



## 101 Critical Days of Summer

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Summertime Safety



# ROBINS REV-UP

August 22, 2014 Vol. 59 No.33

## CMXG C-130 long flaps shop highlights process discipline

BY JENNY GORDON  
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Continuous process improvements have yielded successful outcomes in the 574th Commodities Maintenance Squadron's production of C-130 outer wing long flaps.

Using an innovative process known as The AFSC Way, the team has forged ahead using the standard systems approach that enables personnel at any level to strive for the best and meet goals. The process includes having a workload that's focused and synchronized so mechanics can work efficiently using standardized work.

From the time a C-130 outer wing long flap arrives in Bldg. 189, it flows through a series of five processes, or gates, each operating on a five-day battle rhythm.

It's critical to ensure work is completed in each gate before transitioning to the next. Using the new gated process, a total of three sets, or six C-130 long flaps, have been produced monthly since March up from one to two monthly.

When mechanics have parts, tools and supplies before each stage that not only increases speed, but it promotes a more efficient workplace and increases morale.

A chronic constraint in the past was not having parts when needed. To combat that, there are mortality kits – identified supportable parts prepped at specific gates – within an arm's reach for mechanics. That ultimately increases touch time at a specific gate.

"These kits are broken down for specific work that occurs each day for five days within each of the five gates," said Jeremy Wood, 574th



Eric Gason, 574th Commodities Maintenance Squadron aircraft sheet metal mechanic, works on a C-130 long flap at the shop's table build-up gate. The organization has implemented process improvements that have increased flap production to three sets per month with plans for even further increases.

U.S. Air Force photo by TOMMIE HORTON

CMMXS Structural Repair Flight director. "When you stand in front of a flap, your kit arrives for work that day with every possible part you'll need to complete the repairs. It gives the mechanics complete ownership."

The squadron also uses a monthly production plan which details what day an asset will be produced during the month based on customer requirements. That's a notable change from the past.

"We've progressed to a point where when we build a monthly plan, we build it down to the serial number level," said

### How It Works:

The AFSC Way synchronizes the elements of success – people, resources and processes – to achieve a common goal. It uses gates to measure overall performance. The AFSC Leadership Model emphasizes process discipline and accountability, measuring output results for production speed, product quality, employee safety and cost-effective readiness.

Jimmy Beeland, 574th CMMXS director. "We do that for assets which are routed to us from 402nd Aircraft Maintenance Group along with assets we repair to support the Air Force supply system."

"In the past, we would push an asset aside that had problems and pull in another asset that we thought would be producible," he added. "That process created inefficiencies in our production system. Now, problems become very visible, and they must be solved quickly to ensure assets continue to flow through the pro-

duction system."

The production plan spotlights problems on the front end, allowing supervisors to order parts and use overtime or shift manpower. Individual issues must be worked and solved in advance.

Every five days the shop produces an asset, and is synchronized with back shops that support operations.

In the past those back shops – which perform paint, nondestructive inspections and other functions – would be inundated with work toward the end of a month, constraining the entire group.

Through continuous process improvements, that no longer occurs. There are also charts located at each gate where employees can see and sign off on

► see AFSC, 5

## NEWS

### YOU CAN USE

#### Exercise may produce noise

Base and nearby residents may hear explosions and small arms fire from midnight to 10 a.m. Monday through Aug. 29

The noise will be part of a training exercise on Warrior Air Base at the south end of the base.

#### Technology Expo

The 2014 Robins Air Force Base Technology Expo will be Tuesday from 10 a.m. to 2 p.m. at the Horizons Event Center.

There will be vendors displaying state-of-the-art IT hardware, as well as software and communications solutions.

Interactive displays will include but are not limited to radio frequency identification devices, touch and enable software, system integration software, test inspection and tactical equipment, signal and network analyzers, and multi-level security solutions for SIPR and NIPR platforms that will provide secure connections for servers and desktops.

#### Air Force Ball

Robins' 2014 Air Force Birthday Ball, themed 'A Hero's Welcome,' will take place Sept. 20 at 6 p.m. in the Museum of Aviation's Century of Flight Hangar.

More information will follow as it becomes available.

## Learning from one another, diversity panel opens up

BY BRIAN SHREVE  
Robins Public Affairs

In "To Kill a Mockingbird," Atticus Finch tells Scout that if she only learns a single trick, she'll be able to get along with all kinds of folks: "You never really understand a person until you consider things from his point of view ... Until you climb inside of his skin and walk around in it."

And, understanding and appreciating America's rich, cultural melting pot was the topic at hand Wednesday as Diversity Month continued at Robins with a panel discussion at the Heritage Club Ballroom.

Following the month's theme of United through Diversity, the panel consisted of a representative from each of five base sub-

committees – Women's History, Black History, Asian-American and Pacific Islander Heritage, Hispanic Heritage, and the Lesbian, Gay, Bisexual and Transgender Pride month committees. There was also a representative for Women's Equality Day.

Referring to himself as a "dual minority," Senior Airman Princeter Fazon, 78th Comptroller Squadron quality assurance manager, sat on the panel on behalf of Asian-American and Pacific Islander Heritage, though he is also on the LGBT Pride Month committee.

"It's important to celebrate our differences and our accomplishments in the Air Force coming from different backgrounds," he said.

► see DIVERSITY, 5



U.S. Air Force photo by ED ASPERA

Panelists answer audience questions during the Robins Diversity Month panel discussion Wednesday at the Heritage Club.

## Service members receiving RAND Military Workplace Survey

BY DEFENSE MEDIA ACTIVITY

FORT MEADE, Md., - About 580,000 service members have begun receiving emails or letters inviting them to participate in the first RAND Military Workplace Study, Defense Department officials said.

Active and reserve component members in all military branches and the Coast Guard are being invited to participate.

"The survey is unprecedented in its scale and will influence policies that affect everyone in the services," defense officials said.

The survey is voluntary and confidential. No one at the Defense Department will ever see how an individual service



member responds, officials stressed.

"No service member may be ordered or pressured to complete the survey or not to complete it," officials said.

Survey respondents can forward the survey to their personal email addresses

and they can complete the survey on smart phones. Service members can use duty time to complete the survey. Service members will not all see the same survey questions.

The study will help commanders at all levels evaluate current military workplace relations, professionalism and personal safety, officials said. It will have important implications for how the military operates.

It can have implications on military training, justice and services.

The survey is being conducted independently of the Department of Defense by experts at the nonprofit, nonpartisan RAND Corporation. A full and public report of the RAND findings will be available in May 2015.

# Second Front



Above left, Col. Kevin Clotfelter, 116th Air Control Wing commander, second from left, speaks Monday with local reporters during Air Force Industry Day at Robins – an effort to eventually replace the aging Joint STARS fleet and to enhance the aircraft's capabilities. Above right, Col. Henry Cyr, 461st Air Control Wing commander, speaks to local reporters Monday during the event. The day's activities were hosted by the 461st and 116th Air Control wings.

