



## Earth Day Photo Contest Winners

Page 4

## Put Your Hands Together ...

Page 3



## Sexual Assault Awareness Month

Page 6

# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

April 24, 2015 Vol. 60 No. 16

## SecDef gives environmental nod to Robins

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

The 78th Civil Engineer Group Environmental Management Branch has earned the 2015 Secretary of Defense Environmental Award for Environmental Quality.

The award recognizes individuals, teams and installations that support mission readiness through its environmental activities.

Through its commitment to environmental excellence, stewardship of community resources and sustainability to the warfighter, Robins has created and exem-

plified model programs to support its more than 22,000-member work force.

The unit implemented an award-winning recycling program responsible for annually diverting more than 2,200 tons of recyclables from landfills, a community-partnered transportation incentive program and a robust water quality program that manages 549 million gallons of wastewater per year.

"This is great news," said Otis Hicks, 78th CEG director. "Our organization won this DOD Environmental Quality Industrial Installation Award in 2013, so this is 'back-to-back' recognition. It truly takes

a team of dedicated people and installation partnering to excel at this level.

"This win is not only for our CE team," he added, "but it's a testament to the support we receive across Robins every day."

**Editor's note:** *The Environmental Management Branch of the 78th CEG Infrastructure Management Division is responsible for planning, programming and implementing the installation's environmental protection programs in support of the Warner Robins Air Logistics Complex, 78th Air Base Wing, Joint STARS and various mission partners.*

## Taking Flight

### C-130H undergoes final flight tests to ensure airworthiness

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

*Editor's Note: This is the final article tracking programmed depot maintenance on a C-130 in the Home Away from Home series*

Our baby's all grown up and ready to fly home. The one that's nearly 80,000 pounds, that is.

Don't worry, because when it's finally ready to depart the Robins flight line for its trip across the globe, every hand that's touched it here will have certified it safe and ready to be used by the warfighter.

Can you count the number of times on a C-130 that you've physically removed fuel, de-painted, disassembled, inspected, repaired and assembled, painted, checked to ensure everything is working properly, then test flew it at 17,000 feet?

If you can count even one time, that's extraordinary.

But get this, that's exactly what happens at the Warner Robins Air Logistics Complex.

And moreover, Robins employees don't just do it for the C-130, but also C-5, C-17 and F-15 aircraft. Every single day.

### Getting it done

When the C-130H we've been following in our Home Away from Home series arrived last August, before its wheels even touched down on the flight line, workers were prepared to perform programmed depot maintenance on it.

That's what Robins does - remove old paint, strip parts away, fix those parts, and then systematically put it all back together again.

Robins gets it done through a series of seven gates: induction and disassembly for de-paint; de-paint/wash;



U.S. Air Force photo by ED ASPERA

Painting the aircraft is one of the final steps in programmed depot maintenance. Each gate plays a role in the production machine; each has its own set of requirements and work packages, personnel and experience.

disassembly for docks; inspection; repair and build-up; paint; and functional test.

Each gate plays a role in the production machine. Each has its own set of requirements and work packages, personnel and experience, budgets,

► see FLIGHT, 2

**About the C-130**  
Basic and specialized versions of the C-130 perform a diverse number of roles, including airlift support, Antarctic ice resupply, aeromedical, weather reconnaissance, fire fighting and natural disaster relief missions.

## Airmen Powered by INNOVATION

ROBINS PUBLIC AFFAIRS

The Airmen Powered by Innovation, or API, program has replaced three existing Air Force good idea programs.

Those programs include the Innovative Development through Employee Awareness, or IDEA program; The Productivity Enhancing Capital Investment, or PECEI program; and the Best Practices program.

The API will consolidate the benefits of each program and simplify the process for submitting ideas, making it easier for Airmen at the lowest levels to affect change across the entire service.

The Installation Manpower Office is also responsible for assisting and supporting Airmen and Civilians as they submit ideas.

When requested, office employees will assist submitters with process improvement ideas to ensure the current method, proposed method and expected benefit are documented.

The office ensures the cost of implementation is a fact-based proposal and assists with the development of implementing a plan.

**Editor's note:** *Airmen and Civilians wishing to submit ideas through API may do so by going online to <https://ipds.afpc.randolph.af.mil> or going to the Air Force Portal and typing Airmen Powered by Innovation in the "SEARCH AF PORTAL" prompt. Robins' point of contact is Renee Beringer. She can be reached at DSN 472-5539. To find out more, check out Air Force Instruction 38-402, "Airmen Powered by Innovation," dated Feb. 5, 2015*

## FRIDAY FLYBY: Wondering if you drink too much? Here's a way to find out, Page 10

### Air Force Assistance Fund campaign May 1 deadline approaching

The local Air Force Assistance Fund campaign ends May 1.

"The Air Force Assistance Fund provides an opportunity to help our fellow Airmen when they need it most," said Capt. Jaleesa Council, AF AF installation project officer.

Other AF AF charities

include: The Gen. and Mrs. Curtis E. LeMay Foundation; Air Force Enlisted Village; and Air Force Villages Charitable Foundation.

