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*Lighter Fare*  
Got air show questions? We've got answers.

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# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

September 16, 2016 Vol. 61 No. 37

## Making a Difference

### Robins Celebrates 75 Years of Power Projection

**Editor's note:** *This year marks Robins' 75th anniversary. To recognize the great contributions made by the people who work, or have worked at Robins day-in and day-out, we're providing a look back at the installation's history. Although everything can't be included, the following is a snapshot from the base's inception until today.*



BY GEOFF JANES  
Robins Public Affairs  
AND DR. BILL HEAD  
Base Historian

Team Robins has a worldwide impact every single day. Whether it's supporting humanitarian and war efforts by maintaining aircraft and software, providing personnel and supplies, caring for Airmen and our families, or providing vital combat Intelligence, Surveillance and Reconnaissance and tactical communication capabilities ... Team Robins drives success.

And so it has been for the past 75 years, ever since a telegraph made its way to Middle Georgia one hot summer day in 1941.

On June 16, Congressman Carl Vinson sent a wire from Washington D.C. to local civic dignitaries letting them know the War Department had selected a site across the road from Wellston, Georgia, as the location for an Army Air Maintenance and Supply Depot.

Saddled by the Great Depression, it was just the news they wanted to hear. Macon and other local leaders had long been vying for a large industrial complex for the area to break the cycle of poverty citizens had been suffering for nearly two decades.

From the start, the military and community relationship was strong as business and political leaders did everything they could to help the construction along. On Aug. 14, workers rolled in, and the official groundbreaking took place Sept. 1, 1941, with the first depot commander, Col. Charles Thomas, presiding.

A year later, city officials renamed Wellston to the city of Warner Robins, allowing Thomas to name the air field and depot after his mentor and friend, Brig. Gen. Augustine Warner Robins.

#### World War II

When the Japanese attacked Pearl Harbor in 1941 and America entered World War II, work on the installation was expedited. By April of the next year, the flight line and many of the buildings had been completed. By May, aircraft started arriving for depot

► see 75 YEARS, A4



U.S. Air Force graphic by TOMMIE HORTON

## King: We're at our best as a team

BY COL. JEFF KING  
78th Air Base Wing commander

Thanks to media and technology, we can now be everywhere at once. We celebrate with our Olympians, grieve with the victims of flooding in Louisiana, and identify with those locked in conflict at home and abroad.

Even at a glance, the news highlights the churn presently within our society. We're still a nation at war, and now the fight is returning to our homeland in the form of rogue terrorist attacks.

We're also ruminating on social issues like racial inequalities as voiced by groups like Black Lives Matter, the renewed debate on immigration reform, the establishment of LGBT rights, and one of the most controversial presidential races in our history.

Here at Robins Air Force Base, one of our vital unions is experiencing significant turmoil within its ranks. We watch these many events unfold with great interest.

We expect Robins to be a safe, welcoming environment in which to accomplish the mission. That said, we don't check our thoughts, opinions and struggles at the gate.

Many among us identify deeply with events currently making the headlines, and it's natural to talk about them with our colleagues.

Discussion and debate can help us make sense of things – see more sides to an issue than our personal experiences have brought us to understand. We come from different backgrounds and have different opinions and

beliefs. Therein lies our greatest strength as an Air Force – diversity of thought breeds innovation.

Without measure, those discussions can also become divisive and corrosive ... if we let them.

While you exercise your right to free speech in the workplace, I ask that you be mindful of those around you. We don't have to agree with one another, but we must always respect each other. This is our home away from home, and those around us are family.

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

This year marks Robins Air Force Base's 75th anniversary. For 75 years, Airmen – military and civilian – just like us have weathered world, national and local events. They worked side-by-side through wars and disasters, the Civil Rights Movement, and many contentious elections at the local and national level. Through it all, those Airmen stayed focused on the job at hand. Was it always easy? Of course not, but they realized they were part of something big, something unifying ... the mission.

As citizens, we need to talk about the issues facing our nation and community. As people, we need to be mindful and supportive of those around us. As Airmen, we need to stay focused on the mission. One thing is for sure ... those downrange are counting on us to give our best, each and every day, and we are at our best when we work together as a team.

*Keep Calm and Airman On!*

## FRIDAY FLYBY: Volunteers needed for Ocmulgee Indian Celebration, Page A2

### IDS Tip of the Week

**Laugh!**

Humor goes a long way toward staying mentally fit. Want to learn more? Call Robins Air Force Base's Mental Health Clinic (active-duty military) at 478-327-8398, or the Employee Assistance Program (civilians) at 1-800-222-0364.



### Blood Drive today

There will be a Military Blood Program blood drive today from 10 a.m. until 4 p.m. in the Fitness Center Annex. The organization will be collecting blood for troops downrange and patients in military hospitals here at home. Please bring a photo identification card. If you have questions or concerns, email them to erin.n.longacre.civ@mail.mil.



<b>Weekend Weather</b>	<b>Thursday</b> 89/70	<b>Friday</b> 86/70	<b>Saturday</b> 90/70
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*If you want to do something right, do it safely.*

## SECOND FRONT

# No pain, Air Force gain: Ergo program puts workers in position for better health, mission success

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

The Warner Robins Air Logistics Complex's Ergonomics Office and the 78th Medical Group's Bioenvironmental Engineering Flight have the answer to what may be ailing you.

Eric Fowler, a WR-ALC Ergonomics Program certified ergonomic technician, said ergonomics is all about having a workspace that fits the worker, eliminating or reducing reaching, bending, and awkward positioning in the process.

The right fit of one's work station is much like the perfect fit of one's shoe, Cynthia Alligood, a 78th Medical Group Bioenvironmental Engineering Flight industrial hygienist, said.

"Having an ergonomically sound work area means your workstation has been fitted to your body, your body dynamics and the tasks you must perform daily," she said. "When a workplace is ergonomically designed, production is increased, and strain, injury, and illness related to the occupation may be reduced."

Ergonomic success takes a team effort, said Belinda Brown, WR-ALC Ergonomics Program manager.

