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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

July 29, 2016 Vol. 61 No. 30

A Living Legacy

Team Robins celebrates milestone projecting power, still keeping 'em flying

BY ANGELA WOOLEN
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Robins Air Force Base has been involved in every major war, contingency and humanitarian effort since World War II.

"If it flew, it came here at some point in time," said Dr. William Head, base historian.

In the last 75 years, Robins has seen its share of triumphs.

The first plane which arrived here was a C-47, followed by an A-20.

"It's amazing to think that was the start," Head said.

After that, the depot has seen everything from fighters and bombers to cargo and attack aircraft.

About 600 B-29 airplanes were mothballed at Robins, ironically in the same location as the history office sits in Bldg. 955.

Groundbreaking took place Sept. 1, 1941, and by May 1942, there were 6,600 laborers who'd worked

to build the base.

Head remembered hearing a story about the roofs of the buildings at Robins being camouflaged so well during the Second World War that pilots often had a hard time seeing the airstrip.

"We didn't know if we were going to win the war. It is strange to think that since World War II, we've

spent our whole lives thinking that no one would really attack America," Head said.

One of the biggest boons to the base was the Berlin Airlift in 1947. Robins provided the cargo planes flying the supplies in with 200,000 spark plugs for the

► see LEGACY, A5



U.S. Air Force graphic by TOMMIE HORTON

Success Here = Success There: U.S. Forest Service to receive C-130

U.S. Air Force file photo by
TECH. SGT. RICK SFORZA

During its time here, a C-130H, like the one pictured, was modified with a Modular Airborne Fire Fighting Systems control panel to assist with its new firefighting capabilities.



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

What started out as an aircraft used by the Coast Guard will soon end up in the hands of the U.S. Forest Service.

A C-130H that has been maintained by the 560th Aircraft Maintenance Squadron is in its final stages of programmed depot maintenance here, having just wrapped up functional test procedures. The aircraft's final visit will be to corrosion control where it will receive a new paint job before it leaves.

Although the aircraft has remained at Robins longer than anticipated, due to the transfer to the Forest Service and unforeseen production issues while on station, it is scheduled to fly out in August when it will serve a different role - fighting fires as its new mission.

"The good news about this is we'll be able to get this plane back to the Forest Service right in time for the fire season, and give them a key piece of firefighting equipment," said Stephen Adcock, 560th Aircraft Maintenance Squadron

► see C-130, A6

Randi the Wonder Dog finds her way to Robins

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

Armed with a quick instinct and undeniable street smarts, Randi had been on the loose for almost two months.

It seemed the young German shepherd had been looking for some exercise and freedom, yet with that freedom came a price.

After being on the run since early June, her canine adventures would end inside a drainage pipe a short drive from the Green Street gate. Members of Robins Fire Emergency Services, 78th Security

Forces Squadron, 78th Civil Engineer Group Entomology Shop, and several local animal lovers would lead Randi to safety once again.

According to Peach County Animal Rescue, Randi had traveled over 40 miles during her four-legged travels. Resourceful and intelligent, she'd somehow escaped from the Fort Valley site.

In trying to spread the word of her location, Facebook postings over the last few weeks read that the pooch had been lost in the vicinity of Ga. Highway 96 and Borders Road in Fort Valley, near Lane Packing Co.



Courtesy photo

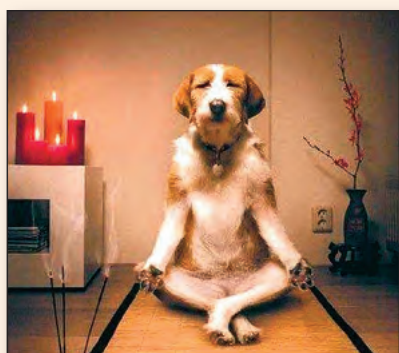
Liz Martin, a Robins employee, comforts Randi who, after traveling over 40 miles, was rescued from a drain pipe on Robins. Following the rescue, Randi went home temporarily with a 78th Security Forces Squadron defender, also the owner of a German shepherd.

► see DOG, A5

FRIDAY FLYBY: Outdoor track and field construction project begins Monday, Page A2

IDS Tip of the Week

Take Time to Relax. Use deep breathing and other techniques to relax your body and mind. Call Robins Air Force Base's Mental Health Clinic (active-duty military) 478-327-8398 or the Employee Assistance Program (Civilians) 1-800-222-0364 for help.



Save the Date

The Thunder Over Georgia Air Show, featuring the U.S. Air Force Thunderbirds, will be Oct. 1 & 2. The base gates will open at 9 a.m. for the event, which is free and open to the public. For additional details and show updates, please visit the Thunder Over Georgia website at <http://www.robins.af.mil/airshow> and Facebook at <https://www.facebook.com/Robins-Air-Show-2016-304047656310401>.



Weekend
Weather

Friday
98/74



Saturday
98/75



Sunday
96/75



Better safe than sorry.

SECOND FRONT

BACK TO THE BOOKS

Tips for preparing students, parents for the journey back to school

BY STUART BAPTIES
Health and Wellness Center Flight chief

You're just about done shopping for school supplies, fall clothes, gym uniforms and getting ideas for lunchtime foods and snacks. So now it's time to help your kid start and continue the new school year in good health and to make the experience rich and rewarding for them. Whether it's their first day in kindergarten or even if they are off to college, there are things that you can do to alleviate some of those back to school jitters for both you and your kids.

Let's look at some quick helpful tips:

Take a look at eyesight. Even if your child has passed the school or pediatrician eye screening, vision issues can still exist and shouldn't be dismissed if they are struggling. A child with 20-20 vision can still have vision problems so often a comprehensive eye exam is one of the most important things that you can do during the school year to maximize your child's ability to contribute and do well in school. The optometrist will also check for focusing ability, eye-tracking and eye hand coordination skills. Keep in mind that, in the classroom, a large percentage of learning is visual.

Encourage vision e-breaks. We're aware that more and more learning is becoming computer and tablet based and optometrists suggest using the 20-20-20 rule to counter vision problems. Simply keep in mind that when using any kind of electronic technology, you should take a 20 second break every 20 minutes and look at something 20 feet away. This can help prevent the muscles of the eye from getting locked in at that focused close position and can help prevent many of the vision problems associated with constant technology use.

Get your child the proper vaccinations to prevent against disease. Make sure that you are talking to your family doctor about age and circumstance appropriate vaccinations. For example, the meningococcal vaccine protects your child from meningitis, an infection of the fluid and lining around the spinal cord and brain. Teens and young adults, especially those living in dorms or close quarters, can be at higher risk. According to the Centers for Disease Control and Prevention, preteens should get their first meningococcal dose at age 11 or 12 and teens will need a booster at age 16.

Ensure a safe walk to school or to the bus stop. Walking provides good exercise and if your child has a safe path, that's great. Remember though that you want to make sure that they are ready to handle any traffic situations such as crossing the street or



busy intersections. While ages vary slightly, the National Center for Safe Routes to School cautions that most kids aren't ready to cross the street alone until they are 10 years old.

