



ROBINS REV-UP

November 30, 2012 Vol. 57 No.48

**NEWS
YOU CAN USE**



Everyone loves a parade
The following holiday parades will be taking place in the local area:

- Saturday**
- Warner Robins, 10 a.m.
- Dublin, 2 p.m.
- Perry, 4 p.m.
- Hawkinsville, 5:30 p.m.
- Centerville, 7 p.m.
- Dec. 7**
- Cochran, 7 p.m.
- Dec. 9**
- Macon, 3 p.m.
- Dec. 14**
- Unadilla, 7 p.m.

Blue Star Memorial Marker
A Blue Star Memorial Marker honoring the men and women of the Armed Forces will be unveiled in a ceremony today at 11 a.m. at the Museum of Aviation. The marker will be located next to the sidewalk in front of Hangar One.
Retired Maj. Gen. Cornelius Nugteren, a member of the Georgia Aviation Hall of Fame and former Warner Robins Air Logistics Center commander, will be the guest speaker. The ceremony is open to the public but reservations are requested.
To make a reservation, call Caroline Gesualdo at 923-6600.

Reserve Band holiday concert
The Band of the U.S. Air Force Reserve will conduct its annual holiday concert Thursday at 7 p.m. at the Museum of Aviation. The performance is free and will take place inside the museum's Century of Flight Hangar. Doors will open at 6 p.m., with the concert starting at 7 p.m. Plan ahead as seating is limited.

Flu vaccine still available
The flu vaccine is available for federal employees.
According to the 78th Medical Group, FluMist, which provides vaccination by a nasal spray, is being offered as an option. While vaccination is optional for civilian employees, it is required for military members.

Keeping workers from taking a fall

BY JENNY GORDON
jenny.gordon@robins.af.mil

Maintenance equipment and fall protection systems are an important part of the work performed at Robins.

Whether it's a piece of equipment – large or small – which needs to be removed or refurbished, or a design that allows a mechanic to safely perform a job better, it's the engineers, planners, designers and skilled maintenance personnel from the 402nd Maintenance Support Group who support the mission and get the job done.

"Our primary mission is to maintain

and support the equipment used by aircraft maintainers," said Dwayne Wilbanks, 802nd Maintenance Support Squadron Engineering Construction and Maintenance Flight director. "For example, we remove equipment, install it, relocate it and perform preventive maintenance as needed."

About 300 projects are completed each year.

When equipment is 4 feet or more above the ground, proper measures are designed and put in place to ensure workers not only have access to what they need, but they can get there safely as well.

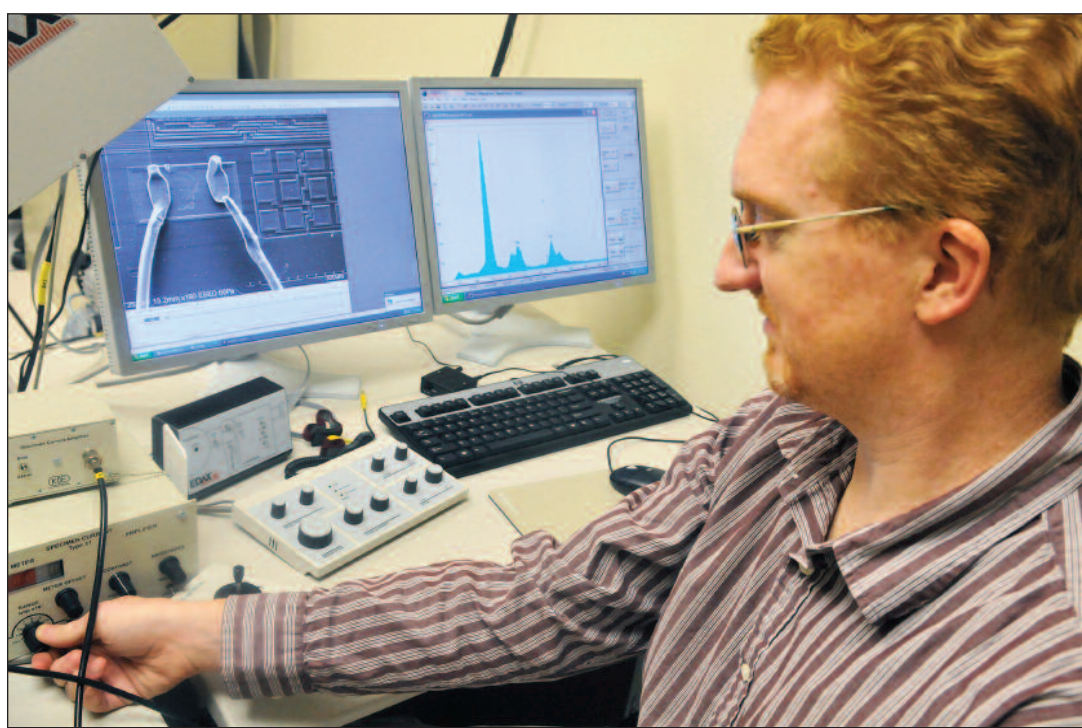
An air handler, for example, used to only have access by a ladder.

Now, with help from the 402nd MXSG, access to that air handler – which blows air inside a building to cool or heat it – has a fall-protection system which includes a safety cage and platform with rails. That, in turn, allows workers to safely perform their duties.

With fall protection, the goal is to become compliant with standards set by the Occupational Safety and Health Administration.

"The result of all this is we will be

► see FALL, 2



U.S. Air Force photos by SUE SAPP

Above, Bob Bird, examines a failed electronic part. Below, Brent Baumgartner uses an optical microscope. Both are electronic engineers in the Electronic Failure Analysis lab. Workers in the 402nd EMXG Engineering Flight has attained VPP Gold status.

VPP still going strong

BY JENNY GORDON
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The Robins Voluntary Protection Program Safe Site Challenge continues to strengthen and reinforce employee involvement and participation in the local safety and health program. Central to the program's success to date has been the involvement of the American Federation of Government Employees and International Association of Firefighters, leaders, co-chairs and stewards.

