



Washington gets a look at Robins

Page 2



Program changes mean more choices for Airmen

Page 6

Transition Assistance program

Page 7

ROBINS REV-UP

August 15, 2013 Vol. 58 No. 31

AFMC leader message on furlough reduction

Team AFMC,

I am thrilled that Secretary Hagel was able to announce, through a combination of Congressional reprogramming approvals and budget management efforts, a reduction in the number of civilian furlough days from 11 to 6. I know the furlough hit our workforce hard in a personal way and had a direct impact on our mission. Thank you for persevering and maintaining mission focus despite the many difficult challenges sequestration has presented.

In anticipation of a substantially reduced fiscal environment, our Air Force senior leaders have directed we begin to review key Air Force business processes and, if applicable, associated organizational structure. Due to the excellent work you have performed implementing the 5-Center Construct, AFMC has already built momentum in the right direction to address the challenge to find ways to become even more efficient. I assure you AFMC will have a voice and representation at appropriate levels throughout the review. I will keep you informed as this process unfolds.

Thank you for all you contribute to AFMC and our Air Force.

— By Gen. Janet Wolfenbarger, AFMC commander

A Moment in Time

Fifty six years ago today on Aug. 15, 1957, the Robins Rev-Up became a commercial enterprise base newspaper.

NEWS

YOU CAN USE

Furlough facility hours return to normal

Due to the recent reduction in the number of furlough days announced last week, most facilities with altered Friday hours will return to normal hours next week. This includes the Commissary which will be open again on Tuesdays.

Parking lot paving project

A contract has been awarded to pave the existing gravel parking lot at Bldg. 549, the new Air Force Reserve Command facility on Robins Parkway.

To minimize impact the paving will be accomplished in two phases. It will require about half of the area be closed for the duration of the project which is expected to be 30 days. The total area will hold about 385 spaces when work is completed.



Courtesy photo

Elizabeth Moore was awarded the GWOT Service Medal.

MAKING them NEW again



U.S. Air Force photo by PAUL WENZEL

Andy Diaz, a plastic worker in Bldg. 670, repairs an after body part on an aircraft. This type of hands-on work fills in and smoothes over any imperfections during the fiberglass repair process.

Plastic shop's work crucial to pilots in harm's way

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

Radome repairs are a unique capability and crucial business at Robins.

After all, if they're not perfect, the radar behind it can't transmit signals properly. Pilots rely on the radome's protective layer to ensure their mission is accomplished, particularly when engaged with an enemy.

In the plastic shop, a team of 38 plastic technicians – experienced in the fine art of fiberglass repair – perform hands-on work on everything from C-5, C-17,

C-130 and F-15 radomes, to the spinners that sit on the front of C-130 propellers.

“A lot of what's done in this shop is ‘hand and eye’ work,” said Tracey Vail, Sheetmetal Manufacturing Flight deputy director. “Machines don't make these parts – everything is performed by hand.”

Although some items are created from scratch, for example in the shop's ‘Talon room,’ much of the work involves remanufacturing radomes, making them like new.

Depending on how extensive radome damages are, the work performed on them

can require a few days or as long as three weeks.

Each repair is different. However, one thing seems to be pretty consistent – many are coming in for work due to lightning strikes.

“Any damages we see look similar to a burn mark,” explained Jason Sanders, F-15 plastic shop worker. “Light will show all the way through when it is exposed through the radome.”

Repairs to the radomes, whether from lightning strikes or typical wear and tear,

► see PLASTIC, 8

Life-saving training routine at Robins

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

To ensure today's Airmen are protected against current global threats, training is conducted all year at Robins.

The CBRN Defense Survival Skills training in particular readies the force to always be prepared which can lead to survival in any austere environment.

CBRN trains on chemical, biological, radiological and nuclear scenarios. The course includes a lecture as well as hands-on training during a one-day course at Warrior Air Base.

Classes are conducted the first three Thursdays of each

► see TRAINING, 6



U.S. Air Force photo by ED ASPERA

Airman 1st Class David Nelson checks the neck flap closure on Staff Sgt. Nicole Rice's Joint Service Lightweight Integrated Suit while Airman 1st Class Aaron Harris, 78th Civil Engineer Group Emergency Management Section instructor, looks on.

