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# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

May 1, 2015 Vol. 60 No. 17

## New birds in town



Lt. Col. Philip Eilertson, Marine Aircraft Group 49 Detachment A commanding officer, discusses the benefits of having more helicopters during an interview with local media April 23.

U.S. Air Force photo by ROLAND LEACH

## Marine unit adds three helicopters to its fleet

BY ANGELA WOOLEN  
angela.woolen.ctr@us.af.mil

The number of helicopters flying in and out of Robins Air Force Base is increasing.

The Marine Aircraft Group at Robins will add three more to its fleet of UH-1Y Huey and AH-1W Super Cobras for a total of seven helicopters.

With the additional aircraft, the Marines will be able to perform more of the mandatory flight times for the active duty and reserve pilots who come to Robins to be trained, said Lt. Col.

Philip Eilertson, Marine Aircraft Group 49 Detachment A commanding officer. Some reservists come from as far away as California to get their flight hours.

Eilertson said Robins will house four Whiskey Cobras and three Yankee Hueys with a possibly fourth Huey coming in the spring of 2016.

There are four active duty Huey pilots and five active duty Cobra pilots along with two reserve Huey pilots and 18 reserve Cobra pilots.

The helicopters are flown to different ranges to do training. The Marines use Fort Benning, Fort Stewart and Grand Bay



Lt. Col. David Deep

► see BIRDS, 5

## Meeting customer demands

F-15 shops hitting marks in production planning, execution

BY JENNY GORDON  
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Mechanics in the 402nd Commodities Maintenance Group are doing great things to support today's warfighter.

It's taken a team effort to consistently meet targets during the last several months in the 572nd Commodities Maintenance Squadron.

In the F-15 Stabilizer Shop, mechanics have seen their hard work come to fruition by working to determine monthly stab production targets, using Art of the Possible techniques in production planning, and employing commodities maintenance teams to execute the plan.

Recent numbers show a total of 16 stabilizers produced in January; 17 in February; and 16 in March – all of which were on time.

"We're starting to see some of the results we were hoping to see," said Stephen Cook, Exchangeable Production Support chief. "The results any business would want to see ... meeting the customer's demand. If we're doing that then normally everything else will take care of itself. And, we've been doing that the last several months. A lot of moving parts had to come together, requiring a lot of teamwork, effort and coordination."

► see CUSTOMER, 5

## Air Force Wounded Warrior program offers many services

BY ANGELA WOOLEN  
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The Air Force Wounded Warrior program has changed since its inception in 2008.

As part of the Airman & Family Readiness Center, Linn Watkins, the base representative receptive care coordinator, handles the cases at Robins.

One of the biggest changes is that the program used to only cover physical wounds, but it's expanded to include injuries while in an accident or illness. It also includes post traumatic stress disorder and traumatic brain injuries, said Dwayne Burns, Air Force Recovery Care

### Want to know more?

Visit [www.woundedwarrior.af.mil/](http://www.woundedwarrior.af.mil/)

Coordinator at the Air Force Warrior and Survivor Care program here.

The program helps recovering service members with support in both clinical and non-clinical settings for up to five years by offering services designed to help the person continue having a productive life in society.

"The main focus is getting them better for reintegration," Watkins said.

The program hosts events for the recovering service

member, and also gives them opportunities for jobs, benefits, entitlements and other programs available to the wounded warrior.

The biggest challenge to the program is another privately funded organization by a similar name.

"We are not connected with them. This is an Air Force program," Burns said.

Financial and family counseling are also available to the service members. With the AFW2 program, both Watkins and Burns are connected to various employers who want to hire former military members.

"We want to build a plan to help them achieve their goals to independence," Watkins said.

## FRIDAY FLYBY: Want to ensure a smooth PCS? It's all about prep, planning, Page 6

### Robins Cyber Readiness

Robins will soon welcome a team from the Defense Information Systems Agency as part of a Command Cyber Readiness Inspection. The team will be on site May 11 through 15 to assess Robins' compliance with cyber security directives and orders.

All employees have a part in cyber security and in ensuring we're inspection ready at all times. Read and adhere to the daily pop-ups on your computer screens. Never leave your CAC unattended. Mark and protect classified material. Keep classified information on the classified network.



### Asian American/Pacific Islander Heritage Month

Asian American/Pacific Islander Heritage Month is an annual celebration of achievements by Asian Americans and the central role they have played in U.S. history.

One of the first Chinese American woman pilots, Maggie Gee, received her flight licenses and joined the Women Airforce Service Pilots, commonly referred to as WASPs.

Since women weren't allowed to serve in combat at the time, she trained male pilots and also coplotted military planes for simulated dogfights.



Gee

### Weekend Weather

Friday  
72/49



Saturday  
77/54



Sunday  
80/56



**"Safety is the engine; you're the key that starts it."**

## SECOND FRONT

# 'Show me the money!'

## Robins contracting enterprise has worldwide reach

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

When you look around Robins, almost everything you see has been touched by a contract in one way or another.

Whether it's for custodial services inside a building, paved roadways, support equipment for vehicles, or parts for key weapon systems, someone has eyes and hands on every contract ranging from a few dollars to billions.

Contracts obligated from Robins span across the globe – a \$6 billion enterprise – with major airframes and electronics systems that support and extend the Air Force's weapon systems capabilities.

"Being at Robins, there are so many diverse mission sets that you get a world of experience just moving around here and making an impact wherever you go," said Tony Baumann, Contracting director, who started his career at Robins over 30 years ago.

It's a collective effort of not only contracting personnel, but also program managers and engineers in program offices across the installation.

Among the contracting organizations at Robins, there's the

Contracting directorate, an operating location part of the Air Force Sustainment Center, along with positions aligned with the Air Force Life Cycle Management Center. Both collectively employ nearly 400 personnel, with 33 percent of the work force with less than six years of experience.

On the AFSC side, contracting supports the 638th Supply Chain Management Group's efforts to the tune of between \$300 million and \$400 million per year to repair legacy weapon system components.

The 78th Air Base Wing obligates \$200 million each year, supporting such things as grounds maintenance and facilities upgrades and improvements, many that are visible to those out and about on base.

Contracting efforts also aid the Warner Robins Air Logistics Complex's maintenance groups, annually obligating an estimated \$30 million.

With more than half the contracting work force obligating \$5.5 billion in LCMC, Robins is the lead on many programs, with 10 program offices to support the C-5, C-17, C-130 and F-15 divisions; Support Equipment and Vehicles, and Automated Test Systems; Electronic Warfare; Special Operations Forces; C2ISR; Armament and Specialized Management Division.

