

## Holiday Greetings from Home

If you missed it last week, Robins Public Affairs will again set up at the Exchange Monday at 10 a.m. to allow Team Robins members to record video messages to the troops. This is a great chance for family members, coworkers and civilians to wish their deployed service members 'Happy Holidays.'

Team Robins is encouraged to send generic greetings to service members, whether they have family in the military or not. The video messages will be posted on the official Robins Air Force Base Facebook page.



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# ROBINS REV-UP

December 13, 2013 Vol. 58 No. 48



### Base CFC donations still accepted through myPay

The 2013 Robins Combined Federal Campaign officially ends today, however donations through the myPay CFC link will be accepted until Jan. 15.

If you pledge through myPay, make sure your organization symbol mirrors your e-mail organizational symbol. Errors may result in your unit not being credited with your donation.

As of Thursday, the campaign had raised \$713,358.

For a list of super monitors visit the Robins Homepage at [www.robins.af.mil](http://www.robins.af.mil).

### Hazard Communication Standard Safety Data Sheets

OSHA revised its Hazard Communication Standard to align with the United Nations' Globally Harmonized System of Classification and Labeling of Chemicals in March 2012.

Two significant changes contained in the revised standard require the use of new labeling elements and a standardized format for Safety Data Sheets, formerly known as Material Safety Data Sheets. The new label elements and SDS requirements will improve worker understanding of the hazards associated with the chemicals in their workplace.

Employees can expect to see the new labels and SDSs from now through full manufacturer's implementation in 2015.

SDSs are required for all hazardous materials. They communicate to employees important information on all hazards related to different materials. The information contained in an SDS is largely the same as in a MSDS, except SDSs are presented in a consistent, user-friendly 16-section format. SDSs include information such as the properties of each chemical; any physical, health, or environmental hazards; and protective measures or safety precautions for handling, storing, and transporting the material. Information in the SDS must be in English and provide the minimum data outlined in 29 CFR 1910.1200, Appendix D.

For more detailed information, visit OSHA at <https://www.osha.gov/dsg/ha> or contact David Trotter at DSN 497-7555.

## The shape of things to come

### AF officials announce fiscal 2014 civilian workforce efforts

WASHINGTON (AFNS) – The Air Force will reduce the size of its civilian workforce by about 900 positions in addition to maintaining about 7,000 vacancies across the force to meet the demands of a constrained fiscal 2014 budget, officials recently announced.

Specific reductions by location have not been determined.

The Air Force will implement civilian workforce shaping initiatives, along with continued targeted hiring to comply with mandatory funding targets and to rebalance the civilian work-

force to meet skill demands for fiscal 2014 and beyond.

"The Defense Department used administrative furloughs to meet civilian pay budget demands in the compressed time frame between sequestration and the end of the fiscal year. We will meet a similar budgetary challenge in fiscal 2014 through a reduced workforce," said Brig. Gen. Gina Grosso, Air Force director of force management policy. The general added that the Air Force's strategy to

▶ see CIVILIAN, 9

### Additional force management programs coming in new year

WASHINGTON (AFNS) – Air Force leaders announced force management programs Dec. 11 designed to reduce the force by thousands of Airmen during the next five years as a result of sequestration.

Fiscal 2014 force management initiatives are in addition to the announcement made in July, stating the Air Force will implement several force management programs to meet budget reduction requirements.

Air Force leaders made the decision to announce the overall strategic plan now so that

Airmen have the necessary time to consider all their career options.

During testimony to the House Armed Services Committee in November, Gen. Mark Welsh, the Air Force chief of staff, said long-term impacts of sequestration could force the service to cut about 25,000 Airmen during the next five years.

"The difference is that we announced voluntary programs first, then involuntary," said Lt. Gen. Samuel Cox, the deputy

▶ see MILITARY, 13



## BIRD'S EYE VIEW

U.S. Air Force photos by RAY CRAYTON

An officer with the Georgia State Patrol's office in Perry provided aerial support to Robins Air Force Base on Dec. 5. Having developed a working relationship with the state public safety office, this was the second flight conducted this fall to gain an overview of the entire installation. On board during last week's 90-minute flight were Master Sgt. Brian Dozier and Michael Clemons from the 78th Security Forces Plans and Programs office, as well as members of the 78th Air Base Wing Visual Information team who provided aerial photography and videography. This was the second time that Robins collaborated with the GSP; the first was conducted more than a month ago. "We're basically trying to get a birds-eye view of any vulnerabilities which exist," said Clemons.



## Senior leaders discuss reduction initiatives

To the Airmen of the U.S. Air Force,

We are the best Air Force in the world because we attract, recruit, develop and retain Airmen with the strongest character and commitment to our core values. Even though we just finished more than a decade of extended combat operations, retention in our Air Force remains at an all-time high.

While this is a testament to the selfless service of all members of our Air Force family, we are now faced with some very difficult financial choices that force us to reduce the overall size of the Air Force.

To be blunt, we are going to get smaller ... smaller than we've ever been as an Air Force. During the next few years, we may have to reduce our force by about 25,000 Airmen and as many as 550 aircraft if we don't receive any budget relief.

Our biggest challenge will be to make sure we keep the skilled Airmen who are needed to meet the Air Force's core mission requirements. To do this, we will implement a number of force management programs to reduce the number of Airmen while maintaining our combat capability.

It is always our goal to make these reductions through voluntary separations and retirements.

▶ see LEADERS, 13

## Going Organic

### EMXS team develops cost-effective method to save AF thousands

BY JENNY GORDON

[jenny.snider.ctr@us.af.mil](mailto:jenny.snider.ctr@us.af.mil)

Being your own customer can be a good thing.

That concept works especially well when it comes to Robins electronics technicians who troubleshoot and test the Combined Altitude Radar Altimeter, a critical system used on many Air Force aircraft. It not only measures altitude, or the aircraft's distance from the terrain, it also allows aircraft to fly at low levels to infiltrate and exfiltrate adversaries in combat situations.

While past repairs have been made on the system by the 567th

Electronics Maintenance Squadron, team members sometimes faced obstacles in procuring parts that are manufactured and repaired by outside vendors.

Team members developed a way to ensure the parts needed to make the repairs could be maintained organically. They were able to formulate a cost-effective troubleshooting and repair procedure for the dual power supplies utilized in the CARA system.

"We manufactured our own interface cables that allowed us to remove the power supplies and access individual circuits. This in turn allows us to probe the circuitry to gather information for troubleshooting and

repair," said Vic Brookshire, 567th EMXS electronics integrated systems mechanic.

Initially the team developed a procedure utilizing several boxes to test the power supplies. Through research, trial and error, they were able to replace several electronic test boxes with the CARA flight line test set, which has been used on aircraft for many years.