Every site assessment is performed as a partnership to help ensure a thorough examination of a site's true maturity level in adhering to VPP principles.



"The local Safe Site Challenge has experienced good participation throughout calendar year 2012 with approximately 85 percent of all sites achieving Silver or Gold status," explained Allen Quattlebaum, 78th Air Base Wing VPP program manager.

"Our greatest challenge is sustaining VPP culture after Gold status is initially reached. To vie for OSHA's Star recognition, injury stats must decline to comparable industry averages – something we're still

► see VPP, 2

Staying safe at work, home

It's obvious when you look at local VPP stats that folks are being serious about safety in the workplace. Now, if they could be just as serious about it at home.

Currently, about 41 percent of injuries sustained by the workforce are due to non-occupational related injuries.

That means injuries occurred away from the workplace, and can include anything from someone becoming ill as a result of a heart attack to suffering an injury at home or elsewhere in the community.

With the holiday season upon us, it's especially important to take care of ourselves and remain vigilant in practicing safety. The following safety tips, courtesy of the 78th Air Base Wing Safety Office, can apply not just during the holidays, but any time of year.

- Understand fire safety in your home and workplace and know where the fire extinguisher is located.

- If frying a turkey, never cook it indoors, and never fry on wood decks. Do not leave hot oil unattended and make sure cooking oil has cooled before disposing of it.

- Know how to care for a live Christmas tree.

- Make sure toys purchased for children are age-appropriate; supervise children with toys and pay attention to warning signs.

- Pay attention to extension cords outdoors and equipment needed for decorations. Do not overload outlets.

Fitness program helps Airman put career on track

BY KENDAHL JOHNSON
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Failing the Air Force fitness test multiple times can end an Airman's career, but thanks to a unique fitness program here, Tech. Sgt. Bruce Thompson – whose career was in jeopardy – is back on track.

Thompson, who works in vehicle operations in the 78th Logistics Readiness Squadron, failed the fitness test four times before enrolling in the Total Force Fitness Program.

"They weren't just failures, they were miserable failures," Thompson said.

After completing the three-month program, Thompson passed the test with a score of 84.

Thompson said he had been working out and couldn't understand why he was doing so poorly. He learned why when he started the program.

"I'd been focusing on the wrong things," he said. "The TFFP taught me what I should be working on, and I learned proper techniques. I received personal attention from trainers who genuinely cared about me and my success."

He said he was surprised that after three months

in the program he was able to do things he thought he'd never be able to do again.

The program is the brainchild of exercise physiologist Greg Reynolds, who came to the Robins Health and Wellness Center in late 2010.

The program helps Airmen who are struggling to pass the mandated fitness test. The program is unique to Robins and is anchored in helping those who may be struggling due to prior injuries, as well as the prevention of future injuries by teaching the proper way to train.

"It's about helping people progress with the proper techniques and in a systematic way," Reynolds said.

A unit fitness program manager can enroll an active-duty service member who has failed his or her fitness test twice.

Those who have a fitness exemption can also be referred to the program.

Service members interested in the program can be enrolled through the HAWC's Community of Practice by contacting their Unit Fitness Program Manager for proper screening and program placement.



U.S. Air Force photo by SUE SAPP

Greg Reynolds, Robins Health and Wellness Center exercise physiologist, helps Tech. Sgt. Bruce Thompson, 78th Logistics Readiness Squadron, do a core-strengthening exercise called the "birddog".

Page Two



It's beginning to look a lot like Christmas

U.S. Air Force photos by SUE SAPP
 Left, Col. Patricia Ross, 78th Air Base Wing vice commander, gets help throwing the switch for the lights on the Chapel Christmas tree from Jennifer Dahlman and her children Andrew and Kaylee. The Dahlmans are family members of Capt. Gerrit Dahlman, 16th Airborne Command and Control Squadron. At right, Team Robins children get a visit from Santa Claus.



'Long Shot'

By Harry Paige



Holiday Safety Tips

- Be sure artificial trees are labeled and certified by the manufacture as fire-retardant.
- For a fresh tree, make sure the green needles don't fall off when touched; before placing it in the stand, cut 1-2" from the base of the trunk. Add water to the tree stand, and be sure to water daily.
- Make sure the tree is not blocking an exit, and is at least three feet from any heat source.
- Use lights which have an independent testing laboratory label, and check whether they are designed for indoor or outdoor use.
- Connect no more than three stands of mini-string sets and a maximum of 50 bulbs for screw-in bulbs.
- Always turn off tree lights before leaving the home or going to bed.
- After Christmas get rid of the tree. Dried-out trees should not be left in the home, garage or placed outside the home.
- Take outdoor lights down after the holidays to prevent hazards and make them last longer.

— Robins Fire Department

VPP

Continued from 1

striving to achieve.”

In early November, there were 169 AFMC work center sites at Robins who had achieved Gold status; 114 Silver, 27 Bronze and 24 Green.

The Safe Site Challenge is also devel-

oping a number of modifications to strengthen its framework for building and maturing VPP culture.

Through comprehensive, effective workplace safety and health management systems, there are now eight OSHA Star application areas designated at Robins.

Those include the 402nd Electronics Maintenance Group, 402nd Maintenance

Support Group, 402nd Aircraft Maintenance Group, 402nd Commodities Maintenance Group, Life Cycle Management Center, 448th Supply Chain Management Wing, 78th Air Base Wing and Air Force Sustainment Center - OLs, and the 402nd Software Maintenance Group, which was recertified an OSHA Group Star Site this past fall.

Application areas are subdivided into smaller 'Safe Site' areas; a total of 334 have been locally identified.

Recent sites which have passed assessments and will receive Gold recognition include C-17 Docks 1 and 2, the F-15 Planning Office, 402nd EMXG Engineering Flight, Oxygen Shop, Aircraft Battle Damage Team in Bldg. 46 and F-15 Engine Shop.

FALL

Continued from 1

100 percent OSHA-compliant when it comes to fall protection associated with

maintaining equipment,” said Wilbanks.

