

52-week weight loss journey

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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

March 13, 2015 Vol. 60 No. 10

DATA DEFENDERS



U.S. Air Force photos by ED ASPERA

Above, Ernest Greer, 566th Electronics Maintenance Squadron electronics mechanic, showcases an unclassified digital display indicator.

Richard Orta, 566th EMXS Scheduling Element chief, left, and Chad Fowler, 566th EMXS Radar supervisor, discuss the squadron's declassification workload.



Few like Robins equipped to protect electronic assets

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

Imagine if our enemies held in their possession valuable classified information that could potentially be used against the United States.

Technology like that originating from a powerful weapon system used to gather intelligence, radio frequency data, critical navigation details, enemy air and ground locations ... the list goes on.

So, a small group of electronics mechanics in the 566th Electronics Maintenance Squadron at Robins quietly performs a mission here to ensure that scenario doesn't happen.

They come to work through the front gates only to pass through yet another layer of security leading into a cavernous building replete with sophisticated electronic warfare capabilities that would undeniably make our enemies shudder.

Robins is only one of a handful of places equipped to handle such a workload.

"With all of these assets, they must be handled through facilities that have been set up for classified materials," said Chad Fowler, 566th EMXS Radar supervisor. "That's to ensure we can keep that work within the Electronic Maintenance Group. There's a lot involved; not everyone can handle this type of work."

Stroll in a little deeper and you'll come to a group of work tables encircled by the sound of metal being pounded with a purpose. The tools of the trade include hammers, screwdrivers, wrenches, pliers and paint markers.

"We basically disassemble and declassify assets from day to day. It's a cradle to grave operation," said Ernest Greer, 566th EMXS electronics mechanic.

▶ see DEFENDERS, 8

AFAF campaign begins March 23

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

The Robins 2015 Air Force Assistance Fund campaign runs March 23 through May 1.

This year's theme is "Commitment to Caring," with an installation goal of \$67,314.

"The annual Air Force Assistance Fund provides an opportunity to help our fellow Airmen when they need it most," said Capt. Jaleesa Council, AFAF installation project officer. "The AFAF campaign supports four charities dedicated to caring for Airmen from induction through retirement and beyond."

AFAF is an annual effort to raise funds that support active duty personnel, retirees, reservists, guard and dependents. These charities include: Gen. and Mrs. Curtis E. LeMay Foundation; Air Force Enlisted Village; Blue Skies of Texas - formerly Air Force Village; and Air Force Aid Society, with an office located in the Airman & Family Readiness Center in Bldg. 794.

In 2014, the Air Force Aid Society provided more than 18,000 emergency assists totaling \$9.6 million. Overall, the Air Force program awarded 2,714 education grants to the children and spouses of its members. Also last year, AFAS provided \$1.6 million in childcare programs, phone cards, baby gifts, car care and spouse initiatives through base community programs.

Unit project officers and key workers will be visiting work centers to share additional information about the charities, answer questions and offer the opportunity to contribute to this year's campaign.

WHAT TO KNOW:

For questions, contact Capt. Jaleesa Council, DSN: 497-3429, jaleesa.council@us.af.mil; or 1st Lt. Jessica Richmond, DSN: 472-7377, jessica.richmond.2@us.af.mil.

Retirees not assigned to a Team Robins organization who would like to offer a donation to any of the four charities listed may contact the Installation Project Officer or Assistant Project Officers at (478) 327-3429 or 222-7377.

Construction on point

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

Thanks to construction crews, an area that formerly housed facilities once home to the 78th Civil Engineer Group is now getting a bit of a makeover.

Five buildings are scheduled to be demolished during the next few weeks. The buildings are thought to be at least 40 years old, according to Jim Bearden, 78th CEG construction project manager, who oversees base demolition projects.

One building, Bldg. 265, was demolished Tuesday. Two other buildings, Bldg. 267 and Bldg. 275, were either in the

process of being demolished or taken apart this week. The others are Bldgs. 268 and 271.

Before demolition, all buildings underwent a lead and asbestos abatement process. Once the five buildings are demolished and debris is removed, the area, which encompasses less than a half-acre, will have sod installed where the buildings once stood for greenery purposes.

Four other buildings will remain standing on the property with future plans for demolition, said Bearden.

Shops began to shift eastward once

▶ see CONSTRUCTION, 8



U.S. Air Force photo by MISUZU ALLEN

One of the five buildings being removed during the next few weeks sits prepped and ready for contractors to use a track hoe for its demolition.

FRIDAY FLYBY: AFOSI Tip Line provides safe, discreet reporting option, Page 2

'Put Your Hands Together for'

The next "Put your hands together" will run in the March 27 Rev-Up. The deadline is March 20 at 4:30 p.m. To have an award included, submit a brief write up about the award and the people who earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpegs. For more information, contact Lanorris Askew at lanorris.askew.ctr@us.af.mil or Geoff Janes at vance.janes@us.af.mil. Either can be reached by phone at DSN 468-6386.



