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ROBINS REV-UP

August 23, 2013 Vol. 58 No. 32

For your action: Validation requirement coming soon for all base CAC log-on accounts

BY 78TH AIR BASE WING INFORMATION ASSURANCE OFFICE

U.S. Cyber Command has issued an order directing all Robins-2k network users, including those who have migrated to the Air Force Network, to perform a "face-to-face" common access card validation.

What does that mean to those users? If their network accounts aren't validated, the accounts will be disabled.

A user with a disabled account cannot access the network. It will then take about seven to 10 business days to have the disabled account re-enabled.

To avoid an interruption of network

access and, more importantly a degradation of productivity, everyone should bring their CAC to one of the base locations listed in an eAdvisory email.

Employees will receive the notice on Tuesday from the Robins Postmaster.

Remember: no validation, no network access.



A Moment in Time

On Aug. 25, 1981, the then-Warner Robins Air Logistics Center became the logistics program manager for the UH-60A helicopter.

NEWS

YOU CAN USE

Robins exercises capabilities

Team Robins is conducting an exercise through Aug. 29.

Scenarios could include escalation of force protection conditions, resulting in gate closures for a specific period of time. Delays at gates can be expected.

During the exercise, base personnel should be aware there may also be delays at support functions such as medical facilities and force support squadron activities.

Field training events will occur at Warrior Air Base.

"Deployed" warriors will perform targeted wartime skills training such as self-aid and buddy care, chemical warfare attack and response, weapons familiarization, and land mobile radio instruction.

Gas station construction

The Robins Service Station is currently undergoing construction which involves heavy machinery. Some traffic congestion is expected during the construction which is expected to continue through Oct. 7. Everyone is asked to keep safety in mind and be cautious when entering the Service Station and Firestone area. Minimal disruptions to the fuel pumps and Firestone are expected; no closure is anticipated.

Gate 5 closure

Gate 5, the Martin Luther King Jr. Blvd. gate, will be closed to inbound traffic starting Tuesday at 9:30 a.m. to allow replacement of the inbound gate. Outbound traffic will not be affected. Inbound traffic will resume Wednesday.



SEALING THE DEAL

Rita Blount, C-5 Miscellaneous Panel Shop metal bond sheet metal mechanic, rebuilds a wing fairing panel.

Metal bonding layup process ensures quality product for warfighter

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



Sandra Armstrong, metal bond sheet metal mechanic, trims breather cloth which creates a vacuum seal bag for the autoclave bonding cycle.

Weight matters when you're flying.

Whether it's an Air Force C-5 Galaxy, F-15 Eagle, C-17 Globemaster III or C-130 Hercules, metal bond sheet metal mechanics in the 574th Composite Repair Flight at Robins ensure metal bond repair operations go off without a hitch to keep those planes running.

Every seal must be perfect, as a good chemical bond on today's aircraft parts ultimately keeps them lighter while flying.

Aircraft assets are not

only refurbished from start to finish inside Bldg. 169, but the flight's capabilities also include the manufacture of new items, which are either returned to the aircraft or turned back to the Defense Logistics Agency supply system for any base to use.

The flight is one of only three in the Air Force which performs the unique hands-on work.

Once an aircraft part is repaired and ready, it makes its way into a 'layup' or 'clean room' facility.

Think of it as a 'glue' room where special

► see SEAL, 2

New measures help address sexual assault

■ Robins adds additional SARC, victim advocates

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

Eliminating sexual assault remains a top priority across the Department of Defense.

As a result of new measures implemented earlier this year by the department – including a Sexual Assault Prevention and Response Stand-Down Day at Robins on June 21 – several changes have occurred.

In May, Secretary of Defense Chuck Hagel approved several initiatives to strengthen the DOD's SAPR program, including commander accountability, command climate, safety and victim advocacy.

At Robins, that resulted in the Sexual Assault Response Coordinator office growing from two to five personnel. The SARC office has relocated to Bldg. 707.

Today, Cindy Graver, Robins SARC, is joined by a second SARC, Lisa Matney, formerly with the Airman & Family Readiness Center.

SARC assistant Jayne Bishop now serves as a Sexual Assault Victim Advocate. A second SAVA will join the office in September.

► see ASSAULT, 3

Dirty jobs

Wastewater treatment plant services everyone's needs

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

While you may be sitting comfortably in an office chair, there's another Robins employee walking on a platform observing small pools of unfiltered wastewater and unprocessed sludge.

And while some folks are enjoying the smell of fresh coffee, someone else is rounding the corner of Bldg. 322, welcomed by the familiar aroma of contents we forget about as soon as it leaves our buildings.

Whether it's dirty water from sinks, dishwashers and washing machines, or human waste, any domestic sewage leaving buildings at

DID YOU KNOW

The wastewater treatment facility has been in existence since the 1940s and services the more than 25,000 military and civilian members who work here. The facility treats an average of 1.8 million gallons of wastewater per day.