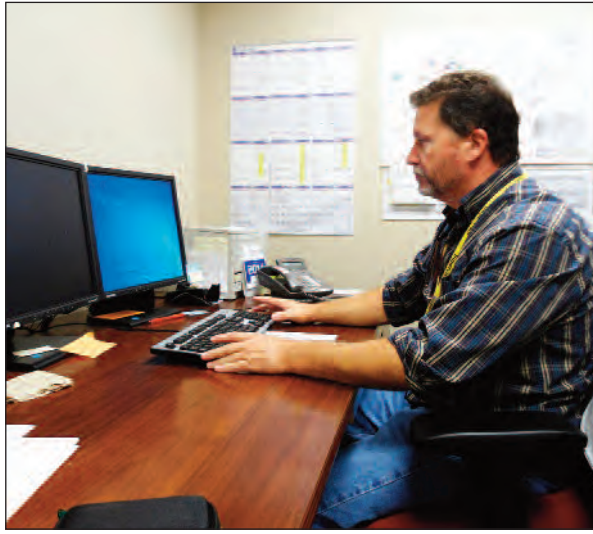
"Ergo involves base management, the Ergo team and workers working together to identify risks and implementing solutions to prevent illnesses and work-related injuries," she said.

Those solutions could involve a monitor riser to raise a computer monitor to the proper height which reduces or eliminates the user bending his or her neck. It could also be an ergonomically adjustable chair for better support and positioning in an office workspace.

"A good ergo-chair will have eight to 12 adjustments," Fowler said. "Most office workers sit for at least six to eight hours per day. We recommend that they stand up and move around every 45 minutes to help with circulation."

Ergonomics play a vital role in the air logistics complex as well.

Ergo products like anti-fatigue standing mats reduce the contact stress with standing on hard surfaces, and kneeling mats reduce the contact stress when working



Above left, Ernest Griffin, 560th Aircraft Maintenance Squadron scheduling supervisor, sits at his desk before an ergonomic adjustment.



Courtesy photo

Above right, Griffin sits at his new properly adjusted desk. The keyboard, mouse and monitors were positioned closer so he could sit back in a new proper fitted ergo-chair and footrest and work in a more natural, neutral position.

inside and outside of aircraft and in a variety of industrial tasks that require kneeling or laying down to reach a specific job, Fowler said.

Fowler said one of the most interesting ergo devices he has encountered is the Zero-G Arm.

"This arm is an exoskeleton arm that is mounted on a rail or mobile floor mount," he said. "It holds the weight of the tool the worker is using. This unit helps by eliminating the most common causes of injuries: overexertion and repetitive stress."

Sometimes ergo solutions require thinking outside the box.

To remove surface coatings in the abrasive blasting booths in Bldg. 142, workers would usually suit up in heavy coveralls, gloves, respirators, helmets and steel-toed boots. Then, they would manually spray high-pressure blast media delivered through a heavy and cumbersome hose.

Workers were exposed to vibration, awkward posture, heavy lifting, and forceful exertion. They were also exposed to dusts, noise, and heat while wearing cumbersome personal protective equipment and gear,

Alligood said.

A robotic blasting booth in Bldg. 191 automatically performs the task in an enclosed booth while the worker monitors and controls the system from a comfortable control room, eliminating the physical risks through a process improvement, Alligood said.

Whether by the use of an ergonomic mechanism or by changing a method, it adds up to taking care of the workforce that takes care of the mission.

"Ergonomics assists the workforce in preventing injuries and illnesses by eliminating or reducing worker exposure to work-related musculoskeletal disorder, while increasing production and loss time injuries," Brown said. "It also adapts the job and workplace to the workers' capabilities and limitations while reducing future time away from the job."

To request an ergonomic assessment in a WR-ALC work center, email [402mxw.ergonomics@us.af.mil](mailto:402mxw.ergonomics@us.af.mil).

For all other base worksite ergonomic assessment requests, e-mail <https://org.eis.afmc.af.mil/sites/78abw/mdg/BIO/Forms/01/Forms/AllItems.aspx>.

## NEWS BRIEFS

### Volunteers wanted

Volunteers are needed for the 25th Annual Ocmulgee Indian Celebration Saturday and Sunday at the Ocmulgee National Monument in Macon.

Volunteers are needed to direct visitors at the information booth, assist with children's programs, prepare for the arrival of crowds and more.

While volunteers are asked to donate at least four hours on Saturday and Sunday, they're welcome to work more.

Shifts will be from 9:30 a.m. to 1:30 p.m. or 1 to 5 p.m. Saturday and Sunday. On Friday volunteers are needed from 8:30 a.m. to 1:30 p.m.

More than 200 native dancers, singers, musicians and artists will be on hand to share their culture and

talents.

For more information email Angela Bates at [Angela\\_Bates@nps.gov](mailto:Angela_Bates@nps.gov).

### Robins Deployed Family Dinner

The Robins Chapel will host a deployed family dinner Thursday from 6 to 8:30 p.m. at the old Robins Elementary School, Bldg. 988 behind the BX.

The event will include food, games and fellowship for the whole family.

Guest speakers will be Chaplain (Capt.) Matthew Spencer and Kristine Spencer. Information booths will also be set up.

For more information and to RSVP, call Spencer at 478-926-2821 or DSN 497-2821.

### Visitor Control Center

The 78th Security Forces Squadron Visitor Control

Center will close at 2 p.m. on the third Friday of each month for job proficiency and customer service training.

During training hours, the Watson Gate will assume responsibility for vetting and processing visitor passes.

### Put Your Hands Together for ...

The next "Put your hands together for ..." will run in the Sept. 30 edition of the Rev-Up. Deadline for submissions is Sept. 23 at 4:30 p.m.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpegs.

For more information, contact Lanorris Askew at [lanorris.askew.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil).

# AFMC promotes managing anger campaign

AIR FORCE MATERIEL COMMAND HEALTH  
AND WELLNESS TEAM

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – During the fall months, Air Force Materiel Command will promote its managing anger campaign. Managing anger is the process of learning to recognize signs that you're becoming angry, and taking action to calm down and deal with the situation in a positive way.

