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# ROBINS REV-UP

*'Team Robins - Performing to Our Potential'*

*'Making Tomorrow Better than Today'*

July 1, 2016 Vol. 61 No. 26

## Former Chief Master Sergeant of the AF visits Robins

BY ANGELA WOOLEN  
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At the heart of enlisted training is the Airman Leadership School. That is the reason retired Chief Master Sergeant of the Air Force, James Roy, attends every graduation class in Charleston, South Carolina, where he resides, and also why he dropped in on the current ALS class at Robins on Monday.

The class, which graduated Tuesday, consisted of 23 active duty, three Guardsmen and three Reservists.

"ALS is the foundation for enlisted who are getting ready to be first-line supervisors. It is the fundamental core that the Air Force provides," said Roy, the 16th Chief Master Sergeant of the Air Force.

During his 45 minutes with the class and other leaders, Roy shared stories of his development through his first job assignment as a heavy equipment operator to being at the Pentagon during sequestration.

He challenged the class to become the kind of leader that takes care of the troops.

"What kind of supervisor do you want to be?" he asked the audience.

Roy retired from the Air Force in January 2013, and has continued to be involved in continuing education.

He attends about 20-30 classes a year. "It is a lifelong commitment, truly a love of the force," Roy said of his drive to continue to educate younger airmen about the importance of becoming a good leader.

► see CHIEF, A5



## READY FOR THE WORST

U.S. Air Force photo by RAY CRAYTON

Airman First Class Savannah Spearin, 51st Combat Communications Squadron, attends to a wounded Senior Airman Dakota Schalow, 51st CBCS. Schalow was wounded in a simulated attack on the village he was guarding during recent training exercises.

## 5th CCG Combat Readiness School hones flexibility, resilience

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

You hope you never have to use it, but in the event you do need combat education learned at the 5th Combat Communications Group's Combat Readiness School – you're glad you had the training in the first place.

"If our students learn one thing, it's to be flexible and resilient in how to respond to events," said Tech. Sgt. Ryan Petersen, 5th CCG Combat Readiness School NCOIC. "We don't ever want to use deadly force, or be lost where you have to use a compass and navigate, etc., but in order to prepare students to be as effective as they possibly can, we train them with scenarios to ingrain in their minds how to react."

Training at the school, now certified by Air Education and Training Command, includes two weeks of intensive

classroom instruction, culminating in a four-day field training exercise at Gator Air Base.

Its premise is to prepare airmen, now offered to those from across the continental U.S. no matter rank or job title, should they be deployed into a combat environment. According to Petersen, the only other instructional agency capable of such training is located at the Air Force Expeditionary Center, Joint Base McGuire-Dix-Lakehurst, New Jersey.

The two-week class, held 10 times per year, averages about 30 students. There they learn fundamentals that include weapons handling, such as cleaning, wearing and firing a rifle or pistol; improvised explosive device identification; convoy operations; and land navigation techniques.

The Fieldcraft Hostile course's objectives are standardized, with continued instruction on topics such as escalation

► see SCHOOL, A5

## Base continues support to F-16 crash investigation



U.S. Air Force photo by TOMMIE HORTON

Volunteers from across Robins prepare to deploy June 26 to Louisville, Georgia, where they continue to assist in wreckage recovery efforts. Team Robins personnel are providing support operations following a mid-air collision involving two F-16s from the 169th Fighter Wing at McEntire Joint National Guard Base, South Carolina June 7.

## FRIDAY FLYBY: What's Happening Around the Air Force, Page A4

### IDS Tip of the Week

"We don't stop playing because we grow old; we grow old because we stop playing." - George Bernard Shaw, Irish playwright and critic.

Find your source of fun at Robins Air Force Base and let your inner child come out to play.



### Holiday Energy Reminder

Please help conserve energy at Robins over the long Fourth of July holiday weekend.

Employees can make a difference by powering down non-essential equipment and facilities before they depart today. Examples include workstation monitors, printers, fans and other office appliances as well as production and warehouse energy-consuming equipment. Computers/CPU's are an important exception. They should remain on so that patches will continue to process daily.



**Weekend Weather**

Friday 92/71



Saturday 94/71



Sunday 96/71



*At work or play, practice safety all day.*

# SECOND FRONT

## Blended retirement system training now available

BY TECH. SGT. BRYAN FRANKS  
Secretary of the Air Force Public Affairs Command Information

**WASHINGTON (AFNS)** – Online training designed to educate Airmen about the new Blended Retirement System is now available via Joint Knowledge Online course number P-US1330. The course is also available to those without a Common Access Card – to include family members – via an alternate website.

The BRS will go into effect Jan. 1, 2018.

All currently serving members are grandfathered into the current military retirement system. However, those with fewer than 12 years of service as of Dec. 31, 2017, or Air Force Reserve component members with fewer than 4,320 retirement points may choose to “opt in” to the BRS during the designated opt-in period from Jan. 1, 2018, through Dec. 31, 2018.

“The BRS is a major change for our Airmen,” said Brig. Gen. Brian Kelly, the Military Force Management Policy director. “Although the majority of airmen serving today will not fall under BRS, it’s important for all Airmen, either as leaders today, or as leaders tomorrow, to understand the changes that will impact Airmen in the future.”

The BRS Leader Training is a 30-minute course designed to provide basic familiarity with the key components of the upcoming retirement system and the timeline for implementation. It is designed primarily for Air Force leaders at all levels, but is also open to all airmen and others who wish to learn more about BRS.

The Defense Department is on track to provide three additional courses with more detailed information within the next 18 months.

An “opt-in” course is targeted at those eligible to opt in to the new system.

This course will provide eligible active and reserve component mem-



### The U.S. Uniformed Services Blended Retirement System

### At a Glance

#### Saving with the New Blended Retirement System

The Fiscal Year 2016 National Defense Authorization Act provides our military force with a modernized retirement plan built for retirement savings. Beginning in 2018, our service members can get **automatic and matching Thrift Savings Plan contributions** as well as mid-career **compensation incentives** in addition to monthly **annuities for life**. All service members under the current system are grandfathered into today’s retirement system.