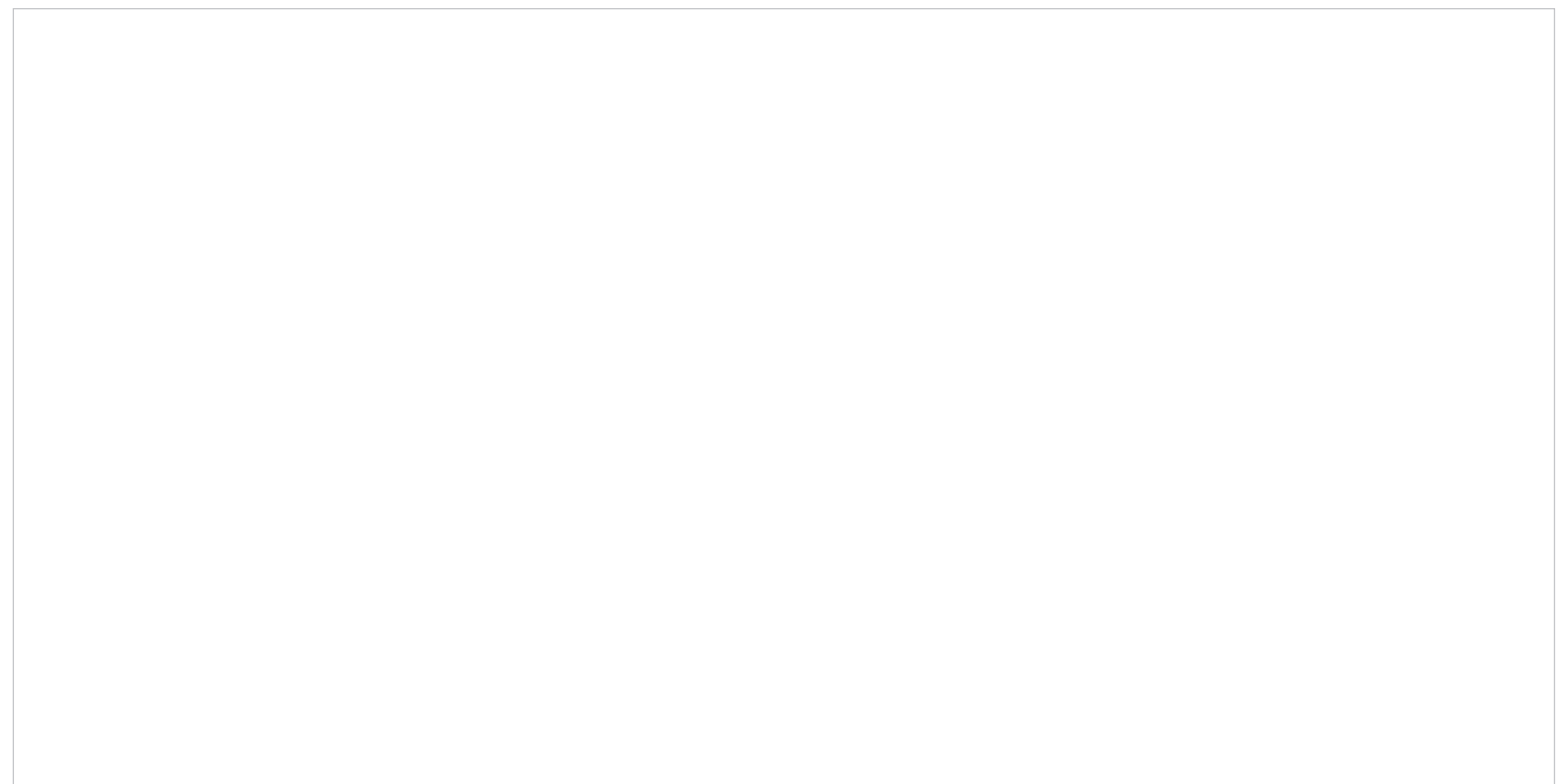
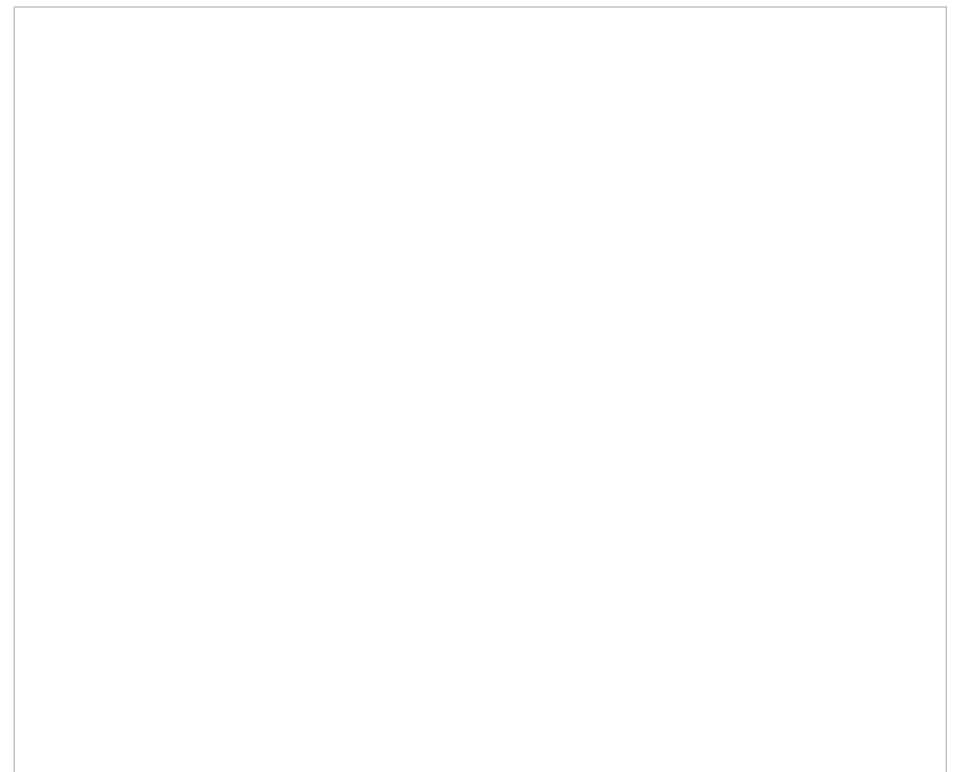
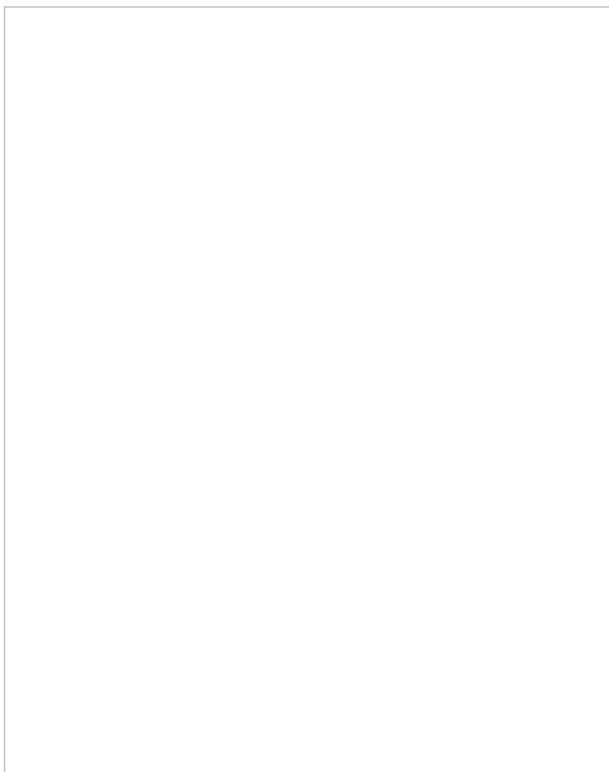
A few years ago the team identified every piece of equipment it maintained – a little more than 4,000 pieces – to see if there was a need for a fall-protection apparatus to properly and safely main-

