

## Severe weather awareness week starts Monday

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## Fitness tips for success

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## ANG Gate closed today

The Air National Guard Gate will be closed today. That allows manpower to be shifted to the Russell and Watson Gates to increase traffic flow onto the base, particularly during the morning rush. Operations at the other gates will remain the same.

# ROBINS REV-UP

January 31, 2014 Vol. 59 No.4

## NEWS

### YOU CAN USE

#### Water system flush

The 78th Civil Engineer Squadron has a requirement to flush the domestic water system on base starting today. The contractor will be flushing fire hydrants, which may cause some discoloration in the drinking water on base. The work will begin at 6 a.m. today and end at close of business on Thursday.

If you have any questions, call 78th Civil Engineer Group customer service at DSN 497-7447.

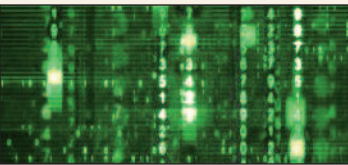


#### Tax Center opens Monday

The Robins Tax Center is set to open for the 2013 tax filing season Monday.

The tax center provides free, non-complex tax preparation and filing to active duty service members and their dependents, and retirees and their dependents.

For more information, call the tax center at 468-1831.



#### NAF jobs go virtual

Nonappropriated fund jobs at Robins are now available online, as part of an Air Force-wide job board that lists vacancies for all Air Force NAF facilities.

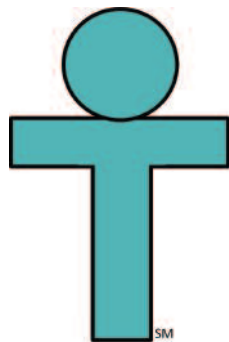
To apply for a job, applicants must go to [www.nafjobs.org](http://www.nafjobs.org) and create a free profile that includes work background, any military experience and education. Applicants may also upload a resume and other support documentation.

Once an individual identifies a vacancy for which he or she would like to apply, clicking the "apply" button submits the application to the servicing NAF human resources office.

Applicants can check the status of their applications under the "My Applications" tab in "My Profile."

Unlike other job application programs, the NAF system sends every application to the hiring manager for consideration.

For more information on NAF employment, visit [www.nafjobs.org](http://www.nafjobs.org) or contact the Robins Human Resources Office at 472-4759. The office is located in Bldg. 765.



**It's time to talk about Sexual Assault and how "IT" can affect an individual, his or her family, work environment and ultimately Team Robins. "IT" has to stop. To watch the video, visit the Robins Splash Page or [www.robins.af.mil](http://www.robins.af.mil).**

## Analyst gets top honors for work in Afghanistan

BY JENNY GORDON

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

Stephen Ross, a financial analyst with the Warner Robins Air Logistics Complex, was recognized Monday for his year of civilian service downrange as lead audit advisor with the Afghan Public Protection Force.

The Air Force veteran, who voluntarily deployed from Sept. 2012 to Sept. 2013, was presented with an APPF Appreciation Certificate for his contribution to the government and people of Afghanistan; a medal from the Department of the Army for Superior Civilian Service in support of Operation Enduring Freedom; a Non-Article Five North Atlantic Treaty Organization Medal in relation to the International Security Assistance Force Operation; and the Secretary of Defense Global War on Terrorism medal.

Prior to his arrival at Robins in 2007,



U.S. Air Force photo by RAY CRAYTON

**Stephen Ross, a financial analyst with the Warner Robins Air Logistics Complex, speaks during a recognition ceremony Monday.**

Ross worked for the Defense Information Systems Agency in Washington, D.C.

As he did while in the service, he wanted to continue his overseas support in some capacity, later learning about the Civilian Expeditionary Workforce program. Once

approved for the CEW in 2012, he was notified of a job opening in Afghanistan, with a month's notice to prepare.

"This is an outstanding program," said Ross. "It takes our military brothers who have deployed multiple times and allows them to stay home. You take a civilian who is in the same career and (allow them to take the service member's place). Talk about directly supporting the warfighter."

He was an advisor to the Business and Finance Directorate, Afghan Public Protection Force Advisory Group, Deputy Commander-Police, and was instrumental as the lead advisor to the Afghan Public Protection Force Directors of the internal audit, accounting and budgetary sections. Notably, he assisted the APPF to obtain its first ever Capability Milestone One rating on the APPF Advisory Group Assessment.

