



**DECK THE HALLS**  
Team Robins gets its yule on for holidays

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**SWOOSH!**  
Hawks take home trophy in Toys for Tots game

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# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

Dec. 12, 2014 Vol. 59 No.49

## Injury compensation reduced by \$1M

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

The cost of worker's compensation has not only been reduced at Robins, but injury care treatment and services offered here have increased as well.

"In Occupational Medicine Services we have been leading the effort to support cost effectiveness for Team Robins," said

### Injury care treatment, services offered increased

Col. (Dr.) Michael Rappa, OMS chief. In the last chargeback year, from July 1, 2013 to June 30, 2014, injury compensation claims decreased \$1 million from the previous year, from \$15.6 million to \$14.6 million.

Much of the savings has been attrib-

uted to last year's opening of a facility on the flight line, the FAST FORWARD clinic, expanded service hours, an additional provider offering injury care, and support staff to assist with injury care management.

"We have created a service here to pro-

vide more injury care treatment for our employees so they don't have to go off base to receive that care," said Rappa. "By doing so, we've saved money on our worker's compensation bill."

With that increased accessibility, availability and convenience for employees, it is a win-win situation for everyone.

► see REDUCED, 8



U.S. Air Force photos by ED ASPERA

Ronald DeFreitas, David Daniels and Dale Dassel, part of a team of C-130 engine shop mechanics, remove the left outboard engine from an aircraft on Dec. 1. Daniels, left front, uses a leverage bar to loosen one of four bolts on the C-130 engine mount.

## Standing Still

C-130H COMPLETELY DISASSEMBLED, READY FOR A CLOSER LOOK

BY JENNY GORDON  
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It's Day One. There's a flurry of activity getting a C-130H ready for further disassembly and a scheduled isochronal inspection as the aircraft moves through programmed depot maintenance at the Warner Robins Air Logistics Complex.

The aircraft in our Home away from Home series has been on station since mid-August, silently migrating through its passage across the flight line, through various gates from induction and disassembly for

depaint, to depaint operations, to disassembly for docks prior to its current destination in Bldg. 91.

The cavernous hangar, one of several dedicated to C-130 PDM, stays busy throughout the year with room for up to eight aircraft in various stages of work. Roughly 1,400 hours of work include outside agencies that assist during this gate.

Our C-130H will not move during the current Gate 4, a 15 calendar-day inspection phase. It will move once again when work is finally complet-



James Skipper, C-130 Engine Shop mechanic, removes an igniter which provides power to a C-130 engine.

► see DISASSEMBLED, 3

## Making the Most of the Season

Many resources available for Team Robins during holidays

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

With the holiday season in full swing, there will be no shortage of parties, plentiful good food and crowded shopping centers.

But remember as you're out and about outside of home or work, you'll more than likely be travelling within your hometown or away visiting family and friends.

It goes without saying there will be increased traffic as holiday shoppers and travelers take to the roadways.

Consider the following tips from the Robins Safety Office to keep you and your loved ones safe over the next few weeks: On holiday parties, alcohol can be involved, so while you want guests to enjoy themselves, keep an eye out for those who may have had too much. Provide a place for them to stay or a designated driver.

Also, have cab numbers on hand. Offer plenty of non-alcoholic drinks as well, and be sure to offer food when there's alcohol involved. An empty stomach can speed up the process for intoxication. Offering food may also help prevent guests from over-indulging on alcohol alone.

Back to driving, don't drive distracted. Put away those cell phones and don't text, eat or do other things that take your eyes away from the road.

Buckle those seat belts, check your tires, put your child passengers in the correct child safety seat, and make sure your car is ready for winter, especially when travelling to northern states where snow may be falling.

### Practicing Resiliency

What do you do to stay resilient during this time of year? Jackie Brittan, 78th Medical Group resiliency technician shares the following resources.

Accept help and support from those who care about you and will listen to your; these connections strengthen resiliency – the ability to overcome life challenges, including trauma, misfor-

► see SEASON, 6

### INSIDE



Tips to help stay resilient

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**FRIDAY FLYBY: Training partnership saves money, Page 2; holiday hours, Page 10**

### January paving project to close street for three weeks

Beginning in January, a milling and paving project will take place on Milledgeville Street from Richard Ray Boulevard to Third Street. The street will be partially or fully closed for three weeks as work is phased to minimize impact to the base populace.

During Phase 1, an access/egress gate to the vehicle maintenance lot will be installed by Dec. 31. Phase 2a will close affected portions of Milledgeville Street, tentatively scheduled for Jan. 5 to Jan. 8. Phase 2b will

involve removing the pavement, removing and replacing the base material and putting down the first layer of asphalt. Phase 3 and 4 will close entire sections of the street beginning Jan. 18, and striping of the new asphalt Jan. 24.