Just like the gated approach used in the 402nd Aircraft Maintenance Group and 402nd Commodities Maintenance Group, contracting has implemented its own standardized processes to do its work more efficiently.

Five gates outline the acquisition process, the first three of which are owned by the customer. Those five gates include identifying and validating a need; determining an in-house or contract solution; purchase request preparation; solicitation preparation to awarding a contract; and contract administration.

By using the AFSC Way and focusing on how a customer plays a role in the total acquisition picture, the gated approach will make a difference in the capability and maturity of the entire process.

Planning ahead 24 to 30 months in advance is key, according to Baumann. See what contracts are due and know the timeline for activities so that you can meet the customers' need date. This process will soon be measured more effectively.

"That way we know exactly where a requirement is so we can start measuring how long it's taking," he said. "If we can measure that, we can find areas in the process that are taking longer than anticipated, and figure out how we can improve it."

One successful approach is the ongoing collaboration between the 78th Civil Engineer Group and contracting's Infrastructure Contracting Section. Nearly \$90 million in construction funding was received in fiscal 2014 to support restoration, modernization and sustainment projects across the base. Successful obligation was the direct result of advance planning and foresight, enabling CE and contracting to be responsive to end-of-year funding releases.

Robins has also played a key role in what's been described as the largest foreign military sales case in U.S. history – a \$29 billion FMS agreement to acquire and support F-15SA aircraft for Saudi Arabia. Contracting personnel here provide logistics support for the conversions of existing aircraft to the new configuration, as well as maintenance and supply support planning.

Historically contracting was a large, centralized organization physically separated from its supported customers. Beginning in 1990, contracting offices became integrated with their customers as they are today.

"Our contracting branches are really connected better today with the customer than at any time in my career," said Baumann. "Is there room for improvement and better feedback? Yes. Are we always on the same page? No. But the fact is that proximity allows you access and the environment to discuss and solve problems much faster.

"I'm really proud of our work force because they rise to the occasion," he added. "They're very serious and understanding of what their warfighter commitment is. They go the extra mile to make sure they're leaning ahead of the game. I'm impressed with their professionalism."

**"Our contracting branches are really connected better today with the customer than at any time in my career."**

– Tony Baumann  
Contracting director

# BY THE NUMBERS

**\$29 Billion** amount of one of the largest foreign military sales cases in U.S. history to the Kingdom of Saudi Arabia. Robins plays a big role with logistics support and maintenance support planning.

**\$258M** Largest single obligation in fiscal 2014 to The Boeing Company for C-17 sustainment.

**400** The number of personnel in the Air Force Sustainment Center's Contracting Directorate and the Air Force Life Cycle Management Center.

**1990** The year integration took place with contracting divisions across Robins. It was the first time contracting became integrated with various customer divisions.

**\$195** Smallest new contract awarded in fiscal 2014 to Wahl Instruments, Inc., for a hand-held measurement tool.

**TEN** The number of program offices at Robins, to include Electronic Warfare, C2ISR, C-5, C-17, C-130, F-15, Special Operations Forces, Support Equipment and Vehicles, Armament and Specialized Management divisions.

**\$6 billion** The total number that represents the annual amount in contracts obligated by Robins Air Force Base. Their enterprise reach is worldwide.

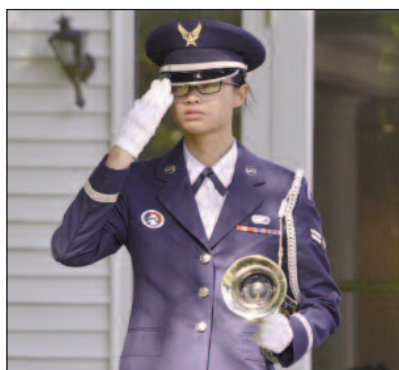
## Camellia Gardens Memorial Service

BY ROBINS PUBLIC AFFAIRS

**Editor's note:** To submit a family member, friend or coworker to be recognized at this year's ceremony, contact Master Sgt. Stacey Hazewood at DSN 497-3772 or commercial (478) 327-3772, or stacey.hazewood@us.af.mil by Monday.

It's a ceremony steeped in tradition. It offers Team Robins an opportunity to celebrate the lives and contributions of friends and family members who offered their service and dedication to the base mission freely.

The annual Camellia Gardens Memorial Service is scheduled May 21 at 9 a.m. in the tranquil garden across from Horizons Event Center.



U.S. Air Force file photos

Robins Honor Guard Bugler, Airman 1st Class Darlene Tran, plays taps during last year's Camellia Gardens Memorial Service. Below, the Honor Guard presents the colors.

At the garden's entrance, a brick wall displays plaques with the names of more than 1,600 deceased military and civilian members from Robins honored in past ceremonies.



## Police week approaching

ROBINS PUBLIC AFFAIRS

Robins will take the lead next week as the 78th Security Forces Squadron Defender's Council hosts this year's National Police Week.

May 15 of each year is recognized as Peace Officers' Memorial Day in honor of the officers who have given their lives in the line of duty and the calendar week in which May 15 falls is National Police Week.

**The following events are scheduled on base and in the local community:**

### Static Display and K9 Demonstration

The 78th SFS will host a law enforcement exhibit May 9 from 10 a.m. to noon in the parking lot of the Base Exchange on Robins Air Force Base.

The 78th SFS Combat Arms Training and Maintenance and Military Working Dogs sections will be holding demonstrations. For information, contact Master Sgt. Paul Zavitz at 468-6410 or Officer Mark Campbell at 472-1988.

### 5K Run/Walk

A 5K run/walk will be May 9 at 8:30 a.m. starting at the Base Exchange parking lot where registration will begin at 8 a.m. There will be 1st, 2nd and 3rd prizes for both females

and males. For information or to register, contact Master Sgt. Paul Zavitz at 468-6410 or Officer Mark Campbell at 472-1988.

### Reveille

Reveille May 11 at 7 a.m. will officially commence the 2015 National Police Week at Robins and in the local community at the flag pole in front of the Warner Robins Police Department.

### Candlelight Vigil

A memorial service for all the law enforcement officers in the State of Georgia, Air Force Office of Special Investigations and Security Forces members who have given their lives in the line of duty over the past year will be held May 11 at the Southside Baptist Church from 6 to 8 p.m.

The guest speaker will be Chief Brett Evans of the Warner Robins Police Department. For details, contact Staff Sgt. Philip Arras at 472-1971.

