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*Lighter Fare*

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# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

September 30, 2016 Vol. 61 No. 39



U.S. Air Force photo

The U.S. Air Force Thunderbirds aerial demonstration team will be the headliners at the Thunder Over Georgia air show this Saturday and Sunday.

## Thunder Over Georgia Air Show this weekend

ROBINS PUBLIC AFFAIRS

The 2016 Thunder Over Georgia Air Show will roar into Middle Georgia to the delight of thousands this Saturday and Sunday.

Headlining the event will be "America's Ambassadors in Blue," the U.S. Air Force Thunderbirds. Their last visit here was in 2009.

"We're very excited about this event," Col. Jeff King, 78th Air Base Wing commander, said. "This is a great opportunity for the Air Force and Robins Air Force Base to thank Americans across the southeast for their continuous support for the military."

The flying unit is officially known as the U.S. Air Force Air Demonstration Squadron, and flies the F-16 Fighting Falcon.

Also performing will be the Commemorative Air Force, whose mission is to restore and preserve flying combat aircraft. The group will be flying World War II veteran airplanes, the P-51 Mustang, the Nakajima B5N and the F4U Corsair.

The Army Black Daggers, the DAV (Disabled American Veterans), and Randy Ball and his MIG-17F will be on hand.

World renowned superstar Patty Wagstaff has signed on to perform her breathtaking low-level aerial demonstration.

There will also be static displays so folks can get an up close and personal look at some of the most highly coveted aircraft in the Air Force inventory.

They include the C-5 Galaxy, C-17 Globemaster, C-130 Hercules and the E-8C, to name a few.

The 78th Force Support Squadron has worked tirelessly on the morale and welfare elements of the event, according to Maj. Felicia Kersh, air show FSS coordinator.

"We've included elements like the Kids Zone to entertain the younger kids and a variety of food for spectators to choose from," she said. The Kids Zone will feature fun and exciting activities such as a boot camp obstacle course, a little tykes area, a rock wall and circus city.



**Special Report:**  
**Thunder Over Georgia Air Show supplement inside**

## Rock and Rollover



U.S. Air Force photo by ED ASPERA

Tech. Sgt. Thomas Bryan, a 5th Combat Communications Group Combat Readiness School student exits a vehicle rollover trainer at Moody Air Force Base, Georgia.

### 5th MOB School helps airmen come full circle with MRAP training

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

**MOODY AIR FORCE BASE, Georgia** – There are just inches to spare. As you're sitting in a confined space that can be oppressive and daunting, precious seconds can mean the difference between life and death.

But you're not sitting alone. Facing five other body-armor protected Airmen, with a driver and passenger who are out of sight, you collectively wait for the signal. Then it happens.

The vehicle you're in – a Mine-Resistant Ambush Protected MaxxPro – rolls slightly to the left then right, eventually coming to a full stop 180 degrees from where

you began. At this point you're upside down, at the mercy of those who put you there. In a real-world situation, you wouldn't have the immediate benefit of knowing what just happened.

Documented headlines from the wars in Iraq and Afghanistan detail stories of military members who have withstood improvised explosive device attacks. Vehicles such as the MRAP were procured and produced at the height of the war in Iraq in the 2000s.

Because combat communicators travel across the globe, providing expertise in connectivity and communications capabilities in austere environments, their mission can take them anywhere.

This particular day's training provided students with an understanding of how to react in a highly volatile rollover situation.

**Training Day**

The 5th Combat Communication Group Combat Readiness School at Robins dedicates an entire day

▶ see MRAP, A4

### Spotlight: Former airman still on duty

BY ANGELA WOOLEN  
angela.woolen.ctr@us.af.mil

During the early 1960s, the Civil Rights movement was getting started, John F. Kennedy was president, Elvis was still king and the Beatles made their first album.

It was in that era John Mattocks enlisted in the Air Force. He would stay on active duty for 26 years before he took off the uniform and retired in 1989.

But that wasn't the end of his service to his country. In 1998, Mattocks began working at Robins as a civilian and has been working here ever since.

"My first 16 years I was in recreation," said the

72-year-old New Bern, North Carolina, native.

In the physical conditioning unit, he administered physical conditioning tests and conducted survival drills.

He's currently a desktop publisher technician at the Defense Logistics Agency Document Automation and Production Service office.

His first duty station was Bergstrom Air Force Base in Austin, Texas. During his two decades of military service, he served in England, Germany, Korea, Saudi Arabia and various bases around the U.S.

Mattocks played football as a left half back for RAF Lakenheath in England, competing against bases from around Europe.

▶ see SPOTLIGHT, A5

**FRIDAY FLYBY: Triple Ribbon Month – breast cancer, domestic violence, drug use awareness, Page A2**

**IDS Tip of the Week**

"When a child learns to walk and falls down 50 times, he never thinks to himself: 'Maybe this isn't for me.' Never give up. Be resilient. Need help? Here's help: Robins Air Force Base Chapel, 478-926-2821; Employee Assistance Program, 1-800-222-0364 or TTY 1-888-262-7848, or Robins Air Force Base's Mental Health Clinic at 478-327-8398.



**Flu Shots**

The Houston County Health Department has kicked off this season's Civilian Vaccination Campaign and is providing on-base vaccinations. Most insurance plans are accepted, and for those without covered insurance, the cost is \$25. Shots will be available at the Base Restaurant every Wednesday from 11 a.m. to 1 p.m. and at the Fitness Annex every first and third Wednesday from 8:30 to 10 a.m. and every second and fourth Wednesday from 2 to 3:30 p.m.



