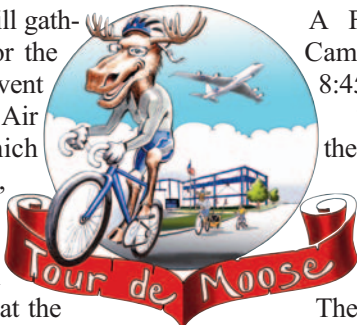


Tour de Moose to roll through Robins

Cycling enthusiasts will gather at Robins Saturday for the "Tour de Moose," an event sponsored by the 116th Air Control Wing which includes a bike rodeo, clinic and "boot camp."

The bike ride, which is open to riders of all ages, will start at 8 a.m. at the Museum of Aviation and feature 7-, 15- and 30-mile routes around the base and back to the museum. A free bike safety "rodeo" for children ages 4-9 will be at the museum from 8:30 to 9:30 a.m.



A Fit-Family Boot Camp will start at 8:45 a.m.

Select aircraft at the museum and on Robins will be on display during and after the race.

The fee for the bike ride is \$30 per rider, while youth participants age 16 and under may ride for \$10 but must be accompanied by a parent or guardian for all activities.

All riders must bring a riding helmet, and a picture ID is required at registration. Due to increased security on Robins, ID cards will be held until riders complete the course.

Interested parties may register online at www.active.com or www.museumofaviation.org. They may also register before the event from 6:30 to 7:30 a.m. All registered riders get a "Tour de Moose" T-shirt.

One lucky "Tour de Moose" participant will win a new \$640 hybrid-style TREK bike. The winning ticket will be drawn at the start of the event.

— *Courtesy Museum of Aviation*



Carrying on tradition, see page 2A

ROBINS REV-UP

June 25, 2010 Vol. 55 No 25



U.S. Air Force photo by SUE SAPP

Col. Lee-Ann Perkins, 78th Mission Support Group commander and Lt. Col. Steve Godinho, HMLA-773 Squadron operation office, welcome a crewmember after the landing of a UH-1N Huey and an AH-1W Cobra on the Robins flightline.

Marine landing signals new mission

BY WAYNE CRENSHAW
wayne.crenshaw.ctr@robins.af.mil

As dozens of people stood in front of a new hangar Friday, a distant "thump, thump, thump" sound reverberated across the sky, heralding a change coming to Robins.

The sound was made by two Marine helicopters inbound from Dobbins Air Reserve Base in Atlanta to their new home in the 116th Air Control Wing area. The choppers, an AH-1W Super Cobra and a UH-1N Huey, were the first to arrive as part of the relocation of Marine Light Attack Squadron 773.

Col. Lee-Ann Perkins, 78th Mission Support Group commander, greeted the crews after they landed in front of their new hangar.

Lt. Col. Tom Nemeth, commander of the active-duty personnel in the squadron, piloted the AH-1W and spoke to media after landing. He said the unit is happy with its new facilities here.

"Absolutely beautiful," is how he described the new hangar. "It's probably some of the best facilities of any Marine helicopter squadron."

He said when the move is completed in early July, 120 active-duty Marines will be transferred here full time and another 200 reservists from around the country will come

here one weekend per month.

Additional choppers moved here Monday and Wednesday, for a total of seven Super Cobras and four Hueys.

Nemeth said the unit will fly two to four sorties per day in daylight hours and once every week or two at night.

The unit's mission is to provide support to ground units in combat.

Nemeth will relinquish command of Marine Aircraft Group 49, Detachment A to Lt. Col. Michael Johnson during a change of command ceremony Thursday at 10 a.m. in the new hangar in Bldg. 2071.

A welcome ceremony will follow at Horizons.

Future bright for organic Global Hawk workload

BY WAYNE CRENSHAW
wayne.crenshaw.ctr@robins.af.mil

A team in the 402nd Software Maintenance Group last week had a successful test of software it developed to assess the aft power and discrete controller on a Global Hawk.

The unit is basically the computer which controls the power on the high-altitude, long-endurance unmanned aerial reconnaissance aircraft, which provides military commanders with high resolution, near real-time imagery of large geographic areas.

The 581st Software Maintenance Squadron team said the successful test of the software sets the stage for the start of organic depot maintenance work on the units here. Organic maintenance refers to work being done by the Air Force itself rather than a contractor.

▶ see HAWK, 11A



U.S. Air Force photo by SUE SAPP

Matthew Chiasson connects the Global Hawk Line Replacible Unit to the VDATS automatic test equipment tester.

New commander set to take reins of 116th ACW

Col. Jeffrey Herd will take command of the 116th Air Control Wing in a ceremony July 8, replacing Brig. Gen. Thomas Moore.

The ceremony will be officiated by Maj. Gen. Terry Nesbitt, adjutant general of Georgia, and Maj. Gen. William Holland, 9th Air Force commander.

Herd will come to the 116th from Offutt Air Force Base, Neb., where he commands the 55th Operations Group.

As wing commander of the

116th Air Control Wing, Herd will be responsible for the worldwide employment of the E-8C Joint Surveillance Target Attack Radar System aircraft and more than 2,600 Air National Guardsmen, active-duty Airmen and Soldiers, and civilians.

Moore, who has commanded the 116th since March 2007, will become the commander of the Georgia Air National Guard in a ceremony scheduled for later in July.

Center committed to VPP, worker safety

The Voluntary Protection Program at Robins is a huge success – more than 300 Commander's Challenge Safe Sites and one of only 31 OSHA Star Sites in the Department of Defense – due to the direct involvement of nearly every member of Team Robins. The Challenge provides a framework and the motivation to make our work sites safer and healthier.

The VPP is a workforce-driven effort, with over 12,000 people – employees, management and union – participating in activities to increase workplace safety and reduce on-the-job injuries. Safety data indicates that VPP is having a significant positive impact at Robins; Safe Sites have half the reported illnesses and injuries as non-Safe Sites. Statistics in the form of DART (Days Away, Transferred or Restricted) and TICR (Total Case Incident Rate) have improved dramatically at our VPP locations.

Recently, our 402nd Electronics Maintenance Group and the 402nd Maintenance Support Group successfully passed a pre-application audit led by the independent DoD Center of Excellence for VPP, a critical step in the

process of achieving OSHA VPP Star Site recognition.

We received word Tuesday that American Federation of Government Employees Local 987 has proposed to begin the formal process of withdrawing from the Center's VPP. However, the Center will continue a dialogue with AFGE and work with all Robins people and organizations to ensure our workforce has a safe and healthy environment in which to carry out its mission.

My leadership team remains dedicated to ensuring that voluntary protection is part of our culture. Because the safety and health of our workforce is our number one priority, it is my intention to continue the Commander's Safe Site Program while working to reestablish a strong partnership with our largest union.

I am personally committed to providing a safe and healthy work environment for every member of our team. I encourage everyone's continued participation in all safety activities and programs. — *Maj. Gen. Polly Peyer, Warner Robins Air Logistics Center commander*

Museum sheds light on energy

The Museum of Aviation knows a thing or two about saving energy.

Since fiscal 2008, the museum has successfully reduced its overall electrical usage by more than 10 percent, saving nearly \$26,000 on its annual electric utility bill.

The museum's "in-house" initiatives have included installing occupancy sensors on restroom lighting; installing timers on outdoor lighting; and reducing exhibit hours by 25 percent while also installing just-in-time on/off lighting to its exhibits and just-in-time power to its "interactives."