Providing service to those in need

BY JENNY GORDON
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Keeping informed with the most up-to-date information is critical, especially when it comes to insurance benefits, retirement questions, employee assistance programs and other resources.

After coming onboard as a management analyst and resource adviser last fall with the 402nd Aircraft Maintenance Group, Yolanda Gray noticed a trend among many flight line mechanics who came to see her.

Rather than having to physically come to Bldg. 125, Gray has been steadily working to provide customer service bulletin boards near employee work areas, along with access to computers where workers can easily look up information.

Servicing about 3,500 employees, Gray thought it would be helpful if some of the information they were asking about were more readily available closer to where they work.

That included current information on a variety of online personnel resources such as EBIS, E-Gov and MyBiz, all available through MyPers, a new personnel records system.

There, employees can make changes to medical benefits, get verification of employment or salary, access retirement material, make changes to a family status and access life insurance information.

► see SERVICE, 8

Former Afghanistan director awarded Global War on Terrorism Service medal

EMILY TSAMBIAS
DLA Distribution Public Affairs

Elizabeth Moore, the first female commander at Defense Logistics Agency Distribution Kandahar, Afghanistan, has been awarded the Global War on Terrorism medal for her service as director from June to July this year.

While there, she also served as deputy commander of the distribution center from February 2012 to June.

Under her leadership, the organization, which is responsible for managing the receipt, storage and issuance

WHAT TO KNOW

The chief of staff of the Air Force authorizes the wearing of the Global War on Terrorism Service Medal for those who have participated in or served in support of the Global War on Terrorism-specified operations on or after Sept. 11, 2001 to a future date to be determined: airport security operations (OSA - Sept. 27, 2001 to May 31, 2002); operations Noble Eagle, Enduring Freedom and Iraqi Freedom.

of about 10,000 National Stock Numbers worth nearly \$115 million, processed more than 180,000 transactions in support of troops in theater.

Those items consisted of clothing and individual supplies, petroleum, construction materiel and repair parts.

Prior to her arrival in Kandahar, Moore served as chief of the Support Services Group and interim deputy director at DLA Distribution Warner Robins.

She will return to DLA Distribution in Warner Robins to serve as the acting deputy.

Page Two

Washington gets a look at Robins

At right, Senate Select Committee on Intelligence Minority Staff Director Martha Scott-Poindexter, (front) followed by SSCI Professional Staffer Tyler Stephens, leaves the C2ISR division more knowledgeable on the unit's uniqueness following a classified briefing here Monday.

The Command and Control Intelligence, Surveillance and Reconnaissance Division sports a \$2.8 billion portfolio and routinely supports other services and several intelligence agencies. The division is involved with several weapons systems including the U-2, Predator, Reaper and Joint STARS. Also pictured top left is Alan Mathis, C2ISR Division deputy, and Lt. Col. Nathan Lang, Secretary of the Air Force Legislative Liaison Division.

Below, John Huff, (left) F-15 Flight chief, briefs U.S. Rep. Phil Gingrey, Georgia's 11th



U.S. Air Force photo by RAY CRAYTON

Congressional District, as Col. Timothy Molnar, 402nd Aircraft Maintenance Group commander, looks on. The briefing took place during a tour of the F-15 Program Depot Maintenance hangar Tuesday. The visit also included a windshield tour of the flight line and a tour of Marine Aircraft Group 49, Det. A.



U.S. Air Force photo by ED ASPERA

ALL in a Day's WORK

Name: Maj. Kenneth O'Neal
Work title: S1, Personnel
Unit: MI Detachment (JSTARS)
Hometown: Nokesville, Va.
Number of years in federal service: 11



U.S. Air Force photo by JENNY GORDON

What does your work involve at Robins? "I am the supervisor for human resources actions including: evaluations, promotions, awards, personnel accountability, strength management and reporting, and finance for a 74-soldier detachment."

What do you enjoy most about your work? "I enjoy working with people. Each day in the office has a new circumstance or problem which needs our attention."

How does your work contribute to the Robins mission? "My work contributes to the Robins mission by continually supporting our personnel who deploy with the crew of E-8C/JSTARS aircraft."

What prompted your interest in your current career? "I hadn't worked with the Military Intelligence Branch at all in my

career and this was a good opportunity for me. It's always good to step away from what you're comfortable with and do something different."