<b>Weekend Weather</b>	<b>Friday</b> 82/54		<b>Saturday</b> 85/58		<b>Sunday</b> 88/60	
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*Safety is a full-time job.*



## SECOND FRONT

### October is month of triple ribbon awareness

BY ANGELA WOOLEN  
angela.woolen.ctr@us.af.mil

Triple Ribbon Month is designed to bring awareness to three important causes: Breast Cancer Awareness Month, Domestic Violence Awareness Month and Red Ribbon Week.

"All three had competing events," said Stuart Bapties, Robins Health and Wellness Center director.

The three were combined into one month to host multiple events together.

A proclamation signing was held Tuesday at Central Georgia Technical College, which mayors Jimmy Faircloth of Perry; Randy Toms of Warner Robins; and John Harley from Centerville, along with Houston County Commissioner Tommy Stalnaker and Col. Jeff King, 78th Air Base Wing commander, all signed.

Each year, breast cancer is the second leading cause of cancer death in women. An estimated 231,840 women will be diagnosed with breast cancer in 2016, according to the proclamation.

Red Ribbon Week is held Oct. 23 through 31 with this year's theme, of "Respect Yourself, Be Drug Free."

According to the Georgia Commission on Family Violence, one in four women and one in seven men have experienced physical violence by a partner. In 2015, 27 percent of domestic violence incidents resulted in death.

In the last year, more than 15.5 million children have witnessed domestic violence, according to the commission.

To combat these problems, the base will hold various road shows and activities throughout the month of October.



U.S. Air Force graphic

On Oct. 21, there will be a 5K Color Run along with a resiliency fair. The annual Pink Picnic luncheon will be held Oct. 27 with guest speaker Becky Olson, a three-time cancer survivor.

There will also be spirit days held throughout the month which encourage people to wear a different color shirt on Wednesdays. Oct. 5 will be pink, Oct. 12 is blue, Oct. 19 is purple and Oct. 26 is red.

Pink symbolizes breast cancer, blue is resiliency, purple for domestic violence and red for drug awareness.

Local agencies along with base helping agencies will dispense educational information at the road shows and events.

For more information, contact the Health and Wellness Center at 478-327-8480.

### Heritage finale to showcase food, fun

Hispanic Heritage Month runs through Oct. 15.

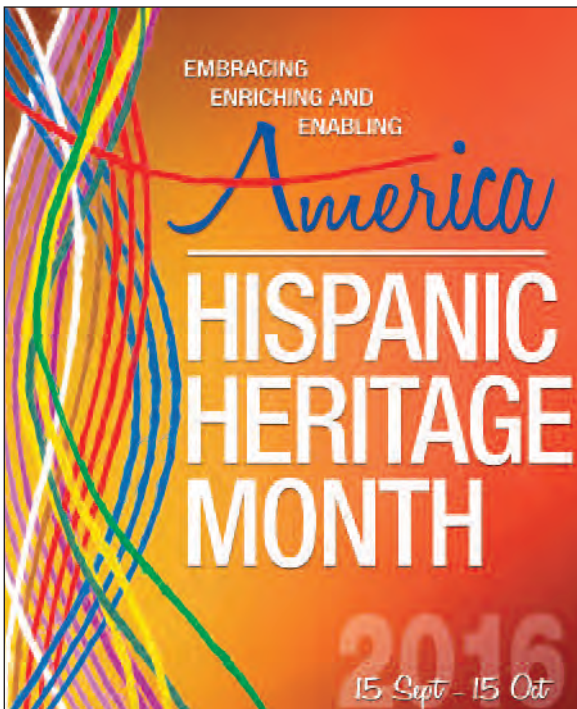
The Hispanic Heritage subcommittee will be providing brief Hispanic culture presentations at several Houston County Schools throughout the month.

The group will end the observance by hosting a Hispanic food tasting and cultural picnic on base at Gator Park Oct. 15 from 11 a.m. to 2 p.m.

Ed Armijo, Robins Hispanic Heritage Observance chairman, said the month is dedicated to celebrating people of Spanish, Hispanic or Latino origin and recognizing their contributions to the community.

"It will be an opportunity for sharing and learning more about each other and our diverse workplace," he said.

For more information, contact Marisol Soto at 478-926-5331 or via e-mail at marisol.soto@us.af.mil.



## NEWS BRIEFS

### Team Robins Career Fair

The Team Robins Career Fair sponsored by 78th Force Support Squadron will host between 45 and 60 employers Nov. 9.

The career fair will be held at the Heritage Club Bldg. 956 from 10 a.m. to 2 p.m. Attendees are encouraged to bring their resumes and come dressed to interview. The fair is open to base access personnel, which includes all Team Robins members and eligible family members.

### CAC reset and appointments

You don't have to go to the MPS to get your Smart Card/ CAC reset. Visit the link below to get a Smart Card PIN Reset. [https://wwwmil.robins.af.mil/Docs/CAC\\_Reset\\_Locations.pdf](https://wwwmil.robins.af.mil/Docs/CAC_Reset_Locations.pdf).

No more waiting in line for appointments. Make your identification card appointment on the RAPIDS scheduler link at <https://rapids-appointments.dmdc.osd.mil/?AspxAutoDetectCookieSupport=1>.

### 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.

### Legal Assistance hours

Walk-in legal assistance is no longer available at the Base Legal Office. The hours for service include: Notary/Power of Attorney services Monday through Wednesday from 9 a.m. to 4 p.m.; Thursdays from 9 a.m. to 3 p.m.; and Fridays from 1 to 4 p.m.