It's reaped its biggest savings, however, simply by changing many light bulbs.

"Heat and ultraviolet rays from standard light sources can damage many of the artifacts," said Mike Rowland, museum curator. "However, it wasn't until recently that light-emitting diode and fiber optic lighting,

which is both affordable and produces natural color, has become available."

To date, more than a third of the museum's exhibit cases have been retrofitted with high-output LED lighting, which uses 80 percent less wattage, according to Willie Mangham, museum lighting electrician.

The museum has also replaced more than 1,200 exhibit lights with 20-watt bulbs instead of 50-watt bulbs and is in the process of replacing 1,000-watt lights with 150-watt low-voltage exhibit lighting.

The museum plans to replace all incandescent lighting with more energy-efficient fixtures.

"Our strategic goal is to continue to find ways to effectively reduce overall electrical usage by 5 percent each year," said Ken Emery, museum director. — *Courtesy Museum of Aviation and Base Energy Office*



THINK SAFETY

Days without a DUI: 4
Last DUI: 730th ACSG
— *courtesy 78th Security Forces*

AADD

To request a ride, call 222-0013.

TWO-MINUTEREV

Hannah Road closure extended

The reopening of Hannah Road will be delayed a month due to frequent rains.

The road had been scheduled to reopen July 5 but is now set to reopen Aug. 4. The road has been closed since mid-February from Seventh Street to Richard Ray Boulevard for the replacement of Hannah Road Bridge.

INSIDE

Page Two 2A
Viewpoints 4A
On the Fly 5A
Get Out 8A

Page Two

Wingman Survival Resources

The Air Force's Wingman Stand Down 2010 was in May, but that doesn't mean Airmen's focus should shift away from safety and well-being.

"As the Air Force continues this year's 101 Critical Days of Summer, I would like to reinforce the importance of the Wingman concept," said Gen. Donald Hoffman, Air Force Materiel Command commander, in a June 9 memo to headquarters staff and AFMC center and installation commanders. "Part of being good Wingmen is to know what resources are available in our Wingman 'toolbox.'"

For a list of available resources, see page 11A

That toolbox is larger than many might think.

"The biggest thing people may not know is just how many resources are available," said Stuart Bapties, Health and Wellness Center director. "No matter what issues you are dealing with, no matter what life struggles you may be going through, there is someone here to help you."

Bapties said services are available to everyone, including active-

duty and reserve military, civilians and dependents. They are free of charge and consultations are confidential.

"All you have to do is approach somebody in one of the helping agencies, and we are going to get you the help you need," Bapties said.

Hoffman said knowing what resources are available is important.

"Personal survival is critical every day. We cannot afford to lose a single Airman in the world's greatest Air Force," General Hoffman said. "Stay safe, and be vigilant!"

— AFMC Public Affairs

AF civilian transition from NSPS begins July 4

BY TECH. SGT. PHYLLIS HANSON

Secretary of the Air Force
Public Affairs

NSPS TRANSITION DATES

The NSPS transition will be scheduled in four phases: July 4, July 18, Aug. 15, and Sept. 12.

The majority of Air Force civilians will begin to transition from the National Security Personnel System to General Schedule beginning July 4 and continuing through Sept. 12.

The transition will be accomplished predominantly by installation and servicing civilian personnel sections scheduled in four phases: July 4, July 18, Aug. 15, and Sept. 12.

Robins is set to transition during the final phase.

Mandated by the fiscal 2010 National Defense Authorization Act, the conversion to GS by the end of this fiscal year supports the deputy secretary of Defense's goal to convert most employees by Sept. 30.

About 90 percent of NSPS employees will transition by Sept. 30; the remaining 10 percent are statutory and DoD-approved exceptions to this conversion timeline, namely deployed civilians, select medical professionals, and those employees who are transitioning to the Acquisition Demonstration Project.

In addition, employees affected by BRAC activi-

ties (e.g., realignment, transfer of function, transfer of work) will transition in accordance with gaining installation BRAC timelines or remain in NSPS through base closure.

To assist civilian employees in understanding the GS personnel and position classification system, Web-based training modules are available at <https://www.my.af.mil/afknprod/nsps-gs-trng>: GS-101; Classifying Positions under GS; and Performance Management: A Tool to Achieve Results.

A Defense Connect Online PowerPoint briefing with voiceover, detailing the GS Air Force Performance Management system, is also available on this same Web site.

These resources are available to introduce or reacquaint employees with the GS system.

The DoD NSPS Transition Office Web site also contains information regarding the transition at <http://www.cpms.osd.mil/nsps/transition>.

New device heralds WR-ALC

BY WAYNE CRENSHAW

wayne.crenshaw.ctr@robins.af.mil

A group of Team Robins members, businesses and community members joined together recently to create a new heraldic device for the Warner Robins Air Logistics Center.

Military tradition calls for commanders to bring the device to CORONA to "herald" their units in meetings with other commanders. The device is a small statue serving as a visual representation of the commander's unit.

The new device was designed by Senior Airman Columbus Cook, 116th Civil Engineer Squadron. He was the winner of a contest to design the new device

after the old one was broken.

No government resources can be expended in the process of creating heraldic devices, so Bonnie Jones, project manager, helped bring together a group of volunteers to create the WR-ALC device on their own time and with their own or donated resources.

"We had a talented group of people who worked very hard not just to create a heraldic device, but to create one that tells the Robins story," she said.

The Georgia heart pine wood used for the device was harvested from Bldg. 657, a warehouse erected in 1958 and now slated for demolition.

One side of the device

represents Robins' past with its former name "Wellston Air Depot" and an inscription of the Western Union telegram announcing the decision to locate an air base in Middle Georgia.