By using the flight line test set, several steps were eliminated and thousands of dollars were saved in procurement cost and maintenance of test equipment.



A repair procedure is displayed on the Combined Altitude Radar Altimeter line in the 567th Electronics Maintenance Squadron. Electronics technicians troubleshoot the critical system using equipment such as this CARA flightline test set.

▶ see EMXS, 9

# Second Front

## 'Tis the season



U.S. Air Force photos by TOMMIE HORTON

### From Marshal to Museum

Above, Deborah Roberts, ABC News correspondent, waves to the crowd Dec. 7 at the Warner Robins Christmas parade. The Emmy-winning Perry native had the honor of being grand marshal during the event's 56th anniversary. This year's parade theme was "Christmas Around the World."

At right, Following the Christmas parade, Roberts spoke with local reporters at the Museum of Aviation where she was presented with keys to Warner Robins and Perry by the cities' respective mayors.



U.S. Air Force photo by TOMMIE HORTON

### Holiday Greetings

Airman First Class Katie Dean, 461st Air Control Wing, records a greeting to deployed Airmen who are away from home during the holidays. Team Robins was given the chance to record video messages wishing deployed service members 'Happy Holidays' Tuesday at the Exchange. Those who missed out will get the chance to record messages again Monday from 10 a.m. to 2 p.m. at the BX.

### Party time

Alexis Harvey, 2, gets her face painted Saturday by Brooke Fowler during the American Federation of Government Employees Local 987 Children's Christmas Party. The party is an annual event for union members and their families. More than 150 people got the chance to meet Santa and his helpers, including Brig. Gen. Cedric George, Warner Robins Air Logistics Complex commander, and his 9-year-old daughter, Sydney. "I'm encouraged by what I'm seeing from Mr. Tidwell and his leadership team in their first 30 days," said George. "This successful chil-



U.S. Air Force photo by DAVID DONATO

dren's Christmas party is yet another example of his commitment to build and sustain a partnership based on trust and mutual respect that balances our mission, people and their wonderful families."



U.S. Air Force photo by ED ASPERA

### Delegates visit Robins

Donovan Head, a representative of U.S. Congressman Austin Scott, receives weapons training Wednesday during a visit to the 5th Combat Communications Group training area. Field and regional representatives for U.S. Senators Saxby Chambliss, Johnny Isakson and U.S. Congressman Sanford Bishop joined Head during the visit to Robins. During their stop, the group visited Air Force Reserve Command Headquarters and the 5th CCG. The representatives attended mission briefings and program overviews at AFRC, and were given a mission capabilities demonstration at the 5th CCG training area. To see additional photos, visit the Robins homepage at [www.robins.af.mil](http://www.robins.af.mil).

## ALL in a Day's WORK

**Name:** Airman 1st Class Charmaine Mae T. Fortune  
**Work title:** Aerospace Medical Technician  
**Unit:** 78th Medical Group  
**Hometown:** Norwalk, Calif.  
**Number of years in federal service:** 2

**What do you enjoy most about your work?**  
 "Rendering care to others."

**How does your work contribute to the Robins mission?** "Ensuring all personnel and family members are being taken care of and staying healthy."

**What prompted your interest in your career?** "I took care of a family member who was bedridden which encouraged me to pursue a career in the healthcare field."



U.S. Air Force photo by TOMMIE HORTON

**Who has been the biggest influence in your life?** "My family is the biggest influence in my life. They raised and taught me how to be passionate, be helpful to others and share the blessings that I have."

**What's something people would be surprised to know about you?** "Petite but full of energy. Small but terrible, as they say."

**What is an accomplishment you are most proud of?** "I volunteered for Habitat for Humanity where I helped rebuild houses at no cost for the community."

### Office closures

►The 78th Comptroller Squadron will close at noon today for an official function. If there are any emergencies contact Master Sgt. Pablo Rivero at 478-442-4427.

►The Traffic Management Office in Bldg. 914 will close Dec. 20 from 10:30 a.m. to 2 p.m. for an

official function.

Please direct questions to Hope Johnson at 472-0131.

### Emcee auditions

The Team Robins Annual Awards committee will be holding auditions to fill two emcee positions and

a national anthem singer for the 2013 annual awards banquet.

Auditions will take place at the base theater on Tuesday and Wednesday from 11 a.m. to 1 p.m. both days. If you're interested in trying out, contact Senior Master Sgt. Lee Wright at DSN 497-1665 or [lee.wright.1@us.af.mil](mailto:lee.wright.1@us.af.mil). The actual awards banquet will take place on March 13.

## Reserve recruiting service officially recognized for excellence

BY MASTER SGT. SHAWN JONES

Air Force Reserve Command Recruiting Service Public Affairs

The Air Force Reserve Command Recruiting Service, headquartered at Robins, has been selected to receive the Air Force Organizational Excellence Award.

The award will be conferred to the nearly 500 Airmen of the Recruiting Service for exceptional service during the period from October 2010 to September 2012.

Recruiting Service commander Col. Steve Fulaytar said the recruiters have impressed him with their ability to continuously overcome obstacles in their drive to accomplish the mission.

"I've seen them move mountains," he said. "I couldn't be more proud of any organization I've been affiliated with than I am of the Recruiting Service."

With the best recruiter-per-accession ratio in the Defense Department, Reserve recruiters can lay claim to

being the best at what they do.

During the award period, they achieved their recruiting goals for the 11th and 12th consecutive years by accessing nearly 30,000 new Citizen Airmen, which directly contributed to AFRC exceeding its congressionally programmed end-strength requirement.

That is especially significant, because if AFRC fails to meet its end-strength, then its share of available defense resources could be in jeopardy.

Reaching and exceeding accessions goals and end-strength requirements are very important to the Recruiting Service, Fulaytar said, but his recruiters won't chase quantity at the expense of quality.

"We have wing commanders across the country who need good Citizen Airmen," he said. "The best thing we can do is get them the right Airmen with the right qualifications that will help them fly, fight and win."

Going forward, Fulaytar said he expects the

Recruiters to continue their successful ways despite the potential obstacles presented by sequestration.

"Resource constraints mean we must find new and better ways of carrying out our mission," he said. "We must identify best practices and apply them across our recruiting force."

Along with its many obstacles, sequestration presents a particular opportunity for Reserve recruiters.

Budget cuts may force the regular active-duty Air Force to trim 25,000 experienced Airmen from its payroll. Those Airmen are fully trained and qualified and would provide an exceptional value as Citizen Airmen when compared to new recruits who come in without any training.

"If we can capture their experience in the Air Force Reserve, it will make us a stronger Air Force overall, and that is the bottom line of what the recruiting mission is all about," Fulaytar said.