## ALL IN A DAY'S WORK

### Master Sgt. Garrett Hamilton

UNIT: 339th Flight  
Test Squadron

JOB TITLE:  
Flight Test Instructor  
Loadmaster

TIME IN SERVICE:  
10 years

HOMETOWN:  
Warner Robins



**What does your work involve?** "I'm a Flight Test Loadmaster on 19 variants of C-130s here. We take the C-130s that go through depot-level maintenance and fly them to ensure they function properly. In doing that, we ensure the warfighter receives a properly functioning aircraft they can use to accomplish their mission. My secondary job is to maintain publications for our squadron. I maintain roughly 120 publications for three different aircraft variants."

**How does your work contribute to the Robins mission?** "By flight testing aircraft, we help ensure that Robins puts out a quality product to the user of the aircraft."

**What do you enjoy most about your work?** "Flying. I've been fascinated with planes since I was old enough to understand what they were. Not many people get to say they do what they've always wanted to do for a living."

**What prompted your interest in your current career field?** "My uncle flew on C-130s, and after high school he suggested I apply for a job to fly at the unit he had previously flown in. I didn't really know much about the job or what I was getting myself into, but it's 10 years later and I have no regrets."

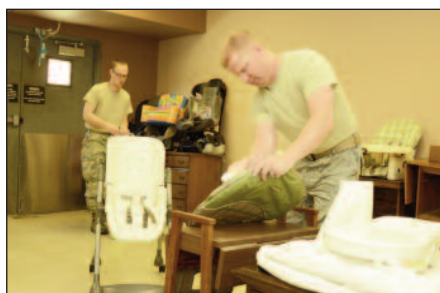
## Airman's Attic grand reopening set for Monday

BY BRIAN SHREVE  
Robins Public Affairs

A ceremony to signal the reopening of the Robins Airman's Attic will be Monday at its new location in Bldg. 914.

The event is scheduled to kick off at 1 p.m. and will include a cake-cutting and the chance for attendees to tour the facility, a key fixture at Robins which has been closed for weeks during its move from Bldg. 660.

Col. Chris Hill, 78th Air Base Wing commander, Chief Master Sgt. Sandra Lepine, 78th ABW command chief, and a special guest, Rondal Smith, a retired major general and former Warner Robins Air Logistics Center commander, are set to speak at the event.



U.S. Air Force photo by ED ASPERA

**Volunteers are currently working to get the Airman's Attic ready for its unveiling Monday.**

The cutting of the cake will provide an opportunity to recognize another guest, Attic volunteer Steven Surrat.

With the transition to the new location, formerly Outdoor Recreation, comes substantial improvements, including air-conditioning and Internet connection – amenities the previous facility lacked.

The Attic will also operate under new hours: Tuesdays from 9 a.m. to noon; Thursdays from 3 to 6 p.m. with the last Saturday of each month open as needed.

"Many long hours were put into making sure the new location is a first-class facility," said Master Sgt. Theodore Lee, 78th Communications Directorate Governance Division superintendent.

The Robins Enlisted Spouses Club – which began planning for the move several months ago – now operates the facility.

The Airman's Attic is a volunteer-run facility that provides E-1 to E-5 and O-1 to O-2 Airmen and their families with free items donated by the community, such as clothing, furniture, small appliances and electronics.

## Labor Management Forum Charter signed

BY JENNY GORDON  
jenny.snider.ctr@us.af.mil

Robins' future hinges on management and employees continuing to strengthen their relationship of mutual trust and respect.

That relationship took a big step forward Tuesday during the signing of a labor-management forum charter.

The charter – signed by Col. Chris Hill, Installation commander, and Robbie Tidwell, president of American Federation of Government Employees Local 987 – outlines what issues and solutions will be discussed between the parties, and states that the two must work together for Robins to improve the effectiveness and efficiency of government services and meet its mission.

Future forums will allow parties to discuss problems and propose solutions as well as relate to each other on a professional and personal level.

"Robins and AFGE Local 987 recognized and agreed that it's in their mutual interest to create and maintain a strong, cooperative and collaborative relationship at all levels," said Ashley Hightower, Labor Relations chief.

A past forum generated interaction between the parties and yielded positive feedback, according to Hill.

"We made a commitment to work closer together, to embrace the leader-



U.S. Air Force photo by RAY CRAYTON

**Col. Chris Hill, Installation commander, chats with attendees at the signing ceremony of a labor-management forum charter Tuesday.**

ship traits of teamwork, accountability, respect, transparency, credibility and engagement," he said. "This forum establishes the organization by which we're going to bring issues to the table at the group and installation level, and how we're going to solve problems. We're on the right path."

Tidwell urged supervisors at all levels to use stewards in their units to identify and discuss problems before issues escalate, and to build morale and listen to employees.

"Let's communicate issues at the lowest levels," he said. "We're also depending on management to do its part in getting employees all the resources they need. Everything we do from this point on, we've got to perform as a team. It's our future, and it's up to us – we owe it to this community and the warfighter."

## TIMBER!

### Clear the way, collect rays

BY BRIAN SHREVE  
Robins Public Affairs

Logging operations are in full swing at Robins, clearing the way for construction of the base's first solar array.

Tree-cutting began at the beginning of the month following an agreement with a private contractor for the logging portion of the project, which will clear roughly 35 acres of timber.

In all, the new array will encompass 50 acres of land by the Museum of Aviation.

Log trucks began hauling from the site Aug. 15 and will continue during the next three weeks with up to eight loads daily, said Robert Sargent, base natural resources manager.

Despite the operation, on-base traffic won't be affected due to the trucks' direct route to the March Banks Gate, which will be managed by security forces for the sole purpose of the logging trucks' exit.

"With 40-foot trailers laded with logs, we'd be concerned about intersections and other traffic," Sargent said. "Plus, there would be bark and other debris we don't want on base roads – going out this gate minimizes safety risks."

Though the trucks are escorted off base, Sargent said that drivers should use caution on Ga. Highway 247 due to the trucks merging onto it.

As for environmental concerns,



U.S. Air Force photo by MISUZU ALLEN

**The logging operation to remove trees from south of the Robins to make way for a solar array started Aug. 15.**

Sargent said the pine forest being cleared is a crop planted 33 years ago to produce pulpwood and timber.

Before the operation, the base conducted an environmental assessment that showed no wildlife habitat would be affected by the clear-cutting.