► see ANALYST, 3

## Winter prep targets safety



U.S. Air Force photos by RAY CRAYTON

**Dropping temperatures, which began Monday, led to base leadership's decision to close the base Tuesday in preparation for potentially dangerous weather. Precipitation began around 10 p.m. Tuesday night leading to road hazards including black ice. Although the area only received 1 to 3 inches of snow, freezing rain and icy conditions proved to be the biggest dangers to base employees.**

**Above, the F-15 display in front of Bldg. 215 near the main gate was still covered in a sheet of ice Thursday when employees returned to work.**

**At right, The gazebo at Duck Lake paints a picture-perfect winter scene Thursday. With temperatures rising into the 40s most of the ice and snow was gone by late afternoon.**



## Decision to close installation puts people first

BY FAYE BANKS-ANDERSON

[faye.banksanderson@us.af.mil](mailto:faye.banksanderson@us.af.mil)

There are those who make fun of southerners when it comes to prepping for snow, sleet or ice. But, it was Robins' preparation that saved lives and put employees and their families' safety first.

Say what you will about base leadership's decisions this week, but would you rather be stranded in a car for hours, or waiting for your children to get home after being on a school bus overnight? Or worse yet — spending the night in unfamiliar territory?

While many might think that's a stretch, it happened as close as Atlanta, and could've happened to some of our employees here — especially those who live in areas hardest hit by the storm.

**So what did Robins do to be prepared?**

Even before the first drop of precipitation, Col. Christopher Hill, Installation commander, gathered a team of experts to discuss the options of closure, delayed reporting and re-opening the base for personnel.

And, that team discussed topics such as employee safety; mission down time; emergency response, traffic and increased duty shifts. They also discussed housing and food for those unable to get home after a shift; limited manning, weather implications and road hazards.

Not only that, but they also looked at aircraft sorties, communication to the workforce and more.

Those subject matter experts ranged from security to food operations and maintenance to civil engineers. They also included medical and weather specialists — to name a few.

And, all were in daily contact on conference calls as well as

attending numerous meetings to prepare for the worst.

When the worst didn't happen the first day and the base was closed for all non-mission essential personnel, the criticism began. Not deterred, the team continued with its plans and was more than ready when the base was closed a second day when bad weather moved into the area.

This time it was seen as a prudent move — especially as horror stories were being reported nationally from other nearby areas.

The following is just a snapshot of some of the efforts which continued while many base employees were in the safety of their own homes.

► Airfield Management, Weather Flight and Base Operations worked 24/7 to monitor the ever-changing weather conditions at Robins. They provided hourly forecast

updates and valuable up-to-the-minute "eyes on" condition reports to leadership. As airfields across the southeast were closing rapidly, Robins remained open until ice was present on the runway. They were also available to provide an opportunity for civilian and military aircraft to divert to the base in case of an emergency.

"It was a true team effort with contractors, Airmen and civil service members doing whatever was asked to ensure the safe and expeditious flow of operations on the airfield," said Lt. Col. Dwayne Gray, 78th Operations Support Squadron commander. "Experience and love for the mission had the team at the 'top of their game' because they knew the safety of so many depended on them."

The 78th Security Forces Squadron was also postured to

► see WEATHER, 3



# Second Front

## Severe Weather Awareness Week kicks off Monday

**Y**ou've seen images of the aftermaths of damaging winds, flash floods, hail and tornadoes. But, what would you do if it impacted your life or the lives of those close to you?

Monday through Feb. 7, Robins will observe Georgia's Severe Weather Awareness Week.

Here, the week is spearheaded by the 78th Operations Support Squadron's Weather Flight in an effort to strengthen knowledge among the base populace about the various facets of adverse weather.

Severe weather conditions threaten this region throughout the year, and a solid awareness effort considers them all. In any given year, Georgia experiences six days with tornadoes, seven days with hail greater than or equal to one inch, and 19 days with storms which produce damaging winds.

During the observance, weather flight team members will distribute severe weather preparedness literature to the Team Robins family at several locations around the base.

Also, in partnership with the Houston County Emergency Management Agency and the National Weather Service, the flight will provide assistance to base employees who are residents of Houston County in registering for the CODE RED telephone alert notification service and the National Oceanic Atmospheric Administration weather radio purchase assistance voucher program.

Finally, a drawing will be Feb. 7, and three members of Team Robins will win a NOAA weather radio.



U.S. Air Force file photo by ED ASPERA

### Storm clouds roll in over the Robins flight line.

"We were very impressed last year with the response of the Robins community and want to do even better this year," said Roddy Nixon Jr., weather flight science and training officer. "There simply is no place for a complacent severe weather attitude. Education and preparedness remains vitally important."