Celebrating Diversity: Women's History Month

Women's History Month is an annual celebration of achievements by women and the central role they have played in history. As an astronaut and researcher of advanced optical information systems, Ellen Ochoa flew her first shuttle mission in 1993 as a mission specialist with the Discovery crew, conducting atmospheric and solar studies in order to better understand the effect of solar activity on the Earth's climate and environment. The first Hispanic woman to be named an astronaut, she has logged more than 500 hours in space.



OCHOA

Weekend Weather

Friday 58/52



Saturday 76/59



Sunday 74/49



"Got a plan? Remember safety."

SECOND FRONT



AFOSI Tip Line offers safe, discreet reporting option

You can now make a report to Air Force Office of Special Investigations by text message, online or by using their smartphone application.

There are many concerns facing today's military community. The AFOSI Tip Line provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators, or force protection concerns.

What happens when I contact the Tip Line?

When you contact the Tip Line via Internet, text, or smartphone app, you will always communicate with a live operator. Once you submit your tip you will be given a unique tip number. You will never be asked your name or personal information. Do not share the tip number with anyone.

What do I do if I get more information?

If you have more information at a later time re-contact the Tip Line anytime, and provide an update to your original tip.

How does the online submission process work?

When you submit a tip online, your form is sent using state of the art software through a secure socket connection.

Tips submitted through the web are encrypted, confidential, anonymous and immediately and securely transferred directly to AFOSI. After submitting your tip, you will be provided with your own unique tip number and will be afforded an opportunity to create a password that you will use when checking on the status of your tip.

To submit a Web tip go to <https://www.tipsubmit.com/WebTips.aspx?AgencyID=1111> or the AFOSI web page at <http://www.osi.af.mil>

How to report an anonymous tip using your smartphone:

1. Download the smartphone app, Tip Submit Mobile, from your mobile provider's marketplace.
2. Choose Manually Select an Agency
3. Choose Federal/Military then select Air Force Office of Special Investigations
4. Create a password
5. Select New Tip
6. Fill out form with as much information as possible
7. Select Submit Tip

How to report an anonymous tip via text message:

1. Text "AFOSI" plus your tip information to 274637 (CRIMES)

How to report an anonymous tip online:

Visit: <https://www.tipsubmit.com/WebTips.aspx?AgencyID=1111>

RCG 2015 Academic Scholarship Program

The Robins Chiefs Group is accepting applications for its academic scholarship program. An applicant must be an enlisted military member, Active Duty,

Reserve, National Guard or retired, or the dependent of an enlisted military member – Active Duty, Reserve, National Guard, retired, or deceased – assigned to or retired from Robins Air Force Base.

Any enlisted rank or branch of service is eligible.

For more info or to download an application, visit www.robinschiefsgroup.org. All applications must be postmarked no later than May 1.

Military Caregiver PEER Forum

The next Military Caregiver PEER Forum will be Thursday from 11 a.m. to 1 p.m. in the Bldg. 707, SARC conference room.

At these forums, attendees discuss topics they would like to focus on, such as managing stress, nutrition and employment. The PEER Forum aims to provide emotional support, and be a resource for valuable information through guided discussion among military caregivers, allowing them to share practical, accurate and thorough information based on their personal experiences.

For more information contact the Military and Family Life Consultant (478) 538-1732 or the PEER Support Coordinator (706) 302-0160.

Munitions Operations Office Closure

The munitions operations office will be closed for business March 23 through 27 for a semi-annual wall-to-wall inventory of the munitions stockpile. Only emergency issue requests, submitted in writing and approved by a group commander, will be accepted during this time.

New mass notification system migration

Air Force Materiel Command is migrating to the ALERT! mass notification system.

This migration will occur in conjunction with the expiration of the contract for the current system used at Robins.

The ALERT! system will be activated immediately to ensure uninterrupted mass notification capability across AFMC.

The new system will be pushed to user desktops next week.

There will be System Operational Verification Testing March 23 through 27 to confirm operability and functionality of the system ensuring full operational capability.

Robins Earth Day photo contest

In honor of the 45th Anniversary of Earth Day, Environmental Management invites you to participate in the inaugural Robins Air Force Base Earth Day Photo Contest.

We're looking for photographs displaying our natural inhabitants while highlighting our interactions with the local flora and fauna on base. With so much diversity at your fingertips, get outside and explore Robins' fascinating and natural canvas. Consider visiting the parks, hiking trails and lakes to capture the winning photos for this year's contest.

For full rules and an entry form visit www.robins.af.mil.



Motorcycle Safety Registration

Motorcycle Safety Registration:
<https://dwppc.robins.af.mil/motorcycle/default.aspx>

Robins Splash page:
<https://wwwmil.robins.af.mil/>

Team Robins Safety SharePoint site:
<https://cs.eis.afmc.af.mil/sites/Safety/RAFB/default.aspx>

U.S. Air Force courtesy photo

Rodney Whitaker, Installation Safety Office Safety and Occupational Health specialist, shows how he properly suits up to ride his Can-Am Spider.

Tune up for the 2015 Motorcycle Riding Season

INSTALLATION SAFETY OFFICE

With the 2015 riding season upon us the 78th Air Base Wing Safety Office would like to share a few tips in an effort to continue awareness and safety for both riders and vehicle drivers this riding season. The Robins 2015 training courses are now available. Registration can be filled out at the 78th Air Base Wing Motorcycle Safety Registration page and on the Team Robins Splash Page, quick launch Safety.

