



ROBINS REV-UP 2.0

DECEMBER 9, 2016

SUCCESS HERE = SUCCESS THERE!

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Home for the Holidays



Team Robins members stand ready to complete post-flight inspections on the 4th Fighter Wing F-15 as it arrives at Robins From Seymour Johnson Air Force Base, N.C. Below, 4th Fighter Wing Commander Col. Chris Sage, left, is greeted by Brig. Gen. John Kubinec, Warner Robins Air Logistic Complex commander, upon his arrival at Robins Nov. 30.

(U.S. Air Force Photos by ED ASPERA)

FRIDAY FLYBY



Celebration of Lights

The Team Robins Christmas tree and Menorah lighting ceremony is today at 5 p.m. in front of the base chapel. Come out and take a picture with Santa, and enjoy some music and snacks too.



4th AF commander makes personal delivery to Robins

By **TIM KURTZ**

Warner Robins Air Logistics Complex

Col. Christopher Sage knows **“Success here equals success there.”** That’s why he came to Robins.

A seasoned fighter pilot, Sage is fully appreciative of having a fine-tuned jet to fly. And since taking the helm of the 4th Fighter Wing at Seymour Johnson Air Force Base, North Carolina, in July, he has wanted to personally acknowledge the people who provide war-ready F-15s to his team.

So on Nov. 30, the veteran flier provided a rarity for the Warner Robins Air Logistics Complex – an aircraft scheduled for programmed depot maintenance flown in personally by an operational wing commander.

“When I laid out my priorities shortly

after taking command, visiting WR-ALC was on the short list of ‘must dos’ during the first few months,” Sage said. “I’ve delivered and picked up F-15Es in the past, and therefore was keenly aware of how critical the PDM process is to the health of the F-15E fleet at Seymour Johnson. My goal was to make contact with the WR-ALC team and thank them for the important work they perform.

“It’s important for an operational wing commander to get out from behind his desk and go meet the Airmen who support us and our mission on a daily basis,” he added.

Brig. Gen. John Kubinec, WR-ALC commander, said the visit was not only indicative of the positive relationship the complex has built with the warfighter, but also a tremendous opportunity for both sides to share and learn from each other.

“To have a wing commander take the time out to come down here and bring an aircraft is important,” Kubinec said. “I’d like every aircrew member that comes here to spend some time, to see what we do and to communicate with us.”

Kubinec said such visits allow opera-



tional partners to gain a greater understanding of the WR-ALC mission while meeting and interacting with the people who keep their aircraft flying.

“We like to think of ourselves as the supporting command for readiness. To have that readiness, it takes the full enterprise – the supply chain, depot-level maintenance – the whole iceberg. We don’t tell that story enough,” Kubinec told Sage during a briefing in an F-15 hangar.

Editor’s note: Read the full story on our website at www.robins.af.mil.

AIR FORCE SPOUSE OF THE YEAR NOMS SOUGHT



By **STAFF SGT. ALEX PONS**
AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – The Air Force Personnel Center is currently accepting nominations for the Air Force Association Joan Orr Air Force Spouse of the Year Award.

This award honors significant contributions made by non-military spouses of Air Force military members. The nominee's spouse must be an active-duty Air Force, Air National Guard or Air Force Reserve member.

Organization and base-level personnel must contact their major command, field operating agency or direct reporting unit for applicable suspense dates and additional information regarding nomination procedures.

Each MAJCOM, FOA or DRU may submit one nomination, and packages are due to AFPC no later than Feb. 1, 2017.

For more information about Air Force personnel programs, go to [myPers](#).

Safety: Drivers look for walkers; walkers look for drivers



With cooler weather, most people are spending time enjoying the crisp air and activities fall brings. Here are some tips to help keep everyone safe.

Practice safe pedestrian measures while using crosswalks. Make sure you're visible, especially in low-light conditions. Pedestrians should wear light-colored or reflective clothing.

Some crosswalks are poorly lit, and dark clothes put walkers at risk for not being seen.