Robins eventually ends up at the Waste Treatment Plant just beyond the intersection of Richard Ray Boulevard and Warner Robins Street.

The sights, sounds and smell in particular are something to get used to.

When asked if it's something he no longer notices, longtime supervisor Terry Warren lets out a loud laugh. "Yeah, I smell it!" he said.

But once you get past that minor detail, the operation is a well-oiled machine, a complex network of automatic pumps, filters and drying beds that treat wastewater in seven separate and distinct stages from start to finish.

The facility treats an average of 1.8 million gallons of wastewater per day.

Once water leaves a

► see WATER, 3



Darryl Hall, wastewater treatment operator, removes algae and other biological growth from a secondary clarifier which separates sludge from wastewater where it's further processed for discharge into the Ocmulgee River.

U.S. Air Force photo by ED ASPERA

Page Two

U.S. Air Force photo by RAY CRAYTON

Sandra Armstrong, a metal bond sheet metal mechanic, applies film adhesive to a C-5 heat exchange panel.



SEAL

Continued from 1

adhesive films that look like plastic sheets are applied to ensure everything stays in place.

“Pretty much anything that is worked on in this building comes through here,” said Keith Gurr, a 574th Composite Facility supervisor. “Instead of having multiple layers of metal making heavier components for aircraft, we can actually lighten it up using what are called honeycomb composite structures.

“Whenever parts arrive, the ‘clean room’ is where we store our film adhesives and bagging materials for what we need to form what’s called a bond,” he added.

The clean room is exactly what it sounds like – a room where two special HVAC units are in place to control temperature and humidity.

Nothing is allowed inside the space which could create a vapored

exhaust, such as an engine, or a vehicle.

“It can create an issue along the bonding line,” said Gurr. “Once we lay up an item in the clean room, it could create a film of grease, condensation, or anything that can contaminate the surface of what we’re bonding.

“The No.1 rule is cleanliness – that can make or break you in this world over here,” he stressed.

The room is carefully pressurized as well; if you were to open a door, it would push any contaminants out as opposed to in. That’s due to the positive pressure output from the HVACs.

Once film is applied to a part’s surface using special white, lint-free gloves, it makes its way to a table where it is vacuum-sealed.

“You have to have some form of pressure pushing and holding everything together,” he said.

This process is critical not only because film adhesives seal everything in place, but it’s also a

staging area for the next step – the autoclave.

There are currently two in the building.

Autoclaves are vacuum-tight sealed chambers, similar to pressure cookers, where pressure is applied to expose aircraft parts to high temperatures.

Once inside, depending on the type of film adhesive used earlier, the adhesive will liquefy and flow to its proper area helped by temperatures ranging from 250 to 350 degrees.

The entire process creates a surface where everything is stuck together, not only creating a good bond but a much lighter surface in the end.

There will be even more bonding capability in the future with the addition of a third autoclave in Bldg. 169.

Once the building’s roof is completed in a few weeks, an area will be prepped for work to remove part of a wall where the autoclave will be positioned.

The project is expected to be completed later this year or in early 2014.

ALL in a Day's WORK

Name: Anthony Pope
Work title: Community Readiness Specialist
Unit: 78th Force Support Squadron
Hometown: Matthews, N.C.
Number of years in federal service: 5

What does your work involve at Robins? “The Airman & Family Readiness Center has 16 programs such as Personal Financial Readiness, Employment Assistance and the Air Force Aid Society. I assist customers with our programs.”

What do you enjoy most about your work? “Helping people.”

How does your work contribute to the Robins mission? “Personal readiness is key to any mission. The 16 programs we offer provide information and resources that enable individuals and families to prepare for the future.”



U.S. Air Force photo by MISUZU ALLEN

What prompted your interest in your current career? Working as a First Sergeant for almost eight years.”

What is something people would be surprised to know about you? “I’m an introvert.”

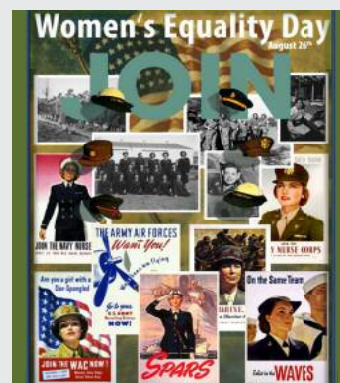
Who has been the biggest influence in your life? “My children. They have taught me what is really important in life.”

What is an accomplishment you are most proud of? “How our children have grown and prospered over the years.”

Monday is Women’s Equality Day

Eighty-three years ago, on Aug. 26, 1920, women in the United States were given the right to vote by the signing of the 19th Amendment to the United States Constitution. Though the amendment was introduced many years earlier – as early as 1878 – it took many years before the bill was eventually signed.

To mark the occasion, U.S. Congresswoman Bella Abzug introduced legislation in 1971 resulting in a resolution that was passed designating Aug. 26 of each year as Women’s Equality Day.



ASSAULT

Continued from 1

Currently, the office's support personnel also include 24 volunteer victim advocates.