Brush up on dental hygiene. As kids get back to school it's a good time to reinforce that good dental hygiene routine that may have slipped during summer vacations. A good rule of thumbs from the American Academy of Pediatric Dentistry is to have kids brush at least two minutes, twice a day and floss.

Quickly shift back to a healthy sleep routine. Often kids stray far from their school sleep routine during the summer, sleeping in until 10 or 11 a.m. and staying up much later than usual. In order to get them back on track, have them stick to their school sleep routine during that first weekend after school starts and don't let them fall back into the summer routine. Getting the proper amount of sleep is essential for both learning and safety.

Be prepared and equipped for sports and outdoor activity. You can feel the heat outside, it's still going to be 90 plus degrees when school starts. Even so, many schools are going to jump right into two a day football practices so make sure your child has a complete sports physical and that they are learning about and utilizing proper nutrition, proper hydration, proper rest, and proper fitting equipment for the sports that they are playing. Shin guards and proper

footwear helps minimize soreness, blisters, and over-use injuries. Light colored clothing when practicing in the sun can reduce the risk of heat injuries and mouth guards will protect those teeth. If your child is going to be signing up for sports, mouth guards are essential for baseball, football, basketball and soccer and several dentists say that they have even seen dental injuries from striking pool corners during flip turns.

Ease those first day jitters. It's normal for both of you to feel nervous and anxious that first day, especially in a new school or location. Some things that may help include doing and talking through some practice runs before school starts and going through drop-off and pick-up procedures so that your child feels less anxious when the time comes. If it will help, you can even take them inside that first day to get to know the school layout or meet teachers. But keep in mind though that often kids are just fine their first day and are actually pretty excited at the prospect of starting school and that it may be you as a parent that ends up finding it hard to let go that first day. So, as tempting as it is to linger and hold on, remember that having a smooth release and drop off helps your child transition to being independent and handling it on their own.

For the next few weeks, the Health and Wellness Center Dietitian will post Rev-Up and Facebook articles with nutritious recipes that you can cook and freeze for easy access to quick meals during this busy time while you are working to get your family's back to school schedule solidified.

Track and Field construction

A renovation project on the Outdoor Athletic Field Track and Football Field is set to begin on Monday. The project is expected to last about 180 days but could take longer due to inclement weather or unforeseen conditions.

Your cooperation will be appreciated. If you have any questions, the points of contact are Brett Madison, at 478-327-2984 and Lorrie Simmons at 478-327-3977.

Finance closure

The 78th Comptroller Squadron (Base Finance) customer service hours will have limited service hours on Aug. 5. The hours will be from 11 a.m. to 3 p.m. Customers are always encouraged to email 78cpts.fmf.milpay@us.af.mil for any finance questions.

PACE offers AFMC-wide free professionalism presentations

As part of Profession of Arms Center of Excellence Character and Leadership initiative, a five-hour presentation of "Professionalism – Enhancing Human Capital" will be held at Robins Aug. 30 through 31 and Sept. 1. The presentations will examine how professionalism drives individual behavior and connects Air Force core values to the Air Force mission.

Though targeted at effective working relationships within the Air Force, attendees are able to extend the lessons to personal relationships as well.

For more information, call Bryan Teel at 478-327-6990 or Rob Powell at 478-327-8589.



Airman Leadership School Graduates

A Flight

- ▶ Senior Airman Kristian-Alan Amoranto, 78th SFS
- ▶ Senior Airman Jeremy Johnson, 53rd ATCS
- ▶ Senior Airman Wesley Campbell, 461st MXS
- ▶ Senior Airman John Mulholland III, 51st CBCS
- ▶ Senior Airman Jacob Ferguson, 461st OSS
- ▶ Senior Airman Than Nguyen, 78th ABW
- ▶ Senior Airman Lakara Gardner, 165th MDG
- ▶ Senior Airman Quentin Roberts, 931st AMXS
- ▶ Senior Airman Max Hess, 78th LRS
- ▶ Senior Airman Richard Hill, 78th MDSS
- ▶ Senior Airman Codie Sechi, 461st ACNS
- ▶ Senior Airman Top, 461st AMXS
- ▶ Senior Airman Ryan James, 78th OSS
- ▶ Senior Airman Tyler Wiggins, 461st MXS

- ▶ Senior Airman Gary Gladney, 53rd ATCS
- ▶ Senior Airman Christopher Gonzales, 78th ABW
- ▶ Senior Airman Kyle Gruver, 78th SFS
- ▶ Senior Airman Challen Haywood, 916th MXS
- ▶ Senior Airman Kyle Jarvis, 116th OSS
- ▶ Senior Airman Samuel Romero, 461st MXS
- ▶ Senior Airman Daniel Spear, 461st MXS
- ▶ Senior Airman Andrew Walker, 51st CBCS
- ▶ Senior Airman Quintin Wilder, 567th RHS
- ▶ Senior Airman Scott Wynn, 181st FSS

Special Awards

- ▶ **John L. Levitow Award** – Senior Airman Andrew Walker, 51st CBCS
- ▶ **Academic Award** – Senior Airman Tyler Wiggins, 461st MXS
- ▶ **Commandant Award** – Senior Airman Scott Wynn, 181st FSS
- ▶ **Distinguished Graduates** – Senior Airman Top, 461st AMXS and Senior Airman Wesley Campbell, 461st MXS
- ▶ **Honorary Veteran** – Retired Chief Master Sgt. Wayne Lettice

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

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

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

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

For more information, contact Geoff Janes at vance.janes@us.af.mil or Lanorris Askew at lanorris.askew.ctr@us.af.mil. Either can be reached by phone at 468-6386.

B Flight

- ▶ Senior Airman Nicholas Brown, 78th SFS
- ▶ Senior Airman Adrian O’Neil, 78th SFS
- ▶ Senior Airman Arina Chambers, 78th AMDS
- ▶ Senior Airman Daren Respicio, 461st AMXS
- ▶ Senior Airman Marcus Freitas, 461st AMXS

First Term Airmen Center July Graduates

The Robins First Term Airmen Center provides a structured program to transition airmen from a training mindset to a mission-oriented environment.

FTAC provides orientation type information and reinforces lessons learned in Basic Military Training School and technical training to aid in successful transition. This provides a unique opportunity to create an environment for airmen to further develop their warrior ethos and continued expeditionary mindset.

