



Hill

Hill to accept installation command today
 Col. Christopher Hill, Warner Robins Air Logistics Complex deputy commander for maintenance, will accept command of the installation and the 78th Air Base Wing from Col. Mitchel Butikofer during a ceremony today at 2 p.m. in the Museum of Aviation's Century of Flight Hangar. Lt. Gen. Bruce Litchfield, Air Force Sustainment Center commander, will officiate the ceremony. A reception will immediately follow.
 Dress is uniform of the day for military members and business attire for civilians.



Butikofer

ROBINS REV-UP

June 7, 2013 Vol. 58 No. 22

Base to get new workload for Predators and Reapers



Courtesy photo
 An MQ-1 Predator armed with an AGM-114 Hellfire missile flies a training mission. The MQ-1's primary mission is interdiction and conducting armed reconnaissance against critical, perishable targets.

BY CARMEL WEED AND ERIC ARMOUR

WR-ALC Partnering and Business Development Office

During the past few years progress has been made to bring new workload for the Predator/Reaper Remotely Piloted Aircraft to Robins.

The Air Force Life Cycle Management Center at Wright-Patterson Air Force Base recently awarded a contract to General Atomics for the depot activation of the Air Force's Predator/Reaper unmanned aircraft.

The work has been split amongst all three Air Force depots as well as

Tobyhanna Army Depot, Penn.

The inaugural stand up for all Predator/Reaper workloads will occur at Robins in fiscal 2014.

General Atomics is the lead manufacturer in conjunction with its subcontractors L-3 and Honeywell.

General Atomics owns the battery portion and L-3 owns the Interim Modem Assembly, both of which are to be activated at Robins.

Initial annual repair hours are estimated at 500, growing to 4,500 by fiscal 2016.

According to officials, this is the initial effort; more workload is expected in the future.



The Reaper is larger and more heavily armed than the MQ-1 Predator and attacks time-sensitive targets with persistence and precision, to destroy or disable those targets.

NEWS

YOU CAN USE



689th CCW set to inactivate

An inactivation ceremony for the 689th Combat Communications Wing will be conducted at 9 a.m. Wednesday at the South Training Area, across from Bldg. 156.

Maj. Gen. Suzanne Vautrinot, commander, 24th Air Force, will officiate the ceremony.

Two civilian employees and 33 military members will be affected. The civilians will transfer to the 5th Combat Communications Group here. Military personnel will be reassigned or, if eligible, may retire or separate.

The wing stood up Oct. 5, 2009, and became the parent organization for the 5th Combat Communications Group here.

Two Exchange facilities change hours

The Firearms Shop is currently operating under new hours.

The new times are Mondays through Saturdays from 10 a.m. to 7 p.m. and Sundays from 11 a.m. to 5 p.m.

The Furniture Department sales area will change its hours beginning Saturday to Mondays through Saturdays from 10 a.m. to 7 p.m. and Sundays from 11 a.m. to 5 p.m.

The Exchange store hours are Mondays through Saturdays from 9 a.m. to 8 p.m. and Sundays from 10 a.m. to 6 p.m.

Robins Commissary closed extra day during furloughs

During the furlough period the Robins' commissary, which is already closed Mondays, will also be closed on Tuesdays.

Thrift Shop announces special summer dates

The Robins Thrift Shop, located at 945 Macon Street across from the Exchange, will be open from 10 a.m. to 1 p.m. on these special bonus days: June 26, July 10 and 24.

In case of fire ...



U.S. Air Force photos by MISUZU ALLEN
 Above, Jose Hernandez welds electrical cables to a new main waterline pipe by the base History Office. The water that goes through this pipeline is used for the building's fire protection sprinkler system. Inset Manny Nunez (right) and Tyler Belt, contractors, get down and dirty to install the pipe.

Moving 'FAST FORWARD,' flight line clinic is AF first

BY JENNY GORDON

jenny.gordon@robins.af.mil

A permanent medical facility – the first of its kind in the Air Force – is now open in Bldg. 49 on the flight line.

It's called the medical FAST FORWARD facility which stands for First Aid Station, Treatment, and Forward Operating Rehabilitation of Workers Accentuating Restorative Dynamics.

The 2,000-square-foot centralized location allows employees who work in industrial areas of the Warner Robins Air Logistics Complex access to health professionals, within a few minutes' walk from most work sites.

"The accessibility and convenience of an employee coming here for treatment will be unparalleled," said Col. (Dr.) Michael Rappa, Occupational Medicine Services chief. "Most of the services that are offered by OMS in Bldg. 207 can also be offered here. We want to provide as much as we can, and deliver it as close to the employee as possible."

The facility has six staff members, including a nurse practitioner and three rehabilitation specialists who are certified athletic trainers.

Having sports rehab specialists on site is significant since in occupational medicine, more than 50 percent of injuries seen result in musculoskeletal types of injuries, said Rappa.

"The sports rehab specialist is really a provider who specializes in acute musculoskeletal injuries, giving initial treatment to employees so conditions are resolved more quickly and safely," he added.

► see FLIGHT LINE, 9

Robins – The place to live, learn, work and play

New Ergo tool brings tasks down to size

BY JENNY GORDON

jenny.gordon@robins.af.mil

Decreasing neck, shoulder and back strain is a good thing – especially when you're a hazardous waste technician performing a routine task that increases the risk factor of injuring those body parts.

The folks in the Warner Robins Air Logistics Complex's Ergonomics Program have created a solution to assist 402nd Aircraft Maintenance Group personnel, prototyping in Bldgs. 54 and 125.