According to Graver, in October a military officer will join the office, serving as a deputy SARC.

This person will assist with continuity between the military and civilian population.

"We're so fortunate at Robins to be increasing our staff," said Graver. "A larger staff means more visibility on base, more education and training programs available, and more qualified and cre-

deniated staff to provide the necessary care and services needed by those people traumatized by sexual assault.

"Lisa Matney is an exceptional and extremely talented person, and we're already using her knowledge and wisdom on a daily basis," she added. "Jayne Bishop watched this program grow from the ground up and is ready to take it to the next level. I truly look forward to working with these outstanding young women."

At the DOD level, Secretary Hagel announced earlier this week additional supportive measures to gain greater consistency of

effort, and enhancement of investigative quality, legal processes and victim support.

Those initiatives include establishing a special victim's legal advocacy program; expanding victim's rights; expedited transfer of a victim at the victim's request or command removal of an alleged offender from the local environment; ensuring policies are met prohibiting inappropriate relations between trainers and trainees by elevating oversight; enhancing pre-trial investigations; and ensuring the quality on a recurring basis of closed sexual assault investigations.



U.S. Air Force photo by MISUZU ALLEN

Shelter from the storm

Lance Carson, firefighter and hazardous material technician, returns personal effects to Roslyn Harris, human resources assistant with the Directorate of Personnel, following a major water leak Tuesday in Bldg. 376. According to Robins Fire Chief Forest Johnson, a contractor was working on a sprinkler system when a pipe broke in one of the ceiling's main lines. Affected employees should be able to move back on Monday after the completion of repairs and clean up.



U.S. Air Force photo by ED ASPERA

Charleston Thomas, Wastewater Treatment Plant Operator, operates the centrifuge processor which compresses liquid into solids.

WATER

Continued from 1

building and makes its way to the facility, it can take 24 hours for a cycle to be completed.

"Because of the amount of flow that we have, it's necessary to have various stages of treatment. This plant is capable of treating 3.3 million gallons per day," said Warren.

A grassy bank just steps from a small administrative building leads to the first stage of processing.

Once wastewater leaves a building, whether through pipes or with pumping assistance from about 300 lift stations across the base, it enters an initial staging area.

Here, paper products and trash are filtered through two separate machines, by way of chutes that spit out any grit – sand, rocks or gravel – that come through.

This 'sludge' is later dried, processed and returned to a landfill.

Two massive primary clarifying pools, about 12 feet deep, filter raw waste.

Next, the wastewater



U.S. Air Force photo by LYNSEY SANDERSON

While it treats 1.8 million gallons of wastewater per day, the Robins Wastewater Treatment Plant is capable of treating 3.3 million gallons per day.

makes its way into trickling filters, an aeration basin, secondary clarifiers and sand filters (which capture any additional remaining solid contents).

It eventually completes its journey to the back of the facility.

There, the smell is hardly noticeable.

Once water flows through the sand filters, it's automatically chlorinated before being deposited about half an hour later into the Ocmulgee River.

Shallow pools flush out gallons of treated water per minute.

The results resemble what comes out of your kitchen or bathroom sink.

"At this point, although it isn't potable water, it can be taken from the river for later use," said Warren.

Some may call it an unappreciated or forgotten job. But, the eight operators who work tirelessly at the plant every day say it's a good living that has provided stability for family vacations, education and some of life's luxuries.

"Although the plant has been here since the 1940s, it still runs very efficiently," said Warren.

Robins to host POW/MIA ceremony

The Robins POW/MIA Committee will host a recognition ceremony Sept. 19 at 3 p.m. in the Museum of Aviation's Century of Flight Hangar.

Crawford Hicks, an Air Force B-17 pilot who was a prisoner for 11 months in a German camp during World War II, will be the guest speaker.

For more information, call Staff Sgt. Brandon Harris at 497-7048.



WINGMEN WANTED

EAP – 327-7683;

926-9516

AIRMAN AGAINST

DRUNK DRIVING –

335-5218;

335-5236; 335-5238

NEWS FROM AROUND THE AIR FORCE



Air Force Space Command to discontinue space surveillance system

PETERSON AIR FORCE BASE, Colo. (AFNS) – Due to resource constraints caused by sequestration, Air Force Space Command officials have directed the 21st Space Wing to prepare to discontinue operations at the Air Force Space Surveillance System by Oct. 1. Final decisions on all fiscal 2014 budget issues will be made during the next few weeks.

By discontinuing operations, the AFSSS would not be maintained in operational status; however, equipment will not be removed until a final disposition determination is made.

The AFSSS sites are operated under contract and the 21st SW has notified the vendor, Five Rivers Services in Colorado Springs, Colo., that it most likely will not exercise the next contract option beginning Oct. 1. By de-activating the AFSSS by Oct. 1, AFSPC would see a cost savings of about \$14 million per year, beginning in fiscal 2014.