Anger is a natural emotion felt by everyone from time to time, and can be felt when we are frustrated, hurt, annoyed, or disappointed. Anger can help or hurt you depending on how you react to it. Sometimes anger can be used as positive energy: to help you exercise harder, work faster and accomplish more. Other times, anger can be harmful to yourself and those around you.

It is the behavior that follows anger that often gets people into trouble. When driving, reacting to being cut off in traffic by provoking an altercation with the other driver can get you into trouble. Screaming at an airport ticket agent because of a flight delay can lead to trouble. These destructive forms of anger can generate everything from hurtful comments to outbursts of violence to health problems. And while you can't always control your feelings, your behavior and reactions when angry are something you can learn to control and express constructively.

There are warning signs that show you need help controlling your anger. These warning signs include:

- Frequent arguments with your partner, children or co-workers that escalate frustrations;
- Physical violence, such as hitting your partner or children or starting fights;
- Frightening or out-of-control behavior, such as breaking things or driving recklessly; and,
- Constant cynical, irritated, impatient, critical or hostile feelings.

The first step in learning to manage your anger is to know when you are angry. Learn to recognize the physical sensations and behaviors that precede your



anger, such as muscle tension, clenched fists, increased heart rate, sweating or flushing, shallow and rapid breathing, knots in stomach, trembling and headache. Knowing these early warning signs of anger will give you a few moments to react before you have an emotional outburst or impulsive negative action.

Once you have identified the physical sensations and behaviors that occur in response to an anger-provoking event, you can develop strategies to effectively manage it. These strategies can be used to stop the escalation of anger before you lose control and experience negative consequences. Try one of these anger management strategies next time you realize you're getting angry:

☺ **Remove yourself from the source of anger.** If you cannot leave because you are watching children, walk into another room.

☺ **Calm yourself down when you begin to feel upset.** Sit down and breathe slowly, until you feel as though you can speak clearly.

☺ **Talk yourself out of anger.** When you sense

your anger warning signs such as fast pulse, knots in stomach, tell yourself "OK, relax" or "Stop, I'm getting angry."

Support services available for the AFMC workforce on managing anger include professional counseling, classes, and educational materials. Professional counseling services are available through the Employee Assistance Program and Military OneSource.

Civilian employees may contact the Employee Assistance Program for free, confidential counseling services at 800- 222-0364 or visit the EAP website.

Military members and their families can use Military OneSource. For more information, call 800 342-9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil).

Classes on managing anger are offered by the Family Advocacy Program. Contact the Robins FAP at 497-8398 for the class schedule.

For more information about managing anger education materials, visit [www.AFMCwellness.com](http://www.AFMCwellness.com) or contact the Robins Civilian Health Promotion Services team.

## 75 YEARS

Continued from A1

maintenance, and Robins began proving that **Success Here = Success There**.

The War Department selected the Robins location as part of a long-range plan to prepare American Defenses for war. Not only did it become one of the country's most vital military bases, but it grew to become Georgia's largest industrial complex.

After the war, military and civilian employees dropped to 3,900, but because of Team Robins' role in the Berlin Airlift, the workforce grew to 11,000.

It was also during this period the first Reserve unit was stationed here. It was the start of great things to come. Air Force Reserve Command is headquartered here today.

### Korea

When the Korean War started, the workforce continued to grow. The nation took notice of the essential role of the depot when depot workers literally unwrapped and refurbished hundreds of cocooned Boeing B-29 Superfortresses. Working around the clock, Team Robins made sure United Nations Forces had what they needed to fight North Korea.

That was particularly true with the role B-29s played in bombing supply lines and staving off enemy attacks on allied forces inside the Pusan perimeter. By December 1952, the Robins workforce grew to about 17,000.

### Vietnam

It was then that base leadership created production lines to facilitate sustainment work. Following the war, the Defense Department ensured Robins was adequately staffed, an important move given Robins involvement with the resupply of troops and materiel during the Vietnam War.

Among the weapons systems managed by Robins personnel during the war was the B-57 Canberra, used for night raids along the Ho Chi Minh Trail. The modification of AC-119G and K gunships were managed entirely by Team Robins in the late 1960s. The AC-130 gunship, various helicopters, the C-141, C-130, C-123, and the C-124 cargo aircraft – all serviced and maintained here – also played a vital role in the war.

Throughout the decade, Team Robins worked with contractors and modified 52 Douglas C-47 Skytrains into AC-47D gunships. Other projects included modifying 400 C-130 center wing boxes and reconfiguring 17 C-130s into various versions of the AC-130.

In 1964, the 5th Combat Communications Group activated at Robins. Originally called the 5th Mobile Communications Group, it is still referred to as "The 5th MOB" today.

In 1972, Robins took over logistics and management of the F-15 production models as they rolled off the assembly line, and in 1973 and 1974, contracts were signed for Lockheed Georgia to lengthen the C-141 Starlifter by 23.5 feet and add aerial refueling capability.

In 1978, the Air Force gave Lockheed the go-ahead, and with help from Team Robins experts, the

modifications were completed in 1982 – under budget and ahead of schedule.

The project added the equivalent of 90 new aircraft to the service's airlift capability and ended dependence on foreign landing fields.

In 1981, the base began managing the combined altitude radar altimeter – an avionics package so successful it became the Air Force standard.

Ten years later, America went to war with Iraq. The workforce was once again challenged to provide supplies, parts, repairs and personnel, this time to coalition forces in the Persian Gulf.

### The Persian Gulf

Robins' employees, along with others across the Air Force, airlifted more supplies and aircraft to the Persian Gulf in 14 weeks than the allies had in 14 months to West Berlin during the Berlin Airlift.

In 1996, the 93rd Air Control Wing was activated here. It was to be equipped with the E-8C Joint Surveillance Target Attack Radar System, and it accepted its first aircraft on June 11, 1996.