Congratulations to the following July graduates:

- ▶ Airman1st Class Robert Lahti, 51st CBCS
- ▶ Airman1st Class Brandon Lackey, 461st ACNS/SCO

- ▶ Airman1st Class Sawyer Porter, 78th OSS
- ▶ Airman1st Class John Cousins, 51st CBCS
- ▶ Airman Gabriel Mederos, 78th AMDS
- ▶ Airman1st Class Zachary Morris, 53rd ATCS
- ▶ Airman1st Class Esahi Rodriguez, 53rd ATCS
- ▶ Airman1st Class John Lauer, 461st ACNS/SCP
- ▶ Airman1st Class Logan Harless, 78th SFS
- ▶ Airman Kody Biddle, 78th SFS
- ▶ Airman1st Class Michael Downs, 51st CBCS
- ▶ Airman Alex Stevenson, 78th SC
- ▶ Airman1st Class Kirby Tjoland, 51st CBCS
- ▶ Airman1st Class Brandon Ard, 51st CBCS
- ▶ Airman Gabriel Mederos, 78th AMDS
- ▶ Airman1st Class Diamond Lawson, 461st ACNS/SCP

- ▶ Airman1st Class Morgan Revels, 461st AMXS
- ▶ Airman1st Class Jeffrey Britton, 461st AMXS
- ▶ Airman1st Class Kevin Cline, 461st AMXS
- ▶ Airman1st Class Aaron Askew, 461st AMXS
- ▶ Airman1st Class Abraham Paredes, 78th SFS
- ▶ Airman1st Class Maurice Platts, 78 SFS
- ▶ Airman1st Class Nicholas Straiton, 461st AMXS
- ▶ Airman Basic Tavekious Barber, 461st AMXS
- ▶ Airman1st Class Gavin Coleman, 330th CTS
- ▶ Airman1st Class JayQuway Fields, 78th SFS
- ▶ Airman1st Class Luke Watson, 330th CTS
- ▶ Airman1st Class Alexis Durham, 78th MDSS
- ▶ Airman1st Class JalMontae Weaver, 78th SC
- ▶ Airman1st Class Webb Doxey, 51st CBCS

AROUND THE AIR FORCE

Air Force begins study on noise exposures

BY J.D. LEVITE
Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. (AFNS) – An Air Force Surgeon General initiative called Total Exposure Health will soon advance from a concept to a real-world demonstration at an operational base.

Total Exposure Health focuses on primary prevention, which includes exposures in the workplace, the environment and lifestyles, in order to prevent disease and injury from occurring.

“We’re really talking about keeping people truly healthy before they even get sick,” said Col. Kirk Phillips, the consultant to the Air Force surgeon general for bioenvironmental engineering. “We try to get individuals to basically have a healthy lifestyle, which is really difficult when everybody knows it’s important, but it’s not easy to do.”

The upcoming demonstration will focus on an exposure that’s common for everybody -- noise. After recruiting the necessary participants, the next step of the demonstration will be to measure all forms of noise exposure throughout their day, including sources outside of work such as traffic or a child suffering from colic at home.

The standard approach to noise exposures is to moni-

tor workplace noise and intervene when it exceeds a standard threshold.

Dr. Richard Hartman, the chief health strategist for TEH, said the effects of noise are cumulative and measuring only workplace noise exposure fails to account for the other 16 hours of exposure outside the workplace.

“I think a lot of us would be amazed if we actually knew what was too noisy,” Phillips said, adding that most people have numerous noise exposures throughout the day that they don’t even think about. All those sources add up over time if people don’t give their ears a break.

“Noise sources that are lower in value, once we’ve had some of those higher-level exposures, can be concerns,” he added.

The second part of the demonstration will provide practical ways to deal with these exposures. Participants will be given earmuffs, basic hearing protection and a custom form-fitted hearing protection to see which they prefer throughout the day.

Phillips said that’s the exciting part for participants “because not only will you know what your sources are and have your own idea of what to do, but we’re willing to partner with you and your family to actually provide you some resources, such that you are able to control that noise.”

If this work can prevent people from getting overexposed to noise, they could enter old age without this disability, Phillips added.

“Hearing loss from noise exposure means you lose certain areas of your hearing but not others. So, what happens is the things you don’t care about drown out the things you do care about,” he said.

According to Hartman, the demonstration will last about two weeks and the results will help the team understand the complexities of the exposures and open the door for further research and novel approaches to preventing hearing loss.

“We’re going to do something with it,” Hartman said. “We’re not just collecting noise information and saying you’re above or below ... We’re using very advanced analytics to produce a course of action. This is the reason we chose noise as it’s one we’re all exposed to no matter what your age is, no matter what your profession is.”

Hartman said TEH is critical to the future of Air Force health and it will provide a more refined understanding of exposures, from sunlight to pollution, and their effects on the individual. Once all the elements of TEH are implemented it will allow people to take more control of their health because that information is shared.

In Air Force News

Goldfein hosts first town hall with CMSAF

MAXWELL AIR FORCE BASE, Ala. (AFNS) – The Air Force’s top officer and enlisted leader hosted a town hall forum in the Boyd Auditorium here July 20.

During the 70-minute forum, Air Force Chief of Staff Gen. David L. Goldfein and Chief Master Sgt. of the Air Force James A. Cody answered several questions from the crowd and addressed their key concerns.

“What I have found over my career is, to have staying power, you have to spend time listening,” Goldfein said. “So, for Chief Cody and I, this is actually about squinting with our ears and actually listening to what’s on your mind and giving you straight talk.”

One concern weighing on many airmen’s minds was the recent Senate proposal to overhaul basic allowance for housing.

“We don’t think it’s a good idea,” Cody said. “There has been a lot of effort by all of our senior leadership to go (to Congress) and have conversations with senators on this.”

A range of questions were asked on various aspects of the Air Force, from leadership and command and

This week in Air Force History



July 29, 1921, hoping to demonstrate the vulnerability of Atlantic seaboard cities to air attack, Brig. Gen. William “Billy” Mitchell led 19 bombers in a mock raid against New York City, after which he concluded that his target had been theoretically destroyed. He used this raid to support his argument that the Army and its aviation arm should assume responsibility for defense of the nation’s shores.

control, to on-base housing and warfighting.

Teens learn to BOUNCE back in first AF teen resiliency course

JOINT BASE CHARLESTON, S.C. (AFNS) – Twenty-four teenagers participated in the Air Force’s first resiliency teen camp, named BOUNCE, from July 11-15 at Joint Base Charleston, South Carolina.

BOUNCE, which stands for Be optimistic, Observe thoughts, Use strengths, Never give up, Communicate effectively and Embrace you, is a weeklong camp designed to teach teens the necessary skills to overcome daily stressors associated to military families. Lessons focused on body image, mindfulness, finding purpose, goals, good listening and thinking before you act.

“Teens are subject to many stressors such as peer pressure, body image and social media acceptance,” said Michelle McMeekin, the 628th Air Base Wing community support coordinator and BOUNCE instructor. “Military teens have additional stressors, to include frequent relocations and parental deployments. The resiliency camp is designed to help teens ‘bounce back’ from day-to-day stressors by teaching them healthy coping mechanisms.”



U.S. Air Force photo by Tech. Sgt. David Salanitri

Fuel stop

An F-16 Fighting Falcon from Joint Base Langley-Eustis, Virginia, receives fuel from a KC-135 Stratotanker while taking part in exercise Red Flag 16-3 at Nellis Air Force Base, Nevada. Red Flag 16-3 is one of four Red Flag exercises at Nellis AFB, with this iteration focusing on multi-domain operations in air, space and cyberspace.