Nixon said everyone must remember the issuance of a weather Watch provokes the question "What will I do?" and a weather Warning requires "Immediate action."

Severe weather preparation must remain everyone's business.

The weather flight and its collaborating partners will continue to emphasize

that in these challenging economic and budgetary climates, it's more critical than ever for individuals, families, businesses and communities to have plans, test those plans and adjust their plans as needed.

The Robins weather flight strongly encourages individuals, families, and agencies to know safe evacuation routes and shelter locations, stock emergency kits, and practice their disaster response.

Information to assist in those actions can be downloaded by clicking the "weather" link on the right-hand side of the Robins AFB public homepage.

Applicable severe weather watches and warnings for Robins include:

► **Tornado Watch:** Conditions are

favorable for the development of severe thunderstorms and tornadoes in and close to the watch area.

► **Tornado Warning:** Issued when a strong rotation in a thunderstorm is indicated by Doppler weather radar or a tornado is sighted by trained personnel.

► **Severe Thunderstorm Watch:** Conditions are favorable for the development of severe thunderstorms in and close to the watch area. A severe thunderstorm contains hail larger than 3/4 of an inch in diameter or damaging winds greater than 58 mph (50 knots or greater). Isolated tornadoes are also possible.

► **Severe Thunderstorm Warning:** A severe thunderstorm is indicated by Doppler weather radar or sighted by trained personnel. A severe thunderstorm contains hail larger than 3/4 of an inch in diameter or damaging winds greater than 58 mph (50 knots or greater). Isolated tornadoes can and do occur with little warning.

► **Lightning Watch:** Conditions are favorable for the development and occurrence of lightning in and close to the watch area.

► **Lightning Warning:** Issued when lightning has been observed within a designated radius.

**NOTE:** When severe weather is forecast, a message is sent to the Robins Command Post, which then uses AtHoc and the Installation Mass Notification System or Giant Voice to alert the base populace. The base tornado siren will sound when the weather flight issues a tornado warning.

## First Museum of Aviation director passes away

Peggy Young, the first director of the Museum of Aviation, passed away Jan. 24, in Alexandria, Virginia at the age of 87.

Young was responsible for the development of the Museum, from its inception in the early 1980s, until she retired from civil service on July 3, 1997. The cause of death was a stroke.

Young will be remembered for her passion, energy and devotion to the Museum of Aviation.

"She worked tirelessly to build partnerships, create events, develop education programs, find supporters and champions to make the Museum a reality," said Pat Bartness, president and chief operat-



Young

ing officer of the Museum of Aviation Foundation. "She made things happen and succeeded when absolutely no one else could have done it. She always praised others for the Museum's growth, but the Museum wouldn't be what it is today without Peggy's leadership and vision."

Peggy was famous for saying the Museum started with \$20 and a roll of

stamps. She opened the first Museum building in 1984 and oversaw the construction of Hangar One in 1991, the Eagle Building in 1992 and the Century of Flight Hangar in 1995.

She also saw the creation of the Georgia Aviation Hall of Fame in 1989 and the Museum of Aviation Foundation Board of Directors in 1990. Upon her retirement the museum had grown into a major U.S. Air Force Museum and education center.

She was preceded in death by her husband Bob Young, a World War II veteran. Survivors include two daughters, an adopted daughter and a son.

## ALL in a Day's WORK

**Name:** Freddie Epps

**Work title:** Water treatment plant operator

**Unit:** 78th Civil Engineer Group

**Hometown:** Talbotton, Ga.

**Number of years in federal service:** USAF retired; six years federal service

**What does your work involve?** "I operate and maintain base water wells and swimming pools."

**What do you enjoy most about your work?** "I enjoy being in the position of ensuring that the base populace has safe, adequate and pleasant drinking water to consume and use."

**How does your work contribute to the Robins mission?** "My work and the service that the water treatment plant provides aids and supports the facilities and operations on base to successfully execute and complete their particular missions."

**What prompted your interest in your career?** "I was placed in this career field by the Air Force in



U.S. Air Force photo by RAY CRAYTON

1973, and I have loved it ever since."

**Who has been the biggest influence in your life?** "My parents have been the main and primary influence in my life. They taught me from an early age to do my best and work for the things I wanted."

**What's something people would be surprised to know about you?** "People would be surprised to know that I'm afraid of flying after serving 20 years in the Air Force."