Motorcycle Riders:

The Motorcycle Safety Foundation's "T-CLOCS" inspection checklist is a good place to start. T-CLOCS – which stands for Tires, Controls, Lights, Oil, Chassis and Stands – is a pre-ride inspection process the foundation advises all riders to perform before going out for a ride. Its principles also apply to preparing a motorcycle for a new riding season.

Your Unit Motorcycle Safety Representatives can provide a copy, or you can get one from the Team Robins Safety SharePoint under the Motorcycle Safety Program Toolkit.

Here's a quick 7-point plan to winter recovery, in order of importance from the Motorcycle Safety Foundation:

1. Manual Labor – Dust off your trusty service manual and skim through it.
2. Fuel First – You shouldn't use fuel that has been sitting.
3. Battery Maintenance – Lead-acid or lithium, you probably need a charge.
4. Tires – Will they be good for the whole season?
5. Oil and Filter – Now is a good time to change them.
6. The Forgotten Fluids – Don't forget your brake fluid and coolant.
7. Spring Cleaning – Days are getting longer, make your bike shine.

Vehicle Drivers:

Ten Things All Car & Truck Drivers Should Know About Motorcycles:

1. More than half of all fatal motorcycle crashes involve another vehicle. Most of the time, the car or truck driver, not the motorcyclist, is at fault. There are a lot more cars and trucks than motorcycles on the road, and some drivers don't

recognize a motorcycle – they ignore it, usually unintentionally.

2. Because of its narrow profile, a motorcycle can be easily hidden in a car's blind spots or masked by objects or backgrounds outside a car, such as bushes, fences and bridges. Take an extra moment to look for motorcycles, whether you're changing lanes or turning at intersections.

3. Because of its small size, a motorcycle may look farther away than it is. It may also be difficult to judge a motorcycle's speed. When checking traffic to turn at an intersection or into or out of a driveway, predict a motorcycle is closer than it looks.

4. Motorcyclists often slow by downshifting or merely rolling off the throttle, thus not activating the brake light. Allow more following distance, say three or four seconds. At intersections, predict a motorcyclist may slow down without visual warning.

5. Motorcyclists often adjust position within a lane to be seen more easily and to minimize the effects of road debris, passing vehicles and wind. Understand that motorcyclists adjust lane position for a purpose, not to be reckless or show off or to allow you to share the lane with them.

6. Turn signals on a motorcycle usually are not self-canceling, thus some riders (especially beginners) sometimes forget to turn them off after a turn or lane change. Make sure a motorcycle's signal is for real.

7. Maneuverability is one of a motorcycle's better characteristics, especially at slower speeds and with good road conditions, but don't expect a motorcyclist to always be able to dodge out of the way.

8. Stopping distance for motorcycles is nearly the same as for cars, but slippery pavement makes stopping quickly difficult. Allow more following distance behind a motorcycle because you can't always stop "on a dime."

9. When a motorcycle is in motion, see more than the motorcycle – see the person under the helmet, who could be your friend, neighbor or relative.

10. If a driver crashes into a motorcyclist, bicyclist or pedestrian and causes serious injury, the driver would likely never forgive himself or herself.

Legal Notice

Anyone having claims against the estate of Senior Airman Melvin Dallas III should immediately contact 2nd Lt. Joseph Flescher at 497-3927 or (478) 327-3927



'CELEBRATING EXCELLENCE'

2014 Team Robins Annual Award winners



Tech. Sgt. Mark Marberg
NCO of the Year



Master Sgt. Anthony Powell
SNCO of the Year



Capt. Brett Lesser
CGO of the Year



Senior Airman Darryl Adams
Guardsman of the Year



Master Sgt. Bradley Schafer
1st Sergeant of the Year



John Whitson
Category 2 Civilian of the Year



Shelby Delung
Category 3 Civilian of the Year



Carey Rissmann
Category 4 Civilian of the Year



Timothy White
Category 5 Civilian of the Year



William Broach
Category 6 Civilian of the Year



John Upshaw
Volunteer Excellence Award

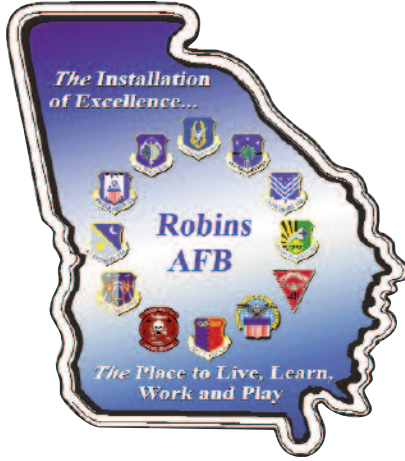


Laurie Beebe
Volunteer Excellence Award



Andrea Davis
Volunteer Excellence Award

Editor's note: Senior Airman Sean Perry was named Team Robins Airman of the Year and Lauren Griffin was named Category 6 Civilian of the Year but were not available for a photo.