Inclement weather and unforeseen conditions can delay the project. Drivers are urged to exercise caution during this time.

For other construction updates, see Page 2.

### Full Force Friday

As part of Georgia's Zero Tolerance campaign, the Warner Robins Police will be out in full force today in an effort to deter and reduce the number of impaired drivers.

The police will have several safety checkpoints set up in town, as well as officers stationed around each check point.

Those efforts are in connection with the Governor's Office of Highway Safety's push to make the streets safer this holiday season.

**Weekend Weather**

Friday 59/30



Saturday 62/31



Sunday 64/35



"A danger foreseen is half avoided."

# SECOND FRONT



## DECK THE HALLS

### Team Robins gets its yule on for the holidays

U.S. Air Force photos by TOMMIE HORTON  
 Left, Jayven Scott, 5, visits with Santa Dec. 5 at the Chapel's annual tree lighting ceremony. Below, Caleb, 7, and Troy Truscott, 5, assist Col. Chris Hill, Installation commander, in flipping the switch to turn on the Christmas tree lights marking the beginning of the holiday season on base.



## ALL IN A DAY'S WORK

### Tech Sgt. Virgil Smith

**UNIT:** NCOIC, Aircrew Flight Equipment Continuation Training

**JOB TITLE:** Technical data technician

**TIME IN SERVICE:** 11 years

**HOMETOWN:** Swainsboro, Ga.



**What does your work involve at Robins?** "Supervising the Aircrew Flight Equipment training program for 877 aircrew, and overseeing the inspection process and maintenance of all Aircrew Flight Equipment for the E-8C and its members."

**How does your work contribute to the Robins mission?** "Every day, aircrew board the E-8C JSTARS and take off into a dangerous place above the ground. On rare occasions, they have to use the skills I've taught them to prevent the loss of human life onboard the jet."

**What do you enjoy most about your work?** "Honestly, I enjoy seeing people grow and develop. Seeing students grasp new concepts and improve over time as a product of my instruction is very rewarding."

**What is something people would be surprised to know about you?** "I attended the Air Force Academy as a cadet for one year. I had to withdraw to take care of my mom who was sick at the time."

**What is the accomplishment of which you are most proud?** "My service in Iraq during the initial phase of Operation Iraqi Freedom driving convoys for the Army."

**Who has been the biggest influence in your life?**

"Chief Master Sgt. Mark Wiley was my superintendent at my first base almost 10 years ago. He's now on the Air Combat Command Inspector General team. He took me from Airman Basic Smith, who knew nothing and molded, mentored and guided me to where I am now."

## Training partnership saves money, yields results

### ROBINS PUBLIC AFFAIRS

More than 30 Warner Robins Air Logistics Complex employees received a certificate in Industrial Safety and Health through the Georgia Institute of Technology during a ceremony Dec. 4.

Due to the success of the partnership between Robins and Georgia Tech Professional Education in 2013, additional courses were offered beginning in June 2014.

Classes were offered on base, saving the government more than \$237,000 in travel and other costs. Offered

courses related to the certificate included safety, OSHA guide, machinery standards, accident investigation, lean and safe, and ergonomics. Graduates included:

#### AMXG

- ▶ Raymond Bacon
- ▶ John Bassham
- ▶ Eric Bickett
- ▶ Earnest Brown
- ▶ Gary Burks
- ▶ Durand Cainion
- ▶ Tim Cerka
- ▶ Kevin Dobbins
- ▶ Elbert Green
- ▶ Travis Gully
- ▶ Darrell Hatcher
- ▶ Malcom Johnson

- ▶ Jeffrey Kolmertz
- ▶ John Lankford
- ▶ Tim Mills
- ▶ Bryan Mitchum
- ▶ William Osburn
- ▶ James Releford
- ▶ Gary Rutledge
- ▶ Michael Smith
- ▶ Tiffany Stevens
- ▶ Keith Thomas
- ▶ Marc Torain
- ▶ David Tudor
- ▶ Henry Ware
- ▶ Jeffrey Williams

#### CMXG

- ▶ Jeff Freyermuth
- ▶ Clifford Green
- ▶ Raymond Hill
- ▶ Charlie Hunnicutt

- ▶ James Pullen
- ▶ Daniel Singletary

#### EMXG

- ▶ Ronald Drew
- ▶ Shelby Jennings
- ▶ Virginia Long
- ▶ Marty Williams

#### MXSG

- ▶ Jeanne Boutwell
- ▶ Walter Coffey
- ▶ Willie Johnson
- ▶ Eddie Lindsey
- ▶ Luis Ramirez

#### SE

- ▶ Timonthy Houey
- ▶ William Morrison
- ▶ Kathya Prescott



## Museum of Aviation to host Wellston Winds Concert Sunday

The Museum of Aviation will host the Wellston Winds "Music of the Season" Concert in the Century of Flight Hangar on Sunday at 3 p.m. The free concert is open to the public.