AFSPC officials have devised modified operating modes for the Perimeter Acquisition Radar Characterization System at Cavalier Air Force Station, N.D., and for the space surveillance radar at Eglin Air Force Base, Fla., which allows the discontinuation of AFSSS operations while still maintaining solid space situational awareness.

The AFSSS is a series of three transmitters and six receivers along the 33rd parallel stretching across the southern United States. The three transmitter sites are located at Jordan Lake, Ala.; Lake Kickapoo, Texas; and Gila River, Ariz. The six receivers are located at Tattnall, Ga.; Hawkinsville, Ga.; Silver Lake, Miss.; Red River, Ark.; Elephant Butte, N.M.; and San Diego, Calif. The two receiver sites at Tattnall and Silver Lake were deactivated in April of this year.

To read more, visit www.af.mil.

DOD announces same-sex spouse benefits

WASHINGTON (AFNS) – The Department of Defense announced its plan to extend benefits to same-sex spouses of uniformed service members and DOD civilian employees Aug. 14.

After a review of the department's benefit policies following the Supreme Court's ruling that Section Three of the Defense of Marriage Act is unconstitutional, and in consultation with the Department of Justice and other executive branch agencies, the Defense Department will make spousal and family benefits available no later than Sept. 3, regardless of sexual orientation, as long as service member-sponsors provide a valid marriage certificate.

The DOD remains committed to ensuring that all men and women who serve in the U.S. military, and their families, are treated fairly and equally as the law directs.

Entitlements such as TRICARE enrollment, basic allowance for housing and family separation



U.S. Air Force photo by STAFF SGT. MARLEAH MILLER

Fueling the fight

An F-16 Fighting Falcon receives fuel during an in-air refueling mission over Afghanistan. The fuel was provided by a KC-135 Stratotanker from the 340th Expeditionary Air Refueling Squadron

allowance are retroactive to the date of the Supreme Court's decision. Any claims to entitlements before that date will not be granted. For those members married after June 26, 2013, entitlements begin at the date of marriage.

To read more, visit www.af.mil.

Air Force Academy welcomes new superintendent

U.S. AIR FORCE ACADEMY, COLO. (AFNS) – The U.S. Air Force Academy logged a new milestone Aug. 12 when the first woman to hold the position of Academy superintendent assumed command in a ceremony before hundreds of guests, Academy staff and cadets.

Lt. Gen. Michelle Johnson told the crowd she looks forward to leading the Academy's mission of educating, training and inspiring men and women to become officers of character, motivated to lead the Air Force in service to the nation.

"I am honored, grateful and very happy to be the 19th superintendent of the U.S. Air Force Academy," Johnson said.

A class of 1981 distinguished graduate, Johnson was the Academy's first female cadet wing commander. Prior to earning her pilot wings in 1984, she attended Oxford University as a Rhodes Scholar from 1981 to 1983, earning a Master of Arts degree in politics and economics. Johnson also played varsity basketball throughout her four years at the Academy, and is the second all-time leading scorer for Air Force.

Air Force Chief of Staff Gen. Mark Welsh presided over the change of command and asked Johnson to strive to earn the trust of Academy Airmen and cadets.

"These are the future leaders of our Air Force and the remarkable staff and faculty who prepare them for that role," he said to Johnson, referring to the crowd.



U.S. Air Force photo by SENIOR AIRMAN BENJAMIN STRATTON

Get 'er done

Airman 1st Class Tyler Jones, a 379th Expeditionary Logistics Readiness Squadron vehicle mechanic, performs routine maintenance on an aircraft cargo loader at the 379th Air Expeditionary Wing in Southwest Asia. He is deployed from Eielson Air Force Base, Alaska.

"I need you to lead them. I need you to inspire them. I need you to take care of them – and I absolutely know that you're the right person for this job."

Johnson's prior assignments have helped her better understand what it means to be an Airman, she said.

To read more, visit www.af.mil.

Inspired by nature: Innovative C-17 flight tests to save AF millions

BY ROGER DRINNON

Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, ILL.

– Air Mobility Command's chief scientist credited birds, dolphins and surfers for the success of recent ground-breaking C-17 Globemaster III flight tests expected to save the Air Force millions in annual fuel costs.

Dr. Donald Erbschloe flew aboard the test flights involving surfing aircraft vortices for energy – or "SAVE" – from Edwards Air Force Base, Calif., to Joint Base Pearl Harbor-Hickam, Hawaii, and back, July 9 through 11. Afterward, he explained how nature provided inspiration for one C-17 aircraft to trail behind another and recapture energy that would otherwise be lost. This allows the trailing aircraft to use less fuel in a time when aviation fuel costs are soaring. Data from the tests promise savings of up to \$10 million a year.

"Creatures in the wild do this all the time – exploiting conditions which give them an energetic advantage ... just that slight edge," Erbschloe said. "Dolphins and human surfers ride the 'bow waves' off ships, hawks circle in thermals to gain



U.S. Air Force file photo by SUE SAPP

altitude and energy, and geese fly in V-shaped formations to reduce their exertion during long migrations."