**What is the accomplishment you are most proud of?** "There are several accomplishments that I'm proud of; however, I think the most important accomplishment for me has been and is to be a father, not just a dad."

## Base kicks off Black Heritage Observance

Robins will kick off its Black History Month Observance today with a proclamation signing at 11 a.m. at the Base Exchange.

The event will feature the dancers from the Kali Dance Studio and a saxophonist. See next week's Rev-Up for a full list of the month's planned activities.



## Notice to AFGE employees concerning union dues

The following information is covered under Article 8.05 (e) of the Master Labor Agreement between Air Force Material Command and American Federation of Government Employees. Employees desiring to initiate an authorization for dues withholding may obtain an SF 1187 from any AFGE steward or official. The effective date will be the first full pay period after receipt of the SF 1187 by the Civilian Pay Section.

Employees wishing to discontinue their dues withholding may obtain SF 1188s from the Civilian Pay Section located in Building 301, East Wing, Bay F or the Labor Relations Office located in Building 376, room 430. Discontinuance of dues withholding will be effective as follows:

(1) For an employee who began dues withholding allotments before 11 January 1979: Beginning the first full pay period following 1 September provided the SF 1187 is received by the Civilian Pay Section prior to 1 September.

(2) For an employee who started dues withholding on or after 11 January 1979: Beginning the first full pay period following the particular anniversary date (the anniversary date is the starting date of the first pay period for which dues were deducted from the employee's pay).

## WINGMEN WANTED

EAP – 327-7683;

AIRMAN AGAINST

DRUNK DRIVING –

335-5218;

335-5236; 335-5238

## WEATHER

Continued from 1

deal with anything that could come their way.

►Security Forces ensured there were mission-essential personnel for the flight line, patrols, commercial vehicle access and minimum base entry control points. The unit communicated base status to personnel entering the installation in order to provide closure status on medical, the Exchange and the commissary. Mobile patrols assisted civil engineering and logistics readiness in site surveys to assess road conditions and prepared for anyone in need of assistance or emergencies. Squadron members prepositioned cots, sleeping bags, all terrain vehicles and a small supply of “meals, ready to eat” in the event personnel would need to serve consecutive shifts without the ability to travel on- and off-base. SFS members were also postured to arrive to base early and prep the installation for mass opening to facilitate safe travel for all Team Robins to transition back to normal operations once the inclement weather passed.

►The 78th Civil Engineer Group was ready for unforeseen contingencies. They were immediately able to use street-sweeping capabilities to knock ice off the roads. Team members were continually assessing the roads during regular drive-arounds. Thinking ahead resulted in prepositioned stand-by dump trucks and sand piles for walkways and entry ways. Workers were able to identify needed actions and respond to emergency incidents on the base.

“I’m very pleased and comforted by the professionalism and dedication of my folks,” said Otis Hicks, CEG director. “Our folks were sharing experiences and prior lessons learned to help others.”

All the planning and continuous collaboration definitely made a difference.

A message left on the base’s Action Line probably said it best, “A job well done. Kudos to the base commander for shutting down the base for two days and delaying arrival times this morning (Thursday) in accordance with the weather forecast and conditions. He potentially saved thousands of dollars in vehicle accident costs and more importantly loss of human life.”

## ANALYST

Continued from 1A

Explaining that he always had a translator to assist in conducting business, it wasn’t so much the language barrier that was challenging. Instead it was developing relationships and building trust.

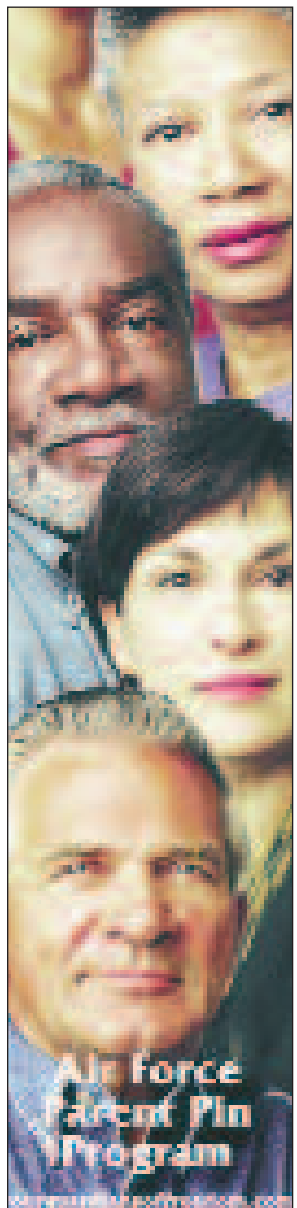
“I was an advisor to the deputy minister for the Ministry of Interior. It took me two months to earn his trust.