All legal assistance requiring attorney consultations will be appointment only on Tuesdays from 1 to 3:30 p.m. and Thursdays from 9 to 11:30 a.m.

For more information on legal services, visit <https://www.aflegalassistance.law.af.mil>.

### Put Your Hands Together

The next "Put your hands together for ..." will run in the Oct. 28 edition of the Rev-Up. Deadline for submissions is Oct. 21 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).



## Airman Leadership School Graduates

### A Flight

- ▶ Senior Airman Wilson Adkins, 78th SFS
- ▶ Senior Airman Caleb Duff, 78th OSS
- ▶ Senior Airman Osha Hammock, 413th ASTS
- ▶ Senior Airman Brenda Harvey, 51st CBCS
- ▶ Senior Airman Richard Huffman, 51st CBCS
- ▶ Senior Airman Jeremy Morgan, 461st AMXS
- ▶ Senior Airman Jarryc Phillips, 78th SFS
- ▶ Senior Airman Jeffrey Pittman, 5th CBCSS
- ▶ Senior Airman Brian Reeves, 12th ACCS
- ▶ Senior Airman Logan Roy, 51st CBCS
- ▶ Senior Airman Nicholas Spicer, 78th LRS
- ▶ Senior Airman Jennifer Storms, 78th MDSS
- ▶ Senior Airman Diana Sullivan, 12th ACCS
- ▶ Senior Airman Patrick Walker, 78th SFS

### B Flight

- ▶ Senior Airman Steven Anderson, 101st ACS
- ▶ Senior Airman David Benavidez, 51st CBCS
- ▶ Senior Airman Tony Coston, 78th SFS
- ▶ Senior Airman James Cullen, 78th SFS

- ▶ Senior Airman Andrew Huberty, 78th LRS
- ▶ Senior Airman Rachel Kinsey, 16th ACCS
- ▶ Senior Airman Andrea Knight, 12th ACCS
- ▶ Senior Airman Hunter Marshall, 5th CBCSS
- ▶ Senior Airman Justin McQuiddy, 78th MSG
- ▶ Senior Airman Clayton Purdy, 78th MDSS
- ▶ Senior Airman Brittany Satterfield, 78th SFS
- ▶ Senior Airman Philip Terry, 51st CBCS
- ▶ Senior Airman Kie'Aundra Warren, 413th ASTS
- ▶ Senior Airman Scott Wheeler, 78th SC

### Special Awards

- ▶ **John L. Levitow Award** – Senior Airman James Cullen, 78th SFS
- ▶ **Academic Award** – Senior Airman Hunter Marshall, 5th CBCSS
- ▶ **Chief MSgt Richard L. Etchberger Award** – Senior Airman Jennifer Storms, 78th MDSS
- ▶ **Distinguished Graduates** – Senior Airman Hunter Marshall, 5th CBCSS and Brenda Harvey, 51st CBCS
- ▶ **Honorary Veteran** – Chief Master Sgt. Andy Rodriguez

The "Put your hands together for ..." feature is a monthly installment to the Robins Rev-Up.

Due to the overwhelming number of awards people at Robins receive, we just aren't able to cover them all. This feature is our way of ensuring we give credit where we can.

The installment will run in the last issue published each month.

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 Geoff Janes at [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil) or Lanorris Askew at [lanorris.askew\\_ctr@us.af.mil](mailto:lanorris.askew_ctr@us.af.mil). Either can be reached by phone at 468-6386.

## Robins engineer named Society of Women Engineers Fellow

BY HOLLY LOGAN-ARRINGTON  
[holly.logan-arrington@us.af.mil](mailto:holly.logan-arrington@us.af.mil)

Nancy Manley, 78th Civil Engineer Group Special Projects officer, has been named a Fellow by the Society of Women Engineers.

As an undergraduate at Purdue University in West Lafayette, Indiana, Manley joined the SWE, a group founded in 1950 that is known as the world's largest advocate and catalyst for change for women in engineering and technology.

The honor is awarded to SWE members with at least 20 years membership in the society who have also significantly contributed to the public's awareness of engineering as a profession for women, and informing employers, the profession and the public of women's contributions

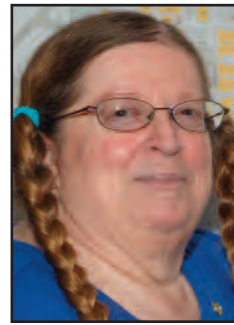
to the fields of engineering and engineering management.

"I've always enjoyed working with and supporting my professional societies," she said. "Doing this then naturally led to supporting the goals of SWE."

The not-for-profit educational and service organization is the driving force that establishes engineering as a highly desirable career aspiration for women.

To ensure SWE members reach their full potential as engineers and leaders, the Society offers unique opportunities to network.

It also provides professional development,



MANLEY

shapes public policy and provides recognition for the life-changing contributions and achievements of women in the engineering field.

As a champion of diversity, SWE empowers women to succeed and advance in their personal and professional lives.

Manley is also a Fellow in the National Society of Professional Engineers, the American Society of Civil Engineers and the Society of American Military Engineers.

With the Air Force's increase in supporting Science, Technology, Engineering, and Math – commonly called STEM – activities, Manley has had more opportunities to encourage women to become more involved in the career field.

The Fellow grade will be presented Oct. 28 during the awards ceremony at the SWE conference in Philadelphia, Pennsylvania.





U.S. Air Force photos by ED ASPERA



## ROLLOVER! ROLLOVER! ROLLOVER!

Far Left, Staff Sgt. Kevin Weier, with the 820th Combat Operations Squadron's Innovative Combat Equipment, told the MRAP's occupants what to expect during each roll. Above, following the rollover-scenario airmen exercised exiting the vehicle, tending to the wounded and establishing security.

