



ROBINS REV-UP 2.0

DECEMBER 2, 2016

SUCCESS HERE = SUCCESS THERE!

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FRIDAY FLYBY



AFMC lauds Med Group

Congratulations are in order for the following 2016 AFMC Medical Service Award winners:

Capt. Ayanna Glenn

Capt. Amit Saini

Capt. Victoria Weiger

Capt. Jaqueline Yurgil

Master Sgt. Denise Rice

Senior Airman Jessica St. Cyr

See www.robins.af.mil for more information.

It's a Dirty Job ...

You might have seen some folks popping in and out of man-holes like overzealous groundhogs trying to predict the season lately.

But that's not the case. It's actually a local contract company replacing primary electrical cables for one of the circuits on base.

The work is being done from the 9th Street substation behind Bldg. 645 to the north side of Bldg. 255 and to both the north and south sides of Bldg. 365.

There are spare ducts which allows the workers to pull in and splice new cables before the old cables are disconnected and removed.

That ensures that no facility will be without power during the project.

All of the old cable will be provided to the 78th Civil Engineer Squadron for recycling.

The reason for the swap is the old cable is over 20 years old and past its life expectancy.



(U.S. Air Force Photo by Ed Aspera)

Base to replace sewer lines this month

Water and sewerage will be out in about 40 buildings Dec. 10 and 11 due to a construction project to repair and replace sewer lines.

The plan is to start with Site 3 and finish with Site 1. Work on site one will be completed on Dec. 17 and 18 if it can not be completed by Dec. 11.

Site 1 – Bldg. 376, Dec. 10 and 11 or Dec. 17 and 18. Buildings 253, 261, 262, 263, 266, 270, 272, 273, 275, 276, 279, 280, 282 and 340 will

be affected.

Site 2 – Bldg. 2053 (JSTARS), Dec. 10 and 11.

Affected buildings include: 2033, 2053, 2063, 2064, 2065, 2066, 2067, 2068, 2071, 2072, 2074, 2076, 2078, 2079, 2080, 2081, 2082, 2083, 2086, 2089, 2090, 2094 and 8006.

Site 3 – Building 2059 (JSTARS) Dec. 10 and 11. Buildings 2039 and 2059 will be affected.

— From staff reports

18TH CHIEF MASTER SERGEANT OF THE AIR FORCE NAMED

ROBINS AIR FORCE BASE, Ga. — WASHINGTON, D.C. — Air Force Chief of Staff Gen. David L. Goldfein named Chief Master Sgt. Kaleth O. Wright to serve as the 18th Chief Master Sergeant of the Air Force Nov. 16.

Wright will assume his new position in February, following the retirement of Chief Master Sgt. of the Air Force James A. Cody. Cody's retirement culminates more than 32 years of service to the Air Force.

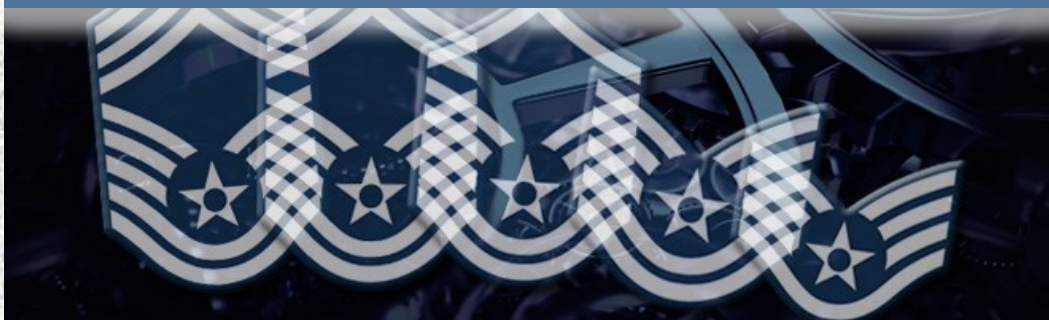
"Chief Wright is absolutely the right choice as Chief Master Sergeant of the Air Force #18 for our Air Force," Goldfein said. "He has experience in squadrons and major commands and in the deployed environment. He served in key leadership positions all along the way, leading our Airmen in almost every region of the world. I am positive he and Tonya will continue to serve tirelessly for our enlisted force as advocates for our Airmen and families. Dawn and I are excited to have them join our team."

The office of the Chief Master Sergeant of the Air Force represents the highest enlisted level of leadership, provides direction for the enlisted corps and represents their interests to the American public and all levels of government.



