



NEW! The Robins Rev-Up now has two sections



INSIDE

Dash for Trash, Page A2

Quest for Zero Campaign, Page A4

Memorial Day message, Page A6

ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

May 21, 2015 Vol. 60 No. 20



Peace of Mind

U.S. Air Force photo by AIRMAN 1ST CLASS DANA BUTLER

Weapons load crew airmen with the 48th Air Expeditionary Group mount an AIM-9X Sidewinder missile onto a 493rd Expeditionary Fighter Squadron F-15C Eagle aircraft during a 2014 mission in Lithuania. The U.S. Air Force assumed command of the NATO Baltic Air Policing mission for a four-month rotation from January to May of 2014. Robins manages the program which supports the testers used with the AIM-9X. The Warner Robins Air Logistics Complex also performs programmed depot maintenance on F-15s.

Portable tester provides reliable capabilities to warfighters

BY JENNY GORDON
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When an AIM-9X air intercept missile is deployed from an Air Force weapon system, the pilot needs to be confident it'll get the job done. Known as Common Munitions Built-in Test

Reprogramming Equipment, this portable field tester and mission programmer is attached to various compatible precision-guided smart weapons, such as bombs and missiles, in order to ensure everything is working properly.

The Air Force recently received delivery of the 1,000th CMBRE unit – purchased for Belgium by the Air Force – from Orbital ATK. It's also used by the Air National Guard and Air Force Reserve Command and 31 foreign military sales countries.

The testers are used to support countless weapons carried on the AC-130J, F-15, F-16, F-18, F-35 and others. The CMBRE program is managed at Robins Air Force Base, housed under the Air Force Life Cycle Management Center's Automatic Test Systems Division.

A small team of program managers, engineers and equipment specialists perform work here; however,

CMBREs are located in over 200 facilities across the globe.

Small testing is supported at Robins to recreate potential problems as requested by a customer.

"This is significant, a milestone for not only the Air Force but also our foreign military sales partners, U.S. Navy and Marines," said James Annis, CMBRE program manager.

Along with the Air Force, the tester is also used by U.S. Navy warfighters.

Once the CMBRE is attached, it initiates the weapon's built-in test status, whether it's an advanced anti-radiation guided missile, massive ordnance penetrator, small diameter bomb or an advanced medium range air-to-air missile.

Electrical signals are generated by the tester into a weapon to diagnose any problems and if it's work-

► see PEACE, A8

Traffic turnover on MLK Jr. Blvd. slated for end of May

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

The repaving project currently taking place along Martin Luther King Jr. Boulevard is taking shape since crews began in February.

As soon as one side of the road is repaired, traffic will soon be turned over to the south side of the road beginning on or about May 29. Due to recent weather delays, the estimated completion date is now Sept. 11.

WHAT TO KNOW

Pedestrian traffic will use the underground tunnel to cross the road. There will also be parking in the lot adjacent to the entrance of Gate 4, which is on the west side of Perry Street. Trucks entering the base via Gate 4 are expected to be able to access MLK Jr. Boulevard. While there is adequate turning radius, remember to proceed with caution. It is expected that any trucks needing access to Bldg. 365 will continue to use the Peacekeeper Way entrance.

Along with correcting existing drainage issues, the project will renew the asphalt road, curb and gutter, sidewalk with crosswalks, and handicap-accessible curb ramps. Two ramps will

be widened at the intersection of Robins Parkway, enabling semitrailer trucks to successfully make turns on and off MLK Jr. Boulevard.

As the project enters Phase 3, drive-

way entries to all buildings on the north side of the road will not be accessible, according to Khalida Hooper with the 78th Civil Engineer Squadron.

No parking will be permitted along the south side of Bldgs. 376 and 364. The parking lot south of Bldg. 365 will not be affected; it's recommended this lot be heavily utilized during construction.

► see TURNOVER, A8

FRIDAY FLYBY: IDS icon keeps image, connects to more helping agency sources, Page A2

Memorial Day weekend conservation

Please take special note of energy conservation practices during the upcoming Memorial Day Holiday Weekend.

Turn off non-mission essential monitors, printers, fans, radios, coffee pots and shop equipment at the conclusion of your shift on Friday.