About 150 large drums with liner

bags which contain hazardous waste materials are placed throughout the complex. Normally when a worker disposes the liner bag – which can weigh from 35 to 100 pounds – it must be lifted straight up and over the drum.

"These drums can get filled very fast, depending on the workload, and become heavy," said Eric Fowler, ergonomics technician. "One of the main principles of ergonomics is adjusting the work to fit the individual. Typically we found employees were adjusting themselves to match the work, so what we had to do was to adjust the work to their strength or

'power zone'."

After an ergonomics assessment was complete, three locally-designed Power Zone Tilt Units were fabricated. These units angle the entire drum toward the worker which removes the need to lift a liner bag straight up over their head. Prior to the tilt unit, a person would need to literally lift a liner bag about 68 inches high to remove it.

"We have now eliminated the awkward lifting position and ergonomic risks by bringing the drum to a neutral position for them to work and pull the liner bags out," he added.



U.S. Air Force photo by ED ASPERA

Carla Hodges, Hazardous Waste Disposer, demonstrates the new trash can stand that prevents back injuries. The Ergonomics Office here designed and developed the new device.

► see ERGO, 9

Page Two

116th Medical Group prepares to meet disaster when it strikes



U.S. Air Force photo by MASTER SGT. ROGER PARSONS
Capt. Christal Lavelle, a physicians assistant with the 116th Medical Group, listens to a simulated patient's heartbeat during the Vigilant Guard 2013 exercise at Camp Blanding, Fla.

BY MASTER SGT. ROGER PARSONS
 116th Air Control Wing Public Affairs

The 116th Medical Group recently spent a week in Camp Blanding, Fla., participating in the annual Vigilant Guard 2013 exercise.

While there, the unit trained to respond to various man-made and natural disasters like the bombings in Boston and tornadoes in Oklahoma.

Joining more than 2,100 state, local and federal personnel, the Guardsmen worked side by side with civilian first responders to react to various real-to-life scenarios throughout the week.

“This training offers invaluable experience because anything could happen anywhere – like we’ve seen with the Boston bombings,” said 2nd Lt. Casey Patton, a nurse with the 116th MDG. “We could be called at any time to respond to something like that in the southeast, so we need to be ready at all times.”

As Patton spoke, a search and extraction team shored up a vehicle on a rubble pile at a simulated site where a plane had crashed into

a building. The team ensured everything was secure so the nurse could go in and provide care to survivors.

This year’s exercise brought unique challenges with an added twist to add more realism to the scenarios. The medical personnel worked from a different location each day and responded to multiple scenarios back to back.

“Vigilant Guard 2013 allowed us to try different configurations, staffing and processes to determine what would work best for real world scenarios,” said Col. Muriel Herman, 116th MDG commander. “We were able to try 10 to 15 different processes during this exercise and take those that worked and develop best practices from them.”

Throughout the week, the Guardsmen responded to a fabricated plane crash, train derailment, chemical plant explosion and hurricanes.

In all, they treated more than 1,000 patients with simulated injuries ranging from burns, broken bones, amputations, head

► see VIGILANT, 9

Robins supports EPA to test stack exhausts

78TH CIVIL ENGINEER GROUP

The U.S. Environmental Protection Agency is in the process of determining if current National Emissions Standards for Hazardous Air Pollutants adequately protect human health and the environment.

The process is called a residual risk and technology review. It’s designed to determine if there is any residual risk stemming from the current standards for pollutant emissions contained within each NESHAP.

The EPA has requested that Robins, along with a number of aerospace facilities across the U.S., help with this determination by collecting data from exhaust

stacks from several of its typical aerospace-type processes for analysis of this risk.

One of the NESHAPs that EPA is studying is the Aerospace NESHAP to determine the level of residual risk.

Aircraft rework production activities at Robins operate in large part under the environmental constraints of the Aerospace NESHAP.

In late May, the 78th Civil Engineer Group Environmental Management Branch in coordination with the F-15 and C-17 aircraft rework organizations directed AECOM, the 78th CEG’s environmental consultant, and Entech Services, Inc. to test the stack exhausts from the aircraft

coating hangars in Bldgs. 59 and 137.

The testing was very complex and, including setup, lasted about 12 hours for each building.

Testing involved placing two trailers, a large portable electric generator, two man lifts, and 10 personnel near the stacks at the two buildings for the duration of the eight-hour test. The test ports in the stacks (two ports per stack) were located about 60 feet above the ground.

Additional stack exhaust tests were performed at Bldg. 137.

Once data is collected from the exhausts and analyzed by the laboratory, it will be sent to the EPA for inclusion in their study of residual risk.



U.S. Air Force photo by ED ASPERA
A 78th Civil Engineer Group consultant tests the stack exhaust from the aircraft coating hangar in Bldg. 59 as part of a residual risk and technology review by the Environmental Protection Agency.