# Around the Air Force

## AF appoints new space deputy

**WASHINGTON (AFNS)** – A new Deputy Under Secretary of the Air Force for Space has been appointed to lead the way in innovation.

Troy Meink assumed his new role with the goal of championing the space mission across the DOD, he said, while ensuring cooperation among various DoD, intelligence, civil, commercial and international communities.

“When the opportunity arose for me to take this position, there was a little bit of apprehension and excitement,” Meink said. “A mentor once told me that if a job doesn’t scare you a little bit, then you shouldn’t take it. So it fits ... but this gives me the opportunity to do good things for the Air Force.”

With the U.S. being one of the leaders in space operations, Meink said, the Air Force’s drive for innovation is critical to maintaining that success.

“We really need innovative solutions now more than ever,” he said. “We don’t have the money to throw at problems that arise, so we are going to have to be more innovative as the budget decreases.”

To read more, visit [www.af.mil](http://www.af.mil).

## AF participates in first Israeli Blue Flag exercise

**UVDA AIR FORCE BASE, ISRAEL (AFNS)** – The Air Force participated in the first Israeli Blue Flag exercise at Uvda Air Force Base, Israel, Nov. 24 through 28.

Blue Flag is the largest multinational aerial warfare exercise hosted by the Israeli air force. The exercise included forces from the U.S., Israel, Italy and Greece. Its objectives were to improve operational capabilities and combat effectiveness of participating nations, and to foster relations, understanding and combat experience.

“It was an outstanding experience for the more than 170-person U.S. Air Force team,” said Lt. Col. John Orchard, 492nd Fighter Squadron commander, Royal Air Force Lakenheath, England, and the Air Force Blue Flag commander. “The Israelis provided an excellent training environment, which allowed us to learn from each other and take advantage of good airspace, surface threat replicators and challenging scenarios. It was a real pleasure integrating with our Israeli, Italian and Greek partners who offer unique tactical, strategic and cultural perspectives.”

The exercise allowed the partnering nations to integrate their tactical capabilities to complete a specific mission. It also strengthened relationships and military partnerships.

“This was a very good opportunity for participating nations to work on efficiencies, to practice becoming more logistically sound, and how to get our forces from point A, to point B,” said Capt. Matthew Kuta, a 492nd Fighter Squadron pilot. “It also provided us training on how to actually operate together to continue to provide stability in the area.”

The Air Force deployed F-15E Strike Eagle aircraft and support personnel from RAF Lakenheath, and a combat communications team from Ramstein Air Base, Germany.

Prior to the start of the exercise, the visiting nations



U.S. Air Force photo by CAPT. ANASTASIA WASEM

## Exercise

An Afghan air force Mi-17 helicopter lands with members of the Kandahar Air Wing Security Forces Kandak during an air assault exercise in Afghanistan. Members of the kandak conducted training with NATO Air Training Command-Afghanistan advisers from the 443rd and 441st Air Expeditionary Advisory Squadrons. The class taught the basics of air assault, infiltration and exfiltration.

had the opportunity to familiarize themselves with airspace and flying procedures.

“Week one of Blue Flag was dedicated to training and warm-up towards the actual exercise which took place during week two,” Kuta said. “The airspace, mission duration, and some of the procedures were a little different to us. After the training week, we were ready to go.”

During the exercise, a realistic war scenario was created which employed a friendly, multinational force (Blue Force) against an enemy aggressor force (Red Force).

A simulated threat environment was created, which caused the partnering forces to use careful integration and critical analysis to engage the enemy and survive. The exercise included air-to-air and air-to-surface missions.

To read more, visit [www.af.mil](http://www.af.mil).

## Air travel easier for service members

**DOVER AIR FORCE BASE, DEL. (AFNS)** – The Transportation Safety Administration is making air travel easier for military members and their families with new updates to their security procedures.

The TSA program, called TSA Pre-Check, expedites screening procedures for active-duty, reserve and Coast Guard service members.

Once verified as an active-duty service member, TSA Pre-Check participants will receive expedited security screening such as keeping on their shoes, belt, and light jacket, and being able to leave laptops and 3-1-1 compliant liquids in their carry-on bags.

Lisa Farbstein, TSA public affairs manager, said the TSA Pre-Check program will expedite military members through screening to allow for safer and easier travel. There are more than 100 airports using TSA Pre-Check and the new procedures will go into effect Dec. 20.

“Members in the Pre-Check program have volunteered more personal information about themselves,” said Farbstein. “This allows us at TSA to focus greater



Courtesy photo

## Lift off

The 45th Space Wing supported Space Exploration Technologies to complete a successful launch of the SES-8 communications satellite at Cape Canaveral Air Force Station, Fla. The satellite will be released in orbit stretching above its 22,300-mile-high operating post.

attention on people we know less about, therefore enhancing security.”

To read more, visit [www.af.mil](http://www.af.mil).

## Perspective

# Asking for help is courageous

**BY COMMAND CHIEF MASTER SGT. THOMAS MAZZONE**

6th Air Mobility Wing

**MACDILL AIR FORCE BASE, Fla.** – In the 1990s it was not uncommon for an Airman to hear the phrase, “Suck it up!”

It was also rare to find the supervisor who would encourage Airmen to seek help to work through mental health concerns. It seemed the Senior Noncommissioned Officers were worried more about maintaining the appearance of a strong and ready force.

Unbeknownst to them, they were raising Airmen who would be exactly what they wanted: hardcore NCOs afraid to show emotion – and even worse – afraid to get help. We have the opportunity to break the cycle.

*Are you up for the challenge?*

In 2004, a Technical Sergeant found himself sitting in a corner of a darkened room in the back of his house, sobbing. He was alone, and his life had just fallen out from under his feet. For more than 30 hours he sat there, cried and slept. He didn’t eat, and he didn’t drink. He simply stared at the emptiness in front of him, wondering how it had happened. How had his life gone from seemingly normal to quiet chaos in less than

a day? He didn’t know how to ask for help.

He was in no condition to dissect his situation, as he lacked rational thought and had just sustained fresh, deep emotional wounds.

Sitting in the corner, he challenged his faith; asking how his God could allow something so wicked to occur. He challenged himself, wondering if he didn’t do enough to keep it from happening. The phone rang ... he thought about unplugging it, but it was too far away. He wondered about “making the pain go away,” but instead rolled over to fall asleep. This time he woke to the sound of someone yelling his name. He never cried out, “I’m back here; please help me!”

When they found him, he was a wreck. His legs were weak, and he didn’t want to move. He just wanted his life back ... he wanted his family back. He wanted things to be the way they were before, even though he knew that wasn’t possible. One person walked him to the living room couch. Another got him some water.