Computers/CPU's should remain on to ensure system patches are updated.

For more information contact the Robins Energy Management Office at DSN 497-8666.



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.

Yuan T. Lee is a Taiwanese chemist. He was the first Taiwanese Nobel Prize laureate, who, along with the Hungarian-Canadian John C. Polanyi and American Dudley R. Herschbach, won the Nobel Prize in chemistry in 1986. Lee's particular Physical chemistry work was related to the use of advanced chemical kinetics techniques to investigate and manipulate the behavior of chemical reactions for relatively large molecules using crossed molecular beams.



LEE

Weekend Weather

Friday 85/64



Saturday 86/65



Sunday 88/67



"Be Resilient - Make time for yourself."

SECOND FRONT

IDS icon keeps image, connects Robins to more helping agency sources

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

The Integrated Delivery System icon now opens the door to even more support available through the base's helping agencies.

The "You Matter" Helping Agencies icon, originally implemented a year ago, provides one-click access to a list of the installation's helping agencies to include services offered and their contact information.

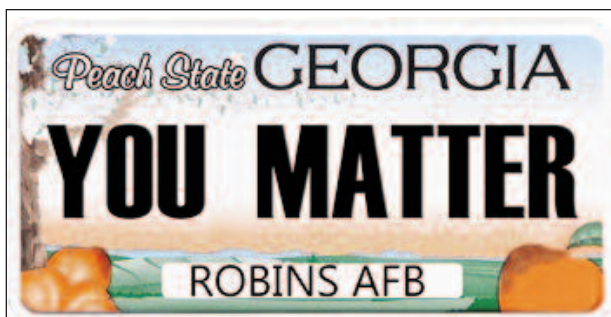
The updated desktop icon retains its image of the widely popular "You Matter" Georgia license plate, to ease user recognition.

Capt. Mindy Davis, Psychological Health director at the Robins Mental Health Clinic, said the icon puts even more help at people's fingertips.

"The IDS Icon was originally created because we wanted to provide an online resource for base personnel to seek information about the human services assistance," she said. "The online directory provides an easier way for the Team Robins community to access help when someone is in need. This tool serves as a one-stop shop to find information on all the helping agencies available from any computer."

The information is also accessible through the official Robins Air Force Base webpage – www.robins.af.mil – for off-base use.

The latest directory contains a description of each helping agency, contact information and direct links



to websites and brochures that include points of contact and hours of operation.

"Not only does this tool save time and effort for leadership and supervisors who seek assistance for their people, but it's an effective way for individuals seeking assistance to locate the proper helping agency directly," Davis said. "The tool is also used as a primary means for educating key leaders on helping agencies and installation resources. The effort saves the installation more than \$8,000 in yearly production costs and allows for 24-hour daily access to the newest, most accurate information."

The icon's recent changes improve its usefulness, Davis said.

"The icon has received a facelift and includes significant resource updates such as a new and more comprehensive link for Helping Airmen in Distress, a new button containing an interactive Workshop Menu for commanders, a new button linking members to Community Spiritual Resources and a new button

titled Mental Health Service Finder that connects members to insurance-based mental health services within the local community," she said.

The Georgia image contains a link to RAFB Mission Partners information and the Comprehensive Airmen Fitness image contains updated information regarding resilience skills and how to incorporate them into your life.

The "You Matter" Helping Agencies icon is located on most installation computer desktops and is available to everyone on the Robins Homepage. By clicking the "You Matter" icon, people now have access to a wealth of resources.

RAFB Wingman cards supplement the icon project.

The front of the card contains the Ask, Care, and Escort or A.C.E model for assisting Airmen in distress and the National Suicide Prevention Lifeline.

Additionally, the card contains two Quick Response codes.

"When scanned with your phone, the I Matter QR downloads all the information from the IDS icon to your phone in a PDF file," Davis said. "The MyMC2 QR code downloads an app, that when your installation is selected, gives you access to base resources, phone numbers, Facebook pages, webpages and a calendar of events."

Editor's note: For more information, call Davis at 327-8398 or DSN 497-8398.