What is something people would be surprised to know about you? "I am a Licensed Practical Nurse."

Who has been the biggest influence in your life? "God and my parents. I wouldn't be where I am today without God in my life. It's very humbling to know he's guiding me where he wants me to go. My parents have been a tremendous influence because God chose them for me. They instilled a great set of core values and beliefs in me."



Positive workplace relationships enable everyone to perform at their very best

NEWS FROM AROUND THE AIR FORCE

First ANG bomb wing certified for nuclear operations

WHITEMAN AIR FORCE BASE, Mo. (AFNS) – The Air National Guard celebrated a historic milestone this week as the 131st Bomb Wing – the nation's only Guard unit to fly and maintain the B-2 Spirit – was certified to conduct the nuclear mission upon completion of its initial nuclear surety inspection.

With the certification, the 131st BW reached full operational capability with the B-2, bringing to conclusion a six-year journey that began with the unit's transition from the F-15 Eagle mission in 2007, said Maj. Gen. Steve Danner, the adjutant general of Missouri.

"The Airmen of the 131st Bomb Wing have proven they are up to the task in carrying out this critical national security mission," Danner said. "This confirmation is the result of years of hard work and the commencement of a new chapter in Air National Guard history. The 131st Bomb Wing is officially open for business."

This event marks the first time in the history of the Guard that a bomb wing has been certified in the delivery of nuclear weapons.

"The 131st Citizen Airmen have proven they can exceed every stringent challenge posed in the nuclear realm," said Col. Michael Francis, 131st Bomb Wing commander. "Their countless hours have deservingly evolved into this success, and I couldn't be more proud."

The four-day inspection consisted of assessments in key areas, and graded the wing's ability to be caretakers of an unrivaled combat power.

To read more, visit www.af.mil.

TRICARE moves forward with prime service area reductions

FALLS CHURCH, Va. (AFNS) – Defense Department officials will reduce the number of TRICARE Prime service areas in the United States beginning Oct. 1, affecting about 171,000 retirees and their family members.

Those beneficiaries, who mostly reside more than 40 miles from a military clinic or hospital, received a letter earlier this year explaining their options. They will receive a second letter later this month.

TRICARE Management Activity officials said changing the location of Prime service areas has been planned since 2007 as part of the move to the third-generation of managed care support contracts and will allow them to continue their commitment to making high-quality health care available while supporting DOD efforts to control the rising cost of health care for 9.6 million beneficiaries.

Health care under TRICARE Prime costs about \$600 more annually per enrollee, but on average, each member of a family of three using TRICARE Standard will pay about \$20 more per month than if they were using Prime.

"The first thing TRICARE beneficiaries should know about the reduction in the number of Prime



U.S. Air Force photo by AIRMAN 1ST CLASS JAEDA WAFFER

Joint training

Staff Sgt. Alyssa Dutkiewicz, 375th Aeromedical Evacuation Squadron, checks vital signs during a training exercise between the 375th Aeromedical Evacuation Squadron and the Royal Canadian Air Force. The exercise trained Airmen on various aeromedical evacuation scenarios and gave the 375th AES an idea of how the Canadian Air Force performs.

service areas is that it doesn't mean they're losing their TRICARE benefit," said Dr. Jonathan Woodson, assistant secretary of defense for health affairs. "Next, it's important to remember this change does not affect most of the more than 5 million people using TRICARE Prime, and (it affects) none of our active-duty members and their families."

To read more, visit www.af.mil.

Airmen prepare Afghan security for future

BAGRAM AIRFIELD, Afghanistan (AFNS) –

During the past four months, 755th Expeditionary Security Forces Squadron Airmen have been focusing on transitioning the security of the Parwan province to the Afghan National Security Forces, while ensuring the security of Bagram Airfield here.

Key to the transition's success is that ANSF are taking the lead in planning and exercising of operations, while using the coalition service members as a support force.

By working with the Afghan National Army and Afghan National Police, security forces are able to build the ANSF's repertoire, expanding their capabilities during joint patrols.

Recently, the ANP discovered an improvised explosive device that was put in place to strike a 755th ESFS patrol.

The ANP detected it, cordoned off the area, used explosive ordnance disposal and safely detonated the device in place before it could harm members of the community, ANSF or coalition forces. Each time a patrol goes out, the 755th ESFS joins up with an ANSF member.