## MRAP

Continued from A1

of training to prepare students for what it's like to roll over in an MRAP. Conducted at Moody Air Force Base near Valdosta, Georgia, the most recent class of 31 students comes from throughout the Air Force's combat communications community.

Following an early morning drive from Robins, the class watches a safety video. Then it's a short walk to a lone-standing armored fighting vehicle, perched on a raised platform, secured under an outdoor shelter in a location far from prying eyes.

Its sole purpose: to defend its occupants from IED attacks and ambushes.

The MRAP MaxxPro was the same vehicle that saved the life of Tech. Sgt. Alfonte Thomas, a CRS instructor, who survived injuries following an IED attack while deployed to Iraq years ago.

"No matter what job you're in, you never know when you could be in that situation," Thomas said. "Take it seriously, take care of each other and take in the things that are being taught."

After strapping on about 60 pounds of body armor, a helmet and safety glasses, each student slowly ascended a small flight of steps at the rear of the MRAP trainer. Once seated, each took care to ensure their seatbelts were properly secured. Grab straps hung above.

A voice can be heard inside from a speaker. Just beyond the closed doors at the controls, Staff Sgt. Kevin Weier, with the 820th Combat Operations Squadron's Innovative Combat Equipment, told the MRAP's occupants what to expect during each roll.

"A lot of this is muscle memory," he said. "Ideally, they should brace themselves. Once the vehicle is stopped, they should make sure they can find an open door, have good communication and get out as quickly and safely as possible."

For several minutes the vehicle's eight occupants experience the adrenaline-infused understanding of the space between realism and futility.

Once you're on a roll, the body goes where it goes. Sometimes up and to the side, sometimes down and to the right. But always somewhere. And when you stop, there's only minutes to spare.

As the vehicle rests, on the outside a

single voice steadily rises: "It's very important that you scream – rollover, rollover, rollover!" emphasizes Tech. Sgt. Charles Pickett, a CRS instructor who teaches medical readiness.

On this particular day he oversees how students are reacting to injured comrades, tending to them as others hastily scramble to secure the outside of the vehicle. Getting out quickly is imperative as you don't know if an enemy is in the vicinity, further provoking an attack.

"What's important about the training is they have to be ready at all times," explained Pickett. "They can be in a situation exactly like this where injuries happen, even inside a vehicle. People get knocked out, people break arms when they release, and if they aren't trained for it, then they don't know what to do."

Tech. Sgt. Chaddrick Webb, 53rd Air Traffic Control Squadron, said the training was an eye-opening experience.

"Once I went through the entire scenario – the rollover, getting out, posting security and having 100 percent accountability – it opened my eyes to exactly what I should be looking for and what I should be doing," Webb said. "Important things are making sure you're secure, quick to get out and being vigilant, knowing your surroundings and doing what's necessary for safety and security."

Staff Sgt. Joseph Fletcher, visiting from Fairchild Air Force Base, Washington, agreed.

"Another important aspect is staying relaxed. When you tense up, you won't know what to do," he said.

Simulating stressed environments for deployers to learn, while remaining safe, is the number one goal, said Tech Sgt. Ryan Petersen, Combat Readiness School NCOIC.

"While inside the simulator, airmen experience realistic motions and sounds coupled with visual graphics specifically designed to replicate a vehicle being disabled by an IED or other explosive," he said. "Incorporating this into training generates a realistic experience and better prepares them to react if placed in a hostile convoy situation."

He continued, "Our hope for each class is that no student ever has to employ any of the material we teach; however, in the event one does, that each person is able to walk away from it and return to their friends, families and loved ones."



## Museum of Aviation home to MRAP

If this Mine Resistant Ambush Protected Cougar vehicle could talk, oh, the stories it would tell.

In January 2014, the MRAP above was involved in an improvised explosive device incident while being used by Air Force Office of Special Investigations personnel in Afghanistan.

"It saved the lives of its occupants," said Mike Rowland, Museum of Aviation curator. "The vehicle did what it was supposed to."

The vehicle was repaired and sent back to work before arriving in Middle Georgia. The Army's 841st Transportation Battalion delivered the vehicle from Savannah to the museum.

The museum had been offered MRAPs in the past but Rowland wanted one that was used by the AFLCMC members helped make that happen.

The sustainment and acquisition for the MRAP is done by the AFLCMC here. "We're the cradle to the grave for this (asset)," said Ed Jones, Air Force Life Cycle Management Center Support Equipment and Vehicles Division operations director. "We continue to sustain them today."

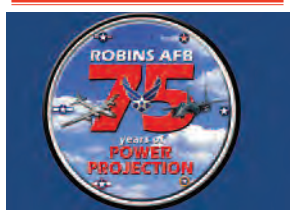
The Air Force is divesting some of the older models - like the MRAP at the museum - and acquiring new ones from other military branches. There are 810 in service today for the Air Force.



U.S. Air Force file photos

An MRAP with landmines detonating around it for testing purposes in 2007.

## 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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U.S. Air Force photo by TOMMIE HORTON

John Mattocks, a desktop publisher technician at the Defense Logistics Agency Document Automation and Production Service office, performs quality control on a print job.

### SPOTLIGHT

Continued from A1

Although he has had a tracheotomy and survived colon cancer, Mattocks still exercises and bench presses 200 pounds.

"I'm not as strong as I used to be," he said with a grin..

Before he was transferred to Robins in 1967, he called the four-year period a dark time in his life. When he got to Warner Robins, he had put in paper-

work to retrain to instrument repair when he met Franklin Manley.