Making Tomorrow better than today

AROUND THE AIR FORCE

Putting face on prevention training

BY TECH. SGT. JOSHUA STRANG

Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – The Air Force recently changed its annual suicide prevention training from a computer-based course to face-to-face training.

The new, in-person training, went into effect Feb. 11, and replaces annual computer-based training for active-duty and Reserve Airmen.

Civilians have the option to attend the face-to-face training or complete it online.

The goal is to have all Airmen attend face-to-face training by the end of 2015.

“The Air Force Community Action Information Board and the Air Force Learning Council directed this change in format to enhance the effectiveness of suicide prevention training,” said Lt. Col. Mitzi Thomas-Lawson, the Air Education and Training Command Mental Health Branch chief.

The desired outcome is to provide Airmen an opportunity to discuss suicide prevention concepts, he continued.

In a message located in the Suicide Prevention Training Facilitator Manual, Lt. Col. Kathleen Crimmins, the Air Force Suicide Prevention Program man-

ager, described the need for the change in training.

“Our previous computer-based training was a good way to standardize the information and make it readily available,” wrote Crimmins. “But, it missed an opportunity for leaders and their Airmen to address the problem on a personal level.”

The new training, which is outlined in detail in the facilitator manual, is designed to provide for good discussion and give each member a chance to talk openly.

“The face-to-face training is an hour in length which includes a 24-minute vignette-based video,” Thomas-Lawson said. “Discussion groups should have between eight and 20 members and should not exceed 30 participants.”

Training facilitators are chosen within individual units, and Crimmins’ message states that commanders should choose their best mentor-leaders and supervisors to lead the small group discussions.

A recent training attendee here, Tech. Sgt. Katrina Rollins, a medical administrator for AETC Medical Services and Training, said the facilitator-led interaction was much more beneficial for her than the CBT.

“With the CBT, you kind of just sit



U.S. Air Force photo illustration by SENIOR AIRMAN ASHLEE GALLOWAY

there and click through some slides,” Rollins said. “Being part of a group discussion – seeing how everyone perceives the issues – and having the facilitator bring up more discussion really changes the training for the better.”

Similar to the CBT, the face-to-face training will be an annual mandatory requirement and, according to Thomas-Lawson, the goal for AETC is to have

95 percent or more active-duty Airmen trained using the new format by May 26.

Once complete, training will be documented by unit training managers in the Advanced Distributed Learning Service.

All training, to include the facilitator manual and training videos, can be accessed by going to the Wingman Online website.



U.S. Air Force photo by STAFF SGT. SIUTA IKA

Trial by water

Timothy Babb takes a breath during a 2015 U.S. Air Force Trials swimming practice session Feb. 27 at Nellis Air Force Base, Nev. The Air Force trials are an adaptive sports event designed to promote the mental and physical well-being of seriously ill and injured military members and veterans.

SecAF introduces diversity initiatives

WASHINGTON (AFNS) – Secretary of the Air Force Deborah Lee James kicked off Women’s History Month by speaking to attendees during the Center for a New American Security “Women and Leadership in National Security” Conference in Washington, D.C., March 4.

“There’s simply no country in the world as widely diverse as the U.S.,” James said, who was the keynote speaker at the event. “Progress has been made, but we (the Air Force) can do better.”

She spoke about the steps the Air Force is taking to strengthen its diversity and inclusion by introducing nine initiatives. James, along with Air Force Chief of Staff Gen. Mark. Welsh, and Chief Master Sergeant of the Air Force James Cody, signed two memos that were sent out to all Airmen to help guide the AF efforts.

The initiatives SecAF discussed were career path tool transformation,

In Other News

diversity and inclusion perspective for development team boards, promotion board memorandum of instruction, Career Intermission Program, increased female officer applicant pool, Reserve Officer Training Corps rated height screening, identifying high-performing enlisted Airmen for Officer Training School, post pregnancy deployment deferment and use of panels in civilian hiring.

Intermediate, senior developmental education opportunities available

JOINT BASE SAN ANTONIO-RANDOLPH (AFNS) – Eligible active-duty officers and Department of the Air Force appropriated-fund civilian employees can apply for intermediate and senior developmental education opportunities beginning in March. The civilian application window opened March 2, and applications are due to the Air Force Personnel Center no later than May 1. Officer nominations, with senior rater endorsements, will be accepted beginning March 9, and are due to AFPC no later than

March 27. Selection results will be announced in November. Various opportunities exist for interested officers and civilians.

For more information, go to myPers.

27 civilian pay dates in 2015

JOINT BASE SAN ANTONIO-RANDOLPH (AFNS) – Civilian employees will have 27 pay dates in 2015 vice the usual 26, so some employees might need to adjust their Thrift Savings Plan contribution elections to receive the maximum agency matching contributions for 2015.

“If employees under the Federal Employees Retirement System wish to receive the maximum matching contributions for 2015, they must ensure they do not reach the \$18,000 contribution limit before the last pay day of the year because TSP contributions stop when an employee’s contributions reach the annual maximum limit,” said Erica Cathro, AFPC Human Resources Specialist.

AF civilians can adjust TSP elections through the Employee Benefits Information System.

