

ON TIME, EVERY TIME

116th ACW
logistics planners

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PREVENTION

Civilian flu shot numbers
are up

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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

Oct. 31, 2014 Vol. 59 No.44

Not everyone's your friend online

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

Remember, anyone on the Internet can be watching, and practicing operations security is everyone's responsibility.

There has been renewed emphasis on the responsible use of social media as it relates to force protection, according to a recent Air Forces Northern advisory.

Basically, be cautious of what information you share online as anyone, including adversaries, can exploit what's posted.

According to the advisory, examples of critical

information can include specific details on personnel, intelligence, operations, logistics, vulnerabilities, plans, communications, the installation and mission.

Some useful tips from the Air Force Social Media Guide include not posting classified information, such as troop movement, force size, weapons details, etc. Use your best judgment and don't list personally identifiable information, such as phone numbers, addresses and banking information.

Bottom line - be cautious of what information you share online though social networking sites that can possibly be randomly obtained by terrorists

using aggressive social media campaign tactics.

For example, prior to deploying overseas and returning home, pay attention that you don't post where you're going online, as well as sharing your activities on or off base. Also, disable location settings on your phone.

"Some people may feel nothing bad could happen, but it's just the fact that we wear the uniform. You can be a target," said Master Sgt. Henrietta Bouknight, 78th Security Forces Squadron antiterrorism officer and security manager. "Be conscious of what you post."

► see FRIEND, 5

Team Robins getting 'iT' together

BY JENNY GORDON

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It has been one year since "iT" appeared. "iT" is sexual assault, and is referred to this way because it's either an uncomfortable topic or too painful to discuss.

The genderless, faceless symbol, posted at entry control points across Robins, will soon be replaced with permanent metal signs.

The logo was created last year as part of an ongoing awareness campaign. The figure forms an "i" and "T"

to create "iT."

In about a month's time, several organizations came together to cut, weld, sand, smooth and polish 10 metal signs. They included workers from the 402nd Maintenance Support Group, 402nd Aircraft Maintenance Support Squadron and 78th Civil Engineer Squadron.

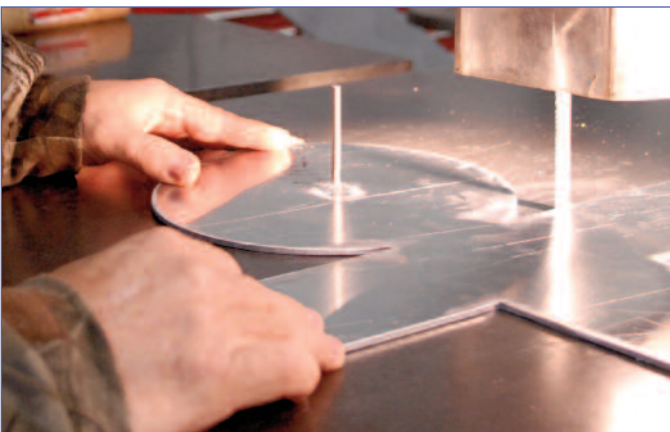
"It was a true Team Robins effort to pull all of this together," said Lisa Matney, Robins' Sexual Assault Response Coordinator.

► see TOGETHER, 5



U.S. Air Force photos by MIZUZU ALLEN

Bruce Scott and Eddie Greene, 402nd Aircraft Maintenance Support Squadron, attach "iT" graphics to metal signs Oct. 16. The signs are now displayed at the gates. At left, Morris Williams, 402nd Maintenance Support Group, cuts out signs using a sheet metal cutter.



FRIDAY FLYBY: Ebola update, Page 4



Fall Back

The return to standard time from daylight saving time will occur Sunday at 2 a.m.

Clocks will be set back one hour to 1 a.m. Employees on a shift when time falls back to standard time will be credited with the actual number of hours worked. Any time worked in excess of eight hours will be paid at the appropriate overtime rate or as compensatory time.

Gate Barrier Maintenance

Barrier maintenance for Russell Parkway (Gate 14) will be conducted Tuesday.

The 78th Civil Engineer Squadron will repaint the pop-up barriers at the Russell Parkway

gate. To prevent a full road closure, the barriers will be repainted during two weekends.

Two barriers will be repainted between 9 a.m. and noon each day Nov. 8 and Nov. 9.

The other two will be completed between 9 a.m. and noon each day Nov. 15 and Nov. 16.

One inbound and one outbound lane will be open during those times. Drivers should exercise caution.

Med Clinic parking changes

Renovations to the 78th Medical Group Clinic, Bldg. 700, are scheduled to begin in early November, affecting more than 120 parking spaces.

Sixty spaces in the parking lot on the north side of Bldg. 700 and 64 spaces in a portion of the lot on the south side near the dormitories will be closed for about two years.

Additionally, the parking area on the south side of Bldg. 703 will be closed for two weeks to allow the installation of a temporary facility. Once the temporary facility is in-place, the parking lot will reopen.

The driveway leading to buildings 702, 703, 755, 764, and 766 will also be closed for three to four days to allow installation of utilities.