He said during a recent ferry ride in Washington State, he mused at how seagulls employed the method.

"I observed seagulls riding the air bow wave off the top of a ferry" Erbschloe said. "Just as we were starting our crossing, a seagull positioned itself and established a sustained glide. It never flapped its wings once during the entire 20-minute transit. Only when the ship slowed and maneuvered to dock did the bird start to fly on its own."

AMC aircrews and 412th Test Wing personnel, along with Boeing researchers, were on the two C-17 aircraft in the SAVE configuration. The July flights followed previous test flights at Edwards in October, which proved the science behind

the concept. Results from those tests were compelling enough to warrant the follow-on tests on an actual operational mission, which also included flying at night.

"We were very pleased with the results of the long range demo. We demonstrated in-flight rendezvous, day and night operations, and flew several hours in each direction in our SAVE formation," said Bill Blake, the Air Force Research Laboratory SAVE program manager. "With only minor changes, we were able to attain double-digit fuel savings, which exceeded what we measured during our 2012 proof-of-concept test."

Erbschloe said past tests involved fighter aircraft, which had to fly closely at "fingertip" intervals for any benefit, requiring a lot of pilot effort for what he described as "white-knuckle" flying; this is not the case with the larger C-17.

With minor software changes, the C-17's autopilot sustains the SAVE position at safe distances ranging from 3,000-6,000 feet between the lead and trailing aircraft, so the aircrew workload is minimal. He said in addition to confirming the fuel savings, assessing how SAVE affected the aircrew was an important part of these latest tests.

"Maintaining position in the SAVE formation is no more task – saturating for the aircrew than flying at cruise on any other worldwide mission," said Maj. Kyle Clinton, the director of 62nd Airlift Wing weapons and tactics from Joint Base Lewis-McChord and one of the pilots who flew the trailing C-17 during the tests. "Across the board, I believe the potential benefits could be worthwhile for the aviation community – not just for C-17 formations but also for mixed formations, such as tankers (accompanying) fighters."

The tests are done, and the concept is validated. The next step involves funding for a DOD Advanced Technology Demonstrator to figure out the exact procedures and processes needed to introduce this fuel-saving concept to other Air Force aircraft. The two- to three-year project could begin as early as next year, Erbschloe said.

SAVE is the culmination of an ongoing, combined effort between AMC, the AFRL, the 412th TW, the Air Force Life Cycle Management Center, the Defense Advanced Research Projects Agency, the Boeing Company, and NASA Dryden Flight Research Center.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

HOW TO CONTACT US

Robins Public Affairs
620 Ninth Street, Bldg. 905
Robins AFB, GA 31098
468-2137
Fax 468-9597

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.

DELIVERY

To report delivery issues, call 472-0802.

The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air

Force Base, Ga.

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INTERNAL INFORMATION CHIEF
Geoff Janes

EDITOR
Lanorris Askew

PHOTOGRAPHERS
Sue Sapp
Tommie Horton
Ed Aspera
Misuzu Allen
Raymond Crayton

STAFF WRITERS
Jenny Gordon
Holly Logan-Arrington

On the Fly

The Special Olympics Georgia Masters Bowling Tournament will begin with an opening ceremony today at 5:30 p.m. at the Museum of Aviation's Century of Flight.

The games will run Friday until Sunday at the Robins Bowling Center and Gold Cup Bowling in Warner Robins.

More than 1,000 athletes, coaches and families from across the state, as well as local mayors, council members, and other dignitaries will be in attendance.

The 78th Comptroller Squadron will be closing at noon Thursday for an official function.

For emergencies call (478) 442-4427.

"Feds Feed Families "Food Drive runs through Aug. 31. Feds Feed Families is a voluntary effort by federal employees to bring nonperishable food items to their offices for distribution to local food banks.

Drop-off locations include the commissary, Bldgs. 594, 210, 220, 221, 222 and 211.

For more information, call Senior Master Sgt. Arthur Cassidy at 468-3868 or Master Sgt. Joleen McCollister at 468-7199.

The Munitions Operations Office will be closed Sept. 3 through 6 for a semiannual inventory of the munitions stockpile.

Only emergency issue requests, submitted in writing and approved by a group commander, will be accepted during this time.

Your donations to the Robins Thrift Shop help provide scholarships for graduating high school seniors and continuing education students, as well as funding for local charities.

Anyone with base access can shop, volunteer or cosign at the shop.

Consignments will be accepted from

10 a.m. until 12:30 p.m. and 3 to 5 p.m. daily and donations are welcome.

Sales are by cash or check only. The hours of operation are Wednesdays from 10 a.m. to 1 p.m. and 3 to 6 p.m.; Fridays, from 10 a.m. to 1 p.m.; and the first Saturday of the month, from 10 a.m. to 1 p.m.

For more information, visit Robins AFB Thrift Shop on Facebook or at www.robinsosc.com.

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.

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 email tinker.leave.donatio@tinker.af.mil.