"He changed my life in the military," Mattocks admitted.

The one-stripe airman soon learned that supervisors could be fair, and he spent the next four years in recreation.

"He set me on the right path," said Mattocks of his former supervisor.

This is his third stint at Robins and where he hopes to stay when he retires one day, although that won't come soon. He arrived here in 1998.

"I enjoy what I do," he said.

## Cigarettes got you feeling like a prisoner in your own life?



Time for a **Jailbreak!** Call the Robins Health and Wellness Center to find out about their smoking cessation class 478-327-8480.

# AFMC commander says cyber threats are real, need to get ahead of them

BY STAFF SGT. CHRISTOPHER GROSS

Air Force News Service

**NATIONAL HARBOR, Md. (AFNS)** – Cyber resiliency and hardening are more important now than ever and the Air Force Materiel Command commander made that point as she addressed a crowd at the Air Force Association Air, Space and Cyber conference Sept. 21.

Gen. Ellen Pawlikowski, AFMC commander, showed the crowd a scene from “Interstellar” where a family was able to hack in and take control of a government remotely piloted aircraft – something Pawlikowski said is a real possibility, and could have serious consequences if adversaries are the ones to do it.

Several years ago, the Defense Department put together a cyber strategy that called for services to develop plans to increase cyber resiliency.

Led by the Air Force Life Cycle Management Center, AFMC and Air Force Space Command teamed up to form the Cyber Resiliency Steering Group. According to Pawlikowski, the group took a systematic approach to identify cyber vulnerabilities.

**Mission thread analysis:** Pawlikowski said the key first step is to address cyber security as early as possible in the life cycle of a process, weapons system or mission.

**Developing cyber resiliency tools:** The general said it comes down to risk assessment and ensuring Airmen are asking the right questions during each stage of the life cycle of a weapons system.

**Developing cyber expertise:** She said the third line of attack means the Air Force needs to ensure Airmen at all levels are being educated on how to remain cyber resilient.

**Making weapons systems capable of cyber resiliency:** The general said the fourth LOA is about introducing improvements into weapons systems to have the ability to adapt them to be agile when being responsive to a threat.

**Security environment:** Airmen need to adapt and be agile but in a secure way.

**Using, protecting current resources to advance:** With weapons systems that were developed long before the thought of cyber attacks were an issue, the Air Force has to ensure legacy systems are being protected.

**Intelligence:** “We need to have cyber intelligence as part of this solution, we need to understand where the threats (are going to) be (and) we have to be able to project what we might see,” the general said.





## Thought for the Day

"Success is not final, failure is not fatal: it is the courage to continue that counts."

— Winston Churchill



## What's inside

Chronic Pain Management, B2

Flying Tigers families visit MOA, B3

Fall Bash, B5

# Lighter Fare

THE ROBINS REV-UP ■ SEPTEMBER 30, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

# Operation KUDOS

## Kids experience deployment from parents' perspective



U.S. Air Force courtesy photos

The Robins Airman and Family Readiness Center conducted the Kids Understanding Deployment Operations, or KUDOS, event for Team Robins Saturday. The event was held to help educate children in a fun way about deployments, give parents and children talking points to later discuss and alleviate the children's stress and curiosity about a parent's deployment.

Forty-one children and 27 adults convened at the A&FRC for in-processing; children were issued access badges, orders and gear. They were then bused to Bldg. 127 where Col. Lynn Marshall, 78th Mission Support Group commander, welcomed the children and officially got the event started.

The children received briefings, scanned bags, weighed in, were provided an "Airmen" lunch, and walked through the deployment line. They were then taken by bus to Gator Air Base for face painting, night-vision goggles, MRE taste test, obstacle course, K-9 demo and a ride on a military vehicle.



Above and right, escorted by their parents, the participants received location-specific deployment briefings and walked the deployment line where they received backpacks with flashlights, books and candy immunizations. They were also weighed and issued orders for departure. They used military night-vision goggles and pretended to drive military vehicles.



Above, children participating in Operation KUDOS Kids Understanding Deployed Operations, got the chance to sample "Meals, Ready to Eat," or MREs, and then it was off to field training at Gator Air Base where they did some physical training, and donned camouflage face paint.



## A BETTER YOU

## Robins' health pros offer practical tips for chronic pain

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Occasional aches and pains are part of life as people age. But, chronic pain – the kind that impacts one's ability to perform daily activities – can be difficult to endure without help.

Robins Air Force Base's health professionals in the 78th Medical Group are offering the following insight and tips on chronic pain and its effective management.

**Psychology of Chronic Pain Management**

Capt. Louis Pagano, a base Mental Health Clinic clinical psychologist, said there's more to pain than some might think. One example of psychology's influence in pain management is the Gate Control Theory of Pain, supported by years of research.

"Things that open the pain gate and make you feel pain are: stress and tension, depression and anxiety, and lack of activity or excessive activity," he said. "Things that close the pain gate and help you feel better are: mindfulness skills, engaging in hobbies, using coping skills and moderating or pacing your activity."

Behavioral Health Treatments that modify one's sense of physical comfort and psychological well-being – closing the gate – may change activity and processing in the sensory cortex and limbic system, which then offers patients an increased sense of successful pain management.

Pagano said Acceptance and Commitment Therapy, often called ACT, uses a set of interventions to explore one's life direction which when someone is in pain, may be viewed as impossible.

People with normal pain often believe that once symptoms are removed or decreased, they will be able to continue on with their life – which usually happens, Pagano said.