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 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

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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LEGACY

Continued from A1

C-46 and 47 aircraft to keep them running.

The 50s

In the 1950s, the Korean War started and with it, Robins became the unofficial cargo center of the Air Force. The center also refurbished and put into service the mothballed B-29 planes which helped to cut off enemy supplies and attacks.

The first C-130 also came to Robins that decade.

“We began to experience technical growth. The Air Force began to embrace high technology,” said Head.

The 60s

The C-141 was assigned to Robins in 1962 during the Vietnam War. The center maintained and managed the program as well as had a colonel as its program director stationed here.

“It became part of the Southeast Asia pipeline. We were a big part of that and did very important repair work,” said Head.

The 70s

In the 1970s, the C-141 was redesigned from the A model to the B model which included aerial refueling capabilities. The project also came in under budget and was completed in 1980. The planes flew until 2007.

The base also received its first F-15 in 1974. It was a generational change because of Vietnam. It was the evolution of what a fighter plane was going to be,” said Head.

The 80s

With the 1980s came the advent of the personal computer. Head remembered a time when typewriters, white out and retyping whole documents was common. The first computer he used on base was called a Wang and would not save unless the user exited the program.

The 90s til now

“In the 90s, a lot of changes took place,” Head said. One of those events was the first Gulf War.

“I will never forget it. It was at night and we went down into the basement in Bldg. 300. This base knew we were going to have to support this. We took planes, surged parts, surged people and this base proved its worth in that war,” said Head.

The F-15s used in the war had a 109-0 record. People from Robins were overseas fixing the aircraft and not one was ever unable to fly, he said.

Currently, the base is involved in the longest war in U.S. history. Head recalled Maj. Gen. Robert McMahon, former Warner Robins Air Logistics Center commander, now retired, in his office talking about how the war had been going on from the time he was a colonel until he was a two-star general.

From the people who work on the flight line to those in the front office, the Air Force and Robins are keeping the wolves at bay.

“Be proud of what you do because we’re damn good. We’ve been here for 75 years and we’re going to be here for another 75 more,” Head said.

DOG

Continued from A1

A few posters noted the dog had been spotted in Byron, near Ga. 49 across from a fast food place. The sightings continued here and there, then nothing. In mid-July, one post read not a single sighting had been made in weeks.

Randi’s trot through two counties continued. It would be easy for an agile, smart pup to hide from strangers. If she was moving, she was safe.

Tirelessly, she’d move on, not knowing where to go but always going somewhere – one day wandering right onto the installation.

She did the unthinkable – failure to stop at one of the gates. She pranced on in, hoping to be spotted perhaps? She’d come to the right place. If she meandered too long, someone would notice. And someone did.

Melissa Odom, a human resources specialist with Air Force Reserve Command, was about to get off work last Thursday afternoon when she spotted Randi across from Bldg. 210.

She’d heard about Randi. Four days earlier she’d seen the dog, tried to approach her, but Randi was really skittish, eventually running away. Tuesday, nothing. Wednesday, nothing. But Thursday would be the day.

“I followed the dog to make sure where it went, and it went into the drain pipe,” said Odom, herself an adoring fur mom.

Liz Martin, a Robins tech order librarian, had been in the loop about Randi. Having gotten off work earlier, when Odom called to let her know Randi was spotted, she immediately drove back.

Because the drainage pipe runs a few feet under a sidewalk, coaching the dog to come out wasn’t easy. But once a little water pressure was applied inside by fire rescuers, with Odom at one end and Martin on the other, the dog eventually sprinted out.

“Everything was perfect timing,” said Martin, who stressed the important role online networking played.