### Unit Points of contact

461st ACW - Master Sgt. Luis Robeldo, 241-1999

AFRC - Staff Sgt. Robyn Alexander, 497-0049  
638th SCMG - Master Sgt. Katherine Burcar, 472-4909  
AFSC EN- 2nd Lt. Tyler Wallis, 468-0542  
5th CCG - Master Sgt. Killiam Peters, 472-1424  
WR-ALC - Capt. Matthew

MacDonald, 497-7008  
AFLCMC - Master Sgt. Khristian Kirchofer, 468-5154  
339th FLTS - Master Sgt. Kevin Spano 472-2625  
For more details, contact Capt. Jaleesa Council at 497-3429 and 1st Lt. Jessica Richmond 472-7377.

### AF Ball logo contest

The Team Robins Air Force Ball is Sept. 19 at the Museum of Aviation, and the committee is seeking assistance in creating a logo. The winning logo will be used in all advertising. Submit entries to: [tracy.duplantis@us.af.mil](mailto:tracy.duplantis@us.af.mil) by April 28. The winner receives two ball tickets and a \$25 music gift card. For details, call DSN 497-5117.

Weekend Weather

Friday 75/60



Saturday 77/64



Sunday 83/58



"Accidents hurt - safety doesn't."

# SECOND FRONT



U.S. Air Force file photo

## FLIGHT

Continued from 1

dedicated workspace and history.

Yet the mission remains the same. No matter where you work in the complex, the way business is conducted has been intentionally standardized in the 560th Aircraft Maintenance Squadron, and squadrons across the 402nd Aircraft Maintenance Group, supporting backshops from the 402nd Commodities Maintenance Group, and many others.

It's been agreed that when you give mechanics a job, give them the tools they need beforehand and when they need it, in order to make production happen.

Using scientific production principles outlined in what's known as "The AFSC Way," the emphasis is now placed on process discipline and accountability. Aircraft workload is now focused, methodical and synchronized throughout the production cycle.

Back to our C-130, as we move further into the cycle, each day brings it closer to completion, and returned safely to the customer.

The 1974 model aircraft in our series had travelled thousands of miles across the Pacific Ocean and continental U.S., touching down at Robins, its temporary home for several months.

The aircraft has visited countless shops. She held her own in the open, waiting to be towed to a nearby shelter where parts were removed such as its flight controls and wheel well doors.

In Bldg. 54, de-paint procedures took place, where Corrosion Flight members used a chemical paint stripper to remove primer and paint. Removing the old former paint ensures that later in the PDM process, mechanics can inspect its surface for cracks, corrosion and other potential damage.

After de-paint, further disassembly involved removal of its cargo door, outboard and inboard flaps, and horizontal and vertical tails to ready it for inspections.

Once completed, parts routed to backshops for repair, it was time to put everything back together in Gate 5's repair and build-up phase.

It's a busy place on any given day inside Bldg. 91. Ailerons, rudders, leading edges and elevators are just a few of the parts being dealt with; fuel tanks are worked, and skins as needed are put on. The aircraft is in a much improved state than when it first arrived, and that's just on the inside.

When the aircraft is delivered to its customer, there's consensus that one of the first things its crew will notice is its appearance, or paint job.

Joey Wrye, 402nd Maintenance Support

Squadron's Corrosion Flight acting team lead, said a plane's paint job begins when it was de-painted.

One might think applying the paint itself is key, but the most important process is first washing the aircraft.

"When we wash it, clean it and add PreKote, that's the most important part because the paint won't stick if the metal isn't clean," said Wrye.

It took five full days from start to finish, masking, sanding, sealing, washing, priming and then painting. It takes about 24 gallons of primer and roughly 60 gallons of topcoat to finish a plane.

### What makes a good paint job?

"No primer showing, the sealant is good and the paint is aerodynamically flush," he said. "We want to put a great paint job on it to satisfy our customer. We take a lot of pride in that."

After a few other visits, including one to the weight and balance shop to ensure its center of gravity is level, PDM has one final step – to get the aircraft off the ground and check its systems.



U.S. Air Force photo by TOMMIE HORTON

Maj. Dave Kemp, 339th Flight Test Squadron test pilot, is one of the pilots who flies aircraft after they have gone through programmed depot maintenance at Robins.

### Lives on the line

When it's all said and done, when you look up in the sky and see one of the many variants of the C-130, more than likely some part of its interior has been stripped, repaired and re-installed right here at Robins Air Force Base.

A flying fortress of raw steel, aluminum, titanium, whatever it may be, remember this – everything flying up there was collectively pieced by human hands.

The final gate, functional test, is where operational ground checks are performed on an aircraft, prior to being handed over to test pilots for flight.

"These are the final steps we take before it flies, getting it ready to be airworthy," said John Ennis, C-130 functional test production supervisor.

The process involves looking over the plane, performing engine runs, checking bleed air systems, flight controls, radio checks and pre-flight inspections.

Once it's ready to be flown for the first time, a crew of C-130 test pilots, flight engineers, navigators and loadmasters from the 339th Flight Test Squadron at Robins take over.

The C-130 squadron here is a unique one, with test pilots on site qualified to fly 24 different C-130 models. There are five pilots, five engineers and a loadmaster who round out the crew, along with support staff.