From late October through December 1996, the wing deployed to Rhein-Main Air Base, Germany, for Operations Joint Endeavor and Joint Guard in Bosnia-Herzegovina. It provided top cover for United Nations peacekeeping forces and monitored the warring factions for violations of UN resolutions.

Also in 1996, the 116th Bomb Wing converted from F-15s to the B-1B Lancer strategic bomber and moved to Robins. As part of the post-Cold-War drawdown, the unit's active-duty fleet of B-1Bs were being reduced and taken off alert status by the former Strategic Air Command, which itself was inactivated in 1992.

### Bosnia

Most Americans recall the tense days between March and June 1999. They learned new names like Kosovo, Bosnia and Serbia. They came to know a new tyrant, Slobodan Milosevic.

The Air Force played a decisive role in putting an end to his regime, while Team Robins played a major role in supporting U.S. warfighters with surge items, manpower and operational aircraft.

Robins kept C-130s, AC-130s, C-141s, C-5s and numerous helicopters combat-capable under a crushing operations tempo. The success of Operation Allied Force led to a restoration of relative peace and democracy in the region.

### 9/11

Robins Air Force Base, like all military installations, was deeply affected by the terrorist attacks of Sept. 11, 2001.

Like the rest of the nation, Robins' personnel soon took up their role in the Global War on Terrorism surging repair materials and spares, and pushing forward sustainment and support operations for U.S. forces going in harm's way.

Between 2001 and 2002, they worked with allied forces during Operation Enduring Freedom, the liberation of Afghanistan. Their performance continued during Operation Iraqi Freedom from March to May, 2003 as coalition forces destroyed the regime of Saddam Hussein and freed the people of Iraq.

Fast forward to 2010. The Chief of Staff of the Air Force designated the 116th Air Control Wing as an active associate wing and reorganized the blended wing concept.

As a result, a new active duty associate wing was formed. The structure is an active association, composed of the Georgia Air Guard's 116th and the active duty 461st Air Control wings.

They continue to operate together to accomplish the shared JSTARS mission by integrating air guard and active duty personnel to the maximum extent possible in groups, squadrons and shops. Integrated into their ranks is the indispensable U.S. Army JSTARS Intelligence Squadron.

From 2010 to 2016, Marine Light Attack Helicopter Squadron 773 (minus) called Robins home. There were 150 active duty Marines stationed here, with about 180 Reservists who drilled regularly, all supporting military special operations training. In June 2016, the unit sadly departed Robins to merge with its parent unit at Joint Base McGuire-Dix-Lakehurst, New Jersey.

In 2011, Navy Vice Admiral Alan Thompson, Defense Logistics Agency director, cut the ribbon on a new \$24.6 million consolidation and containerization point warehouse here.

The building was the result of a decision by the 2005 Base Realignment and Closure Commission to make Robins one of four strategic distribution platforms in the DLA network. DLA has about 3 million square feet of warehouse space at Robins, and ships supplies to Army, Navy, Air Force and Marine Corps installations worldwide.

The Air Logistics Center was re-designated as the Warner Robins Air Logistics Complex in 2012.

It was aligned under the Air Force Sustainment Center, headquartered at Tinker Air Force Base, Oklahoma, and the 78th Air Base Wing assumed installation command responsibilities.

The Air Base Wing operates the installation, supports the Warner Robins Air Logistics Complex and 37 mission partners, sustains the base's infrastructure and personnel, and projects power for combatant commanders worldwide.

It was also under this new structure that the Air Force Life Cycle Management Center was born. AFLCMC provides the warfighter's edge by acquiring and supporting war-winning aircraft, engines, munitions, electronics, and cyber weapon systems and sub-systems.

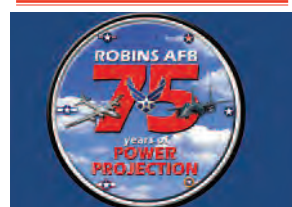
### Today and Beyond

Team Robins continues to support and sustain some of the Air Force's most vital weapons systems. It's one of the most important maintenance, repair, overhaul and avionics centers in the Air Force.

We provide war-winning ISR and vital tactical communications to the fight. We operate the installation, secure the base, and provide world class support for 63,000 Airmen, their families, and local area retirees. And today, just like every day since that telegraph arrived on a hot summer day in 1941, our people are still making a difference.

For 75 years, Team Robins has been projecting power. Our **Success Here = Success There**. It's something to be proud of, it's something to believe in, and it's something to celebrate.

### ROBINS REV-UP



COMMANDER  
**Col. Jeff King**

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### SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to [lanorris.askew.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil) and [vance.janes@us.af.mil](mailto: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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# Report missing ceiling tiles

78th CIVIL ENGINEER GROUP  
FIRE PROTECTION SERVICES

Properly installed ceiling systems allow smoke detectors, heat detectors, and fire sprinklers to operate correctly in the event of a fire.

They also provide a barrier to the spread of smoke and fire.

Breaking, displacing, or removing ceiling tiles enables hot gases and smoke to rise and accumulate above detectors and sprinklers. It delays their activation, and lets fires rapidly grow larger before an alarm and response can happen.

Broken, displaced or removed tiles often occur as a result of mechanical system repair or maintenance. When that happens, intact tiles must be returned to their intended positions as soon as possible.

Sometimes employees will move or remove tiles to improve personal comfort by altering air currents.

Don't do it; it's dangerous for everyone in the building.

Older ceiling tiles sometimes have years of accumulated dust, dirt and insulation laying on them. Disturbing them can cause folks with sensitivities or allergies to experience health related issues.

## How it works

Smoke and hot gases from a fire decrease in concentration as height and horizontal distance from the center of the fire increase.

Once the smoke and hot gases reach the ceiling, they travel horizontally, creating a ceiling jet. This ceiling jet is what typically triggers smoke alarms, heat detectors and sprinkler systems.

Removing ceiling tiles can enable smoke and hot gases to rise above the remaining ceiling system, circumventing the fire protection systems located at or slightly below the level of the ceiling.

