Focus on Resiliency: On-call clergy now available for crisis counseling

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

A sign of strength is asking for help. When it comes to taking care of people and saving lives, it’s understood this mission is a top priority across the Air Force.

Comprehensive Airman Fitness focuses on targeted programs and activities that build and sustain a thriving and resilient Air Force, which includes the four pillars of mental, physical, social and spiritual fitness – all essential to the resiliency of airmen. For military members stationed at Robins and across the Air Force, programs in all four pillars are designed to help airmen remain resilient as they accomplish their mission.

However, for the thousands of Title 5 civilian airmen – such as a new program offered by American Federation of Government Employees Local 987 – the spiritual fitness pillar – was devoid of resources until now. As of Monday, administrative leave is now authorized for all civilian employees for a time of personal crisis. When a civilian airmen experiences a crisis, and would like to seek a spiritual care provider of his/her choice, a period of 1.5 hours has been allowed as authorized health and wellness leave to participate in spiritual care and/or counseling, whether it is faith-based counseling, crisis pastoral care with a member of the clergy or participation in a crisis intercession program – such as a new program offered by American Federation of Government Employees Local 987. The excused time includes travel time to and from the provider.

Authorized leave is available to all federal employees – bargaining and non-bargaining unit civilian employees – who would like to specifically visit with a pastor or other member of a faith-based group.

“Without despair, I guess we never give it much thought how long the record would last,” Joersz said. The two fastest men alive were able to get back in the cockpit of their famed aircraft for a while during their visit to the museum.

There were only 85 pilots and RSOs who were part of the SR-71 program. "The way we look at it, we represent the crew, we represent the aircraft and we really represent America," Joersz said.

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Exercising email etiquette can save embarrassment, other problems

BY HOLLY LOGAN-ARRINGTON
holly.logan-arrington@us.af.mil

Sometimes it’s not what you say, but how you say it that can make the difference between a good or bad response from others. Just as the spoken word can’t be unsaid, an opened email can’t be unread.

Once a message is sent, the fate of it is out of the sender’s control, but its impact is still the sender’s responsibility.

“So, using the “IF/Then” approach in emails concerning deadline-oriented projects might be best,” said Wendy Myers, a security specialist in Agile Combat Support for the Air Force Life Cycle Management Center’s Electronic Warfare and Avionics Division.

“If you need a document back by a certain time, try saying ‘If you are done with the project, please let me know,’” she said. “Continue by saying ‘If not, then please let me know when you expect to be finished.’”

Myers said using one’s manners is always good.

“Please and thank you go a long way in an email,” Myers said using one’s manners is always good. “If you need a document back by a certain time, try saying ‘If you are done with the project, please let me know.’”

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“Since email has become such a large part of how we communicate with each other on a daily basis, I would recommend that we view our email like a phone call,” Myers said. “We would never answer the phone with, ‘NO, I’M NOT DONE WITH THAT REPORT YET. I DON’T KNOW WHEN I WILL BE FINISHED.’

Here are some things to keep in mind before you hit send:

- Use only information?” she asked. “If so, then you must ensure that you properly mark and encrypt your email. You must identify, using paragraph/portion markings, which lines contain the PII or FOUO data.

- “It is not enough to just simply select the email buttons for Privacy Act or FOUO before hitting send,” Myers said. “If you have an attachment that contains FOUO or PII information, you must ensure that you name the email appropriately – (FOUO) Alpha Roster.doc.”

- Air Force Instruction 33-332 and Department of Defense Memorandum 5200.01, Volume 4, provides a detailed guidance on email communication.

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specifcally in a time of crisis, defined as an acute, distressing issue that is interfering with the individual's personal safety, ability to perform their job, or more importantly, is leading to self-destructive behavior.

Absences for health and wellness activities such as this are considered a benefit and therefore authorized, in accordance with Air Force Instruction 36-815 Absence and Leave. This leave period will be deducted from any available physical fitness leave.