### Shoot Out Competition

A shoot out competition will be conducted May 12 and 14 at the Perry Firing Range from 10 a.m. to 5 p.m. The event is open to civilians who provide their own weapon and ammo, military and civilian law enforcement.

For more information, contact Staff Sgt. Ladonna Winston at 468-3051.

# IN THE SPOTLIGHT

## Giving thanks



## Robins to celebrate Military Spouse Appreciation Day May 8

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

The Airman & Family Readiness Center will celebrate military spouses and their contributions to the military mission May 8.

Military Spouse Appreciation Day is celebrated on the Friday prior to Mother's Day.

As part of the National Military Spouse Appreciation Day, A&FRC will give the first 100 military spouses who arrive that Friday free gift bags filled with goodies to show appreciation for all the good they do every day.

Dell Steplight, Personal & Work Life Program manager in the A&FRC, said Military Spouse Appreciation Day honors the significant contributions, support, and sacrifices of Armed Forces spouses.

"Military spouses serve as steady and supportive partners to the heroes in uniform who protect and defend our great nation every day," she said.

"Across America and around the world, military spouses serve our country in their own special way, helping families and friends through the stress of a deployment, caring for our wounded warriors, and supporting each other when a loved one has made the ultimate sacrifice."

Steplight said military spouses may come to the A&FRC to pick up a gift bag; however, if the spouse isn't able to attend, the servicemember may come for the bag.

Gift bags are guaranteed to the first 100 spouses on a first-come, first-served basis, Steplight said.

Bags will be given away at the A&FRC, Bldg. 794 from 7:30 a.m. to 4:30 p.m. or until the bags run out. Military ID cards will be checked.

The gift bags will contain goodies from Operation Homefront, the base helping agencies and military supporters.

For more information, call (478) 926-1256.

## ALL IN A DAY'S WORK



**UNIT:** Military Intelligence Detachment (Joint STARS)

**JOB TITLE:** Army J-STARS Operations Officer

**TIME IN SERVICE:** 29 years

**HOMETOWN:** New Orleans, La.

**What does your work involve at Robins?** I am responsible for the day-to-day operations of the Army J-STARS Detachment.

**How does your work contribute to the Robins mission?** I am the operations security officer for Army J-STARS and my work here supports the overall OPSEC mission for Team Robins.

**What do you enjoy most about your work?** I am blessed to be able to continue to work with the Army. I love working with soldiers and supporting them in accomplishing their mission.

**What prompted your interest in your current career field?** I flew on J-STARS for three years prior to retiring and loved working with the unit, the platform and Team J-STARS.

**Who has been the biggest influence in your life?** My wife, Lorie, because she sets a great example of moral courage and strong Christian character.

**What is an accomplishment of which you are most proud?** Serving in the United States Army for 22 years.

U.S. Air Force photo illustration by CLAUDE LAZZARA



## STRAIGHT TALK HOT LINE

Up-to-date information during base emergencies  
(478) 222-0815

## AROUND THE AIR FORCE

**AF nuclear mission embraces culture of empowerment**

BY STAFF SGT. TORRI INGALSBE

Secretary of the Air Force Public Affairs  
Command Information

**MOUNTAIN HOME AIR FORCE BASE, Idaho (AFNS)** – The top military leaders for strategic forces from the Department of Defense, Navy and Air Force testified on the state of the nuclear enterprise to members of Congress April 22, during an Armed Services Committee hearing.

“Let me first say the Airmen are doing an outstanding job every single day, providing a safe, secure and effective nuclear force for our nation, while ensuring our conventional mission continues to excel,” said Lt. Gen. Stephen W. Wilson, the commander of Air Force Global Strike Command. “We have instituted major changes based on feedback from our Airmen doing the mission, and are constantly assessing where we still need to improve.”

The improvements in AFGSC center around Airmen empowerment, ensuring those who do the mission have all the tools, training and equipment necessary to complete the mission.

“Due to the special trust and confidence the American people put in us every day, we can never fail them in ensuring a safe, secure and effective nuclear arsenal,” Wilson said.

Some of the improvements so far include deep cleaning of launch control centers, fielding of the Model Defender for security forces Airmen, creation of a helicopter operations group, and overhaul of ICBM crewmember progression.

“As part of the Force Improvement Program, the ICBM [community] alone brought forward over 350 recommendations from the Airmen doing the job and how to do it differently,” Wilson explained. “I look at it as our job to remove the barriers to their success.”

He said the command has issued more than 250,000 line items of equipment for the security forces Airmen alone.

“With the support of senior leadership, we have restored the nuclear focus and are starting to fund essential modernization efforts,” Wilson said. “We’re looking at this as a continuous improvement cycle. It’s not something that’s just one time and done . . . we’re taking this as a holistic, systemic view of enterprise with persistent



attention and focus.”

Continued focus on the nuclear mission depends heavily on the funding levels in the fiscal year 2016 President’s Budget, explained Maj. Gen. Garrett Harencak, the Air Force Assistant Chief of Staff for Strategic Deterrence and Nuclear Integration.

“Should the Air Force have to operate at sequestration-level funding in fiscal year 2016, no mission area – including

nuclear deterrence operations – would be impervious to its effects,” he said.

The budget request supports modernization of the nuclear enterprise and improvements to both mission capability and quality of life for the Airmen.

“Every Airman’s voice needs to be heard,” Wilson said. “Through their innovation, hard work and shared commitment, they are able to truly create their own future, to write their own story.”

**In Other News****Air Force supports disaster-assistance operations in Nepal**

WASHINGTON (AFNS) –

The Air Force continues its support of the disaster relief operations in Nepal with the arrival of a second C-17 Globemaster III in response to an earthquake April 25.

“One of the Air Force’s great strengths is our ability to provide rapid global mobility in support of humanitarian efforts around the world, and we are proud to be able to contribute our strengths to this recovery effort,” said Gen. Darren McDew, the Air Mobility Command commander.

The 7.9-magnitude earthquake has reportedly left more than 4,000 dead and thousands more still missing. In addition, thousands of people are currently reported to be without food, water or shelter.

“Whenever and wherever our Air Force is needed, Airmen are ready to



answer the call,” said Secretary of the Air Force Deborah Lee James. “Our Airmen are proud to deliver critical humanitarian relief and comfort to others during a time of need.”

The first C-17 delivered 70 personnel, including a USAID Disaster Assistance Response Team, the

Fairfax County Urban Search and Rescue team and several journalists, along with 45 square tons of cargo. The second aircraft, carrying approximately 50 passengers, included a Los Angeles urban search and rescue team, working dogs and additional relief supplies.



