

ROBINS REV-UP

OCTOBER 13, 2017

SUCCESS HERE = SUCCESS THERE!



Fire Prevention Week

Firefighters, Sparky the Fire Dog visit CDC, teach kids about fire safety

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!



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2017 AIR FORCE ART CONTEST

Air Force Artists get an opportunity to showcase talent, win prizes.

Page 3

TRIPLE RIBBON MONTH

Team Robins shows up for this year's annual Triple Ribbon Color Run.

Page 4

INCLUSIVENESS DRIVE INNOVATION

Base hosts events in observance of National Disabilities Awareness Month.

Page 7



ON THE COVER

Sparky the Fire Dog visits the Childcare Development Center to teach kids about fire safety. See more on page 7. (U.S. Air Force photo/ED ASPERA)

COMMANDER'S ACTION LINE

ROBINS.ACTIONLINE@US.AF.MIL DSN 468-2886

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

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

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357

78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447

78th Force Support Squadron CC– 478-926-5023 or DSN 468-5023

78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475

78th ABW Safety Office — 478-926-6271 or DSN 468-6271

78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212

Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601

Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776

Equal Opportunity – 478-926-2131 or DSN 468-2131

Household Goods – 478-222-0114 or DSN 472-0114

Inspector General Complaints – 478-222-0818 or DSN 472-0818

Inspector General Inspections – 478-327-5523 or DSN 497-5523

Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272

Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be emailed to 78abw.pa.office@us.af.mil

Submissions should be of broad interest to the base populace. For information, call 478-926-2137.

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2017

AIR FORCE

ART CONTEST



Air Force artists get ready to shine

By **CAROLE CHILES FULLER**
AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) –The Air Force Services Activity aims to showcase and celebrate the artistic talents of Airmen and their family members via the 2017 Air Force Art Contest.

"AFSVA wants to find ways to recognize our Airmen and families' talents," said Jonathan Grammer, AFSVA director of programs. "We have phenomenal artists and photographers within the Air Force, and hosting these types of contests is a way for them to showcase their works. Last year, the art contest was a huge success with over 2,000 works of art submitted. We are looking forward to seeing this year's entries."

The contest, is open to Airmen and their families, including children ages 6 through 17. The call for entries will run Nov. 1 through 30.

Last year's second place winner in the adult accomplish category was Josh Pugeau with his "Rhino" charcoal. Pugeau, a civilian missile inspector with the 709th Maintenance Support Squadron at Hill Air Force Base, Utah, said his art is a great stress reliever.

"Once I start, I get very focused on what I'm drawing, and at least for that moment I'm not focused on anything else," Pugeau said. "Sometimes when I'm really getting into a drawing, hours seem to just pass by. When I am done, my mind always feels refreshed and cleared."

"Rhino" was his first art contest entry. The Air Force contest inspired Pugeau to enter another work in the Utah State Fair.

He won the fair's Graphic Arts Professional Category as well as the people's choice award.

"Entering contests helps push me to create more art and is confirmation that other people enjoy my art as well," he said. "These contests are great for Air Force artists because of the exposure it provides and also the recognition for those who are selected."

Darlene Johnson, AFSVA community and leisure branch chief concurred.

"We want to encourage our Air Force family to share their talent and love for art with everyone," she said. "The contest is a way for our Airmen and families to express themselves."

The contest is online only. Artists can submit up to two photographs of their two-dimensional painting or drawing on any subject.

The photos must be an original camera photo in JPEG or JPG format with a file size of 3-8 MB.

The virtual art show is family friendly, and entries will be screened for content before being approved and posted on www.MyAirForceLife.com. The online art exhibition will open Nov. 1.

Accepted media are: oil, watercolor, acrylic, pastel, mixed media, gouache, egg tempera, and pen and ink. Drawing media such as graphite, charcoal, colored pencils, scratchboard, markers and metal point are allowed. This is the second year for the contest to be conducted online.

The contest is divided into two adult and three youth categories. Adult categories are accomplished and novice; youth categories are by age groups: 6-8, 9-12 and 13-17.

Winners in each category will receive an Amazon gift card: \$300 for first place, \$200 for second place and \$100 for third place.

The works will be judged by a panel of art experts and winners will be announced in January 2018.

Triple Ribbon Month

Team Robins shows up in droves to support observances

Hundreds of Team Robins members showed up at the Fitness Center Oct. 6 to add a little color to their lives.