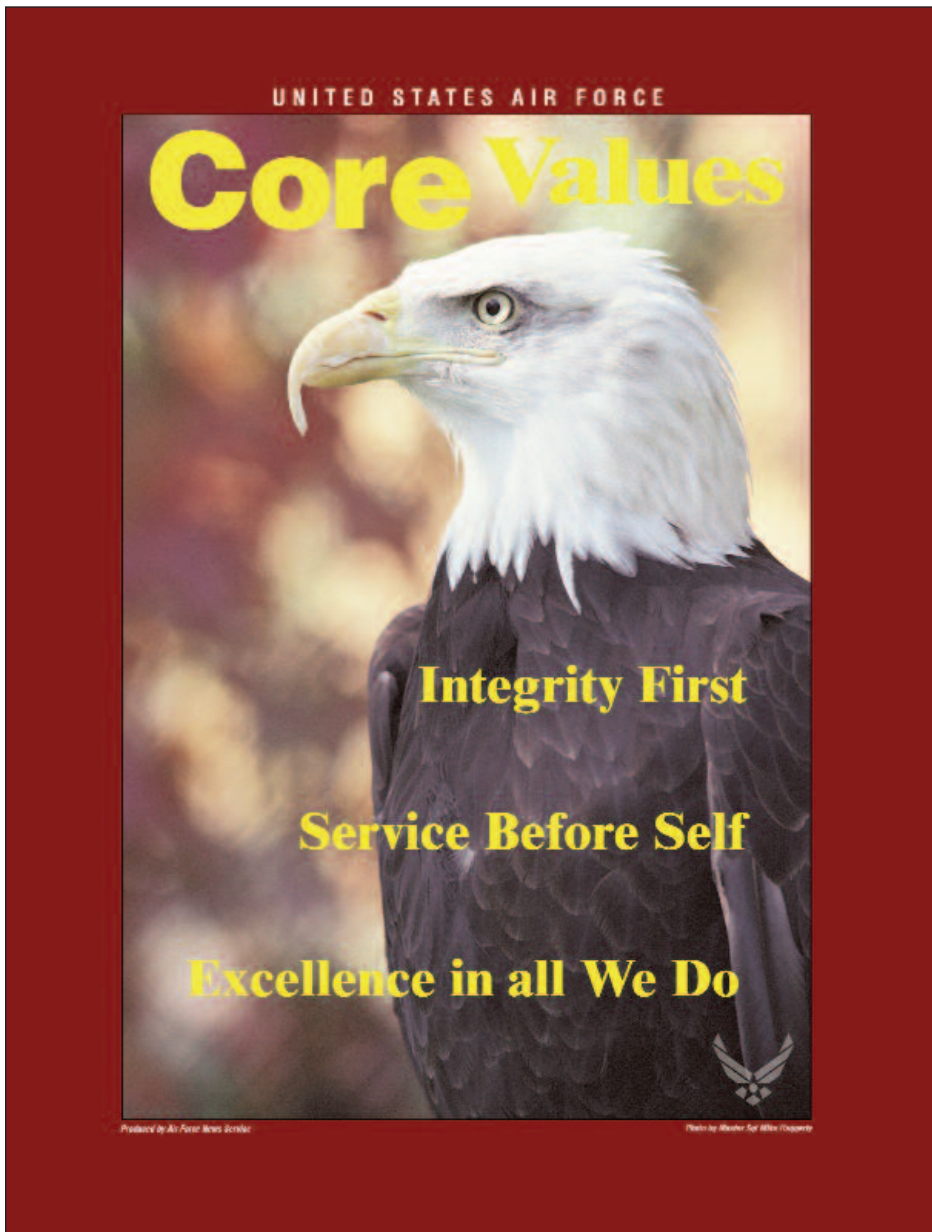
Event to offer resources for families affected by furloughs

ROBINS PUBLIC AFFAIRS

The Sharing Help and Assistance Resources for Everyone event, scheduled June 15 from 10 a.m. to 2 p.m., will be conducted at the Galleria Conference Center at the Galleria Mall in Centerville.

S.H.A.R.E is designed to inform families impacted by the furloughs and every Middle Georgian about help and assistance programs which can benefit them in a time of hardship.

Some of the onsite agencies which will be available include: banks, health providers, legal assistance, financial counseling and utility companies, among others.



THE AIR FORCE



Air Force to consolidate F-22 depot maintenance at Hill

WRIGHT-PATERSON AFB, Ohio – The Air Force has announced it's consolidating depot maintenance for the F-22 Raptor at the Ogden Air Logistics Complex at Hill Air Force Base, Utah.

The depot maintenance work is currently split between the Ogden ALC and the Lockheed facility in Palmdale, Calif.

"Palmdale has made a storied contribution to aviation and while this move makes sense, we are certain this important workload will continue strongly supporting the Air Force at Palmdale for many years to come," said Lt. Gen. C.D. Moore II, Air Force Life Cycle Management Center commander.

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

Special ops commanders seek intel, data-sharing assets

TAMPA, Fla. (AFNS) – Senior commanders recently called on the defense industry to provide technologies that give special operations forces more situational awareness, better networking and communications and more precise location and targeting capabilities.

Officials from across U.S. Special Operations Command, including commanders of its service components and the theater special operations commands, laid out their wish lists earlier this month at the annual Special Operations Forces Industry Conference.

All noted the unprecedented capabilities the defense industry has delivered to help special operations forces succeed during the past 12 years of conflict. But looking to the future – the drawdown in Afghanistan, budget constraints and a refocus on the Asia-Pacific region and other parts of the globe beyond the Middle East and Southwest Asia – they said they will need more.

To read more, visit www.af.mil.

Tyndall Airmen reach out to Tinker tornado victims

TYNDALL AIR FORCE BASE, Fla. (AFNS) – "I will never leave an Airman behind," is a part of the Airman's Creed and the spirit behind this creed was demonstrated by Tyndall Airmen May 28 as they rallied to support wingmen living in Oklahoma.

Service Before Self motivated Tyndall to take action to help fellow wingmen affected by the catastrophic tornados that ravaged the Oklahoma City, Okla., area May 19 and 20.