The Wellston Winds, under the direction of conductor C. Lloyd McDonald, will perform classic holiday music.

The program will include selections by the Macon Harmony Barbershop Quartet, Macon/Mercer Youth Symphony Flute Choir, ballerinas from Peacock's Performing Arts Center, vocalist EZ Cleghorn, and the Houston County Clarinet All-Stars.

The Wellston Winds is a community musical ensemble consisting of local band directors, music teachers, retired Air Force bandsmen, and other musicians from the Warner Robins area. The group aims to bring engaging and entertaining performances to the community.

Since 2011, the 40-piece Wellston Winds have given

numerous free concerts in the local area, including programs for the International City Festival, Warner Robins Community Concert Association, and annual holiday and patriotic concerts.

For more information, call the Museum of Aviation at (478) 926-6870.

## Construction update

The parking lot on the northwest side of Bldg. 228 will be closed until Oct. 5, 2016. That's due to a Defense Information Systems Agency construction project that will repair and upgrade its uninterruptable power system and electrical systems.

During Phase 1, a portion of the parking lot – about 90 spaces – to the west of the building will be closed and fenced for up to two years.

Three existing handicapped parking spots will be relocated; two beside Bldg. 228 and a third on the west side of the staging area. Construction fencing will be erected to secure the area.

Additionally, the parking lot on the north side of Bldg. 700, about 60 spaces, and a portion of the parking lot on the south side of Bldg. 700 near the Airman dormitories, roughly 64 spaces, will be closed for about two years.

Another project calls for a portion of the parking lot between Milledgeville Road and Bldg. 359, about 40 spaces, closed Oct. 24 and it will be fenced for up to four years to provide long-term staging for a construction project on the flight line.

When the project is complete the fence will be removed from the site.

## BAH recertification deadline approaches

Airmen who receive with-dependent rate Basic Allowances for Housing are required to complete a new AF Form 594 and provide a copy of their supporting documentation such as marriage certificate, birth certificate or approved dependency application.

Members may come by the 78th Comptroller Squadron Finance Office, Bldg. 301, East Wing, weekdays from 8:30 a.m. to 3:30 p.m. or the Bldg. 905 lobby on Mondays from 10 a.m. to 2 p.m.

## AFMC family days announced for 2015

The following dates have been designated as AFMC family days for calendar year:

■ Friday, May 22 in conjunction with Memorial Day, Monday, May 25;

■ Friday, Sept. 4 in conjunction with Labor Day, Monday, Sept. 7;

■ Friday, Nov. 27 in conjunction with Thanksgiving Day on Thursday, Nov. 26;

■ Thursday, Dec. 24 in conjunction with Christmas Day on Friday, Dec. 25.

In observance of the AFMC family days, commanders and directors may authorize a four-day special pass for military members – to include the observed holiday, AFMC family day and the weekend. For those members required to perform duty on those days, commanders and directors may grant compensatory time off on the first appropriate working day following the holiday weekend, mission requirements permitting.

Normal leave rules apply for Air Force civilians; however, commanders and directors may encourage the use of annual leave or other appropriate leave on family days.

Contract employees must adhere to their respective contract requirements and employer's policies on designated family days.



U.S. Air Force photo by ED ASPERA  
James Skipper, C-130 Engine Shop mechanic, shows a rear bearing support crack on a C-130 engine.

## DISASSEMBLED

Continued from 1

ed after its 38 days built into Gate 5, the repair and build-up phase.

Like a first-time visit to a major attraction, not everything can be fully understood and appreciated at first glance. It can take days, weeks, even months to behold the dynamic, complex matrix of constantly moving pieces that must work together to complete every single airframe.

### The overhead lights are bright.

There's the constant noise from voices, and the steady hum of the building's ventilation system. Tools clank on metal, and flashlights peer into dark metal spaces.

The mechanic's best friends are the glossy, red work benches, mobile work centers filled with everything a craftsman might need at his fingertips. Their relentless presence surrounds the perimeter of each aircraft.

Production control boards stand guard near each work area. It lists details of the work ahead, things like dates, supervisor names, and major tasks to be accomplished. At this stage, as with every other, there's no question what needs to be done.