The annual color run kicked off Triple Ribbon Month, highlighting three important causes: Breast Cancer Awareness (pink ribbon); Domestic Violence Awareness (purple ribbon); and Drug Abuse Violence (red ribbon).

The observance is designed to bring awareness and foster prevention to each of the causes through different activities at the base and in the community.

Domestic Violence

One in four women and one in seven men in the U.S are victims of physical abuse from an intimate partner at least once in their lifetime, a statistic that reflects the need for prevention and education in today's society.

Children who grow up in domestic abuse households are 15 times more likely to be victims of child abuse. Domestic violence costs the nation billions annually in medical expenses, police and court costs, shelter and foster care operational expenses, sick leave, absenteeism and non-productivity. And, it accounts for 15 percent of all violent crime.

Breast Cancer

Breast cancer is the most common cancer in women, regardless of ethnicity, and the second leading cause of cancer death in women, following only lung cancer. The chance of developing invasive breast cancer in a woman's lifetime is one in eight.

In 2014, 236,968 women were diagnosed with breast cancer, and 41,211 women died in the United States from breast cancer. Death rates from breast cancer have steadily declined, which is attributed to be the result of earlier detection and improved treatment, related to increased education and community outreach.

Drug Abuse Violence

While drugs and alcohol abuse have been a problem in society for years, there has been an uptick in opioid drug abuse.

More than six out of 10 drug overdose deaths involve an opioid. Since 1999, the number of overdose deaths from opioids, such as prescription opioids and heroin, has quadrupled. Between 2000 and 2005, more than half a million people died from drug overdoses, and 91 Americans die every day from an opioid overdose.



(U.S. Air Force photos/ED ASPERA)



Inclusion Drives Innovation

ROBINS PUBLIC AFFAIRS

Disabilities become capabilities at Robins. October is National Disability Awareness Month, and this year's theme is "Inclusion Drives Innovation." Robins currently has 1,700 workers with documented disabilities as part of its workforce. To celebrate the contributions people with disabilities make to the war-fighting mission, Robins will host the following events:

Today – Bowling Clinic from 1 to 3 p.m. at the Robins Bowling Center. Learn to bowl with varied disabilities.

Oct. 18 – Wheelchair Basketball Clinic from 11 a.m. to 1 p.m. at the Fitness Center. Special Guest Fort Benning Warrior Transition Battalion. There will be a wheelchair basketball clinic, and you can watch a basketball game.

Oct. 25 – Georgia Vocational Rehabilitation Agency will conduct a presentation at 9:30 a.m., in Bldg. 988, Room 114.

Oct. 26 - Intro to Adaptive Physical Training Methods for Persons with Disabilities – Fitness Center

Jill AbuShanab, 78th Force Support Squadron's Employee Management Relations Division human resources specialist, said gaining an understanding of others' differences helps us to be more patient and empathetic with one another.

"If the workforce is educated, this will help them to understand how individuals with disabilities adapt and overcome their challenges in a variety of ways."

Jill AbuShanab

78th Force Support Squadron human resources specialist

"If the workforce is educated, this will help them to understand how individuals with disabilities adapt and overcome their challenges in a variety of ways," she said. "Also, to realize that despite their disability, we are all about the same and we have the same goals when it comes to supporting the warfighting mission."

AbuShanab said having people with disabilities as part of the team eliminates many stereotypes.

"I believe having a diverse workforce to include individuals with disabilities helps to alleviate the misconceived notion that individuals with disabilities aren't productive," she said. "In addition, I believe everyone should be treated equally and given the same opportunities. Giving someone the chance to be productive is a great morale booster."

Perspective

Visual impairment doesn't impede writer's aspirations

By HOLLY LOGAN-ARRINGTON
Robins Public Affairs

In my small, dimly lit bedroom I fell in love with writing at 8. While other kids stayed up late to watch movies, I created my own adventures on notebook paper I could barely see by the glow of a desk lamp.

I had lost 95 percent of my central vision in one eye and all but light perception in my right eye due to complications with a birth defect sometime earlier, but that didn't dim my dream to become a writer.

My parents were my first audience and the ones who encouraged my love affair with storytelling.

In middle school, my sixth grade English teacher, Ms. Hinch, lavished praise on my short stories, which fueled my pursuit of writing as a viable career option one day.

I continued to write as often as possible, entering young author contests, and then writing for the yearbook staff in high school.

My passion for writing was on fire.

Then, years later, as I was about to graduate near the top of my class with my bachelor's degree in journalism, I approached my News Writing and Reporting professor, asking for advice on my job search.