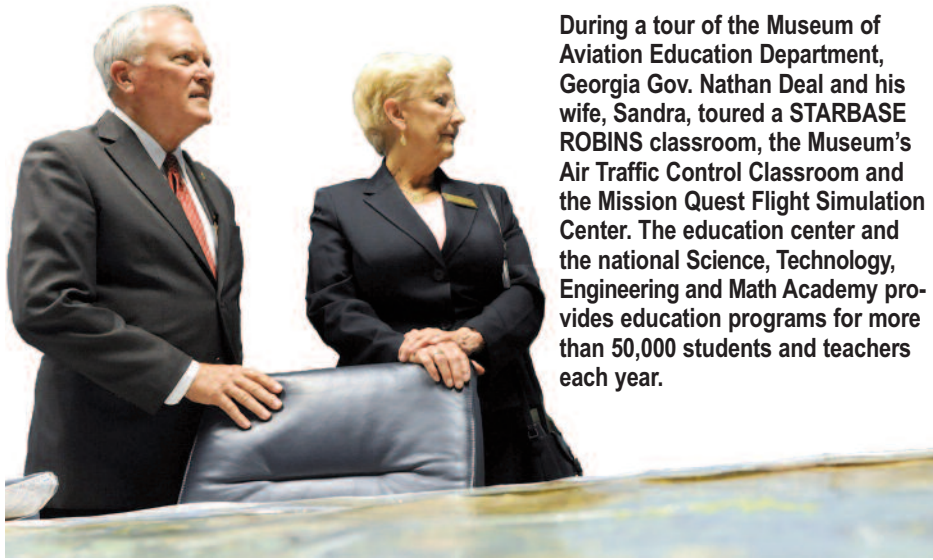
"The long-term goal involved cutting this forest down," he said. "That would've happened within the next two years."

Revenues from the timber sales will go into the Department of Defense forest reserve account and may return to Robins to fund a variety of projects, such as tree-planting initiatives, controlling exotic plant species or conducting prescribed burns to improve wildlife habitats.

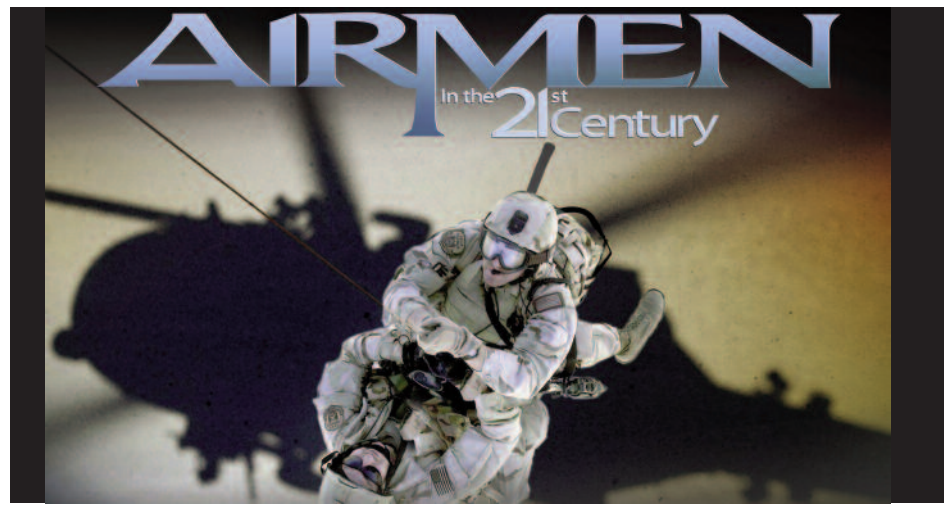
New Generation Power is expected to begin construction of the project next month with the 10-megawatt array – a collection of angled panels commonly known as a solar farm – up and running by January.