U.S. Air Force photo by MASTER SGT. JEFFREY ALLEN

**Training flight**

F-16 Fighting Falcons from the Arizona Air National Guard’s 162nd Wing fly an air-to-air training mission against student pilots. The 162nd Wing trains international and U.S. Air Force student pilots to employ the F-16. The 162nd is the largest ANG fighter wing in the country and resides on 94 acres next to the Tucson International Airport.

**PERSPECTIVE****Heavy drinking: Highway to disaster**

BY PAUL AHLBERG AND CAPT. SHEONTEE FRANK

81st Medical Operations Squadron ADAPT Program

Heavy drinking is defined as consuming five or more standard drinks in one sitting.

It’s also considered high-risk drinking due to the health concerns associated with drinking excessive amounts of alcohol. Many stories about heavy drinking are glamorized, not publicized, or forgotten altogether, so behaviors don’t change.

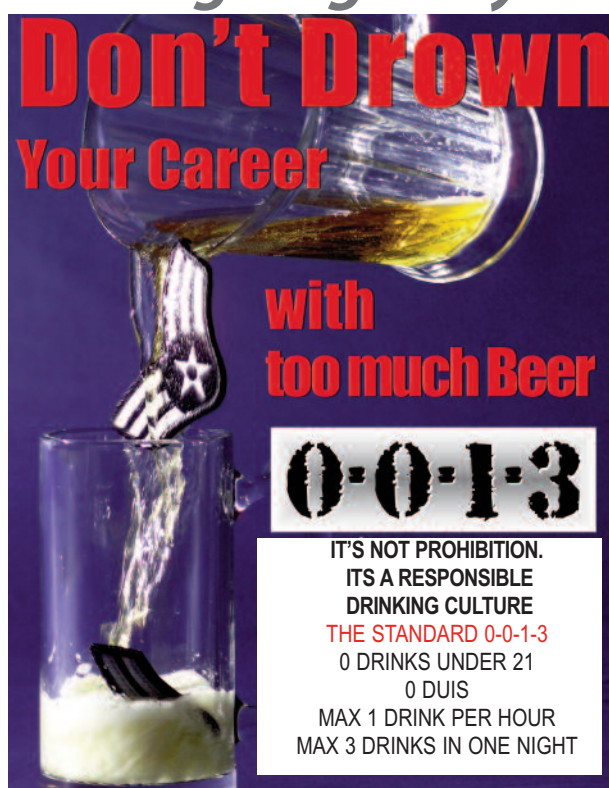
Here’s a story that illustrates the many problems and risks associated with heavy drinking. Can you pick them out? Have you been on the “Highway to Disaster?”

It was a perfect day on the Mississippi coast to take a swim in the pool, so a Keesler Air Force Base Airman decided to have a party one Sunday afternoon at his house.

He invited some of his buddies over to join him – the more the merrier. Some of them invited a few of their friends, which quickly turned into a party. The Airman coordinated what everyone would bring, including a keg of beer, beer pong to play and music to enjoy.

By 5 p.m., guests arrived and the designated keg operator was letting the beer pour freely for everyone who wanted it without verifying the ages of the guests.

Other attendees brought hard liquor and many were taking shots between drinks and playing beer pong. The host was tired and had gotten a little too much sun, so



he went into the house to take a nap. Several guests were hungry, so one drove to get pizzas from a nearby restaurant. The impaired driver had a friend who hadn’t been drinking as much ride along. The driver had done

this before and had never been arrested.

A young female who had been playing beer pong was noticeably intoxicated near the pool. One of the guests asked her if she was OK, but she didn’t respond, so he yelled for someone to call 911.

Some of the guests left. Meanwhile, a neighbor called law enforcement due to the loud music and noise.

There were many mistakes made throughout the course of the afternoon and the consequences were great. This scenario identified issues of underage drinking, contributing alcohol to minors, public intoxication and driving under the influence. Most importantly this scenario illustrates the lack of wingmanship.

Here are tips for responsible party planning:

- Plan ahead.
- Have a non-drinking designated driver.
- Limit drinking.
- Check identification to prevent underage drinking.
- Be a responsible host.
- Provide food, activity and oversight.
- Offer water and non-alcoholic beverages.
- Leave your vehicle at home.
- Know your guests.
- Ensure guests have a safe way home.
- Remember 0-0-1-3. That means 0 underage drinking, 0 drinking and driving, 1 drink per hour, no more than 3 drinks per sitting.
- Call a taxi or Airmen Against Drunk Driving at your installation for a safe ride home.

**ROBINS REV-UP**COMMANDER  
Col. Christopher Hill**HOW TO CONTACT US**Robins Public Affairs  
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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.

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A Marine Aircraft Group 49 Detachment A UH-1Y Huey helicopter lands at Robins April 23.

U.S. Air Force photo by ROLAND LEACH

## BIRDS

Continued from 1

Range in Georgia for drill exercises.

Cobras are equipped with a maximum of 14 2.75-inch rockets, a 20mm Gatling cannon with 750 rounds of ammo capacity, eight 5-inch Zuni rockets and up to eight laser-guided Hellfire anti-tank missiles.

“The Cobra is a pure attack helicopter. The Huey can shoot and also carry supplies,” said Eilertson.

The two most recent Cobras, which arrived April 14 and 23 have come from New River, N.C., where that base is receiving new models of the two helicopters. The third AH-1W arrived Monday.

Each aircraft has to have maintenance each time it flies.

“The only way we can do our job is for them to do theirs,” Eilertson said of the helicopter maintenance crew.

Two pilots man the Cobra while the Huey has the capacity to have two pilots as well as two additional people in the cargo area. A Marine re-enlisted in the cargo area of the Huey during a recent flight.

Lt. Col. David Deep, a reservist Cobra pilot, was part of the re-enlistment. He was enthusiastic about the new helicopters coming to the base.

“It gives us more opportunity to train,” Deep emphasized. He went on to explain that the flying becomes secondary. The difficult part comes in when coordinating missions with people on the ground.

The bottom line for the Marine group is that the new choppers will give pilots more opportunity to fly which means the pilots stay sharp in case they are called to action, Eilertson said.

## CUSTOMER

Continued from 1

After laying out a plan late last winter that included getting better requirements projections and changing a few processes, they’ve started out on the right foot, and have been on target this year.

One recent change required the production team to pare the number of gates, or stations, needed to produce each stabilizer. There are now four, instead of five, with one repair process adding an extra day to the final phase.

The 11-day flow currently includes everything from teardown and spin-

dle/torque box work, to fixture and build-up.