The smug, bearded man who merely moments before in conversation had bragged on me for being one of only three in his class to earn an A, nearly reduced me to tears by suggesting I work for a "handicap association."

"The man who rarely ever granted an A, for a moment, crushed my dreams. On the verge of tears, I thanked the man and left with a lump in my throat and a determination to prove him wrong."

The man who rarely ever granted an A, for a moment, crushed my dreams. On the verge of tears, I thanked the man and left with a lump in my throat and a determination to prove him wrong.

It has been 17 years and some odd days since I left Georgia Southern University with a dogged determination to begin my writing career. I'm now an award-winning staff writer for the Air Force. The journey to reaching my dream hasn't been easy, but it has been worth it.

My mom always told me where there's a will, there's a way. Don't let others put the brakes on your pursuit of a dream. Pursue your passion. Live the dream.

No matter how hard the winds blow ...
No matter how tough the challenge ...

Like steel, I rise.

If you need help, it's only a phone call away

Finances & Work-Life Balance — 478-926-1256

Work, personal or Family Issues — 800-222-0364

Work Stress, Psychological Issues — 478-327-9803

Mental Health & Substance Abuse — 478-922-4281

78th MDG Mental Health Clinic — 478-327-8398

Suicide Prevention Lifeline — 800-273-8255

Sexual Assault & Victim Advocacy — 478-926-2946

Fire Prevention Week



(U.S. Air Force Photos/RAYMOND CRAYTON JR.)

Sparky the Fire Dog, Firefighter Lt. Marcus White, Fire Inspector Emmanuel Andioc and the Robins Air Force Base Fire Department stopped by the Robins Child Development Center to talk to the children about fire prevention. During the visit, they gave each child a fire hat, and White demonstrated some of the department's firefighting equipment.





WORKLIFE4YOU

Protect Yourself

The holidays are about to hit in full force. Shopping, dining, and entertainment will be at the forefront of many calendars and with those activities comes the increase chance that someone else will have a good holiday season, compliments of your name and identify theft. Check out some easy ways to protect your credit and finances with EAP's October campaign, Identity Theft: Don't Let it Happen to You.

The hustle and bustle of the coming months can also play havoc with your calendar and the ability to carve out time for...anything. October's Worklife4You focus is about finding balance amidst everything that consumes the day. From Time Management to assistance finding childcare, Worklife4You can help give you a hand in reclaiming and enjoying lost time.

Call 1-800-222-0364 or connect via www.FOH4YOu.com and www.Worklife4You.com.

ACCESS TO SERVICES 24 HOURS A DAY

1-800-222-0364 (TTY: 1-888-262-7848)

EAP www.foh4you.com <<http://www.foh4you.com>> / WorkLife4you www.worklife4you.com

NOTE: To register for a WorkLife4You account, click "Start Now" and use Registration Code: AFMC.

National Physical Therapy Month

October is National Physical Therapy Month (NPTM)!

There will be a **GIFT CARD FOR A FREE MASSAGE** for the person with the most miles from Oct 2nd - 31st!

Just follow 5 easy steps!

1. Download the app: "CHARITY MILES"
2. Create an account.
3. Pick a **charity** to support.
4. Join the team name: "ROBINS AFB PHYSICAL THERAPY"
5. Start **RUNNING!**



**CHARITY
MILES**

* You can keep track of your miles and others through the **ROBINS AFB PHYSICAL THERAPY** leaderboards via app.

SPONSORED BY: PHYSICAL THERAPY CLINIC 655 SEVENTH ST. WARNER ROBINS, GA 31098 (478) 327-7798

HALLELUJAH NIGHT

FALL FESTIVAL &

****TRUNK -OR- TREAT**

Base Chapel Lawn – Bldg. 769
across from the bowling center

Wed. Oct. 25, 5:30 - 7:30

*** FREE * Games * Prizes * Inflatables**

*** Pony Rides * Hot dogs * Drinks***

*** Cotton Candy * FREE ***

****TRUNK -OR- TREAT starts at 7:30**

SPONSORED BY: ROBINS AFB CHAPEL PROTESTANT PARISH BLDG. 769 655 NINTH ST. WARNER ROBINS, GA 31098 (478) 926-2821

What's Happening

78th FSS

Ladies Day at Pine Oaks

Every Wednesday

9 a.m. & 4 p.m.