If a fire starts in a room with a missing ceiling tile, the ceiling jet can travel to the hole created by the missing tile,



**E**mployees should report any unnecessary ceiling openings to their facility manager. For more information, call the Fire Prevention Office at DSN 468-2145 or 478-926-2145.

and will rise into the space above the drop ceiling, which typically lacks monitoring devices.

That could delay smoke detectors from receiving the smoke concentration needed to activate them.

Most of the heat may also rise into the space above the ceiling, by passing heat detectors and sprinklers completely.

That renders them ineffective until the smoke and heat fill the space above, making it take a lot longer to activate the detectors. Because fires can double in size each minute, this delay enables a fire to grow much larger and make them a lot harder to put out.

Missing ceiling tiles aren't just a risk to those in the area. Spaces above drop ceiling systems provide routes for air to be drawn back to HVAC system ductwork and fans that re-circulate the air. Because of this feature, smoke that enters this space is often spread to other areas in the building.

## The bottom line

Cutting down on unnecessary ceiling openings makes a building safer for everyone, so if you've got them, report them to your facility manager.

Always remember to prevent fires before they start. Good housekeeping and cleanliness are essential factors in preventing work place and home fires.

*For more information, call the Fire Prevention Office at DSN 468-2145 or 926-2145.*



## Unit AF Ball Ticket POCs

78 FSS – A1C Benjamin Wilson, at DSN 497-7359 or Benjamin.wilson.24@us.af.mil and SrA Jamie Duncan at DSN 497-3438 or jamie.duncan.5@us.af.mil

JSTARS – TSgt DJ Bace, at DSN 241-5083 or david.bace@us.af.mil

78th CEG – TSgt Terri Adams, at DSN 497-8889 or terri.adams@us.af.mil

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78th MDG – TSgt Christina Williamson-Haupt at DSN 497-8001 or christina.williamsonhaupt@us.af.mil

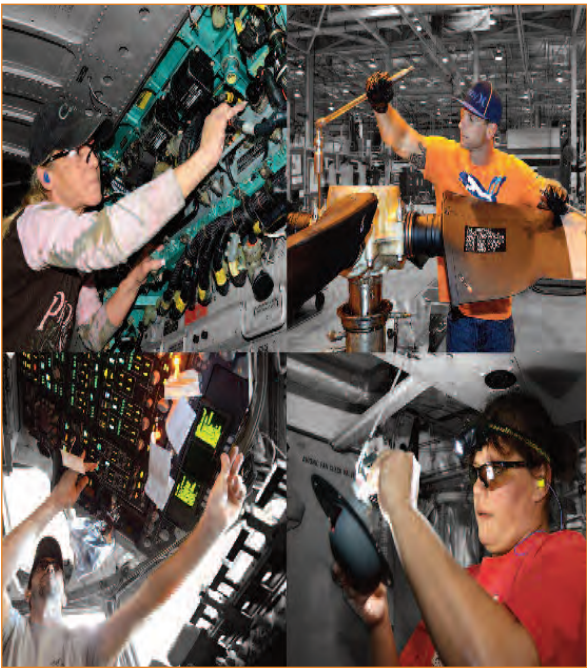
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5th CCG – SSgt LaToya Parks, at DSN 468-1709 or latoya.parks@us.af.mil

78th SFS – SSgt Feldorcia Humphrey, at DSN 472-1990 or feldorcia.humphrey@us.af.mil

Think twice, energy has a price.



## Become part of a winning team

Robins is currently hiring multiple selectees for the following position.

Please visit this link:

<https://www.usajobs.gov/GetJob/ViewDetails/445574200/>

For more information on navigating USA jobs, watch the video on Youtube by copying and pasting this link:

[www.youtube.com/watch?v=8BicxsWEY6c](http://www.youtube.com/watch?v=8BicxsWEY6c)&feature=share in your browser.

To search for other jobs, visit [www.usajobs.gov](http://www.usajobs.gov).



Protect Your Personal Information

Change passwords often

Lock your computer

Cybersecurity is up to you!



## Thought for the Day

"One cannot and must not try to erase the past merely because it does not fit the present."

— Golda Meir



## What's inside

Suicide Prevention Month, B2

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# Lighter Fare

THE ROBINS REV-UP ■ SEPTEMBER 16, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

## IF IN DOUBT, CHECK THIS OUT

### List of do's and don'ts for Thunder Over Georgia

**T**he Thunder Over Georgia Air Show at Robins is Oct. 1 and 2. The show will include performances by the U.S. Air Force Thunderbirds, U.S. Army Special Operations Command Parachute Demonstration Team – known as the Black Daggers, multiple warbird acts, aerial acrobatic rock star Patty Wagstaff and others.

With an air show comes a great deal of questions. Below are the dos and don'ts to keep in mind when attending the show:

#### DO's:

❖**Do Carpool:** There are very few entrances to Robins. Parking will be limited to I.D. holders only. Off-base parking will be free with buses providing transportation to and from the shows. Traffic flow into the base will be easier if friends and family carpool.

❖**Do bring sunscreen:** Temperatures on the flight line are typically higher than normal. Take extra precautions with small children.

❖**Do bring a camera and a pen:** Many of the performers make themselves available for autographs and pictures during and after the show.

❖**Do bring ear plugs:** Loud noises on the flight line can damage your ears. Hearing protection is recommended.

❖**Do bring folding chairs:** Seating on the flight line will be limited. Visitors who want to sit to watch longer demonstrations, especially children and the elderly, will want to bring light-weight, portable seating to the show.

#### DON'Ts:

❖**Don't smoke on the flight line:** The entire ramp is a designated non-smoking area. Additional non-smoking areas will be designated by the base fire chief.

❖**Don't plan to park on base and walk to the venue.** Foot traffic north of the Aero Club is not authorized and will be turned around. All on-base parking will be bused to the venue.

❖**Don't bring dogs or other animals, bicycles, roller-blades, skateboards, alcohol, fireworks, food or beverages in glass containers, or weapons of any kind.**

❖**Don't over indulge in alcohol:** Applicable laws will be enforced. Alcohol consumption can also increase the chance of heat stroke or dehydration on a hot day.