More than 350 families from Tinker lost their homes or were displaced and an estimated 300 Airmen were without power and water, Chief Master Sgt. Raymond DeVite Jr., 325th Fighter Wing command chief, explained.

In response to the devastation, the Tyndall Chief's Group came together to organize a relief fund campaign, which consisted of Team Tyndall, Airmen, family members and other volunteers collecting money at

Scoping it out

Senior Airman India Brown, 94th Security Forces Squadron, stands guard at an entry control point during the three-day Brave Defender field training exercise, at Eglin Air Force Base, Fla. More than 140 active-duty and National Guard Airmen attended the training. The exercise was the culmination of Air Force Materiel Command's six-week security forces deployment training, administered by the 96th Ground Combat Training Squadron.



U.S. Air Force photo by SAMUEL KING JR

the major traffic points on base. The operation was spearheaded by Master Sgt. Alicia Barr, 325th Force Support Squadron Readiness and Plans section chief.

"Tyndall raised \$11,154.33 for our fellow wingmen in 12 hours," said Chief Master Sgt. Timothy Ouzts, 325th Maintenance Squadron munitions flight chief and Tyndall Chiefs Group secretary. Staff Sgt. Michael Bamberger, 772nd Enterprise Sourcing Squadron, and Master Sgt. Bryan Smith, 325th Security Forces Squadron, were also a great help with this project, Barr said. Nothing this large of scale could be done alone.

To read more, visit www.af.mil.

Astronauts attend Maxwell Leadership Reaction Course

MAXWELL AIR FORCE BASE, Ala. (AFNS) – In a collaborative training effort, a group of six American and international astronauts participated in an abbreviated version of the Air University Leadership Reaction Course May 22 and 23.

Designed to develop leadership skills, the LRC is a field exercise consisting of a series of obstacle course challenges that students navigate as teams during Officer Training School and Reserve Officer Training Corps courses. The astronauts visited the course to evaluate its potential usefulness for future leadership development.

"There are many different types of training and requirements for NASA astronauts, and we are looking at new ways to fulfill leadership obligations," said Peggy Whitson, the training lead for astronaut expeditionary skills at the NASA Johnson Space Center in Houston. The department is responsible for finding leadership opportunities for astronauts.

Whitson joined NASA's astronaut corps in 1996 and served as the chief of the Astronaut Office from 2009 to 2012. She was the first woman to lead the U.S. Astronaut Corps, as well as the first female commander of the International Space Station.

To read more, visit www.af.mil



U.S. Air Force photo by SENIOR MASTER SGT. JOHN S. CHAPMAN

Need a lift?

Airmen assigned to the Air National Guard's 181st Intelligence Wing perform Special Patrol Infiltration Exfiltration System training on a UH60 Blackhawk, at Camp Atterbury in Edinburg, Ind. Members of the 181st Security Forces Squadron participated in a multi-agency law enforcement training event to promote better communication between agencies and allow for additional skill sets directly related to the Air National Guard's missions of homeland security and domestic operations.

– compiled by Holly Logan-Arrington

Reserve news

Squadron adopts 'Brown Bag' approach to professional development

BY DANA LINEBACK

940th Wing Public Affairs

BEALE AIR FORCE BASE, Calif. – Air Force reservists often bring a wealth of experience from their civilian jobs to the military mission.

When Lt. Col. Leslie Beavers took command of the 50th Intelligence Squadron at Beale Air Force Base in March 2012, she decided a professional development program she had experienced in her civilian occupation would be a worthwhile focus for her unit.

"The program taught me to think more strategically and to focus my efforts on developing skills that would continually increase the value I brought to the organization," Beavers said.

"These are the skills that ultimately made me successful in my interview process to become a squadron commander," she said. "I knew these same skills would benefit my squadron in both their military and civilian careers."

Enlisting the help of two of her staff, Maj. David

Roberts and Senior Master Sgt. Norman O'Brien, Beavers instituted the squadron's "Brown Bag Leadership" program. Its goal is to give reservists assigned to the unit an opportunity to learn from each other and, in the process, discover more about themselves as leaders.

For O'Brien, the program has become a passion.

"There are a lot of smart guys out there who know the technical aspect of their job, but they don't know what they need to do to get further in their careers," O'Brien said. "And there are too many people in the role of leaders who just don't understand the concept of it."

"This program is about equipping people with the tools they need to be good leaders. This professional development opportunity can provide today's junior enlisted member with the leadership skills needed to become an outstanding senior NCO," O'Brien said.

The program resembles a book club rather than a military professional development course.

Participants form reading groups and select relevant

books to read from a list of current professional development publications. Then, each month during the squadron's Unit Training Assembly, the group meets for a brown bag lunch to discuss the book.

"We're not studying these books," O'Brien emphasized. "We pick a book, read it, then get together to talk about it."

As their first reading selection, the officers' brown bag program chose "Strengths Based Leadership" by Tom Rath.

"We all have blinders on with regard to what we think our strengths are and how we're perceived by others," Beavers said. "This book helped each of us take a critical look at ourselves and the comparative strengths that exist within our team."

Fifteen senior NCOs from the squadron formed a group and also chose "Strengths Based Leadership" as their initial reading.

Editor's note:

To read the full story, visit <http://www.afrc.af.mil/news/story.asp?id=123350568>

ROBINS REV-UP

COMMANDER
Col. Mitchel Butikofer

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SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to lanorris.askew@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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To report delivery issues, call 472-0802.

