Sustainment Center commander

As the days draw shorter and the evenings colder, we enter the season of thanks and celebration.

These days of thanks have long been a part of our American military history.

On Nov. 1, 1777, the Continental Congress declared the first National Thanksgiving Proclamation.

The military even declared days of thanks during the Revolutionary War and the Civil War as days to remember and be thankful for continued prosperity and freedoms despite the ongoing battles.

As we enter into this season of thanks, we recognize the incredible, rich diversity within our Air Force.

So, no matter what your celebration tradition consists of, the one thing we all have in common is our freedom.

The amazing blessings of liberty that those who have gone before us fought so hard to obtain and preserve.

We live in a country where we have opportunities for personal and professional growth, and the freedom to truly be ourselves. So now, let us be ever thankful for our unalienable rights

and liberties.

When I think of what I am thankful for, I think about you — the men and women of our nation's Air Force ... our Airmen ... those who wear a uniform and those who don't.

You are all Airmen, all vital links in the unbroken chain that maintains the defense of our nation and serves as a stern warning to those who would do us harm that this we will defend.

I am honored to serve beside you. Your dedication and commitment to excellence keeps the Air Force Sustainment Center delivering combat power for America.

My family and I hope you enjoy this special time of year and have the opportunity to refresh and connect with others in your life.

Please always be ever mindful of all of our Airmen and their families, some of whom might not be able to be together during this season.

For many, there is no holiday, simply another day to pick up their weapon, get in their jet, or stand watch.

They serve so we can enjoy the fellowship of those close to us.

Finally during this special season, please don't forget that some among us are struggling. Help where you can and always try to be a good wingman as we should never underestimate the profound power of hope.



IDS Tip of the Week

Be active & eat well. If you look good, you more often feel good.

Fitness

+ Balanced Diet

= Healthy Mind

Understanding Epilepsy

Program support assistant shares her story to teach others about the brain disorder

By Holly Logan-Arrington

holly.logan-arrington@us.af.mil

On the surface, Haley Radford, an administrative assistant in Robins Air Force Base's Public Affairs office, may seem like an average Georgia peach, southern accent and all.

But the Ideal, Georgia native is actually one of about 3 million Americans who has some form of epilepsy, a neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain.

November is National Epilepsy Awareness Month.

At 22, Radford was diagnosed with the disorder, often considered an invisible disability.

"I was driving home after work and all of sudden my right hand wouldn't stop moving and I began hyperventilating," she said. "My family physician diagnosed it as only a panic attack because, at the time, I was going through a divorce. Two weeks later, I woke up not knowing where I was, nauseous, and so dizzy that I had to crawl to the restroom."

After blood work and other tests were deemed inconclusive, Radford was referred to a neurologist. An Electroencephalogram revealed the abnormal brain activity, and subsequently, she was diagnosed with Focal Partial epilepsy, meaning that the seizures stem from just one area in the brain, which for Radford is the left side in the brain.

When Radford has a seizure, physical symptoms usually involve twirling her right hand or right foot and staring blankly – a stark contrast to what many people envision as an Epileptic seizure.

"The worst thing you can do to a person with an invisible illness is make them feel like they need to prove how sick they are," she said. "When we're having our bad days,

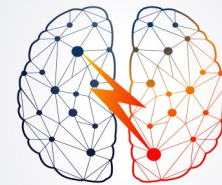
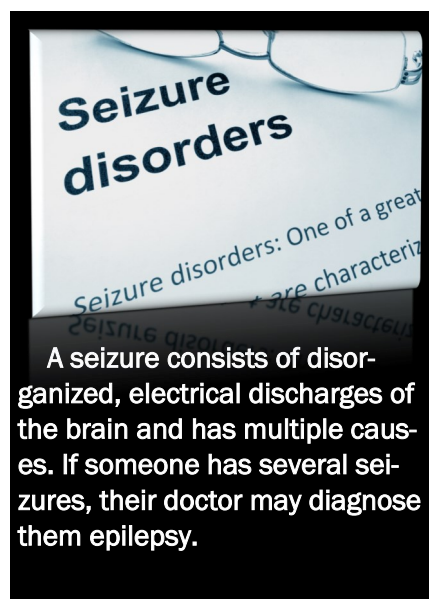
From Left, Haley Radford, Robins Public Affairs administrative assistant, talks with a customer about PA functions. (U.S. Air Force photo by Ray Crayton)



those are when we are fighting the hardest."