Similar improvements have been seen in the F-15 Canopy Shop, where 11 mechanics are responsible for the teardown, build-up and final assembly of the fleet’s protective canopies that cover the aircraft’s cockpit and enclose the aircrew.

High-quality visibility through the canopies is paramount for pilots and aircrew to ensure maximum long-range visibility, especially when flying in an air-to-air combat environment. Each canopy leaves with a brand new piece of protective glass.

Continuous process improvements have the entire shop focused and excited

on how they can do their jobs better and support one another toward a common goal.

One simulation and modeling program used across 402nd CMXG downplayed the belief that more fixtures were needed in the shop. In fact, the program showed that current fixtures were only being used 27 percent of the time.

You’ll find little disagreement regarding the mantra that every shop supervisor at Robins holds dear – if you give the mechanic what they need and support the work being accomplished, the job will get done.

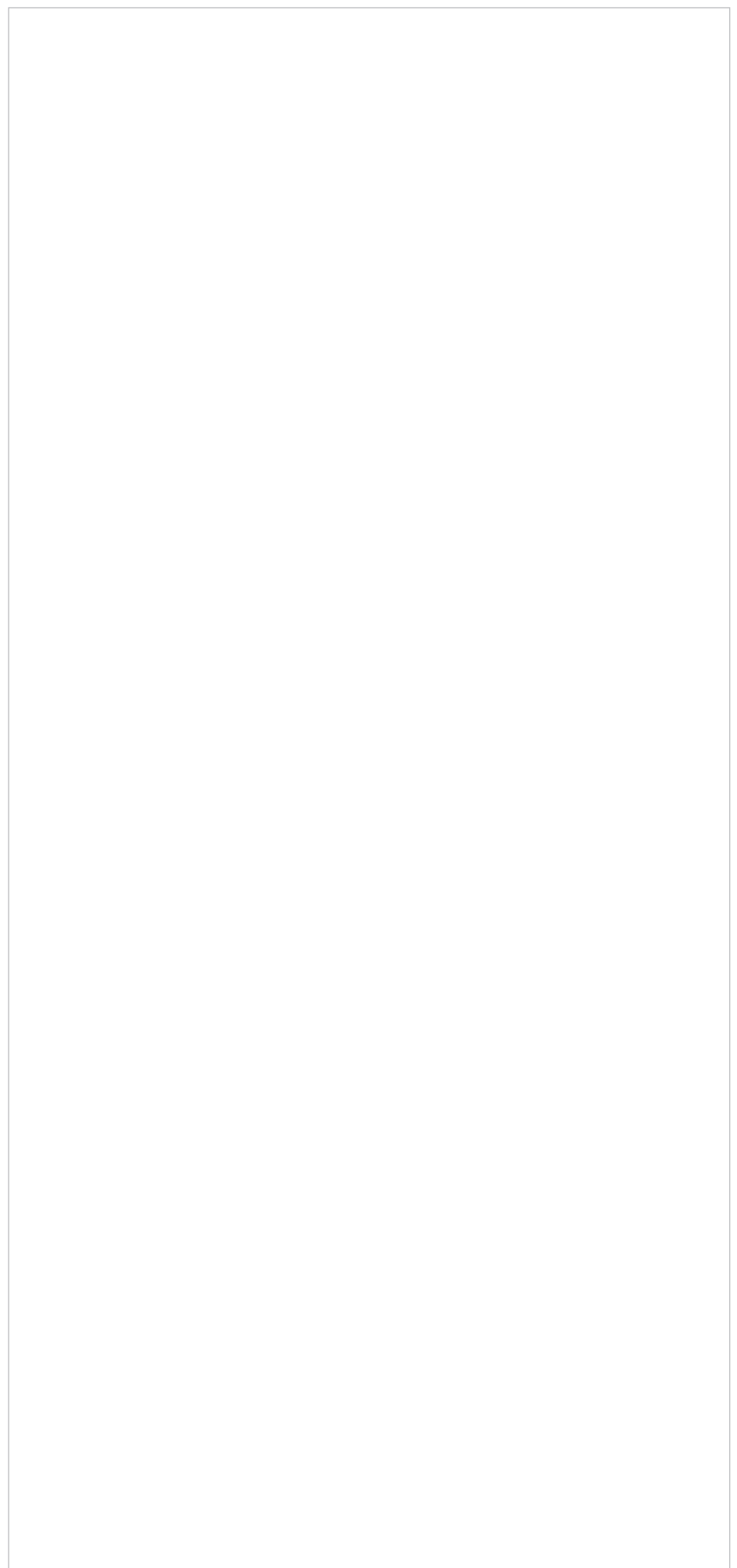
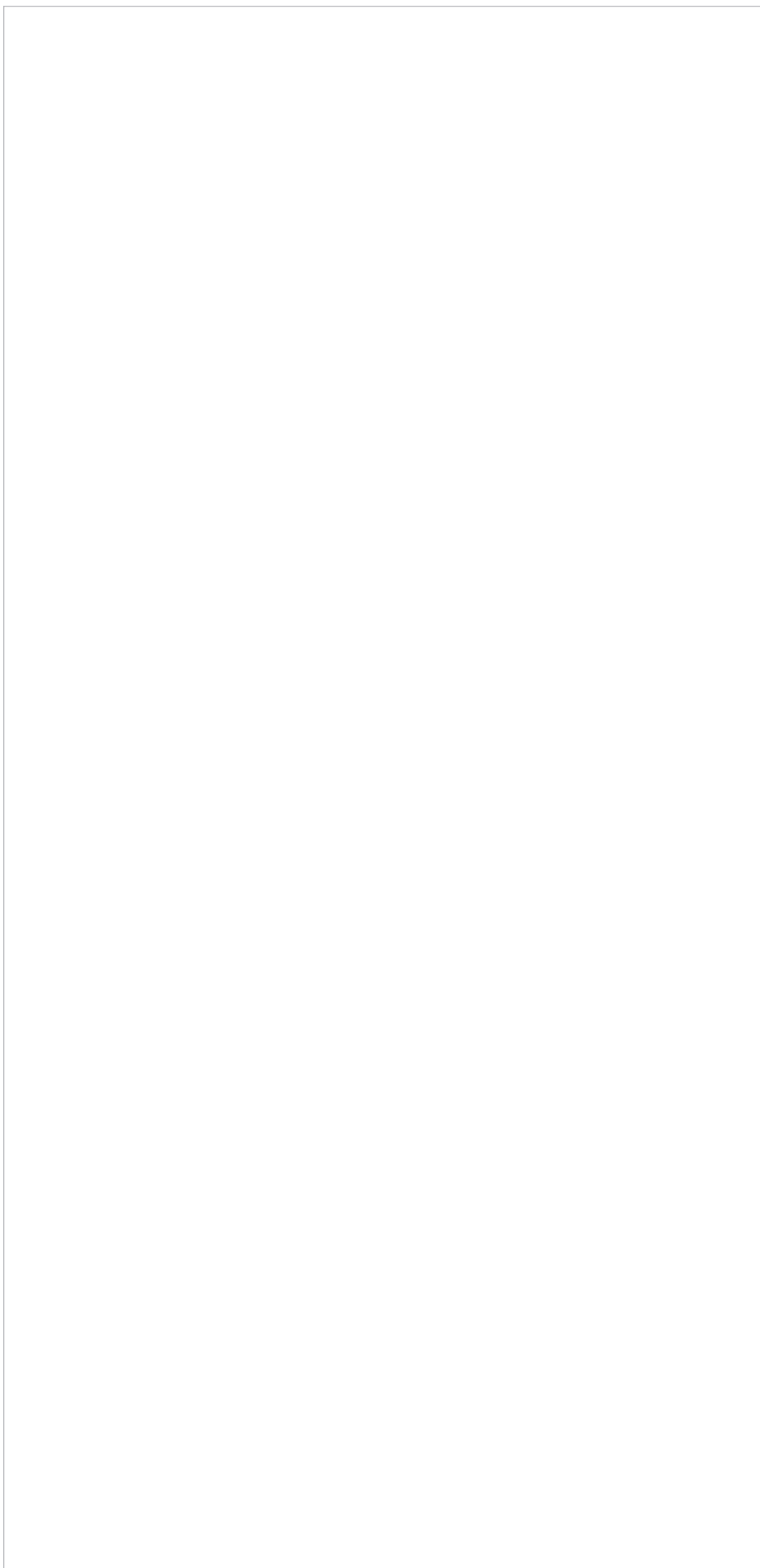
“Even with little things like using visual aids at each stage, we know what