They sat there in silence with him, waiting patiently, hoping he would say something. He was ashamed and didn’t speak. He couldn’t stomach the thought of people knowing about this, even if they were his friends. He felt they wouldn’t be able to do anything for him, and he never asked them to find someone who could.

One of them contacted the first sergeant, who

arrived soon after. Together, they started doing things for him ... simple things.

They turned on the shower, they got him clean clothes, made him a bowl of cereal and drove him to see his commander. He sat in the office; his commander making the time to listen to nothing being said, only the sobs of a broken man. Finally, he was asked if he would like to see a chaplain or someone from Mental Health.

I said, “No,” because I was scared and because that’s the way I was raised in the Air Force. I was taught that seeking help was a sign of weakness, that it hurt careers and it could negatively impact the mission.

My commander didn’t force me. Instead he made a deal with me. He made me promise to answer the door no matter what time there was a knock, and to answer the phone at any hour. He pulled me from the flight schedule for safety reasons. He knew my passion for history and instructed me to begin a unit research project.

All the while, he reminded me constantly of my options to speak with someone, and that it was a path back to wellness. After weeks of not smiling and busy work meant to keep my mind occupied, I finally told someone I was ready to talk.

*For the full commentary, visit [www.macdill.af.mil/news/story.asp?id=123372237](http://www.macdill.af.mil/news/story.asp?id=123372237).*

## 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

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[lanorris.askew.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil) and  
[vance.janes@us.af.mil](mailto:vance.janes@us.af.mil)

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

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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**

# From the Command Down

## DAU data call, prioritization of training begins

BY LINDA MOORE

Air Force Materiel Command  
Manpower, Personnel and Services

tral funding. Priority 3 and 4 students will not receive central funding, but require unit funding and must attend classes locally on a space-available basis.

Workforce members applying for training in the ACQ Now Registration System will see a prompt about Cost Effective Location, or CEL. Once they select their DAU course. The letter “C” will appear by all the locations where the course is offered as a cost effective location.

CEL is not only the cost of travel but also the per diem rate for the location of the course.

It’s imperative workforce members meet their position acquisition training requirements within the time frame to be compliant with the Defense Acquisition Workforce Improvement Act.

Non-compliance is reported to the AFMC commander and SAF/AQH.

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – The call for fiscal 2015 Defense Acquisition University requirements has started.

Acquisition workforce members and their supervisors should be reviewing position requirements, new certification standards and assignment-specific training requirements to execute individual training plans working toward acquisition certification within their priority level and grace period.

SAF/AQH has published the latest memorandum, dated Oct. 16, 2013, regarding the priorities of DAU training. This memo can be found on the Air Force Portal.

Due to fiscal constraints, funding for DAU courses has changed. Priority 1 and 2 students will be eligible for cen-

## AFMC encourages workforce to stay safe, drive sober for the holidays

BY AIR FORCE MATERIEL COMMAND  
WELLNESS SUPPORT CENTER

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – Whether going over the river or through the woods or along America’s highways during the upcoming holiday season, drinking and driving can result in serious or deadly consequences.

According to the National Highway Traffic Safety Administration, 10,332 people were killed in crashes involving drunk drivers during 2012.

“If you’re traveling to spend time with family or hosting a holiday party, be sure that everyone has a safe ride home,” said Steven Callon, Air Force Materiel Command Drug Demand Reduction Manager. “It could be the difference between a happy holiday season and a tragic, life-altering one.”

**The NHTSA offers the following tips to stay safe and drive sober:**

▶ *If you drink, don’t drive. If you drive, don’t drink.*

▶ *Designate a sober driver before the party begins; plan a way to get home safely at the end of the night.*

▶ *Be responsible. If someone you know is drinking, don’t let that person get behind the wheel.*

▶ *If you see an impaired driver on the road, con-*



Courtesy graphic

tact law enforcement. Your actions may save someone’s life, and inaction could cost one.

▶ *If you’re impaired, call a taxi, phone a sober friend or family member, or call your local free ride program.*

**Editor’s note:** Airmen Against Drunk Driving was formed to eliminate the number of DUIs on bases and in surrounding communities. The goal of AADD is to safely return all military members and DOD civilians to a residence if they are unable to drive themselves. Individuals who choose to drink should plan ahead for a designated driver or a ride home. But if the plan fails, call Robins AADD at DSN 472-0013 or 222-0013.

For more information, visit AFMCwellness.com or contact your local Civilian Health Promotion Services team.

**WINGMEN**

**WANTED**

**AIRMAN AGAINST  
DRUNK DRIVING –**

**335-5218;**

**335-5236;**

**335-5238**

## Don't sweat it

### Living Well class teaches how to deal with stress

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Stress is a part of life.

There's no way to avoid it completely, but there are ways to manage it.

Living Well, a 90-minute class offered Mondays in the 78th Medical Operations Squadron by the Mental Health Clinic provides people with base access the skills to control stress and minimize its harmful effects.

Capt. Emily Burt, a clinical psychologist in the 78th MDOS who teaches the class, said the four-part course helps people get to the root cause of their stress and identify ways to keep it in check.

"Everyone experiences some sort of stress on a daily basis," she said. "It's important for us to know how

to identify when we're overwhelmed and what to do when we're bogged down with stress.

"We discuss the signs of stress, common responses to different stressors, and identify its impact on all aspects of our lives," she added. "We teach ways to implement stress management for the body and the mind. Lastly, we educate group members on living well with emotions and with relationships."

Burt said she teaches relaxation techniques which are practical for use at home or work and gives people ways to challenge their negative, angry, depressed or anxious thoughts.

"We talk about getting back to our roots with identifying our values," she said. "We also talk about stress in all relationships – romantic, parent-child, supervisor-employee,

etc. – and teach ways to assertively communicate our needs to others."

Burt said anyone who experiences the signs of stress should consider taking the class.

"Living Well teaches us to take time for ourselves and pay attention to our bodies," she said. "We recommend you take this class if you're experiencing emotional signs of stress such as irritability, anxiety or mental fatigue."

Other signs the class could be helpful include behavioral signs such as isolating yourself from others; dependence on alcohol or other substances; physical exhaustion; impulsive eating or buying. Other signs include physical signs of stress such as being frequently ill, headaches or difficulty sleeping.

**For more information, call 478-327-8398 or DSN 497-8398.**



U.S. Air Force file photo by SUE SAPP

## Helping hands

April Howard, dietician, records the blood pressure of Evelyn Crockett at the beginning of a weight loss course at the Health and Wellness Center. The Integrated Delivery Service is a combination of various agencies which deliver responsive community care through proactive and coordinated programs and services like the weight loss course. IDS includes the The Airman & Family Readiness Center, 468-1256 or 926-1256; the Chapel 468-2821 or 926-2821; the Civilian Employee Assistance Program, 497-7577 or 800-222-0364; Mental Health, 497-8398 or 327-8398; the Sexual Assault Response Program 468-2946 or 327-7272; and Military & Family Life Counselors, 478-230-2987. Additional resources include the National Suicide hotline, 800-273-TALK (8255), and inTransition, 800-424-7877.