**Today’s Retirement System:**

**Annuity**

**2.5% x Years Served x Retired Pay Base**  
after completing 20 years of service

#### 1 Automatic and Matching Contributions

Automatic contributions are seen immediately



You Contribute	DoD Auto Contribution	DoD Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

The DoD automatically contributes **1%** of your basic pay to your **Thrift Savings Plan** after **60 days of service**.

You’ll see matching contributions at the start of 3 through the completion of 26 years of service, and...

**You’re fully vested—it’s yours to keep—as of the beginning of 3 years of service and goes with you when you leave.**

#### 2 Continuation Pay

Received at the mid-career point



You may receive a **cash payment** in exchange for additional service.

#### 3 Full Retired Pay Annuity

Received after completing 20 years of service

**2%** x x

**Years Served** x **Retired Pay Base**

Calculate your **retired pay base** by **averaging the highest 36 months of basic pay**. You’ll gain this monthly annuity for life after completing 20 years of service.

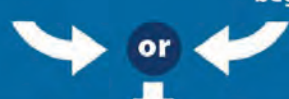
#### Options for Collecting Your Retired Pay

##### Active Component

Full retired pay annuity

##### Reserve Component

Full retired pay annuity beginning at age 60\*



**Lump sum with reduced retired pay**  
50% or 25% of monthly retired pay annuity bumps back up to 100% at full retirement age (67 in most cases).

\*Could be earlier based on credited active service



#### Effective Date of the New System

- ▶ **After December 31, 2017**  
You’ll be automatically enrolled in the Blended Retirement System.
- ▶ **After December 31, 2005 but before January 1, 2018**  
You’ll have the choice to enroll in the Blended Retirement System or remain in today’s current retirement system.
- ▶ **Before January 1, 2006**  
You’ll be grandfathered and remain in today’s current retirement system.

**Your Retirement System**  
If you joined the service...

bers an understanding of both the current and new systems.

The course will be available in January 2017.

A “train the trainer” course for personal financial managers, counselors and retirement services officers is targeted at those experts who serve in an advisory role to commanders, Airmen and their families. This course should be ready by fall of 2016.

A new accessions course targets individuals who enter military service on or after Jan. 1, 2018.

It is intended to provide those members who enter service under the BRS an understanding of their blended retirement benefits and personal options.

The Air Force is taking a comprehensive approach to BRS education. “Online courses are designed to pro-

vide basic knowledge and understanding,” Kelly emphasized. “In addition to the aforementioned courses, airmen will receive in-person education at various points in their career, starting in basic training, and professional counseling will also be available.”

**Editor’s note:** To learn more about the Blended Retirement System, visit [militarypay.defense.gov](http://militarypay.defense.gov).

## Political correctness: deciphering rules for civilian, military participation

We're well into the 2016 election year, so it's helpful to review the rules pertaining to civilian employees under the Hatch Act, as well as the rules pertaining to military members.

Regardless who you're voting for, knowing these rules is essential to avoiding the negative consequences of violations.

### Guidelines for civilians

The basic rule is that an employee may not engage in political activity while on duty, in a government room or building, while wearing an official uniform, or using a government vehicle.

#### Clothing and pictures in the workplace

The Hatch Act prohibits federal employees from wearing partisan political buttons or other such items or displaying partisan political pictures, signs, stickers, or badges while on duty or at work. That includes pictures of candidates, even when the picture doesn't say anything like "Vote for X."

#### Bumper stickers on cars

An employee may place a partisan political bumper sticker on his personal vehicle and park that vehicle in a federal parking lot or garage. Employees must be cautioned, though, against displaying other partisan political materials, or even bumper stickers, in such a way that makes the vehicle appear to be a "campaign mobile." Also, on base, AFI 31-204/RAFB Supplement, paragraph 4.2.15, prohibits the on-base display of bumper stickers or other signs or paraphernalia that embarrass or disparage the President.

#### Social Media

A federal employee may write a blog or a post on a site such as Facebook on which he or she expresses support or opposition to partisan political candidates and parties, but subject to the following limitations.

While federal employees are not prohibited from expressing their opinions, they are prohibited from engaging in political activity while on duty or in a building occupied by federal employees in the discharge of official duties. Federal employees are prohibited from these actions while on duty. However, doing so outside of work and in another location would not violate the Hatch Act.

The Hatch Act also prohibits federal employees from using their official authority or influence to affect the result of an election. Therefore, they shouldn't identify their official titles or use their statuses as federal employees to bolster the opinions concerning political

parties, candidates or groups that they post on their blogs/Facebook.

Supervisors who are "friends" with their subordinates may advocate for or against a political party, group, or candidate for public office on their Facebook pages (off-duty, of course).

While supervisors can't use their authority to influence an election, this wouldn't violate the Hatch Act, as long as the supervisor's statements are directed at all of his Facebook "friends."

It would violate the Hatch Act if the supervisor specifically directed the comments toward his subordinates, or to a subset of "friends" that includes subordinates, by sending a Facebook "message." In that situation, the supervisor is purposefully targeting subordinates with the message.

#### Email

Don't use government email to send or forward emails supporting or opposing a candidate.

### Guidelines for the military

Different than civilian employees, military members do not fall under the Hatch Act. Restrictions on military members are established in DOD Directive 1344.10 and AFI 51-902. These restrictions don't apply to the Federal Voter Assistance Program. FVAP is specifically authorized by congress and both the DOD directive and AFI specifically authorize military members to participate fully in it.

#### Military members may:

- ▶ Register to vote, vote, and express a personal opinion on political candidates and issues, but not as a representative of the Air Force or DOD.
- ▶ Promote or encourage others to vote, so long as official authority or influence is not used to interfere with the outcome of any election.
- ▶ Join/be active members of a political party or club (cannot wear military uniform or be officers/sponsors).
- ▶ Attend political rallies, fundraisers and meetings as spectators when not in uniform and when no reasonable inference of official support of the event can be drawn (cannot speak at political events)
- ▶ Serve as an election official only if that service is not as a representative of a political party, does not interfere with the performance of military duties, is performed when not in uniform, and the SECAF has given prior approval.
- ▶ Military members can sign and circulate nominating petitions if the signing does not obligate you to engage in partisan political activity and is done as a private citizen.
- ▶ Write a letter to the editor of a newspaper expressing

your personal views on public issues or political candidates, if writing is not part of an organized letter-writing campaign. If the letter identifies you as being on active duty, the letter should clearly state that the views expressed are yours only and not those of the DOD (rule also applies to social media such as Twitter and Facebook).