Developing those relationships is extremely difficult,” he said. “We started them from the cradle, bringing them up to a \$50 million-per-year enterprise providing security within and around Afghanistan.”

Brig. Gen. Cedric George, WR-ALC commander, commended Ross for his commitment to his country.

“He volunteered to go 7,500 miles away from us here in Middle Georgia,” said George. “I’m proud of him, and look forward to what he’ll bring this great Air Force as he continues his service.”

Ross, who said he was among the first from Robins to deploy in the CEW program, has been back almost five months. He indicated he would like to return to continue his experiences in an advisory role.





# Around the Air Force

## James ceremoniously sworn-in by Hagel

WASHINGTON (AFNS) – Deborah Lee James, the 23rd secretary of the Air Force, was ceremoniously sworn in by Defense Secretary Chuck Hagel at the Pentagon Jan. 24.

Hagel called James well suited to lead the Air Force as the nation faces an increasingly uncertain security environment.

“The rise of emerging powers, dangerous rogue states, affiliated terrorist organizations, and the proliferation of technology will mean more contested and complicated domains, from space to cyber to sea lanes,” he said.

Hagel noted that James has spent the last 30 years serving on the staff of the House Armed Services Committee at the Pentagon, where she served three secretaries of defense, as well as time in the private sector. Her approach, he said, “has been to understand the problems and opportunities, listen carefully and then act decisively.” That, he added, will make her a success leading the Air Force.

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

## Ugandan troops support U.S. airlift missions

ENTEBBE, UGANDA (AFNS) As U.S. airlift missions operating at the request of the French government and African Union authorities continue, Uganda maintains their role as a key U.S. strategic partner.

In just two months, the Ugandans allowed the U.S. military to stage at least three essential missions out of Entebbe.

“The Ugandans have been invaluable,” said Col. William Wyatt, the chief of the Office of Security Cooperation Uganda. “Both the civil aviation authority and Ugandan People’s Defense Force have been instrumental in helping us stage important missions out of Entebbe.”

Most recently, the U.S. Airmen have been staging two C-17 Globemaster III aircraft out of Uganda to provide airlift support to a Rwandan mechanized battalion. The U.S. military is transporting equipment and soldiers to the Central African Republic in support of the African Union’s effort to confront destabilizing forces and violence.

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

## 45th Space Wing supports NASA launch

CAPE CANAVERAL AIR FORCE STATION, FLA. (AFNS) – The 45th Space Wing provided flawless Eastern Range support for NASA’s successful launch of the Tracking and Data Relay Satellite-L mission aboard a United Launch Alliance Atlas V rocket from Launch Complex 41 at 9:33 p.m. Jan. 23.

The rocket flew in the 401 vehicle configuration with a four-meter fairing, no solid rocket boosters and a single-engine Centaur upper stage.

Airmen, Air Force civilians and contractors from throughout the 45th Space Wing provided vital support, including weather forecasts, launch and range operations, security, safety, medical and public affairs. The wing also



U.S. Air Force photo by SENIOR AIRMAN KAYLA NEWMAN

## FOD Walk

Airmen conduct a foreign-object and debris walk at Bagram Airfield, Afghanistan. Debris can cause damage to the engines and other systems within an aircraft if not kept off the flight line.

provided its vast network of radar, telemetry, and communications instrumentation to facilitate a safe launch on the Eastern Range.

The Atlas 5 rocket will carry the spacecraft on a two-hour flight to geosynchronous transfer orbit, the normal drop-off point for communications satellites. From there, TDRS-L will maneuver itself into a circular orbit and undergo months of testing before being declared operational.

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

## Cadets sweep national soaring competition

U.S. AIR FORCE ACADEMY, COLO. (AFNS) – Academy cadets left their competition in the dust by winning their ninth consecutive National Sailplane Racing Championship for 2013 and earning the Collegiate Soaring Association’s Robert B. Evans Trophy for the 15th time in 19 years.

This year, the Academy’s Sailplane Racing Team beat Embry-Riddle University and Penn State, which placed second and third, and had their second-best season in Academy soaring history – flying 21,688 miles and ranking 16 percent in the world out of 1,448 clubs, said Mark Matticola, the soaring team head coach and director of advanced soaring for the 94th Flying Training Squadron here.