PERSPECTIVE

Our Air Force – diverse in thought, word, deed

The Air Force has a rich heritage built on the pillars of diversity and innovation.

After African American History Month closed out, and we looked on to honor women’s history this month, I’d like to reflect on the word diversity.

Diversity is often equated to minority, but it’s more than that – diversity is a reflection of what makes us unique, and it fuels our Air Force and our nation.

As Chief of Staff of the Air Force Gen. Mark Welsh says, “Every Airman has a story.”

Today’s Air Force is a product of all of your stories – your unique experiences, perspectives and ideas – and we are stronger because of it. Diversity is more important than ever, as the success of our Air Force hinges on bold leadership and innovation to overcome complex fiscal and operational realities.

You will find bold, innovative leadership in the example set by Maj. Gen. Jeanne M. Holm, the first woman to attend Air Command and Staff School at Maxwell Air Force Base, Ala., and the first female Air Force brigadier general.

She was a catalyst and pioneer who paved the way for



McDew

women in our Air Force.

Today, female Airmen make up about 19 percent of the Air Force, and the Air Force leads the way in the Defense Department with 99 percent of our available positions open to women.

From the current Secretary of the Air Force Deborah Lee James, to Gen. Janet Wolfenbarger, our service’s first female four-star general; to Col. Jeannie Leavitt, the first Air Force fighter pilot, Women’s History Month is a time to remember the importance of valuing our Airmen for who they are and celebrating what’s unique in all of us.

African American History Month and Women’s History Month give us an opportunity to reflect on how far we’ve come.

To fully leverage the strength of our diversity, we must respect all of our fellow Airmen as members of an inclusive team, embracing all the experiences and expertise that our Airmen bring to the table. We all have a part to play in shaping the future of our Air Force, the Department of Defense and our nation.

Although barriers to inclusiveness still exist, I am confident that the current and future generations of Air Force leaders – each and every one of you – will continue to find new ways to incorporate the strengths of our individual Airmen to make us a better team.

Diversity is part of our DNA. America’s strength is



HOLM

even greater than the sum of its parts. Our best qualities as a nation shine through when we embrace different cultures, backgrounds and ways of thinking.

Our Air Force is, and will continue to be, the premier fighting force in the air, space and cyberspace – and it’s because of what our Airmen bring to the mission. To all our diverse Airmen: Thank you for your service. Our Air Force is great because of you.

– This commentary was written by
By Gen. Darren McDew, Air Mobility Command.

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 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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A BETTER YOU

NO LOOKING BACK:

Robins employee loses more than 70 pounds in 52-week weight loss journey

BY HOLLY LOGAN-ARRINGTON

hollylogan-arrington@us.af.mil

For Loretta Rayford, a production management specialist in the 411th Supply Chain Management Squadron, the desire for lifelong change came months before New Year's resolutions for 2015 ever came to mind.

Rayford began mentally preparing for her weight loss journey in fall 2013. It wasn't long before her thoughts turned to action.

"I was really looking for someone that I could identify with, who had gone from a thought to action," she said. "I began to search all over social media for photo types that would ignite me."

Rayford said it wasn't until she began to reconnect with people from her hometown through social media that she found her inspiration to truly change.

"After many years of starting and stopping, finally my heart and my mind got in sync which created the desire; yes, the fire was lit," she said. "I now humbly hold up my torch in victory to a healthier me."

Initially, Rayford aimed to lose 50 pounds.

"I wanted to be the weight proportionate to my height and over all, I wanted to be fit," she said. "I wanted to get rid of the outwardly imperfections I identified with my body."

Once she met that goal, she knew there was no stopping now.

"When I had reached that milestone, I was overjoyed and partially threw the continued work out of the window," she said. "I knew I wasn't where I wanted to be, but I couldn't afford to stop."

Rayford realized she had begun a journey in which she had to face the truth about herself and ultimately, she had to make a permanent lifestyle change.

"I had a goal in mind as for weight and clothes size, but I really imagined myself being fit and healthy," she said.

Rayford accepted that she fell short many times before, but she committed to doing what worked and would enable her to succeed.

"I had to figure out how and why I gave so much of myself to others and gave nothing to myself," she said.

"I had to figure out how and why I gave so much of myself to others and gave nothing to myself, she said. "Surely, I am worthy of three hours."



U.S. Air Force photos by TOMMIE HORTON

Above, Loretta Rayford, a production management specialist in the 411th Supply Chain Management Squadron, shows off her weight loss at the Fitness Center. Below, Rayford gets in a workout.



"Surely, I am worthy of three hours."

Rayford began to take advantage of the three hours the government allows for its employees to exercise.

Incorporating the Wingman Concept, Rayford teamed up with a couple of women at the base gym and put her weight loss plan into action. Along with following her personal exercise regimen, she enrolled in Robins Fitness Center Aerobics instructor Rhonda McKnight's class.

"She's phenomenal ... awesome," McKnight said.

"She comes to class and when she's there she puts in 100 percent plus all the time, always in the front row working it as hard as she can."

McKnight said Rayford accomplished her weight loss goal the right way, by making a full lifestyle change.