tain the equipment. The process took time with equipment in nearly 100 different buildings.

Now, there are about 70 locations that are being supported – whether it's a need for a climbing apparatus, platform

or stairs.

“Through an exhaustive two-and-a-half year effort, we've identified all the deficiencies, created solutions, and are in the process of implementing those solutions,” he said.



AIR FORCE

NEWS FROM AROUND THE

New retention program expands eligibility

A new Aviator Retention Pay program for Air Force Reserve aircrew officers is expected to begin in 2013.

The ARP plan focuses on retaining aircrew officers to meet basic mission requirements for the reserve.

The offer will target only locations where significant shortfalls in rated officer manning exist and will offer a \$30,000 bonus over a three-year span.

Pilots and combat systems officers who have completed their initial training commitment, including those eligible for retirement but excluding those in the 16 to 20 years of service, will be offered a bonus.

Additionally, any pilot or CSO willing to join a critically manned unit between completion of initial training commitment and 25 years of aviation service will be offered a bonus.

"The Air Force Reserve Command aircrew force is shrinking, particularly in pilots and combat systems operators. This is due to a number of factors, including the shrinking size of the regular Air Force. In this environment, every crewmember we can retain in the total force is absolutely vital," said Lt. Gen. James Jackson, AFRC commander.

To read more, visit www.afrc.af.mil.

AF leaders target sexual assault in latest 'Letter to Airmen'

Secretary of the Air Force Michael Donley, Chief of Staff of the Air Force Gen. Mark Welsh and Chief Master Sergeant of the Air Force James Roy issued a tri-signature "Letter to Airmen" in November.

As part of an effort to increase sexual assault awareness, the leaders reminded Airmen that individual efforts have an effect on reducing assaults.

"There is no place for sexual assault in our Air Force. When it comes to combating this challenge, every Airman is either part of the solution or part of the problem. We must be united in our commitment to intervene when we see the potential for harm, to act affirmatively when we observe tolerance of sexist behavior and attitudes, and to provide victim care. The only way to stop sexual assault is for Airmen to take action. ... Become personally involved. Recommit yourself to our core values. Be an advocate for professionalism and discipline. Most importantly, if you are aware of sexual assault in your unit, report it."

To read the entire letter, go to www.af.mil/shared/media/document/AFD-121116-011.pdf

New medical clinic opens doors strengthening U.S.-Kyrgyz partnership

Service members from the transit center at Manas, Kyrgyzstan, and representatives from the U.S. Embassy in Bishkek, and Kyrgyz Republic

Vigilant

Staff Sgt. Flavio Martinez provides security during a visit to a village outside Bagram Airfield, Afghanistan. Reaper teams regularly perform counterinsurgency missions, visiting numerous villages within the Bagram district, where they meet local elders and children. Martinez is assigned to the 455th Expeditionary Security Forces Squadron.



U.S. Air Force photo by STAFF SGT. JONATHAN SNYDER

Ministry of Health, and residents of the Nizhne-Chuysk Village gathered Nov. 15 to celebrate the grand opening of the village's new medical clinic.

The project, which is valued at more than \$100,000, was a combined humanitarian assistance effort between the transit center's theater security cooperation division, the U.S. Embassy in Bishkek and U.S. Agency for International Development. Designed to serve the more than 5,000 village residents, the fully-furnished clinic can provide them immediate access to health care.

"As a member of the greater Bishkek community for nearly 11 years, the transit center has partnered often with the U.S. Embassy (Bishkek) and the Kyrgyz Republic to improve the lives of Kyrgyz citizens," said Col. Corey Martin, Transit Center director. "Like this medical clinic, many of those projects are partnerships with the Ministry of Health. I am very happy that a byproduct of the U.S. military presence in Kyrgyzstan is a wonderful project like this 130 square meter clinic."

To find out more, visit www.af.mil.

Service members cautioned after states legalize marijuana

On election day, Colorado and Washington voted to legalize marijuana; however, its use is still against federal law and the Uniform Code of Military Justice – even for service members stationed in those states.

For service members, the use of narcotics, in or out of uniform, is illegal. Marijuana is not allowed on any military installation.

Once they enter a federal installation, they are under security forces' jurisdiction and will be prosecuted.