# In the Spotlight

## What's the Deal with STEM?

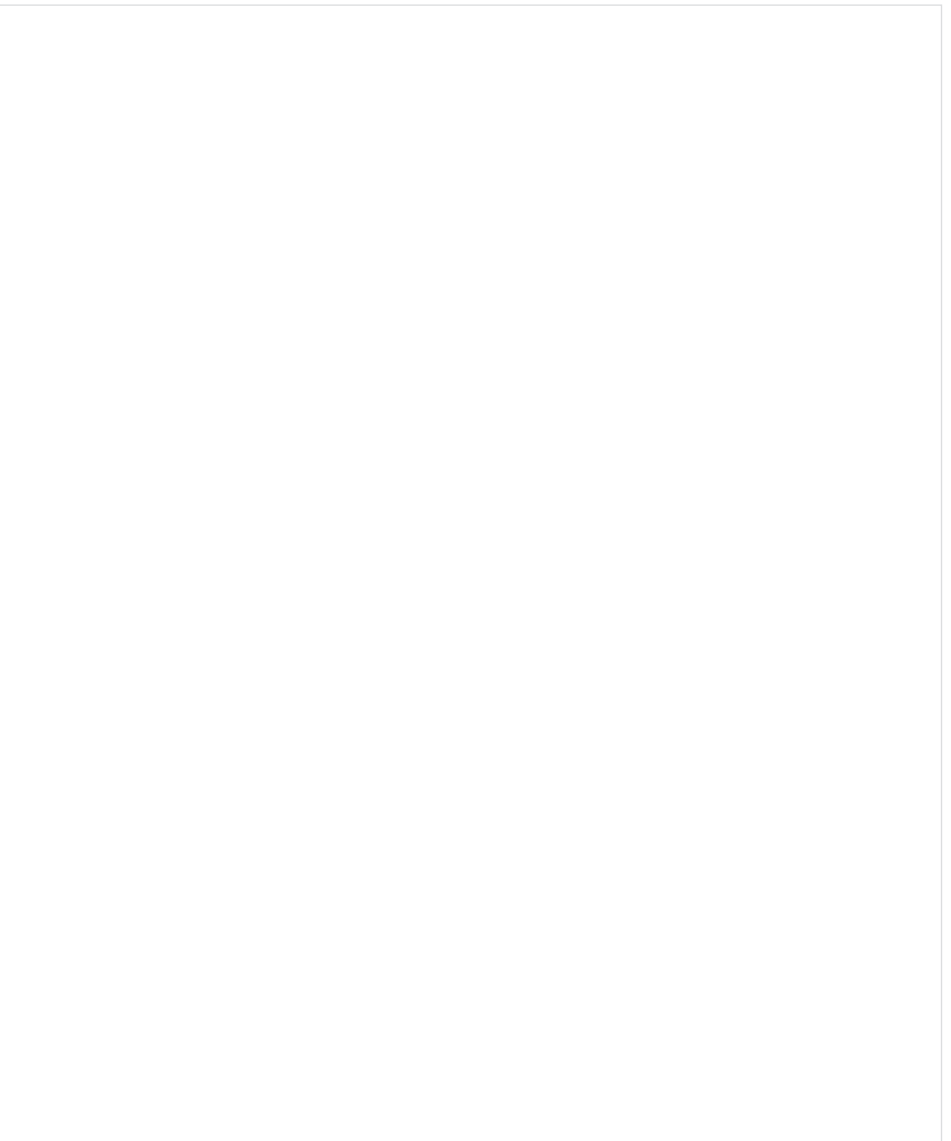
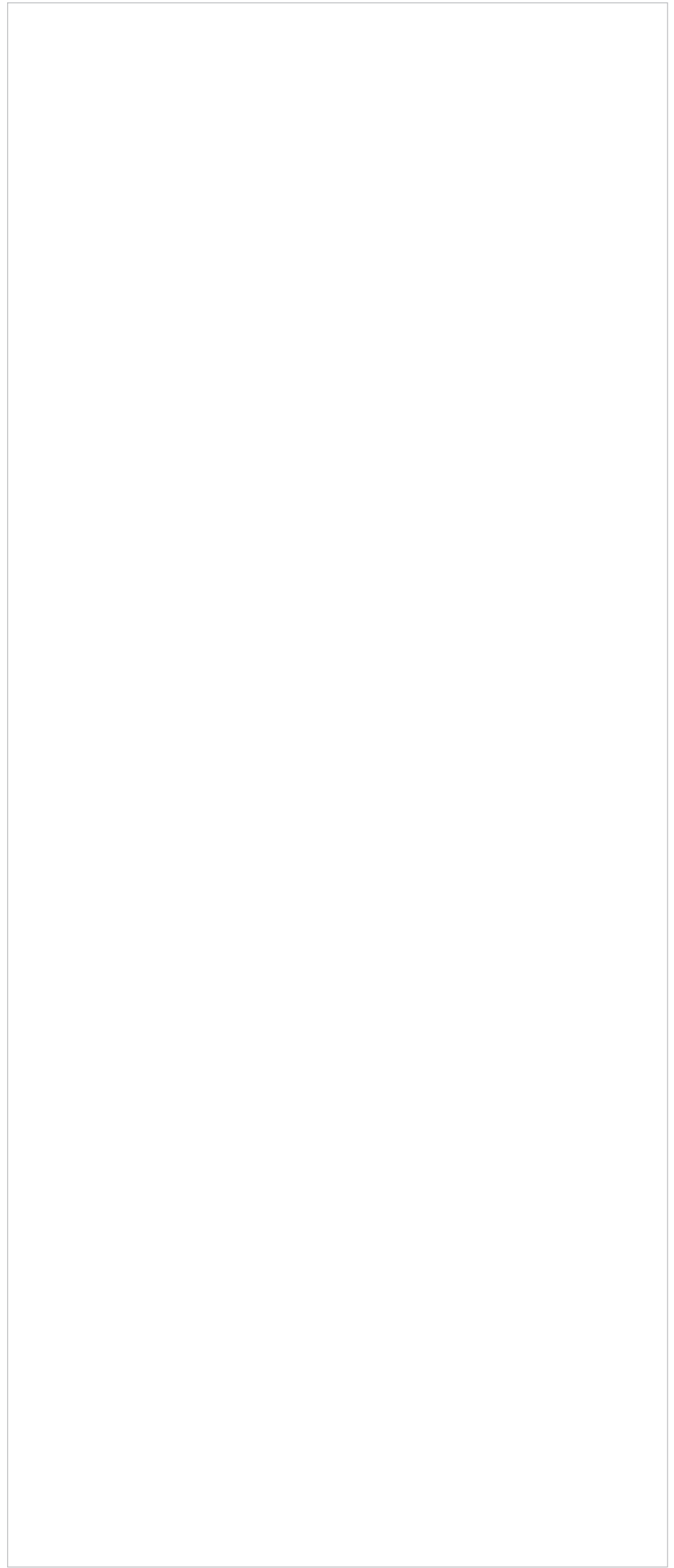
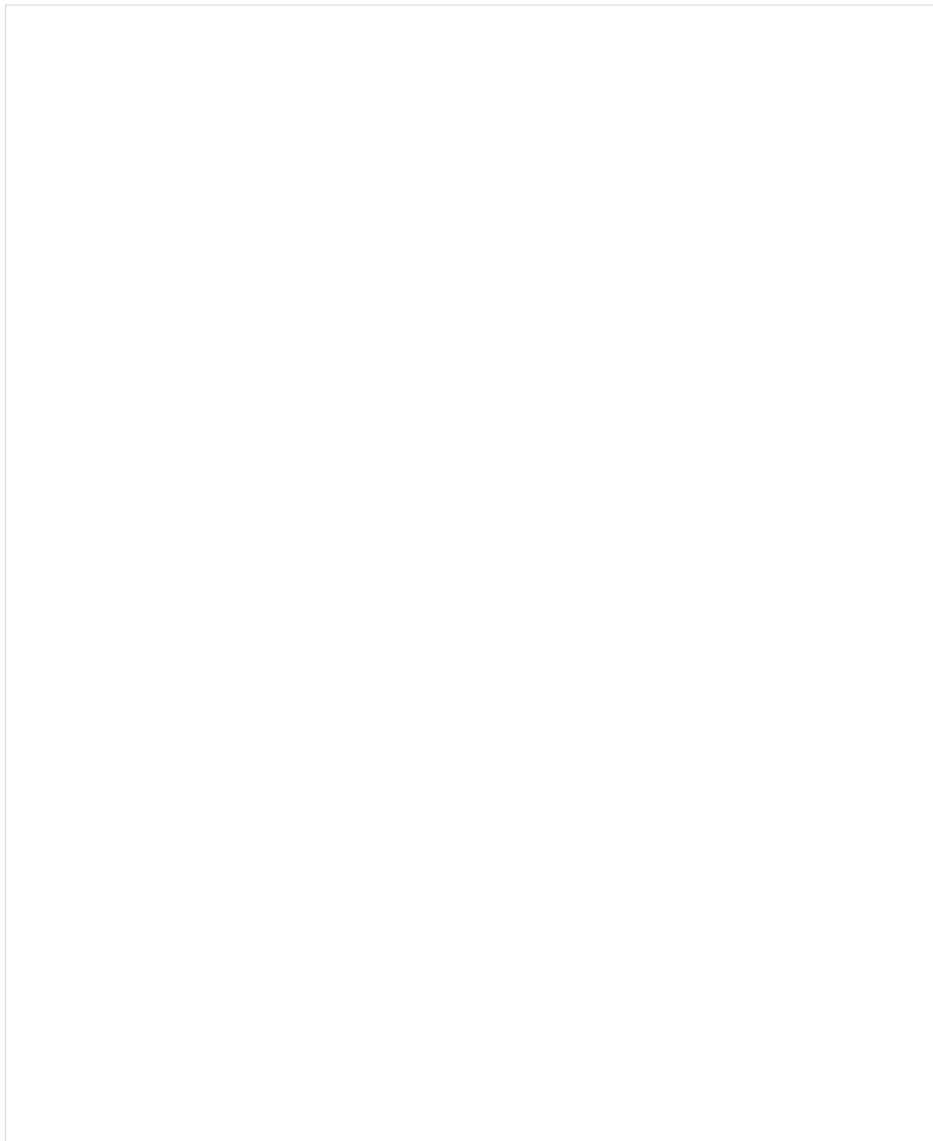
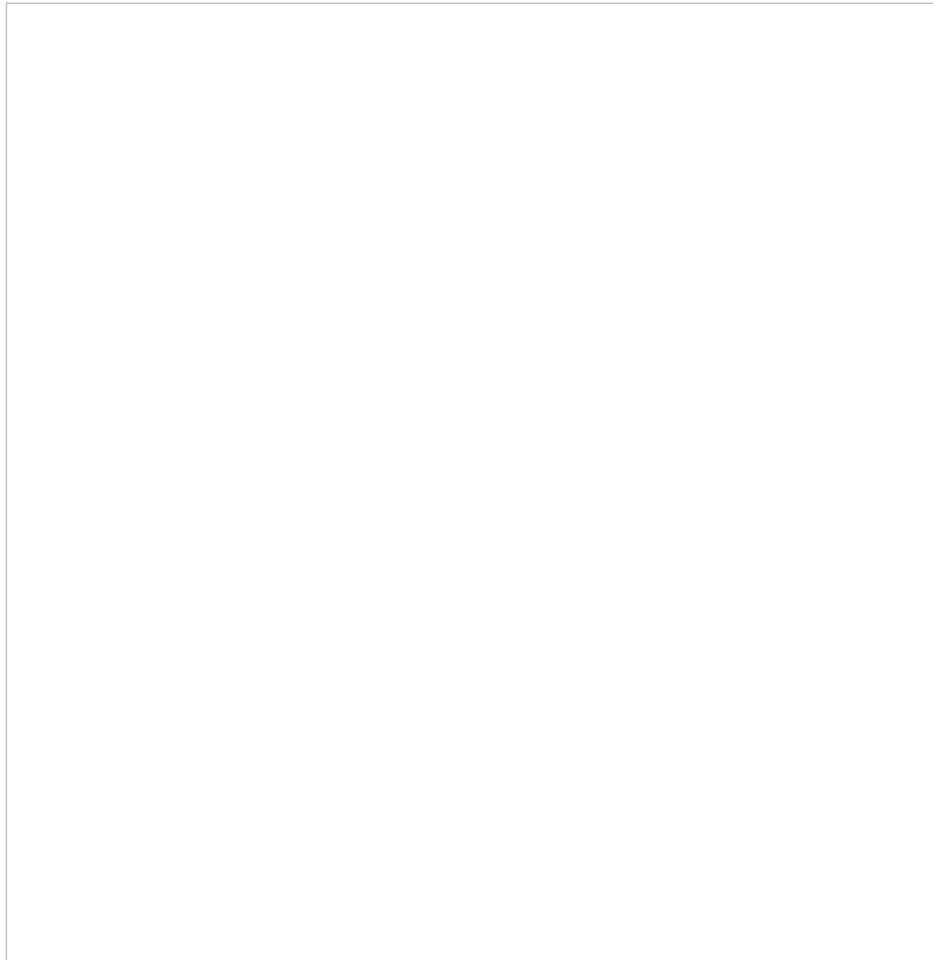