Middle Georgia CFC ends Nov. 14

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

This year's Middle Georgia Combined Federal Campaign, ends in two weeks, and this year, Robins' goal is \$1 million.

The campaign gives everyone an opportunity to support charities that face financial uncertainty every day, said Walter Wolfe, Robins CFC chair.

"Donating through the CFC offers three significant benefits - the confidence you're donating to a viable non-profit, the choice to designate your donations among thousands of eligible charities worldwide and the conveniences of electronic pledging and payroll deductions," he said.

A new feature of the campaign, Universal Giving, has been very well-received, especially

among military members. It allows people to support a charity back home or at a previous assignment, he said.

Electronic pledges may continue to be made through MyPay until Dec. 15, or contact your unit CFC worker for a CFC charity booklet and pledge form.

Regina Huston, 402nd Aircraft Maintenance Group Commanders Action Group management assistant, sees the positive in participating in CFC.

"I contribute because I want to give back," said Huston, who has given annually the last 11 years. "The charity I support helped me when my kids were younger. Being a single mom raising three daughters, daycare was very expensive. This charity provided quality, reliable and dependable

► see CFC, 5

F-15 FMS enterprise has worldwide reach

ROBINS PUBLIC AFFAIRS

The F-15 Foreign Military Sales Branch at Robins provides sustainment and logistics support to partner nations across the globe.

The program currently has five partner nations that include Saudi Arabia, Israel, Japan, Singapore and South Korea.

It currently provides \$4.86 billion worth of sustainment and logistics support to Saudi Arabia - the program's largest customer - with 19 contracts supporting various efforts.



The F-15 Foreign Military Sales Branch provides sustainment and logistics support to partner nations, including Saudi Arabia, around the globe.

"On behalf of the strategic interests of the United States, Team Robins possesses decades of experience working very closely with the Saudi Arabian govern-

ment, so we truly have a strong relationship with our partners and their long-term support requirements," said

► see REACH, 2

Weekend
Weather

Friday
72/40



Saturday
60/36



Sunday
63/38



SECOND FRONT

Annual forum yields progress for Robins, AF

BY BRIAN SHREVE

Robins Public Affairs



Year after year, the Caring for People Forum proves it's not only concerned with discussing quality-of-life issues affecting Airmen and their families, but committed to implementing sustained action.

Earlier this month, representatives assigned to work improvement plans derived from the April forum provided updates to Col. Dawn Lancaster, 78th Air Base Wing vice commander.

Of 24 concerns presented last spring, the Integrated Delivery System – a group of various base agencies – has been tracking 12 of those issues for improvement and completion.

Two of those issues have been forwarded to Air Force headquarters for resolution as they can't be fixed at the installation level, said Lesley Darley, community support coordinator.

The first involves K-12 education support, specifically the fact that in the past families arriving at Robins weren't aware of the base's school

liaison officer, who is charged with helping them choose the best school zone for their children.

The plan is to add information about the school liaison officer of a military member's gaining installation to out-processing.

"That will help because once a family gets here it's too late," said Darley. "A lot of times they've already signed leases or have contracts on houses, and they end up being in a school zone that may not have been their first choice. This will allow them to know to contact the SLO prior to getting here."

The second concern is in regards to education assistance. The single Airman's focus group seeks to allow Airmen to sign up for education benefits

at their first assigned installation rather than during basic training.

"At basic training, they may be overwhelmed," said Darley. "This would call for them to wait until they get to the installation and have a subject-matter expert discuss education with them when they're in the best frame of mind."

Other areas being addressed include an improved fitness environment and deployed family support for those affected by Post-Traumatic Stress Disorder.

The fitness issue includes repairs to the base track and resurfacing portions of the 5K trail where roots have caused concerns.

As for PTSD support – which Darley called a success story – the 78th Medical Group has been working with a local off-base group run by military members. Similar to an Alcoholics Anonymous framework, the support group is volunteer led, but Robins' mental health agency will provide contact information and referrals to those seeking help.

"We have seen great success from the Caring for People forum, both at Robins and at the Air Force level," said Darley.

REACH

Continued from 1

Lt. Col. Jeff Hamblin, F-15 Foreign Military Sales Branch chief.

The program employs civil service liaisons in Saudi Arabia who provide face-to-face expertise to the Royal Saudi Air Force.

Those team members can work overseas from one to five years, advising on and staying abreast of parts issues, finances and other capabilities, then fielding issues back to Robins.

"We contract for the repair and return of aircraft, equipment and vehicles, as well as the acquisition, storage and delivery of nearly 17,000 spare parts and consumable

items," said Jean McDonald, F-15 FMS Logistics chief.

"It's great because we have direct contacts there in case we need to provide quick support and FedEx a mission-critical part, for example," she said. "They're a great help ensuring things are on track."

In what was described as the largest foreign military sales contract in U.S. history, the \$29.4 billion FMS agreement signed in December 2011 called for the purchase of 84 F-15SA aircraft to Saudi Arabia. Initial delivery of the first aircraft is slated for 2015.