WRIGHT

ENLISTED PROMOTIONS NEWS:



AF eliminates time-in-grade, time-in-service points

By **KAT BAILEY**

AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) –Time-in-grade and time-in-service points in active duty enlisted promotion consideration will be eliminated beginning with the 17E7 master sergeant promotion cycle, and all future promotion cycles, the Air Force recently announced.

This is the final step in a gradual reduction of points for TIG/TIS that occurred one-third at a time over three years as part of the new enlisted evaluation and promotion systems employed in 2015.

In order to create a framework that effectively encourages and captures performance-based service, overall enlisted performance report points for the Weighted Airman Promotion System increased while TIG/TIS points were reduced gradually with

the goal to remove them completely.

The changes to the enlisted evaluation and promotion systems are intended to ensure performance carries the most weight when calculating points for promotion selection.

Airmen will continue to complete their WAPS testing and have their test scores combined with their other weighted factors.

The elimination of TIG/TIS points is effective with 17E7, 17E6, 17E5 and 17E9 promotion cycles.

Editor's note: Additional details regarding WAPS and enlisted promotions are available on myPers. Click the Promotion link from the active duty enlisted landing page or select "Active Duty AF Enlisted" from the dropdown menu and search "WAPS."



IDS Tip of the Week

"Don't let fears hold you back! Letting your worries keep you from pursuing a goal will only lead to regret. Step outside your comfort zone and take a chance."

The World Loves a Quitter

HAWC OFFERS TOBACCO CESSATION CLASS TO HELP KICK THE HABIT

Breaking bad habits is often harder than starting them. But, when it comes to kicking the tobacco habit, Team Robins employees and their immediate family members don't have to fly solo on their journey to becoming tobacco free.

Stuart Bapties, Health and Wellness Center flight chief here, said tobacco users who quit greatly reduce their risk for disease and premature death, improve their health and quality of life and increase their life expectancy.

"Quitting tobacco results in both immediate and long-term health benefits," he said. "While health benefits are greater for tobacco users who stop at earlier ages, cessation is beneficial at all ages."

Quitting tobacco is the single most important action that tobacco users can take to protect the health of themselves and their families, Bapties said.

"Just two to three weeks after quitting, you'll notice that your breathing becomes easier, and after a year the risk for heart disease is lowered by 50 percent," he said. "Those benefits aren't just to the tobacco user, as eliminating second hand smoke also decreases the risk for heart attacks and asthma in non-smokers."

"Just two to three weeks after quitting, you'll notice that your breathing becomes easier, and after a year the risk for heart disease is lowered by 50 percent."

Stuart Bapties

Robins HAWC flight chief



U.S. Air Force photo illustration by Ed Aspera

For pregnant women, quitting tobacco greatly increases the chances that they'll give birth to a healthy baby, Bapties said.

Robins' employees and their dependents who use either Tri-Care or any of the existing Federal Employee Health Benefits Plans, are 100 percent covered for tobacco cessation programs, including the use of medications at no cost.

"Federal employees simply let their insurance company know that they're engaging in a tobacco cessation program, and they'll be able to obtain the prescription from their doctor and present it to their retail pharmacy," Bapties said. "There's no co-payment, no deductible and no dollar limit."

For more information on the FEHB options for Tobacco Cessation visit <https://www.opm.gov/healthcare-insurance/special-initiatives/quit-smoking/> or call the HAWC at 478-327-8480.

Tri-Care beneficiaries have a variety of options. "You can call the Health and Wellness Center at 478-327-8480 and speak to the base Tobacco Cessation counselor who will schedule you for class and facilitate having medications ordered through the 78th Medical Group, or you can simply



WHAT TO KNOW:

Robins' free tobacco cessation program is available every Wednesday from 11 a.m. to noon at the HAWC. To register or get more information, call 478-327-8480.

speaking with your provider during your next medical appointment," he said.

"If you're seeing a civilian provider in town and obtain a prescription, you can have it delivered free of charge through the TRICARE Pharmacy Home Delivery Service or you can call the base HAWC at 478-327-8480," he added. "We'll assist you with obtaining the medications through the 78th Medical Group's Tobacco Cessation Program."

For more information on your Tri-Care benefit, visit <http://www.tricare.mil/tobaccocessation> or call the HAWC at 478-327-8480.