There are many scenarios which could put an Airman in the crossfire when it comes to marijuana exposure, especially now that there may be increased usage by civilians within some states.

Military members should be continuously cautious of their surroundings and know when they're at a loca-

tion where the drug is present, be aware if marijuana is baked into food, or realize when they are in an establishment that allows recreational use of the drug.

To read more, visit www.afspc.af.mil

– compiled by Geoff Janes



U.S. Air Force photo by STAFF SGT. HEATHER COZAD

Readiness

Senior Airman Salvador Suarez (left) and Staff Sgt. Brian Combs, ramp service specialists with the 571st Contingency Response Group at Travis Air Force Base, Calif., secure a humvee in a C-130 Hercules during a field exercise at Fort Polk, La.

Perspective

Proud to be an American Airman

To the Airmen of the United States Air Force:

November is a proud month. Betty and I stood at the Tomb of the Unknown on Veterans Day as President Obama laid a wreath honoring not just our fallen, but all our nation's veterans, for everything they (and you) have done to defend American citizens and interests for the past 236 years. During the week before that ceremony, the spirit of the citizen-Airman was on display in grand scale as your Air Force carried hope and comfort to thousands of Americans affected by Hurricane Sandy. C-5s and C-17s carried utility trucks, cherry-pickers, and thousands of blankets from places like California and Arizona to New York and New Jersey. Air Force civil engineers, personnel recovery specialists, medical professionals, firefighters, and many others from active duty, the air national guard and air reserve bases converged on the

affected area to rescue over 250 storm victims. Working beside many other great organizations, the Air Force family answered our nation's call during a time of need. Seeing President Obama holding a picture of an Air Mobility Command C-5 downloading a utility truck and thanking Defense Secretary Panetta is great stuff. We're all part of something bigger ... I hope you're as proud of who you are and what you do, as I am of you.

It's been a humbling experience to serve as your chief these first three months. But I've been surprised by some of the issues that have required the most attention. First and foremost, dealing with the intolerable number of



Welsh

sexual assaults and unprofessional relationships has been both time-consuming and heart-breaking. The Air Force succeeds because of the professionalism and discipline of our Airmen. Sexual assault undermines that professionalism and discipline, harming not only the individuals involved, but also their unit, their mission, and our service. When a fellow Airman is sexually assaulted, it is devastating. It destroys trust. It demoralizes families. And we're doing it to ourselves. We must do more to protect one another from this crime by reporting unprofessional relationships, strengthening our support of victims, and making a culture of trust and respect a reality for everyone in our Air Force. I need your help ... please take care of each other.

Betty and I hit the road recently to visit some of the 36,000 Airmen who do the nation's nuclear deterrent mission each and every day. We can't wait

to meet 'em. F.E. Warren, Malmstrom and Minot are just the beginning – we'll get to all of you as soon as we can. I just wish we could visit every base every week ... although you might think that's not such a great idea.

These first three months have been a whirlwind. Thank you for the overwhelming expressions of support you've given to me and Betty. Everywhere we travel, you welcome us as one of your own. This is just an incredible Air Force family. During this month of Thanksgiving, I want to thank you and your family for your service, your sacrifice, and your incredible dedication to the profession of arms. I'm incredibly proud to be an American Airman, not because of the cool toys, but because I have the honor of standing next to you.

– Gen. Mark Welsh,
Air Force Chief of Staff

ROBINS REV-UP

COMMANDER
Col. Mitchel Butikofer

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SUBMISSION GUIDELINES

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They should be e-mailed to lanorris.askew@robins.af.mil and vance.janes@robins.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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U.S. Air Force file photo by RAY CRAYTON

Even with its warm climate, Middle Georgia isn't immune to freezing temperatures, ice and snow.

Winter Weather Awareness Week kicks off Monday

Next week is Winter Weather Awareness Week in Georgia.

The 78th Operations Support Squadron's Weather Flight will join local and state officials to help spread the word about the main threats of winter weather in the region.

According to senior meteorologist Roddy Nixon, Jr., adverse winter weather can occur in several fashions.

"Freezing temperatures, potential ice storms, and occasional snowfall can result in significant disruption to base operations and in the daily routines of the surrounding communities

... vigilance and having an action plan are essential during the season."

Team Robins members can find winter weather preparedness information on the Robins public website at www.robins.af.mil/library/weather.asp

Under the severe weather awareness header, there's a pamphlet on winter storms. Through a collaborative effort with the National Weather Service and the American Red Cross, the weather flight makes the information available to the community.

"Through education and awareness, we can do our

part to help Team Robins and Middle Georgia," Nixon said. "Expect and prepare for the unexpected."

What to Remember

Winter Weather Outlook:

Winter weather conditions are possible in the next three to five days. Stay alert to local media for information and think of what actions may need to be considered.

Winter Weather Watch:

Winter weather conditions are possible in the next 24 to 48 hours. Preparatory actions

should begin.

Winter Weather Advisory:

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. With caution, these situations are not life threatening.

Winter Weather Warning:

Winter weather conditions, possibly life threatening, have begun or are expected. Preparatory actions should be completed as soon as possible.

— Courtesy of the 78th Operations Support Squadron Weather Flight

Exchange spreads holiday cheer with industry-leading return policy

Nearly 20 percent of Americans will return at least one holiday gift item this holiday season, according to Lavi Industries, a provider of public guidance.

To take the stress and confusion out of the return process, the Army & Air Force Exchange Service has extended the terms of its hassle-free return policy for the holidays.

"We want to make returns as simple as possible for our holiday shoppers," said Anthony Ventura, Robins Exchange general manager. "Our relaxed refund policy will guarantee customer satisfaction."

The Exchange's standard policy limits returns anywhere from 15 to 90 days with a sales receipt, but the holiday return and exchange policy extends those guidelines through Jan. 31, 2013 for items purchased between Saturday and Dec. 24.

As is the case year-round, refund requests with sales receipts are processed in accordance with original forms of payment (cash for cash, credit for credit card).

Refund requests without sales receipts receive an Exchange gift card.

In addition to returns on items purchased at the Robins Exchange, shop-myexchange.com orders can be returned to the nearest Army, Air Force, Marine Corps, Navy or Coast Guard Exchange.