Robins benefitted from the sale by adding jobs to its program here – currently 147 personnel – and continuing to manage Saudi legacy aircraft while sustaining the new ones.

"We're mutually supportive because many of the parts we buy for legacy aircraft support the new ones," Hamblin said.

Along with communicating and meeting regularly with partner nations, Robins manages vehicles, equipment and facility contracts in-country, and is available for partner-country questions.

For example, should unique software issues arise, they can be addressed locally for answers. The same goes for out-of-the-box supply support, which came up this summer and was assisted by the 402nd Commodities Maintenance Group through parts repair and manufacture.

That recent success was highlighted through the organic manufacture of three high-

priority conformal fuel tank hinges by machinists from the 573rd Commodities Maintenance Squadron. Their quick turn resulted in the RSAF aircraft returning to service with minimal down time.

Another success was the use of night vision goggles, installed and trained for use by RSAF aircraft to combat the ongoing crisis in the Middle East.

Robins also plays a role in repairing F-15 nose radomes for South Korea and Saudi Arabia, as well as producing partner nation's technical publications.

Those synergistic efforts allow for our allies to continue to be an effective part of our defense coalition when needed.

ALL IN

A DAY'S WORK

Tech Sgt. Christopher Maxwell

UNIT: 78th Logistics Readiness Squadron

JOB TITLE: NCOIC Fuels Service Center

TIME IN SERVICE: 15 years

HOMETOWN: Perryville, Ark.



What does your work involve at Robins?

"My work involves auditing fuel transactions, ensuring proper reconciliation in the Defense Energy Support Center Enterprise System and controlling and directing fuels operations. I ensure compliance with safety and environmental regulations and review flying schedules and coordinating refueling priorities between assigned, transient, and depot aircraft."

How does your work contribute to the Robins mission?

"We provide clean fuel to all aircraft and equipment on the base, and provide liquid oxygen for all aircraft."

Who has been the biggest influence in your life?

"My father, He taught me that if you are going to do a job then take the time to do it right, and to always treat people with respect."

Legal Notices

Anyone having claims against the estate of Staff Sgt. Joshua M. Schoenhoff should immediately contact 1st Lt. Cameron Cooper at DSN 241-4721 or (478) 396-0788.

Anyone having claims against the estate of Senior Master Sgt. James L. Swartz should immediately contact 1st Lt. Brett Gellins at DSN 241-2611 or (478) 550-4992.

Anyone having claims against the estate of Master Sgt. Daniel A. Paschal should immediately contact 1st Lt. Brett Gellins at DSN 241-2611 or (478) 550-4992.

Airmen with the 116th Logistics Readiness Squadron Deployment Distribution Flight, move a container during a Unit Training Assembly. These logistics planners are part of a six-member team responsible for delegating and monitoring the execution of all deployment-related items to ensure the right people and gear make it to the right place at the right time.



U.S. Air Force photo by SENIOR AIRMAN KARI GILES

‘Little Room for Error’

116th ACW logistics planners get it on time, every time

BY SENIOR AIRMAN KARI GILES

116th Air Control Wing

Have you ever wondered how military units deploy aircraft, equipment and thousands of people each year, many times on short-notice?

Anyone who has ever deployed knows there’s an incredible amount of planning that goes into military operations. That’s especially true for the members of the 116th Logistics Readiness Squadron Deployment Distribution Flight who are responsible for implementing plans to move people, cargo and military assets downrange.

Short notice or otherwise, the 116th Deployment Distribution flight plans, processes, and deploys resources 100 percent on time, every time.

Airmen who comprise the flight are a mixture of Georgia Air National Guard and active-duty members, who in 2014 alone processed more than 1,300 Airmen and Soldiers who deployed to forward operating locations around the world with zero discrepancies.

According to Capt. Christopher Swann, 116th Air Control Wing deployment section officer in charge, they’re responsible for ensuring the right people and gear make it to the right place at the right time.

“During deployment operations, the flight becomes a deployment control center where the logistics planners are responsible for delegating and monitoring the execution of all things deployment related,” said Swann. “And there’s very little room for error.”

According to Swann, missing a dead-

line could mean missing an airlift.

“We ensure the left hand talks to the right, and no one gets left out,” said Master Sgt. Darrin Srader, a 461st Air Control Wing logistics planner.

Logistics planners implement first-hand knowledge of aerospace expeditionary force requirements, current contingency operations, installation deployment readiness and local deployment exercises.

“The job is rewarding and challenging at the same time,” said Tech. Sgt. Adam Adair, who has been a full-time Guard member with the 116th Air Control Wing since August 2008.

“Anyone thinking of becoming a logistics planner must be proficient at multitasking, have excellent communication skills, and have the ability to learn and adjust quickly to ever-changing processes,” said Adair.

“It’s their job to think outside the box,” added Swann. “Whether the task is deploying a pallet of equipment, a team of people, or a squadron of aircraft, the planners figure out how to get it there with as little airlift support as possible, as soon as possible.”