During a tour of the Museum of Aviation Education Department, Georgia Gov. Nathan Deal and his wife, Sandra, toured a STARBASE ROBINS classroom, the Museum's Air Traffic Control Classroom and the Mission Quest Flight Simulation Center. The education center and the national Science, Technology, Engineering and Math Academy provides education programs for more than 50,000 students and teachers each year.



U.S. Air Force photo and illustration by TOMMIE HORTON

During their visit to the Museum of Aviation Tuesday, Georgia Gov. Nathan Deal and his wife, Sandra, field questions from a group of Middle Georgia home-schooled students attending a STEM class. A tour of the facility provided the governor with an up-close look at the STEM educational program offered to students from local school systems as well as private schools.



# Around the Air Force

## DOD continues aid to combat western wildfires

**PETERSON AIR FORCE BASE, COLO. (AFNS)** – Two Department of Defense C-130 Hercules equipped with U.S. Forest Service Modular Airborne Fire Fighting Systems and under the command and control of U.S. Northern Command are assisting with wildfire suppression efforts in the Northwest, Great Basin, and elsewhere in the West at the request of the National Interagency Fire Center in Boise, Idaho.

Since July 20, DOD aircraft have conducted 132 air drops and discharged more than 246,800 gallons of fire retardant.

Over the last 24 hours, officials said, DOD aircraft conducted one airdrop and discharged about 2,750 gallons of retardant on the Bald Ridge fire in Utah.

The supporting unit flying the MAFFS mission is the 153rd Airlift Wing, Wyoming Air National Guard located in Cheyenne.

Air Force Reserve and Air National Guard C-130s assigned to units in California, Colorado, North Carolina and Wyoming are capable of dropping fire retardant using U.S. Forest Service MAFFS units. Aircrews, maintenance crews and support personnel undergo special National Interagency Fire Center training and certification to perform these missions each year.

U.S. Northern Command, established in the wake of the terrorist attacks of 9/11, is responsible for Homeland Defense and Defense Support of Civil Authorities.

### In Other News

#### Pulse on Air Force force management

**WASHINGTON (AFNS)** – The following are updates to details regarding changes to the reduction in force board eligibility, enlisted retention and force shaping board results and the ongoing civilian force management programs.

#### Reduction in force board

Based on voluntary losses, the Air Force no longer needs to include Air Force Medical Service officers in



U.S. Air Force photo by

**With remnants of Phos-Chek retardant beneath its tail section, MAFFS 2 from the Air Force Reserve Command's 302nd Airlift Wing returned to home station at Peterson Air Force Base, Colo. Aug. 30, 2013 after providing aerial fire fighting support in the western U.S.**

this year's reduction in force board scheduled to convene at the Air Force Personnel Center in October.

#### Status of force management boards

Air Force commanders recently notified Airmen who met the service's enlisted retention boards of the results. The board retained 5,700 of 7,121 Airmen in the ranks of senior airman through senior master sergeant who were reviewed.

Those numbers represent significant reductions from the matrices originally published, which showed nearly 100,000 eligible Airmen with involuntary targets of more than 20,000.

The June boards reviewed enlisted members records, consisting of enlisted performance reports, decorations and a retention recommendation form to select individuals for continued retention and considered those Airmen in over-manned Air Force specialties. Senior NCOs not selected for retention will retire by Dec. 1.

Senior airmen and NCOs not selected for retention will either separate by Jan. 31, 2015, or retire through temporary early retirement authority by Feb. 1, 2015.