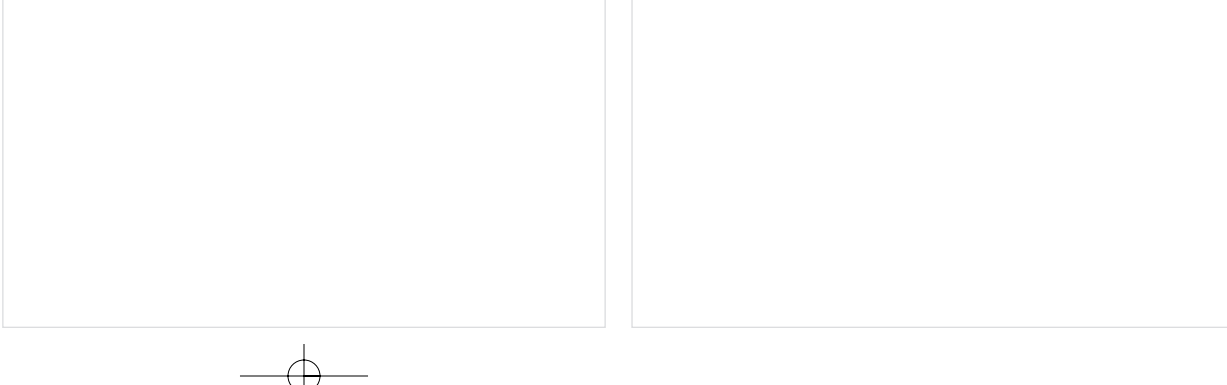
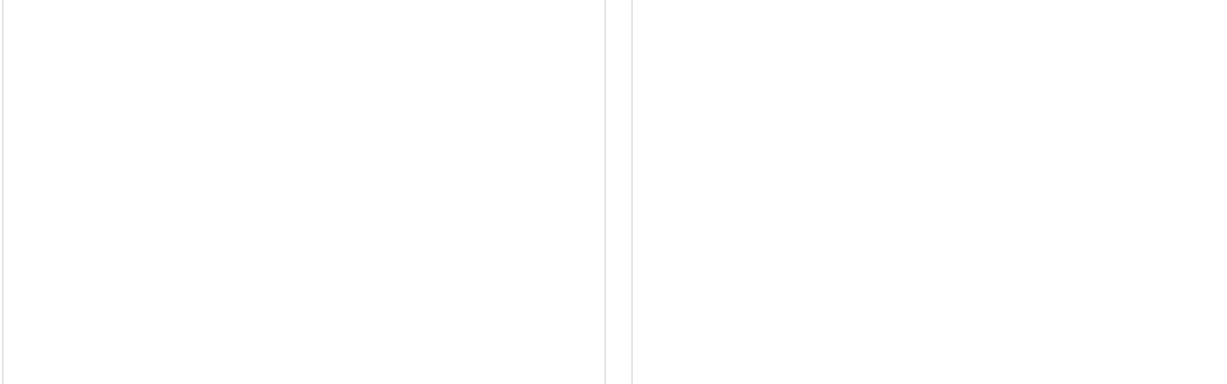
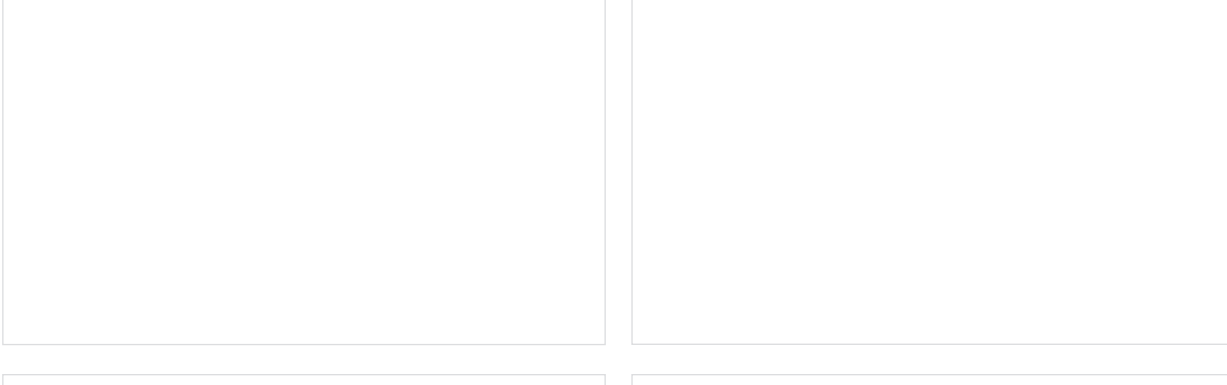
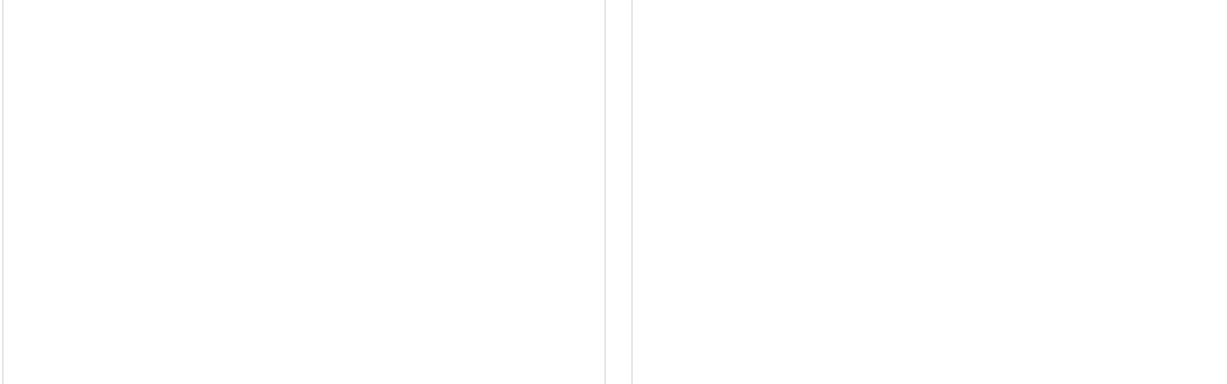
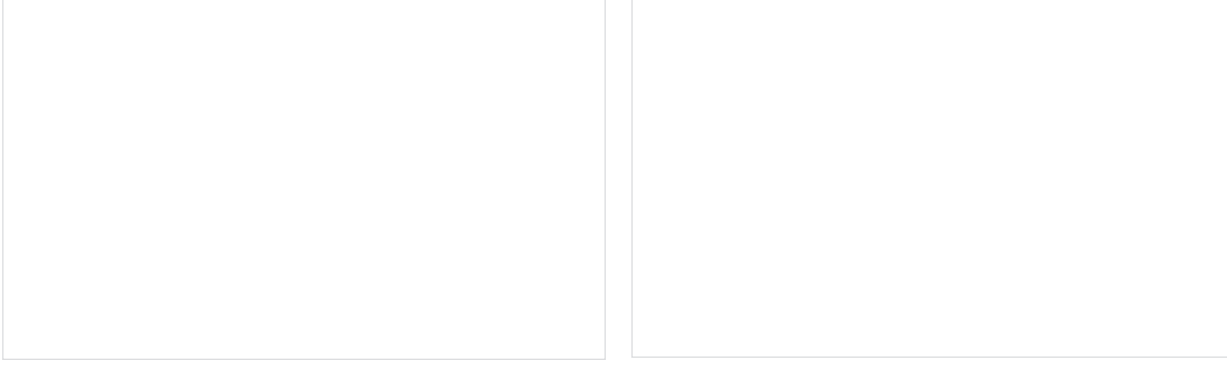
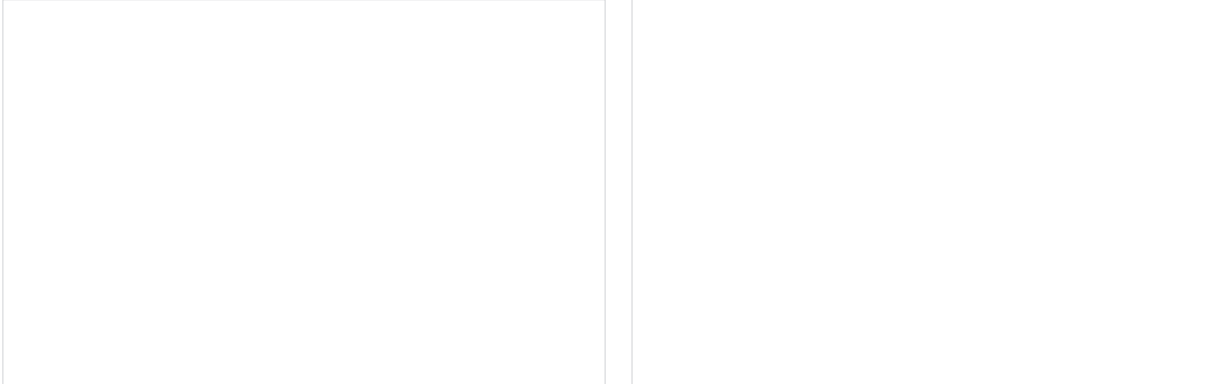
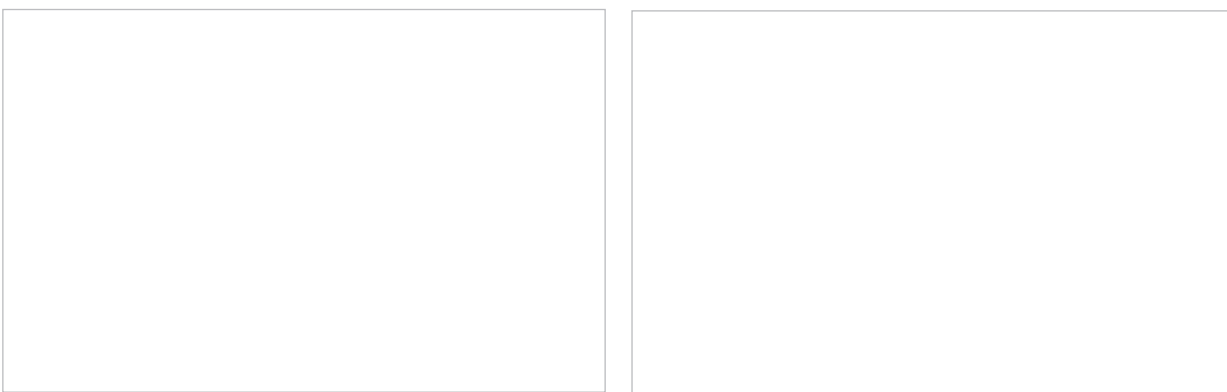
While dogs aren’t usually a call he gets when it comes to base wildlife critters, Robert Crumley with the base entomology shop was glad to help on scene.