▶ Make monetary contributions to a political organization, party, or committee favoring a particular candidate, subject to limitations under federal law.

▶ Display a political bumper sticker on a private vehicle (but not a large political sign, banner, or poster).

▶ Wear a political button or T-shirt when not in uniform, performing military duties, or under circumstances that could give rise to an appearance of endorsement.

#### Military members may not:

▶ Participate in partisan political fundraising activities, rallies, conventions (including making speeches), management of campaigns, or debates.

▶ Use official authority to interfere with an election, to solicit votes for a particular candidate or issue, or to solicit political contributions.

▶ Serve in any official capacity or be listed as a sponsor of a political club.

▶ Speak before a partisan political gathering, including any gathering that promotes a partisan political party, candidate or cause.

▶ Participate in any radio, television, or other program or group discussion as an advocate of a partisan political party, candidate, or cause.

▶ Perform clerical or other duties for a partisan political committee or candidate during a campaign, on an election day, or after an election day during the process of closing out a campaign.

▶ March/ride in a political parade.

▶ Display a partisan political sign at your residence if you live on base (including privatized housing).

▶ Participate, while in uniform, in any activity such as unofficial public speeches, interviews, marches, etc. which may imply Air Force sanction of the cause for which the demonstration or activity is conducted.

▶ Sell tickets for, or otherwise actively promote, partisan political dinners and similar fundraising events.

▶ Engage in the public or organized recruitment of others to become partisan candidates for nomination or election to office.

When in doubt about the rules surrounding political participation for your airmen and civilian employees, don't hesitate to reach out to our ethics counselors at 78th Air Base Wing Judge Advocate's Office in Bldg. 708.

# AROUND THE AIR FORCE

## INDEPENDENCE DAY ... A TIME TO REFLECT ON PAST, THINK OF FUTURE

Fireworks, family, food and fun. Those are some of the words that come to mind when thinking about the upcoming Fourth of July holiday ... but it's so much more than that.

Generation after generation, groups of young men and women take up the profession of arms or support it through federal service, and it's not a profession we entered into lightly. We signed up with dreams of being a part of something bigger than ourselves, and we stay because, despite the challenges ... our sense of duty, our dedication to the mission, and the sense of belonging that comes with uniformed and federal service are fulfilling.

When we come to work, whether it's in a uniform, a suit and tie, or a pair of jeans, we are answering a higher calling. We are serving our Nation in the footsteps of those who have done so before us. They created a Tradition of Honor and a Legacy of Valor, and it's our job to uphold them.

**“In order for a sword to be an effective tool of battle, the tip must be sharp, the blade's edge must be honed, and the hilt must be secure.**

**Figuratively, every part of the sword is represented on Robins Air Force Base, and it takes each of us to ensure mission effectiveness ... here and there.”**

It's not just words when we say “Success Here = Success There.” In order for a sword to be an effective tool of battle, the tip must be sharp, the blade's edge must be honed, and the hilt must be secure. Figuratively, every part of the sword is represented on Robins Air Force Base, and it takes each of us to ensure mission effectiveness ... here and there.

July Fourth – it's a time to reflect on the past, be mindful of the present, and to think of the future. It's a time to honor our determination, from the signing of the Declaration of Independence to every act of excellence each of us performs on a daily basis in support of the mission.

Enjoy the fireworks, the barbecues, and the time with family and friends. Come back to work restored, with a renewed sense of purpose, and a stronger sense of what it means to be an American. Come back fired-up to execute the mission! People down range, in our local communities, and across this great Nation are counting on us.

This year marks Robins' 75th anniversary. That's 75 years we've been Projecting Power for our Nation. Team Robins gets it done!

– This commentary was written by  
Col. Jeff King, 78th Air Base Wing commander.

### In Air Force News

#### AF announces total force award

**WASHINGTON (AFNS)** – Air Force Secretary Deborah Lee James announced the annual General Mark Welsh III One Air Force Award during a retirement dinner held in honor of the award's namesake in Washington, D.C., June 23.

This new Air Force-level award will be presented to the service's top total force team that demonstrates improved effectiveness, operational readiness and mission accomplishment through integrated solutions.

During the dinner, James explained one of Welsh's first obstacles was to restore the relationship between the active-duty, Air National Guard and Reserve airmen in the wake of sequestration. She also described how Welsh compared the impact of sequestration to a bomb burst that interrupted the harmonious formation in which the total force flew. However, he was confident the force would again fly as one.

#### Air Force announces KC-46A candidate bases

**WASHINGTON (AFNS)** – Air Force officials announced bases as candidates for the next round of active duty-led KC-46A Pegasus basing on June 23.

The bases include Dover Air Force Base, Delaware; Fairchild AFB, Washington; Grand Forks AFB, North Dakota; Travis AFB, California; and Joint Base McGuire-Dix-Lakehurst, New Jersey.

The KC-46As are expected to begin arriving at the second active duty-led global mobility wing in fiscal year 2020.

#### This week in Air Force History



On June 29, 1955, the Boeing Aircraft Company delivered the first B-52 Stratofortress to enter U.S. Air Force operational service to the 93rd Bombardment Wing at Castle Air Force Base, California

cal year 2020.

“The KC-46A Pegasus aerial tanker remains one of our top acquisition priorities,” said Air Force Secretary Deborah Lee James. “It is absolutely essential that we replace our aging tanker fleet so we have the aircraft necessary to maintain the nation's global reach for years to come.”

Air Mobility Command will soon conduct detailed, on-the-ground site surveys of each candidate base in approved assessment areas. They will assess each location against operational requirements, potential impacts to existing missions, housing, infrastructure and manpower.