The SRT achieved 115 flights over 100 miles this year (89 of them over 200 miles). The farthest flight was accomplished by Cadet 2nd Class Sarah Sill and Lt. Col. Bill Gagen who flew 251 miles at the Region 9 Cross-Country Competition in Hobbs, N.M., June 25, 2013.

The Academy’s longest flight was achieved by Capt. Billy Jacks, a solo cross-country qualification flight recorded at six hours and 41 minutes at a training deployment in Littlefield, Texas.

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



U.S. Air Force photo by SENIOR AIRMAN MAESON ELLEMAN

## Catcher in the rough

Staff Sgt. Joshua Cunningham rappels from a bridge to save Staff Sgt. George Reed from a simulated parachute catch during element leader upgrade training at Kadena Air Base, Japan. Pararescuemen frequently train in a multitude of rescue scenarios in order to be prepared for any environment or situation and maintain proficiency. Cunningham and Reed are pararescueman with the 31st Rescue Squadron.

## Recruiting

# Continue your career in the Air Force Reserve

BY MASTER SGT. SHAWN J. JONES

Air Force Reserve Command Recruiting Service

Force management programs will push thousands of active-duty Airmen out of their jobs, but opportunities exist in the Air Force Reserve for Airmen who don’t want to hang-up their uniforms for good.

“Force management will cost many Airmen their jobs, but not necessarily their careers,” said Col. Steve Fulaytar, the Air Force Reserve’s director of recruiting. “They can continue their service as Citizen Airmen.”

Reserve service provides a benefits package highlighted by programs familiar to most Airmen such as tuition assistance, the Post 9-11 G.I. Bill and the opportunity to work toward a military retirement plan. Additionally, low-cost healthcare insurance is available to most reservists at significantly lower rates than comparable plans, and enlistment bonuses are available for some career fields at specific duty locations.

Airmen transitioning into the Reserve stand to receive many benefits, but they also provide plenty of benefits themselves. New Citizen Airmen who have active-duty experience are valuable to Reserve units



because they are mission-ready.

“When an active-duty Airman decides to continue their career in the Reserve, everyone wins,” Fulaytar said. “The Airman retains the benefits of continued service, the Reserve gains an Airman who can contribute immediately and the regular Air Force has one less Airman that must be involuntarily separated.”

One key difference between active and Reserve service is that Citizen Airmen won’t have to relocate to suit the needs of the Air Force. Many reservists spend the majority of their career with one unit and

only agree to a permanent change of station when the timing is right for them.

Airmen who are ready to separate don’t have to wait until their original enlistment or commission obligation is complete. The Palace Chase program enables Airmen to separate from their active enlistment or commission as long as they continue their service with the Reserve Component.

Airmen should be aware the recruiting process is somewhat different from when they joined the active-duty Air Force. Once Airmen are deemed eligible for Reserve service, they must work with an in-service recruiter to locate a duty location and position that meets their needs.

“Our Reserve units love fully qualified Airmen who can hit the ground running,” Fulaytar said. “But finding duty positions for new recruits takes time, so they can help themselves by contacting their in-service recruiter as soon as possible.”

The in-service recruiter at Robins Air Force Base is Master Sgt. Anthony Jones. He can be reached at DSN 497-7367 or [anthony.jones.27@us.af.mil](mailto:anthony.jones.27@us.af.mil). More information is available at [www.afreserve.com](http://www.afreserve.com) and [www.facebook.com/airforcereserve](http://www.facebook.com/airforcereserve).

**Editor’s note:** Air Force Reserve Command Headquarters is located at Robins.

## ROBINS REV-UP

COMMANDER  
Col. Christopher Hill

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## SUBMISSION GUIDELINES

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

They should be e-mailed to [lanorris.askew.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.

## DELIVERY

To report delivery issues, call 472-0802.

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# From the Command Down

## Wolfenbarger discusses challenges, successes at commander's call

BY AIR FORCE  
MATERIEL COMMAND  
PUBLIC AFFAIRS

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – Challenges that lie ahead and a recap of recent successes highlighted Air Force Materiel Command's Commander Gen. Janet Wolfenbarger's commander's call Jan. 23.

It was the first of what will be several workforce communication engagements for the general. In the coming months, Wolfenbarger will hold a commander's call at each AFMC base.

Speaking to a packed base theater crowd, the general acknowledged that 2013 had many challenges. Top among those challenges were budget issues, sequestration and furloughs – all of which in turn had great impacts on mission, quality of life and force management.