needs to be done each day,” said Jerry McWilliams, shop lead.

That in turn translates to allowing mechanics to truly gauge whether or not they’ve had a good day – part of what is explained in the AFSC’s leadership model outlined by Lt. Gen. Bruce Litchfield, Air Force Sustainment Center commander.

“The mechanics have improved the process of how we drive canopies into our production process and tear each canopy down,” said Billy Valdivia, F-15 Canopy Shop supervisor. “They know what they need to do and work together. Without them, nothing would get accomplished.”

**Safety saves lives. Start your savings account today.**



# Heart Link set for May 8

ROBINS PUBLIC AFFAIRS

The Airman & Family Readiness Center will host Heart Link, a once-a-quarter spouse orientation event May 8.

Heart Link is designed for military spouses married five years or less, but any spouse is welcome to attend.

The benefit of attending, said Dell Steplight, program manager and community readiness specialist, is to meet other spouses in the same situation.

Heart Link formed at Robins in 1999. The six-hour event helps spouses who are not familiar with acronyms, military protocol and the military way of life to gain a better understanding of what will be required of them as well as their Airmen.

During the day, briefings are given by various organizations at Robins including finance, legal, marketing and family advocacy. Other agencies set up tables at the expo to

## WHAT TO KNOW:

The deadline to register for this quarter's Heart Link is Thursday. The event will be at the A&FRC, Bldg. 794, from 8:30 a.m. to 2:30 p.m., May 8. To register, call (478) 926-1256 or DSN 468-1256. Child care may be available by calling Shirletta Murray at (478) 926-6741 or DSN 468-6741.

provide more information.

Some of the agencies represented during the course of the day are military family life consultants, the Health and Wellness Center, protocol and chaplain, among others.

Steplight stressed the importance of the program for new spouses as it helps them become familiar with the Air Force and form a support system to help during their spouse's temporary duty assignments and deployments, as well as permanent station changes.

"The spouses are the heart of the team," Steplight said. "Without the spouse, it doesn't work for the family."

# Team Robins celebrates Arbor Day

Tim McLemore, 638th Supply Chain management Group, plants a Flowering Dogwood April 22 during the base's Arbor Day ceremony and Tree City USA presentation.

The tree was one of six planted during the ceremony and was dedicated to his grandparents, Walter and Ann Kopicic.

The ceremony included the Arbor Day proclamation reading and signing, and the acceptance of Robins' 22nd consecutive Tree City USA Award from representatives of the Georgia Forestry Commission.



U.S. Air Force photo by TOMMIE HORTON

## Want to ensure a smooth PCS? It's all about prepping, planning ahead

A move can't truly begin without orders, but that doesn't mean you can't plan ahead.

With the peak personal property moving season just around the corner, those about to make a permanent change of station move are encouraged to start proactively planning their move.

When first notified of your PCS, immediately visit the Defense Personal Property System website at [www.Move.mil](http://www.Move.mil). The website contains information on a number of relocation topics. The majority of service members can use the site to set-up and manage their personal shipments.

### DPS Website Topics include:

- ▶ Personally procured move info
- ▶ DOD service policies for personal property moves
- ▶ Transportation office locator
- ▶ Loss and damage claims filing information
- ▶ Authorized weight allowance table

To start, service members should validate their weight allowance using the table in the "It's Your Move" pamphlet on

Move.mil or Plan My Move, <https://apps.militaryonesource.mil>.

On the site basic entitlement information, shipment estimating tools, and do's and don'ts that can prevent incurring personal debt due to excess costs are available.

Once orders are in hand, set-up your move online using Move.mil or immediately contact your installation transportation office. Being proactive maximizes the potential to receive desired move dates. If you're a retiree, separatee, or if this is your first move, you must contact your local installation transportation office to receive one-on-one counseling.

The counselor will provide a detailed explanation of entitlements and transportation service providers performance requirements.

May through August are the busiest months for personal property shipments. Prepare early and be as flexible as you can in offering alternate dates for packing/pick-up of property. Also, never schedule a pick-up or delivery on the same date you'll be vacating or gaining access to your residence.

Don't schedule two different shipments for pick-up or delivery on the same day – if you're unavailable during the pick up or delivery date, you'll be billed.

Once movement dates are confirmed, the transportation service providers will contact you to conduct a pre-move survey. Make sure you ask for this to occur at least five days prior to your initial pack date. You should expect one pack day for every 4,000 pounds of estimated weight.