Maj. Dave Kemp, test pilot, and Master Sgt. Bill Tinney, a flight engineer, agree that the squadron's mindset is especially attentive to younger crew members who are handed off the aircraft. Their job in functional test is to ensure others don't encounter something that could've been prevented on their shift.

"We're taking an aircraft, and certifying it as an airworthy one to go back into the fleet for operational use," said Kemp. "We check to make sure we're providing that new crew with a quality asset that will work correctly the first time."

"Our sole purpose in life is to make sure it's ready to go back to the warfighter," said Tinney, a squadron member since 2010. "We may not have as many issues with a newer airplane versus an older one, but when it leaves here, it's right."

A full check flight lasts close to two hours. Crews ensure they get the maximum performance out of the aircraft while in the air.

"There's nothing on the airplane that we don't have our hands or eyes on," said Tinney. "We don't stop flying until everything is right."

Crews know they're selflessly trusting every person who has touched the plane before them.

"When we step inside this plane, we're literally putting our lives in everybody else's hands," said Tinney.

## Robins Family Child Care

The Family Child Care program provides care for children ages two weeks to 12 years in military and civilian family homes. All FCC Providers are licensed child care professionals. Only licensed providers may provide care in government quarters for more than 10 hours per week on a regular or recurring basis.

If you are interested in becoming a provider please contact the FCC coordinator at (478) 926-6741.

## Leave balance carryover

Section 521 of the fiscal 2013 National Defense Authorization Act included a provision to extend the maximum leave carryover of 75 days through Sept. 30. Leaves balances must be down to 60 days by Sept. 30 to avoid losing leave.

Members can file for Special Leave Accrual through their local Military Personnel Flight. The Defense Finance and Accounting Service has been sending

SmartDoc notifications to affected members, both active and reserve components. It's important to schedule and use earned leave to avoid forfeiture on Sept. 30.

If you have any questions, call the Military Pay Office at DSN 468-4022.

## Abandoned vehicles

The following vehicles are located in the 78th Security Forces Squadron abandoned vehicle lot:

- Black Audi 4000 S
- 1992 Cadillac Eldorado
- Gold 1994 Lincoln Continental
- Blue 1990 Lincoln Town car

These vehicles are scheduled for disposal if the owner does not take ownership of them.

Owners are responsible for removal from the impound lot if they cannot be driven.

If you have questions or concerns about a vehicle in this advertisement, call Investigator Creasy at (478) 222-7850 or DSN 472-7850.

See something wrong?  
Do something right.

**AFOSI**

24/7 anonymous tip submission via text, web or smart phone app.

Insider threat, fraud, theft, drugs, CI indicators, murder, burglary, rape, environmental crimes, domestic violence, espionage...

See something? Say something!

## Helping agencies icon

Computer users have access to a Helping Agencies Icon on their desktop. Those who want to view it from off base, can access the icon at [www.robins.af.mil](http://www.robins.af.mil).

The icon provides Team Robins members one-click access to a list of helping agencies including the services they offer and contact information for each. The list also contains direct links to a number of associated websites and brochures.



## AFMC nominees for the 2014 Annual Air Force Weather Awards

Two 78th Operations Support Squadron Weather Flight members were named tops in their field and have been nominated to represent Air Force Materiel Command in the annual Air Force Weather Awards.

Master Sgt. Christopher Hovanec, 78th OSS Weather Flight chief, was named Air Force Weather Senior Noncommissioned Officer of the year.

“The award was only achievable through the hard work, dedication and contributions made by the entire weather flight – to include our two civilian forecasters,” said Hovanec. “Without their help and assistance, I wouldn’t have been able to achieve this milestone in my career. I applaud their efforts and support, and look forward to working with them in all future endeavors.

Roddy Nixon Jr., lead forecaster and training officer for the flight, was named Air Force Weather Category I civilian of the year.



**Hovanec**



**Nixon**

“I owe this honor to two facets,” he said. “First, I’m blessed to have a career that I love, as I’ve always been deeply passionate about meteorology since my seventh grade days in south Georgia. Second, I’m equally blessed to work with some outstanding people who make it a pleasure to do this job each and every day. Without their support – as well as that of my family – I would just be filling a square in a complex world.”

## CMSAF Annual Honor Guard Awards Program

Two members of the Robins Honor Guard have been selected to represent Air Force Materiel Command in the 2014 Chief Master Sergeant of the Air Force Annual Honor Guard program.

Master Sgt. Matthew Hurless, Robins Honor Guard program manager, was named Base Honor Guard program manager of the year.

“I attribute this award to the hard work and dedication of my honor guard staff – consisting of Tech. Sgts. Joshua Arnett, Juan Garcia, Michael Brown and Nagelia Sheldon – our Air Force Reserve Command and Air National Guard Honor Guard teams stationed at Dobbins Air Reserve Base, Ga., and Berry Field Air National Guard Base, Tenn., and especially to our 22 Team Robins members who dedicate 90 days away from their primary jobs to provide military funeral honors and ceremonial support to all of our Air Force beneficiaries.”

Tech. Sgt. Joshua Arnett, Base Honor Guard



**Hurless**



**Arnett**

trainer, was named Base Honor Guard member of the year. He said the Ceremonial Guardsmen from across the installation made the award possible.