ON-CALL CLERGY CRISIS TEAM

Following a 2015 Clergy Day Summit - a pilot program at Robins to further strengthen relationships between the base and local clergy and community faith-based organizations - the Robins Ministerial Alliance was formed in a grassroots effort of local civilian clergy desiring to offer Robins employees a network of spiritual opportunities in support of the spiritual fitness pillar of CAF. Because the Air Force Chaplain Corps is only able to provide spiritual counseling for military members and their authorized dependents, it was seen as equally important to also identify and find ways to offer spiritual care opportunities for civilian members at Robins.

The resulting gap in resources for care between military and civilian airmen became the primary working issue for the RMA. Discussion led to action and what resulted was a partnership between the RMA and AFGE Local 987.

In a voluntary program offered in partnership between AFGE Local 987 and the RMA, the union is now offering a program for crisis spiritual care counseling through the availability of an On-Call Clergy Crisis Team.

The program is just one more referral resource available to civilian airmen who in a crisis, wish to seek spiritual care and counsel, further broadening existing CAP pillars for mental, physical, social and spiritual fitness.

"It is spiritual fitness for those who do not wish to go to mental health care, and prefer to speak with a clergy person or spiritual adviser of their choice, and find a spiritual resolution to their crisis," said Chaplain (Lt. Col.) Jonathan Wade, installation chaplain.

For supervisors who may be aware of employees who are in acute, intense, distress with thoughts of suicide or other self-destructive behaviors, or perhaps an inability to perform work where safety becomes an issue, this is an additional voluntary resource made available to those looking for spiritual assistance in a safe, neutral environment.

"If someone chooses a certain religious background, we have a vetted number of people we can choose from that will suit their needs," said Bryant Aaron, AFGE Local 987 union trustee.

"It's about the wingman concept and has to be addressed in a serious manner. We want to put traction to the program to make sure we have everything civilian airmen need in a time of trouble," added Bryant, who is also a pastor of Mount Pleasant Baptist Church in Byron, Georgia.

This week’s on-call clergy crisis program began with about a dozen clergy who have been fully vetted and trained, and will be available for counseling from 7 a.m. to 7 p.m. Monday through Friday.

Once a call is made to the union’s on-call clergy team for assistance, response time is 30 minutes. Private rooms for counseling are available at the base chapel, as well as a mobile unit.

Requests by supervisors can be made by calling AFGE Local 987 at 478-733-8740. If busy or no answer, call the base chapel at 478-926-2821.

Counseling will take place privately at the base chapel or other areas as needed.

Any bargaining unit and non-bargaining unit federal civilian employees at Robins have the option to participate.

Supervisors may request from individuals proof of appointment upon return.

WHAT TO KNOW

Clergy employees are approved for a brief absence from normal work duties, without loss of pay or charge to leave, to participate in spiritual care activities that respond to a personal crisis.

An on-call clergy team is now available to provide crisis spiritual care for civilian federal employees Monday through Friday from 7 a.m. to 7 p.m.

A total of 1.5 hours is authorized for those counseling sessions, which includes travel to and from location (this can be coded as LN, subcode PF, in leave system).

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This week’s on-call clergy crisis pro-
Crew members and pilots who were part of the SR-71 program take the stage at the Museum of Aviation Saturday. The group was greeted by a crowd of about 300 people who came out for the public event commemorating the 40-year anniversary of the aircraft’s record-setting flight.

**SR-71**

Continued from 1A

so were trained to fly test flights for the plane, said Buzz Carpenter, former SR-71 pilot who is now a docent or guide at the National Air and Space Museum, the Steven F. Udvar-Hazy Center, in Chantilly, Virginia.

In its 30-plus years of operation, the SR-71 never had a fatality.

“There’s a mystique about this airplane,” Carpenter said.

The words “mystique” and “magical” were used several times during the course of the three days among pilots and crew members to describe their time with the Blackbird.

The magic of the SR-71 drew a crowd of about 300 to the museum Saturday morning for the public event commemorating the 40-year anniversary of the record-setting flight.

People lined up to get signatures from the SR-71 attendees. The audience brought books, programs and airplane models. Some just wanted to meet those who made the mission possible.

Local mayors also signed a proclamation naming July 30, 2016 as Blackbird Day in Houston County.