"About 70 percent of the work on this aircraft gets done these last few weeks," said Charles Ray, 560th Aircraft Maintenance Squadron team lead.

At this point, once the aircraft is towed into the hangar, work is prioritized, and things move swiftly as more than a dozen sheet metal mechanics, aircraft mechanics and hydraulics workers assemble maintenance stands for upcoming inspections.

Although major parts were disassembled in the previous gate – such as the heavy cargo door, outboard and inboard flaps, and horizontal and vertical tail – some parts need to stay on so it can be towed to the next gate.

The outboard engines were removed the first day; other parts begin to be routed to various back shops for inspection and repairs as needed.

The engines sitting in a nearby hangar in the C-130 Engine Shop, are among a static display of many whose metal skins are peeled back a layer to expose the nozzles, plugs and labyrinth of components that help keep the aircraft safely flying in the air.

Once they've been rolled out of the hangar, more than 56 hours of work on each engine will have been completed. The engine's oil is checked and drained, oil, fuel and hydraulic filters are checked, and inspections are conducted from front to back, to include the aircraft's propellers.

"You could almost say we're a glorified gas station," said Steve Welch,



### By The Numbers

8	Number of C-130s that can fit in Bldg. 91
15	Number of days a C-130 stays in Gate 4
35-40	Employees working at any given time in Gate 4.

shop supervisor. "We change the oil, all the filters, lubricate it, check for issues, and then we put it back together on the aircraft."

**Back to our expectant aircraft in Bldg. 91.** Aircraft mechanics are congregating on top of the wings, looking across its surface.

On the floor, some like Wayne Skinner tinker with a flap asymmetry break, observing inside for any sign of corrosion or cracks. A retired flight engineer, the Air Force veteran enjoyed the unpredictable nature of his former career.

"Flight controls, landing gear, doors, hatches, windows ... here, I'm able to look at a little bit of everything on the airframe," he said.

Another critical role at this juncture includes the nondestructive inspection of areas that can't be seen with the human eye.

Possible corrosion issues, defects and cracks can be found at this point using common inspection methods with the use of boroscopes and X-ray; surface scans use an electromagnetic current and ultrasonic inspections offer a deeper look inside any metal.

Among the parts inspected are the wings, fuselage, fuel tanks, wheel well and flight control cables, engine cables, various fittings, attach points and others.

"Part of our script that has helped us all along is that we know how everything flows," said Richard Clearwater, 560th AMXS production supervisor. "It keeps us focused."

Once inspections are completed, it's time to move on to Gate 5, where the airframe will be built up again.

# AROUND THE AIR FORCE

## ***Air Force making strides against sexual assault***

WASHINGTON (AFNS) – Eight-hundred less Active-Duty Airmen experienced some form of unwanted sexual contact in fiscal 2014 than in fiscal 2012, and 500 more Airmen reported the crime during the same period.

That data was part of a report provided to the president, Dec. 2, which summarizes the progress the Defense Department and all the services have made in eliminating sexual assault in the DOD during the past three years.

“The increase in the reporting shows us that victims are more comfortable coming forward, and believe they will get the services they need to recover from the trauma” said Maj. Gen. Gina Grosso, Air Force Sexual Assault Prevention and Response director.

A sexual assault report doesn’t automatically trigger an investigation. Victims who choose to file a restricted report can get the care to help them cope with the crime, and the sexual assault response coordinator will assist them in getting any desired assistance. Unrestricted reports also provide care and assistance to a victim, while automatically launching a criminal investigation by the Air Force Office of Special Investigations. Victims can always seek care from a medical provider without triggering any kind of report.

“We strongly believe in victim’s choice,” Grosso said. “Victims always have voice and choice when seeking care after an assault. We want all victims to get the help they want and need and should never be pressured into filing one kind of report over another.”

She attributes the decrease in prevalence and increase in reporting to the culture change within the Air Force toward sexual assault, particularly at the commander level.

“Leadership involvement at every level the past three years has resulted in fewer sexual assault incidents and more victims reporting the crime,” Grosso said. “However, we still have work to do.”



U.S. Air Force photo by SENIOR AIRMAN ARMANDO A. SCHWIER-MORALES

A recent report presented to the president showed the progress made by the Department of Defense and all the services have made in eliminating sexual assault in the DOD over the past three years.

## In Other News

### **AF realigns missions to enhance nuclear support**

WASHINGTON – The 377th Air Base Wing in Albuquerque, N.M., will now report to Air Force Global Strike Command, and the Air Force Nuclear Weapons Center will reorganize, combining the AFNWC commander and Air Force Program Executive Officer for Strategic Systems positions into a single two-star position.