Chronic pain sufferers, however, often put valued life directions on hold for a long time. Pagano said in therapy people are invited to use these life directions as a compass to both direct and motivate for the challenging work of treatment.

"ACT can help you respond to painful thoughts, feelings and physical sensations about pain by helping you stay actively engaged with things that give your life meaning that chronic pain has previously taken from you," Pagano said.

Pagano said ACT helps foster a mindful and willing posture pain so that you struggle with CP less and live your life more fully.

**Physical side of chronic pain**

Capt. Cody Butler, a 78th MDG physical therapist, said physical therapy and fitness can help with chronic pain management.

"Instead of striving to be completely rid of back pain, one should focus on a functional task, such as simply performing daily household chores or performing weekly fitness routines, without intense pain," he said.

Manual therapy, manipulations, massage, electrical stimulation and mechanical spinal decompression are tools to help decrease pain, albeit short-term for the most part, to help people move better, Butler added.

A newer tool that's becoming more popular is trigger point dry needling

"It's a procedure where tight or knotted muscles are found, and a thin needle – similar to an acupuncture needle – is inserted into that muscle, causing that muscle tension to be released. A person is then able to do more movements with less pain," Butler said.

"By increasing motion and endurance, it encourages blood flow, and with that, nutrition to tissue," he said. "For some, land-based exercises are either too painful or their bodies have become deconditioned or hypersensitive and even simple movements are extremely painful."

In those circumstances, Butler said water based aerobics could be the answer.

"It allows an individual to perform exercises with the help of buoyancy that they just couldn't accomplish using weights or machines in the gym," he said.

Butler said people who have chronic pain should find exercises that work for them.

Low-impact cardiovascular exercise, including biking, elliptical or rowing, followed up by a strength training program, which should target eight-10 muscle

groups, especially the core is ideal.

Finally, a stretching routine to maintain flexibility is crucial for improved function, Butler said.

**Nutrition: An ingredient for chronic pain management**

What people put in their bodies plays a significant role in the treatment and management of pain, said Marita Radloff, Robins Health and Wellness Center registered dietitian nutritionist.

"Research shows that a balanced diet can decrease inflammation and other responses that cause pain," she said. "However, a diet that is lacking nutrient-rich food can worsen pain symptoms and chronic pain continues."

Most anti-inflammatory diets are based on the same principles and will include the familiar markings of a balanced diet.

"To manage chronic pain, it's important that you eat an adequate amount of calories throughout the day," Radloff said. "That helps your body maintain energy levels and a healthy weight. Extra weight puts added pressure on the joints and requires organs to work harder. Maintaining a normal weight will help you manage your chronic pain."

Spices can also help manage pain, Radloff said.

"Turmeric is a spice that has been shown to be comparable to taking 200 to 400 milligrams of ibuprofen since it reduces inflammation and pain in the body," she said. "In patients with osteoarthritis, research has shown that signs and symptoms of the disease were decreased, inflammatory markers were lowered, and walking performance increased when turmeric was taken daily."

"Swelling, joint pain and stiffness have also been shown to be reduced when taking turmeric daily," she added.

Another spice with anti-inflammatory properties similar to turmeric is ginger, and it can be added to many foods in the form of a spice or directly from the root.

For pain relief, take ginger in supplement form of 100 to 200 mg per day, Radloff said. If on a blood thinner, people should check with their doctor prior to including ginger supplements in their diet.

Robins' health and nutrition professionals agreed the management of pain is unique to each person.

Proactively taking control of pain by addressing it through interventions other than the standard pain medication/narcotics, people can get on the road to a more productive, enriched quality of life.

## Pumpkin-picking time

MARITA RADLOFF

Robins HAWC registered dietitian nutritionist

One of the telltale signs that fall is around the corner is seeing pumpkins at the grocery store.

Pumpkins are synonymous with fall, and some look forward to the season all year-long so that they can enjoy pumpkin flavored foods and drinks.

Whether it's pumpkin bread, pumpkin pie, or pumpkin spice lattes, pumpkin is everywhere. But did you know pumpkin is full of health benefits?

The bright orange color of pumpkins is an indication that they're loaded with an antioxidant called beta-carotene.

Beta-carotene works to reduce cancer risk by reducing damage in the body caused by free radicals, which are known to cause cancer. Beta-carotene also plays a role in vitamin A production, which is critical for vision, particularly for dim light, according to the National Institutes of Health.

A cup of cooked, mashed pumpkin contains more than 200 percent of your recommended daily intake of vitamin A.

Pumpkin is also a good source of fiber, with three grams per cup and clocks in at only 49 calories, meaning it will keep you fuller longer on less calories.

Pumpkin can also help after a tough workout since one cup of cooked pumpkin has more potassium than a banana. With 564 mg compared to a banana's 422 mg, choose pumpkin to help you replenish electrolytes post-workout.

Pumpkin seeds are also beneficial to your health, so don't toss them out while you're carving. Pumpkin seeds are rich in the amino acid tryptophan, which is important in the production of serotonin, a mood regulator. Including pumpkin seeds in your diet may boost your mood, so put those in your trail mix often.

Pumpkin seeds are also naturally rich in phytosterols, which have been shown to reduce LDL or 'lousy' cholesterol.

**Selecting:** Select pumpkins that are



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.

firm and heavy for their size.

When choosing a pumpkin for cooking, select a "pie pumpkin" or "sweet pumpkin." They're typically smaller than jack-o-lantern pumpkins, and the flesh is sweeter and less watery. Avoid pumpkins with blemishes and soft spots.

When buying canned pumpkin, try to choose items that only have 100 percent pumpkin puree instead of pumpkin pie filling, to avoid added sugars.