**Air Force accepting nominations for 2017 O'Malley Award**  
**JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS)** –

Air Force officials will accept nominations for the 2017 General and Mrs. Jerome F. O'Malley Award through Jan. 27, 2017.

The award recognizes the wing commander and spouse team whose contributions to the nation, Air Force and local community best exemplify the highest ideals and positive leadership of a military couple serving in a key Air Force position.

Organizations and base-level personnel should contact their major command, combatant command, field operating agency or direct reporting unit for suspense dates or more information on nomination procedures.

#### AF introduces first fully built HH-60G Ops Loss Replacement helicopter

**WASHINGTON (AFNS)** – The Air Force introduced the first of 21 fully built HH-60G Pave Hawk Operational Loss Replacement helicopters Tuesday at a ceremony in Huntsville, Alabama.

The HH-60G is used to conduct combat search and rescue operations. The OLR program will restore the service's HH-60G fleet to its authorized size, replacing aircraft lost in nearly 15 years of deployed combat operations since 9/11.

The Air Force acquired 21 UH-60Ls and added a comprehensive kit of modifications and additional equipment to convert them into HH-60Gs. The service ensured the base-line helicopters they received from the Army were well-maintained, structurally sound aircraft with no systemic maintenance problems.



U.S. Air Force photo by SENIOR AIRMAN JOSHUA SMOOT

### Emergency Evacuation

Airmen, Sailors and Soldiers perform an emergency evacuation hoist during a jungle training course June 15, at Andersen Air Force Base, Guam. Conducted by the Army's 25th Infantry Division's Lightning Academy Jungle Operations Training Center from Oahu, Hawaii, and supported by 736th Security Forces Squadron Commando Warrior cadre, students prepared a simulated patient for medical evacuation. During the course, service members also learned survival skills, including land navigation and evasion techniques.

“The criteria we set for the helicopters we received was comprehensive and thorough,” said Brig. Gen. Eric Fick, the director of Global Reach Programs with the Office of the Assistant Secretary of the Air Force for Acquisition. “The result is the HH-60G OLR, a completely re-missionized helicopter that is fully capable of successfully executing the combat rescue mission.”

## COMMANDERS ACTION LINE

robins.actionline@us.af.mil

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.



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

### Customer Service Points of Contact

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357  
78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447  
78th Force Support Squadron CC – 478-926-5023 or DSN 468-5023  
78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475  
78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212  
Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601  
Comptroller Front Office – 478-926-4462 or DSN 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

### ROBINS REV-UP 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 and 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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## SCHOOL

Continued from A1

of force and active shooter preparation. Recent training added includes night operations and using night vision goggles while driving.

There's a day dedicated for travel and training at Moody Air Force Base near Valdosta, Georgia, where groups undergo Mine-Resistant Ambush Protected vehicle rollover training.

During this scenario, you're strapped inside a simulator and spun so the body can experience what it feels like to get hit and rolled over while inside an MRAP.

Training continues at Robins where on about five acres at the southeast end of the base, space is devoted for training in as realistic an austere environment as possible. While there are several small hard structures on site, sleeping tents and shelters serve as home away

from home.

"Students will live, eat, sleep, use the bathroom, everything out there for four days," added Petersen. "They'll set up their own forward operating base, are given a pre-deployment tasking and set up the site with security."

Defensive fighting positions are set, wire is integrated into the scene and a command center is established with radio communications. There's even a 'makeshift village' on site, with volunteers from Robins who act as local opposition forces.

"We teach how to react appropriately, keeping in mind reducing civilian casualties, but also providing any humanitarian relief, aid and security to locals who are friendly to us and are really victims of the situation," said Petersen.

James Robbins, the 5th CCG's CRS program director, emphasized the curriculum's focus on exposing students to various combat situations, just as they

would encounter downrange.

"We're sending these folks into combat environments in theater operations, so we want to expose them to certain stress levels, heart rates," Robbins said. "We want to make them nervous, make them a little fearful so they can have an opportunity here to react with that level of stress in a controlled environment. So when they do go into combat and face an enemy, they already know what that feels like and can perform as they should."

A former student of the school, Petersen emphasized the high job satisfaction felt throughout the cadre of eight instructors who help to make sure students are fully equipped for anything they may face.

"It's not every day you get to shoot weapons or take part in a convoy operation. The training you bestow upon these students may be the difference in them coming back home to their family and friends," he said.

U.S. Air Force photo by TOMMIE HORTON

Senior Airman Kristian-Alan Amoranto, 78th Security Forces Squadron combat arms instructor, takes a selfie with retired Chief Master Sgt. of the Air Force James Roy during his recent visit to Robins. Roy, who served as the 16th Chief Master Sergeant of the Air Force, spoke to local Airman Leadership School students Monday prior to their graduation Tuesday.



## CHIEF

Continued from A1

Roy was asked questions ranging from his toughest assignment to how he felt he changed from when he was a first-line supervisor, to when he was the Chief Master Sergeant of the Air Force.

The hardest task was talking to the family members of deceased service members while stationed at Dover Air Force Base, Delaware, which houses the Charles C. Carson Center for Mortuary Affairs, the Department of Defense's only stateside mortuary facility.

"We still have airmen in combat, in harm's way," he explained. "It really hurt me. It was the hardest thing I ever had to do as a senior leader."

Roy added that his twin boys came later in his career and how he wished he had been more understanding of the pressures of family life to some of his subordinates.

"People had lives," said Roy.

He ended his speech with a request for all of the airmen to thank their families, whether a spouse, a child or parent, for their support.

"You have got to tell them how important they are," said Roy.



## Thought for the Day

"Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty."

– Louis D. Brandeis



## What's inside

Protect the skin you're in, B2

Getting to Know You, B3

Holiday Hours, B5

# Lighter Fare

THE ROBINS REV-UP ■ JULY 1, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Today, the original copy of the Declaration is housed in the National Archives in Washington, D.C., and Fourth of July has been designated a national holiday to commemorate the day the United States laid down its claim to be a free and independent nation.