At first, Radford was scared, sad and depressed about her diagnosis. Now, she sees it as an opportunity to educate others about Epilepsy.

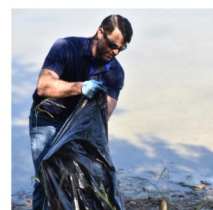
"Knowing a little seizure first aid may greatly help someone having a seizure – it may even save their life," she said.



epilepsy

WHAT TO KNOW ABOUT SEIZURES:

- Do not panic and be calm.
- Do not attempt to move the person having a seizure, since this may injure you, the person having the seizure, or others.
- Do not leave the person having the seizure. Stay with them until the seizure stops.
- Look for bracelet tag and contact information for verification that the individual has epilepsy.
- Protect the individual from any kind of injury. You can do this by moving chairs or other hard objects away from the person.
- Do not attempt to open the mouth and put anything in the mouth, since this could pose as a choking hazard or you could injure yourself.
- Gently put a soft pillow under the head to prevent injury to the head during the seizure.
- Carefully and gently turn the individual to their side and allow any fluid to come out of the mouth
- Do not attempt to give anything to drink or eat while the person is having a seizure.



U.S. Air Force photos by Ray Crayton and Ed Aspera

SCOUTING IT OUT, CLEANING IT UP

By Jacob Tuttle

Natural and Cultural Resources program manager

ROBINS AIR FORCE BASE, Ga. — On Nov. 9, the staff from 78th CEG/CEIEC organized an environmental cleanup at Scout Lake.

With drought conditions exposing acres of shoreline and sand bars, the cleanup team had perfect conditions to get out and make a difference.

Unfortunately, the conditions that exposed hundreds of pounds of garbage on the bottom of the lake, also exposed a base-wide issue with environmental stewardship.

Scout Lake was discovered to be a time capsule filled with decades of evidence of disrespect for our environment,

with one of the oldest items being a beer can from Super Bowl 30.

In addition to the truckload of trash, such as food wrappers and water bottles, the clean-up crew also extracted a wide variety of random items, including a snow ski, a tricycle, a computer monitor and truck tires.

They did what they could, but everyone will need to help from here.

Trash should be properly disposed and litter should not be tolerated. We should all strive to leave our natural areas in better condition than when we found them. And remember that this is our base and it is going to be what we make it. This can be a place we are proud of, or a lake full of trash.

10 Harmful Effects of Litter

- 1.) Litter in the streets and parks can travel through storm drains to bays and oceans or accumulate to block storm drains causing flooding and damage to infrastructure.
- 2.) Removing litter costs everyone who pays taxes.
- 3.) Threat to Public Health. Litter, as it deteriorates, can release harmful toxins, can be a breeding ground for bacteria, and can attract rats and other rodents.
- 4.) Litter can be a fire hazard.
- 5.) Looks bad, and can effect the value of your home and business.
- 6.) Can affect local economy, especially in tourist locations.
- 7.) Litter breeds other litter. Sends out a message that people don't care.
- 8.) Harm or kill wildlife and native vegetation.
- 9.) Can impact water quality, even leaves and grass from your yard.
- 10.) It's demoralizing and disgusting.