The realignment of the 377th ABW and reorganization of the AFNWC under Air Force Materiel Command are designed to enhance support to the nuclear mission. The transition will phase in gradually and is scheduled to be complete in fall 2015.

The AFNWC will reorganize into three directorates, two of which focus on the two Air Force legs of the nuclear triad; the third will focus on unique nuclear requirements and interagency engagement.

### **TSP limits increase for 2015**

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – The Internal Revenue Service has announced increased limits for 2015 Thrift Savings Plan contributions.

“The maximum contribution amount for traditional and Roth TSP will be \$18,000; that’s an increase from the elective deferral limits of 2013 and 2014, which was \$17,500,” said Erica Cathro, an Air Force Personnel Center human resources specialist. “Additionally, the maximum amount of 2015 catch-up contributions is \$6,000, an increase from the \$5,500 elective deferral limit for 2013 and 2014.”

Catch-up contributions are additional tax-deferred contributions and are separate from regular contributions.

For those who are eligible, catch-up contributions provide a way for individuals to secure their retirement, especially for those who begin investing later in their careers.

### **Master sergeant Evaluation board SNCO promotion changes coming in spring**

WASHINGTON – The Air Force continues the phased implementation of its Enlisted Evaluation System and Weighted Airman Promotion System changes with the convening of a master sergeant evaluation board scheduled for May 2015.

Evaluation and promotion system changes, scheduled for implementation during the next 16 months for active-duty Airmen, are focused on ensuring job performance is the most important factor when evaluating and identifying Airmen for promotion.

The revamped master sergeant promotion process will be divided into two phases – Phase I and a Phase II which contains an evaluation board similar to the current senior master sergeant and chief master sergeant evaluation boards.



U.S. Air Force photo by AIRMAN 1ST CLASS JOSHUA SMOOT

## ***Edge of the Blade***

Tech. Sgt. Michelle Bresson, 40th Helicopter Squadron special missions aviator, performs a pre-flight inspection at Malmstrom Air Force Base, Mont. Her responsibilities typically include keeping the pilots advised of anything that is going on with the aircraft – if there are any malfunctions with the aircraft, the aviators are the system experts.

## PERSPECTIVE

### *‘Do you believe in miracles?’*

BY LT. COL. STEPHEN CHARTIER

78th Dental Squadron commander

The success of any organization centers on the ability of leaders at every level to promote and sustain a leadership model that drives efficiency, consistency, accountability and fosters an all-in teamwork approach.

The Air Force Sustainment Center Leadership Model centers around a Common Goal designed to achieve our primary mission objectives by developing our people, improving our processes and being responsible stewards of our limited resources. This is the AFSC model and the guide to achieving the “Art of the Possible.”

There are many ways to explain the AFSC model, but I will use a sports analogy from U.S. Olympic history. A little hockey game between the United States and the Soviet Union during the 1980 Olympics came to symbolize the “Art of the Possible” for an entire nation. Hockey is just a game, but winning requires employing the same basic tenets that make an organization successful. The common

goal for the U.S. hockey team was to win the gold medal, but in order to do that they would need to defeat the best hockey team in the world.

Against those imposing odds, they were able to accomplish this by proper use of their people (players), adapting their processes (game plan) and proper use of their resources to bring home an improbable victory.

**PEOPLE:** Following an exhibition game humiliation to the Soviets three weeks earlier, U.S. coach Herb Brooks met with his staff to devise a new game plan to deal with the Soviets. His prior focus was on building his team around a couple of his best players with the rest of the team serving ancillary roles.

He often held strategy meetings with the stars of the team that didn’t include the other players. He found that as a result his team played like a bunch of individuals.

His players were well skilled and motivated to accomplish the goal, but he had never fostered an approach that developed his players into a complete team. He changed the quality of his coaching philos-

ophy and spent the next two weeks focused on his entire team and stressed to his players the confidence he had in them.

His commitment to a new open and honest approach lent credibility to his mentoring, and as a result earned him a deeper trust and respect from his players.

**PROCESSES:** Once he had his players thinking like a team, he made a small tweak to his overall strategy and effectively changed the process of how his team positioned themselves defensively on the ice. He stressed accountability for their areas of responsibility.

He continued to refine this defensive positioning throughout the five medal qualifying games. Changing the process by which they were used to playing defense was tough, but through continuous process improvement they gradually increased their ability to meet their mission.

As a result of his new system he found his players rarely out of position defensively but not always in the best position to take the offensive. Coach Brooks made a calculated decision that this increased defensive pressure would be more valuable

in defeating the Soviets than a free-wheeling offensive explosion.