Online returns due to an error on the Exchange's part are reimbursed standard shipping charges as well.



Master Sgt. Kimono Akins
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For more information, call 497-7367, 327-7327 or email Kimono.Akins@robins.af.mil

afreserve.com



**THINK OPSEC:
YOUR TRASH COULD
BE AN
ADVERSARY'S
TREASURE**



**ON
ROBINS,
IT'S THE
LAW**

Come out and celebrate Monday

Team Robins is invited to support their fellow Airmen Monday at 1 p.m. at the fall Community College of the Air Force graduation Monday, in the Heritage Club Ballroom.

The guest speaker will be Command Chief Master Sgt. Lonnie Slater. For more information, call 472-1477.

The following Airmen will be recognized:

Warner Robins Air Logistics Complex

Staff Sgt. Nicholas Ellis
Tech. Sgt. Ronald Mountin
Tech. Sgt. Colby Brusch
Staff Sgt. Duane Shepherd

Air Force Materiel Command

Master Sgt. Geraldine Lovell
Tech. Sgt. Ane Graham
Staff Sgt. Vernon Pifer

78th Air Base Wing

Staff Sgt. Mandy Cruz
Master Sgt. Vincent Heath

Staff Sgt. Austin Waddell
Tech. Sgt. Michael Brooks
Master Sgt. Allan Reaves
Staff Sgt. John Foran
Staff Sgt. Jenny Long
Tech. Sgt. Jennifer Wesley
Master Sgt. Bob Bostic
Senior Airman Ronnie Patterson
Staff Sgt. Benjamin Zamora
Staff Sgt. Charles Galloway
Tech. Sgt. Ruben Martinez
Senior Airman Wyleeshia Meekins
Senior Airman William Pope
Staff Sgt. Cal Rogers
Master Sgt. Wilbert Terrell
Tech. Sgt. Jason Thomas

689th Combat Communications Wing

Tech. Sgt. David Branch
Senior Airman Jesus Zepada
Senior Airman John Adams
Senior Airman Zachary Hodges
Senior Airman Angelica Longo
Staff Sgt. Brandon Burbridge
Master Sgt. Frank Romano
Staff Sgt. Roy White
Staff Sgt. Jarod Bierman



Senior Airman Mohamed Cassim
Tech. Sgt. Kevin Guy
Tech. Sgt. Natalie Jacobs
Staff Sgt. Aviel Perez
Senior Airman Dustin Rowland
Staff Sgt. James Stretch
Staff Sgt. Joshua Heisner
Staff Sgt. Christopher Payne
Staff Sgt. Amanda Warren
Master Sgt. Aaron Basti
Tech. Sgt. William Wojtylko

Air Force Reserve Command

Senior Master Sgt. Brian Boyd

Master Sgt. Gregory Boyd
Chief Master Sgt. Patrick Ferrell
Senior Master Sgt. Linda Gibbs
Senior Master Sgt. Sirta Harmon
Master Sgt. Phillip Ketchum
Master Sgt. Allan Miller
Master Sgt. Michele Williams
Senior Master Sgt. Laura Wilson
Staff Sgt. Christopher Winnett
Master Sgt. Kami Luster
Tech. Sgt. Jessica Meri
Staff Sgt. Dan Tucker
Senior Master Sgt. Raymond Beyers
Senior Master Sgt. Robert Flores

Tech. Sgt. Clarence Goodloe
Master Sgt. George Higgins
Master Sgt. Bobby Lampkin
Tech. Sgt. Michael Mommertz
Master Sgt. John Hall
Senior Master Sgt. Chad Hughes
Senior Master Sgt. Andy Weeks
Master Sgt. Serena Birch
Master Sgt. Bobby Lampkin
Tech. Sgt. Courtney Ray
Senior Master Sgt. Ricky Young
Chief Master Sgt. James Boozer

116th Air Control Wing

Senior Airman Lauren Cucullu

461st Air Control Wing

Tech. Sgt. Brandon Russell
Staff Sgt. Rodney Lee
Staff Sgt. Robert Scire
Staff Sgt. Matthew Robbins
Master Sgt. Tamika White
Staff Sgt. Tara Allen
Staff Sgt. Richard Zacke
Master Sgt. Damon Andrews
Airman 1st Class Benjamin Bryant
Master Sgt. Juan Arispe
Tech. Sgt. Jeremy Fogleman
Senior Airman Allison Hauge

Staff Sgt. Nathaniel Keller

Air Mobility Command

Tech. Sgt. Alexis Villegas
Master Sgt. Brian Burgin
Tech. Sgt. Otis Chatham
Master Sgt. Michelle Gardiner
Master Sgt. Kevin Roman