When Airmen and Soldiers return from deployment, the planners switch gears to the reintegration phase of their job, ensuring all members have the necessary resources for a successful transition.

According to Swann, each deployment presents a different set of challenges, and one of the keys to successful logistics planning is the ability to adapt and overcome.

“At the end of the day, it’s about getting things done quickly and efficiently,” said Adair.

AROUND THE AIR FORCE

Hospital adds 'virus-zapping' robot

JOINT BASE LANGLEY-EUSTIS, Va. (AFNS) – Standing at 5 feet 2 inches tall, U.S. Air Force Hospital Langley's newest staff member doesn't initially have a commanding presence; however, after five minutes, its impact has the potential to save countless lives around the globe.

The 633rd Medical Group received a germ-zapping robot, nicknamed "Saul," which harnesses the power of technology to kill off viruses – including the Ebola virus. Airmen were given a demonstration of the robot's functions and capabilities from Geri Genant, the Xenex Healthcare Services implementation manager.

Shortly after the president issued an executive order addressing the critical issue of Ebola, the 633rd MDG responded with cutting-edge technology to protect the health of the service members, their families and the community.

The hospital staff partnered with Xenex, the company that created Saul as part of a response plan to ensure the group is equipped to handle viruses like Ebola.

"We are very proud to be the first Air Force hospital to have this robot," said Col. Marlene Kerchenski, the 633rd MDG Surgeon General chief of nursing services. "Saul will provide an extra measure of safety for both our patients and our intensive care unit staff."

According to Genant, after patient and operation rooms are cleaned, the robot uses pulses of high-intensity, high-energy ultraviolet rays 25,000 times brighter than florescent lights to split open bacterial cell walls and kill dangerous pathogens commonly found in hospitals.

To read more, visit www.af.mil.



U.S. Air Force photo by STAFF SGT. ANTOINETTE GIBSON

Gerri Genant, Xenex Healthcare Services implementation manager, left, demonstrates the capabilities of Saul – a germ-zapping robot – to Airmen at Joint Base Langley-Eustis, Va., Oct. 20. The 633rd Medical Group partnered with Xenex Healthcare Services, Saul's creator, in an effort to provide a safer healthcare facility for the Langley community.

Ebola Update

Medical response team trains for possible Ebola cases

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas –

Defense Department leaders are ensuring the 30 members of a medical support team that may be called upon to respond to new cases of Ebola in the U.S. are receiving world-class, state-of-the-art training, a senior military doctor said.

Air Force Col. John J. DeGoes, command surgeon for U.S. Northern Command and North American Aerospace Defense Command, discussed the training and its potential impact should the team be called upon to respond to Ebola cases.

The team began training here Sunday. It's comprised of 10 critical care nurses; 10 noncritical care inpatient nurses; five physicians with experience in infectious disease, internal medicine and critical care; and five individuals trained in specialties related to infection control. "Because there's this need,"

DeGoes said, "we're going to make sure we can respond effectively to it, but only after people are trained fully and proficient."

"It's absolutely critical we train to standard and not to a pre-conceived time," he said. "There's risk, but we're doing everything to mitigate it, and we think that this is an important mission for the United States of America."

To read more, visit www.airforcemedicine.af.mil.

Military information on Ebola for Airmen, families

WASHINGTON (AFNS) – Department of Defense families have raised questions about pre-deployment, deployment and post-deployment plans in support of Operation United Assistance – the DOD operation to help coordinate expanded U.S. and international relief efforts to fight Ebola in West Africa.

Their work will help control the spread of Ebola in that region and around the world.

What to Know:

For more information on Ebola, go to <http://www.health.mil/Military-Health-Topics/Health-Readiness/Pandemic-Diseases/Ebola>.

Service members bring unique capabilities to the operation – command and control to help support and coordinate international efforts, training for those who manage U.S.-provided Ebola treatment units, and massive engineering and logistics efforts. U.S. service members will not be providing direct patient care.

The safety of people is one of our highest priorities. The Fact Sheet, "Information for DOD Families of Deploying Personnel," provides service members and their families with information on the steps the Department is taking to ensure your health and safety.

To read the fact sheet, visit www.health.mil/Reference-Center/FactSheets/2014/10/17/Ebola-Fact-Sheet-for-Families-of-Deploying-Personnel.



U.S. Air Force photo

Protecting the force

As service members travel to Africa in support of Operation United Assistance, Ramstein Air Base, Germany, is establishing itself as a power projection platform for Europe and Africa. The 86th Medical Group recently implemented plans to ensure safety precautions are taken to protect air crews, passengers and the Kaiserslautern military community from possible exposure to the Ebola virus.

LEGAL

Robins military justice actions

Nonjudicial punishment, pursuant to Article 15, Uniform Code of Military Justice, provides commanders an essential and prompt means of maintaining good order and discipline, and also promotes positive behavior changes in service members without the stigma of a court-martial conviction. The punishments are determined based on the individual facts and circumstances of each case.