“Our challenge now is to figure out how we can get through this period of downsizing,” she said. “We can do this; we have done it before as an institution. We just have to make the best decisions we can in a non-optimal resource environment. I ask you to bring forward all those good ideas that are out there, because now is the time.”

Wolfenbarger also noted that the AFMC mission – through the AFMC workforce – thrived despite the many challenges.

“As I look back, I want to say how proud I am of the progress we made last year, despite the environment,” she said. “Operating in the new organizational construct has proven tremendous, even powerful, in terms of how it has enabled more mission-effective and more cost-effective operations for us as a command.”

In just one year of operations under the new five-center construct, AFMC avoided or saved \$2.7 billion while expertly accomplishing the mission, the general said. That number is only expected to grow.

In looking to 2014 and



beyond, Wolfenbarger emphasized the importance of fostering a culture of respect and resiliency, saying everyone has a responsibility to be accountable for himself or herself and to be accountable as a Wingman.

AFMC command chief Chief Master Sgt. Michael Warner, who also spoke at the commander's call, echoed the general's perspective.

“We need to be empowered to protect both ourselves and our coworkers from physical, mental, sexual or negligent misconduct,” he said. “We all deserve to be treated with trust, care, dignity and respect.”

Other topics the general and chief addressed as key this year included continuing budget concerns and force management issues.

The recently signed Bipartisan Budget Act increased the Air Force topline budget by approximately \$6 billion over sequestered fiscal 2014/2015 levels, which Wolfenbarger noted gives the Air Force some – though not complete – relief and also gives the service some budget certainty.

The general also talked about the Consolidated Appropriations Act, signed on Jan. 17, which restores flying hours and weapon system sustainment; protects the “Big-3” investment programs (i.e., F-35, KC-46, and Long Range Strike Bomber); provides additional Facilities, Sustainment, Restoration and Modernization funds for installations; and notes that no administrative furloughs are planned for fiscal 2014.

*For the full story, visit <http://www.afmc.af.mil/news/story.asp?id=123377867>.*

## Buckle up ... It's the Law



According to Air Force Instruction 91-207, all motorists and passengers must wear seat belts when operating and/or riding in a moving vehicle. Individuals found not wearing a seat belt in a moving vehicle may be issued a ticket by the 78th Security Forces Squadron.



# A Better You

## Success tips for setting, achieving fitness goals

BY TOMMIE HORTON  
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If you're among the many people who have set out to become healthier this year, Greg Reynolds, Health and Wellness Center exercise physiologist, has some tips to help you reach your goals.

For starters, Reynolds suggests setting realistic objectives and breaking long-term plans down to smaller short-term goals. Achieving those smaller goals can help provide a sense of accomplishment as well as help to keep you motivated to press forward toward your bigger objectives.

It's also important to ease into it, said Reynolds. Often people get excited when beginning to exercise, and they jump into a program that is too hard or too fast for them.

That can lead to extreme soreness, joint aches and pains – and in extreme cases – even injuries or medical events. He advises folks to ease into exercise by slowly progressing the duration, frequency and intensity of activities. That allows the body to adapt appropriately.



U.S. Air Force photo by TOMMIE HORTON  
**Rhonda McKnight, aerobics instructor, leads an energetic aerobics class at the base gym.**

Another tip is to choose the right exercises. For example, running isn't the best exercise for everyone. If an activity hurts, most people probably won't continue with it very long.

Thus, choosing a more appropriate activity to start with will be best both in regards to injury risk and longevity sake, he said.

Lastly, make exercise activities fun and enjoyable.

When possible, listening to music, reading books or magazines and even watching videos may help. And, if they're properly chosen, those items might even increase motivation.

Socializing can also be a big part of enjoying workouts. Reynolds said having a partner or joining classes can help by increasing both accountability and enjoyment.



U.S. Air Force file photo by SUE SAPP

## National Children's Dental Health Month

BY 78TH DENTAL SQUADRON

The 78th Dental Squadron will be celebrating National Children's Dental Health month starting Tuesday with a visit to the Robins Child Development Center.

Alex the Alligator, the 78th Dental Squadron mascot, will be on hand with representatives of the 78th Dental Squadron to educate the children on proper oral hygiene and nutritional habits.

"Oral health habits are something that has to be taught to children at an early age so that good hygiene and nutritional habits become good habits. It is important for us in the dental community to educate both children and parents on ways to keep their teeth



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healthy," said Capt. Kevin Nail, 78th DS Clinical Flight commander. "It's important for parents to take their children to a preliminary dental visit before the child reaches their first birthday. That first visit can help educate the parents on ways to help their child prevent dental decay at an early age and subsequent dental problems throughout their lives."