Tom Joyce, an instrument and inlets technician on the SR-71, was able to sit in the cockpit as well for a few moments.

One of his fondest memories was hearing the aircraft crank with its start cart containing two 450 cubic inch engines.

Joyce, who worked on the SR-71 from 1975-88, remembered the first time he went out to see the Blackbird.

“It was amazing. It doesn’t look like an airplane and then they put astronaut suits on the pilots,” he said with a smile.

Most of the missions the spacecraft-looking Blackbird flew are still classified.

“Those reconnaissance operations are what brought peace and what gave some teeth to the American front during that Cold War . Thank you from a country that could not have won the Cold War without your efforts,” said Col. John Cooper, 461st Air Control Wing commander during the July 30 event.

The SR-71 came to Robins in 1990, with more than 2,885 hours of air time in its career.

“It’s as impressive to me now as when I first saw it and flew it. Every time I flew it was my favorite memory,” Morgan said.

Above, attendees line up for autographs Saturday during the commemoration of the 40-year anniversary of the record-setting SR-71 flight. The audience brought books, programs and airplane models. Some just wanted to meet those who made the mission possible.

Below, Patrick Topp and four-year-old son, Colin, assemble a model SR-71 at a Blackbird Day symposium at the Museum of Aviation July 30, celebrating the 40th anniversary of the world absolute speed record.
USAFO Motorcycle Safety Program ... Who is responsible?

BRANDON MITCHELL
78th Air Base Wing Safety Office

The USAF Motorcycle Safety Program is a very important program with specific responsibilities. The responsibilities are written in AFI 91-207, The U.S. Air Force Traffic Safety Program. Below is a summary of those responsibilities:

A unit MSP is only required when there are active duty riders in a unit. The unit commander should appoint an experienced active duty rider as functional manager or motorcycle safety representative. The rep is responsible for coordinating the MSP, Motorcycle Unit Safety Tracking Tool, training, licensing and registration information.

Commanders: (in addition to above)

- Ensure AD riders attend commander’s initial motorcycle safety briefing within 30 days of arrival to the unit, identification as an AD rider or purchase of a motorcycle
- Ensure riders attend annual/pre-season motorcycle riders briefing
- Ensure training is completed as outlined in Table 4.1 of AFI 91-207

Individual Riders:

- Know and communicate with your Unit MSR
- Create a MUSTT account and ensure accuracy
- Attend all required training IAW Table 4.1 of AFI 91-207

Motorcycle Safety Representatives:

- The focal point for training, licensing and registration

- Ensure unit riders have a MUSTT account and use MUSTT to track AD riders only
- Review Unit MUSTT data monthly
- Assist commander in conducting initial briefing within 30 days of arrival
- Assist commander with annual/pre-season motorcycle riders briefing
- Ensure identified AD riders receive training outlined in Table 4.1 of AFI 91-207

Initial Training:

- Must have prior to operation of a motorcycle. Pending completion of initial training, commanders may authorize operators who possess a valid motorcycle license, endorsement or riders permit to ride subject to any restrictions imposed by such license, endorsement, or permit
- Must meet Motorcycle Safety Foundation® Basic Rider CourseSM or State-approved course in lieu of DOD initial training

Intermediate Training:

- Ideally within 60 days but no later than 1 year after completing initial training
- Must meet or exceed requirements for initial training
- Must complete at least every 5 years
- Must meet or exceed requirements for intermediate training
- Must meet or exceed requirements for intermediate training
- DOD Component defined training. Installation or unit organized rides, WAF AFI 91-207 Attachment 4
- Must comply with AF, state, local traffic laws and Personal Protective Equipment requirements

Refresher Training:

- Must have prior to operation of a motorcycle. Pending completion of initial training, commanders may authorize operators who possess a valid motorcycle license, endorsement or riders permit to ride subject to any restrictions imposed by such license, endorsement, or permit
- Must meet or exceed requirements for intermediate training
- DOD Component defined training. Installation or unit organized rides, WAF AFI 91-207 Attachment 4
- Must comply with AF, state, local traffic laws and Personal Protective Equipment requirements