"This jointness helps build trust in the village to report to ANP, and it shows that they are very capable," said Capt. Michael Alvord, the 755th ESFS operations officer. "It also makes them more com-



U.S. Air Force photo by SENIOR AIRMAN CODY RAMIREZ

Aim high

Airman 1st Class Mike Turland, 374th Communications Squadron cable and antenna maintenance technician, climbs a stand to an antenna during scheduled maintenance at the Tokorozawa Communications Site, Japan.

fortable to report to us because they know us as part of the community. We conduct counterinsurgency and counter terrorism in conjunction with ANSF to provide effective security, enabling governance and economics in the local area. We are also aiding the transition by providing training support to local ANP."

To read more, visit www.af.mil.

Stay connected with social media without sacrificing career

BY AIRMAN 1ST CLASS
ZACHARY VUCIC

Air Force News Service

FORT GEORGE G. MEADE, Md.

– Engaging in social media can be a positive experience that entertains, keeps people connected and allows opinions to be expressed on a wide variety of topics.

In some cases though, social media can ruin personal reputations or careers, and create an open window for criminals to access personal information.

According to the Air Force's top social media expert, safe use of social-media outlets is simple – use common sense.

Tanya Schusler is the chief of social media for the Air Force Public Affairs Agency, Joint Base San Antonio-Lackland, Texas. She said in many cases, problems arise when people are "too trusting" with their personally identifiable information.

"It can be something as simple as sharing your location when visiting your favorite store or restaurant," said Schusler. "This tells your social network one critical piece of information – you're



not home."

To take full advantage of social media, and still post to Facebook and tweet to friends safely, Schusler offered the following advice:

Many Airmen cause issues by posting photographs of themselves violating appearance standards, acting inappropriately and most importantly, violating operational security protocol. If you're not within regulations, don't post it.

Airmen should not post information about deployments or photos of secure areas within their workplace. Even if the Airman takes the information down shortly after posting, someone has already seen it. The information can be printed, screen captured, copied etc. Once infor-

mation is released to the internet, it's there permanently.

When posting personal opinions about Air Force topics, provide a disclaimer stating the opinion as your own, and not that of the Air Force.

That can be done either as a disclaimer on a profile, or on each individual post and will alleviate any potential confusion from followers reading the post.

If an Airman posts a statement about hurting himself or others, time is of the essence.

Contact 911 if you know the location of the Airman. If you don't know the person's location, contact the command post or your supervisor for assistance in locating the Airman.

It's important to seek help for these individuals immediately.

Using certain security features within social media sites can help mitigate some of the risk of personal information being shared.

However, privacy policies change almost daily, and Airmen may not know about the updates. Therefore, don't rely on site security measures alone. Be care-

ful of whom you allow into your social media networks, and don't trust that the account will always remain secure. Assume personal responsibility.

Airmen's social-media pages are their personal space, and they are encouraged to tell their personal Air Force stories through social networks. They simply need to ensure the information they post is cleared for release and within regulations.

Don't jeopardize the mission or put anyone's life, or lives in danger. Think before you post.

"We don't want Airmen to feel like they are stifled from sharing information," Schusler said. "We just want to emphasize the use of common sense to keep people safe."

If Airmen have questions about acceptable posting to social media, there are resources available to them for guidance.