## Local community events to celebrate Independence Day with a bang

Summer is here and the first official celebration of the season is also the 240th anniversary of our nation's birth. This Fourth of July, as in past years, Americans will celebrate with parades, cookouts and fireworks.

The following are a few events organized in the local community.

Today is the Warner Robins Independence Day Celebration featuring Joe Nichols and special guest, Colby Dee. This free event will take place in the parking lot of McConnell-Talbert Stadium in Warner Robins. Gates will open at 6 p.m. For more info visit <http://www.warnerrobinsvisitorscenter.com/idc.html>.

The fun continues Sunday with the Star Spangled Concert performed by the Wellston Winds. This free event will take place at the Museum of Aviation Century of Flight Hangar at 3 p.m.

On Monday, Lake Tobesofkee will host its annual "Sparks over the Park" fireworks show at 9:30 p.m. at Sandy Beach. Local bands will play starting at 6 p.m. Fireworks will also be visible from Claystone Park. There is a minimal fee to enter the park. Lake Tobesofkee is located at 6600 Moseley Dixon Rd. in Macon.

For additional information, call 478-474-8770.



U.S. Air Force file photo

Attendees enjoy a past Warner Robins Independence Day Celebration at McConnell-Talbert Stadium.



### WHY WE CELEBRATE

On July 4, 1776, the thirteen colonies claimed their independence from England, an event which eventually led to the formation of the United States. Each year on July 4, also known as Independence Day, Americans celebrate this historic event.

**Editor's Note:** This is only a snapshot of some of the events being held in the local area. No federal endorsement is intended nor implied.

## Fireworks safety

### Fire officials offer tips to avoid injury while having a blast

As a result of Gov. Nathan Deal signing a bill authorizing the sale of consumer fireworks in Georgia, more people will have access to, and use fireworks.

Two-thirds to three-fourths of all fireworks injuries occur during the four-week period surrounding Independence Day.

On the Fourth of July itself, fireworks usually start more fires nationwide than all other causes combined.

Fireworks accounted for a large number of injuries in the United States, and 55 percent of those injuries were burns to the hands, eyes and head. While most injuries occurred from legal fireworks, a considerable amount occurred from illegal fireworks, and half of the victims were under 15 years of age.

The new law prohibits the possession of fireworks in school zones, at school functions or on school buses.

Robins personnel and residents are reminded that the sale, possession, use, storage or transportation of fireworks is prohibited on the base unless approved, in writing, by the 78th Air Base Wing commander.

Before the use of any fireworks, make sure they are legally permitted in your state or local area.

If you happen to reside in an area that authorizes the use of Safe and Sane fireworks, consider some of these safety tips listed below to help safeguard you and your family:

- Store fireworks safely in a cool, dry place. Check the instructions for special handling and storage requirements.
- Know the local area fire conditions. Do not use fireworks if state and/or local conditions for fire danger are high.
- Never allow young children to play with fireworks under any circumstances. Sparklers that have been considered safe, burn at 1,800 degrees Fahrenheit, hot enough to ignite any clothing.
- Older children should only be permitted to use fireworks under close adult supervision, and under no circumstances should they be allowed to horseplay with any type of fireworks.
- Always light fireworks outdoors in a clear area away from houses, buildings, and grass areas and never light fireworks around any flammable materials.
- Make sure all personnel are out of the area before igniting fireworks.
- Never try to relight or handle any malfunctioning firework. Douse these fireworks with water and discard them.
- Never light fireworks in a glass or metal con-

tainer, shrapnel from these containers can cause serious injuries or even death.

- Keep all unused fireworks away from the designated firing area.
- Keep a pail/bucket of water available for emergencies.
- Never experiment, modify or attempt to make your own fireworks.
- Never throw/toss fireworks at another person.
- Do not wear loose clothing; it can very easily catch fire.
- Only light fireworks one at a time (not all at once).
- Do not mix drinking and drugs with fireworks, this presents an added danger that can cause serious consequences.
- In case of an emergency make sure you know the emergency reporting number in the area you are in. (This is usually 911; on base from a cell or other non-government phone 222-2900.) If an accident does occur, do not delay medical attention even for seemingly mild injuries.

If you have any questions concerning fireworks or any fire prevention matters, call the Fire Prevention Office at DSN 468-2145 or 478-926-2145.

– Courtesy Robins Fire Department

# A BETTER YOU

## SPOTLIGHT ON PREVENTION

### July is Ultraviolet Safety Month ... love the skin you're in

BY STUART BAPTIES

Health and Wellness Center Flight chief

Summer, fun and spending time with family is what summer is all about. However, during this season of leisure and warm weather, we need to consider a hidden danger that has the potential to quickly end the fun – sun damage.

Promoting July as the official Ultraviolet Safety Month helps remind us all of the dangers we face while exposing ourselves to the sun without protection.

Skin cancer is the most common type of cancer in the U.S., and UV rays from the sun are the primary cause. The American Cancer Society estimates that one American dies from skin cancer an hour, and this year there'll be about 68,000 new cases of the most serious form of skin cancer, malignant melanoma.

Despite the warnings, many people still want a tan and expose themselves to ultraviolet rays. Not only can UV rays damage the skin and cause skin cancer, but they can also severely damage your eyes.

Anyone working or playing outdoors is exposed to the sun's ultraviolet rays, even on cloudy days. UV rays are a part of sunlight that is an invisible form of radiation and there are three types to be aware of, along with their effect on the human body.

►UVA is believed to damage connective tissue and increase the risk for developing skin cancer.

►UVB penetrates less deeply into the skin, but can still cause some types of skin cancer.

►UVC is absorbed by the atmosphere and does not pose a risk.

#### SUNBURN

Sunburn isn't immediately apparent. Symptoms usually start about four hours after sun exposure and get worse over the next 24 to 36 hours. It heals in three to five days.