"She has a family to take care of, but she always makes time to get in her work out," McKnight said. Rayford's approach included changes in eating habits and exercise.

She increased her water intake, ate things she enjoyed by controlling portions and eating off a small plate, filling it with healthier choices like veggies, whole grains, and grilled/baked protein/fish.

Next, Rayford began exercising at home, later incorporating walking, and eventually including classes such as Zumba, boot camp, hi/lo, kickboxing, water aerobics, strength training and races.

Her effort paid off, with a 72 pound loss in 52 weeks.

She encourages others with weight loss goals to never give up.

A DAY AT THE MUSEUM



■ This is a recurring series featuring exhibits, aviation and other interesting items at the Museum of Aviation. The displays can be seen during a lunch break or after work and showcase the history of aviation. The Museum of Aviation tries to capture the Air Force legacy by incorporating each airplane's story into its displays.

The F-16A model on display was one of the first F-16s to be received by the Thunderbirds in 1982 when they transitioned from T-38s. The Thunderbirds continued to fly this aircraft until 1992 when they converted to F-16Cs.

RETIRED FIGHTING FALCON PART OF THUNDERBIRD EXHIBIT

BY ANGELA WOOLEN
Robins Public Affairs

The Thunderbird display opened in 2009 at the Century of Flight hangar at the Museum of Aviation.

The Air Force combat F-16A was the first F-16 model used by the Thunderbirds, the Air Force's official air demonstration team.

The aircraft on display flew from 1982 to 1991. The plane was converted from its combat role to that of a demonstration aircraft, removing the guns and putting in a smoke machine.

"They demonstrate the capabilities of the Air Force combat airplane," said museum curator Mike Rowland.

Called the Fighting Falcon, the F-16 can reach speeds up to Mach 2 and has been used in all 50 states as well as 57 foreign countries as part of the demonstration squadron.

Also, as part of the exhibit, a glass case displays a Thunderbird uniform worn by former pilot Maj. Jeffrey Fiebig who, in 1994, was selected as pilot, No. 4 for the team.

Inside the cockpit, the museum has

Check out the video story on the Robins Facebook page or on the official Robins website at www.robins.af.mil



an authentic helmet from the Thunderbirds.

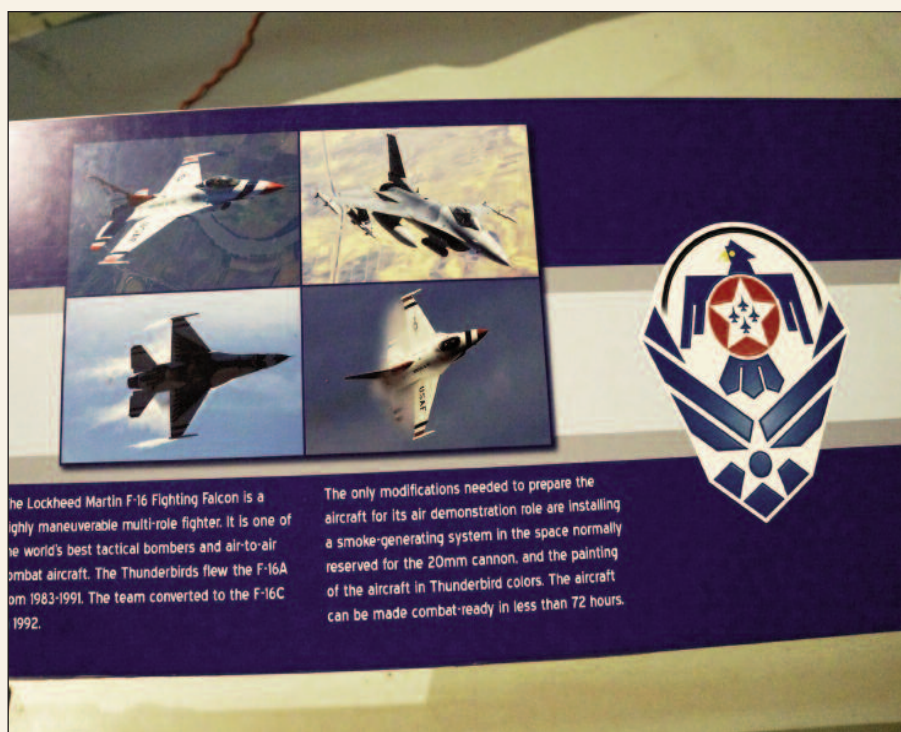
There are two videos of the Thunderbirds which are located in the kiosks next to the aircraft.

In Norfolk, Va., the Thunderbirds flew its 3,000th air show in 1990. In 1991, the Thunderbirds added flags from Switzerland, Poland and Hungary to the flag panel, becoming the first team to fly over former Warsaw Pact countries, according to the Thunderbirds website.

The aircraft at the museum was used as an instruction plane in Texas before being retired to the museum in 2008.

Visitors to the museum get an up-close view of the aircraft, something many are unable to do at an air show.

"It's one of the most photographed exhibits," said Rowland.



The Lockheed Martin F-16 Fighting Falcon is a highly maneuverable multi-role fighter. It is one of the world's best tactical bombers and air-to-air combat aircraft. The Thunderbirds flew the F-16A from 1983-1991. The team converted to the F-16C in 1992.