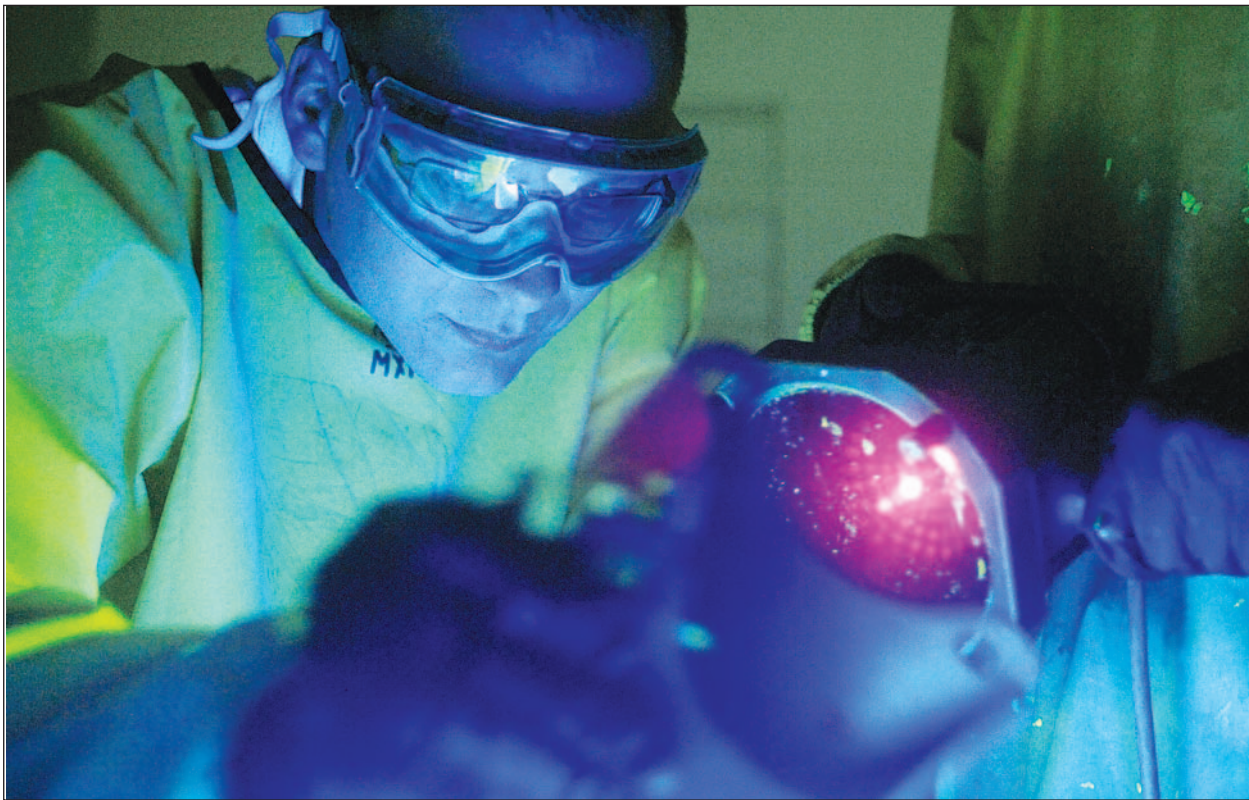
The other side represents the present and future of WR-ALC, with a metal plate inscribed with the Center's P3I initiative and the core workload of Vehicles; Electronic Warfare; Command and Control Intelligence Surveillance and Reconnaissance; F-15; Ground Support; and Airlift. A gear is visible from both sides and symbolizes logistics and our industrial mission. A crystal globe is also visible on both sides; it depicts global sustainment

and our support to the warfighter in all areas of the world.

Members of the team included Jones; Cook; Doug Monahan, Museum of Aviation; Mike Daniel, 584th Combat Sustainment Squadron; and Danny Butler of the 78th Civil Engineering Squadron.

Local groups and businesses who contributed to the effort were Viktor Zsigrai, a local woodcarver, the 21st Century Partnership, MT Communication & Consultation, A-1 Glass, Yelverton Jewelers, and Lamps by Ingleside. The Robins hobby shop, wood shop, and WR-ALC History Office also contributed.

SnapShots



U.S. Air Force photo by AIRMAN 1ST CLASS MATTHEW FLYNN
Staff Sgt. Ehud Torres, an inspection technician with the 28th Maintenance Squadron, inspects a forward support bracket under ultraviolet light at Ellsworth Air Force Base, S.D.



U.S. Air Force photo by MASTER SGT. CHANCE BABIN
Capt. Michael Priddy, a physician assistant with the 445th Aerospace Medicine Squadron, Wright Patterson Air Force Base, Ohio, irrigates the ear canal of a patient during a training exercise in San Marcos, Guatemala.



U.S. Air Force photo by TECH. SGT. RENNI THORNTON
Capt. Mark Friesen, Joint Combat Assessment Team member at Kandahar Airfield, Afghanistan, takes a photo of a bullet entry point on an HH-60G Pave Hawk. The helicopter had received enemy small-arms fire during a rescue mission.



U.S. Air Force photo by STAFF SGT. KYLE BRASIER
Firefighters Staff Sgt. Jeffery Griffen and Staff Sgt. Chad Carrier, Air Force Reserve Command's 419th Civil Engineer Squadron, try to access an "unconscious" pilot during an exercise at Hill Air Force Base, Utah.

ViewPoints

“A bore is a man who deprives you of solitude without providing you with company.”
 – Gian Vincenzo Gravina

Action line responses to traffic concerns not ignored

WR-ALC VISION STATEMENT
 Be recognized as a world class leader for development and sustainment of warfighting capability.

WR-ALC MISSION STATEMENT
 Deliver and sustain combat-ready air power ... anytime, anywhere.

HOW TO CONTACT US
 Robins Office of Public Affairs
 620 Ninth Street, Bldg. 905
 Robins AFB, GA 31098
 (478) 926-2137 DSN 468-2137
 Fax (478) 926-9597

EDITORIAL STAFF
 COMMANDER
Col. Carl Buhler

PUBLIC AFFAIRS DIRECTOR
Rick Brewer

EDITOR
Lanorris Askew
 lanorris.askew@robins.af.mil
 (478) 222-0806

STAFF WRITER
Wayne Crenshaw
 wayne.crenshaw.ctr@robins.af.mil
 (478) 222-0807

PHOTOGRAPHER
Sue Sapp
 sue.sapp@robins.af.mil
 (478) 222-0805

SUBMISSION GUIDELINES

Submissions must be received by noon the Monday prior to the requested Friday publication. They should be e-mailed to

78ABW.PARevUp@robins.af.mil.
 Submissions must be in a Word document. They may not exceed two pages, double spaced. They must be typed in Times New Roman font, 12-point type, with 1-inch margins. All submissions will be edited to conform to Associated Press style. Submission does not guarantee publication. Submissions must be received by 4 p.m. the Friday prior to the requested Friday publication. They should be e-mailed to

78ABW.PARevUp@robins.af.mil.
 Submissions should be of broad interest to the base populace. If there are further questions, call Lanorris Askew at (478) 222-0806.

DELIVERY
 The Robins Rev-Up is published 50 times a year on Fridays, except when a holiday occurs during the middle or latter part of the week and the first and last Fridays of the year. To report delivery issues, call Lanorris Askew at (478) 222-0806.

ONLINE
 To read articles online, visit www.robins.af.mil/library/rev.asp

The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga., of the Air Force Materiel Command. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Robins Rev-Up are not necessarily the official views of or endorsed by, the U.S. government, Department of Defense, or Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Department of the Air Force, or The Telegraph, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

A plan is under way to make security improvements to several of the main gates at Robins Air Force Base. Currently, the Russell Parkway Gate is closed until August, after which Watson and Green Street Gates will also close in a phased timeframe.

Several folks wrote to the commander's action line recommending various solutions to ease the traffic congestion which came as a result of the Russell Parkway Gate closure. Some action lines have been helpful and some were informative. Five folks recommended opening the Marchbanks Gate.

The Georgia Department of Transportation recommended not to open the Marchbanks Gate because it determined right turns in and out of the gate are a safety risk. Therefore, Col. Carl Buhler, 78th Air Base Wing commander, made the decision not to open the gate.

However, several measures have been taken to improve traffic flow due to the Russell Parkway Gate closure. Officials have implemented a four-way stop at the intersection of Martin Luther King Jr. Boulevard and Byron Street, which



U.S. Air Force photo by SUE SAPP

Solutions to traffic congestion at Robins are under way.

helps with traffic leaving the base via Gate 5, the MLK Gate.

Drivers may also leave the base via Gate 4, the Commercial Truck Gate, but make a right turn only onto Highway 247.

Traffic lights on base have also been adjusted according to traffic needs, and Robins worked with Houston County officials to have the traffic lights adjacent to the base delayed to accommodate a larger volume of vehicles.