“She was scared but not aggressive,” he said.

Once Martin called another rescue group volunteer, Randi was soon identified as the runaway hound from Fort Valley.

“It definitely was a group effort,” said Odom. “I’m so glad it all worked out.”

*No federal endorsement of organizations intended.



C-130

Continued from A1

Functional Test flight chief. “We’ve been regenerating this aircraft and getting ready to offer it up to a flight crew to fly it.”

During its time here, the aircraft received a new center wing box, replacement of its outer wings, as well as maintenance actions on the plane’s elevator, with parts manufactured with the assistance of the 402nd Commodities Maintenance Group.

To assist with its firefighting capabilities, the plane was installed with a Modular Airborne Fire Fighting Systems control panel, a process that took two days.

While the remaining part of that modification will take place at another facility, these portable fire retardant delivery systems, once installed on C-130 aircraft, can provide the Forest Service a unique means to suppress wildfires.

Air Force C-130s equipped with MAFFS provide a surge capability, boosting firefighting efforts when further assistance is needed. Once ready, this particular C-130H outfitted with MAFFS, will be able to discharge a load of up to

3,000 gallons of retardant in less than five seconds, and can be refilled and airborne in less than 20 minutes.

Wildfires typically occur during the summer months in the western U.S. states, and are suppressed by not only firefighters on the ground who help contain fires, but from aircraft in the air who either drop water or fire retardant to reduce the intensity and rate of spread of wildfires, according to the U.S. Forest Service.

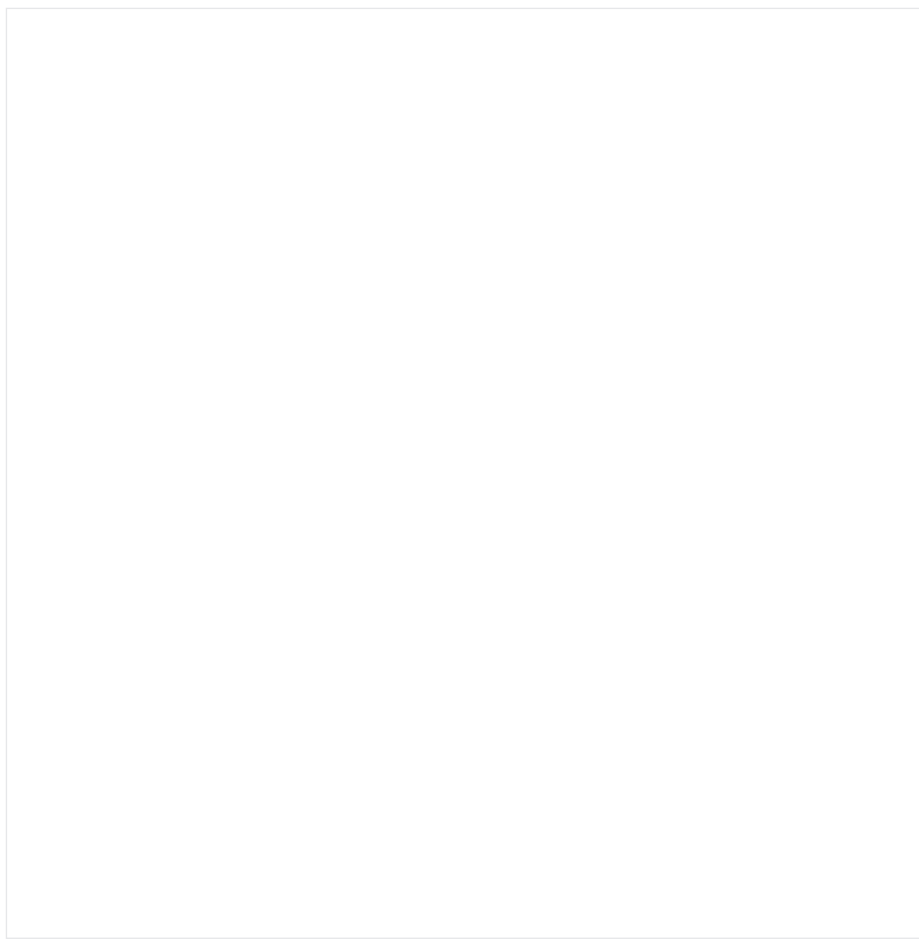
In addition to C-130s, numerous other aircraft can assist, such as helicopters; single engine air tankers; amphibious aircraft known as water scoopers that can skim a body of water’s surface, scooping water into its onboard tank; and DC-10 air tankers that manage fires below.

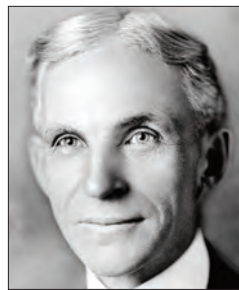
What these C-130s do is assist when needed with the average 7,500 wildfires that burn each year, devastating about 1.5 million acres of national forests and grasslands.

Created by Congress in the 1970s, the ongoing collaboration between the Forest Service and Department of Defense continues to be a vital partnership, with several airlift wings throughout the U.S. that deploy throughout the year to assist with MAFFS missions.



U.S. Air Force photo by TOMMIE HORTON
Chris Cashell, 560th Aircraft Maintenance Squadron work lead electrician, performs indicator static checks on a Coast Guard C-130H.





Thought for the Day
 "Obstacles are those frightful things you see when you take your eyes off your goal."
 — Henry Ford



What's inside

- Coping with stress, B2
- Stormwater manual updates, B3
- Services Events, B4

Lighter Fare

THE ROBINS REV-UP ■ JULY 29, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

A DAY AT THE MUSEUM

75 YEARS STRONG



View the video story on the Robins Facebook page.
 Visit www.facebook.com/pages/Robins-Air-Force-Base/108324955877320

U.S. Air Force photos by TOMME HORTON

TUSKEGEE AIRMEN CELEBRATE ANNIVERSARY

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

During World War II, the Tuskegee Airmen were fighting a battle against the Germans as well as on the home front.

Before the Civil Rights Movement ever came into existence, the men and women who trained and fought in the 1940s struggled to answer their country's call to arms.