**Store:** Pumpkins can be kept in a cool, dark place for up to two months.

**Preparing:** For cooking and baking, it's best to use canned pumpkin since pumpkins are 90 percent water. Trying to make homemade pumpkin puree is often time consuming and doesn't yield a tasty dessert due to the water content.

However, save the seeds and roast them when carving. Preheat oven to 300°F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl. Separate the seeds from the pulp, rinse in a colander and shake dry.

Don't blot with a paper towel – they'll stick. Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry out. Add olive oil and spices, then roast another 20 minutes.



## Greek Yogurt Pumpkin Bread

A healthier take on pumpkin bread, but no one will even know it. For this recipe, use white whole-wheat flour for the traditional bread consistency while still getting added fiber. Enjoy for a snack or breakfast.

*This recipe was adapted from <http://www.chelseasmessyapron.com/the-best-healthy-greek-yogurt-pumpkin-bread>*

**INGREDIENTS**

- 1 cup pumpkin puree (not pumpkin pie filling.)
- ½ cup plain or vanilla Greek yogurt
- 1 egg
- 1 teaspoon vanilla extract
- 1/3 cup coconut oil or butter, melted (measured in melted form)
- ¾ cup brown sugar, lightly packed
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons cinnamon
- 1 ½ teaspoons pumpkin pie spice
- 1 ½ cups white or white whole-wheat flour
- ½ cup dark chocolate chips or chopped nuts, optional

**RECIPE DIRECTIONS**

1. Preheat oven to 350°F. Grease and flour a bread pan and set aside.
2. In a large bowl or electric mixer, stir the pumpkin, Greek yogurt, egg, vanilla, brown sugar and coconut oil until well combined, approximately 3 minutes.
3. In another bowl, mix together the baking soda, salt, cinnamon, pumpkin pie spice and flour.
4. Gradually pour the dry into the wet and mix until combined, do not over mix. Stir in the chocolate chips or nuts as desired.
5. Pour into the prepared bread pan and bake for 50-55 minutes or until a toothpick comes out clean when inserted. Do not overbake, or your bread will be dense. Tent the top with tin foil if the top is browning.





# FLYING TIGERS REUNION

U.S. Air Force courtesy photo

A collection of portraits painted during World War II by artist Raymond P. R. Neilson shows 24 members of the American Volunteer Group "Flying Tigers" who died in China and three who died later in non-combat scenarios.

## Famed Tigers families get to see portraits

BY ANGELA WOOLEN  
angela.woolen.ctr@us.af.mil

lining the hallway of the Flying Tigers AVG display were 27 portraits of original American Volunteer Group Flying Tigers who died in combat or non-combat related scenarios.

This was the first time in several years these paintings were on display together at the Museum of Aviation's Eagle Building, said Mike Rowland, curator at the museum.

"I'm delighted for the family members to see this part of our shared heritage. As a family member, you have a special tie to the portraits," he added.

More than 50 AVG family members visited to see their loved ones' framed likeness. They were celebrating the 75th anniversary of the AVG during "Warbird Weekend" at Dekalb-Peachtree Airport.

The portraits of the 24 members who died in combat and three others who died in non-combat scenarios, were painted by Raymond P.R. Neilson, according to Rowland.

"It was touching for me to see this," said John Newkirk who is named after his father's cousin John Van Kuren "Scarsdale Jack" Newkirk.

Newkirk, who is from Denver, Colorado, said his uncle always wanted to be a pilot.

"He finally got picked and they named him squadron leader for the 2nd "Panda Bear" Squadron. He was given the name "Scarsdale Jack" because he was from Scarsdale, New York.

Newkirk has also written a book, "The Old Man and the Harley" about his own father who enlisted in the Navy after his cousin died.

The Flying Tigers were American Volunteer Group members who served in China during World War II, flying P-40s. From Dec. 1941 to July 1942, the Flying Tigers are credited with destroying 293 Japanese aircraft in China and Burma.

There are only three of the Flying Tigers alive today.

One of those is Frank Losonsky, whose nephew Steve Yenchar of Ionia, Michigan, was at the reunion.

"He was the crew chief for the 3rd Squadron. I've always been real proud of him," Yenchar said.

For some, it was a way to tell the story of what their relative did during the war. For others, it was a



U.S. Air Force photo by RAYMOND CRAYTON

Porter and Jacqui Reed, great nephew and niece of William Norman Reed, present his photo to Museum of Aviation Curator, Mike Roland.

way to shed light on what Chinese Americans did for the Flying Tigers.

"They fought the entire war with the Flying Tigers," said Keith Lee whose father, Pak On Lee, was stationed with the AVG starting in 1942.

Stationed in Kunming, Lee was sent out to recover downed planes and was trained as an Allison engine mechanic.

Keith Lee has written a book, "A Chinese in the AVG" about his father, complete with photographs his father took while in China.

"This is their story. We're bringing that story back to China," he said.

Tripp Alyn, a cousin of Maax Hammer Jr. who died in an accident during monsoon conditions, spoke about how grateful he was to the museum for putting out all of the portraits for the members of the reunion to see.

"It truly is a wonderful thing," he said.

### DID YOU KNOW?

**The Museum of Aviation usually only exhibits 10 AVG portraits at a time; this is the first time in decades that all 27 portraits will be on display together. The portraits were unveiled at the Smithsonian Institution in 1945 and were again exhibited at the Smithsonian in 1972. The portrait exhibit opened at the Museum of Aviation in 1996.**



# HAPPENINGS/SERVICES

FRI 30 SAT 1 SUN 2 MON 3 TUE 4 WED 5 THUR 6

**ON TAP**

**Last Friday**

Today  
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**

Today  
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.