The only modifications needed to prepare the aircraft for its air demonstration role are installing a smoke-generating system in the space normally reserved for the 20mm cannon, and the painting of the aircraft in Thunderbird colors. The aircraft can be made combat-ready in less than 72 hours.

ABOUT THE MOA

The museum opened to the public on Nov. 9, 1984. There were about 20 aircraft on display in an open field and another 20 were in various stages of restoration.

The Heritage Building – the museum's first building – housed exhibits as well as offices, storage and a gift shop. The opening was the culmination of years of planning that began in the late 1970s. Since then, the museum has grown to become the second largest in the Air Force and the fourth most visited museum in the Department of Defense. Since opening, nearly 13 million people have visited.

HOURS

The museum is open daily from 9 a.m. to 5 p.m.; Christmas Eve and New Year's Eve hours are 9 a.m. to 1 p.m. The museum is closed on Easter, Thanksgiving, Christmas and New Year's Day. Admission is free. For more information, call (478) 926-6870.

IN THE SPOTLIGHT

Forum stresses IT security

BY ANGELA WOOLEN

Robins Public Affairs

Information security is a buzz word especially in the technology world. Speakers and vendors at the Information Technology Forum and Expo at the Museum of Aviation, hoped to address security as well as other topics during Tuesday's event.

More than 300 people signed up for the forum while 34 vendors were present to display their wares, said Glen Christopher, Information Assurance Workforce Improvement Program manager at Robins.

One of the keynote speakers was Westley McDuffie, who calls himself a security evangelist for IBM. He said his company spends \$1 billion on security research each year.

His hour-long talk included a lot of humor along with prizes of candy for those who answered a question correctly or worked in a field, like desktop support, who he said needed the candy bars.

"You have to do all the layers," McDuffie said. He explained that people who work in the field need to be more proactive instead of reactive to network security threats.

"Stop doing the same thing you've always done," he said.

McDuffie encouraged the professionals to monitor both the known and unknown threats as well as what access we are giving to the "good" and "bad" guys.



U.S. Air Force photo by TOMMIE HORTON

Vendors demonstrated their latest products and services during a technology expo Tuesday at the Museum of Aviation. The expo featured innovative solutions in the areas of risk management, network architecture and design, certification and accreditation, and more.

Robins officer joins local community for opening ceremonies

The parking lot was overflowing as players and their fans descended on the Warner Robins American Little League fields March 6. The keynote speaker for the opening ceremony was Maj. Gen. Derek Rydholm, Air Force Reserve Command Plans and Programs director.

"Baseball is more than just a sport," Rydholm said. "Use this as a way to become better men and women."

Following his short speech, Rydholm caught the first pitch from Challenger League player Brayden Hammock.

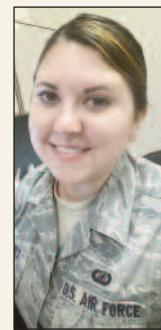


U.S. Air Force photos by ANGELA WOOLEN

ALL IN

A DAY'S WORK

Senior Airman Christy Jones



UNIT: 78th Comptroller Squadron

JOB TITLE: Financial technician

TIME IN SERVICE: 5 years

HOMETOWN: Panama City, Fla.

What does your work involve at Robins? I'm currently assigned as a supervisor in the military and travel pay section.

How does your work contribute to the Robins mission? By making sure our Robins team members are being paid and ensuring they receive the best customer service here.

What do you enjoy most about your work? I enjoy being able to help customers.

What prompted your interest in your current career field? I have always liked working with money, so being able to work in the finance career field was something I've always been interested in.

What is an accomplishment of which you are most proud? I just completed my bachelor's degree in business administration. It's been one of my goals since I have joined.

Who has been the biggest influence in your life? My parents. They raised me to always believe in myself, and to be responsible and hard-working whether it be my personal or professional life. I've strived to be a better person because of all the lessons I have learned from them.

Safety saves lives. Start your savings account today.

CONSTRUCTION

Continued from 1

construction was completed of new facilities in Bldg. 1555.

Periodically there were tenants who would occupy the older buildings but over the years they deteriorated and became unsafe.

The contractor has an estimated project completion date of Aug. 3.

Also, two buildings on the other side of Robins at Beale Drive near Bldg. 12 will be demolished. Those include Bldgs. 2082 and 2088.

In other news, construction has progressed along Martin Luther King Jr. Boulevard during the last few weeks.

The project will renew the asphalt road, curb and gutter, sidewalk with crosswalks and handicap-accessible curb ramps. It will correct existing drainage issues along the busy road.

Two lanes are now allowing for traffic in one direction, with the other two lanes closed. Side streets and driveways will remain accessible. Motorists should use caution

while driving around these areas while crews are working.

The estimated project completion time is August.

Also, a new chemical pharmacy construction project is being planned near Bldg. 645.

Construction has not yet started due to completion of final design plans, according to Eugene Rusiecki with the 78th Civil Engineer Group.

The estimated start date is mid-April.

The areas affected will include the parking lot on the west side of Bldg. 645 and just north of Bldg. 638, to be used for the new building, and temporary contractor's staging areas and field office.