❖**Don't arrive too late:** Limited parking and shuttle service to the flight line will require visitors to arrive early to see all the action.

#### WHAT TO KNOW

For air show FAQs, updates regarding performers, statics and parking, visit <http://www.robins.af.mil/Airshow> and <https://www.facebook.com/Robins-Air-Show-2016-304047656310401>.

If you have specific questions not covered, email them to [Robins.Airshow.Community@us.af.mil](mailto:Robins.Airshow.Community@us.af.mil).

❖**Don't bring** wagons or other child carrying items that are not collapsible.

❖**Don't politically campaign** while on base.

#### PROHIBITED ITEMS:

To keep a safe environment for all attending the air show, the following list of items will not be allowed to be brought into Robins Air Force Base:

- ❖Knives, box cutters razors, or any other sharp items
- ❖Firearms, blunt objects, or any other objects considered a weapon
- ❖Coolers, backpacks, briefcases, large bags or packages
- ❖Alcoholic Beverages
- ❖Drugs and Drug paraphernalia
- ❖Glass Containers
- ❖Pets (Animals assisting handicapped will be allowed)
- ❖Bicycles, skateboards or roller blades
- ❖Multi-purpose Tools (i.e. Gerber/Leatherman)
- ❖Handheld Laser Pointers
- ❖Wagons (Radio Flyer type, metal)
- ❖Canopies and tents
- ❖Hoverboards
- ❖Drones

#### ALLOWED ITEMS:

The following items will be allowed to be brought onto Robins Air Force Base, but will be subject to search prior to entering:

- ❖Small handbags (i.e. purse)
- ❖Diaper bags (when accompanied by young children)
- ❖Strollers
- ❖Wheelchairs and Electric Carts for handicapped
- ❖Lawn/Folding Chairs



# THUNDER

## OVER GEORGIA AIR SHOW

**Oct. 1-2, 2016**  
**ROBINS AIR FORCE BASE**

### FEATURING USAF THUNDERBIRDS

**FREE AND OPEN TO THE PUBLIC**

**GATES OPEN AT 9 A.M.**  
**OPENING CEREMONY AT 11 A.M.**

**For more information**  
[www.robins.af.mil/airshow](http://www.robins.af.mil/airshow)  
**478-222-7469**

# A BETTER YOU

## September is National Suicide Prevention Month

BY CAPT. LOUIS PAGANO

78th MDG Clinical Psychologist and Suicide Prevention manager

**S**eptember is National Suicide Prevention Awareness month, and in order to promote wellness amongst the community, the 78th Medical Group wanted to review frequently asked questions about suicide for our readers.

**Q. Does asking about suicidal thoughts and behavior lead to an increase in suicidal thoughts and behavior?**

A. No, it doesn't. In general, both research and clinical experience indicate the majority of those who struggle with suicidal thoughts and behavior actually feel relieved about disclosing what's going on. Remember the A.C.E. model – Ask, Care and Escort.

**Q. Is the restriction of access to means of suicide such as guns, drugs or sharp objects, effective?**

A. Yes. There are a number of examples that demonstrate how restricting access to that type of item is effective. So for example, if you are aware of a friend or coworker who is having thoughts of suicide, ask if they've considered over-dosing and if someone can watch over their medications for the time being. As for firearms, they're one of the most common causes of suicide in America.

There's an unmistakable association between the possession of firearms in a home and an increased risk of ending one's life by suicide. Specific things you can do to minimize this risk are storing the firearm in a

locked location, storing it unloaded and ensuring ammunition is locked up separately from the firearm.

**Q. If someone is depressed does that mean they will commit suicide?**

A. In general, diagnosed mental health disorders are associated with an elevated risk of suicide. There are some exceptions, such as dementia. Studies have shown that there's about a 3.5 percent life-time risk of death by suicide associated with a diagnosis of major depression.

Follow-up studies have shown that about two-thirds of those who die by suicide had depressive symptoms at the time of death. If you notice a change in someone – lowered mood, feelings of hopelessness, isolation – not only is it OK to ask about thoughts of suicide, it's encouraged.

**Q. Is suicide a problem in other countries? How does it differ between them?**

A. About 1 million people worldwide die from suicide each year, about 16 per 100,000, according to the World Health Organization.

Generally speaking, more people die annually by suicide than in wars. Deaths from suicide may even be greater than death by motor vehicle accidents in some locations.

Countries in the Baltic States – Lithuania, Hungary – typically have higher rates than Mediterranean countries such as Greece and Turkey. Common methods of ending a life by suicide also differ between countries.

In the U.S. specifically, firearms, hanging and poi-

soning with drugs are the most common methods.

**Q. What are protective factors for suicide risk?**

A. Protective factors are aspects of our lives that protect us from or lessen the impact of suicidal thoughts and behavior.

Some important protective factors that boost our resiliency are: Effective healthcare for mental and physical health disorders, easy access to a variety of clinical services, problem solving skills, specific cultural, spiritual or religious beliefs that discourage suicide, sobriety and social support.

**Q. Who can I contact for help if I'm struggling with thoughts of suicide or have a friend who is?**

A. There are a number of helping agencies on base that can provide support and guidance when it comes to suicidal thoughts for you or a friend.

The 78 MDG's Mental Health, ADAPT, and Family Advocacy clinics are open to all active duty service members and can be reached at 478-327-8398.

If you're an active duty service member, dependent or spouse you can use the Behavioral Health Optimization Program in primary care (call central appointments to book an appointment at 478-327-7850).

The chapel can be reached at 478-926-2821. If you're not on base, you can call your local police station, dial 9-1-1 or go to a nearby emergency room.

Additionally, the National Suicide Prevention Hotline can be reached anytime at 1-800-273-8255 and Military One Source can be reached at 1-800-342-9647.

## It's time to revisit a nutrition powerhouse

MARITA RADLOFF

Robins HAWC registered dietitian nutritionist

**B**russels sprouts are making a comeback, and are one of the trendiest foods in 2016.

If you only think of the mushy mini-cabbages your parents forced you to eat when you were a kid, it's time to revisit this nutrition powerhouse.