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On the Fly

The **Traffic Management Office, which includes household goods, will close** Wednesday at 11 a.m. for an official function. The office will reopen Thursday from 8 to 10 a.m. after which it will close for another official function. The office will reopen June 14 for normal business hours.

For more information, call 472-0111.

The Robins Equal Opportunity Office will conduct EO Refresher Training June 25 and 26 at the base theater. There will be two supervisors' sessions June 25 from 9 to 11:30 a.m. and from 1 to 3:30 p.m. There will also be two employees' sessions June 26 from 9 to 11:30 a.m. and from 1 to 3:30 p.m.

Sign up for any of the classes on Robins' Intranet Homepage or by calling the EO office at 468-2131.

The **community assessment survey response time has been extended** to July 26.

Team Robins members who are asked to participate are encouraged to do so.

The assessment is designed to assist chaplains and people working in instal-

lation-level airman and family readiness centers, family advocacy programs, health and wellness centers, mental health clinics, and child and youth programs to better meet the needs of service members and their families.

Survey participation is completely anonymous.

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

Sirena Mims of DLA. Contact Dianne Brown at 468-3465.

Shuntae Waller of 78th MDSS. Contact Tammy Holland at 497-8390.

To have a Voluntary Leave Transfer Program recipient listed here, email Lanorris Askew at lanorris.askew@robins.af.mil.

To reach the 78th Security Forces Base Defense Operations Center for non-emergency calls dial 468-2187.

When dialing 911, which is also used as the Crime Stop hotline, callers are requested to state whether the call is in reference to an emergency or a crime stop notification to ensure proper routing.



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

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926-9516

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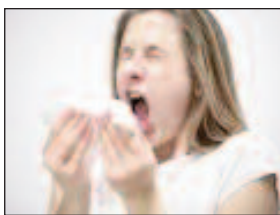
335-5218;

335-5236; 335-5238

An enemy among us

A little info about mold and allergies

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



With recent rainy conditions in the midstate, it's that time of year for mold and allergies.

From a public health perspective, this year in particular is slated to be a bad season due to the wet weather.

"Mold lives in our environment. It's everywhere," said Maj. Karen Kramer, 78th Aerospace Medicine Squadron Public Health Flight commander.

With that in mind, it's important to be aware of mold, how to prevent it and what to look for.

Mold can be found all year long in both outdoor and indoor environments. It can grow in warm, damp and humid conditions, spreading and reproducing by making spores.

Our climate here makes it ideal for such

growth conditions.

"Molds are not dominant allergens; however, during warm and rainy months, outdoor pollen from trees, grasses and weeds skyrocket.

Together, they can trigger allergies. For those individuals, limiting time spent outdoors, particularly during the early morning hours and at dusk, may help to avoid allergy symptoms," said Col. (Dr.) Rappa, the installation's Occupational Medicine Services chief.

According to the Centers for Disease Control and Prevention in Atlanta, the number of species of fungi, or mold, that exists is unknown; however, esti-

mates range from tens of thousands to perhaps 300,000 species or more.

They can be found outdoors in shady, damp places where leaves or other vegetation is decomposing. Indoors, they can be found where humidity levels are high, such as in basements or showers.

Some of the CDC's recommendations include keeping humidity levels as low as possible, no higher than 50 percent, all day indoors by using an air conditioner or dehumidifier.

Also, be sure the home has adequate ventilation such as exhaust fans; add mold inhibitors to paints before application; clean bathrooms with mold-killing products; avoid carpeting bathrooms and basements; and remove or replace previously soaked carpets and upholstery.

Counselor Connection

Lessons learned from EEO

BY ROBINS OFFICE OF EQUAL OPPORTUNITY

A training technician for the Air Force alleged that his agency subjected him to discrimination when his supervisor subjected him to sexual, verbal, and emotional harassment and abuse.

The agency dismissed the complaint for untimely Equal Employment Opportunity counselor contact. The Equal Employment Opportunity Commission found the agency's dismissal improper. The EEOC said the technicians' contact was well beyond the 45-day limit. However, he claimed that he was unable to contact an EEO counselor because of his incapacitation from major depressive disorder and post-traumatic stress disorder and fear of physical harm. The technician claimed the supervisor made a specific threat against his life if he told anyone about the harassment. The EEOC found

the case distinguishable from cases in which a fear of reprisal is not a sufficient ground for extending the time frames. The EEOC found the technician's legitimate fear of violent, physical reprisal justified an extension of the time frame.