This section of the parking lot – nine handicapped and 20 regular parking spaces – located south of Bldg. 638, will be closed for 10 months.

New handicapped parking will be located south of the building prior to the construction start date.

For more information, see the Robins Splash Page.



U.S. Air Force photo by ED ASPERA

A contractor uses a track hoe to remove debris from one of five buildings being leveled. Before demolition began, all buildings underwent a lead and asbestos abatement process.

DEFENDERS

Continued from 1

The work is steady. Since the beginning of fiscal 2015, a total of 1,600 units have been declassified.

“The purpose of declassification is to prevent items from falling into the wrong hands,” said Kahn Wahl, 566th EMXS Radar Flight chief. “Everything is stripped off the units that come in so they can't be used in the future.”

Where do items come from?

Sometimes assets are taking up needed inventory space. Other times a classified asset is no longer serviceable, so it has to undergo the process. And sometimes it's because an asset has become obsolete.

The main assets undergoing declassification originate from numerous aircraft platforms, such as various aircraft pods, various Electronic Warfare, Precision Attack, Ground Equipment and circuit cards.

The circuit cards are removed (the pounding you read about earlier), and taken from inside an aircraft's line replaceable unit. Parts numbers, labels and other identifying information are

scrubbed from existence.

“Once engineers from the System Program Office have identified what is classified, they come in and our folks remove and handle the pieces accordingly based on their instructions,” said Richard Orta, 566th EMXS Scheduling Element chief.

Travelling wave tube designs are also removed. Designs such as those are destroyed to ensure their specifications are no longer produced. Sometimes hazardous materials are disposed; that's identified prior to an asset's arrival.

Even after they are worked at Robins, there are additional steps that must be taken.

All items are considered classified until after they're routed and destroyed by the National Security Agency or other means. Larger pieces are sent to the Defense Logistics Agency's Disposition Services where they're later destroyed.

While there's always been a declassification process at Robins, the process is more streamlined today due to dedicated workers.

“As we get better every time we complete a job, we've been more cost-effective in getting the units out more efficiently,” said Orta.

HAPPENINGS/SERVICES

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

ON TAP
Family Movie Night
Night at the Museum 3
 Today
 6:30 p.m.
 Base Theater
 Cost is \$2 and includes
 popcorn and drink.
 For details,
 call DSN 468-2001.

For details,
 call DSN 472-7899.

Membership "St. Patrick's Day" Dinner
 Tuesday
 5:30 p.m.
 Heritage Club
 For details,
 call DSN 472-7899.

families to Robins.
 For details,
 call DSN 468-1256.

Bundles for Babies
 Wednesday
 8 a.m. to noon
 Base Chapel
 For details,
 call DSN 497-8398.

St. Paddy's "No Joke" (Comedy Night)
 Today
 Doors open at 7 p.m.
 Show starts at 8 p.m.
 Heritage Club Ballroom

Right Start
 Wednesday
 8 a.m. to 12:30 p.m.
 A&FRC, Bldg. 794
 Mandatory briefing to
 welcome new military
 members and their

Travel & Recreation Trade Show
 Thursday
 10 a.m. to 1 p.m.
 Heritage Club Ballroom
 For details,
 call DSN 468-2945.

Robins Chapel Protestant and Catholic *Easter Worship Schedules*

Catholic Worship Services

Monday, Thursday and Friday – Mass, noon

Thursdays - Stations of the Cross, 6 p.m.

Tuesday - Penance Service Tuesday,
 7 p.m. at Sacred Heart Church

March 29 - Palm Sunday, 9:30 a.m.

April 2 - Holy Thursday Mass, 7 p.m.
 Adoration one hour; no noon mass

April 3 - Good Friday Liturgy, 7 p.m.
 Designated Offering for Peter's Pence;
 no noon mass

April 4 - Holy Saturday Mass, 8 p.m.
 Reception to follow in the annex

April 5 - Easter Sunday Mass, 9:30 a.m.

Protestant Worship Services

Sunday through March 22 - Lent Sunday
 Worship Services at 8 and 11 a.m.

March 29 - Palm Sunday Worship Services
 at 8 and 11 a.m.

April 3 - Good Friday Service, noon

April 5 - Easter Sunrise Service, 6:45 a.m.
 Chapel lawn.
 Easter Celebration Worship Service, 11 a.m.

April 12 - Easter Cantata Worship Service,
 11 a.m.





Daddy Princess Mommy Superhero Dance

**Come enjoy a special date night
 with your Daughter or Son**

**April 10
 6 to 9 p.m.
 Heritage Club Ballroom**

**Cost is \$24 per couple in advance
 or \$35 at the door
 Each additional child is \$5
 Discounts available for Club members**

*Register and prepay by April 6 by calling
 (478) 222-7899 or DSN 472-7899*



**Our DJ will play
 your favorite
 dance songs**

WINGMEN WANTED

ASIST – (478) 926-2821
 EAP – (478) 926-9516
 AADD –
 335-5218; 335-5236;
 335-5238

**CONSERVE ENERGY
 USE YOUR WITS, NOT YOUR WATTS**