The 78th Security Forces Squadron Crime Prevention Program is available to organizations for various unit events.

To schedule an appearance or for more information, call Staff Sgt. Santina Simpson at 472-1997 or Staff Sgt. Michael Garza at 472-1980.

EAP Management Coaching is now available for managers and supervisors. The program focuses on maximizing a manager's strengths to improve performance and enhance his or her quality of life.

For more information, call 497-7577 or 497-7683.



U.S. Air Force file photo by SUE SAPP

Robins scouts collect, retire worn flags

Boy Scout Troop 220 and Cub Scouts Pack 220 at Robins are currently collecting worn U.S. flags during scout meetings. Times are Mondays from 5:30 to 7:30 p.m. and Tuesdays from 6:30 to 8 p.m. in Bldg. 991, located behind the former Robins Elementary School. They may also be dropped off at Bldg. 359 at the front desk from 7 a.m. to 3:30 p.m. A permanent collection point will be established in the future where flags may be dropped off at any hour in Bldg. 991.

The Boy Scouts and Cub Scouts are sponsored on base by the Society of American Military Engineers Robins Post. Scouts engage in service projects on base, such as re-establishing Tree Frog Trail, removing shrubbery and building a low-maintenance rock garden at the base chapel. They also planted more than 100 trees on base as part of an Eagle Scout project.



Positive workplace relationships enable everyone to perform at their very best

Pull the plug

Tips for safely operating heat-producing appliances during hot temperatures

BY NATALIE ESLINGER

Air Force Safety Center
Public Affairs

KIRTLAND AIR FORCE BASE, N.M. – With the temperatures still in the high to higher range, who’s thinking about heat-producing appliances and the dangers of using them?

Certainly not me, and surely you’re not either. That’s a mistake; many appliances can cause fires if not used properly: hair dryers, curling irons, clothing irons, phone and tablet chargers, and even back massagers to name a few.

That’s exactly what happened to a colleague. A back massager was stored in a bedroom closet and he didn’t even realize it was plugged in. When he found it, it had melted from the heat produced by the electricity. Fortunately, the appliance was face-up which may have prevented the carpet from catching fire.

Regulations covering space heaters are found in AFI 91-203; however, for other small appliances, the regulation covers which appliances must be plugged directly into the wall outlet, not an extension cord or power strip. Below are highlights of the AFI’s safe handling and operation of heat-producing appliances.

Heat Producing Appliances

►Use UL-listed space heaters equipped with automatic shut-off devices that will turn off the heater if it tips over. Space heaters must also have an overheat protection device, an automatic thermostat control and must be disconnected when not in use.

►Plug space heaters directly into a wall receptacle. Don’t plug space heaters into power strips or extension cords.

►Maintain a 36-inch minimum distance or follow the manufacturer’s recommendations between any heat producing appliance and combustibles. The more restrictive of the guidance should be followed.

►The use of portable space heaters must follow the manufacturer’s specifications and have the approval of the base energy awareness manager.

►Don’t leave devices unattended when in use and unplug them at the end of the day or shift.

►The use of space heaters in any hazardous location is prohibited.



Courtesy photo

Unplug all small electrical appliances when not in use.

Coffee Makers

►Keep coffee makers and the area around them free of combustibles.

►Refer to the manufacturer’s operating instructions and consult the facility manager for approval of the coffee maker’s placement.

►Unplug coffee makers at the end of the day. Coffee makers with integral timers don’t need to be unplugged. Do not use timers unless the coffee maker comes with an integral timer.

Heating Systems

►Heating devices, such as furnaces or heaters, must be kept clear of combustible and flammable material.

►All heating equipment must be in good repair. All heating, boiler, air conditioning, air handling and mechanical rooms must be secured.

Decorations

►Electric string lights and wiring must be UL approved and in good operating condition.

►Unplug all electrical decorations when work area is unoccupied.

►Decorations must be noncombustible or fire retardant. Larger decorations, such as Christmas trees or fake fireplaces, if authorized, can’t block exits or paths of egress. Decorations using an open flame are prohibited.

When it comes to appliances at home, it’s important to follow the manufacturer’s instructions and always remember to pull the plug.

Welcome to the 78th Medical Group

****CLINIC/PHARMACY HOURS****

Today through Sept. 25

Clinic and Pharmacy hours of operation will be Mondays through Fridays, from 7:30 a.m. to 4:30 p.m.

Starting Sept. 26

The clinic and pharmacy will resume normal hours Mondays through Fridays, from 7:30 a.m. to 4:30 p.m.

On the second and fourth Thursdays, hours are 7:30 a.m. to noon

(Closed for training from noon to 4:30 p.m.)

Pharmacy will stop taking new prescriptions at 11 a.m. on the second and fourth Thursday

For questions or concerns, contact customer service at 497-8475

Getting heart smart: Healthy Heart class teaches people how to head-off heart related diseases

BY HOLLY LOGAN-ARRINGTON
holly.logan-arrington@us.af.mil

The Health and Wellness Center is offering a class that gets down to the heart of fitness, literally.