“Without their positive attitudes and willingness to provide our fallen brothers- and sisters-in-arms proper Military Funeral Honors, I wouldn’t have a job,” he said.”

Each of them will go forward to represent AFMC as nominees in the 2014 CMSAF Annual Honor Guard program.

## Fostering Leadership in People Awards

*Fostering Leadership in People awards are given to those who make contributions to improving labor and management relations at Robins.*

*The latest recipients are:*

James Lee - 560th AMXS A Flight

Richard Wall - 560th AMXS C-130 Functional Test Flight

John Forehand - 638th SCMG

Lisa Smith - 638th SCMG

Vickie Tiraboschi - AFLCMC

Tina Canion - 568th EMXS

The “Put your hands together for ...” feature is a monthly installment to the Robins Rev-Up.

Due to the overwhelming number of awards people at Robins receive, we just aren’t able to cover them all. This feature is our way of ensuring we give credit where we can.

The installment will run in the last issue published each month.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpgs. For more information, contact Geoff Janes at [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil) or Lanorris Askew at [lanorris.askew\\_ctr@us.af.mil](mailto:lanorris.askew_ctr@us.af.mil). Either can be reached by phone at 468-6386.

## 78th ABW Quarterly Awards

The 78th Air Base Wing Quarterly Awards ceremony was conducted April 17. The awards are presented quarterly to recognize the outstanding contributions to the wing’s mission.

The winners are:

CGO: 2nd Lt. Joseph Flescher

NCO: Tech. Sgt. Jeannie Hartman

SNCO: Master Sgt. Paul Zavitz

Airman: Airman 1st Class Jabril Brooks

Civilian Category I: Kathy Berryhill

Civilian Category II: Pamela Brewer

Civilian Category III: Lori Hill

Civilian Category IV: Gnester Brown

Civilian Category V: Benjamin Powell

## WRALC Quarterly Award winners

The Warner Robins Air Logistics Complex Quarterly Awards ceremony was conducted April 16. The awards are presented quarterly to recognize the outstanding contributions to the complex’s mission.

The winners are:

CGO: Capt. Jennifer Lindberg

NCO: Tech. Sgt. Jonathan Johnson

Airman: Senior Airman Joshua Massas Borges

Civilian Category I: Linda DeRosa

Civilian Category II: Christy Drew

Civilian Category III: Wendell Dabbs

Civilian Category IV: Richard Hickman

Civilian Category V: Benjamin Powell

Civilian Category VI: Ryan Lewis

**30-Year Service Awards:**

Joseph Houston, 402nd AMXG

Gregory Ingram, 402nd AMXG

Cecil Marcum, 402nd AMXG

**VPP Star Performer:**

Toni Brown, 402nd CMXG

# Worth a thousand words ...

## Winning shutterbugs put environment in focus for photo contest



ROBINS PUBLIC AFFAIRS

In honor of the 45th Anniversary of Earth Day, Environmental Management invited Team Robins to participate in a base-wide Earth Day photo contest.

The idea was for photographers to capture images displaying the base's natural inhabitants while highlighting people's interactions with the local flora and fauna.

With so much diversity available right here on the installation, participants were urged to get outside and explore Robins' fascinating and natural canvas.

Photogs took note, and took to visiting the parks, hiking trails and lakes to capture the winning photos for this year's contest.

There were three categories – Flora, Fauna, and landscapes or people interacting with nature. Those three categories were broken into three age groups – Children (12 years old and under); Teens (13 through 17 years old); and Adults (18 years and older).



Felicia Howard, Flora category, adult division

### Flora



Faith McDade, Flora, teen division (tie)



Ryan Megginson, Flora, teen division (tie)