MPS closure

The 78th Force Support Squadron Military Personnel Section will be closed today for Wingman Day. Contact Master Sgt. Corey Blackburn at (478) 327-7337 or Master Sgt. Erica Plummer at (478) 926-5037 in case of emergency.

Demo project begins Monday

A demolition project on Bldgs. 2082 and 2088 is slated to begin Monday. During the project, 25 parking spaces adjacent to Bldg. 2082 and 24 parking spaces adjacent to Bldg. 2088 will be unavailable.

Estimated completion date is Aug. 31. The demolition dates will be advertised to the base populace via the Splash page, construction page, and through signage adjacent to the demolition sites. Inclement weather could delay the project. If you have any questions, contact Ed Mitchell at 497-2938.

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 contact the FCC coordinator at (478) 926-6741.



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 for scrap items at DLA Disposition Services. Call prior to determine whether your items are scrap or reusable items. Reusable items will need an appointment. Turn-ins must include a form 1348. Call David Smith at 468-3568 or Robert Omogbai at 497-5860.

Putting safety first

Quest for Zero Campaign focuses on safety all year long

BY HOLLY LOGAN-ARRINGTON

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The Air Force has replaced its 101 Critical Days of Summer campaign with a new year-long initiative known as Quest for Zero.

Quest for Zero kicked off fiscal 2015 with a primary focus on risk management and on-duty safety in all career fields Air Force wide.

The campaign is intended to help people recognize daily hazards encountered at work and at home.

Scott Eck, Installation Safety chief, said Quest for Zero's broader focus and timeframe make the campaign a better way to keep people safety conscious.

"The Critical Days of Summer – while a great campaign – is focused on a particular time – Memorial Day through Labor Day – and primarily off-duty activities," he said. "With the Quest for Zero initiative, there's a different topic or area of interest each month which is designed to raise awareness to the hazards



that everyone faces daily both on and off of the job. The larger variety of topics can result in a wider-audience reach. The more people who hear the safety message, the better the result can be – less people involved in mishaps."

Quest for Zero is designed to highlight one career field each month throughout the fiscal year. May – Medical & Dental; June – Office Environment; July – Intel; August – Command & Control Systems and Aircrew Operations; and September – Weather, Safety and Aircrew Protection.

Robins Safety Office has created the "Quest for

Zero – Surge Initiative" to coincide with the Air Force Safety Center initiative with a goal of zero fatalities and zero preventable mishaps through communication, facility inspections and work center process reviews, said Brandon Mitchell, Installation Safety Office safety and occupational health specialist.

The Robins 2015 Quest for Zero Surge Initiative campaign's primary focus is to build trust and open lines of communication among employees, supervisors and safety professionals.

According to Mitchell the campaign impacts the entire installation, recognizing daily hazards faced at work and home, and stresses safety and awareness at all levels, mitigation and risk management.

Mitchell said recognizing a hazard is the first line in mitigating it, enhanced by risk management.

Quest for Zero is a collaborative effort among the Installation Safety Office, the Warner Robins Air Logistics Complex Safety Office and union partners.

Robins safety experts give low down on heat safety

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil



U.S. Air Force file photo by ED ASPERA

If your body is exposed to more heat than it can handle, certain heat injuries can result. Injuries such as heat exhaustion and heat stroke cause more deaths annually than hurricanes, tornadoes, lightning, floods and earthquakes combined, according to the National Safety Council.

Some like it hot.

Sometimes, though, it can be too hot for one's own good.

The Base Bioenvironmental Engineering Flight oversees the thermal stress management program used here to prevent heat-related injuries.

"Temperatures are monitored May through October when we're expected to reach an 85-degree daily high," said Brandon Mitchell, Installation Safety Office safety and occupational health specialist.

Wet Bulb Globe Temperature measurements take into account air temperature, mean radiant temperature, air speed, and absolute humidity.

Soon, 24-hour monitoring will be available on the Robins Website – www.robins.af.mil – under the Weather tab.

Exposure to extreme heat or working in hot environments can lead to heat stress.

"Heat stress can result in heat stroke, heat exhaustion, heat cramps and heat rashes," Mitchell said.

Tech. Sgt. Marty Shorter, 78th Aerospace Medicine Squadron's Environmental Health Element noncommissioned officer in charge, said the occurrence of heat-related illnesses depend on a person's overall health rather than a temperature range.