The most recent improvement to the traffic flow on Robins AFB

is the opening of the Russell Parkway/Museum Gate. Inbound traffic from 5 to 8 a.m. and outbound traffic from 3 to 5 p.m. may enter and exit the gate via Russell Parkway only. Drivers are reminded to use caution when on Russell Parkway as they veer toward the gate.

Another option available and highly recommended to Team Robins is the use of local commuter programs to ease the congested parking on base. These programs include the government-

funded Transportation Incentive Program and the Clean Air Campaign Program.

Both programs offset daily commuting costs, aim to reduce air pollution and traffic congestion, and are available to both active duty military members and DoD civilian employees. To learn more about TIP call 926-7199; to learn more about the campaign visit www.logyourcommute.org. Consider carpooling, even if it's one day a week!

To help alleviate future traffic problems, work is expected to begin July 19 on a turn lane into the Green Street Gate for motorists traveling northbound on Highway 247. Over the years, Robins AFB employees have made an illegal turn across the grass peninsula near the gate and caused several near accidents.

Buhler approved funding for the \$200,000 project in April. Construction is expected to be completed in early September.

Senior leadership will continue to look for alternatives to help ease the flow of traffic and ask for your patience while the much needed security measures are being made.

DISPLAY OF FORTITUDE Courage in uncertain times fueled founding father's drive to independence

The Air Force is no stranger to uncertainty, change and challenge. The 2010 Quadrennial Defense Review outlines four priorities for the Department of Defense: prevail in today's wars, prevent and deter conflict, prepare to defeat adversaries and succeed in a wide range of contingencies, and preserve and enhance the all volunteer force. All of this must be accomplished with level to diminishing resources.

Uncertainty is uncomfortable. As I weigh the uncertainties ahead, it occurs to me that our challenges

are not so different from those faced by the founders of this nation 234 years ago this July Fourth.

In putting their signatures to the Declaration of Independence, our forefathers literally put their lives on the line.

Reputedly, Benjamin Franklin cautioned, "We must all hang together, or we are hanged separately." And so all those present signed, pledging "our lives, our

fortunes, and our sacred honor" to an uncertain fate.

Signing the declaration was courageous, but when I imagine myself as a witness to the signing, it seems an incredibly audacious act. Local militias had skirmished with the British army, a highly trained fighting force, but the colonies did not even have an army worthy of the name.

Our world today is even more complex, but the princi-

ples the first American patriots endorsed symbolically with their own blood - the unalienable rights of life, liberty and the pursuit of happiness - have sustained us as a nation through many daunting uncertainties and fearful challenges.

I like to think of our annual observance of Independence Day as a vow we will display the same fortitude as the founders in confronting our own uncertainties, and that we will do all we can to make sure those principles they put forward sustain us, and endure.



Gen. Donald Hoffman
 AFMC commander

Deployed give thanks to Hearts to Heroes for care packages

Hearts to Heroes,
 I just want to convey my sincere appreciation for all you and your organization sent over to us. The coffee-filled box was especially awesome. Thanks again, your boxes were a welcome surprise.

Chief Warrant Officer 2 Carl Fortune
Afghanistan

Hearts to Heroes began several years ago within the 402nd Maintenance Wing.

A small group within the wing began collecting items not available in the war zone and shipping them to troops.

As word spread, employees from all over the base began donating items.

For more information about Hearts to Heroes or to donate or send care packages, contact Myra Foskey at 230-0663 or via e-mail at myra_foskey@yahoo.com.



Commander's Action Line

The 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 work and live.

The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization. This gives the organization a chance to help you, as well as a chance to improve its processes.

Please include your name and a way of reaching

you, so we can provide a direct response. Anonymous action lines will not be processed. Discourteous or disrespectful submissions will also not be processed.

Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

For more information, visit <https://www.mil.robins.af.mil/actionline.htm>.

To contact the Commander's Action Line, call **926-2886** or e-mail action.line@robins.af.mil.

GETTING TICKETED WHEN NOT ENOUGH PARKING EXISTS

I work swing shift in Bldg. 110. When swing shift employees come to work, there is never enough parking at Bldg. 110 for the people who work there or the surrounding buildings. People have to park wherever they can find a parking space. But, when they do, they get ticketed for illegal parking.

Since this base doesn't have or supply enough parking for its employees and people have to park wherever they can, why can't the person who writes those tickets be told to stop?

Robins is a wonderful place to work but, there has always been a problem with not enough parking for the employees on base. When will it ever end?

COL. BUHLER RESPONDS:

Thank you for writing. I contacted Maj.

Russell Stilling, the 78th Security Forces Squadron commander, about your note. He researched the parking tickets in the surrounding areas of Bldg. 110 and found the majority of the tickets issued were for safety infractions. These infractions include blocking fire hydrants, blocking the flow of traffic, and blocking areas which may cause possible vehicle accidents.

Other tickets were issued for parking in marked reserved spaces (i.e., handicapped parking and assigned slots for government vehicles).

Based on current conditions, security forces personnel are exercising good judgment as to when they issue parking citations with a focus on safety-related parking issues. Additionally, unit parking monitors are also trained to issue tickets for various infractions and we've solicited their support to maintain a safe parking environment through-

out the installation.

Another option available and highly recommended to all Team Robins members is to use local commuter programs to ease the congested parking on base.

These programs include the government-funded Transportation Incentive Program and the Clean Air Campaign Program which is a non-profit organization. Both programs offset daily commuting costs, aim to reduce air pollution and traffic congestion and are available to both active-duty military members and Department of Defense civilian employees. Immediate benefits include saving vehicle wear and tear and reducing the stress of daily driving. The program is flexible, allowing for carpooling only two days per week.

To learn more about TIP call 926-7199. Additionally, interested individuals can visit www.logyourcommute.org for online registry with the Clean Air Campaign.

▶ Security Forces	926-2187
▶ FSS (Services)	926-5491
▶ Equal Opportunity	926-2131
▶ Employee Relations	327-8253
▶ Military Pay	926-4022
▶ Civil Engineering	926-5657
▶ Public Affairs	926-2137
▶ Safety Office	926-6271
▶ Fraud, Waste & Abuse	926-2393
▶ Housing Office	926-3776
▶ Chaplain	926-2821
▶ IDEA	327-7281

On the Fly

GLSC standup

The Air Force Global Logistics Support Center's 591st Supply Chain Management Group will stand up two new squadrons, and one technical management flight at Robins Wednesday. A ceremony will mark the activation of the new 404th and 405th Supply Chain Management squadrons at 2:15 p.m. in the Museum of Aviation's Century of Flight Hangar.

The purpose of the standup is to integrate the supply chain management portion of support equipment and vehicles, to include test measurement and diagnostics equipment, into the AFGLSC. These new squadrons, along with the AFGLSC's 638th SCMG on Robins, will support Air Force missions both locally and worldwide.

Armed Forces Voters Week

Armed Forces Voters Week, which runs Monday through July 7, is designed to raise awareness of the absentee voting process for eligible voters at Robins.

Each unit has a voting assistance counselor whom individuals may contact to get assistance with registering to vote, requesting an absentee ballot or filling out a voter registration form. Informational displays will be located at the Base Exchange, Wynn Dining Hall, the flight kitchen, the

library and the fitness center. The information booths will not be manned July 2 due to it being an AFMC Family Day.