The following Airmen have received Nonjudicial Punishment:

▶ A 78th Operations Support Squadron senior airman tested positive for marijuana, in violation of Article 112a, UCMJ. For the offense, the senior airman received a reduction to airman, suspended forfeiture of \$858 pay per month for two months and a reprimand.

▶ A 78th Logistics Readiness Squadron staff sergeant went AWOL for one day in violation of Article 86, UCMJ. For the offense, the staff sergeant received a reduction to senior airman, suspended forfeiture of \$1,213 pay per month for two months and a reprimand.

▶ A 461st Air Control Networks Squadron airman went AWOL from his unit for seven days in violation of Article 86, UCMJ. For this offense, the airman received a reduc-



tion to airman basic, forfeiture of \$343 pay, restriction to base for 14 days, extra duty for 14 days and a reprimand.

The following Airmen have received administrative discharges:

▶ A 78th Operations Support Squadron staff sergeant was discharged for drug abuse. For the misconduct, the staff sergeant received a general service characterization.

▶ A 78th Operations Support Squadron staff sergeant was discharged for failing to meet minimum fitness standards. The staff sergeant received an honorable service characterization.

▶ A 78th Air Base Wing senior airman was discharged for conditions that interfere with military service. The senior airman received an honorable service characterization.

▶ A 78th Security Forces Squadron airman basic was discharged for minor disciplinary infractions, including sleeping on post on two occasions, communicating indecent language, unnecessarily deploying pop-up barriers, and failing to go to an appointment. For this misconduct, the airman basic received a general service characterization.

▶ A 78th Operations Support Squadron airman was discharged for drug abuse. For this misconduct, the airman received a general service characterization.

▶ A 51st Combat Communications Squadron airman basic was discharged for drug abuse. For this misconduct, the airman basic received a general service characterization.

▶ A 461st Air Control Networks Squadron airman basic was discharged for minor disciplinary infractions, including going AWOL on two separate occasions, making a false official statement on two separate occasions, being disrespectful towards a noncommissioned officer and being late to work on two separate occasions. For this misconduct, the airman basic received a general service characterization.

– Courtesy 78th Air Base Wing Legal Office

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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They should be e-mailed to lanorris.askew.ctr@us.af.mil and 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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CFC

Continued from 1

daycare based upon income. By no means was it free, but it was cheaper than what I could find anywhere else.”

A three-year fair-share giver, Faron Thompson, 461st Air Control Wing historian, said it’s been a privilege to take part.

“CFC has so many wonderful organizations; many making a positive impact both in the USA and around the world,” he said. “It’s amazing to see what can be accomplished

when many are willing to share – even a little – to help someone in need.”

Bruce Harris, an Air Force Life Cycle Management Center equipment specialist, has been in federal service for 15 years, and there was never a year he didn’t contribute. This year he felt compelled to do more.

“The CFC has always been a great way to give someone a gift,” he said. “In the past two years I’ve watched two immediate family members receive a gift from a CFC charity. Some of the gifts present

themselves as a person to talk to or maybe a monetary gift for medication. I’ve seen this first hand.”

The Middle Georgia CFC includes all federal employees in the Middle Georgia area, not just those at Robins. It’s run by federal employees, for federal employees, and is overseen by a local committee of civilian and military volunteers.

In 2013, the local campaign collected \$916,643, from 2,276 contributors. The results mirrored those of campaign contributions across the government.

FRIEND

Continued from 1

“Even with privacy settings on Facebook, Nothing is private – especially on the internet.”

Never ‘friend’ or accept a ‘friend request’ from someone you don’t know. Seemingly innocent questions about where your work and what you do may not be what it seems, she said.

“In practicing OPSEC, be careful who is around you when you talk. The same applies to what you post online,” she said.

Common social media platforms

include social networking platforms such as Facebook, Instagram; microblogs, blogs, video and photo sharing sites, and social news sites.

Be smart and pay attention to what you share. You represent the Air Force in all your words and actions. Anyone could be watching. Protecting yourself is the most important thing you can do.

WHAT TO KNOW:

For further information and recommendations, visit the Department of Defense Social Media hub page at [www.defense.gov/ social-media/](http://www.defense.gov/social-media/) and [www.af.mil/portals/1/documents/ socialmediaguide2013.pdf](http://www.af.mil/portals/1/documents/socialmediaguide2013.pdf).

TOGETHER

Continued from 1

The “iT” campaign strives to change our culture, and the only way to do that is to start talking about sexual assault and prevention.

It directly impacts mission readiness, and there’s no place for it in our military.