AFPAA has published a new booklet, the Air Force Social Media Guide, available for download here, or at <http://www.af.mil> on the homepage under the social media icons.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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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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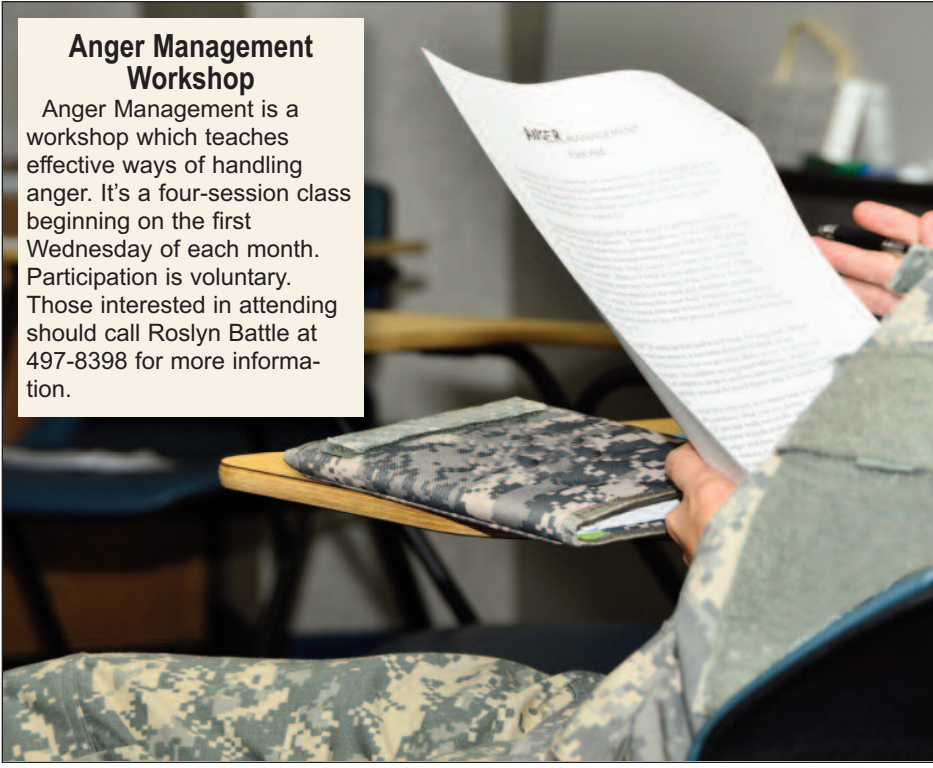
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On the Fly

Anger Management Workshop

Anger Management is a workshop which teaches effective ways of handling anger. It's a four-session class beginning on the first Wednesday of each month. Participation is voluntary. Those interested in attending should call Roslyn Battle at 497-8398 for more information.



U.S. Air Force photo illustration by ED ASPERA

Robins Family Advocacy will host **“How to Avoid Falling in Love With a Jerk or Jerkette** – Are you the one for me?” a five-session singles class to help participants identify the warning signs of a difficult partner and reduce relationship mistakes.

The classes will be Aug. 22 and 29 from 11 a.m. to 1 p.m. in Bldg. 941, the Professional Development Center. Registration is required.

To sign up, call 497-8398.

The **Armed Services Blood Program will conduct a blood drive Tuesday** from 10 a.m. to 4 p.m. at the Fitness Center Annex basketball courts in Bldg. 301.

To schedule an appointment online visit <https://www.militarydonor.com/index.cfm?group=op&expand=59384&zc=31098>. Walk-ins are welcome.

For more information, call Erin Longacre at (706) 787-1014 or visit www.militaryblood.dod.mil.

Are you a **service member planning to transition to civilian life** in the future? Kuder Journey is an easy-to-use, online resource designed to help service members plan for their future using skills, interests and work value assessments. Kuder Journey guides users through an easy step-by-step process, providing assistance in educational planning and career development.

The Air Force has a limited number of licenses available, but once you register, the license is yours for life. To register visit <http://dantes.kuder.com>.

For more information, contact Tara Chaltry at tara.chaltry@robins.af.mil.

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

Laura Beard of 78th MDOS. 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.

The **Office of Personnel Management has established an Emergency Leave Transfer Program** to assist employees affected by the recent severe storms and tornadoes in the state of Oklahoma.

Due to the generosity of Air Force employees, more than 1,000 hours have already been donated to more than 15 recipients. At this time there are more requests for leave than donated leave.

To donate leave or for those at Tinker who need leave and qualify under this program, call the Tinker ELTP program manager, Kathye Michaelis, at DSN 339-7516, commercial, (405) 739-7516 or send an email to tinker.leave.donatio@tinker.af.mil.



Changes to BE WELL mean more choices for Airmen

**AIR FORCE
SURGEON GENERAL
PUBLIC AFFAIRS**

The BE WELL program, an Air Force-wide program designed to provide Airmen and Air Force leaders with resources to optimize fitness and health, now offers more choices and increased flexibility, thanks to a revamp that went into effect July 1.

The BE WELL – an acronym for Balanced Eating, Workout Effectively, Living Longer – program, was redesigned based on input from Airmen, leaders and Air Force health promotion professionals.