Landon Freeman, Flora, child division

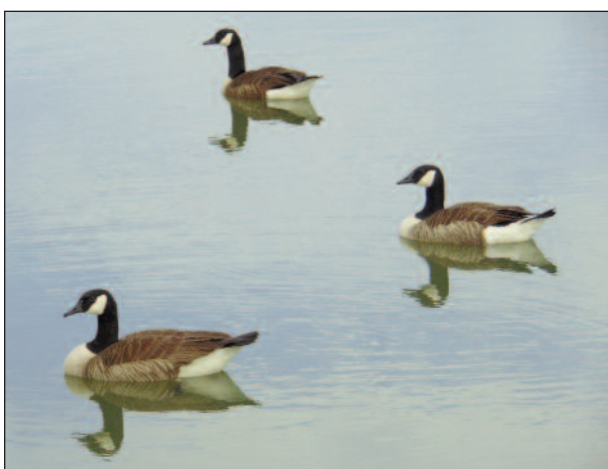
### Fauna



Landon Freeman, Fauna category, child division



Joshua Hodges, Fauna category, \*adult division

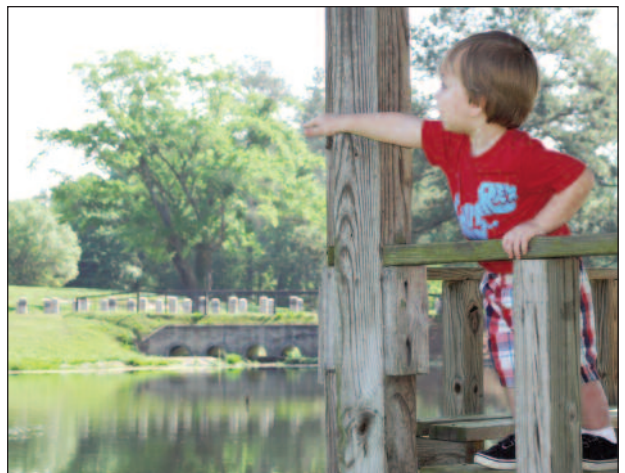


Faith McDade, Fauna category, teen division

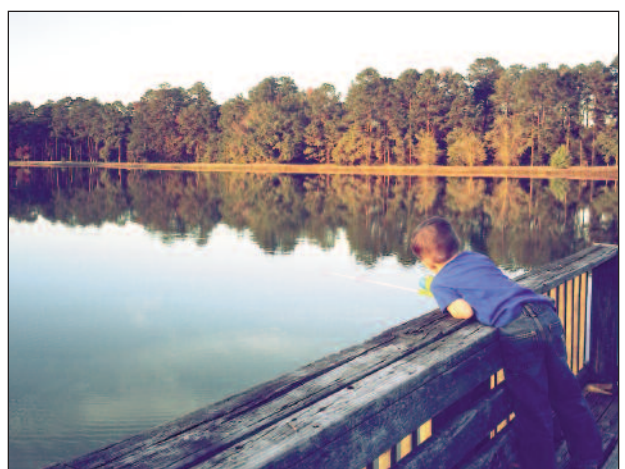
### Landscapes/People



Arin Megginson, Landscapes/People enjoying nature, child division



Ryan Megginson, Landscapes/People enjoying nature, teen division



Felicia Howard, Landscapes/People enjoying nature, adult division

### ROBINS REV-UP

COMMANDER  
Col. Christopher Hill

### HOW TO CONTACT US

Robins Public Affairs  
620 Ninth Street,  
Bldg. 905  
Robins AFB, GA 31098  
468-2137  
Fax 468-9597

### SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be e-mailed to [lanorris.askew.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil) and [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil). Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

### DELIVERY

To report delivery issues, call 472-0802. The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga. This commercial enterprise Air Force newspa-

per is an authorized publication for members of the U.S. military services.

Contents of the Robins Rev-Up are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, or Department of the Air Force.

The appearance of advertising, including inserts or supplements, does not constitute endorsement by the Department of Defense, Department of the Air Force, or The Telegraph.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

COMMAND INFORMATION SECTION CHIEF  
Geoff Janes

EDITOR  
Lanorris Askew

PHOTOGRAPHERS  
Ray Crayton  
Tommie Horton  
Misuzu Allen

STAFF WRITERS  
Jenny Gordon  
Angela Woolen  
Holly Logan-Arrington

# IN THE SPOTLIGHT

## ALL IN A DAY'S WORK



Christin  
Drew

**UNIT:** 559th Aircraft Maintenance Squadron

**JOB TITLE:** Logistics Requirement Determination Process Planner

**TIME IN SERVICE:** 6 years

**HOMETOWN:** Macon, Ga.

**What does your work involve at Robins?** My job involves C-5 weapon system sustainment, validating engineering requirements for the aircraft, prioritizing requirements and turning them into executable work control documents for mechanics to work from.

**How does your work contribute to the Robins mission?** By taking aircraft requirements and laying them into a complex network system, which divides the work into sections, my contributions allow Robins' team of mechanics to produce aircraft for the warfighter on time and under cost. I place a great deal of importance and accountability on myself to do the best job which helps Robins maintain air power.

**What do you enjoy most about your work?** It's an honor to know that I'm a small part of a big effort to support the Air Force mission. Producing C-5 aircraft on time and under cost is paramount. With less aircraft assets and money available, it's not just my job to be efficient, but to help others deliver on the Air Force mandate. I enjoy interacting with my coworkers when working on projects and accomplishing tasks assigned to our team.

**What prompted your interest in your current career field?** The death of my doctor/employer. He was an amazing Christian man, who had practiced at Robins for years and went on to open his own practice. When his practice closed, I had to rethink my career path. My husband worked out here and seemed to have a great career. That's when I made the decision to return to school and get educated in the aircraft world.

**Who has been the biggest influence in your life?** My mother. She is the one who instilled work value and life lessons while encouraging me along life's path. She also taught me about God and the true meaning of life.

## AFMC campaign promotes positive workplace environments

AIR FORCE MATERIEL COMMAND  
WELLNESS SUPPORT CENTER

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – During the months of April and May, Air Force Materiel Command will promote its Strengthening Workplace Relationships campaign.

Building and maintaining good work relationships is key to a positive work environment.

Many full-time employees spend more of their waking hours with fellow staff than they do with their families or personal friends. Coworkers rely on each other to contribute support, expertise and other resources to fulfill the AFMC mission. Benefits of establishing positive workplace relationships include enhanced teamwork, improved employee morale, increased productivity and higher employee retention rates.