Air Education Training Command

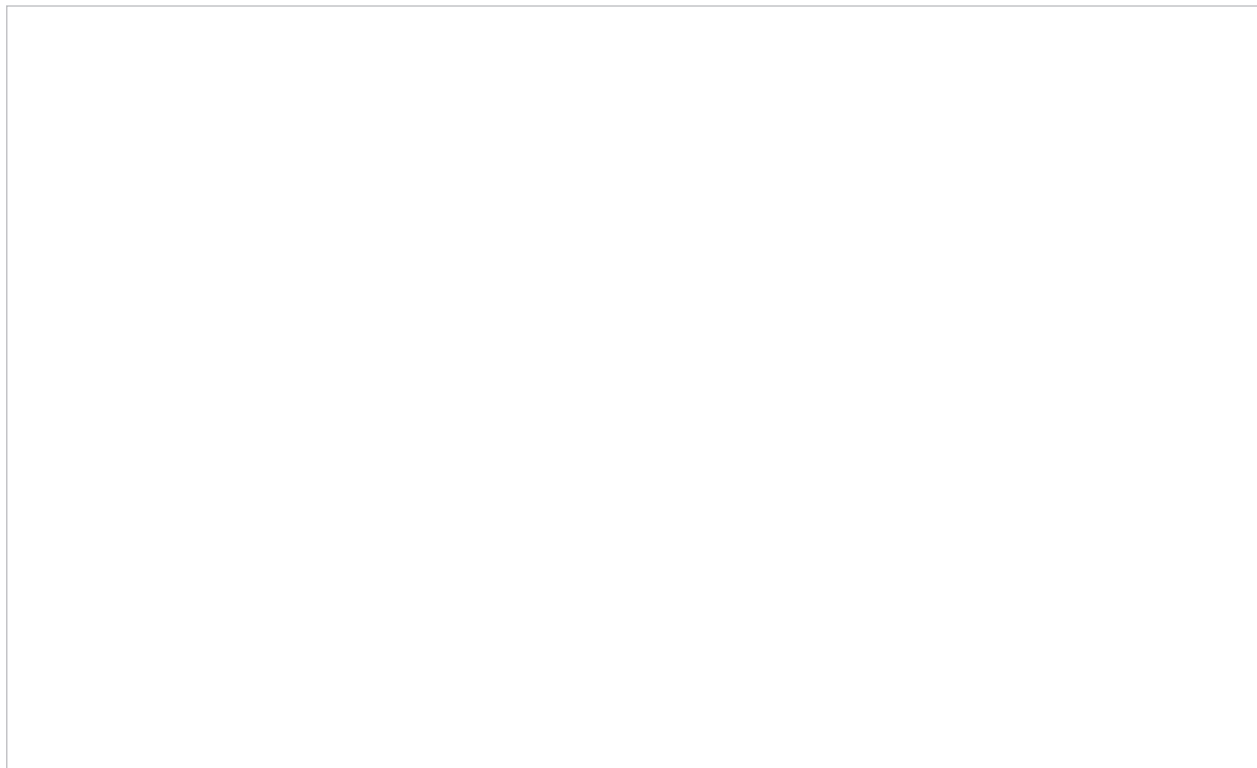
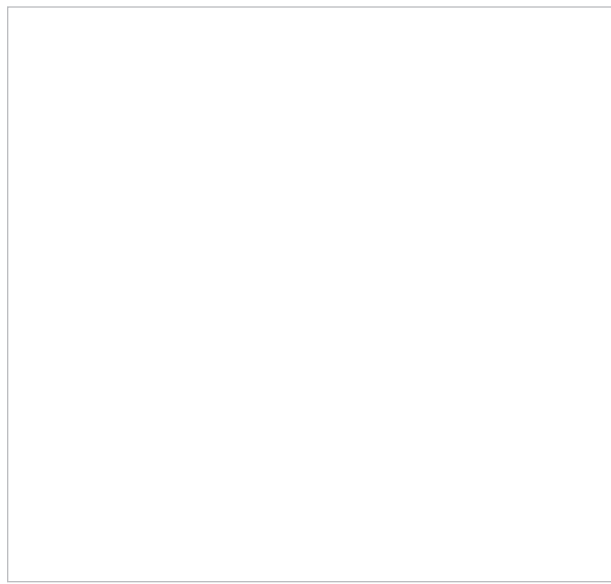
Staff Sgt. Jonathon Lopez
Senior Master Sgt. Anthony Sherman
Tech. Sgt. Kenneth Bryant

Other

Senior Master Sgt. Ruth Altman-Burnett
Staff Sgt. Nathan Patrick
Tech. Sgt. Jenny Sanchez
Master Sgt. David Brown
Senior Airman Jessica Clark
Master Sgt. Daniel Nichiporuk
Tech. Sgt. Ariane Fisher
Staff Sgt. Erika Jackson
Tech. Sgt. Robert Scheel
Tech. Sgt. Amber Monio
Tech. Sgt. Jessie Nelson
Master Sgt. Adam Benson
Tech. Sgt. Leslie Thomas
Tech. Sgt. Marvin Rottenberg



**SUSPICIOUS
ACTIVITY?
CALL 468-EYES**



On the Fly

New SC office

The 78th Communications Directorate recently stood up the Business Relationship Management Office to address customer concerns and increase communication efforts.

Liaisons and requirement managers reside in the newly-established office. Liaisons provide a single face to the customer, while RMs provide guidance on the information technology acquisition process based on the Clinger-Cohen Act of 1996 and AFI 33-112, Information Technology Hardware Asset Management.

Regina McDuffie, Barbara Buller and Gloria Washington provide daily liaison support.

Gloria McAfee, James Barnes, George Runyon and Calvin Chambers provide RM support.

Tim Nelson, SC director, and Cindy Gunter, SC deputy director, felt it necessary to stand up a customer-focused office with a distinct vision to increase the Communication Directorate's ability to enhance IT infrastructure support to the

warfighter.

The office is led by Rita Davey, Plans and Resource Division chief and Evelyn McCaa, Business Relationship Management Branch chief.

Both said they are excited about the opportunity for growing and establishing future customer relations.

Within the coming months, the liaisons and RMs will host brief meet and greets across Robins in hopes of better understanding of customers' missions and communicating the SC vision to be the Department of Defense's premier and proactive IT organization.

Federal Benefits

Open Season is the time of year to ensure you have the right health, dental or vision insurance coverage for your family. It's also time to consider the money you can save on out-of-pocket medical and dependent care expenses.

To find out more about which coverage and premiums will best suit your needs, visit the U.S. Office of Personnel Management

web site at:

<http://www.opm.gov> or click on the Open Season link on the Robins Splash Page.

The following leave recipient has been approved through the Voluntary Leave Transfer Program:

Jackie Cheek of DLA Warner Robins. POC is Lori Anderson, who can be reached at 497-9254.

To have a leave recipient listed here, email lanorris.askew@robins.af.mil. Space permitting, submissions will run for two weeks.

Equal Opportunity refresher training

for employees will be conducted in the Heritage Club Ballroom Jan. 23 from 9 to 11:30 a.m. and 1 to 3:30 p.m., and on Jan. 24 from 1 to 3:30 p.m.

EO refresher training for supervisors will be Jan. 22 in the Heritage Club Ballroom from 9 to 11:30 a.m. and 1 to 3:30 p.m., and on Jan. 24 from 9 to 11:30 a.m.

For more information, call Susan Carey or Jeanette Draughome at 497-2131.