The result is a fully cus-

tomizable program structured to offer effective, targeted solutions in the areas of fitness, nutrition education, and dietary supplement safety, according to Air Force Health Promotion, or AFHP, officials at the Air Force Medical Operations Agency, Joint Base San Antonio, Texas.

The new program offers access to a full suite of options, including a comprehensive online class, telephonic health coaching through Military OneSource, in-person classes on weight management with a fitness component and instructor-led workshops on cardiovascular and strength training.

Options in the new BE WELL program will remain open to all Airmen and their families, and the program will continue to be mandatory for those with unsatisfactory fitness scores.

Members with unsatisfactory scores will collaborate with their unit fitness program manager and their commander to choose the one or more options that will best help them meet their fitness goals, said Lt. Col. Trisha Vorachek, the Air Force Health Promotion chief.

Leadership teams can request information and support from their installation Air Force health promotion professionals.

TRAINING

Continued from 1

month and covers individual and team demonstration and performance objectives.

During the second portion of the class, students gear up to respond to a simulated high-threat CBRN scenario.

Students perform post-attack reconnaissance, or PAR, sweeps to locate and identify damage, unexploded ordnance, contamination or casualties.

These students are instructed to identify and radio in where the information is collected and processed in order to provide a better situational

WHAT TO KNOW

The Installation Exercise Program Office will conduct Exercise TR 13-5 Monday through Aug. 29. Exercise objectives are to evaluate the ability of Team Robins personnel to respond to wartime contingency tasking, Emergency Management incidents, and evaluate their Ability to Survive and Operate in a high-threat chemical warfare environment.

report for commanders in high-threat environments.

During the training, Airmen suit up in various stages of Mission Oriented Protective Postures gear – the most important part of which is the M50, or Joint Service General Purpose Mask.

“If you can get your mask on properly and in time, you won’t breathe in a hazardous substance

which could kill you,” said Airman 1st Class Aaron Harris, 78th Civil Engineer Group Emergency Management Division instructor.

“When I’m teaching, I feel the most important thing is to stress the confidence Airmen must have in their equipment,” he added. “This equipment, coupled with the training, can save your life.”



U.S. Air Force illustration by ED ASPERA

Cell phone use on base

It is understood from time to time there is that one cell phone call that you have to make or don't want to miss while you're driving on Robins Air Force Base. Your spouse is calling you to get something on your way home from work or the kids are calling about something. It happens to almost all of us at some point; however, there are laws in place for all Federal installations for your safety and the safety of others. Security Forces members enforce this law when they observe someone using a cellular device while driving on the installation. Use of a cellular device can be making a phone call, sending or receiving a text, looking at email or anything else while in physical operation of your motor vehicle. Civilian employees can be issued a Central Violations Bureau 1805, which carries a fine of about \$75. Military members can be issued a DD Form 1408 and will have to answer to their first sergeant or commander for their actions. We want to save lives, not lose them. Please do not use your cell phone while driving unless you have a Bluetooth headset or wireless connection through your stereo system. If you need to take an important phone call, feel free to use one of the numerous parking lots on the installation so you can take your call. For additional information contact Tech. Sgt Garza, 78th Security Forces Squadron, 472-1980.

– 78th Security Forces Squadron

Safety saves lives.
Start your savings account today.

New TAP – GPS gives retiring, separating Airmen, Guardsmen true direction for future

BY HOLLY
LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Entering the job market can be scary for anyone these days, but it can be especially frightening for people re-entering the civilian world after a military service commitment.

The Transition Assistance Program is a tool the Airman & Family Readiness Center has used for quite some time to help Airmen acclimate to the civilian world, especially when it comes to seeking employment.

“TAP is designed to provide retiring, separating and demobilizing service members and their families with everything needed for a successful transition to civilian life, said Lynette Haynes, an A&FRC community readiness specialist.

“It begins with a preseparation briefing where the member is provided with a lot of information on their benefits and entitlements,” she said. “They’re advised on who the subject matter experts are so they can obtain more information on a topic.”

Retirees can begin the process when they’re 24 months from retirement, and people separating from service can begin when they’re 18 months from their date of separation.

By law, they must undergo TAP training no later than 90 days from their date of separation or retirement.