**To encourage positive workplace relationships:**

- ▶Be friendly and approachable to coworkers.
- ▶Communicate effectively – The best way to connect with coworkers and reduce potential conflict at work is through open and honest communication. Your coworkers are not mind readers, so it's important to understand the need for two-way communication.
- ▶Take responsibility – If you fail to meet deadlines and commitments, you affect the work of other employees. If you can't complete a task on time, make sure you keep everyone involved in the loop.
- ▶Respect people's time – Be mindful of a colleague's workload when you stop by to chat. During scheduled meetings,



don't make others wait for you.

- ▶Clarify roles – Knowing everyone's role and being familiar with the responsibility of those roles creates efficiency and flexibility. Review responsibilities when action planning.
- ▶Be professional – Rise above office gossip. It can erode your credibility and trust.
- ▶Participate in social events – They're great opportunities to mingle with everyone in your workplace regardless of their position. The healthy connections formed during events will make it easier to interact at work.

Good workplace relationships and a positive work environment are important to fulfill the AFMC mission. The key to avoiding a stiff and unfriendly work environment is to treat others as you wish to be treated.

Resources on strengthening workplace relationships are available. Civilian employees can contact the Employee Assistance Program for free, confidential counseling services and in-person presentations at (800) 222-0364, or by visiting the EAP website at FOH4YOU.com. Active duty military can contact Military OneSource at (800) 342-9647, or by visiting [militaryonesource.com](http://militaryonesource.com).

For more information, visit [AFMCwellness.com](http://AFMCwellness.com) or Robins' Civilian Health Promotion Services team at 497-8030.



## Robins Fire Emergency Services offers tips for tidying

BY ROBINS FIRE EMERGENCY SERVICES

Now that spring is here, many of us will gravitate towards a yearly tradition called "spring clean up." This is the time and opportunity to get rid of all those items lingering around the workplace for some time now.

Here are some helpful hints when doing your spring clean-up that can be applied at your home as well as work:

▶Remove weeds, dead trees and bushes from around buildings, fences and sidewalks.

▶Store paints, thinners and other flammable or combustible liquids in original containers in flammable storage lockers and away from any heat, sparks or flame. Contact the base Environmental Office for the proper procedures in discarding unwanted flammable and combustible containers.

▶Check your desk and lockers for old or expired medications and dispose of them.

▶Get rid of all newspapers and magazines that are no longer in use; it does not take long for these items to accumulate around business facilities.

▶Check exterior and exit lights to ensure that they are in working order and ensure exit paths are cleared.

▶Maintain supply storage areas and work areas in an orderly and fire safe condition.

Always remember to prevent fires before they start. Good housekeeping and cleanliness are essential factors in preventing work place and home fires. When fires do occur it is essential to ensure responders are quickly notified and arrive safely. If you are on the road and see and hear responders take the following actions:

**Move right for sirens and lights. When the Fire Department is called to an emergency it is important that we respond quickly and safely.**

▶If you are driving down the road and see the lights and sirens of an emergency vehicle in your rearview mirror, move to the right and stop to allow emergency vehicles to move easily down the road. Once the emergency vehicles have passed, merge back into traffic when it is safe to begin driving.

▶Every time fire engines or aid cars are called to an emergency fire fighters are giving their all to help others. Do your part as a driver to help fire fighters do their job as quickly and safely as possible.

For more information, call the Base Fire Prevention Office at DSN 468-2145 or 478-926-2145.

Keep it **Green**  
Recycle This Paper

# AROUND THE AIR FORCE

## Summit offers multiple tactics to prevent sexual assault

BY 2ND LT. ESTHER WILLETT

Air Force District of Washington Public Affairs

WASHINGTON (AFNS) – Leaders in academia, government, and industry presented cutting-edge research related to sexual violence at the Sexual Assault Prevention Summit earlier this year at Joint Base Andrews, Md.

Dr. Andra Tharp, Dr. Gilbert Botvin, and Dr. Dorothy Edwards spoke to 150 Airmen about sexual assault prevention models, as well as strategies to overcome prevention barriers and risk factors through life skills and effective bystander intervention and training.

“Sexual violence is a significant public health problem,” said Tharp, a health scientist in the Centers for Disease Control and Prevention’s Division of Violence Prevention. “It really does have a ripple effect through individual lives and through an entire community.”

According to Tharp, a public health approach to sexual assault prevention includes defining the problem, identifying risks and protective factors, and developing effective strategies to stop sexual violence before it starts.

Sexual violence and related problem behaviors are the result of the complex interaction of risk factors, such as alcohol and drug use, poor decision making, peer pressure and media influence, said Botvin, a Ph.D. at Weill Cornell Medical College.

“There is no single cause of violence,” Tharp emphasized. “It’s the confluence of risk factors that causes violence.”

Successful prevention strategies will leverage protective measures, such as emotional health, empathy and connectedness to offset risk factors, Tharp said. Comprehensive approaches will impact individuals to communities for a “surround sound effect.”

Botvin expressed that each intervention designed to offset these external and internal risks should be developed to impact attitudes, knowledge and behaviors.