By law, drivers have to stop at crosswalks for all foot traffic. But, pedestrians have the responsibility to practice good street crossing habits: look left, look right and look left again. Never assume a driver will give you the right of way.

Make every effort to make eye contact with the driver of a stopped or approaching vehicle before entering the roadway.

Drivers and pedestrians should avoid being distracted. Distraction among pedestrians is a major contributor to pedestrian safety risk, often leading to serious injury.

Don't walk and text or talk! The base prohibits using cell phones while driving without a hands-free device.

On base, you may encounter our leisurelier counterparts, the low speed vehicles. LSVs can be driven in any low-speed area with speed limits 25 mph or slower.

No base speed limit is faster than 35 mph, and many are designated at 25 mph. LSVs are required to follow installation, local, and state traffic laws when on a Robins AFB roadway.

Drivers and pedestrians should adhere to the same traffic safety precautions and practices in regards to all low speed vehicles.

– Base Safety Office



IDS Tip of the Week

Spread positivity by adding it to someone else's day. Help someone out or just listen. Doing a small good deed can go a long way.



DISTANCE IS *No Problem* FOR ROBINS STUDENTS

Robins' Base Education and Training Office along with the base Distance Learning Center provides one-stop service for members of Team Robins seeking educational opportunities – regardless if it's locally taught or offered through distance learning techniques or related technologies.

The DLC acts as the on-site location for distance learning, ensuring a local focus for coordination and integration of all distance learning efforts. The center provides an on-site, point of delivery facility for standardized and cost effective education and training using distance learning techniques and technologies. The following services are provided for Team Robins military and civilian employees:

Satellite Broadcasts: The Defense Education and Training Network, or DETN, provides distance learning through interactive television and datacasting to Defense Department locations around the world. In collaboration with other Federal Government organizations, programs are shared through a common net-

work known as the Government Education & Training Network.

The full Air Force Institute of Technology broadcast schedule is available at: http://getn.govdl.org/GETN_schedule.htm.

Students should register through the individual course providers – AFIT, Defense Acquisition University or others. The Distance Learning Center – once notified by organizations, individuals or schools of registered students at Robins – will schedule facilities and get Satellite attendance authorized through AFIT broadcasters.

Library Courses: The center maintains 165 courses for self-study completion; these courses have text books, student workbooks and video material. Several of the courses have End of Course tests required to complete the material.

The DLC library course list is available in SharePoint at:

<https://org.eis.afmc.af.mil/sites/78abw/msg/fss/fsd/fsde/fsdet/Distance%20Learning%20Center%20DLC/Forms/AllItems.aspx>

Please contact the Robins DLC to review material or to check out courses as needed.

Air Force Testing Services: The Robins Distance Learning Center provides for Air Force Distance Learning test proctor services for Air Force required courses. That includes formal schoolhouse Distance Learning known as Type 6 courses, as well as other Air Force required formal testing including duty position required certification courses, upgrade training, etc.

Distance Learning Center Computer Based Training Lab: The DLC maintains eight computer workstations for students to use for self-study courses, Annual CBT Training or for Defense Collaboration Services courses.

Editor's Note: *The center is open Mondays through Fridays from 7 a.m. to 4 p.m., and is located in Bldg. 301, Bay C, Room C17. For more information, call DSN 468-3528 or 478-926-3528. The center can also be reached by email at 78FSS.FSD.Office@us.af.mil.*



'I have not failed ...
I've just found 10,000 ways
that won't work.

— Thomas A. Edison



PERSPECTIVE: I'm resilient because I fail well

By CAPT. LOUIS A. PAGANO

Robins Suicide Prevention Program

Thomas A. Edison, is probably most well-known for his invention of the light bulb. What many don't know is that he was a spectacular failure.

He truly understood that no great success was achieved without failure along the way. Unfortunately, not everyone will be a prolific inventor like Edison. But, if you work hard enough, you will have plenty of opportunities to fail – if you're lucky.