One of the ongoing outreach programs is “iT” Leadership Training. First line supervisors and leaders are welcome to attend. Learn more by emailing

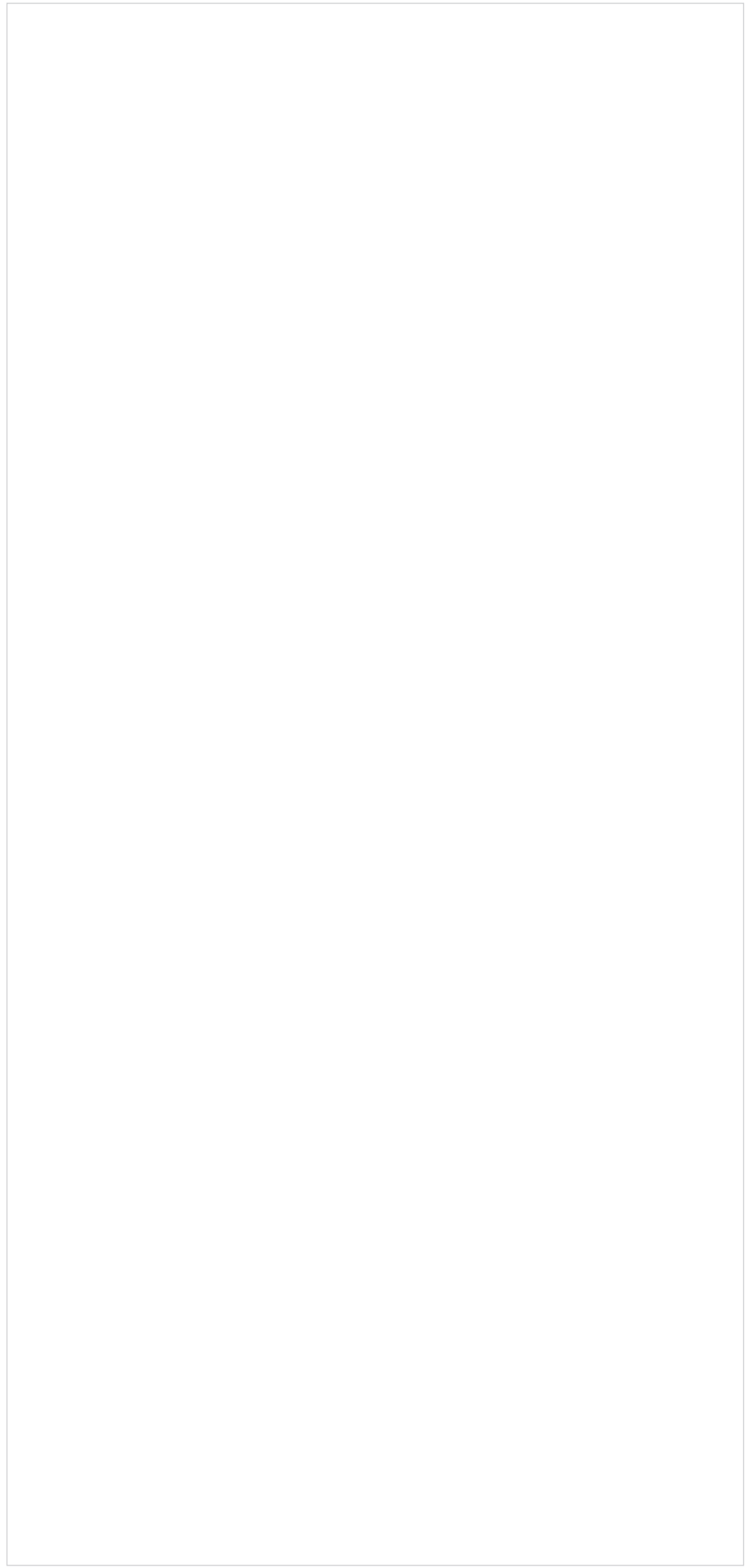
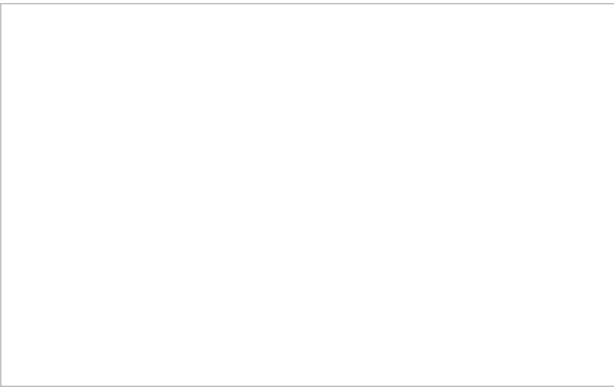
78abw.cvk.work@us.af.mil.

The SARC office, which includes two SARCs, two full-time victim advocates and a deputy SARC who is a military officer, is

located in Bldg. 707.

WHO TO CALL

If you or someone you know is a victim of sexual assault, call **(478) 327-7272**.



A BETTER YOU

Tobacco battle continuing at Robins

BY BRIAN SHREVE

Robins Public Affairs

By now, most Americans understand that smoking and other forms of tobacco use aren't the healthiest of habits.

Many need help kicking the addiction. For Robins Airmen, the numbers are closely monitored and programs combating the issue are available.

Though tobacco use among uniformed personnel here has decreased by four percent during the past year, it remains slightly higher – about 17 percent – than Air Force Materiel Command's overall percentage of 15.7.

In the past, Robins had the highest rate of tobacco use among all AFMC bases, said Stuart Bapties, Health and Wellness Center flight commander.