PPE Training:

- Department of Transportation approved helmet
- Full-fingered gloves made of leather or abrasion-resistant material
- Long-sleeved shirt or jacket
- Long trousers
- Eye protection (goggles, wrap around glasses or full-face shield) Must meet ANSI Z87.1
- Foot protection (sturdy over the ankle footwear to protect feet and ankles)
- *Jackets, pants constructed of abrasion resistant materials (Kevlar/Cordura) containing impact absorbing padding is strongly encouraged

For more details, call the 78th Safety Office at 468-6271.
Above, members of the U.S. Army Special Operations Command Parachute Demonstration Team, the Black Daggers, exit a U.S. Air Force C-130 Hercules during a performance at the Sioux Falls Air Show in Sioux Falls, South Dakota.

Right, a soldier with the Black Daggers Parachute Demonstration Team free falls onto a landing zone as part of the festivities at the Airborne and Special Operations Museum, Fayetteville, North Carolina, in celebration of National Airborne Day.

Below, the U.S. Army Special Operations Command Parachute Demonstration Team, the Black Daggers - is comprised entirely of volunteers from throughout the Army Special Operations community. They have diverse backgrounds and various military specialties. The team represents the professionalism and dedication of Special Operations Forces.

Above, members of the U.S. Army Special Operations Command Parachute Demonstration Team, the Black Daggers, exit a U.S. Air Force C-130 Hercules during a performance at the Sioux Falls Air Show in Sioux Falls, South Dakota.

Right, a soldier with the Black Daggers Parachute Demonstration Team free falls onto a landing zone as part of the festivities at the Airborne and Special Operations Museum, Fayetteville, North Carolina, in celebration of National Airborne Day.

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Black Daggers to perform at air show

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The Black Daggers’ mission is to perform live aerial demonstrations and represent the professionalism and dedication of the Army special operations forces. The team is made up of a diverse group of volunteers throughout the Army special operations community. These global warriors have fostered positive community relationships through their demonstrations and have inspired many to join the U.S. Armed Forces.

The Black Daggers continue to impress hundreds of thousands spectators at events all over the country and are guaranteed to wow at the Thunder Over Georgia Air Show.

WHAT TO KNOW
Gates open at 9 a.m. Admission and parking are free. For more info on the Black Daggers, visit https://www.army.mil/article/29318/TheBlackDaggersGlobalwarriors.

BY TANNYR WATKINS tannyr.watkins@us.af.mil

promoting from the sky at 12,500 feet, traveling nearly 120 miles per hour, the U.S. Army Special Operations Command Parachute Demonstration Team, known as the Black Daggers, will be touching down at Robins Air Force Base during the Thunder Over Georgia Air Show Oct. 1 and 2.

“We are very fortunate to have a special operations team with such an awesome mission participate in our air show,” said Maj. Jim Jackson, air show director. “In our early planning efforts we knew we had to ask the Black Daggers to join our lineup and we can’t wait for the people across the southeastern region to see them do what they do best.”

For almost three-quarters of a century, Army soldiers have been inserted behind enemy lines to disrupt the movement of enemy troops and supplies to the front lines. These brave soldiers have frequently used parachutes as a means to infiltrate without being detected.
HAWC offers quick, easy back to school freezer recipes

It’s World Breastfeeding Week

Safety saves lives. Start your savings account today.
Getting to Know You

UNIT: 402nd Maintenance Support Group
JOB TITLE: Facilities Maintenance & Repair program manager
TIME IN SERVICE: 15 years
HOMETOWN: Davao City, Philippines

What does your work involve at Robins? “I manage the Facility Maintenance and Repair and Real Property Alterations programs, and serve as the point of contact with civil engineering and the Consolidated Sustainment Activity Group.”

What do you enjoy most about your work? “Being able to interface with different disciplines and individuals to accomplish projects.”

How does your work contribute to the Robins mission? “I ensure that the facilities M&R and RPA projects are properly developed and executed in a timely manner to meet customer requirements. I develop appropriate actions to resolve shortfalls and limitations, and prepare convincing rationale for recommended courses of action to minimize disruption to our maintenance customers and support to the warfighters.”