SERVICES: WHAT'S HAPPENING AROUND ROBINS



FSS, Med Group holiday hours, Nov. 24 & 25

Services

Bowling Center, open Thursday and Friday from 11 a.m. to 11 p.m.
 Fitness Center, open Friday from 8 a.m. to 4 p.m.
 FamCamp, open normal hours Thursday
 Skeet range, open normal hours Friday
 Golf Course, open Thursday and Friday regular hours
 Wynn Dining Facility, open Thursday, breakfast 6 to 7 a.m.; lunch from 11 a.m. to 2 p.m.; dinner 4:30 to 7 p.m. Open Friday, breakfast 5:30 to 8 a.m.; lunch from 11 a.m. to 1 p.m.; dinner 4:30 to 7 p.m.
 Flight line Kitchen, open 24/7
 Fast Food/snack bars, limited service Thursday
 * Unless listed all FSS activities will be closed Thursday and Friday. For more FSS hours, visit <http://www.robinsfss.com>.

78th MDG

The 78th Medical Group, all services, including pharmacy and central appointments will be closed Thursday and Friday.

Kids Bowl Free

Today
 Ages 17 and under, Two games free,
 *Doesn't include shoe rental
 Bowling Center
 478-926-2112 or DSN 468-2112

Winter Break Craft Camp

December 20 through 22
 Noon until 2 p.m.
 \$20 per person
 Arts & crafts
 478-926-5282 or DSN 468-5282

Fried Catfish Buffet

\$8.95 all you can eat
 \$7.50 per person
 Every Friday
 11 am to 1 pm

Heritage Club Lounge
 478-926-2670 or DSN 468-2670

Trivia Tuesdays

Play Trivia every Tuesday
 4 to 7 p.m.
 Registered players get one 8" cheese pizza
 Heritage Club Lounge
 478-926-2670 or DSN 468-2670

FSS Gift Card

Pick up a 78th FSS Gift Card at the following participating facilities:

- Arts & Crafts**
478-926-5282 or DSN 468-5282
- Information, Tickets & Travel (ITT)**
478-926-2945 or DSN 468-2945
- Outdoor Recreation**
478-926-4001 or DSN 468-4001

No guesswork, No Expiration Date and fits all sizes.



Afterburner November Specials

Hot or Cold Vanilla Latte
 At the Base Restaurant, Bldg. 166
 478-222-7827 or DSN 472-7827
 Mondays through Fridays, 5:30 a.m. to 1 p.m.

“We don’t have to agree with one another, but we must always respect each other.”

**Col. Jeff King,
78th Air Base Wing Commander**



**KEEP
CALM
AND
AIRMAN
ON**

(U.S. Air Force graphic by Tommie Horton)

CONTACT US

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Visit us online at www.robins.af.mil

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COMMANDER’S ACTION LINE

ROBINS.ACTIONLINE@US.AF.MIL

DSN 468-2886

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to live, learn, work and play. The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization.

That gives the organization a chance to help you, as well as a chance to improve its processes. If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful submissions will not be processed. Commander’s Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up 2.0.

- 78th Comm Group First Response Center** – 478-926-4357 or DSN 468-4357
- 78th Civil Engineer Service Call Desk** – 478-327-7447 or DSN 497-7447
- 78th Force Support Squadron CC**– 478-926-5023 or DSN 468-5023
- 78th Medical Group Patient Advocate** – 478-327-8475 or DSN 497-8475
- 78th Security Forces Squadron CC** – 478-926-3212 or DSN 468-3212
- Civilian Personnel Customer Service** – 478-222-0601 or DSN 472-0601
- Comptroller Front Office** – 478-926-4462 or DNS 468-4462
- Family Housing** – 478-926-3776 or DSN 468-3776
- Equal Opportunity** – 478-926-2131 or DSN 468-2131
- Household Goods** – 478-222-0114 or DSN 472-0114
- Inspector General Complaints** – 478-222-0818 or DSN 472-0818
- Inspector General Inspections** – 478-327-5523 or DSN 497-5523
- Sexual Assault Response Coordinator (SARC)** – 478-327-7272 or DSN 497-7272
- Vehicle Dispatch (Transportation)** – 478-926-3493 or DSN 468-3493