“We do not assume that people know how to cope with stress and anxiety, and we provide them with specific skills,” Botvin said. “The skills I’m talking about are not taught in any systematic way. All of us kind of blunder through life, learning some of these things if we’re lucky.”

All the speakers agreed that an effective sexual violence prevention strategy will be multi-faceted. There is no single magic bullet that will work. Consequently, each of these strategies will only be effective if Airmen own the process.

“There is no policy, order or directive that can



### Survivors

As part of Sexual Assault Awareness Month, The Air Force will feature narratives from survivors of sexual assault. To read this week’s story visit [www.robins.af.mil](http://www.robins.af.mil)

force an Airman to find some way to step in and do something,” Edwards said. “We’re only going to get where we want to be, if we can engage intrinsic motivation.”

Throughout the summit, Airmen took the information from each session and applied it in working groups designed to create tools to help the Air Force prevent sexual assault.

As they tackled the significant issue with lots of new information, Airmen were warned against falling into the trap of taking on too much at once.

“Don’t sacrifice depth for breadth,” Tharp said. “Choose a few key risk factors or a few key approaches and really invest in those to get things started.”

### Local Sexual Assault Awareness Month events:

►Tuesday: The Courage Walk is a time to honor the strength and courage of survivors of sexual violence. The walk begins at 11:30 a.m. between the parking lots of Bldgs. 300 and 301. The SARC office is located in Bldg. 707. The SARC or a SAPR Victim Advocate may be reached 24/7 at DSN 497-7272 or commercial (478) 327-7272.

►Now through Thursday: Traveling Line of Courage is a silent exhibit of self-expression of the violence which plagues our communities. The T-shirts, created by survivors and others affected by sexual assault, will be displayed on a clothesline as testament to the problem of violence.

►Teal Tuesdays: Wear teal to support survivors and promote awareness.



U.S. Air Force photo by RAY CRAYTON

Team Robins members participate in a 5K Color Run-a-Mile-in-Their-Shoes run and walk to raise awareness and to support those affected by sexual violence. There were 261 runners, four babies and three dogs.

# A BETTER YOU

## Improving the overweight generation

BY LT. COL. GERALD HALL

78th Medical Group Pediatric Nurse Practitioner

The prevalence of child obesity has increased rapidly during the past two decades and is now considered a global epidemic.

Nearly one in three children in the United States is overweight or obese.

The annual direct medical cost – not including associated illness – for U.S. childhood obesity is about \$14.3 billion.

### What is overweight or obese?

The Centers for Disease Control and Prevention has assigned risk of long-term consequences to overweight and obese children whose age-by-gender body mass index are equal to or exceed the 85th and 95th percentiles respectively.

### How to address or prevent children from becoming overweight:

It's been found that a child's environment is the single largest contributor to weight gain.

The highest risk is related to parent feeding practices and activity. The weight gain environment is attributed to a lack of physical activity and poor diet. More formally it is an environment that places a child in a situation, circumstance, or surrounding where there is the opportunity to choose, engage in, or be influenced by effects that promote an abnormal or elevated BMI percentile.

The characteristics in a child's environment that may influence abnormal weight gain include factors within the home, such as food choices, food availability, activity, and child behavior. Characteristics also include factors outside the home, such as food availability, recreational facilities, school activities and food practices. The Institute of Medicine



See related story on page 12

declared in 2011 that parents are the key members in the promotion of healthy eating habits and regular physical activities for their children.

### What can be done?

Parents need to evaluate the environment their children live in. A healthy environment includes improved nutrition by increasing fruit and vegetable intake as well as decreasing the intake of fat and sugar, increased physical activity, and decreased time spent in sedentary activities.

There are often parental concerns about confidence or knowledge about a health promoting environment. The great news is your primary care practice is available to assist in the development of an environment conducive to health and the reduction of risks associated with overweight and obese children. There are other services available as well, the Coordinated Approach to Child Health or CATCH Kids Club is a nutrition and activity program periodically offered at Robins.

For more information on CATCH Kids, call the Health and Wellness Center at 327-8480. For more health tips visit: <http://www.healthynh.com/5-2-1-0-healthy-nh.html> or <http://www.healthychildren.org/English/healthy-living/Pages/default.aspx>.

## Wondering if you drink too much? Simple tool can help you with the answer

BY CRESHAWNA WILSON

Licensed Master Social Worker

The month of April is Alcohol Awareness Month.

Take a free, anonymous alcohol-use self-assessment at [www.DrinkingIQ.org](http://www.DrinkingIQ.org).

The assessment only takes a few minutes and can help you determine if your symptoms are consistent with an alcohol problem. If you have concerns about a friend or family member, let them know about this confidential tool.

Today's society is filled with an overly-glamorized image of the effects of alcohol.

Our perception of the true effects of alcohol has been distorted by magazines, commercials and billboards.

While there are moments when consuming an alcoholic beverage can be enjoyable, many people suffer with recognizing when and how to put an end to the festivities.

The inability to control your alcohol consumption can cause trouble in many aspects of your life.

Alcoholism and its related problems can potentially burden a person physically, emotionally, financially and mentally. It's better to be proactive in educating yourself on alcohol use and how it relates to you, your friends and family.