#### Civilian force management - voluntary early retirement authority/voluntary separation incentive pay

The Air Force Personnel Center recently concluded the survey period for VERA/VSIP Round IV, in which 34 installations participated with 23,878 employees surveyed. Round IV was largely focused on Headquarters Air Force-assigned civilian employees, primarily located in the national capital region, and some major command locations targeting a total of 781 surplus positions.

Applications are being reviewed and employees approved for VERA/VSIP Round IV are scheduled to be notified this week. The remaining MAJCOMs will participate in a subsequent round. Approved civilians must separate no later than Sept. 30.

#### Force Shaping Board

The Force Shaping Board is complete and the results are scheduled for approval shortly. Senior raters are expected to receive the results by the end of August.

Continued service in the Guard and Reserve opportunities remain available for Airmen to continue serving while filling critical total force needs in an Air Reserve component. Interested Airmen should first contact their local in-service recruiter for additional information.

They may also visit <http://afreserve.com> or call 800-257-1212 for the AFR or navigate to <http://GOANG.com/careers>.

## The road ahead

# Center continuing to evolve with AFSC 3.0

BY AFSC PUBLIC AFFAIRS

The Air Force Sustainment Center has delivered impressive results during its first two full years of operation. But with the recent unveiling of AFSC 3.0, the center commander expects even greater performance as more of the workforce is empowered by the AFSC Way.

"When we set up AFSC, we wanted to make sure that we evolved into a process-based organization, capable of generating sustained results across all of our operations – no matter where you worked or who headed your unit's leadership team," said Lt. Gen. Bruce Litchfield, AFSC commander.

To make that a reality, Litchfield set expectations for each level of the center's maturation process.

"In version 1.0, which was implemented in year one, the intent was to set the basic foundation for how we generate airpower for our Air Force," he said. "Version 2.0 was designed to ensure that the workforce has the training, skills and tools needed to produce Art of the Possible results."

Now, AFSC 3.0 is designed to make sure the AFSC Way is understood throughout each organization.

"Really what we're trying to do is to foster a culture of ownership, where everyone can take our proven leadership

*"Really what we're trying to do is to foster a culture of ownership, where everyone can take our proven leadership model, scientific methodologies and standardized applications and employ them to get the right results the right way."*

model, scientific methodologies and standardized applications and employ them to get the right results the right way," Litchfield said. "We need everyone in AFSC to understand what the right way is, so they're empowered to make a difference."

The AFSC Way is a deliberate and standardized systems approach that enables personnel on any level to strive for the best and meet their goals. The approach synchronizes the elements of success – people, resources and processes – to achieve a common goal. By using common goals as the central element, each level within the organization has a clear vision of how it fits into the center's ability to deliver airpower.

Litchfield said learning and internalizing are keys to understanding the strength behind the center's standardized processes and applications.

"You have to understand the principles, and understand the mission that you are trying to execute and then you have to understand how to apply these principles to your specific

ic work areas," he explained. "We are seeing this happen all the way from our administrative areas, to our production areas, to our supply chain management areas and air base wings – all across the center. It is very exciting when someone comes to you and says, 'Let me show you what we are doing in our work area because we now believe in the AFSC way.'"

He also acknowledged that not every AFSC organization is at the same maturity level and readiness to implement Version 3.0.

"It's OK to be on the journey to AFSC 3.0. I want everyone to know that if you are struggling to understand some of these concepts, there is still time to catch up. I don't want anyone to get discouraged. We will get you the training and help you need to get to the next level," he stressed.

The commander pointed to experience gained in Versions 1.0 and 2.0 as proof that no one needs to be left behind.

"What we have learned," he said, "is that once people are



Litchfield

on the AFSC Way path, they can easily accelerate the learning curve by drawing from lessons already learned by their peers and other organizations.

"Those lessons repeatedly told us that where the AFSC Way has been employed, the work environment is better, the output is higher and job satisfaction is greater. Why would anyone not want to implement the AFSC way in their work area?"

Litchfield cited the center's ongoing Road to a Billion and Beyond campaign as tangible evidence that the AFSC Way produces results.

"I'm sure there were sceptics when we set a goal to achieve a billion dollars in validated cost savings and cost avoidance," he said. "But we kept faith in the leadership model and the scientific method and here we are, over a billion and still counting."

The story behind the story of the Road to Billion and Beyond is what those savings represent in terms of additional capacity to support the warfighter.

"In order for our Air Force to be successful, we are going to have to operate across the enterprise at unprecedented levels of performance," he continued. "What we want to do is make sure everybody understands that continuous improvement is how we are really going to add value from AFSC to our Air Force.

Getting the same or more readiness at less cost is where

we are really focused."

The general said AFSC must execute as a strategic resource, delivering higher levels of performance across supply chain, maintenance complex and air base wing missions.

"In a personality driven organization, such 'do-it-at-all-cost' mission demands would likely be placed squarely on the backs of the workforce," Litchfield said. "But the AFSC Way provides us with the 'right way' to increase performance. As we transition into a process-based organization, every leader can lean on the AFSC Way to create long-term continuity and productivity."

"Once we can engage the power of the 33,000 people in AFSC, there is no stopping us in terms of what will we add to Air Force capabilities."

The general concluded by describing his pride in what AFSC has accomplished to date and excitement about what is still to be achieved.

"I am proud of the mission we execute for our United States Air Force. If it wasn't for our ability to generate air power, we wouldn't be able to fly, fight and win," he said. "The Air Force is counting on us, and I know that the members of AFSC are going to deliver."

**Editor's Note:** *This article is a reprint of a story published in the July 3 edition of the Rev-Up.*



COMMANDER  
Col. Christopher Hill

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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.

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## AFSC

Continued from 1

daily requirements.

“The way the process is set up now, it works well because you can come in on a Monday, do two different things and know exactly where you need to be,” said Kurt Starling, 574th CMMXS sheet metal mechanic. “Before you could be doing three different operations in a week, but now you settle down on one serial number and that’s yours for the week.

“With these kits, everything is right there when we need it,” he added.

Charles Burch, Structural Repair Flight supervisor, sees the immediate potential to increase production lines.

“Having the visuals so they know where they are and knowing the operations, we rotate people through each gate weekly,” he said. “That way our people know the entire process.”

Mechanic James Lee agreed.

“I love what I’m doing, and I love this type of work,” he said. “With everything based on a five-day flow, it works as long as we have the parts we need on time.”



U.S. Air Force photo by TOMMIE HORTON

**James Lee, 574th Commodities Maintenance Squadron aircraft sheet metal mechanic, attaches safety wire to a C-130 outer wing long flap.**

“At first it was a learning curve, but now it’s gotten to be very efficient,” said Lee, who has more than 20 years of military and professional sheet metal experience. “You get a chance to do everything on the line – and that makes for a better skilled mechanic.”

The goal in the shop, which will soon include up to 60 mechanics, is to continue to improve and increase monthly workload.