The Federal Voting Assistance Program Web site offers absentee voting information and federal postcard applications for every state.

The next primary elections are July 20th for Georgia and July 27th for Oklahoma. From August through October, over 25 U.S. states and territories will hold primary elections. It is important for absentee voters to register to vote in their legal state of residence as soon as possible or request an absentee ballot. Primary election dates and voter registration information is available for each state at www.fvap.gov.

For more information, contact your unit voting counselor. To find your unit voting counselor, visit www.robins.af.mil/library/votingassistanceprogram.asp.

Upcoming

The **Air Force Association** is accepting applications for the Captain Jodi Callahan Memorial Scholarship. The scholarship provides \$1,000 to an active-duty Air Force member, full-time Air National Guardsman, or Air Force Reservist pursuing a master's degree in a non-technical field of study.

Application packages are due to the AFA by Wednesday.



U.S. Air Force photo by SUE SAPP

Scout's Honor

Camden Funkhouser watches as Airman 1st Class Josh Walter signs the morale board at the Airman Ministry Center. The morale board is patterned after a hangar and intended to give Airmen a place to post photos from deployments and write messages.

Camden, 14, built the board as his Eagle Scout project. He is scheduled to go before a review board soon to try to get the Eagle Scout designation, which is the highest rank in Boy Scouts.

Camden was helped by his dad, Lt. Col. Ryan Funkhouser, who works in the 564th Aircraft Sustainment Squadron.

"Since my dad is in the Air Force, I wanted to do something to give back to Airmen," Camden said.

For more information, call the Robins Education Office at 327-7304.

The **78th Medical Group** will hold a **town hall meeting** Wednesday at 2 p.m. in the 78th MDG Atrium in Bldg. 700 next to the pharmacy.

Everyone is invited to attend this open forum which will provide information about current medical processes and future endeavors. For more information call Tech. Sgt.

Clavin Daniels at 327-8026.

The **Robins Chiefs Group** is accepting applications for its academic scholarship program.

Applicants must be enlisted military (active duty, reserve, national guard or retired), or the dependent of an enlisted military member assigned to or retired from Robins. Any enlisted rank or branch of service is eligible.

Applicants must have applied to, been accepted to, or currently be attending an accredited institution of higher learning on a full-time basis.

Interested parties can download applications at www.robinschiefsgroup.org. Applications must be post-marked by Wednesday.

For more information, send an e-mail to info@robinschiefsgroup.org.

The Robins **Military**

Education and Training Office will host an education fair at the Heritage Club Thursday from 11 a.m. to 2 p.m.

All Robins personnel, retirees and family members are invited to attend.

Representatives from colleges and universities from throughout the U.S. will provide information about their programs.

Retired Maj. Gen. Cornelius Nugteren Scholarship applications are now being accepted.

The \$750 competitive scholarship will be awarded to a military or civilian employee of Robins currently enrolled in an on-base education program.

Applications are available at the Base Education Office, Bldg 905, and must be completed by Thursday at noon.

For more information, call 327-7304.

Leave program

To have the name of an approved leave recipient printed in the Rev-Up, e-mail Lanorris Askew at: lanorris.askew@robins.af.mil.

Submissions will run for two weeks.

Robins 2K users may access the current VLTP listing, reference materials, forms and names of recipients who did not receive a sufficient amount of donations to cover their periods of absences by visiting <https://org.eis.afmc.af.mil/sites/FOWRALC/dp>.

Robins team surges forward

In mid-February, Air Mobility Command requested a surge in C-5 Programmed Depot Maintenance production and wanted as many aircraft returned to the warfighter as possible in 90 days.

This would be a challenge under any circumstance, since it ordinarily takes more than 220 days to defuel, depaint, tear down, inspect, repair, rebuild and paint the aircraft as part of the PDM process.

The Functional Test Section, led by Roy Rudd, is responsible for the last step in the PDM process. This is where the aircraft are flown and certified ready to be returned to the customer.

When the surge hit, Rudd's team stepped up to exceed the new requirements by producing seven C-5s in 74 days, delivering the seventh aircraft more than two weeks ahead of schedule.

The flight's activities during the surge were challenging but proved a huge success. In just 13 operational check flights, they managed to produce the seven surged aircraft while also providing training so the flight test crew could keep their certifications current.

Rudd's steady and supportive guidance helped ease communication and understanding to ensure the production ramp up was accomplished. Even though he is the flight supervisor, he never hesitates to give credit to the outstanding team of people who work



U.S. Air Force photo by SUE SAPP

Roy Rudd, center, team lead for the C-5 Functional Test Flight, talks with Bunni Pro and Joe Connelly during a daily team meeting. Rudd's team is responsible for ensuring aircraft are certified ready to be returned to the customer.

for him.

"My guys are among the best. They're well-trained and disciplined, but we can't do it alone. We've built an excellent rapport with the systems program office engineers and the C-5 aircrew. That combination can only breed success," said Rudd, team lead for the C-5 Functional Test Flight.

Capt. Nokens Fleurijeau, 559th AMXS operations officer, saw firsthand the importance of providing the C-5 aircraft to the warfighters while on a recent deployment.

"We had C-17s and C-130s assigned; plus, every day, more than 22 of the same type aircraft transited through the base. We had a

yard full of mine resistant ambush protected (vehicles) but didn't have the capacity to move them into the fight. Only C-5s can move four at a time," Fleurijeau said.

Positive customer feedback is what drives Rudd to be the best he can be every day and help his team do the same. Their successful actions in the C-5 functional test section are a vital part of the defense pipeline transporting personnel and equipment to support security and protection operations around the globe.

— *Editor's note: This article was previously printed in The Telegraph as part of its "From the Homefront" series.*

Annual Independence Day concert to feature Diamond Rio, AFRC band

The Band of the U.S. Air Force Reserve will team up with the city of Warner Robins for this year's Independence Day Concert July 2.

The free concert, which will be headlined by the award-winning country group, Diamond Rio, and the Air Force Reserve band, will be at McConnell-Talbert Stadium in Warner Robins at 8 p.m. Gates open at 6 p.m.

The event will feature family-friendly entertainment. Festivities will begin with the playing of

the national anthem and an F-15 fighter jet fly-over and culminate with a large fireworks display.

"Our Airmen and their families are a major part of this community," said Lt. Gen. Charles E. Stenner, Air Force Reserve Command commander. "The Air Force Reserve Command is committed to being a good neighbor and partner to Middle Georgia."

Attendees are welcome to bring lawn chairs or blankets for seating on the field. Food and beverages will be

available at concession stands. Bags and containers are subject to search. No pets, no alcoholic beverages and no glass containers are allowed at this family event.

The concert has been held annually for more than 25 years and usually draws a crowd of more than 20,000 people.

For more information call the Air Force Reserve Public Affairs Office at or 327-1760 or 327-1761.

— *Courtesy Air Force Reserve Command*



WATER QUALITY REPORT

2009

Robins Air Force Base Water System Permit No. 1530042

ROBINS AFB DRINKING WATER PROGRAM

This Water Quality Report summarizes the quality of your drinking water during calendar year 2009. Robins Air Force Base (Robins AFB) met all safety and quality standards set by the Georgia Environmental Protection Division (EPD) and the US Environmental Protection Agency (EPA). Included in this report you will find detailed information about these standards and our efforts to meet them.