Instead of boiling, which can reduce the nutrition effects of the buds, try roasting.

Roasting brings out the natural flavor of Brussels sprouts, ensuring your family will be fighting over the last sprout.

Brussels sprouts are known for their ability to enhance DNA repair and stop the growth of cancer cells.

A one-cup serving will meet your daily requirement for vitamin C and vitamin K. They also have 4 grams of fiber, and provide folate, potassium, and B vitamins.

Brussels sprouts are low in fat, free of saturated fat and cholesterol, contain very low sodium, as well as being a low calorie food. Less calories and filling fiber is the magic combination for weight loss.

**Selecting:** Choose firm, compact and bright green Brussels sprouts heads. When Brussels sprouts are in season in the fall, you can often buy them still on the stalk for the ultimate freshness.

**Store:** Refrigerate sprouts in a plastic



September is Fruits and Veggies – More Matters month, which brings the focus on eating more fruits and vegetables all year round! More than 90 percent of both adults and children don't eat the recommended amount of fruits and vegetables. The Dietary Guidelines for Americans recommend 5 cups (or servings) of fruits and vegetables per day for adults and children aged 14-18, and 2.5 servings for children aged 4-8, and 4.5 servings for children aged 9-13 years.

bag for up to a week.

**Preparing:** For all Brussels sprouts recipes, begin by cutting the buds off the stalk and cut away the ends, which is the bitter part. Peel and discard loose surface leaves. Overcooking will cause them to turn gray and soft, and develop the strong odor that's associated with cooking Brussels sprouts.

The simplest method to roast Brussels sprouts is to coat the buds with few tablespoons of olive oil, sea salt and pepper and spread evenly on a baking sheet. If roasting whole, bake at 375 for 25-30 minutes or slice the buds in half and cook for 15 to 20 minutes.



### Pan-Roasted Brussels Sprouts with Bacon

These sprouts are crispy, crunchy and totally delicious and (yes!) cooked with bacon.

*This recipe was adapted from <http://www.cookinglight.com/food/recipe-finder/brussels-sprouts-recipes/brussels-sprouts-bacon-garlic-shallots>*

**INGREDIENTS**

- 3 slices center or thick cut bacon
- 1 ½ lbs Brussels sprouts, trimmed and halved
- 6 garlic cloves, minced
- ½ cup low-sodium chicken broth
- Pinch of salt and pepper, to taste

**RECIPE DIRECTIONS**

1. Heat a large nonstick skillet over medium-high heat. Add bacon and sauté for 5 minutes or until bacon begins to brown. Remove the bacon from pan with slotted spoon, reserving

1 tablespoon drippings in pan (discard remaining drippings). Transfer bacon to a paper-towel lined plate, then roughly chop.

2. Return pan to medium-high heat and stir in bacon Brussels sprouts. Sauté for about 5 minutes, then add garlic and sauté for another 5 minutes or until garlic begins to brown, stirring frequently. Add the chicken broth and bring to a boil. Cook for 2 minutes or until the broth is mostly evaporated and the sprouts are fork tender.

3. Remove from heat, season with salt and pepper. Serve immediately.





## KUDOS: Kids Understanding Deployment Operations

**Sept. 24**

**from 9 a.m. to 1 p.m.**

**Children of military members**

**7- to 15-years old**

**(must be accompanied by an adult)**

**Registration ends Sept. 23**

**For more information,**

**call Master Sgt. Avis Smith**

**at DSN 497-7691 or**

**commercial 478-327-7691**

Team Robins members' children will get the chance to experience the deployment process with an Operation KUDOS event scheduled for Sept. 24 from 9 a.m. to 1 p.m.

Organized by the Robins Airman and Family Readiness Center, this annual event is for children ages 7 to 15 whose military parents are deployed or eligible to deploy. Registration is limited to 75 children. The event will allow military kids to experience a series of deployment stations which will include being issued orders, receiving "immunizations" and various educational handouts.

Participants will be briefed and processed similar to an actual deployment. Additionally, the kids will be able to tour a C-130 provided by the 402nd Maintenance Wing. They will also experience field conditions out at the 5th Combat Communications Group Gator Air Base as well as a 78th Security Forces Squadron K9 demonstration.

The event is free to all military families assigned to Robins or residing in the local area. Prior registration is required. Deadline to register is Sept. 23.

**USE YOUR WITS NOT YOUR WATTS. KILL THE JUICE WHEN NOT IN USE**

# HAPPENINGS/SERVICES

## ON TAP

### Air Force Birthday

Today  
Heritage Club Lounge  
3 to 7 p.m.  
For details, call DSN 468-2670.

### Paintball in Perry (Single Airman Only)

Saturday  
Perry, Georgia  
A \$15 refundable deposit is required.  
For details, call DSN 468-2945.

### Give Parents a Break Hourly Care

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

### Membership Pancake Dinner

Monday

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

### Fall Bash Bingo

Thursday  
6:15 p.m.  
Heritage Club bingo room  
More money games & door prizes  
For details, call DSN 468-4515.

### Robins AFB Trap and Skeet Range Fall Trap League

Thursday and Oct. 30  
Robins Skeet Range  
New shortened six week league format  
\$12 per week (2 Rounds at \$6 each)  
For details, call 478-955-3255 or email  
robinsafbskeetclub@gmail.com.

### Fit 2 Fight

Now through Oct. 30

11 a.m. to noon  
Fitness Center  
For details, call DSN 468-2128.

### Last Friday

Sept. 30  
4 to 8 p.m.  
Heritage Club  
\$250 Club Card drawing for members  
present at 5 p.m.; drawing for  
nonmembers present at 7 p.m.  
Heavy hors d'oeuvres 4 to 6 p.m.  
Jazz Band 5 to 8 p.m.  
For details, call DSN 468-2670.

### The Walking Dead Party

Sept. 30  
8 p.m.  
Heritage Club  
Celebration of the October 2016 Walking  
Dead season.  
Best costume contest for male and  
female \$100 each at 10 p.m.