Additionally, the dental squadron will visit schools on-and-off-base.

Additional information will be posted on the base electronic marquee signs.

The American Dental Association held the first national observance of Children's Health Day in a one-day event on Feb. 8, 1949. In 1981, the single day event became a month long educational campaign known as National Children's Dental Health Month.

**For more information, call Lisa Sims, 78th Dental Squadron Chief of Preventive Dentistry at 478-327-8056.**

## 78th MDG bone marrow registry site open for business

The 78th Medical Group has established a walk-in registration site for the C.W. Bill Young Department of Defense Bone Marrow Registry.

This is the first walk-in site for an Air Force installation in Georgia, according to 1st Lt. Melissa Campos, 78th MDG Lab Flight commander and recruitment campaign coordinator.

Robins joins Fort Benning, the Army installation in Columbus.

Participation costs nothing. The DOD Donor Program covers all of the costs of registration, typing and testing. If a person is called to donate, they don't pay the associated medical and travel expenses. Since 1991, the program has served military and DOD personnel and their dependents.

Anyone between the ages of 18 to 60 is eligible to donate.

To register to become a donor, visit the laboratory in

the 78th Medical Group, Bldg. 700. Walk-in hours are Mondays through Fridays from 7:30 a.m. to 4 p.m., except on national holidays, down days, and the second and fourth Thursdays of each month after 11 a.m.

For information on how to register:

Contact the 78th MDG laboratory at 478-327-7936 or visit [www.salutetolife.org](http://www.salutetolife.org). Become a Facebook fan at [www.facebook.com/DODMarrow](http://www.facebook.com/DODMarrow).

– Courtesy 78th Medical Group

# Out and About

**FRI 31 SAT 1 SUN 2 MON 3 TUE 4 WED 5 THUR 6**

**UPCOMING**

**Coke Factory & CNN Tour**

Sign-up deadline is today  
Activity is Feb. 8.  
Adults - \$40  
Children (3 to 11) - \$35  
Price includes transportation, entry and guided tour.  
For details, call 468-4001.

**Fernbank Museum & IMAX Movie**

Sign-up deadline is Feb. 14.

Activity is Feb. 22.  
Adults - \$35  
Children (3 to11) - \$25  
Price includes transportation, entry and IMAX movie.  
For details, call 468-4001.

**ONGOING**

**Fit 2 Fight**

Mondays, Wednesdays, and Fridays  
11 a.m. to noon  
Fitness Center  
Circuit/Interval Training

Pre- and post-performance evaluations will determine success.  
Incentives and prizes will also be given.  
For details, call 468-2128.

**Power Hour**

Daily  
4 p.m.  
Youth Center  
Homework assistance and computer and game play  
For details, call 468-2110.

**New Library hours**

The Base Library will have new hours of operation beginning Feb. 24. The hours will be Monday through Thursday from noon to 7 p.m. and closed on Fridays and Saturdays from noon to 5p.m.

**Robins Main Store Firearms**

To better serve its authorized customers, the Robins Main Store

Firearms counter is changing its Sunday hours of operation. Beginning Sunday, the new hours will be from noon to 4 p.m.

The weekly hours are Monday through Saturday from 10 a.m. to 6 p.m.

For more information, call Lajima Marshall or Matalena Iosefo at 478-923-5536 or 5537, ext. 200 or the general manager's office at 478- 922-2927 or DSN 497-9430.

## Homeward Bound Campaign welcomes service members home

In 2014, the Army & Air Force Exchange Service is joining military communities around the world to celebrate the homecoming of America's brave warfighters by hosting a year-long "Homeward Bound" campaign.

"We understand the hardships and sacrifices military families go through," said the Exchange's Chief of Staff Col. Thomas Ockenfels. "2014 will be a year to celebrate the



return of so many.

"The Homeward Bound campaign is our way of saying 'thank you' to service members, and their families, for everything they have done and continue to do."

The campaign will

include a year of discounts, contests and great prizes.

To kick off the year, shoppers can enter the Ashley Furniture giveaway now through Feb. 6. Three winners will receive a room of furniture valued at \$1,500 each.

To enter, shoppers can like the Exchange on Facebook by visiting [www.facebook.com/AAFES.BX.PX](http://www.facebook.com/AAFES.BX.PX) and following the contest rules.