Members pay their regular rate

Non-Members Ladies golf for \$12 for nine holes or \$24 for 18.

Pine Oaks Golf Course, 478-926-4103

Friday Special at the Base Restaurant

Fried Catfish, Hush Puppies, Vegetable & Cole Slaw or Potato Salad \$6.50

At the Base Restaurant Bldg. 166, 478-222-7827 or DSN 472-7827

Tuesday Special at the Base Restaurant

Grilled Steak or Chicken Breast, Baked Potato w/Sour Cream & Butter, Vegetable & Roll, \$8 478-222-7827.

Friday Special at Pizza Depot

Two fried catfish filets, hush puppies, vegetables & mac 'n cheese \$6.95

11 a.m. to 1 p.m.

Pizza Depot 478-926-0188 or DSN 468-0188

Mondays Dinner Specials at Pizza Depot

16" Cheese Pizza \$7.95

After 6 p.m. and Dine-in Only

Pizza Depot, 478-926-0188 or DSN 468-0188

Curb Side Dinner to Go

Call in your order by noon each day

and pick up between 3:30 to 6 p.m.

at the drive thru in front of Heritage club

12-Piece Mixed Chicken with Large Mash

Potato & Gravy and green Beans \$21.95

Eight Chicken Fried Steaks with Large

Mash Potato & Gravy and green Beans

\$19.25

16-inch Meat Lover Pizza with Pasta & Mari-

nara Sauce and six Pieces Garlic Bread

\$19.95

Pizza Depot, 478-926-0188 or DSN 468-0188

Karaoke & Club Mug Night (Club Mug Only)

Every Thursday

5 to 8 p.m.

\$1 Domestic Draft Beer

Heritage Club Lounge, 478-926-2670

or DSN 468-2670

Receive Giveaways, Discounts & Event Reminders

Text "Robins" To "87365"

Select as many or all of the FSS facilities

FSS Marketing Office - 478-926-6559

or DSN 468-6559

Beginner Framing Class

Part 1: October 24

Part 2: October 26

6 to 9 p.m.

Two three-hour sessions

\$20 per person

Arts & Crafts - 478-926-5282-7864 or DSN 468-5282

Ladies Day at the Pine Oaks

Every Wednesday

9 a.m. & 4 p.m.

Members pay their regular rate

Non-Members Ladies golf for \$12 for nine holes or \$24 for 18.

Pine Oaks Golf Course - Comm. 478-926-4103 or DSN 468-4103

Splash Pad Hours of Operation

Monday, Tuesday & Thursday through Sunday 10 a.m. – 8 p.m.

Wednesday Closed

Outdoor Recreation - 478- 926-4001

or DSN 468-4001

Afterburner September Specials (We proudly Brew Starbucks Coffee)

Iced Coffee Ole'

At the Base Restaurant Bldg. 166 - 478-222-7827 or DSN 472-7827

Monday – Friday 5:30 a.m. to 1 p.m.

Pizza of the Month at the Pizza Depot

The Big Kahuna \$15

18" Pizza with Three Topping

Pizza Depot - 478-926-0188 or

DSN 468-0188

Thunder Alley

Friday Nights 9 – 11 p.m.

Adults \$10 / Child 12 & Under \$5

Bowling Center - 478-926-2112



Robins Fit Families



If you liked the Glow Run!, you will LOVE the

ZOMBIE RUN!

at the Pine Oaks Golf Course, Bldg. 595

Oct. 27

Register:
4-5:15 p.m.
Run Starts:
5:45 p.m.

Families Run In Teams

Runners are encouraged to wear a costume

Zombie volunteers of all ages Needed
Call 468-2128

Food & Drinks For Sale

featuring DJ



ZUMBA THRILLER! PRODUCTION

Learn Thriller Dance Moves - Now - Oct. 23
Mondays: 4 p.m. Zumba Class • Main Fitness Center

OCT. 27 • 7 P.M.

Pine Oaks Golf Course Parking Lot, Bldg. 595



No Federal Endorsement of Sponsors Intended.

POC: Kenya James • 468-2128





Parting Shots

Rob Dittman, Bibb County Sheriff's Office Emergency Medical Services paramedic supervisor and Special Weapons and Tactics medic, applies moulage paint to the hand of Brice Buchanan, "Future Zombie," during the moulage training class Oct. 10. The class is part of the preparation for the Robins Fit Families Zombie Run Oct. 27 at Pine Oaks Golf Course. (U.S. Air Force photos/JONATHAN BELL)