**Editor’s Note:** *The Rev-Up will publish additional AFSC success stories in future editions.*

## DIVERSITY

Continued from 1

“Open discussion is always nice, and education is the most powerful weapon.”

The audience submitted questions, which were chosen within each subcommittee for discussion.

“The beautiful part is that when the questions were asked, we gave thoughtful, meaningful answers,” said Tech Sgt. Tiffany Jackson, part of the committee that organized the diversity celebration. “That way there’s an attachment to the question for all of us.”

Col. Chris Hill, 78th Air Base Wing commander, was in the crowd and he commended panel members for their contri-

bution to honest dialogue regarding the issues.

“I’m excited about this inaugural event,” he said. “We’re going to gain some traction.”

The two-hour question-and-answer discussion revealed members’ unique walk through the military, inspirations, motivational factors for enlisting and how each experience serves to enrich diversity at Robins and in the Air Force as a whole.

“We didn’t want this to just be about race or sex,” said Jackson. “It’s about educating the rest of the base on their issues or situations and different perspectives.”

Though the aforementioned novel was published in 1960, as recent tumultuous events in the

world suggest, “the past is still relevant to the present,” Jackson said. And sometimes it does take more than a single trick: It takes communication and exposure to others.

“No one is born 100 percent diversified,” she said. “In civilian life you get to choose what you’re exposed to most times, but in the military it’s more in your face.”

The panel discussion represented a first at Robins, this being the first year the month-long series of events has been held here.

The celebration began Aug. 1 with the Diversity 5K Walk and Run and will continue with a United through Diversity Luncheon on Tuesday at 11 a.m. in the Heritage Ballroom.

# A Better You

## Resiliency is essential to withstanding life's challenges

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

Headlines announcing the death of actor, Robin Williams, proved to many that suicide can impact anyone.

Capt. Nicole Campbell, Robins Mental Health Clinic Suicide Prevention Program manager and psychology provider, said while suicide can affect people of all genders, ethnicities, nationalities, and ages, historically the rate is highest among older, Caucasian men.

A number of factors can put a person at a higher risk for suicide, Campbell said

“Suicide isn’t the result of a single factor or event; however, a number of complex factors may interact to increase a person’s risk,” she said. “That can include relationship, financial and legal stressors. Individuals with mental health issues – particularly if there has been a history of suicide attempts, or substance abuse problems – may also be at risk for suicide. Individuals with a sense of powerlessness, negative social interactions, and academic or other life failure may be at risk.”

Even so, many people experience those risks and don’t choose suicide.

Although suicide prevention is often believed to be handled solely by mental health professionals, the reality is that each person knows the people around them better than a mental health provider may, Campbell said.

If you see significant changes in someone’s behavior or appearance, and you feel comfortable talking with the person, you should intervene, Campbell said.

The Air Force Suicide Prevention Program uses the ACE model acronym to intervene with individuals at risk for suicide.

► **A stands for Ask.** Calmly ask the very direct question, “Are you thinking of killing yourself?”

► **C stands for Care.** If an individual expresses distress, calmly control the situation, demonstrate active listening and

empathy to show understanding, and remove any means of self-harm if it is safe to do so.

► **E stands for Escort.** An individual who is expressing suicidal thoughts shouldn’t be left alone. Instead, escort the individual to his or her chain of command, the chaplain, behavioral health provider or their primary care manager.

**The National Crisis Line, (800) 273-8255**, is available 24 hours a day, for anyone who wants to discuss his or her concerns.

The “**I Matter, You Matter, We Matter**” campaign emphasizes the importance of recognizing warning signs in oneself and others, knowledge and comfort with accessing available helping resources and sending the message that early help seeking should be encouraged at all levels to prevent suicides.

Campbell said resiliency training, coordinated by the Community Support Coordinator Lesley Darley, exists to emphasize the importance of strong mental, physical, social and spiritual fitness.

“In addition to the annual computer-based suicide prevention training required for all civilian and military employees, individuals in certain at-risk career fields – security forces, intelligence and manned-aircraft maintainers – are required to complete face-to-face suicide prevention training each year,” she said. “The First Term Airmen Course and Airmen Leadership School both incorporate suicide prevention training. It’s also taught during Civilian Newcomers’ Orientation and most importantly, can be taught face-to-face by request from any unit on the installation.”

Similarly, resiliency training is taught by Master Resilience Trainers and Resilience Trainer Assistants at the squadron level.

The Air Force Suicide Prevention Program has found that individuals with strong mental, physical, social and spiritual fitness has the ability to withstand, recover and grow in the face of stressors.

## Airman & Family Readiness Center Classes, workshops & seminar

► **Group Pre-Separation Briefings (separates)** – Tuesday from 8:30 a.m. to noon.

► **Navigating USAJOBS & Resume Writing** – Wednesday from 8 to 11 a.m.

► **VA Benefits Briefing** – Wednesday from 8 a.m. to 4 p.m.

► **Educational Track** – Thursday through Aug. 29 from 8 a.m. to 4 p.m. Call Ron Smith (478) 327-3410 to register.

► **DAV Medical Records Review** – Appointments only. Call 472-4146.

► **Military and Family Life Counseling** – Mondays through Fridays

from 8 a.m. to 8 p.m.

► **Survivor’s Benefit Plan** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.

► **PreDeployment Briefings** – Tuesdays and Thursdays from 1 to 2 p.m.

► **Department of Labor** – Wednesdays from 8 a.m. to 4:30 p.m.

*Editor’s Note: All classes require pre-registration. For more information, call DSN 468-1256, commercial (478) 926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m.*

## 70 DAY FIT 4 LIFE CHALLENGE



Registration for the Team Robins 70 Day Fit 4 Life Challenge has begun. The fitness challenge officially runs today through Oct. 31.

Initial assessments will be Monday through Thursday. The challenge is open to all base ID card holders and their families.

Enter individually or in teams of four. Challenge and compete with friends and family.

**Earn points for:** working out; bowling; golfing; participating in events at 78th Force Support Squadron facilities; renting from Outdoor Recreation; partaking in CDC and Youth Center activities; attending classes at the Health and Wellness Center, and making healthy meal choices at the Base Restaurant, On-Spot Café, Fairways Grille and Pizza Depot.

Individuals and teams may register at the Fitness Center, Bldg. 826.

Family teams may register at the Youth Center, Bldg. 1021, Family Child Care,

Bldg. 942, and Child Development centers, Bldgs. 943 and 946.

### Civilian Health Promotion Services

You’re always invited to join Civilian Health Promotion Services in the Fitness Center Annex conference room in Bldg. 301, east wing, Wednesdays at 1 p.m. for a weekly wellness class. Classes are open to anyone with base access. Classes typically last 45 to 60 minutes.

Call DSN 497-8034 or email [April.Gray.2.ctr@us.af.mil](mailto:April.Gray.2.ctr@us.af.mil).