### To ensure pack and pick-up dates go unhindered:

- ▶ Clean residence and furniture.
- ▶ Unplug appliances, remove pictures from walls and move items from crawl spaces.
- ▶ Separate pro-gear from the rest of your personal property; ensure the TSP annotates it on your inventory – if documented at time of pick-up, pro-gear doesn't count against the authorized weight entitlement.
- ▶ Safeguard passports, luggage, etc. and remove unused or unwanted items. If not segregated, they will pack items you didn't intend to ship.

Claims for property loss or damage can be filed via Move.mil. Military members and DOD employees have 75 days from their property delivery to initiate a claim. If you have issues settling your claim, contact your service specific claims office; information can be located at [www.move.mil/dod/claims\\_css/dod\\_claims.cfm](http://www.move.mil/dod/claims_css/dod_claims.cfm).

### Key Claims Information:

- ▶ File directly with the TSP
- ▶ If an agreement cannot be reached on the monetary value between you and the TSP or you discover additional damage at a later date, contact your Service Claims Office for mediation and/or assistance.

### A Special Reminder:

If you believe you have exceeded your weight allowance, request a reweigh with your TSP prior to accepting delivery of your property.

If you have questions, contact your nearest transportation office at DSN 472-0119 or 478-222-0119.

– 78th Logistics Readiness Squadron

# A BETTER YOU

Practice OPSEC every day, everywhere.



## Not sleeping enough?

BY 78TH AIR BASE WING SAFETY OFFICE

With 63 percent of Americans reporting that their sleep needs aren't met during the week, sleep deprivation is a societal epidemic that exists across all countries, economic statuses, industries and seniority levels.

Sleep deprivation is an issue that's often ignored, yet frequently it's the root of decreased productivity, accidents, incidents and mistakes which cost companies billions of dollars yearly.

Often companies are unaware of the impact fatigue or sleep deprivation is having on their operation until a tragic accident occurs.

*Here are 10 dangers of having a sleep deprived workforce:*

- ▶ **Decreased Communication**
- ▶ **Performance deteriorations**

- ▶ **Increased risk of being distracted**
- ▶ **Driving Impairments**
- ▶ **Increased number of errors**
- ▶ **Poor cognitive assimilation and memory**
- ▶ **Poor mood-appropriate behavior**
- ▶ **Greater risk-taking behavior**
- ▶ **Inability to make necessary adjustments**
- ▶ **Effects of sleep deprivation compound across nights**

According to American Academy of Sleep Medicine, the only sure way for an individual to overcome sleep deprivation is to increase nightly sleep time to satisfy his or her biological sleep need; there is no substitute for sufficient sleep.

As part of the workforce, it's important to realize sleep deprivation periodically happens to us all. Regardless of your position, as wingmen, we must all look out for each other, and be aware of the signs of sleep deprivation.

## Here's how to get more

BY RHETT THOMPSON

78th Medical Group Behavioral Health Care Facilitator

May is "Better Sleep Month," and here are a few tips that may help improve your sleep quality – give these 10 tips a try and see if your sleep quality improves.

- ▶ **Don't drink caffeine products six to eight hours before bedtime.**
- ▶ **Avoid nicotine before bedtime.**
- ▶ **Don't drink alcohol after dinner.**
- ▶ **Get regular exercise at least 40 minutes a day.**
- ▶ **Try a light bedtime snack such as a glass of warm milk, cheese or a bowl of cereal to promote sleep.**
- ▶ **Keep your sleeping environment at a moderate temperature, quiet, and as dark as possible.**
- ▶ **Avoid taking "naps."**
- ▶ **Allow yourself at least one hour before bedtime to "unwind" from the day.**
- ▶ **Go to bed when you are sleepy.**
- ▶ **Get out of bed when you can't fall asleep or cannot go back to**

**sleep in 15 minutes.**

It usually takes two to three months for a sleep problem to improve, but with these tips you may see improvement within two to three weeks.

If your sleep problems don't improve after trying these tips consistently, let your primary care manager know, or, if you are a TRICARE Beneficiary – give me a call at my office at (478) 327-4714. I'm available from 7:30 a.m. to 4:30 p.m., Mondays through Fridays.

Ask me about the "Sleep Group" sessions offered here on base. We will be glad to schedule you for a session.

**– Did you know?** *The 78th Medical Group Facebook page is open to the public, and you don't have to be a TRICARE beneficiary or be eligible to use the base clinic to benefit from the wide array of content including information and tips on nutrition, tobacco cessation, physical fitness, and monthly health awareness topics. Like us on Facebook at [www.facebook.com/78MDG](http://www.facebook.com/78MDG).*

### BASE VET CLINIC REOPENED

The vet clinic will now provide services Mondays and Tuesdays from 8 a.m. to 4 p.m., and Wednesdays from 8 a.m. to noon. This temporary schedule will last through June, while a long-term solution is being worked.



### Buckle up ... It's the Law



According to Air Force Instruction 91-207, all motorists and passengers must wear seat belts when operating and/or riding in a moving vehicle. Individuals found not wearing a seat belt in a moving vehicle may be issued a ticket by the 78th Security Forces Squadron.

# HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR  
 1 2 3 4 5 6 7

**UPCOMING**

**Family Painting Event**

May 9  
 2 to 4 p.m.  
 Arts & Crafts Center  
 Cost is \$25 per child,  
 \$35 per adult, \$45 for child and adult,  
 and \$65 couple  
 Sign-up by May 8  
 For details,  
 call DSN 468-5282.

**Summer Camp**

May 16 – July 31  
 Youth Center  
 Ages 10 -13  
 Registration starts May 11  
 Limited space (36)  
 For details,  
 call 478-926-2110 or DSN 468-2110.

**America's Kids Fun Run**

May 16  
 Check in at 8:30 a.m.  
 Run starts at 9 a.m.

Youth Center  
 Ages 5-13  
 Register by May 14 at the Youth Center or  
 online at <http://www.americaskidsrun.org>.  
 For details,  
 call DSN 497-6831.

**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 dur-  
 ing the event which will feature various  
 cars on display. Awards will be given.  
 For details,  
 call DSN 497-5622.  
 or 497-5915.

**Braves Game**

June 20  
 \$55 Per person  
 Game starts at 7 p.m.  
 Seats are in the upper pavilion  
 For details,  
 call DSN 468-4001.



U.S. Air Force photo by TOMMIE HORTON

Contractors pour cement for walkways which will be part of the new Dog Park located adjacent to base housing.

## Splash pad, pooch park coming soon

BY ANGELA WOOLEN

[angela.woolen.ctr@us.af.mil](mailto:angela.woolen.ctr@us.af.mil)

When one pool closes, a splash pad opens. Horizons, the former Officers Club, will be closing its pool due to maintenance issues, but a new offering will open this summer.