This report also provides detailed accounts of the detected water monitoring and testing results gathered from January to December 2009 for the Robins AFB Public Water System. Included are details about where your water originates, what it contains, and how it compares to standards set by regulatory agencies. The

purpose of this report is to advise consumers about drinking water quality and heighten awareness of the need to protect precious water resources. This report reflects the hard work and dedication of the 78th Civil Engineer Squadron, who operates and maintains the water distribution and treatment systems; the 78th Medical Group, who tests the drinking water for safety and quality; and the Environmental Management, who oversees the program and ensures compliance with our Georgia withdrawal and operation permits.

To comply with the Consumer Confidence Reporting Rule of the Federal Safe Drinking Water Act, the 78th Medical Group Bioenvironmental Engineering Flight issues this annual report on drinking water monitoring results. For additional information about this report or to provide input regarding the Robins AFB public water system, contact the Robins AFB Public Affairs Office at 926-2137. The base organizations that manage the water system have an open door policy with our residents.

OUR RAW WATER SOURCE

Our drinking water is drawn from the Blufftown Aquifer, one of the best groundwater sources in the State. This is a safe and reliable source, providing high-quality water that is free of micro-organisms such as Giardia and Cryptosporidium that are sometimes found in rivers and lakes.

Rain water percolates down into the Blufftown Aquifer through layers of soil and sand, which act as natural cleansing filters to remove impurities. At Robins AFB, the drinking water aquifer is located over 300 feet below the ground surface and is separated from surface water by several thick clay layers. Robins AFB is permitted to withdraw water through the seven water supply wells located throughout the base, one of these is inactive. Public water systems are required to develop a Source Water Assessment Plan (SWAP) to identify potential sources of contamination and review the controls to mitigate any potential impact. Management strategies to control current and future potential contamination sources have been identified and implemented at Robins AFB. These controls are designated as adequate for the protection of our drinking water supply. Contact Public Affairs at 926-2137 if you have questions regarding the SWAP.

REDUCED MONITORING APPROVED

The Source Water Assessment and Vulnerability Assessment show the Robins AFB water system's raw water is not in a high potential pollution risk status. As authorized by the EPD, our system has reduced monitoring requirements for certain contaminants to less often than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year and have been tested over a long period of time showing no levels of concern. The reduced monitoring requirements, called waivers, have been issued to our drinking water system for the following inorganic compounds: arsenic, asbestos and cyanide, effective 1 January 2005 to 31 December 2010. Additionally, our water system has a waiver for 31 synthetic organic compounds, effective 1 January 2008 to 31 December 2010. Please contact the Robins AFB Public Affairs Office at 926-2137 if you have questions about drinking water waivers or wish to receive a copy.

IMPORTANT INFORMATION ABOUT RADIUM

Analytical results from our 2005-2006 quarterly water testing showed that one of our seven water system wells produced water containing only slightly higher levels of radium 226/228 and gross alpha emitters than the standards set by the EPD. The well was disconnected from the water distribution system and will remain so until the water quality is restored through installing a treatment system, or by permanently closing the well. Certain minerals are radioactive and may emit a form of radiation known as alpha radiation. As water passes through rock formations, radionuclides such as radium can dissolve into the water. Some people who drink water containing radium 226 or 228 or other radionuclides in excess of the MCL over many years may have an increased risk of getting cancer. However, naturally occurring levels of radionuclides in drinking water are generally not considered to be a health emergency. The estimated health risks from low levels of radium are small, and short term exposures pose an extremely small level of risk. A public notice on the MCL exceedance was performed in 2006.

We have completed a scientific investigation concerning the radionuclides. The results of the investigation provided us several choices for corrective actions to restore the well to safe, beneficial use. The 78th Medical Group will notify you immediately if there is ever any reason for concern about your water. If you have questions concerning this report, or any other aspects of Robins AFB facilities or operations, please contact 78 MDG/SGPB at 327-7555.

COMPLAINTS REGARDING COLOR, TASTE, OR ODOR? PLEASE CALL THE CIVIL ENGINEERING SERVICE DESK AT 926-5657

NOTES ABOUT CONTAMINANTS

As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, naturally occurring radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in any source water BEFORE it is treated include:

- Microorganisms, such as viruses and bacteria, may come from sewage treatment plants, septic systems, and wildlife.
- Inorganic chemicals, such as salts and metals, which can be naturally occurring, or result from storm water runoff or industrial sources.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, or residential uses.
- Organic chemicals, originating typically from industrial operations and storm water runoff.
- Radionuclides, which can naturally occur, or are the result of mining activities.

Most surface water contaminants never reach the drinking water supply. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the US EPA's Safe Drinking Water Hotline at 800-426-4791.



IMPORTANT INFORMATION ABOUT TOTAL COLIFORMS

Coliform bacteria were present in two water samples tested during September 2009. Five drinking water samples are collected monthly for total coliform bacteria testing. Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, bacteria may be present. Coliforms were found in more samples than allowed leading to a Notice of Violation from the Georgia Environmental Protection Division for the month of September 2009. The source of the contamination has not been definitively determined, however, further testing has revealed that there is no drinking water contamination presently. Potential causes which may have led to the two positive samples were identified as sampling error or activities involving water distribution system repairs. Corrective actions were accomplished to include updated sampling procedures, appropriate personnel were retrained to ensure awareness of construction practices, and quarterly integrated process team meetings are being held to discuss water system issues and procedures.

IMPORTANT HEALTH INFORMATION

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA / CDC (Environmental Protection Agency / Centers for Disease Control) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 800-426-4791.

IMPORTANT INFORMATION ABOUT LEAD

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Robins AFB is responsible for providing high-quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>, or through the 78th Medical Group.

WATER QUALITY DATA

TABLE DEFINITIONS

Maximum Contaminant Level Goal (MCLG): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Contaminant Level (MCL): The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Action Level (AL): The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

ppm: parts per million

ppb: parts per billion

pCi/L: picocuries per liter (a measure of radioactivity)

N/A: not applicable

Contaminant	Max Allowed (MCL)	Goal (MCLG)	RAFB Water System Highest Detected	Range of Detection	Year Sampled	Violation Y/N	Possible Source of Contamination
Total Coliform (number of positive sample results)	1 ^a	0	2	0-2	2009	Y	Naturally present
Fluoride (ppm)	4	4	1.98	0.73-1.98	2009	N	Natural / Additive
Nitrate (ppm)	10	10	0.78	0-0.78	2009	N	Erosion / Runoff from fertilizer use
Nitrite (ppm)	1	1	0.78	0-0.78	2009	N	
Alpha Emitter (pCi/L) (Inactive Well 19) (Active Wells)	15 15	0 0	16 ^c 5	16 0-5.0	2006 2006	Y N	Erosion of natural deposits
Radium-226 & 228 (combined) (pCi/L) (Inactive Well 19) (Active Wells)	5 5	0 0	8 ^c 2	8 0-2.0	2006 2006	Y N	
Copper, at tap (ppb)	AL = 1300	AL = 1300	800 ^d	0-800	2007	N	Erosion of natural deposits; corrosion of plumbing systems
Lead, at tap (ppb)	AL = 15	0	2.5 ^d	0-2.5	2007	N	
Total Trihalomethanes (ppb)	80	N/A	7.48 ^b	0-11.0	2009	N	By-product of disinfection
Haloacetic Acids (ppb)	60	N/A	3.66 ^b	0-5.59	2009	N	
Chlorine (ppm)	4	4	1.5	0.2-1.5	2009	N	Water additive

a. The MCL for total coliform bacteria is based on the presence or absence of total coliforms in a sample

b. Running average of samples

c. These samples results represent well #19 which was taken off line (inactive) indefinitely in August 2006.

d. These samples represent the 90th percentile for the Robins Air Force Base water system

78th FSS BRIEFS

ON TAP

Movies Under the Stars

Animated movie "UP"
Today at dark
Heritage Club, Bldg. 956
For details, call 926-2105.