His team couldn’t match the Soviets goal for goal in that style of play, so he implemented a process which would clog up the ice and keep their speedy, highly skilled offensive players from being able to move freely. It worked, and the Soviet players became frustrated and never adapted to the strategy used against them.

**RESOURCES:** The new defensive strategy implemented worked very well, but it required much more effort on the part of the U.S. players. They were constantly in motion, and it burned up their primary resource (energy) at a more rapid rate. During the games leading up to the medal round, the U.S. team was able to get early leads and not have to expend as many resources to win, but against the Soviets, Coach Brooks knew it would be a constant attack. The resources he needed to manage would be keeping his players healthy and rested as much as possible prior to the game and limiting the ice time shifts.

– To read the full story, visit the Robins homepage at [www.robins.af.mil](http://www.robins.af.mil).

### **ROBINS REV-UP**

COMMANDER  
Col. Christopher Hill

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### **SUBMISSION GUIDELINES**

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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.

### **DELIVERY**

To report delivery issues, call 472-0802.

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# BETTER YOU

## I am resilient because ...

### What is resiliency, and what do you do to stay resilient?

Resiliency is the ability to overcome life challenges, including trauma, misfortune and individual catastrophe and to bounce back tougher, wiser, and more powerful.

- Make connections. Accepting help and support from those who care about you and will listen to you strengthens resilience.

- Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

- Move toward your goals. Develop some realistic goals. Do something regularly even if it seems like a small accomplishment that enables you to move toward your goals.



U.S. Air Force illustrative photo by TOMMIE HORTON

- Take decisive actions. Rather than detaching completely from problems and stresses and wishing they would just go away.

- Look for opportunities for self-discovery. Many people who have experienced tragedies and hardships have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spiritual-

ity and heightened appreciation for life.

- Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will occur in your life. Try imagining what you want, rather than worrying about what you fear.

Getting help when you need it is crucial in building your resilience. Use self-help and support groups,

**Getting help when you need it is crucial to building your resilience. Use self-help and support groups, books and other publications ...**

books and other publications by people who have successfully managed adverse situations or a licensed mental health professional such as a psychologist can assist people in developing a strategy.

For additional resources, access the You Matter license plate icon on base computers or on the Robins Air Force Base website. You can also use this link: [www.robins.af.mil/shared/media/document/AFD-140528-012.pdf](http://www.robins.af.mil/shared/media/document/AFD-140528-012.pdf).

### SEASON

Continued from 1

tune and individual catastrophe, bouncing back tougher, wiser and more powerful.

Accept that change is a part of life.

Accepting circumstances that cannot be changed can help focus on those that you can alter.

Move toward your goals, develop realistic ones and do something regularly, even if it's just a small accomplishment.

Take decisive actions rather than com-

pletely detaching from problems and stresses, wishing they'd just go away.

Maintain an optimistic outlook, expecting good things in your life. Imagine what you want in your life, rather than focusing on what you may fear. Also, look for opportunities for self-discovery.

**For additional resources, click the Helping Agencies icon on your computer's desktop for a list of Robins resources, or visit [www.robins.af.mil/shared/media/document/AFD-140528-012.pdf](http://www.robins.af.mil/shared/media/document/AFD-140528-012.pdf).**





### Robins Air Force Base on Facebook

Check out Robins on Facebook.  
Visit [www.robins.af.mil](http://www.robins.af.mil) and click on the Facebook link.



U.S. Air Force photo by MISUZU ALLEN  
 Maj. Stanley Kimball, Occupational Medicine Services deputy director, conducts an annual physical exam on Lupe J. A. Diaz, 78th Civil Engineer Group Fire Department engineering technician at the OMS clinic. Some occupations on base require annual exams as requirements for employment.

## REDUCED

Continued from 1

While there's been a significant savings in one year, the last quarter, from July 1 to Sept. 30, also saw a sharp drop, the most in any quarter since 2010.

Total costs for last quarter alone was at \$3.15 million, of which the previous quarter in the last charge-back year was at \$4.17 million – a \$1 million decrease in only one quarter.

"It's never dropped so much from one quarter to the next," he said. "We would see a drop from year to year, but now we are seeing a dramatic drop in just one quarter."

There's one other interesting number to note. There's also been a marked increase in how much care OMS has been providing for injured employees.

A study was conducted by Rappa in the fall of 2012; a second was done again in the spring of 2014.

In that time period, it was determined services increased from 50 percent to 64 percent.

"As a result, I think we're seeing employees getting care earlier, being treated more effectively and getting back on their feet faster," he said. "It's huge when we can provide services internally to our own."