Healthy Heart is a free, is a two hour course designed for people who are concerned about elevated cholesterol and high blood pressure.

The monthly class covers the different issues that surround these diseases, how to prevent them, and how to decrease the effects of heart disease through physical activity and nutrition.

Nikki Hernandez, a nurse educator at the HAWC, said the course teaches people how simple changes can make a big difference in one's health.

"Healthy Heart is built to fit a normal lifestyle," she said. "No fad diets here! We want to make suggestions for small tweaks to nutrition and fitness that can add up to better long term health."

With more than 17 years of experience

in healthcare and disease prevention, Hernandez said she and fellow class instructor, Heather Hough, HAWC dietitian, have the right recipe for staying heart healthy.

"We are passionate about preventing heart disease and believe this course can

be the first step to a happier and healthier future," she said.

Hough said the class is just one way the HAWC helps people learn how to achieve realistic, long-lasting lifestyle changes.

"We, at the Health and Wellness Center, strive to bring classes and content that will help people not just understand their lifestyle and diet needs, but to really allow

them to have ideal outcomes in dealing with their diseases," she said. "The Healthy Heart class is one such class. We bring them current information and fresh ideas to help them tackle hypertension and heart disease through diet and lifestyle."

WHAT TO KNOW

The Healthy Heart class is offered monthly, free-of-charge at the HAWC in Bldg. 827. Anyone with base access may attend.

For more information on this and other classes and programs provided by the HAWC, please like their page on Facebook by searching Robins Air Force Base Health and Wellness Center (HAWC) or call 327-8480 to sign up.

Airmen asked to participate in DOD anti-tobacco video competition

The Department of Defense, Health Affairs, has recently announced a new countermarketing video competition that aims to target tobacco as an enemy of the military that degrades service members' health, fitness, mission readiness and work productivity.

The competition, entitled "Fight the Enemy," will run until Oct. 15 and is open to all uniformed DOD personnel, families and DOD civilians, who may submit their best video entry with winners being announced in mid-November.

"If you don't believe tobacco impairs mission readiness, I encourage you to read the IOM report," said Col. (Dr.) John Oh, the chief of health promotion at the Air Force Medical Support Agency, referencing the 2009 Institute of Medicine report "Combating Tobacco Use in Military and Veteran Populations."

Although tobacco use causes cancer, heart disease, stroke, lung diseases, and even impotence, it can also cause other problems that directly impact warfighters, such as reduced endurance, decreased night vision, hearing loss, decreased wound healing and



increased post-operative complications.

Furthermore, DOD officials estimate that tobacco use costs \$1.6 billion annually in medical costs and decreases work productivity – a preventable expense the DOD can ill afford in the current austere fiscal climate, Oh said.

Based on DOD survey data, 17 percent of Airmen smoke cigarettes, a figure slightly less than the national average. Nine percent use smokeless tobacco, a number well above the 2 percent national average.

"We need to change how tobacco is perceived by Airmen and call it out as the enemy that it is, with adverse impact on health, mission performance, and the economic sustainability of our warfighting capabilities," Oh said.

For a humorous promotional video, contest rules, and more information visit www.health.mil/FightTheE

Department of Defense graphic nemy. Winners will be announced in conjunction with the American Cancer Society's Great American Smokeout. The first prize winner's video will be featured on the Fight the Enemy website. Winners will receive official recognition and thanks from DOD senior leaders, and all entrants will receive a gift of appreciation.

"The Fight the Enemy contest is a fun way for the DOD community to come up with an effective message on how we can win the battle against tobacco," Oh said. "I know we have some very creative Airmen and family members out there who are up to the challenge."

For more information on tobacco use, its effects and ways to quit, visit www.ucequit2.org/.

– Courtesy Air Force Surgeon General Public Affairs.

Family matters

116th ACW gets upgrade training with ‘Strong Bonds’

BY MASTER SGT. ROGER PARSONS

116th Air Control Wing Public Affairs

PINE MOUNTAIN, Ga. – The 116th Air Control Wing recently conducted its sixth ‘Strong Bonds Conference,’ where couples gathered at Callaway Gardens for three days of training to help them build and maintain a strong family structure.

“Anytime you’re building relationships at home, you’re building resilient Airmen,” said Chaplain (Lt. Col.) Keith Dobbe, 116th ACW chaplain.

“In the military we’re always in upgrade training, improving skills and competencies and acquiring more knowledge, but in our marriages we have no upgrade training,” said Dobbe. “Strong Bonds is like upgrade training for our marriages.”

The Air National Guard enacted the chaplain-led program in 2008 due to the increased number of extended deployments causing added stress on families.

“Marriage has been one of our biggest casualties during the last decade we’ve been at war,” said Col. Stephen Melton, 116th ACW vice commander as he greeted the couples on opening night. “When the marriage dissolves, it has many second and third order affects.”

This year’s conference drew a wide range of couples varying in age, rank, and length of marriage.