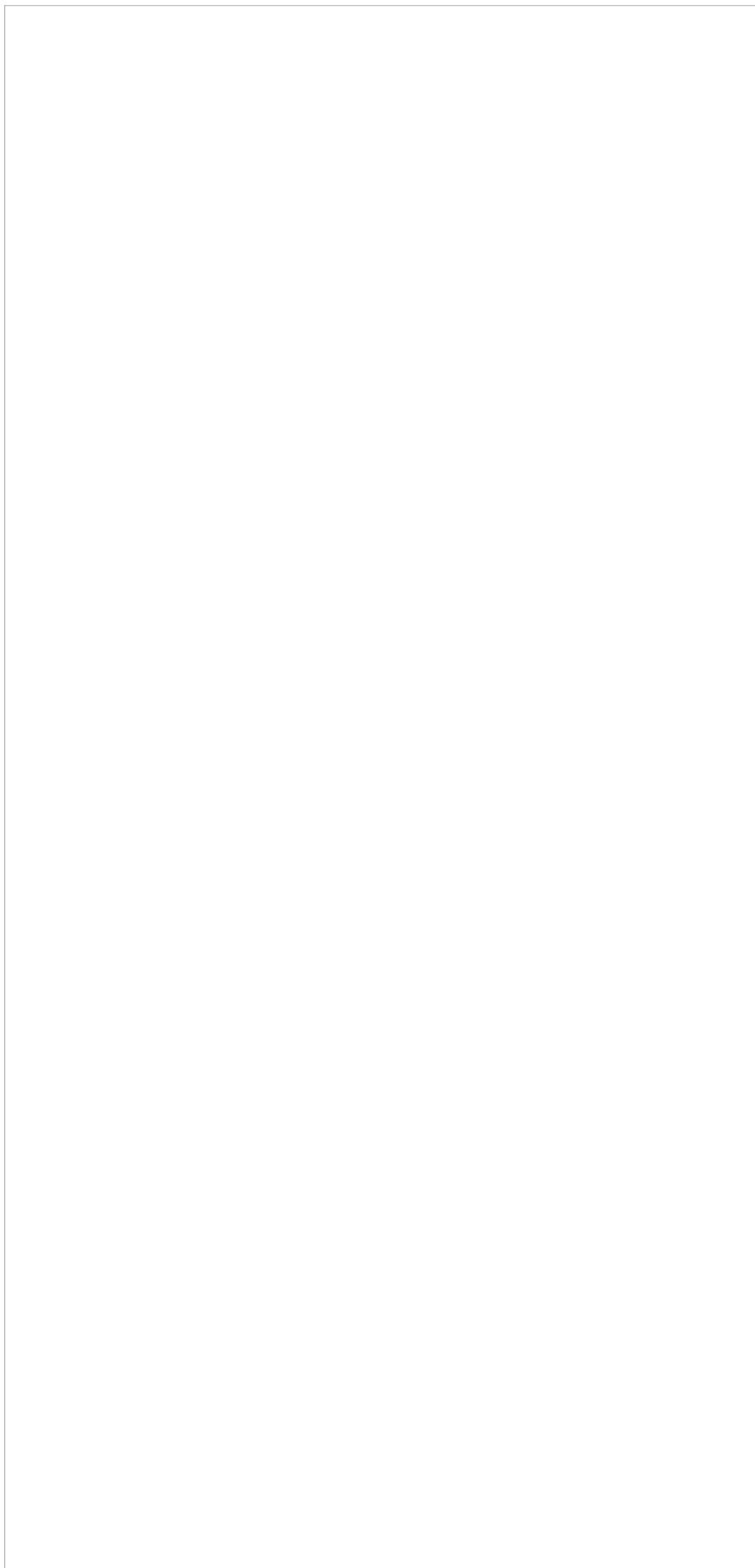
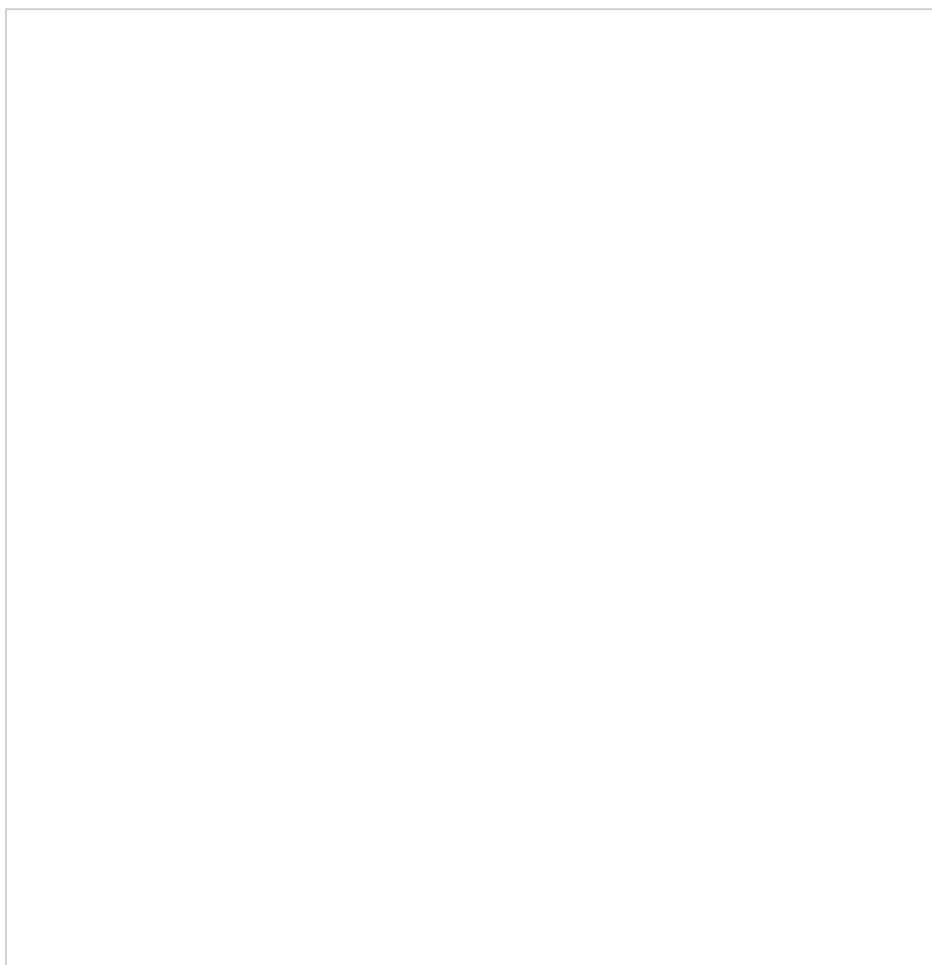
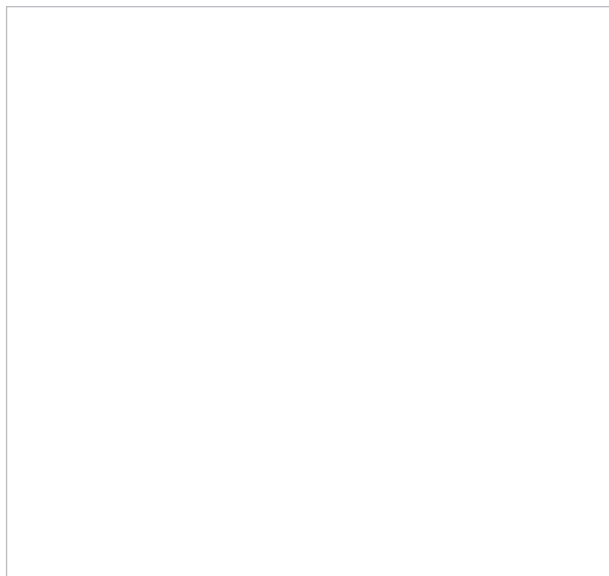
Ruling