"Think about what happened 25, 30, 40, 50 years ago in this country and then go back 75 years and realize where we were at as a nation, how we were separated as a nation but yet these young men and women were called to go forward and fight for this country because this was their country as well," said Willie Jones, president of the Maj. Gen. Joseph A. McNeil chapter of the Tuskegee Airmen Inc.

The story of those men and women is captured at the Museum of Aviation's exhibit, which is the largest indoor Tuskegee exhibit in the world, second only to Moton Field in Tuskegee, Alabama, a National Historic Site where the airmen trained.

Relocated to the Scott Hangar in 2011, the exhibit received a U.S. Air Force Heritage Award in 2012. The museum has had a

Tuskegee exhibit since 1997.

It features a mural depicting the airmen on the flight line at Moton Field as well as a BT-13 Valiant trainer aircraft and a video about the airmen.

"This exhibit, as well as the museum, is a great expression of showing the world not only what we went through as Americans, but what one group of Americans went through just to see whether or not they could be defined as equal. Today we stand shoulder to shoulder with our comrades in arms," Jones said.

The Tuskegee Airmen were an experiment by the U.S. Army Air Corps to test African Americans and their ability to fly military aircraft in war.

Not only did the men and women prove themselves in war time, but created opportunities for others to follow in their footsteps.

"It was amazing what they did," said Jones.

Through the stories of those who served with the Tuskegee Airmen, now 75 years later, their fight to be able to fight for American as well as for equality, is one that continues to this day.

"What Middle Georgia has done over the years is bring forth the story that exemplifies the courage and the determination of a few Americans that made a major difference in America," Jones said.

ABOUT THE MUSEUM OF AVIATION

The museum opened to the public on Nov. 9, 1984. There were about 20 aircraft on display in an open field and another 20 were in various stages of restoration.

The Heritage Building – the museum's first building – housed exhibits as well as offices, storage and a gift shop. The opening was the culmination of years of planning that began in the late 1970s. Since then, the museum has grown to become the second largest in the Air Force and the fourth most visited museum in the Department of Defense. Since opening, nearly 13 million people have visited.

HOURS

The museum is open daily from 9 a.m. to 5 p.m.; Christmas Eve and New Year's Eve hours are 9 a.m. to 1 p.m. The museum is closed on Easter, Thanksgiving, Christmas and New Year's Day. Admission is free. For more information, call 478-926-6870.



A BETTER YOU

Coping with stress through healthy thinking

PRERANA KORPE

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. (AFNS) – Stress is the body’s response to any demand, including change. According to the National Institute of Mental Health, there are at least three types of stress that can create risks to physical and mental health. They include routine stress from daily pressures; stress brought about by a sudden negative life event; and traumatic stress, which can be experienced after a distressing or life-threatening event. Not all stress is bad.

The Centers for Disease Control and Prevention reported that stress can help people develop coping and adaptation skills to deal with new or potentially harmful life situations. Stress is a natural phenomenon that helps people develop the ability to deal with challenges, obstacles and even failures.

Maj. (Dr.) Joel Foster, the chief of Air Force Deployment Mental Health, said coping with daily stressors in a healthy way and getting the right care can help put problems into perspective and reduce the negative impact of stressful feelings.

“Life is full of challenges,” he said. “If you have expectations that things are going to be easy, you are setting yourself up to experience a lot of frustration. It is important to have realistic expectations of how things will be.

“Everyone faces daily stressors,” he continued. “Experiencing this stress does not mean there is something wrong with you and the avoidance of problems should not be the ultimate goal.”

The Air Force is actively engaged in campaigns that provide information to help people feel more comfortable about seeking and receiving care, in an effort to promote healthy lifestyle behaviors.

“We’re not intended to manage these stressors alone,” Foster said. “Reaching out for help is a sign of strength, not weakness.”

Healthy coping is about aligning thoughts with reality.

“Many people don’t align thinking with reality and distortions in thinking can lead to depression and anxiety,” he said.

According to Foster, distortions in thinking are thoughts just below the surface of awareness. Those distortions influence how people feel and behave. Part of healthy thinking is to look at distortions and make corrections to align one’s thoughts with reality.

Take for instance, striving for excellence. While this is a positive goal, it’s important to remember that each person fails at some time. The process of learning from those mistakes and realistically assessing the situation is critical to maintaining healthy thinking.

When someone makes a mistake, they should quickly bounce back rather than going down the path of cognitive distortion.

ABCs of emotion:

“A” stands for activating event.

“B” stands for belief system.

“C” stands for consequence, which is an emotion or behavior resulting from the belief system.

Foster said it’s important for people to understand the relationship between those three variables. A, making a mistake at work, filters through B, the belief system, to get to C, the consequence, which is the emotion or action resulting from A processed through B.

If, for example, a person believes they have to be perfect and that it’s a terrible thing to fall short of perfection, then a mistake can result in distorted thinking and adverse emotions or actions may ensue. It’s important to adjust the belief system in order to process activating events in a healthy way and avoid mistakes in thinking.

A healthy alternate involves replacing the maladaptive irrational thought with an adaptive, rational thought.



Graphic Courtesy of the NATIONAL INSTITUTE OF HEALTH

Irrational thought: I have to be perfect all the time.

Replace with rational thought: I would like to be perfect all the time but it is alright to make mistakes. I can learn from making mistakes. I will achieve excellence only by learning from my mistakes.

Foster said the goal is not to avoid problems but to embrace challenges and work through them with rational, adaptive, reality-based thoughts.

Rational thinking is very much in line with the Comprehensive Airman Fitness model, which includes four pillars: physical, spiritual, mental and social.

Maintaining a good balance in these areas leads to healthier outcomes. Physical exercise reinforces good mental functioning because of changes within the brain resulting from exercise. Social relationships can influence the way a person thinks about himself. The spiritual domain encompasses an awareness of a person’s values.

That involves contributing to the world in a meaningful way. Leading a life that is full of purpose and meaning contributes to people’s sense of wellbeing. Improving the way a person thinks decreases cognitive distortions and allows people to bounce back from disappointment, overcome adversity and maintain a sense of meaning and purpose throughout life’s challenges.

GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: Air Force Life Cycle Management Center, Agile Combat Support Directorate

JOB TITLE: Program manager, Hydraulic Servicing Equipment

TIME IN SERVICE: 35 years

HOMETOWN: Buena Vista, Georgia

What does your work involve at Robins? “Total life cycle systems management and program support and sustainment of various hydraulic servicing equipment such as hydraulic component test stations, hydraulic test stand, hydraulic servicing carts, and other hydraulic servicing equipment to support servicing/maintaining Air Force aircraft hydraulic systems and components.”

What do you enjoy most about your work? “The opportunity to travel to different Air Force bases/units and work directly with the warfighters on the equipment that we managed. I can remember when we started testing the new universal hydraulic test stand at Nellis AFB, Nevada in 2012. When the warfighter saw the UHTS for the first time, you could read their lips and only one word came out of their mouth, “wow.” To me, that was one of the biggest “pats-on-the-back” I have received.”