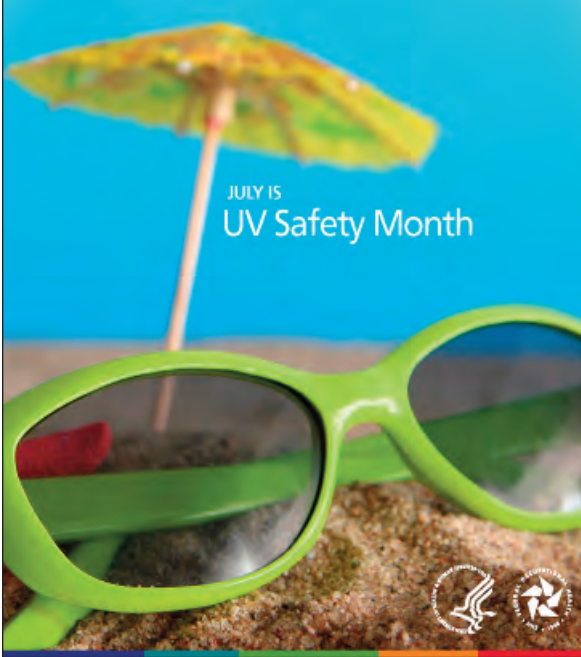
Symptoms can include red, tender and swollen skin, blistering, headache, fever, nausea and fatigue. Most of us know about sunburn, but did you know that your eyes can become sunburned?

Sunburned eyes become red, dry, painful, and feel gritty. Chronic eye exposure can even cause permanent damage, including blindness.

#### First Aid for Sunburns

►Take aspirin, acetaminophen, or ibuprofen to

July is Ultraviolet Safety Month. Read on to find simple precautions to avoid the consequences of overexposure to the sun, tips on self-care and ways to protect yourselves and family members.



relieve pain, headache and fever.

►Drink plenty of water to help replace fluid loss.

►Comfort burns with cool baths or the gentle application of cool wet cloths.

►Avoid further exposure until burn has resolved.

►Use of a topical moisturizing cream, aloe or 1 percent hydrocortisone cream may provide additional relief.

#### If blistering occurs:

►Lightly bandage or cover the area with gauze to prevent infection.

►Do not break blisters. (This slows healing and increases the risk of infection.)

►When the blisters break and the skin peels, dried skin fragments may be removed and an antiseptic ointment or hydrocortisone cream may be applied.

#### Seek medical attention if:

►Severe sunburns covering more than 15 percent of the body

►Dehydration

►High fever (>101 °F)

►Extreme pain persists for longer than 48 hours

#### SKIN CANCER

Skin cancer is the most common form of cancer in the United States.

The most common types of skin cancer include basal cell carcinoma, squamous cell carcinoma, and melanoma.

Indicators of skin cancer may include:

►Irregular borders on moles (ragged, notched, or blurred edges)

►Moles that are not symmetrical (one half doesn't match the other)

►Colors that are not uniform throughout

►Moles that are bigger than a pencil eraser

►Itchy or painful moles

►New moles

►Sores that bleed and do not heal

►Red patches or lumps

#### Protect Yourself

✓Avoid prolonged sun exposure when possible.

✓Wear sunscreen with a minimum of SPF 15.

SPF refers to how long a person will be protected from a burn. (SPF 15 means a person can stay in the sun 15-times longer before burning.) SPF only refers to UVB protection.

To protect against UVA, look for products containing: Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone. Sunscreen performance is affected by wind, humidity, perspiration, and proper application.

✓Throw away sunscreens after one to two years as they lose potency.

✓Apply liberally a minimum of 1 oz. at least 20 minutes before sun exposure.

✓Apply to ears, scalp, lips, neck, tops of feet and backs of hands.

✓Reapply at least every two hours and each time a person gets out of the water or perspires heavily.

✓Some sunscreens may lose their effectiveness when applied with insect repellents. You may need to reapply more often.

✓Wear clothing with a tight weave or high-SPF.

✓Wear wide-brimmed hats and sunglasses with UV protection and side panels.

✓Take breaks in shaded areas.

Remember, while having fun in the sun is one of the main joys of summer, taking simple preventative measures will ensure your fun is not cut short to deal with painful, often debilitating sunburns or developing skin cancer from repeated unprotected exposure.

## TRICARE offers tips on summer time disaster preparation

FALLS CHURCH, Va. – Summer rays and cool breezes can quickly turn into unexpected lightning and blinding rains.

TRICARE makes it easy to get the care you need in the event of a natural disaster.

In emergencies, the Department of Defense can approve a waiver of primary care manager referrals. Waiving the PCM referral requirement allows affected beneficiaries to get care from TRICARE-authorized providers without a PCM referral, avoiding point-of-service charges.

The "Emergency Refill Too Soon" waiver authorizes early prescription refills for affected beneficiaries. When a waiver is authorized for an impacted area, information about early refills is posted on the TRICARE website. Beneficiaries



who've signed up for updates via email or SMS text-messaging, receive the update directly. Also check TRICARE's social media pages for updates.

Severe weather can happen at any time, during any season. Disaster preparation is important and

being prepared is just as essential as knowing how to get help. Everyone should have an emergency "Go To" kit, and copies of important documents like your Uniformed Services ID card or other health insurance card, driver's license, Social Security card and list of prescriptions and shot records.

Have the numbers to family doctors and the regional contractor close at hand for help getting care. Make a disaster plan and practice it. TRICARE has a downloadable contact wallet card with all the contacts you need for help with your health plan. Visit the TRICARE website for details on how to stay safe and get the care you need in a disaster.

– Courtesy TRICARE.com

## GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

**UNIT:** Air Force Life Cycle Management Center, Support Equipment & Vehicles Division

**JOB TITLE:** Financial management specialist

**TIME IN SERVICE:** 7 years

**HOMETOWN:** Byron, Ga.

**What does your work involve at Robins?** "I manage a portfolio of about \$119 million used to purchase common support equipment."

**How does your work contribute to the Robins mission?** "We're buying common support equipment critical to the mission by being responsive to warfighter needs. We're always postured to be able to spend fallout dollars whenever available in order to better meet the needs of our airmen keeping us war-ready to fly, fight and win."