What prompted your interest in your current career field? “It was a different field and I needed a change. My first love was accounting and it helps with programming and engineering aspects of my current position.”

Who has influenced your life? “My parents. They were very hard working and I learned good work ethics from them. Always give whatever you do 101 percent. Always do your best – especially when your name is attached to it.”

What is the best advice you’ve learned? “The golden rule.”

Avoid busy streets
One of the biggest mistakes that people make when they start biking is to take the exact same routes they used when they were driving. It’s usually better to take different streets with fewer and slower cars. Sure, cyclists have a right to the road, but that’s a small consolation when you’re hurt. Consider how far you can take this strategy: If you learn your routes well, you’ll find that in many cities you can travel through neighborhoods to get to most places, only crossing the busiest streets rather than traveling on them.

Light up
Too obvious? Well, if it’s so obvious, then why do most night-time cyclists ride without lights? Bike shops have rear red blinkies for $15 or less. Headlights are just as important as rear lights. And modern headlights use LEDs so the batteries last ten times longer than old-school headlight.
**ON TAP**

**First Friday**

**Today**
Heritage Club
Heavy hors d’oeuvres 4 to 5 p.m.
8100 Club Card drawing for members present at 7 p.m.
Jazz Band 5 to 8 p.m.
For details, call DSN 468-2670.

**Fall Yard Sale**
Saturday
7:30 a.m. to noon
Pine Oaks Golf Course
For details, call DSN 468-4103.

**Pallets & Pints Class**
Saturday
1 to 3 p.m.
Arts and Crafts Center
$30 per person
For details, call DSN 468-5282.

**Give Parents a Break**
Saturday
1 to 3 p.m.
CDC East and School-Age Program
Take a break and relax.
For details, call DSN 468-5805.

**Atlanta Falcons Preseason**
Thursday
7 p.m.
Atlanta Falcons vs. Washington Redskins
$45 per person, transportation and ticket.
For details, call DSN 468-5805.

**Combat Cross Country Run**
Aug. 12
8 a.m.

**Family Movie Night**
Brave
Aug. 12
6 to 8 p.m.
Base Theater
$2 per person includes movie, popcorn and drink
For details, call DSN 468-4001.

**Membership Dinner**
Aug. 15
5:30 to 7 p.m.
Heritage Club Ballroom
For details, call DSN 468-2670.

**Dog Days of Summer Bingo**
Aug. 17
6:15 p.m.
Heritage Club Bingo Room
For details, call DSN 468-4515.

**Heart Link**
Aug. 19
8:30 a.m. to 2:30 p.m.
A&FRC
For details, call DSN 468-1256.

**Kids Karaoke Night**
Aug. 19
5 to 8 p.m.
Base Restaurant
Contestant ages 3 to 12
$10 for adults, $7.50 for kids.
Cost includes meal, drinks and dessert.
For details, call DSN 468-6072.
Airman & Family Readiness Center
Classes, workshops & seminars

- Pre-Separation Briefing (separates)* – Aug. 16 and 30 from 8 a.m. to noon.
- Transition GPS Workshop* – Monday through Aug. 12 from 8 a.m. to 4:30 p.m.
- Key Spouse University – Aug. 15 from 8:30 a.m. to 4:30 p.m.
- First Term Airman Course: Finances* – Aug. 16 from 7:30 a.m. to noon.
- Passport to Parenthood (Call 478-327-8398 to register) – Aug. 16 from 8 a.m. to noon.
- Right Start* – Aug. 17 from 7:45 a.m. to noon.
- Career Technical Training Track* in Bldg. 905 – Aug. 18 and 19 from 8 a.m. to 4 p.m.
- Key Leaders’ Orientation* – Aug. 18 from 7:30 a.m. to 12:30 p.m.
- VA Benefits Briefing* – Aug. 24 from 8 a.m. to 3 p.m.
- Tips on Writing a Federal Resume – Aug. 25 from 9 to 10 a.m.
- Educational Track* – Aug. 25 and 26 from 8 to 10 a.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 460-1256, 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)