How does your work contribute to the Robins mission? “I’m a program manager managing multiple hydraulic servicing equipment that not only support Robins but the entire Air Force, to include our foreign military sales customers.”

What prompted your interest in your current career field? “When I was in the Air Force, I dealt with the depots constantly, some good experiences, some bad experiences. I told myself if ever given an opportunity to work at a depot, I would take it, and do my best to make each experience a good one for the warfighters.”



State stormwater manual gets an update

BY RANDY STILLWELL
Water Quality Program manager

The Atlanta Regional Commission released an update to the Georgia Stormwater Management Manual in February 2016. The Georgia Stormwater Manual (aka “The Blue Book”) is a manual for designers, developers, planners, government officials, and other stormwater practitioners to design Best Management Practices to address water quality and quantity from stormwater runoff. Design guidance within the Blue Book applies to new construction and re-development projects that include the creation or addition of 5,000 square feet of new impervious surface area (for example, pavement or rooftops), or that involves land disturbing activities of 1 acre or more. The Blue Book is comprised of three volumes: a stormwater policy guidebook, a technical handbook, and a pollution prevention guidebook.

The previous version of the Blue Book was issued in 2001. The 2016 version includes advancements in stormwater management such as:

- ▶ A run-off reduction requirement to retain the first inch of rainfall on-site
- ▶ Increased emphasis on green infrastructure/low impact development
- ▶ An enhanced operations and main-

tenance section (i.e., checklists, photographs, etc.)

- ▶ Updated credits for “Better Site Design” practices (e.g., Natural Conservation Areas)
- ▶ New and updated BMP sections
- ▶ Links to the National Oceanic and Atmospheric Administration website for rainfall data
- ▶ More guidance on plants and soils
- ▶ An updated site tool with runoff reduction, custom removal rates, etc.

The manual has been designed for digital use with internal links throughout the document, and extensive links to external content and resources. The revised manual is available for viewing at www.gastormwater.com.

Beginning January 2, 2017, Robins AFB, under their Municipal Separate Storm Sewer System (MS4) permit, will be required to use the 2016 Edition of the Blue Book for design guidance. Therefore, new construction and redevelopment projects will begin to incorporate these new BMPs in the near future.

For more information, call 468-9645.

Editor’s note: Stormwater Straight Talk is a quarterly column intended to educate and inform base personnel about stormwater pollution.

HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR
29 30 31 1 2 3 4

ON TAP

Last Friday

Today
 5 to 7 p.m.
 Heritage Club
 \$250 Club Card drawing for members present at 7 p.m.
 Heavy hors d' oeuvres 4 to 6 p.m.
 Jazz Band 5 to 8 p.m.
 DJ 8:30 p.m. to Midnight
 Soul Sophistication starts at 8:30 p.m.
 Free taco bar at 9 p.m.
 For details, call DSN 468-2670.

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.

Saturdays are Family Days

Saturday
 Pizza Depot
 8 to 10 a.m., \$3.95 breakfast buffet
 5 to 7 p.m., \$5.95 spaghetti and pizza buffet.
 For details, call DSN 468-0188.

Trap & Skeet Fun Event (Single Airman Only)

Saturday at noon
 Robins Skeet Range
 \$20 per person
 For details, call DSN 468-4001.

Tips from the Pro

Tuesday
 5 to 6 p.m.
 \$5 for unlimited balls
 Pine Oaks Golf Course

For details, call DSN 468-4103.

Bowling Movie Days

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

Afternoon Thunder Alley

Thursday
 2 to 4 p.m.
 Bowling Center
 Unlimited games
 \$6 includes shoe rental
 For details, call DSN 468-2112.

Horizon Pool Open

Open Mondays through Fridays from noon to 6 p.m.
 Open Saturdays and Sundays from 11 a.m. to 6 p.m.
 Closed on Wednesdays
 For details, call DSN 468-4001.

First Friday

Aug. 5
 Heritage Club
 Heavy hors d' oeuvres 4 to 5 p.m.
 \$100 Club Card drawing for members present at 7 p.m.
 Jazz Band 5 to 8 p.m.
 For details, call DSN 468-2670.

Atlanta Falcons Preseason Game

Aug. 11
 7 p.m.
 Atlanta Falcons vs Washington Redskins
 \$45 per person, transportation and game ticket included
 For details, call DSN 472-1107.

KIDS DRIVE FREE
 BROUGHT TO YOU BY AIR FORCE SERVICES

JUNIORS COME OUT AND TAKE ADVANTAGE OF FREE RANGE BALLS STARTING JUNE 28, 2016

Start June 28
 Ends August 31

HERE IS HOW:
FIRST PROGRAM

Every Tuesday
 Join in for the Junior Summer League and practice day during the summer. Play 9 or 18 holes, eat lunch and hit as many range balls as you like for \$13 Parents this saves you \$11.50.

SECOND PROGRAM

Saturday and Sunday
 From 10 a.m. to 4 p.m. come out and practice on the range. Parents this saves you \$4 to \$24.

Range balls will only be given to the junior golfers. Anyone accompanying the juniors must pay the going rate.
 For more information, call Pine Oaks Golf Course at 478-926-4103 or 468-4103.

FIT FOR FREEDOM

Atlanta Falcons logo

A woman is shown in a gym setting, performing a sit-up or core exercise. She is wearing a white t-shirt and blue shorts. A blue water bottle is on the floor next to her.

Airman & Family Readiness Center Classes, workshops & seminars

► **Pre-Separation Briefing (retirees)*** – Tuesday and Aug. 23 from 8 a.m. to noon.
(separatees)* – Aug. 16 and 30 from 8 a.m. to noon.

► **Key Spouse Training** – Tuesday, from 8:30 a.m. to 12:30 p.m.

► **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.

Air Force Commercial Sponsorship Program

The 78th Force Support Squadron provides quality of life programs for the Robins Air Force Base community to enhance the readiness and morale of our airmen and families. This is no small feat but our airmen are worth it. Through commercial sponsorship, community partners can help to enhance the programs we offer.

To join us in improving the quality of life for our airmen and families, call us today. This is a solicitation for commercial sponsorship by a Nonappropriated Fund Instrumentality of the United States government. It does not obligate appropriated funds or non-appropriated funds of the government.

Annual Base Events

- Fitness and sports
- Outdoor Adventure and Travel
- Golf Tournaments
- Bowling
- Child and Youth Events
- Entertainment
- Library Programs
- Month of the Military Child
- Family Events and more

Air Force Morale, Welfare and Recreation Programs directly contribute to the quality of life airman and their families enjoy.

**Call today
478-926-6559**



The advertisement features a background image of a family (a woman, a baby, and two children) on a beach. Text includes "BEAT THE SUMMER RUSH" in large, bold, red and white letters, "Make an Appointment to Get a NEW ID Today!" in black and white, and "Go online to https://rapids-appointments.dmdc.osd.mil/" at the bottom. There is also an image of a Common Access Card.

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

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