**What do you enjoy most about your work?** "My favorite part of the job is year-end close-out. With Support Equipment and Vehicles' reputation for being able to execute last-minute fallout dollars, it makes for a very fast-paced work environment. Since we're up until the early hours of the morning, it's fun getting to see another side of your coworkers."

**What prompted your interest in your current career field?** "I would have loved to fight alongside the warfighter, as I love my country. But, since that isn't possible with my disability, I decided the next best thing was for me to work hard supporting them on the home front."

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

► **Pre-Separation Briefing (separates)\*** – Wednesday and July 26 from 8 a.m. to noon; **(retirees)\*** – July 19 from 8 a.m. to noon.

► **Writing a winning resume** – Wednesday from 9 to 11 a.m.

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

► **Entrepreneur Training Track\*** – Thursday through July 8 from 9 a.m. to 4 p.m.

► **Transition Goals, Plan, Success (GPS) Workshop\*** – July 11 through 15, from 8 a.m. to 4:30 p.m.

► **Passport to Parenthood** – July 19 from 8:30 a.m. to noon at the HAWC. Call 478-327-8398 to register.

► **First Term Airman Course: Finances\*** – July 19 from 7:30 a.m. to noon.

► **Right Start\*** – July 20 from 7:45 a.m. to 12:30 p.m.

► **Career Technical Training Track\*** – July 20 and 21 from 8 a.m. to 4 p.m. in Bldg. 905 Room 121.

► **Key Leaders' Orientation\*** – July 21, from 7:30 to 11:45 a.m.

► **VA Benefits Briefing\*** – July 27 from 8 a.m. to 3 p.m. in Bldg. 905 Room 121.

► **Educational Track\*** – July 28 and 29 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)*

Interested in starting your own business? Sign up for the two-day Entrepreneur Training Track designed for transitioning service members. If spots are available, all Department of Defense cardholders are eligible to attend the workshop.



### Easy ways to do your part & make a difference at your **FITNESS CENTER**

Bring a pair of clean sports shoes for indoor use only



Wipe down equipment after every use

Dispose of towelettes in trash



Water or sport drinks may be consumed from closed containers with lids  
All other food or beverage is prohibited

Recycle containers in the correct depository  
plastic in plastic, can in can



Ease weights into position on machines & do not allow them to slam down

Re-rack weights & return all other accessories to their proper locations when finished



Store clothes in locker not on the floor or near equipment

We thank you for your cooperation in helping us maintain our Fitness Center's

**CLEAN & GREEN**  
SAFE, HEALTHY &  
FRIENDLY ENVIRONMENT!

**BEAT THE SUMMER RUSH**

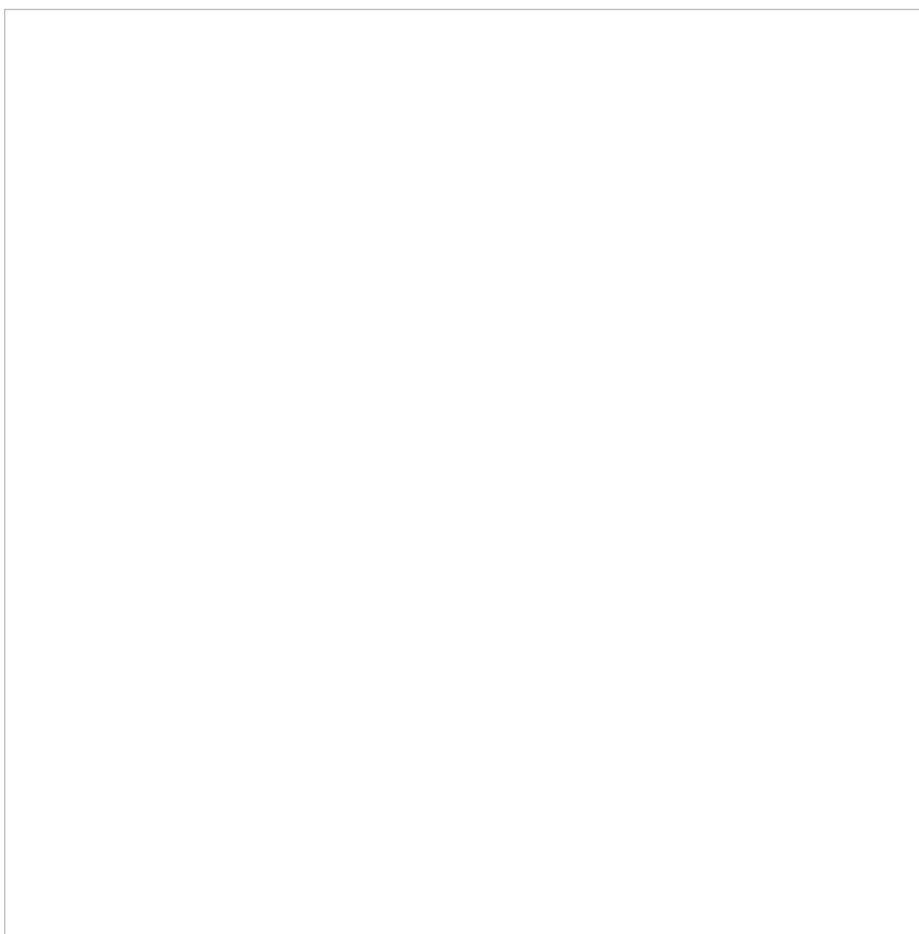
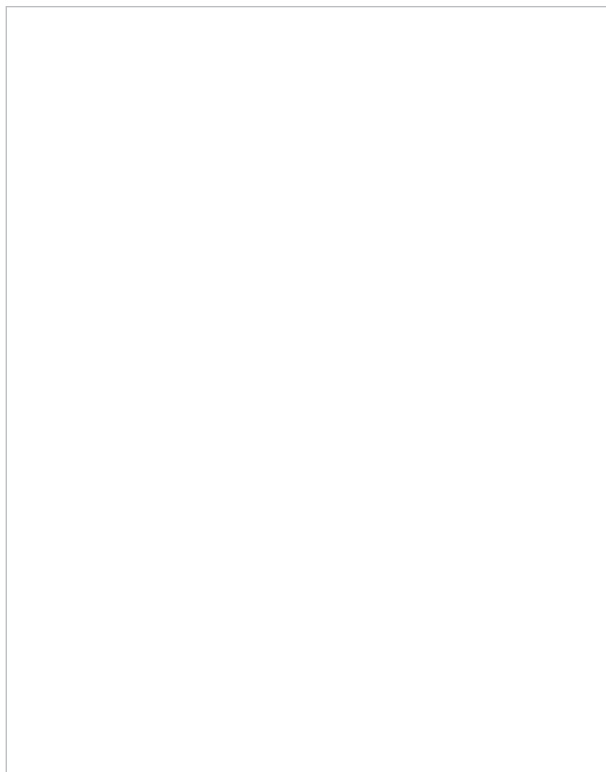
Make an Appointment to Get a **NEW ID Today!**