## EMXS

Continued from 1

“There were eight different stages we had on the initial work bench with different pieces of equipment,” said Ditwan Meadows, 567th EMXS electronics integrated systems technician. “Now we have a setup that allows us to troubleshoot the power supply, fix it right here at Robins and put it back into the supply chain.”

The technical order that was developed by the team can be easily followed, and has essentially created a new organic workload at Robins.

The process has been approved by

Robins Engineering and Quality Assurance staff members, equipment specialists and Program Office staff.

“It’s all about the ability to fix our own problems in-house without having to wait,” said Jeffery Tharpe, 567th EMXS CARA supervisor. “In this case we’re able to meet the warfighter’s needs here and now.”

There have been other success stories at Robins regarding savings. On the CARA line, while thousands of dollars have been saved to date and millions more to be saved over the lifetime of the system, the concept of being your own customer allows the Air Force to control parts required for repair.

USE YOUR WITS NOT YOUR WATTS. SAVE ENERGY.

## CIVILIAN

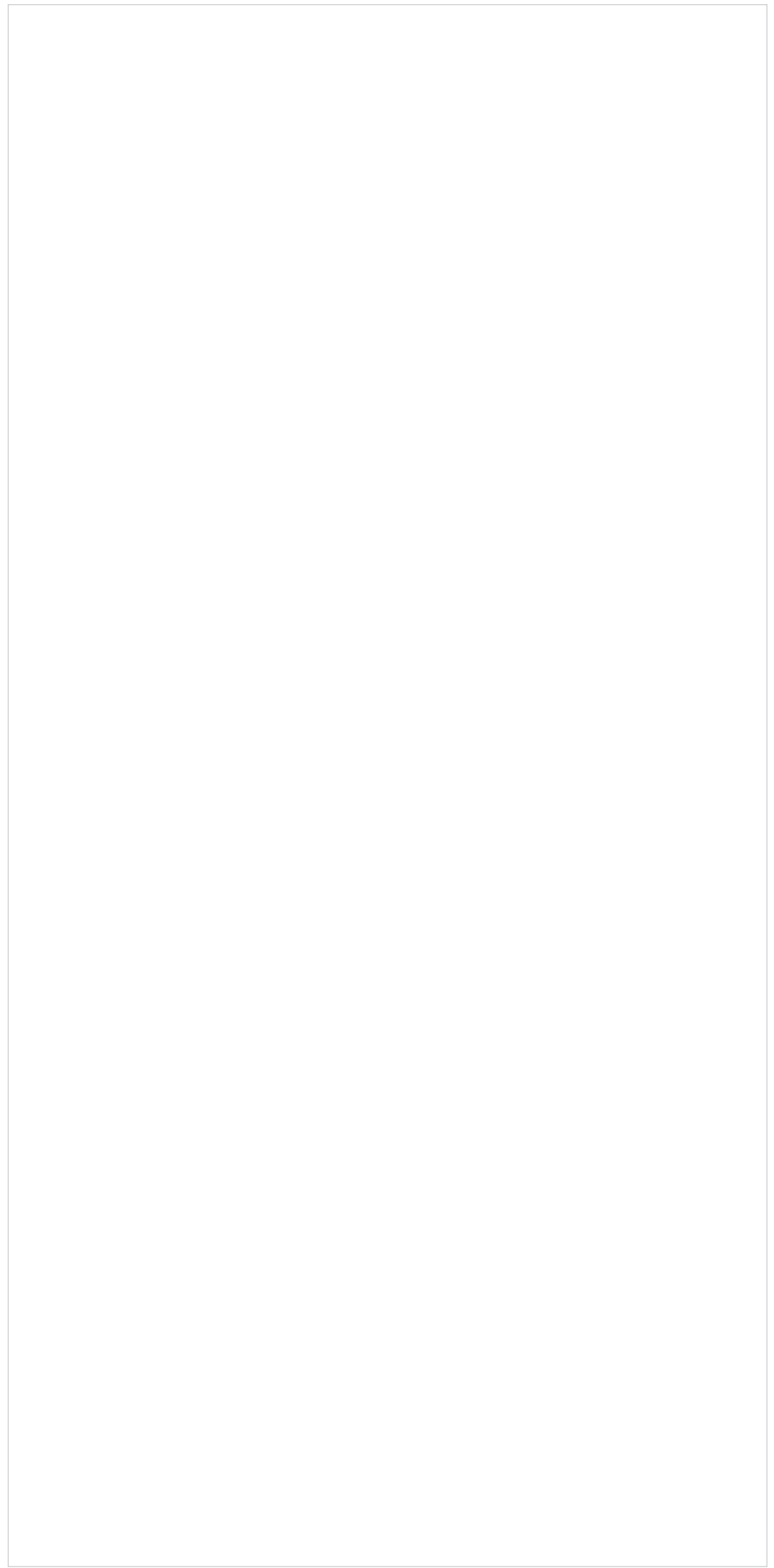
Continued from 1

meet civilian pay budget targets does not include a furlough.

To reduce the number of employees assigned against previously and newly abolished positions, the Air Force plans to maximize the use of Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay to entice employees who are eligible to leave federal service to do so voluntarily. These programs offer early retirement for employees who are considering life outside of federal service and up to \$25,000 for employees whose voluntary separation would save another employee from being involuntarily separated.

“Over the last couple of years the Air Force has gone through significant civilian pay budget challenges,”Grosso said. “By implementing voluntary programs now we hope to mitigate future involuntary losses to the civilian workforce.”

For information about civilian employment, reduction in force and other personnel issues, visit the myPers website at



## RSV can cause serious health risks in babies

BY STAFF SGT. ERICA MASSEY  
Public Health Technician

It's cold and flu season, but the lesser-known Respiratory Syncytial Virus causes mild, cold-like symptoms in adults and older healthy children.

However, it can cause serious problems in young babies, including pneumonia and severe breathing problems. Premature babies and those with other health problems have the highest risk.

RSV is a highly contagious virus spread through airborne droplets, direct and indirect contact with nasal or oral secretions from infected persons. When someone coughs or sneezes, those droplets linger briefly in the air, and if someone inhales the particles or the particles contact their nose, mouth, or eye, they can become infected.

RSV can also live on surfaces – such as countertops or door-



knobs – and on hands and clothing, so it can be easily spread when a person touches a contaminated object.