Free food 8:30 to 9 p.m.  
For details, call DSN 468-2670.

### Afterburner September Special

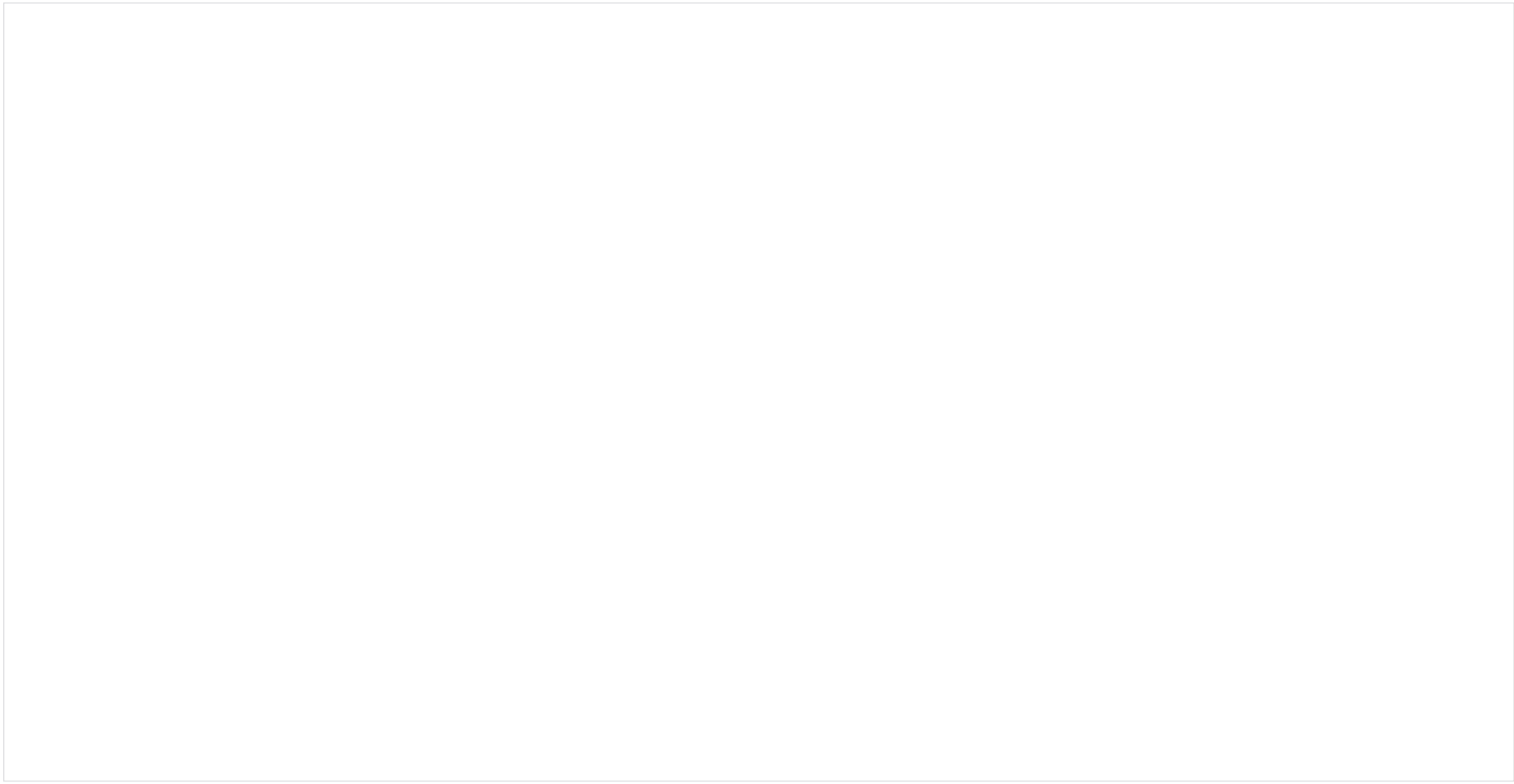
5:30 a.m. to 1 p.m.  
Base Restaurant, Bldg. 166  
Pineapple, Ginger Ale & Raspberry  
For details, call DSN 472-7827.

### Fall Bash

Oct. 22  
Services Marketing  
For details, call DSN 468-6559.

### Beginners Frame Class

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



**CHAPEL CONTRACT OPENINGS**

The following Robins Chapel contract positions are open to new applicants. For Statement of Work or more information, contact Staff Sergeant Joshua Manglona or Staff Sgt. Jeff Rybold at 478-926-2821. Resumes must be submitted to the above sergeants by close of business Sept. 16 to be considered for a position. Qualified applicants will be scheduled for an interview. Contracts will be awarded on "Best Value" to the government.

**Protestant Parish Coordinator:** 30 hours per week. Responsible for Protestant Parish administrative functions at Robins, working closely with the Senior Protestant Chaplain to ensure budgets, program schedules, publicity, and other required items are developed and implemented. Minimum of a Bachelor's degree and 4 years experience directing a Protestant military chapel program are required. Upon award of contract, must receive a favorable criminal history background check.

**Catholic Parish Coordinator:** 20 hours per week. Responsible for Catholic Parish administrative functions at Robins, working closely with the Catholic Priest to ensure budgets, program schedules, publicity, and other required items are developed and implemented. Must be a practicing Catholic in good standing with the church, and have experience working with Catholic liturgical law and sacramental records. Upon award of contract, must receive a favorable criminal history background check.

**Catholic Deacon:** Assists the Robins Catholic Priest with ecclesiastical duties as required in Statement of Work. Must be ordained by and have faculties from any Diocese in the United States and be able to receive faculties from the Archdiocese of the Military Services. Upon award of contract, must receive a favorable criminal history background check.

**BEAT THE SUMMER RUSH**

Make an Appointment to Get a **NEW ID Today!**

Go online to <https://rapids-appointments.dmdc.osd.mil/> on any computer or mobile device

Common Access Card appointments may be made via any computer or mobile device.

For more information, call 478-327-5666 or DSN 497-5666.

**Click it or Ticket It's the LAW.**