The Air Force has a new mascot to help fight against solid waste. **CHUCK-IT** targets children between the ages of 5 and 12 and is the latest addition to the "Win the War Against Waste" tool kit – designed specifically to support the Air Force's worldwide solid waste management objectives.

For more, visit www.afcec.af.mil.

Battle of the Bulge

More than 60 percent of Americans gain weight during the six weeks between Thanksgiving and New Year's Day.

Although that statistic may not come as a shock, studies show most of that weight isn't shed after the holiday season.

Even if it only amounts to a pound, after time the weight adds up. Instead of playing catch-up with weight loss New Year's resolutions, why not prevent the gain this holiday season?

Here are three easy tips for controlling the holiday bulge:

1. Maintain or add exercise. Stop lamenting that every calorie counts, and start focusing on every calorie burned. Exercise doesn't have to be in the form of a crazy fitness routine. It can be as simple as adding an extra 15 minutes to your daily walk, breaking away from buffet dinners with a family stroll, or getting the entire gang up for a game of football, bowling or charades. Any exercise is better than none at all.

2. Don't starve yourself prior to an event. It makes sense, right? You may think, "Hey, I'm going to a party tonight, so I'll skip meals and snacks until then." Wrong. What happens when you starve yourself all day? You scarf down any and everything available once you arrive, right? Let's try another tactic. Small, frequent meals and snacks leading up to an event so you're not famished when you arrive.

3. Focus on portions. Now, if you follow tip number two, that'll make this one a whole lot easier. This can be accomplished several ways. One, try things like making half your plate fruits



and vegetables; use smaller plates; or only get 1 to 2 tablespoons of each item. Two, try eating your favorite items first, even dessert. So often, people eat the less enticing options first, saving the best for last. How much they could save themselves by doing just the opposite. If dear old Aunt Sally just hates seeing you eat smaller portions or scolds you when you don't go back for seconds, try taking along your own plastic to-go containers and asking to take it with you for later.

The holidays are a time of wonderful celebrations. With a little planning, we can avoid gaining anything more than wonderful memories for the year to come.

If you're looking for more specific help with nutrition and exercise, check out the programs at the Health and Wellness Center. For people with diabetes and pre-diabetics, it's conducting a special class Dec. 5 called "Thriving with Diabetes during the Holidays". There's also a "Healthy Heart" class on Dec. 10.

If you're looking for ways to begin changing your diet and physical activity level, "Square One: Nutrition and Fitness Basics" is designed to introduce you to not only the Health and Wellness Center, but also to ignite your thoughts on your current diet and activity levels.

Square One is being offered Thursday and Dec. 13.

Just looking for tips on what foods to buy, check out the Commissary Tour on Dec. 12.

Editor's note: Call the Health and Wellness Center at 478-327-8480 for times and to sign up for any of these classes.

Carvin' for a cause

L-R, Maj. R. E. Schmidt, 51st Combat Communications Squadron commander, and Chief Master Sgt. Christopher Mozingo, Air Force Reserve Command, carve meats for the Thanksgiving dinner at Wynn Dining Facility.



U.S. Air Force photos by SUE SAPP

Airmen with the 78th Air Base Wing Security Forces Squadron take a break Thanksgiving Day to enjoy some food and fellowship at the Wynn Dining Facility.

Positive workplace relationships enable everyone to perform at their very best



FRI	SAT	SUN	MON	TUE	WED	THUR
30	1	2	3	4	5	6

EVENTS AND ACTIVITIES

ON TAP

Texas Hold 'Em

Saturday
Sign-up at 1:30 p.m.
Games start at 2 p.m.
Heritage Club
Members \$15
Guests \$20
For details,
call 472-7864.

Football Sunday Specials

Pizza Depot
BBQ Riblets and fries
\$6.50
Club members receive
10 percent off
For details,
call 468-0188.

Dept. of Labor TAP/VA Workshop

Monday through Dec. 7
8 a.m. to 4 p.m.
Bldg. 794
For details,
call 468-1256.

Pizza Depot's Monday Lunch Special

Monday, Dec. 10 and 17
Soup and Sandwich
\$5.75
For details,
call 468-0188.

Private Pilot Ground School

Begins Monday
Sign up early
as seating is limited
\$605 per person
For details,
call 468-4867.

Breakfast with Santa

Register by Tuesday
Dec. 8
9 to 10:30 a.m.
10:30 to 11:30 a.m.
(exclusive time for

deployed families)
Youth Center
For details,
call 468-2110.

Toys for Tots Basketball Tournament

Tuesday through Dec. 7
6 p.m.
Fitness Center
For details,
call 468-2128.

Pre-separation Briefing

Thursday
12:30 to 4 p.m.
Bldg. 794
Separatees only
For details,
call 468-1256.

UPCOMING First Friday

Dec. 7
5 to 6 p.m.
Heritage Club
For details,
call 472-7864.

Free Coat at the Coat Closet

Dec. 7 and 8
5 to 9 p.m.
Youth Center
For details, call 468-2110.

Give Parents A Break

Dec. 8
12 to 4 p.m.
CDC East and
School-Age Program
For details, call 468-5805.

Baking with Jackie

Christmas Cookies
Dec. 8
6 p.m.
Youth Center
For details,
call 468-2110.

USAJobs Resume Writing

Dec. 13
9 to 11 a.m.
Bldg. 794
For details,
call 468-1256.

Tops In Blue

Jan. 12
Doors open at 6:30 p.m.
Show starts at 7 p.m.
Warner Robins
Civic Center
Free

ONGOING

Pizza Depot's Everyday December Lunch Special

Fish sandwich
and fries
\$5.95
For details,
call 468-0188.

Atlanta Hawks tickets on sale

ITT
Prices start at \$12
For details,
call 468-2945.

Golf Shoot Out

Open to anyone with a
USGA handicap
\$2 per attempt
Qualifying tournament
each month
For details,
call 468-4103.

Remote Control Bowling Ball

Available for Wounded
Warrior Program and
those with special needs.
For a fee, it can also be
used as a novelty for
bowling parties.
For details,
call 468-2112.

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