The Department of Defense improperly dismissed a technician's complaint for untimely EEO counselor contact.

What it means

Generally, a fear of reprisal is not sufficient grounds for extending the time frame for EEO counselor contact. A legitimate fear of violent, physical reprisal can extend the time limitation.

**78th ABW/EO
706 Ninth Street
Bldg. 936
Robins AFB GA. 31098
926-2131**





U.S. Air Force photo by **RAYMOND CRAYTON**

The new 2,000-square-foot clinic will allow those who work in industrial areas of the Warner Robins Air Logistics Complex access to health professionals, notably within a few minutes' walk from most work sites.

FLIGHT LINE

Continued from 1

Services provided will be preventive health education, acute care for workplace injuries, work-related rehabilitation for musculoskeletal conditions (such as back and shoulder injuries), medical exams, follow-up injury care and after-care conditioning programs.

Offering quicker, more responsive high-quality assessments and initial evaluations for employees will have a huge return on investment, since care offered onsite will result in less waiting, saving time and money for employees who usually travel off base.

“We are bringing healthcare to the customer, to the flight line — bringing the right care to the right place at the right time,” said Col. James Dienst, 78th Medical Group commander. “It sounds easy, but it’s never been done.”

Another unique service the facility can provide is hands-on visibility with how employees do their jobs.

Seeing what employees do and how they per-

form their work gives the staff a better understanding of the workplace.

“We’re then better able to provide treatment to help them recover,” said Rappa. “What we really want to do is be that preferred provider for occupational injury care and prevention. This is a giant step in that direction, providing services that employees just can’t get elsewhere.”

Production employees previously visited temporary facilities in Bldg. 110.

Hours will be from 8 a.m. to 9:30 p.m. Mondays through Fridays. Rehab services will be offered from 8 a.m. to 7 p.m. A medical provider will be on site from 12:30 to 9:30 p.m.

For information, call 926-2038.

Hours will be convenient for all shifts, especially for employees working overlapping shifts who may need to come in during early morning hours when the clinic opens at 8 a.m.

The clinic is open to all WR-ALC civilian employees. Those without flight line access can call to make arrangements for pick up.

A ribbon cutting is scheduled for Tuesday.

ERGO

Continued from 1

In Bldg. 54, where aircraft are painted, workers wear suits and other personal protective equipment which must be disposed of in the hazardous waste containers every time the workers leave the hangar. Those liner bags could be removed several times

during a shift.

“There were occasions when someone would lean the drum over so we could pull a bag out because it was so heavy,” said Chaka Hodges, hazardous waste disposer. “The new unit is perfect.”

“This system is something anyone can use regardless of size and strength,” said Fowler.



U.S. Air Force photo by **MASTER SGT. ROGER PARSONS**

1st Lt. Sara Kathe, a 116th Medical Group nurse, places a splint on a patient’s simulated injured arm during the Vigilant Guard 2013 exercise at Camp Blanding, Fla.

VIGILANT

Continued from 2

injuries and other life-threatening conditions.

“This exercise gave us the opportunity to train with the equipment we would actually be working with if we get the call to work as part of a Joint Task Force,” said Senior Master Sgt. Katherine Haines, 116th MDG chief medical technician.

An added change to the Joint Task Force this year included active duty Army Combat Medics from Fort Bragg, N.C., who embedded with the combined 116th and 165th Medical Groups from the Georgia Guard.

The 116th MDG recognized in past Homeland Response Force exercises as one of the nation’s top performers, was able to share valuable best practices and training with the Army Combat Medics.

After a week in the trenches, the 116th Air Control Wing medical professionals were praised by Brig. Gen. Richard Gallant, Joint Task Force commander.

He pointed out the importance of the extensive knowledge, exceptional skills and professionalism they brought to the exercise.

USE YOUR WITTS NOT YOUR WATTS

**CONSERVE ENERGY
TURN OFF THE JUICE
WHEN NOT IN USE**

Good sports, good spirits

Events showcase competition, camaraderie



Capt. Whitney Lee and Lt. Col. Craig McPike, Air Force Reserve Command, run in the sled-drag race during Installation Sports Day. The day-long event included a 5K race, dodge ball, a swim relay, basketball, wally ball, total force tactical fitness and tug of war.



Challengers participate in the two-person swim relay.