Direct contact with the virus can occur, for example, by kissing the face of or wiping the nose of a child with RSV. The virus can spread rapidly through schools and childcare centers and babies often get it when older kids carry the virus home from school. Almost all kids are infected with the virus at least once by the time they're 2 years old.

A child with RSV may have a fever, stuffy nose, cough and trouble breathing. Lab tests can tell if your child has the virus. There is no specific treatment; if you suspect your baby or child has RSV, contact your health care provider for care options.

To prevent contracting the virus try frequent hand washing, utilizing proper hand-washing techniques, and sterilization of surfaces that come in contact with a sick individual.

**For more information, call Public Health at 497-8019.**

## Corneal refractive surgery has shorter wait time

BY CAPT. DIANE WILLIAMS  
78th Medical Group optometrist

Corneal refractive surgery is now available with a shorter wait.

The Air Force has worked to improve the pre-operation process and has increased the number of military refractive surgery centers. Because of that, waiting times have been eliminated at all Air Force surgery centers.

### Eligibility criteria:

► You need six months of retainability from the day of surgery. Realistically, you should have at least nine months from the date of application to account for approvals and appointments.

► You must be 21 years of age or older.

► You must be non-deployable for up to four months post-surgery. If you have a deployment in the next six months, wait and apply when you return.

► What medical conditions disqualify for CRS? Pregnancy, even if you're planning to get pregnant within one year. You

must be at least six months post-partum or post-nursing to apply. Any autoimmune disease – such as psoriasis, Crohn's Disease, and Diabetes – is a disqualifier. Some medicines, such as accutane, imitrex, steroids and certain heart medications are temporarily disqualifiers.

If you meet the initial requirements, call the optometry clinic to attend a CRS briefing, which are every other Tuesday at 9 a.m. in the 78th Medical Group Atrium.

At the briefing, you can find out if you have at least 12 months of refractive stability (little or no change in glasses prescription). If you're stable, the clinic will e-mail a link to download application forms to be completed and signed by your commander. Once documents are completed and signed, and you have stopped wearing contact lenses for 14 days (30 days for Aviation and Aviation related Special Duty), bring your paperwork in person to the optometry clinic to schedule for pre-op exam.

## HOLIDAY SAFETY TIPS

### Fire officials give fire safety tips for season's decorating, cooking

Christmas time reminds us of twinkling lights and fragrant evergreens.

It's the time of year for blessings past and future, which includes family gatherings for a festive time had by all.

The Robins Fire Department would like to remind the base community that while Christmas is beautiful, without caution, it could produce tragic results.

**These fire safety tips may help to ensure that everyone has a safe and happy holiday season:**

One of the best-known symbols of the holiday season is the Christmas tree – the center of many holiday fires.

Artificial trees come in many shapes and sizes to suit almost any taste. If you already own a tree, or are getting ready to buy one, look for a label certifying the tree is flame resistant and for indoor use.

A flame-resistant tree isn't as likely to go up in smoke. Only artificial trees are authorized in base facilities, and they must be Underwriters Laboratory listed with a fire resistive rating.

Those residing in military family hous-



ing on base can have live Christmas trees.

The most important aspect to consider when buying a live Christmas tree is freshness. The best way to ensure getting the freshest tree possible is going out to a tree farm and having one cut down.

If you buy a previously cut tree, check for freshness by bending some needles. If they break, the tree is too dry. Gently tap the end of the tree trunk on the ground; if a lot of needles fall, it's too dry. Don't depend on how green a tree is to judge its freshness because trees are sprayed to enhance their color.

When a tree has been brought home, cut the bottom of the tree at an angle

about one inch above the original cut. Place the tree in a tree holder and securely anchor it inside the stand.

Once secured, place the tree away from the fireplace, from traffic areas, and away from furnace radiators or other heat sources – and above all, don't block exits.

The most important thing to remember is to check the water level daily and to keep the water level full at all times.

▶Never place lit candles on or near a Christmas tree or around decorations. Check tree lighting sets, electric candles, similar holiday lighting equipment, and extension cords for frayed wiring, loose connections, and broken sockets.

▶Use lighting equipment carrying the UL label only. Unlabeled materials, domestic and foreign, seldom meet safety standards.

▶Use indoor lights for indoors and outdoors lights for outdoors.

▶Never leave lights unattended. Unplug lights and decorations before you leave the house or retire for the night. Keep lights at least 6 inches from combustibles, and never allow light bulbs to

come in contact with combustible materials.

▶Use only decorations that are fire resistant and bear a label stating so; unlabeled materials seldom meet safety standards. Avoid using spray snow, angel hair or Styrofoam; those substances can produce chemical reactions that are highly dangerous. However, if a spray snow is used, follow the container directions carefully. Decorations such as paper, flowers, tinsel, streamers, scenery etc., should have a flame resistant rating prior to use.

▶All decorations should be kept to a minimum. Ensure decorations do not interfere with fire protection systems. Decorations should never obscure or block exits or any other means of egress from any facility.

**If an incident occurs, dial 911 from a base phone or 478-222-2900 from a non-base phone to report an emergency. If there are any questions, contact the Base Fire Prevention Office at DSN468-2145 or 478-926-2145.**

– Courtesy Robins Fire Department

## Holiday/Winter Safety Campaign kicks off with cartoon caption contest

BY NATALIE ESLINGER

Air Force Safety Center

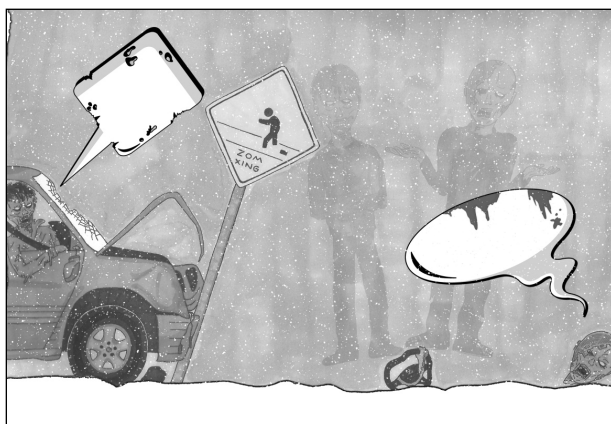
**KIRTLAND AFB, N.M.** – The Air Force Safety Center's Holiday/Winter campaign, "Safe 'n Sound – All Year Round" runs through Jan. 2.

A highlight of this year's campaign is a cartoon caption contest. Captions should be submitted by Jan. 3, to [afsec.pa@kirtland.af.mil](mailto:afsec.pa@kirtland.af.mil). Winners will be announced Jan. 17.

It's that time again: the winter and holiday season – one of the busiest travel times of the year. With the change in weather and the rush of the season, hazards are everywhere. Last year there were four fatalities in off-duty mishaps; one permanent total disability mishap in a government vehicle; and four permanent partial disability mishaps between Thanksgiving and New Year's.