Rappa said he sees the trend continuing as long as OMS continues to provide the high quality services employees expect, and professionals remain responsive to the needs of the work force.

The FAST FORWARD facility, which stands for First Aid Station, Treatment, and Forward Operating Rehabilitation of Workers Accentuating Restorative Dynamics, opened in June 2013.

In its first year of operation in Bldg. 49, there were more than 1,100 visits to rehabilitation specialists, and nearly 500 visits to the clinic's nurse practitioner –

with a total return on investment of more than \$1 million. That includes the cost avoidance of having to visit off base providers as well as reclaimed production time costs.

The facility provides first aid, acute workplace injury care, and musculoskeletal rehabilitative care. Most of the injuries are related to slips, trips and falls, resulting in such things as contusions, cuts, abrasions, muscle strains, and pain in the back, shoulder and knees.

By offering open access to care at two different sites at Robins, one on the flight line and in Bldg. 207, both OMS and the FAST FORWARD clinic have managed to remove barriers to access, increasing the timeliness of treatment, and effectively managing the care of work-related medical conditions through the Patient-Centered Medical Home Model.



## SWOOSH!

Taking it to the court for kids

Following a basketball tournament Dec. 5, 320 toys were collected and presented to the Marine Corps Reserve Toys for Tots Foundation. Michael Szymanski, 78th Force Support Squadron director, presented the toys which were collected over three days. The basketball championship included the 78th Security Forces Squadron, Team JSTARS and the Robins Air Force Base Hawks; the Hawks took home the championship trophy.



U.S. Air Force photos by ED ASPERA

# HAPPENINGS

FRI	SAT	SUN	MON	TUE	WED	THUR
12	13	14	15	16	17	18

**ON TAP**  
**Give Parents a Break & Hourly Care**  
 Saturday  
 Noon to 5 p.m.  
 CDC East / SAP  
 For details, call 468-5805

**Racquetball Skills Challenge**  
 Dec. 16  
 4 p.m.  
 Fitness Center  
 For details, call 468-2128.

**UPCOMING**  
**Boss and Buddy**  
 Dec. 19  
 5 p.m.  
 Heritage Lounge  
 Fun, food and prizes  
 For details, call 472-7899.

**Bowling Movie Day**  
 Dec. 23 and 30  
 from 2 to 4 p.m.  
 Bowling Center  
 Cost is \$6.50 and covers three games, shoes, movie and a bag of popcorn  
 For details, call (478)

926-2112 or 468-2112.

**Family Movie Night**  
 How to train your Dragon 2  
 Jan. 16  
 6:30 p.m.  
 Base Theater  
 Cost is \$2 and includes popcorn and drink.  
 For details, call 468-2001.

**ONGOING**  
**Twilight Golf Rates**  
 Every day  
 4 to 6:30 p.m.  
 Pine Oaks Golf Course  
 Play 18 holes  
 \$20 with cart, \$12 without cart.  
 For details, call 468-4103.

**Universal Studios**  
 ITT  
 Buy one ticket for \$136, get two free  
 For details, call 468-2945.

**Afterburner**  
**December Special**  
 Mondays through Fridays

5:30 a.m. to 1 p.m.  
 Base Restaurant, Bldg. 166  
 Egg Nog  
 For details, call 472-7827.

**In-home childcare rules**  
 Individuals caring for other families' children totaling more than 10 hours a week on a regular basis must be licensed to provide care in on-base quarters.  
 For details, call Patricia Gurr at 468-3080.

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

**Arts & Crafts gift ideas**  
 Looking for a special gift? Give gift certificates for classes, custom matting and framing, balloon bouquets, personalized pen sets, plaques.  
 For details, call 468-5282.



For more info on chapel events and services, call 497-2821 or DSN 468-2821.

## Protestant Holiday Calendar

**Sunday** – Third Sunday of Advent Gospel Service 8 a.m. at Chapel Annex; Worship Service, 11a.m. at Base Theater  
**Dec. 21** – 4th Sunday of Advent Gospel Service 8 a.m. at Chapel Annex; Worship Service, 11a.m. at Base Theater  
**Dec. 24** – Candle Light Service 7 p.m.  
**Dec. 31** – New Year's Eve Watch Night Service and Fellowship 6 p.m. to 2 a.m.

## Catholic Holiday Calendar

**Sunday** Third Sunday of Advent Mass, 9:30 a.m. at the Base Theater  
**Dec. 21** 4th Sunday of Advent Mass, 9:30 a.m. at the Base Theater  
**Dec. 24** – Children's Christmas Mass, 5 p.m.  
**Dec. 24** – Caroling Before Mass, 9:30 p.m.  
**Dec. 24** – Christmas Eve Mass, 10 p.m.  
**Dec. 25** – Christmas Day Mass, 9:30 a.m.  
**Dec. 31** – New Year's Eve Mass, 5 p.m.  
**Jan. 1** – New Year's Day Mass, 9:30 a.m.