**Fried Catfish Buffet**

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

**Trivia Tuesdays**

4 to 7 p.m.  
Heritage Club Lounge  
Registered players get one 8-inch cheese pizza  
For details, call DSN 468-2670.

**Tips from the Pro**

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

**Twilight Rates**

Every day  
After 4 to 7 p.m.  
Pine Oaks Golf Course

Play 18 holes with cart  
\$20 per person.  
For details, call DSN 468-4103.

**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 Arts & Crafts Fair**

Deadline to reserve space is Oct. 19  
Registration forms available at the Arts & Crafts Center  
Tables are \$20 each  
For details, call DSN 468-5282.

**GA National Fair Admission/  
Rides**

ITT  
\$9 per pass  
Advance midway ride discount coupons  
\$10 per sheet  
For details, call DSN 468-2945.

**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.

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

Oct. 30  
Robins Skeet Range  
New shortened six week league format  
\$12 per week (two Rounds at \$6 each)  
For details, call 478-955-3255.

**Fit 2 Fight**

Now through Oct. 30  
11 a.m. to noon  
Fitness Center  
For details, call DSN 468-2128.

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**HERITAGE CLUB**

Doors Open at 1930 for Non-Dinner Ticket Holders  
Dinner Begins at 1730 - Tickets \$15.95 Members - \$20.95 Non-Members  
Dinner Includes: London Broil, Broccoli w/ Cheese Sauce, Baked Potato, Garden Salad, Bread, and Specialty Dessert. Includes glass of Merlot.  
Purchase your dinner ticket at the Heritage Club Cashier Window, dinner tickets must be purchased by 1630, 20 October.

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## Airman & Family Readiness Center Classes, workshops & seminars

► **Pre-Separation Briefing (separates)\*** – Tuesday and Oct. 25, from 8 a.m. to noon; **(retirees)\*** – Oct. 18 from 8 a.m. to noon.

► **Interview with Confidence** – Wednesday, from 8 to 10 a.m.

► **Money and Credit Management** – Thursday from 8 to 10 a.m.

► **Entrepreneur Track** – Thursday and Oct. 7, from 9 a.m. to 4 p.m.

► **Senior Transition Goals, Plan, Success (GPS) Workshop\*** – Oct. 11-14, from 8 a.m. to 4:30 p.m.

► **Financial Beginnings (First Term Officers)\*** – Oct. 18, from 1 to 3 p.m.

► **Passport to Parenthood** – Oct. 18 from 8:30 a.m. to noon at the HAWC. Call 478-327-8398 to register.

► **First Term Airman Course: Finances\*** – Oct. 18 from 7:30 a.m. to noon.

► **Right Start\*** – Oct. 19 from 7:45 a.m. to 12:30 p.m.

► **Career Technical Training Track\* in Bldg. 905 Room 121** – Oct. 19-20 from 8 a.m. to 4 p.m.

► **Key Leaders' Orientation\*** – Oct. 20, from 7:30 to 12:30 a.m.

► **VA Benefits Briefing\*** – Oct. 26, from 8 a.m. to 3 p.m. in Bldg. 905.

► **Tips on Writing a Federal**

**Resume** – Oct. 27 from 8 to 10 a.m.

► **Educational Track\*** – Oct. 27-28, from 8 a.m. to 4 p.m. (Call Ron Smith 478-327-3410 to register).

► **DAV Medical Records Review** – Appointments only. Call DSN 472-4146.

► **Department of Labor** – Wednesdays, from 8 a.m. to 4:30 p.m.

► **Military and Family Life Counseling** – Mondays through Fridays, from 8 a.m. to 8 p.m.

► **PreDeployment Briefings\*** – Tuesdays and Thursdays, from 1 to 2 p.m.

► **Survivor's Benefit Plan** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.

► **CAPSTONE appointments** – Every Thursday afternoon at 1 p.m., 2 p.m. and 3 p.m.

*Editor's Note: All classes require pre-registration.*

*For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m.*

*\* Denotes Military (spouses welcome)*



**T**eam Robins will host its annual Fall Bash Oct. 22, from 1 to 5 p.m.

The family-friendly event, slated to take place at Robins Park across from the Heritage Club, is a yearly tradition that allows the Robins' community to take a break and have some fun.

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

Food and drinks will be available for purchase at the event.



## Robins Air Force Base on Facebook

Check out Robins on Facebook.  
Visit [www.robins.af.mil](http://www.robins.af.mil)  
and click on the Facebook link.

## Robins Exchange brings back fee-free layaway for the holidays

Once again, the Army & Air Force Exchange Service is offering fee-free layaway for Soldiers or Airmen, families and retirees who want to get a jump-start on their holiday shopping and keep gifts hidden safely out of sight from prying eyes.



Starting Sept. 1, the Robins Exchange began waiving the \$3 service fee for items that are placed on layaway and paid for by Dec. 24 – including toys and bikes. Purchases of \$25 or more are eligible for the layaway plan.

“By waiving the service fee, the Robins Exchange is giving military shoppers extra incentive to consider layaway, both as a budgeting tool and as a way to keep snooping loved ones from finding their gifts before the big day,” said Stephanie Wilson, Robins Exchange general manager. “With a few months to go before the holidays, shoppers can start checking off their gift lists – and keep those presents safely hidden.”

A deposit of 15 percent is required to hold items on layaway. Shoppers can visit customer service at the Robins Exchange for complete program details and eligibility information.