Texas Hold 'Em

Saturday
Sign up 1:30 p.m.
Wellston, Bldg. 543
Members \$10, guests \$15.
For details, call 926-7625.

Tour De Moose Bike Ride

Saturday
8 a.m.
\$25 per rider
For details, call 923-6600.

USAF FitFamily

Saturday
8:30 to 9:30 a.m.
Museum of Aviation
Ages 4-9 years
For details, call 222-7271.

Family Night BINGO

Monday
Doors open 5 p.m.
Games start 6 p.m.
\$4 per package
Heritage Club, Bldg. 956
For details, call 926-4515

Club Scholarships

Essays due Thursday
FSS Marketing, Bldg. 983
For details, call 926-5492.

UPCOMING

Interview Basics & Preparation Class

July 8
9 to 11 a.m.
A&FRC, Bldg. 794
For details, call 926-1256.

Karaoke

July 8
8 to 11 p.m.
Wellston, Bldg. 543
For details, call 926-7625.

First Friday Social Hour

July 9
5 to 6 p.m.

Dinner at 6 p.m.
Horizons, Bldg. 542
For details, call 926-2670.

Yard Sale

July 10
8 a.m. to noon
\$7 per table
Heritage Club, Bldg. 956
For details, call 926-2105.

Youth Center Pool Party

July 10
8 to 10 p.m.
\$2 per person, \$8 per family
For details, call 926-2110.

Red, White & Blue Brunch

July 11
10 a.m. to 1 p.m.
Horizons, Bldg. 542
Members \$11.95, guests
\$14.95, children \$7.95
For details, call 926-2670.

Hook Up 2 Bowling

July 12, 14, 16 and 17
3 to 5 p.m.
Bowling Center, Bldg. 908
\$99 adults, \$69 children
For details, call 926-2112.

AFMC Family Day

July 16
5 to 8 p.m.
Heritage Club Ballroom
For details, call 222-7864.

Fall Soccer Registration

July 19 to Aug. 6
Youth Center, Bldg. 1021
For details, call 926-2110.

Veteran's Job Fair

July 22
10 a.m. to 3 p.m.
Museum of Aviation
Free
For details, call 926-1256.

Golf 4 Kids

July 26-29
8 to 10 a.m.
For details, call 926-4103.

British Soccer Camp

July 26-30

Youth Center, Bldg. 1021
\$65 (3 and 4 years old)
\$88 (5 to 16 years old)
For details, call 926-2110.

Back 2 School Pool Party

July 31
8 p.m. to 7 a.m.
13 to 18 years old
Youth Center, Bldg. 1021
\$10 members/\$12 guests
For details, call 926-2110.

Aviation art show, burger & hot dog burn

Aug. 14
10 a.m. to 1:30 p.m.
Aero Club, Bldg. 186
For details, call 926-4867.

ONGOING

Summer Strike Force

Through July 31
Bowling Center, Bldg. 908
For details, call 926-2112.

Summer Stampede

Through July 31
Base Restaurant, Bldg. 166
For details, call 926-6972.

Summer Reading Program

"Voyage to Book Island"
Through Aug. 3
Mondays, 10 a.m. & 11 a.m.
Base Library, Bldg. 905
For details, call 327-8761.

School's Out Bowling

Weekdays
2 to 5 p.m.
For details, call 926-2112.

Become A Flying Ace

Through Aug. 13
Aero Club, Bldg. 186
For details, call 926-4867.

Glow-in-the-Dark Bowling

Fridays and Saturdays
9 to 11 p.m.
For details, call 926-2112.

Pool Passes

\$20 to \$55 for season
For details, call 926-4001.



U.S. Air Force photo by SUE SAPP

Summer reading

Raegan Batten, 3, picks out some books with her mom Melanie Batten from the Robins library. She is participating in the "Voyage to Book Island" summer reading program Mondays until Aug. 3. The children will participate in storytime and arts and crafts.

NOW PLAYING

Tickets - \$4 adult; \$2 children (up to 11 years)
For details, call 926-2919.



SATURDAY
3 P.M.
JUST WRIGHT
PG



SATURDAY
6:30 P.M.
MACGRUBER
R

78th FSS DIRECTORY

- ▶ FSS Administration926-3193
- ▶ Community Center926-2105
- ▶ Outdoor Rec926-4001
- ▶ Chapel926-2821
- ▶ Arts & Crafts926-5282
- ▶ Horizons926-2670
- ▶ Heritage Club926-2670
- ▶ Library327-8761
- ▶ HAWC327-8480
- ▶ Fitness Center926-2128
- ▶ Fitness Center Annex222-5350
- ▶ Youth Center926-2110
- ▶ ITT926-2945
- ▶ Bowling Center926-2112
- ▶ Pine Oaks G.C.926-4103
- ▶ Pizza Depot926-0188

New bridge result of drainage project

BY WAYNE CRENSHAW
wayne.crenshaw.ctr@robins.af.mil

A drainage improvement project has added a new water hazard to the 15th hole on Pine Oaks Golf Course.

Water previously flowed through two 48-inch pipes under the fairway of the short par 4, connecting a drainage basin to Duck Lake. But, one of the pipes had collapsed and caused flooding in the area.

Rather than put in another underground pipe, the 78th Civil Engineer Group opted to make an open drainage ditch to improve the water flow, said Wilson Jones, civil engineer on the \$145,000 in-house project.

A land bridge was also installed to help golfers get across the waterway. Some



U.S. Air Force photo by SUE SAPP

Robins golfers use the new land bridge at Pine Oaks Golf Course.

thought was given to directing golfers to a nearby bridge, on the 12th hole, but that would have interfered

with play and possibly been a hazard to players from those teeing off on the 12th, said Jones.

Air Force camps to welcome select Robins youth in July

Three Robins youth ages 12-14 have been selected to attend the 2010 Air Force Space Camp, located at the U.S. Space & Rocket Center in Huntsville Alabama, next month.

This fully-funded residential camp will be a crash course on becoming an astronaut. The students

are: Jordan Christiansen; Jana Gunn and Jasmine Webb.

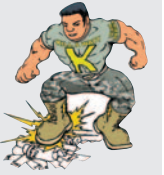
In addition, five Robins youth ages 13-18 were selected to attend the 2010 Air Force Teen Leadership Camp next month at the University of Texas in San Antonio.

The intent of this fully-funded program is to give

attendees an experience which will help them gain effective leadership, peer mentorship and team dynamic skills to be utilized in any career choice.

This is the first of its kind for the Air Force. The students are: Ben Ficklin; Johnathan Gunn; Paul Mueller, Kaylee Sipper and Nicholas Wilcox.

TURN OFF THE JUICE
WHEN NOT IN USE



READY 2 QUIT TOBACCO?
Let us help you stay on track.