"Evidence shows that those using medications in their quit attempts are 44 percent more likely to be successful when they combine it with tobacco cessation counseling," Bapties said.

Don't Become A Statistic

WITH THE HOLIDAYS JUST AROUND THE CORNER, TEAM ROBINS FAMILIES ARE HITTING THE ROADS. REMEMBER THAT DISTRACTED DRIVING IS MORE THAN A CATCH PHRASE, IT'S A REAL KILLER ON OUR ROADS.

By Holly Logan-Arrington
holly.logan-arrington@us.af.mil

ROBINS AIR FORCE BASE, Ga. — It was a typical weekday for my family.

As others in our community were likely just rising to greet the day, our family was making the rounds, dropping each person at each one's daily destinations.

A short drive from my son's daycare center, we sat at a red light, my mind

contemplating the workday before me.

My thoughts were interrupted by a powerful jolt, coupled with the kind of sound one hears as helmets and shoulder pads collide in a football game.

Quickly, I removed my seatbelt and headed to assess the scene.

A young woman sat behind the wheel of the car that had hit our SUV. She began to explain how she was reaching for her drink and her cell phone that had

NOT primarily mechanical

Up to **90%** of all car crashes are caused by **DRIVER ERROR!**

NOT primarily environmental

At any moment, **9% OF DRIVERS** are talking on cell phones.

About **26% OF ALL CAR CRASHES** involve cell phone use – including hands-free!

WHAT'S HANDS-FREE?

- earpiece
- dashboard system
- speakerphone

distracteddriving.nsc.org



fallen to the floor board, and she looked up and she hit our vehicle.

Fortunately, this accident cost me only a 15 minute delay to work instead of my life or the life of a loved one.

The next time you're tempted to be distracted by your cell phone, eating or drinking on the go, or other passengers in your vehicle, realize that the phone and most other activity aren't worth the serious consequences of distracted driving.

HANDS-FREE IS NOT RISK-FREE

#1 cause of unintentional deaths in U.S. are car crashes.

About **100 PEOPLE** die every day in car crashes.

A DEADLY DISTRACTION

distracteddriving.nsc.org

AROUND ROBINS

Airman & Family Readiness Center

Upcoming classes

Pre-Separation Counseling —
Jan. 3 and 24

Pre-Separation Counseling for Retirees — Jan. 17 and 31

Transition GPS workshop, Jan. 9 through 13, 8 a.m. to 4 p.m.

Entrepreneurship Track, Jan. 19 and 20, from 9 a.m. to 4 p.m.



Career Technical Training Track, Jan. 18 and 19, 8 a.m. to 5 p.m.

Writing a Winning Resume, Jan. 5, 9 to 11 a.m.

Contact the A&FRC to schedule classes and appointments.

478-926-1256.



LOOKING FOR A NEW WORKOUT ROUTINE?

Are you an exercise enthusiast? Want to be Fit to Fight? Try this work-out from the Medical Group Physical Therapy staff for a change in your typical routine. The focus of this routine is speed work. If you have questions, please feel free to contact Maj. Cody Butler at 478-327-7798 or cody.butler.3@us.af.mil.

Start with an 800-meter jog to warm up

1. 20 push ups; 50m cop crawl; 50m sprint; 1-minute bridge (one leg extended for 30 seconds, switch)
2. 100m sprint; 20 sit-ups; 50m long-jumps; 50m sprint; 1 minute plank
3. 100m sprint; 20 push ups; 50m lunges; 50m sprint; one minute of flutter kicks
4. 100m sprint; 20 sit-ups; 50m carioca (L/R); 50 m sprint; one minute mountain climbers
5. 100m sprint; 20 push ups; 50m high knee skips; 50m sprint; one minute bicycles
6. 100m sprint; 20 sit-ups; 50m sprint; one minute bird dog (right arm and left leg extended 30 seconds, then switch).

Finish up with 400m cool down jog and post workout stretches.



SERVICES

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 in Lounge 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

Comm. 926-2945 or DSN 468-2945

Outdoor Recreation

478-926-4001 or DSN 468-4001

No guesswork, No expiration date and fits all sizes.

“At the end of the day, we can’t afford to lose focus on the mission. Not even for a minute.”

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



**KEEP
CALM
AND
AIRMAN
ON**

CONTACT US

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Visit us online at www.robins.af.mil

Visit us on Facebook at:

[Robins Air Force Base@RobinsPublicAffairs](mailto:RobinsAirForceBase@RobinsPublicAffairs)

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