The CAC-enabled TRIPS website for all Air Force members is up and running at <https://www.my.amil/trips/af/Login.aspx>.

This tool is great for planning your trip as well as providing peace-of-mind for both you and your supervisor. You can learn more about the possible dangers of your trip and make sure someone knows your plans in case of an emergency.



Cartoon by LYNDSEE GEYER

**The 2013 Holiday/Winter Safety Campaign kick-off features a cartoon caption contest**

Preparation for travel and the change in weather conditions will mitigate many of the problems you might encounter.

All vehicles should be ready for winter weather.

The following link has information to ensure your vehicles are ready for the season: [www.in.gov/indot/div/projects/pubs/video.html](http://www.in.gov/indot/div/projects/pubs/video.html)

Fatigue is a common hazard during this time of year. We're all thinking about spending time with family and friends, and how to maximize that time.

We want to attend all the parties, dinners and celebrations hosted by the unit, squadron, group and friends.

In our rush to do so, are we sacrificing needed rest to get there and back "Safe 'n Sound?" Are the celebrations causing sleep loss? Have you lost focus on duty because you're tired?

Those are just a few of the questions to ask yourself that can avoid a mishap.

Driving or operating equipment while you're tired is as dangerous as performing those tasks drunk.

Photos at the link below illustrate some of the on-duty tasks that can be risky if done while tired. (Hi-res versions are available on SharePoint, <https://cs3.eis.af.mil/sites/OO-SE-AF-18/default.aspx>).

The dangers of being tired off duty can be deadly.

If you're in a rush to get to your destination, and are driving long distances after a full shift, speeding to get there or driving in a storm – and you're tired – your judgment and reaction time are effected. Below are some links for information on fatigue.

[www.fmcsa.dot.gov/about/outreach/education/driverTips/Driver-fatigue.htm](http://www.fmcsa.dot.gov/about/outreach/education/driverTips/Driver-fatigue.htm); [www.aaafoundation.org/drowsy-driving?gclid=CJLljf2q7rgCFbAWMgod1ywAiQ](http://www.aaafoundation.org/drowsy-driving?gclid=CJLljf2q7rgCFbAWMgod1ywAiQ); <http://trafficsafety.org/safety/risk/driver-fatigue-quiz>; and <http://drowsydriving.org/about/facts-and-stats>.



# Out and About

FRI SAT SUN MON TUE WED THUR  
**13 14 15 16 17 18 19**

**ON TAP**  
**Ham Scramble**  
 Saturday  
 9 a.m.  
 Open to all base personnel.  
 \$35 per player for members  
 \$40 for nonmembers  
 For details,  
 call 468-4103.

**Right Start**  
 Wednesday  
 8 to 11:35 a.m.  
 A&FRC, Bldg. 794  
 For details,  
 call 468-1256.

**Educational Track**  
 Thursday and Dec. 20  
 8 a.m. to 4 p.m.  
 A&FRC, Bldg. 794  
 For details,  
 call 468-1256.

**UPCOMING**  
**Boss n Buddy**  
 Dec. 20  
 4 to 5 p.m.

Heritage Club Lounge  
 DJ, small buffet and  
 surprises.  
 Club members free,  
 \$5 for guests  
 For details,  
 call 472-7899.

**Yard Sales**  
 Dec. 21  
 8 a.m. to noon  
 Outdoor Rec parking lot,  
 1 table and 2 chairs for \$7  
 For details,  
 call 468-4001.

**Christmas Tree Bingo**  
 Dec. 22  
 6 p.m.  
 Heritage Club Bingo Room  
 Chance to win up to \$1,199.  
 For details,  
 call 468-4515.

**►Bowling Movie Days**  
 Dec. 23 and 30  
 Bowling Center  
 \$6.50 per person includes

three games, rental shoes,  
 movie and popcorn.

**►Family Day Bowling**  
 Dec. 24  
 Bowling Center  
 Bowl two games and  
 receive a third game free.

**►Dollar Day Bowling**  
 Dec. 26  
 Bowling Center  
 \$1 games, shoe rentals,  
 hotdogs and drinks.

**►Holiday Break Bowling**  
 Dec. 27 and Jan. 3  
 1 to 5 p.m.  
 Bowling Center  
 Three games and shoes \$6  
 For details,  
 call 468-2112.

**Big New Year Bingo**  
 Dec. 29  
 6 p.m.  
 Heritage Club Bingo Room  
 For details,  
 call 468-4515.

## ROBINS Air Force Base Chapel



### Holiday Calendar

For more information,  
 call DSN 468-2821  
 or 926-2821.

### Protestant Holiday Calendar

**Sunday** – Third Sunday of Advent Christmas Cantata  
 11 a.m.  
**Wednesday** – Christmas Fellowship dinner 5:15 p.m.  
**Dec. 22** – 4th Sunday of Advent  
**Dec. 24** – Candle Light Service 7 p.m.  
**Dec. 31** – New Year’s Eve Watch Night Service  
 and Fellowship 6 p.m. to 12:01 a.m.

### Catholic Holiday Calendar

**Sunday** – Third Sunday of Advent Mass  
 9:30 a.m.  
**Dec. 22** – Fourth Sunday of Advent Mass  
 9:30 a.m.; Children’s Christmas Mass practice 5 p.m.  
**Dec. 24** – Children’s Christmas Mass 5 p.m.  
**Dec. 24** – Caroling Before Mass 9:30 p.m.  
**Dec. 24** – Christmas Eve Mass 10 p.m.  
**Dec. 25** – Christmas Day Mass 9:30 a.m.  
**Dec. 31** – New Year’s Eve Mass 5 p.m.  
**Jan. 1** – New Year’s Day Mass 9:30 a.m.

## MILITARY

Continued from 1

chief of staff for Manpower, Personnel and Services. “This year, due to the limited timeframe, we’re announcing all programs at once to allow Airmen time to consider their options and ensure their personnel records are up to date.”

Several programs will soon be announced. Boards will consider an Airman’s entire record of performance and will follow Air Force promotion board standards. These programs only apply to active-duty Airmen.

The chief master sergeant retention board will include two phases. During phase one, chiefs in specific specialties may apply for voluntary retirement in lieu of meeting a retention board. Chiefs with 20 years of total active federal military service from identified overage career fields who do not apply for retirement before the phase one window closes Mar. 15, will be considered by the

board, Cox said.

The quality force review board will look at senior master sergeants and below with a negative quality indicator code. Negative codes include reporting identifiers, grade status reasons, reenlistment eligibility, or assignment availability codes. For a complete list of codes, Airmen should visit the MyPers website once the Personnel Services Delivery Memorandum for this program is released.