Go to www.ucanquit2.org
and find out how to get your personal cessation coach.

Text UCAN to 35350

QUIT TOBACCO
make everyone proud
www.ucanquit2.org

Exercise helps improve chances of successful tobacco cessation

For those trying to quit tobacco, exercise might be the key to success.

Exercise can reduce your desire to smoke, diminish the intensity of nicotine withdrawal symptoms and help avoid relapse for those trying to quit.

“Quitting tobacco and exercising make a winning combination that can help you get stronger, healthier, and physically fit,” said Stuart Bapties, Health and Wellness Center director.

Bapties said exercise is also helpful for those who are afraid when they quit smoking they will gain weight.

“While quitting tobacco does slow your metabolism, you’ll have more energy and be better able to exercise—which increases metabolism,” he said.

He suggested chewing sugar-free gum or eating healthy snacks, such as carrots or celery sticks, to help avoid tobacco triggers and

weight gain.

The Robins Health and Wellness Center offers active duty and retired Air Force military members and their dependants, as well as civilian workers, free instruction on how to begin the quitting process through cessation classes, and can assist with important medications to help combat the nicotine cravings. The HAWC also provides exercise and diet instruction.

“Whether you’re getting in shape for fitness testing, trying to improve your mission readiness, or you just want to get healthy, quitting tobacco is an important step in your fitness journey,” said Bapties, the smoking cessation facilitator here.

Find out more by contacting the HAWC at 478-222-6907, or visit www.ucanquit2.org for online support.

— Submitted by the HAWC

Museum wins AF award for Thunderbirds F-16 exhibit

The Museum of Aviation has won the 2010 Air Force Heritage Award for its Ambassadors in Blue – U. S. Air Force Thunderbirds exhibit. The 2,286-square-foot exhibit, sponsored by the Carl Vinson Memorial chapter of the Air Force Association, opened in May 2009 and displays an F-16A Fighting Falcon which was a part of the famous flying team from 1982 to 1991.



courtesy photo

A former Thunderbirds F-16 is displayed at the Museum of Aviation.

The award was presented by C.R. Anderegg, Air Force History and Museums Programs and Policies director, who recognized “the hard work, dedication and commitment to excellence” shown by the exhibit’s team at the Museum of Aviation.

Museum officials gained the aircraft in February 2008 from Sheppard Air Force

Base, Texas, where it had been used as a maintenance trainer after being retired from the Thunderbirds team to bring on a newer model of the F-16. Using the aircraft paint facilities at Robins and the technical data supplied by the Thunderbirds

members, museum officials repainted the aircraft to its original red-white-and-blue Thunderbirds markings. Air Force Association officials donated more than \$17,700 for the supplies and paint to put the Thunderbirds paint scheme on the aircraft,

which is an earlier version of the F-16s used by the team today.

“This is the second year in a row we have won this Air Force award,” said Ken Emery, the museum director. “Last year we won it for the 507th PIR/Down to Earth WWII exhibit in the new World War II Hangar. That exhibit and the Thunderbirds exhibit are now two of our most popular exhibits.”

Besides the National Museum of the U.S. Air Force in Dayton, Ohio, the Museum of Aviation is now the only other Air Force museum in the country to have a former Thunderbirds F-16 on display. The exhibit is free to the public.

For information, visit www.museumofaviation.org or call 478-923-6600.

HAWK

Continued from 1A

“We are really proud of our team and the job they did,” said Tim Waters, 581st SMXS flight chief. “They did it (the test) three months ahead of schedule and 10 percent under cost. This essentially opens the flood gates for what’s going to happen here as far as organic repair on the Global Hawk.”

The test was done using the Versatile Depot Automatic Test Station, which was developed by the 581st SMXS to test a

wide variety of aircraft avionics components on one machine, thereby eliminating the need for many different kinds of testers and the associated upkeep on those units.

The test took an entire day, with faults being put into the unit to determine whether the software could find the problems. All of the tests went perfectly, said Eric Zieg, automatic test equipment lead engineer.

Other members of the team are David Lasater, Matthew Chiasson, Rockie Dyches and Christy Keever.



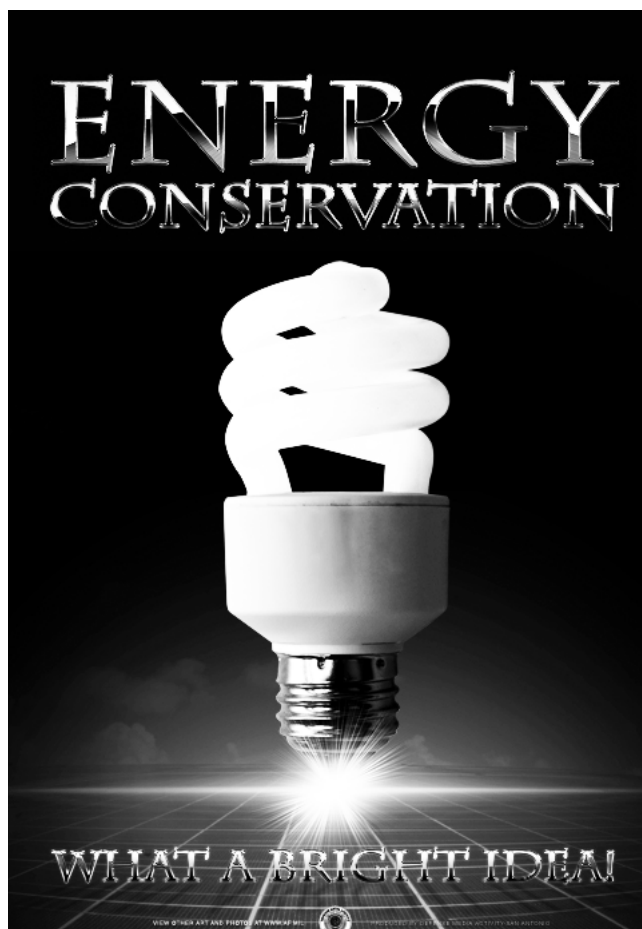
U.S. Air Force photo by SUE SAPP

Eric Zieg displays the Global Hawk aft line replaceable unit.

The first unit coming here for maintenance is expected to arrive in October.

WINGMAN SURVIVAL RESOURCES

- ▶ Employee Assistance Program (Bldg. 207) 800-222-0364
- ▶ Airmen and Family Readiness Center (Bldg. 794) 926-1256
- ▶ Military Equal Opportunity (Bldg. 936) 926-6608
- ▶ Health and Wellness Center (Bldg. 827) 327-8480
- ▶ Base Chapel (Bldg. 769) 926-2821
- ▶ Sexual Assault Response Coordinator 327-7272
- ▶ Military Family Life Consultant 230-2987
- ▶ Mental Health Clinic (Bldg. 700) 327-8398
- ▶ Alcohol & Drug Abuse Prevention & Treatment (Bldg. 700) 327-8398
- ▶ Drug Demand Reduction Program (Bldg. 207) 327-8408
- ▶ Family Advocacy Program (Bldg. 700) 327-8398
- ▶ 78th Force Support Squadron (Bldg. 905) 926-5491 or 926-5037
- ▶ Legal Assistance (Bldg. 708) 926-3961 ext. 111
- ▶ Organizational Consultant 327-9803



THINK OPSEC:

IF YOU DON'T WANT IT READ.....

SHRED INSTEAD