### Upcoming classes:

- **Adult Vaccinations** - Wednesday.
- **Super Market Shopping** - Sept. 3.
- **Nutrition Labels** - Sept. 10.
- **Benefits of Exercise 2** - Sept. 17.
- **Cholesterol Education** - Sept. 24.
- **Women's Health Part 1** - Oct. 1.
- **Men's Health Part 1** - Oct. 8.
- **Women's Health Part 2** - Oct. 15.

For a calendar of all CHPS classes and health screenings, visit [AFMCwellness.com](http://AFMCwellness.com).

**Editor’s note:** *Workload permitting and with prior supervisory permission, employees may be excused to attend CHPS classes. Employees may use any leave options that are available to them.*

*As a reminder, full-time employees may be excused with no charge to leave, up to a combined total of three hours per week for fitness and wellness initiatives.*

# ROBINS FAMILY DAY, LABOR DAY HOURS

*Have a safe Labor Day*



**FSS OPEN AUG. 29**

- ▶ Afterburner 6 a.m. to 12:30 p.m.
- ▶ NAF Accounting Office normal hours
- ▶ Aero Club 8 a.m. to 4 p.m.
- ▶ Family Campgrounds 10 a.m. to 2 p.m.
- ▶ Fast food cafeteria 6 a.m. to 12:30 p.m.
- ▶ Outdoor Rec 8 a.m. to 5 p.m.
- ▶ Main Fitness Center 8 a.m. to 4 p.m.
- ▶ Mobile Routes 3, 4 & 6 7 a.m. to 12:30 p.m.
- ▶ Youth Center normal hours
- ▶ CDC East and West normal hours
- ▶ Bowling Center 11 a.m. to 11 p.m.
- ▶ Golf Course normal hours
- ▶ Education & Training 7:30 a.m. to 4 p.m.
- ▶ ITT 9 a.m. to 5 p.m.

▶ Wynn Dining normal hours

**FSS OPEN SEPT. 1**

- ▶ Bowling Center 11a.m. to 6 p.m.
- ▶ Golf Course normal hours
- ▶ Main Fitness Center 8 a.m. to 4 p.m.
- ▶ Heritage Club Pool noon to 6 p.m.
- ▶ Wynn Dining normal hours

**EXCHANGE MAIN STORE**

- ▶ Open Aug. 29, 9 a.m. to 8 p.m.
- ▶ Open Sept. 1, 11 a.m. to 4 p.m.

**SERVICE STATION**

- ▶ Open Aug. 29, 6:30 a.m. to 9 p.m.
- ▶ Open Sept. 1, from 10 a.m. to 5 p.m.

**SHOPPETTE/CLASS SIX**

- ▶ Open Aug. 29, 6:30 a.m. to 9 p.m.
- ▶ Open Sept. 1, from 10 a.m. to 5 p.m.

**MILITARY CLOTHING STORE**

- ▶ Open Aug. 29, 9 a.m. to 6 p.m.
- ▶ Closed Sept. 1

**COMMISSARY**

- ▶ Open Aug. 29 normal hours
- ▶ Closed Sept. 1

**78th MDG**

- ▶ Closed Aug. 29 and Sept. 1

**For more 78th Force Support Squadron information, visit [www.robinsfss.com](http://www.robinsfss.com)  
For more Robins Exchange holiday hours, visit <http://www.shopmyexchange.com>**



# SKY COUNTRY



Tuesday, September 2<sup>nd</sup>  
7:00PM  
Outdoor Amphitheater

Ga. Highway 247 at Russell Parkway  
Warner Robins, Ga. 31088



Performance is free and open to the public



[WWW.BANDOFTHWEST.AF.MIL](http://WWW.BANDOFTHWEST.AF.MIL)



# Out and About

**FRI 22   SAT 23   SUN 24   MON 25   TUE 26   WED 27   THUR 28**

**ON TAP**  
**70-Day Fit 4 Life**  
**Line Dance Class**  
 Today  
 5:30 to 7:30 p.m.  
 Heritage Club Ballroom  
 For details,  
 call 472-7899.

**Bowl 'till You Drop**  
 Sunday  
 4 to 8 p.m.  
 Bowling Center  
 \$10 per person  
 For details,  
 call 468-2112.

**Atlanta Braves Game**  
 Braves vs. Marlins  
 Aug. 30  
 Cost is \$50  
 Includes transportation,  
 entry and 755 Club access.  
 For details,  
 call 468-4001.

**UPCOMING**  
**Job Fair**  
 Sept. 26  
 9 a.m. to 1 p.m.  
 Heritage Club  
 Open to all Team Robins  
 members and eligible family  
 members with base access.

**Military Retiree**  
**Appreciation Weekend**  
 ►Sept. 25 through 27 com-  
 missary case lot sale 9 a.m.  
 to 5 p.m.  
 ►Sept. 27- Military retiree  
 pay-as-you-go breakfast,  
 briefings open at 5:30 a.m.  
 ►Sept. 27 - yard sale 8 a.m.  
 to Noon  
 ►Sept. 28 - golf tournament  
 1 p.m.

**ONGOING**  
**Afterburner**  
**August Special**  
 Base Restaurant Bldg. 166

Monday through Friday  
 5:30 a.m. to 1 p.m.  
 Espresso Marble  
 For details,  
 call 472-7827.

**Before and**  
**After School Care**  
 Youth Center  
 For details, call (478) 327-  
 6834 or 497-6834.

**Twilight Golf Rates**  
 Every day  
 4 to 6:30 p.m.  
 Pine Oaks Golf Course  
 Play 18 holes  
 \$20 with cart, no cart \$12.  
 For details,  
 call 468-4103.

**Dream Higher Than Ever**  
 The Aero Club is now open  
 to the public.  
 For details,  
 call (478) 926-4867.



## Robins Air Force Base on Facebook

Check out Robins on Facebook.  
 Get regular news updates and other base information.  
 Visit [www.robins.af.mil](http://www.robins.af.mil) and click on the Facebook link.



**Starts Sep 3**

**WEDNESDAYS 6:15pm**

**Chapel Annex**

655 Ninth St.

**Volunteers Needed!**

**Join us for Fellowship Dinner 5:00-6:00PM - FREE!**



To register, contact: Athena Romo 327-3780 / [athena.romo.ctr@robins.af.mil](mailto:athena.romo.ctr@robins.af.mil)



For Moms and  
 children Birth  
 to Preschool  
[www.mops.org](http://www.mops.org)

**JOIN THE TEAM!**

The Base Chapel is seeking MOPS  
 committee members to bring the  
 MOPS Ministry to RAFB.

To learn more, please contact:  
 Athena Romo, Religious Ed. Coordinator  
 RAFB Chapel, 655 Ninth St. (478) 327-3780  
[Athena.romo.ctr@robins.af.mil](mailto:Athena.romo.ctr@robins.af.mil)