Airmen who have declined to obtain retainability for PCS, TDY, retraining/training, deployments or promotion will be looked at under the Date of Separation, or DOS, rollback program.

Voluntary separation pay applies to Airmen on the active-duty list with more than six years, but no more than 20 years of total active federal military service, and will be offered to enlisted retention board eligible Airmen as a voluntary incentive prior to the retention boards. The enlisted retention boards will look at

senior airmen through senior master sergeants in overage Air Force specialty codes with a date of rank of Jan. 1, 2013 or earlier. Senior NCOs with a minimum of 20 years of total active federal military service by the mandated retirement date will also be considered by the board.

Force shaping boards will consider active-duty officers with more than three but less than six years of commissioned service as of Dec. 31, 2014, for separation and will target career fields and year groups based on sustainment levels.

Overages in the officer corps will require the force to conduct an Enhanced Selective Early Retirement Board, or ESERB. An ESERB allows the service to consider retirement eligible active-duty officers below the rank of colonel, lieutenant colonels once deferred for promotion, and colonels with two to four years time in grade.

**Editor’s note: To read the full story, visit [www.robins.af.mil](http://www.robins.af.mil) or [www.af.mil](http://www.af.mil).**

## LEADERS

Continued from 1

Unfortunately, we will likely have to use involuntary measures as well. Beginning very soon, you’ll see programs we’ve used before to include voluntary separation incentives and temporary early retirement authority, as well as force shaping and reduction in force boards. You’ll also see new programs to include an enhanced selective early retirement board, enlisted retention boards, and an enlisted quality force review board.

Although these programs will be explained in detail when announced, you can go to the myPers website for the most current information today (<https://mypers.af.mil>).

We know these programs will be

unsettling to many Airmen and their families, but they are necessary to ensure that our Air Force remains the best in the world. We’ve decided to roll these force management tools out now to give you plenty of time to understand your options. We promise to do our best to be transparent and give you all the information that you need to make decisions affecting you and your loved ones.

Whether you choose to separate or are asked to separate, we are committed to doing everything that we can to help you and your family in your transition.

— *The preceding message was jointly issued by Eric Fanning, Acting Secretary of the Air Force; Gen. Mark Welsh, Air Force Chief of Staff; and James Cody, Chief Master Sergeant of the Air Force.*

# ROBINS HOLIDAY HOURS

## **OPEN Dec. 24**

- ▶Base Restaurant
  - Afterburner, cafeteria and fast food - close at 12:30 p.m.
  - Mobile routes - normal hours
  - Daytime snack bars - close at 12:30 p.m.
- ▶Vending - normal hours
- ▶Horizons - closes at 1 p.m.
- ▶Quick Turn - closes at 1 p.m.
- ▶Fairways Grille - normal hours
- ▶Golf Course - normal hours
- ▶Bowling Center - open from 11 to 6 p.m.
- ▶CDC East and West - open from 6:30 a.m. to 6 p.m.
- ▶Youth Center - normal hours
- ▶Fitness Center - open from 8 a.m. to 4 p.m.
- ▶Military Personnel Section - normal hours
- ▶Equipment Rental/Outdoor Recreation Center - open from 8 a.m. to 2 p.m.
- ▶FAMCAMP - open from 10 a.m. to 2 p.m.
- ▶Aero Club open half day
- ▶NAF AO - normal hours
- ▶Marketing - normal hours
- ▶Airman and Family Readiness Center - open from 7:30 a.m. to 4:30 p.m.
- ▶Wynn Dining Facility
  - Breakfast - 5:30 to 8 a.m.; Lunch 11 a.m. to 1 p.m. and Dinner 4:30 to 7 p.m.
- ▶Flight Kitchen 24 hours

## **OPEN Dec. 25**

- ▶Wynn Dining Facility normal hours

## **OPEN Dec. 31**

- ▶Base Restaurant
  - Afterburner and fast food close at 12:30 p.m.
  - Mobile routes 2, 3 and 4 normal hours
  - Snack bars- 91,640,645, 376,125, 300 hallway, 301, 140, 300 foyer, 210 and 549 close at 1 p.m.; 125 nights closes at 7 p.m.
- ▶Quick Turn closes at 1 p.m.
- ▶Fairways Grille normal hours
- ▶Golf Course normal hours
- ▶Bowling Center - open from 11 a.m. to 5 p.m. and 9 p.m. to 1 a.m.
- ▶Base Library - closes at 3 p.m.

- ▶CDC East, and West - open from 6:30 a.m. to 6 p.m.
- ▶Youth Center normal hours
- ▶Fitness Center - open from 8 a.m. to 4 p.m.
- ▶Military Personnel Section normal hours
- ▶HRO - normal hours
- ▶Equipment Rental/Outdoor Recreation Center - open from 8 a.m. to 2 p.m.
- ▶FAMCAMP - open from 10 a.m. to 2 p.m.
- ▶Arts & Crafts Center - open from 9 a.m. to 1 p.m.
- ▶Aero Club Open half day
- ▶NAF AO - normal hours
- ▶Marketing - normal hours
- ▶Airman and Family Readiness Center - open from 7:30 a.m. to 4:30 p.m.
- ▶Education and Training - open from 7:30 a.m. to 4:30 p.m.
- ▶Wynn Dining Facility normal hours

## **OPEN Jan. 1**

- ▶Golf Course normal hours
- ▶Fitness Center - open from 8 a.m. to 4 p.m.
- ▶Wynn Dining Facility normal hours

## **COMMISSARY**

- ▶Dec. 24 open from 9 a.m. to 4 p.m.
- ▶Dec. 31 open from 9 a.m. to 8 p.m.

## **EXCHANGE**

### **MAIN STORE**

- ▶Open Dec. 24 from 9 a.m. to 5 p.m.
- ▶Open Dec. 31 from 9 a.m. to 5 p.m.
- ▶Open Jan. 1 from 10 a.m. to 5 p.m.

## **SERVICE STATION**

- ▶Open Dec. 24 from 6:30 a.m. to 5 p.m.
- ▶Open Dec. 31 from 10 a.m. to 9 p.m.
- ▶Open Jan. 1 from 10 a.m. to 5 p.m.

## **SHOPPETTE/**

### **CLASS SIX**

- ▶Open Dec. 24 from 8 a.m. to 5 p.m.
- ▶Open Dec. 31 from 10 a.m. to 9 p.m.
- ▶Open Jan. 1 10 a.m. to 3 p.m.

\* Unless listed all FSS activities will be closed on the dates above. For a complete list of FSS hours, visit <http://www.robinsfss.com>.

For more Robins Exchange holiday hours visit <http://www.shopmyexchange.com>