Failure is one of one of those uncomfortable, but necessary aspects of being a human being. Psychology lecturer at Harvard University Tal Ben-Shahar frequently tells his students, "Learn to fail or fail to learn."

Failure, he asserts, is an amazing and transformative opportunity to improve a process, become more resilient or to humble yourself in service of things worth pursuing like an education or career. But if failure is so meaningful and important, why does it get paired with fear and lead us to avoid it at all costs?

Fear of failure happens because our brain is a tool that has evolved over time to keep us safe. It's kind of like a "story-telling machine."

Its job is to try to gather information and make a story we feel obliged to pay attention to when that story pops into our head.

Our brain's objective is to use the story to help us avoid unpleasant emotions like fear or anxiety as well as dangerous situations like walking into a lion's den.

Sadly, our brain isn't focused on gathering all the information available accurately and it doesn't do a good job of thinking long-term.

Another way to think about it is, stories about failure are your brain's signal that you're trying to do something important and meaningful with your time.

We generally don't get worried about things we don't care about after all. Therefore, a key to failing well is relating to these very normal stories in different ways instead of spending all your time and energy avoiding activities and situations that cause them.

Can you think of a time where you were ready to take a risk and try something new at work or at home? Ask someone out on a date? Did you notice your brain telling you stories of how things might not work out in those situations?

Fortunately for us, we don't have to listen to our brain all the time – we are not defined by the content of our thoughts.

If you'd like to get better at noticing your story, rather than being entangled in it, the following suggestions from Steven Hayes, Professor of Psychology at the University of Nevada, may help.

First, take a big breath and remind yourself that this is just a story.

Observe how your story is simply just made up of pictures, words, and sounds. Despite what your brain is telling you, the story does not have to be treated as a series of threats or orders.

Second, instead of focusing on how true or accurate your story is, ask yourself what do you gain if you listen or buy into this story?

Does it help you be a better person? Does it help you connect with people you care about or take effective action?

If you're not answering yes to those questions and you've noticed this story hanging around before like a bad record on repeat, then see if you can unhook from the story's impact on you by trying the following techniques.

To unhook from your story try placing this phrase in front of difficult thoughts — "I'm having the thought that ..."

To practice, try thinking a difficult thought like, "I'll bomb this important briefing.", a few times in a row, observe how you feel and what other thoughts or images pop into your head.

' ... not everyone will be a prolific inventor like Edison. But, if you work hard enough, you will have plenty of opportunities to fail – if you're lucky.'

Then try thinking the same thought but with the new phrase in front of it a couple of times in a row.

Notice a difference?

If that works well for you, try these other strategies: Say the thoughts in ultra-slow motion, repeat the difficult thought over and over again for a whole minute, sing the thought to the tune of your favorite song or say the thought in a silly voice.

Even though those strategies sound funny and odd, just remember what can happen when you take your story too seriously.

The more we can get a little separation from the unhelpful stories our brains sometimes tell us, the better we can learn to risk and accept failure in service of something important.

That's a key component of resilience.

Author's note: If you'd like to learn more about struggling less with fears and worries about failure, then please consider reading "Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy" by Steven Hayes and Spencer Smith or "The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT" by Russ Harris and Steven Hayes.

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.



Sharing a laugh

Eric Fowler, base ergonomics specialist, picks up a bite to eat and shares a laugh with Treemenisha Byrd, one of the mobile food truck drivers. The trucks make the rounds on base daily. (U.S. Air Force Photo by Misuzu Allen)



This grass really is greener

Contractors lay new turf at the Robins Fitness Center's track and field area across from the center. The entire area is being reconstructed and is scheduled to be complete around the beginning of the new year. (U.S. Air Force Photo by Misuzu Allen)

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 (ITT)
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.

“As people, we need to be mindful and supportive of those around us. As Airmen, we need to stay focused on the mission.”

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



**KEEP
CALM
AND
AIRMAN
ON**

CONTACT US

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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