At 31 years of marriage, Chief Master Sgt. Tony

Davis and his wife, Melony, were recognized as having the longest standing marriage in the group.

Presenting them with a southern favorite, a bag of grits, Dobbe commended the couple on the grit and determination required for a successful marriage.

At the other end of the spectrum, Staff Sgt. Steven Savage and his wife of two months, Katie, were honored as the newlyweds of the bunch.

“My supervisor suggested Strong Bonds to me and let me know what it was all about,” said Savage. “I thought it would be a good opportunity for me and Katie to get our marriage started off on the right foot.”

“For us, it’s about being proactive in the marriage instead of reactive,” added Katie. “A lot of couples wait until their marriage is going in the wrong direction before they try to fix it.”

The couples had an opportunity to see what direction their marriage was headed as they started the weekend completing a marriage snapshot survey.

The survey served as a tool to indicate the commitment and confidence level felt by each person about his or her marriage.

“At the end of the weekend we have each individual fill out the same survey, and we almost always see an increase as a result of the training they receive at the conference,” said Dobbe.

The JSTARS wing started offering the pro-

gram in 2009 and since that time 170 couples have taken advantage of the training. Feedback has been overwhelmingly positive, and we’ve seen marriages saved as a result of the training said Dobbe.

For one couple, attending for the second year in a row; last year’s training came at just the right time.

“Last year when we attended, I really didn’t know where our marriage was going. And in fact, I felt like we were heading toward divorce,” said the wife. “If we hadn’t attended the Strong Bonds retreat, I feel like we would not be at the place we are now. We came back this year to reinforce the lessons we learned and continue growing.”

The husband and Guardsman reiterated how thankful he was that the Georgia Air National Guard and the 116th ACW provided the opportunity for him and his wife to attend the retreat and work on their marriage.

As the weekend drew to a close, Chaplain (Maj.) James Taylor, led what has become a highlight of the weekend for both the chaplain staff and the couples attending the retreat; the renewal of the wedding vows. To cap off this year’s conference, a record 16 couples took part in the ceremony.

“As a chaplain it makes you feel like you are able to contribute to the well-being of the unit because you have happy Airmen and happy families,” said Taylor. “It’s a good feeling.”

PLEASE RECYCLE THIS NEWSPAPER

Back to school safety tips for families

Summer vacations have ended and students are in the swing of a new school year.

It's important to make sure children are up to date on their immunizations, are eating healthy and are safely traveling back and forth to school.

According to the Federal Citizen Information Center, the top five reasons children miss school are colds, stomach flus, ear infections, pink eye and sore throats.

The single most important thing children can do to prevent illness is wash their hands thoroughly and frequently.

School age-children gradually become less prone to common illnesses and recover more quickly.

However, routine exams and screening will help to identify potential problems before they become serious health issues.

School buses are busy picking children up; so, there is increased pedestrian traffic and school speed



Courtesy photo

zones are back in effect.

The Federal Citizen Information Center points out children should never play in the street while waiting for the bus and should move immediately out of traffic to a sidewalk.

If you drive your child to school, make sure everyone wears a seatbelt.

Children under 13 should ride in the rear seat of vehicles.

Remember that many mishaps occur while novice teen drivers are going to and from school.

You may want to limit the number of teen passengers to prevent driver distraction.

BOTTOM LINE:

The safety of school children depends on drivers slowing down in designated school zones when children are present and stopping when a school bus is loading.

It's a fact that most school bus fatalities occur when the bus is stopped, and the child is not on the bus. In today's automobiles, external flashing lights have a hard time competing with the cocoon we create with cell phones, GPSs, text messages and stereos.

— Courtesy Air Force Safety Center

To register call 327-8398 or 923-5923
Presented by Robins Family Advocacy Program and
Rainbow House CRC

1-2-3 MAGIC

Effective Discipline for Children 2-12

Humorous look at parenting. Serious look at discipline!

Learn an amazingly simple technique to get the kids to **STOP** doing what you don't want them to do and **START** doing what you do want them to do

September 13 & 20, 2013

9 a.m. – 1 p.m.

Light snacks and beverages will be available.
No children allowed.



1117 Hwy 96
Suite 100
Lake Joy Pavilion
Shopping Center
(next to Stevie B's)

FRI
23

SAT
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SUN
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MON
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TUE
27

WED
28

THUR
29

EVENTS AND ACTIVITIES

Power Hour - Character/Leadership/Life Skills/Arts

Today
6 to 7 p.m.
Youth Center
For details,
call 468-2110.

Jazz Set at the Heritage

Today
6 to 8 p.m.

Heritage Lounge

Stop by and relax after a long day at work.
For details,
call 472-7864.

Higher Education

Transition Class
Monday and Tuesday
8 a.m. to 4 p.m.
A&FRC, Bldg. 794
Designed to guide separat-

ing or retiring military members through the variety of decisions in transitional educational choices.
For details,
call 926-1256.

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 free tips from the PGA head golf pro.
For details,
call 468-4103.

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