Haynes said the old TAP has a new twist.

“Service members must complete an Individual Transition Plan which puts a written plan in place for them to follow once they get out of the military,” she said.

Additionally, service members have three workshops they can attend.

“The Transition GPS Workshop has the employment track built into its curriculum,” Haynes said. “Service members can also currently sign up for the Entrepreneurship Track and the Education Track.”

In the near future, the Veterans Administration will teach the Technical Track.

WHAT TO KNOW

Service members are now mandated to attend the five-day Transition Assistance Program Goals Plans and Success Workshop.

If a service member is even contemplating the possibility of separating or retiring, a preseparation briefing should be set up by contacting the Airman and Family Readiness Center. There is no negative impact on service members if they have a preseparation briefing, attend the Transition GPS Workshop and then decide to reenlist.

For more information, contact the A&FRC at 926-1256.

Each of the tracks lasts two days.

TAP’s requirements changed due to the Veterans Opportunity to Work to Hire Heroes Act, or VOW Act, which went into effect on Nov. 21, 2012.

“The purpose of the changes was to reduce the unemployment rate of Veterans, especially those Veterans between the ages of 18 and 24,” Haynes said. “Veterans have a higher unemployment rate than the general public.”

Haynes said the Transition GPS program helps the service member see where they are right now and develop a plan to get where they want to be from a career standpoint.

The Military Occupational Code Crosswalk helps the service member assess his or her current skills and what jobs he or she will be able to do based on those skills and experience, Haynes said.

GPS-TAP gives retiring and separating military members just what they need to succeed.

“Most service members have never written a resume or prepared for a job interview,” Haynes said. “This program helps them develop a vision for their future with the ITP helping them implement it. The VA benefits briefing provides a great overview of all of the possible benefits available to veterans.”

On Sept. 30, Capstone – a final check to see if the military member is truly prepared for life outside the military – will be included in TAP.

Making an informed choice

Base dietician offers tips, resources for choosing supplements

BY HEATHER HOUGH
HAWC Dietitian

Thinking about taking supplements?

Before grabbing that “sure-fire bet” friends, coworkers or fellow gym members may be talking about, there’s a resource to help you make a more informed choice.

Operation Supplement Safety is a joint initiative between the Defense Department and the Human Performance Research Center.

The initiative provides information on dietary supplements and how to use them safely.

OPSS is available to service members, retirees, their family members, DOD civilians, leaders and healthcare providers.

It’s available through the Human Performance Resource Center website: <http://hprc-online.org/dietary-supplements/OPSS>.

The website provides answers to questions such as, “What are high-risk supplements?”, “Are there safe supplements?”, and “How can I find out if my supplement is safe?”

The site also provides a link to the Natural Medicines



U.S. Air Force illustration by ED ASPERA

Comprehensive Database which provides information on specific supplements’ safety, benefits, side effects, drug interactions and more.

The HPRC website includes an Ask the Expert section which allows users to pose performance questions to experts and receive feedback.

Healthcare providers can use the website for educating themselves on supplements or as a resource for both written and electronic materials for educating clients.

With so many supplements on the market and so much information to sort through, the

site can be a useful tool for warfighters, their families and civilians to use when making choices about the supplements.

Whether it’s comparing products or finding out if green bean coffee extract is really a true weight loss solution, the website contains up-to-date information for supplements available in stores now.

The easy-to-use format makes it an asset that anyone can easily navigate.

For more information or assistance, talk with your healthcare provider or contact the Health and Wellness Center at 327-8480.

PLASTIC

Continued from 1

consist of sanding down surfaces for evaluation. Then they are grinded and built back up as needed before being sealed and coated, dried and sanded for perfect smoothness. Finally the radomes receive a fresh coat of paint.

An important piece also consists of checking them for moisture. Too much can cause radar signal interference. Too much epoxy filler or other materials used during repairs can also play a role. Everything has to be just right.

Once radomes have been repaired and painted, they’re

DID YOU KNOW

Robins is home to the Radome Analysis and Verification System, which performs tests on the MC-130H Combat Talon II Air Force Special Operations Command aircraft.

sent to nearby testing ranges to ensure the repairs don’t interfere with how a signal is received.

The shop produces an average of 164 parts a month.