The statistics are tracked when Airmen get their yearly dental exams, which inquire about tobacco use.

"One of the benefits of being military is that tobacco cessation is free for federal employees," said Bapties. "They can take classes at the HAWC or else-



U.S. Air Force illustration

To learn more about tobacco cessation, call the HAWC at (478) 222-6907 or DSN 472-6907.

where through our contracts with the American Lung Association."

Bapties said uniformed personnel who are unable to attend the HAWC's sessions can simply call the ALA for help in obtaining medication and counseling – programs that cost about \$150 for non-federal employees.

Nov. 20 marks the ALA's Great American Smoke-Out – an event when smokers are encouraged to pledge to give up the habit for at least one day.

Taking a shot at prevention

BY BRIAN SHREVE

Robins Public Affairs

Like most people, Team Robins members don't want to get influenza – and the high number of base-wide vaccination efforts prove it.

In conjunction with the 78th Air Base Wing's objective of maximizing the number of civilian employees getting flu shots, more onsite vaccinations have been provided at various base locations.

As of Oct. 20, the campaign – which kicked off the end of September – had nearly met its goal of 764 civilian vaccinations.

In fact, 746 flu shots were administered in the first six days, a surge that surpassed last year's count of 509, according to the Houston County Health Department.

A revised goal of 1,018 shots – a 200-percent increase from last year – was set as lines continued to form this week. No additional vaccination lines are scheduled, but the 78th Medical Group will continue to provide shots at the clinic until they run out.

As for uniformed personnel installation-wide, 78.1 percent of uniformed personnel had been vaccinated going into the final week of October, which was down from 87 percent in 2013.

Robins service members were initially

Want to protect yourself?

The last onsite event is today at the Exchange from 9 a.m. to 3:30 p.m. for both civilian and active duty personnel.

given 30 days to get vaccinated, though a hard deadline is set for Dec. 31, said Capt. Melissa Peters, 78th Aerospace Medicine Squadron public operations chief.

"There are always a few stragglers here and there, but 78 percent isn't bad for a base this size," she said.

Peters said even people who typically avoid the flu need to be cautious due to different strains of the virus emerging every season. It's important to get the shot early because it takes roughly two weeks to obtain immunity, she added.

According to the Centers for Disease Control and Prevention, up to 20 percent of Americans contract the flu each year and more than 200,000 are hospitalized with flu-related complications.

"We want as much of the population immunized as possible because it's not only about individual health, but about preventing others from getting sick," said Peters. "We have to think about people who have a higher risk of infection, such as children, the elderly and pregnant women. We have to protect each other."

AFMC's wellness challenge gives reasons to get up, move

BY AIR FORCE MATERIEL COMMAND WELLNESS SUPPORT CENTER

WRIGHT-PATTERSON AIR

FORCE BASE, Ohio – Do you have 'sitting disease'? Too much time sitting down may put you at risk for health problems. When muscles don't contract, they require less fuel, and the surplus of sugar that accumulates in the bloodstream contributes to health concerns. Research has shown that sitting for long periods of time – watching TV or at work behind a desk – raises the risk of chronic health conditions like heart disease, diabetes, cancer and obesity.

Getting up and moving has the opposite effect. According to the Centers for Disease Control, regular physical activi-

ty can help: control body weight, reduce risk of cardiovascular disease, improve brain function, and strengthen bones and muscles.

During November and December, Air Force Materiel Command will promote the Team Pedometer Challenge. The challenge is a command-wide initiative promoting walking for physical activity. TPC's health focus will be exercise and arthritis. Civilian Health Promotion Services will conduct the challenge.

How to participate in the Team Pedometer Challenge:

Step 1: Enroll online at AFMCwellness.com between Oct. 6 and Nov. 12. Enroll as an individual participant or choose one teammate. Program

goals are individually based.

Step 2: Print your TPC Enrollment Certificate and take it to your local CHPS office to pick up your free pedometer.

Step 3: Start walking, and log your steps on the AFMCwellness.com pedometer log from Nov. 3 through Dec. 18.

Step 4: To be eligible for the completion award, each participant needs to perform and log at least 200,000 total steps and attend the CHPS class titled 'Exercise & Arthritis' during the challenge.

Participants that complete the challenge requirements will receive a pack of FitDeck cards. FitDeck is a custom deck of playing cards that makes exercise simple, convenient, and fun with new and exciting fitness activities.



To sign up for the challenge, or for more information, contact Robins' Civilian Health Promotion Services at (478) 327-8030, DSN 497-8030 or visit them in Bldg. 207, Room C-119.

Base Trick-or-Treat activities, hours

Robins will observe trick-or-treating today from 6 to 8:30 p.m. in Turner Park and Officers' Housing on base.

Participating residents should leave an exterior light on during those hours. Those not participating should leave exterior lights off.

The security forces squadron will increase safety and security measures in the housing areas with their annual Halloween Pumpkin Patrol.

Also, kids can go trick or treating in the local area at the following times: Byron from 6 to 7:30 p.m., and Bonaire, Centerville, Kathleen, Perry and Warner Robins from 6 to 8 p.m.