Called a splash pad, the area near the Heritage Pool will feature water bubbling up from the ground, water spouts and more, said Kent Jenkins, 78th Force Support Squadron Community Services Flight chief.

“This will be a family friendly water park,” he said. Scheduled to open July 21, the splash area has been in the works for 15 months and will cost \$260,000.

The pool has limited hours because of a need for a lifeguard.

The splash pad will be able to open earlier in the season than the pool and stay open after the pool closes for the year.

The splash pad will be completely fenced off from the pool and has its own filtration system. There will also

be a seating area in two places for parents to watch their children.

“This is part of the quality of life initiative,” Jenkins said.

Another park which is being added to improve life at Robins is the addition of a dog park.

A nearly 3-acre site adjacent to base housing will be available for dog owners to give their poodles a little room to run.

“It is the perfect outlet for pet owners to exercise their dogs in a safe, off-leash setting,” said Jenkins.

There will be two separate areas, one for dogs larger than 40 pounds and another for smaller dog breeds. The park is only available to Robins residents and is restricted to the guidelines of on-base housing.

A 5-foot high chain link fence will surround the area.

Not only does it benefit dogs by giving them a chance to socialize with other dogs, but it also gives dog owners a chance to talk amongst themselves.

The dog park plans to open in mid-May, depending on weather.



U.S. Air Force photo by TOMMIE HORTON

## Courage Walk

Team Robins members took to the street Tuesday for the Sexual Assault Awareness Month Courage Walk. The walk, which took place between the parking lots of Bldgs. 300 and 301, was a time to honor the strength and courage of survivors of sexual violence.

## Fun, healthy events for fitness month

John Enterman, Base Fitness Center director, is hosting a “Whodunit” event as the main incentive program of the May Fitness Month celebration.

The mystery is based on the popular Clue game with an exercise bike as the grand prize. Amateur detectives will exercise their sleuthing skills to discover the one who committed the crime, the victim, weapon and the room where the crime was committed.

Players will receive a game board, and their movements from room to room will be based on how much they workout.

The more they move, the more clues they collect. Bonus clues may be earned by attending special May fitness events. There will be specialty group exercise classes, individual and team competitions, lectures and events for the whole family.

“It’s a very diverse calendar with something for everyone,” said Scott Peavy, May Fitness Month coordinator. Peavy said this year will even have an event for the historian in all of us.

“We are hosting a World War II Army Combat Service PT Challenge,” said Peavy. “Participants will go old school as they workout like our grandfathers once did.”

There will be a team treadmill challenge and several bench, squat and dead-lift competitions for new and seasoned weight lifters.

May Fitness is not just an indoor event. May starts the bicycle Beaches to



U.S. Air Force courtesy photo

**John Enterman, Base Fitness Center director, channels Sherlock Holmes as he gears up for the May Fitness Month event featuring a whodunit mystery.**

Peaks contest. Riders will test their endurance by completing 850 miles within a three-month time period. If that distance isn’t for you, the fitness center is having a family bicycling poker run. There are several 5K runs, a spin-a-thon and Zumba-a-thon to round out the calendar.

“I don’t want to forget the classes offered by the HAWC,” Peavy said. “They’ll be providing several performance nutrition programs during the month.

“We’re especially excited to see our clients solve the Clue game mystery,” said Peavy. Then he whispered, “Here’s a hint, ‘the answer is not Mrs. Peacock in the library with a candlestick.’”

**Editor’s note:** For more information call DSN 472-2128 or (478) 926-2128.

**WINGMEN  
 WANTED**

**AIRMEN  
 AGAINST  
 DRUNK  
 DRIVING**

335-5218  
 335-5236  
 335-5238



# Runoff: the journey of a raindrop

BY JIM RIEKER

Water Quality Program manager

When rain falls, it doesn't just sit there; it starts moving.

For Robins, only a portion of the rain seeps into the ground to ultimately replenish our groundwater.

A majority of the rain flows from parking lots or other hard surfaces to lower elevations as runoff.

Runoff is extremely important because not only does it keep rivers and lakes charged with water, but it changes the landscape by erosion and affects the cleanliness of water due to pollutants that the stormwater collects.

As it flows over land, stormwater picks up potential pollutants that may include sediment, nutrients from lawn fertilizers, bacteria from animal and human waste, pesticides from lawn and garden chemicals, metals and petroleum by-products.

Stormwater pollution is one of the biggest problems facing water resources in urban areas across the country.

Uncontrolled stormwater volume increases stream bank erosion and often results in downstream flooding. The stormwater pollution problem is especially critical in areas like the Atlanta area because 98 percent of their drinking water comes from surface water sources.

Although Robins relies on groundwater for drinking water, the surface water runoff affects the abundant wildlife in the immediate vicinity to include plants and animals.



## Did You Know?

► It is improper to dump wastewater or water containing cleaning products, Aqueous Film Forming Foam, or grease and oil into streets, storm channels or inlets.

► Landscaping can help reduce stormwater runoff; vegetated areas cause little runoff.

► If you see a potential problem from construction activities or leaking pipes, call 468-9645 to have environmental personnel investigate the problem.

What we do matters. Typical stormwater pollutants that are dumped down storm drains and enter our lakes and rivers include motor oil, antifreeze, paint, pesticides, fertilizers, trash, yard debris and dirt.

Keep in mind that just one quart of motor oil can contaminate 250,000 gallons of drinking water.

For more information, call 468-9645.

***Editor's note:** Stormwater Straight Talk is a quarterly column intended to educate and inform base personnel about stormwater pollution.*

## DASH FOR TRASH

Dash For Trash continues through June 5. Is your work area cluttered with obsolete or unneeded stuff? If so, now is the time to dash into action. Inspect your workplace and surrounding areas and dispose of unnecessary items. For disposal assistance or more information, contact the appropriate POC below.

**Refuse and Wood Pallets:** contact James Phillips at 497-3170 or james.phillips.11@us.af.mil.

**Recyclables:** contact Darryl Mercer at 497-3976 or darryl.mercer@us.af.mil. You can bring recyclables from your workplace or home to the collection center located at Bldg. 987.

**Hazardous Waste:** contact John Gullock at 468-1176 or john.gullock@us.af.mil.

**Government Equipment:** Wednesday is open turn-in at DLA Disposition Services for scrap items. Call prior to your arrival to determine whether your items are scrap or reusable items. Reusable items will need an appointment. Every turn-in must be accompanied by a form 1348. Call David Smith at 468-3568 or Robert Omogbai at 497-5860.

## Air Force Parent Pin Program