“The work here is vital,” said Vail. “It’s important for us get these parts repaired and through testing on time. That way they’re returned to the supply system and back to the warfighter.”

SERVICE

Continued from 1

“I realized early on that our maintenance workers don’t always have the time or the awareness of changes that are being made in these new personnel systems,” said Gray. “I wanted to come up with a way to keep them informed of changes so they can be more involved in their own personnel issues.”

The customer service boards now serve as a one-stop shop of sorts, with flyers on leave requests, how to buy back your military time as a veteran, the Employee Assistance Program, federal jobs and more.

Seven boards have been displayed so far with five more coming soon until all areas have been covered.

“Be informed. That was my



Courtesy photo

Yolanda Gray, 402nd Aircraft Maintenance Group management analyst and resource adviser, talks to Brig. Gen. Cedric George, Warner Robins Air Logistics Complex commander, about the customer service boards.

goal,” said Gray. “After all, if I’m someone stressing about a personnel issue that needs to get done at work, that takes away from my work. The whole idea was to figure out how I can make it better for them.”

THUR 15 **FRI 16** **SAT 17** **SUN 18** **MON 19** **TUE 20** **WED 21**

EVENTS AND ACTIVITIES

Mug Night at the Heritage call 468-1256.

Today
3:30 to 9 p.m.
Heritage Lounge
Bring your own beer mug
(20 oz. or less)
For details,
call 472-7864.

FTAC/MRT

Monday
Professional
Development Center,
Bldg. 941
Young Airman learn
Mastery Resiliency Training
For details,
call 472-0168.

**Money and Credit
Management**

Monday
1 to 3 p.m.
A&FRC, Bldg. 794
Information on credit man-
agement, debt reduction,
and consumer rights.
For details,

FTAC Financial

Tuesday
Professional
Development Center,
Bldg. 941
FTAC students learn how to
manage their money
and savings.
For details,
call 472-0168.

Bundles for Babies

Tuesday
8 a.m. to noon
A&FRC, Bldg. 794
For details,
call 497-9398.

Fit Factor

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

Golf Tips from the Pro

Tuesday
5 to 6 p.m.
Pine Oaks Golf Course
Pay \$5 for all the range
balls you can hit and get
free tips from the PGA
head golf professional.
For details,
call 468-4103.

Home School

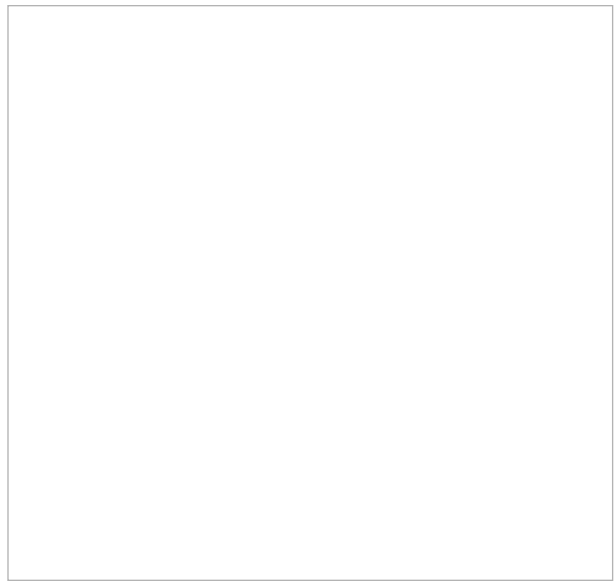
Association Meeting
Wednesday
1 to 3 p.m.
Youth Center, Bldg. 1021
Weekly meeting of parents
and children for families
who home school.
For details,
call 468-1795.

Heart Link

Aug. 23
8:30 to 2:30 p.m.

A&FRC, Bldg. 794

This event is an orientation
for spouses who married
into the Air Force within the
last five years.
It includes a day of fun and
activities while learning how
the Air Force works and an
explanation of the spouse's
role in the Air Force mission.
For details,
call 468-1256.



BEFORE THE RUN

Warm up before and stretch after running

Remove headphones when crossing the street

Wear loose, light colored clothing and proper shoes

Know your limits. Start with a short run and build on it over time

Stay hydrated and avoid drinks with high sugar concentrations

Run when it's cooler whenever possible; heat is an issue even if you're not in direct sun