**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.



# ROBINS HOLIDAY HOURS

## **OPEN Dec. 24**

- ▶Base Restaurant
- Afterburner – normal hours
- Mobile routes 2, 4 and 6 – normal hours
- Daytime snack bars – close at 1 p.m.
- ▶Quick Turn – closes at 1 p.m.
- ▶Golf Course – closes at 3 p.m.
- ▶Bowling Center – open from 11 a.m. to 6 p.m.
- ▶Library – open from noon to 7 p.m.
- ▶CDC East and West – open from 6:30 a.m. to 1 p.m.
- ▶Youth Center – open from 6:30 a.m. to 8:30 p.m.
- ▶Fitness Center – open from 8 a.m. to 4 p.m.
- ▶Military Personnel Section – normal hours
- ▶Equipment Rental/Outdoor Recreation Center – open from 8 a.m. to 2 p.m.
- ▶NAF AO – normal hours
- ▶Airman and Family Readiness Center – open normal hours
- ▶Civilian Personal Services closes at 2 p.m.
- ▶Education and Training – open from 7 a.m. to 4:30 p.m.
- ▶Wynn Dining Facility  
Breakfast – normal hours; Lunch normal hours and Dinner normal hours
- ▶Flight Kitchen 24 hours

## **OPEN Dec. 25, 26**

- ▶Wynn Dining Facility normal hours

## **OPEN Dec. 31**

- ▶Base Restaurant
- Afterburner – normal hours
- Mobile routes 2, 3, 4 and 6 normal hours
- Snack bars – limited hours
- ▶Quick Turn closes at 1 p.m.
- ▶Fairways Grille – normal hours
- ▶Golf Course – normal hours
- ▶Bowling Center – open from 11 a.m. to 5 p.m. and 9 p.m. to 1 a.m.
- ▶Base Library – noon to 5 p.m.
- ▶CDC East, and West – open from 6:30 a.m. to 1 p.m.
- ▶Youth Center – 6:30 a.m. to 1 p.m.
- ▶Fitness Center – open from 8 a.m. to 4 p.m.
- ▶Annex 6 a.m. to 2:30 p.m.
- ▶Military Personnel Section normal hours
- ▶HRO – normal hours

- ▶Equipment Rental/Outdoor Recreation Center – open from 8 a.m. to 2 p.m.
- ▶FAMCAMP – open from 10 a.m. to 2 p.m.
- ▶Arts & Crafts Center – open from 9 a.m. to 1 p.m.
- ▶NAF AO – normal hours
- ▶Marketing – normal hours
- ▶Airman and Family Readiness Center – open normal hours.
- ▶Civilian Personal Services closes at 2 p.m.
- ▶Education and Training – open from 7:30 a.m. to 4:30 p.m.
- ▶Wynn Dining Facility – normal hours

## **OPEN Jan. 1**

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

## **78TH MED GROUP**

- ▶Dec. 24 normal hours.
- ▶Dec. 31 normal hours..

## **GATE HOURS**

- ▶Watson Gate – normal hours
- ▶Russell Gate – normal hours

## **COMMISSARY**

- ▶Dec. 24 open from 9 a.m. to 4 p.m.
- ▶Dec. 31 open from 9 a.m. to 7 p.m.

## **EXCHANGE**

### **MAIN STORE**

- ▶Open Dec. 24 from 9 a.m. to 5 p.m.
- ▶Open Dec. 26 from 10 a.m. to 5 p.m.
- ▶Open Dec. 31 from 9 a.m. to 5 p.m.
- ▶Open Jan. 1 from 10 a.m. to 5 p.m.

## **SERVICE STATION**

- ▶Open Dec. 24 from 6:30 a.m. to 6 p.m.
- ▶Open Dec. 26 from 8 a.m. to 5 p.m.
- ▶Open Dec. 31 from 10 a.m. to 9 p.m.
- ▶Open Jan. 1 from 11 a.m. to 4 p.m.

## **SHOPPETTE/**

### **CLASS SIX**

- ▶Open Dec. 24 from 8 a.m. to 6 p.m.
- ▶Open Dec. 26 from 8 a.m. to 5 p.m..
- ▶Open Dec. 31 from 6:30 a.m. to 9 p.m.
- ▶Open Jan. 1 from 11 a.m. to 4 p.m.

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