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

For more information call, 478-327-5666

**PRIVATE INFORMATION IS WORTH KEEPING HIDDEN**

Protect Your Personal Information



# HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR  
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## ON TAP

### Twilight Rates

Every day  
 From 4 to 7 p.m.  
 Pine Oaks Golf Course  
 Play 18 holes with cart for \$20 per person.  
 For details, call DSN 468-4103.

### Pine Oaks Junior Golf Clinic

Tuesday through Aug. 27  
 10 to 11:30 a.m.  
 Youth Center  
 Ages 5- to 13-years old  
 For details, call DSN 468-4103.

### Independence Day 5K

Wednesday  
 6 p.m.  
 Fitness Center  
 For details, call DSN 472-2128.

### Bowling Movie Days

Wednesdays  
 2 to 4 p.m.  
 Bowling Center  
 \$6 per person, includes three games,  
 rental shoes, movie and popcorn.  
 For details, call DSN 468-2112.

### Couples Movie Night 'Hail, Caesar!'

July 9  
 6 to 8 p.m.  
 Base Theater  
 \$4 per person includes popcorn and drink.  
 For details, call DSN 468-4001.

### Beginners Frame Class

July 12 and 14  
 6 to 9 p.m.  
 Arts & crafts Center  
 \$20 per person  
 For details, call DSN 468-5282.

### Summer Craft Camp

July 12 through 15  
 1 to 3 p.m.  
 Arts & crafts Center  
 \$25 per child ages 6- to 12-years old  
 Bring white 100 percent cotton shirt.  
 For details, call DSN 468-5282.

### Afterburner July Special

5:30 a.m. to 1 p.m.  
 Base Restaurant, Bldg. 166  
 Frozen Frappuccino  
 For details, call DSN 472-7827.

### Kayak Race

July 16  
 4 p.m.  
 Fitness Center  
 For details, call DSN 468-2128.

### Braves vs Rockies Game

July 16  
 Outdoor Recreation  
 \$40 per person  
 For details, call DSN 472-1107.

### Give Parents a Break/ Hourly Care

July 16  
 6 to 10 p.m.  
 For details, call DSN 468-5805.



## HOLIDAY HOURS

### 78th Force Support Squadron

*All FSS facilities will be closed Monday and Tuesday with the exception of:*

- ▶ Golf Course, normal hours
- ▶ Fairways Grille, Monday 7 to 10:30 a.m. and Tuesday normal hours.
- ▶ Base Restaurant – Tuesday Fast food, open until 12:30 p.m.; mobile routes 3, 4, 6 and 91, normal hours; snack bars will provide limited service; Afterburner, closes at 12:30 p.m.
- ▶ Heritage Club, Tuesday normal hours
- ▶ Main Fitness Center, open from 8 a.m. to 4 p.m.
- ▶ Horizon pool, normal hours
- ▶ Bowling Center, open Tuesday from 1 to 8 p.m.
- ▶ Outdoor Rec, open Tuesday normal hours.
- ▶ Wynn Dining Facility, Monday and Tuesday normal hours
- ▶ Aero Club, Tuesday normal hours
- ▶ NAF AO, Tuesday normal hours

\*For a complete list of FSS hours, visit [www.robinsfss.com](http://www.robinsfss.com).

### 78th MDG

▶ Closed Monday and Tuesday

### 78th SFS

▶ Gate 14, the Russell Parkway Gate, will be open normal hours Monday and Tuesday.  
 ▶ Gate 3, the Watson Gate, will be open normal hours Monday and Tuesday.

### 78th LRS

▶ Fuels will be on telephone standby Monday and open normal hours Tuesday  
 ▶ Vehicle Operations will be on telephone standby Monday and Tuesday.

### Exchange Main Store

▶ Open Monday from 10 a.m. to 5 p.m.

and Tuesday from 9 a.m. to 8 p.m.

### Service Station

▶ Open Monday from 10 a.m. to 5 p.m. and Tuesday from 6:30 a.m. to 9 p.m.

### Commissary

▶ Open Tuesday from 9 a.m. to 7 p.m.

### Shoppette/Class Six

▶ Open Monday from 10 a.m. to 5 p.m. and Tuesday from 6:30 a.m. to 9 p.m.

### Military Clothing Store

▶ Open Tuesday from 9 a.m. to 6 p.m.

\*For more Robins Exchange facility hours, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).



**Hawaiian getaway  
 up for grabs in latest  
 Exchange contest**

**M**ilitary shoppers can say “aloha” to a tropical vacation for two to Hawaii with the Army & Air Force Exchange Service’s latest sweepstakes.

Now through Thursday, authorized shoppers worldwide can enter to win the \$5,000 five-day, four-night vacation, which includes airfare, hotel accommodations, transportation to and from the airport and spending money. (Travel must origi-

nate in the continental United States.)

“A Hawaiian vacation can do wonders for reviving the spirit,” said Stephanie Wilson, Robins Exchange general manager. “This trip is a fantastic chance for one lucky winner and a companion to create memories that will last a lifetime, and I encourage Robins Exchange shoppers to enter.”

Authorized shoppers can enter at [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes). The sweepstakes winner will be drawn on or about July 14.