## Team Robins celebrates Alcohol Screening Day

Robins will observe Alcohol Screening Day on Wednesday. Informational tables will be displayed at the Base Exchange from 10:30 a.m. to 2 p.m.; at the Base Restaurant from 6 a.m. to 1 p.m.; and at Wynn Dining Facility from 4:30 a.m. to 5 p.m.

Please take a moment to visit one of those locations to learn more about screening for potential alcohol abuse or misuse.



For information regarding alcohol or drugs, contact the ADAPT clinic at 478-327-8398 or visit the "You Matter" IDS Helping Agencies Tool located on installation computer desktops and at [www.robins.af.mil](http://www.robins.af.mil).



## Fitness Center Annex goes 24/7

The 78th Force Support Squadron is currently registering DOD CAC card holder personnel for 24/7 access to the Fitness Center Annex in Bldg. 301 Bay H.

The new access hours will begin May 1 and registration is daily from 10 a.m. to 2 p.m.

Personnel must physically report to Bldg. 301 Bay H to register. The card must be swept through the reader and a Statement of Understanding and Assumption of Risk form must be signed.

Senior leaders O-6 and above may call the facility at 468-2840 for an appointment between 6 a.m. and 6 p.m.

The Annex will also be open for registration on the following dates and times for those shift workers not able to make it during the normal registration times:

► Tuesday from 5 to 8 a.m.

► Thursday from 5 to 8 a.m. and from 8 to 10 p.m.

Entrance will be through the northeast side fire escape door where the CAC reader is.

The Air Force provided funds for Robins to install equipment at the Fitness Center Annex, Bldg. 301, that would allow 24/7 access. Once registered, personnel will be able to access the Fitness Center Annex after duty hours by swiping their CAC card through the reader. The Annex will continue to operate during normal duty hours with FSS personnel in the facility.

If any questions please contact the Fitness Center at 468-2840.

# HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
24	25	26	27	28	29	30

**ON TAP**  
**In the Spotlight**

Today  
5 p.m.  
Heritage Club  
Showcase your singing, poetry reading, comedy or musical talents  
For details, call DSN 472-7899.

**Couples Movie Night**  
**Wild card**

Today  
7 p.m.

Base Theater  
Cost is \$2 and includes popcorn and drink.  
For details, call DSN 468-2001.

**Robins Auto Crafts Club**  
**Car Show and Open House**

May 16  
9 a.m. to 1 p.m.  
Learn more about the Auto Crafts Club during the event which will feature various cars on display. Awards will be given.  
For details, call DSN 497-5622.

**COMPASS WORKSHOP**

Fort Valley State University will offer a free two-week program to provide coaching and preparation for COMPASS exams in reading, writing, and mathematics areas for college entrance. The courses will be conducted each week day May 4 through 15 from 5 to 9 p.m. at the Warner Robins Campus located at 151 Osigian Boulevard.

For information, call 478-825-6858.



U.S. Air Force photo by JENNY GORDON

Children get a fun work out during a recent CATCH Kids Program event at the HAWC.

## CATCH program boosts healthy lifestyle choices

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

A few weeks ago, more than 30 children were jumping and squealing like banshees in the Health and Wellness Center gym.

And, it's a good thing too, because it meant they were exercising and having fun doing it.

Spring break for some Middle Georgia schools didn't mean kids had to sit around, play video games and snack all day.

For the last four years, the HAWC has included a kids program called CATCH Kids, which stands for Coordinated Approach to Child Health. The program aims to prevent childhood obesity and to educate young people on living a healthy lifestyle.

The program is meant to be fun and educational, with 30 minutes of fitness/nutrition lessons along with 30 minutes of physical activities, teaching kids about how to make healthy decisions while practicing different movements.

One day the kids learned about fruits, how to recognize their colors and nutritional benefits. Classes focused on

learning about various foods, ones with added sugars and unhealthy kinds of fat, and foods that are the most processed.

"This gives them something to do and they learn about nutrition and get good exercise," said Angela Lann, who brought her three children to the event.

Dani Lebovitz, Robins' registered dietitian and nutritionist, was right alongside the children, offering ways to recognize healthy foods and asking questions.

"The CATCH Kids program is a great way to get kids excited about whole foods that are low in added sugar, salt, and unhealthy fat," she said.

"When you teach kids about how food makes them feel and grow strong, you empower them, which motivates them to ask their parents for healthier options.

"Changing what children ask to eat has the ability to transform the entire food environment at home and promote better health for the entire family," she added.

The event also gave children a boost for April's Month of the Military Child. CATCH Kids will be offered this summer as well so be on the lookout for future dates.

**ROBINS AFB**  
**SPRING CONCERT FESTIVAL**  
SATURDAY, MAY 2, 2015  
AT THE MUSEUM OF AVIATION  
10:00AM TO 4:00PM  
LIVE MUSIC!  
DANIEL LEE BAND 10:30AM (COUNTRY)  
SOUTH BAY PROJECT 12:15PM (SOUL/R&B)  
TOBACCO RD BAND 2PM (SOUTHERN ROCK)  
FLEA MARKET, FARMERS MARKET, CAR SHOW, KIDS ZONE & MORE  
Bring the Whole Family... It's Free!