U.S. Air Force photos by MISUZU ALLEN

Senior Airman Kyle Conrad and Airman 1st Class Steven Brewer, 5th Combat Communications Group, participate in the tire flip race. Fifty-nine teams from 17 units participated in Sports Day. First place honors went to the 5th Combat Communications Group; 2nd place went to Marine Light Attack Helicopter Squadron 733; and 3rd place went to 78th Security Forces Squadron.

A new spin on thin: HAWC program gives engineer new perspective on weight loss, maintaining better health

BY HOLLY LOGAN-ARRINGTON
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WHAT TO KNOW

All base ID card holders are qualified to take the Better Body Better Life Class. For more information, contact the Health and Wellness Center at 327-8480.

When Bret Donegan tried to shed pounds using a commercial weight loss product 13 years ago, he lost more money than weight in the long term.

However, since enrolling in the Robins Health and Wellness Center's Better Body Better Life Program in January, Donegan, an Air Force Reserve Command facility requirements engineer, has not only lost 30 pounds, but he found an approach to healthy living that can last a lifetime.

Donegan and his wife, Shielah, teamed their weight loss goals in the free, 10-week course, which he said

helped lead to his success.

"The course had multiple focus areas that challenged us to examine our lifestyle," he said. "Since Shielah is our food gatekeeper, she has been a key partner by purchasing and preparing different foods and making subtle changes to some recipe favorites.

"We seem to eat more, but weigh less which still amazes me," he added. Heather Hough, a registered and

licensed dietitian at the HAWC, said the weight loss and lifestyle modification program teaches nutrition in a way that helps people make healthier decisions anywhere.

"We meet three times per week (Monday, Tuesday and Thursday) from 11 a.m. to 12 p.m.," she said. "Once a week, we cover a nutritional topic and on Tuesday and Thursdays we exercise together. The nutrition topics are geared to covering nutrition from many different aspects and wherever possible, we give participants the opportunity to practice what they have learned."

Hough said lessons on nutrition go far beyond the classroom door.

"We actually go out to eat to practice dining out," she said. "When we learn about grocery shopping, we follow that up with a tour of the grocery store. We cover topics like basic nutrition, label reading, performance nutrition, mindful eating, and dining out among other topics."

Donegan said experiencing the class has changed his life.

"We were somewhat skeptical, but losing weight by slightly increasing activity and being more aware of what and how much we eat has really been eye-opening," he said.

Hough said she hopes others would take advantage of all the class has to offer.

FRI	SAT	SUN	MON	TUE	WED	THUR
7	8	9	10	11	12	13

EVENTS AND ACTIVITIES

ON TAP

First Friday

Today
5 to 6 p.m.
Heritage Lounge
Food, fun, entertainment
and prizes
For details,
call 472-7864.

Thunder Alley

Saturday
9 to 11 p.m.
Bowling Center
\$10 for two hours of bowling
includes shoe rental.
For details,
call 468-2112.

DoL/TAP/VA Workshop (Military)

Monday through June 14
A&FRC Bldg. 794
Five-day TAP
employment workshop is
skill-based for members and
spouses within 12 months
of leaving the military.
For details,
call 468-1256.

Fit Factor

Tuesday

4:30 to 5:30 p.m.
Youth Center Bldg. 1021
Ages 9 to 18
For details,
call 468-2110.

UPCOMING

Golf - Best Ball

Tournament
June 14
Registration begins
at 11 a.m. with a 1 p.m.
shot-gun start at Pine Oaks
Golf Course.
Cost is \$45
For more details, contact
Sean.bojanowski@robins.
af.mil or
Christopher.jones.4@robins.
af.mil.

Bundles for Babies

June 18
8 a.m. to noon
A&FRC, Bldg. 794
Specifically designed
for expectant parents
preparing for a baby
whether it's their first or not.
For details,
call 468-1256.

Right Start

June 19
8 a.m. to 12:30 p.m.
A&FRC, Bldg. 794
Mandatory briefing to wel-
come new military members
and their families to Robins.
For details,
call 468-1256.

Preseparation Briefing (Retirees)

June 20
12:30 to 4 p.m.
A&FRC, Bldg 794
This briefing is
mandatory for all
separating retirees.
For details,
call 468-1256.

ONGOING

Free movie

Every Saturday night in
June in the field behind the
housing office, Bldg. 1898.
The movie is open to every-
one with base access and
will start at dusk. Snacks
will be available through dif-
ferent Robins booster
clubs.

2013 AF Clubs Membership Scholarship Program



The Air Force
Clubs Scholarship
Membership
Program is accept-
ing applications for

25 \$1,000 club scholarships and a
high-performance laptop computer.

The program is designed to provide
an opportunity for members and their
families who attend or plan to attend
college to receive tuition assistance.

To enter, write and submit a one-
page essay on the topic: "Who or
What Inspires You to Be Successful?
Why?"

Essays must be 500 words or
less – excluding title – and must be in
12-point Times New Roman font, sin-
gle-spaced, with a double-space

between paragraphs. It must be sub-
mitted on white bond paper with 1-inch
margins on the top and bottom, and
1.25-inch margins on the left and right
sides.

Essays must be submitted with a
hard copy, electronically on a CD (must
have name, date written and word
count), entry form and a current
acceptance letter for new students or
official transcripts for those already
enrolled.

Nominations are due to Venus
Mansourzadeh, FSS Marketing, in
Bldg. 983 by July 1.

**Editor's note: For additional
information, visit www.afclubs.net
or call 478-926-6559.**