In addition, AAFES and the Exchange will host the following activities:

►All Exchange facilities below will be passing out treat-or-trick candies to accompanied kids from 5 to 6 p.m.:

Main Base Exchange
Military Clothing Sales
Service Station Express
Burger King
Food Court (5 to 8 p.m.)

The Main Base Exchange will also host a Kid's Costume Contest from 5 to 6 p.m. First prize is a \$25 AAFES gift card.

►The Robins Commissary will hand out candy to the children of customers during checkout.

Tips for a fun night out

The history of Halloween has its roots as far back as the Celtic festival known as Samhain which marked the end of the harvest season in the Gaelic culture and a time to store food and supplies for the upcoming winter.

Halloween is a fun time to celebrate the season with cooler nights and shorter days, dress up in your favorite costume, or visit a haunted house, or two. Scary movies, spooky story-telling, and decorations also fill the nights preceding Halloween.

However fun, Halloween can also be a dangerous time. There are

S Stay safe when using swords, knives, and similar costume accessories. Make sure they are short, soft and flexible.

A Avoid trick-or-treating alone; always walk in groups or with a trusted adult.

F Fasten reflective tape to costumes and trick-or-treat bags to help drivers see you.

E Examine all treats for choking hazards and tampering before eating them. Have an adult also check them. Limit the amount of treats eaten.

H Hold a flashlight or chem-lite while trick-or-treating to help see in the dark and allow others to see you. Always walk and don't run.

A Always test make-up in a small area first. Remove it after use to prevent possible skin and eye irritation.

L Look both ways twice before crossing the street. Use established crosswalks wherever possible.

L Lower the risk of serious eye injury by not wearing decorative contact lenses or items such as patches that could hinder a person's vision.

O Only walk on sidewalks whenever possible. If sidewalks aren't available, walk on the far edge of the road facing traffic.

W Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.

E Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E Enter homes only if you're with a trusted adult. Never enter a home alone.

N Never walk near lit candles, luminaries or Jack-o-Lanterns. Be sure to wear flame-resistant costumes.

many precautions to consider when celebrating.

According to the Centers for Disease Control, the likelihood of an automobile-related traffic accident with young pedestrians quadruples on Halloween night.

Being vigilant and extra cautious can go a long way in making Halloween night a fun and safe event without injuries.



Fall Bash slated for Nov. 8

The 78th Force Support Squadron will host the 2014 Fall Bash at Robins Park Nov. 8, from 1 to 5 p.m. Entry is free and everyone with base access is invited. Fall Bash is an annual customer appreciation program designed to say thank you to the 78th FSS' loyal customers. It's a wholesome, family-fun event with a festive atmosphere. This year's program will feature food, rides and activities which will appeal to all ages, like a rock-climbing wall, train ride, bouncy castle, arts & crafts and more. The entertainment stage will feature live music. For information, call the squadron's marketing office at (478) 926-6559.

HAPPENINGS

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Halloween Party

Today
9 p.m. to 1 a.m.
Heritage Club Ballroom
Club members \$10
Guests \$15
Prizes for best and most-creative costumes
Advance tickets available at the cashier cage
For details, call 472-7899.

Georgia Aquarium

Saturday
Atlanta
Adults \$40
Children \$30
Includes transportation

and entry
For details, call 468-4001.

Football Frenzy

Sundays
11 a.m.
Heritage Club
Game starts at 1 p.m.
Club members fill out a Football Frenzy entry form for a chance to win a round trip flight to Super Bowl XLIX
For details, call 472-7899.

Arts & Crafts Fair

Register by Monday
Arts & Crafts Center
Sell your custom made crafts

items at the Fall Bash Nov. 8
For details, call 468-5282.

UPCOMING

First Friday (Brass Funky)

Nov. 7
5 to 7 p.m.
Heritage Club
Calling all club members
For details, call 472-7899.

Give Parents a Break & Hourly Care

Nov. 7
6:30 to 10 p.m.
CDC East / SAP
For details, call 468-5805.

Auto Hobby and Wood Hobby shop to open soon

The 78th Force Support Squadron is opening the Auto Hobby and Wood Hobby shop facilities in the near future.

Two great facilities with loads of great equipment already in place to meet your favorite hobby needs or just save money by doing it yourself.

Initial meetings will be conducted to discuss the rules of each club and their hours of operation; facility opening dates; safety training requirements for each facility; opportunity to walk through the

facilities; club member dues; and to begin nominations for auto-crafts and wood-crafts club council positions.

If you're a do it yourself auto enthusiast or love woodworking, then join us at one of our meetings to help Team Robins add another great activity for the base.

The Auto Crafts meeting will be Thursday at 5p.m. in Bldg. 984.

The Wood Crafts meeting will be Nov. 13 at 5 p.m. in Bldg. 984.

For more information, contact Bill Gurr, Outdoor Recreation/Arts and Crafts director, at william.gurr.2@us.af.mil or 497-5622.



**THINK OPSEC
EVERY DAY, EVERYWHERE**