"Some patients have experienced heat stress and heat-related illnesses in below freezing temperatures," he said. "It's very important for individuals to be vigilant of signs and symptoms associated with heat stress as well as follow fluid replacement meas-

ures accompanying WBGT Flag conditions."

Signs of heat exhaustion include: dizziness, headache, sweaty skin, weakness, cramps, nausea-vomiting and rapid heart rate. Signs of heat stroke include: red, hot dry skin, high temperature, confusion, convulsions and fainting.

Mitchell said people should take precautionary steps to avoid heat illness.

"Drink water even if you aren't thirsty," he said. "Rest in the shade. Watch out for each other and wear hats and light-colored clothing."

Shorter said if individuals experience severe cramping and stop sweating, it's important to lower the body temperature and replace fluids.

"If the patient's condition doesn't improve within 15 minutes, seek medical attention immediately," he said. "If a person becomes disoriented, faints or is unconscious, dial 911 immediately. Move them to a cool, shaded area and cool the patient's body by removing clothes and submerging or covering their body in ice."

Shorter said ideally, people should engage in outdoor activities before 9 a.m. and after 5 p.m., and limit outdoor exposure between 2 to 5 p.m.

Editor's note: For more information on heat safety, call the Bioenvironmental Flight at 327-7555 or visit one of the following websites: Robins Safety Site: <https://cs.eis.afmc.af.mil/sites/Safety/RAFB/default.aspx>; OSHA: <https://www.osha.gov/Publications/osh3154.pdf>; or CDC: <http://www.cdc.gov/niosh/topics/heatstress/>.

Training Days

51st Combat Communications Squadron prepares for deployment

Members of the 51st Combat Communications Squadron completed the Phase 1 deployment processes for an upcoming exercise last week. During Phase 1, equipment is ops checked, loaded onto aircraft pallets, strapped down, transported to the scales yard and staged for weighing and quality assurance evaluation.



U.S. Air Force photos by MISUZU ALLEN



Clockwise from top, An airman guides a forklift into place and controls its movement using hand signals to help the driver properly place the pallet. Balance is key; if the pallet is not centered from side to side, the truck will not be able to corner or drive safely.

Two airmen strap a 96-inch-tall pallet to the bed of a truck for movement. The unit palletizes all its non-hand carry equipment, even if it will be convoyed instead of transported by air.

Airman place dunnage on a 10K Forklift for transport along with a pallet that will be loaded onto one of the M-1078 vehicles (a 2.5-ton truck). Whether placed on the ground or on a truck bed, the pallets must always sit on three pieces of dunnage.

Airman re-secure the netting on a pallet that was "frustrated." The group quality assurance branch randomly tears pallets apart and inspects it line by line and box by box, ensuring all items are accounted for in proper quantity and configuration.

AROUND THE AIR FORCE

Increased mission requirements open doors for continued service

WASHINGTON (AFNS) - The Air Force is introducing several personnel and manpower initiatives to meet increased mission requirements outlined in the fiscal 2016 President's Budget.

After a period of rapid force reduction in fiscal 2014, the Air Force was postured to conduct another round of force management programs in fiscal 2015; however, deteriorating geopolitical situations like those with ISIL, Crimea and Ukraine, and required force structure adjustments, including needed nuclear enterprise improvements, drove a halt to the reductions and added new requirements in support of combatant commanders. To maintain readiness and respond to the increased requirements, the Air Force is working to stabilize and grow the force.

The Air Force is using the most direct way to grow the size of the force by increasing the accessions of enlisted airmen entering Basic Military Training and the numbers of officers being commissioned. To complement those efforts, the Air Force is also offering opportunities to retain key experience and increase operational manning levels through targeted voluntary High Year of Tenure extensions, Voluntary Limited Period of Active Duty Program affording opportunities to members of the Air Reserve Component to serve an active duty tour and Direct Duty Prior Service Enlistment Program opening doors for prior service enlisted members to return to active duty.

The focus of these programs is to increase the number of experienced Airmen in undermanned specialties such as nuclear, maintenance, cyber, intelligence, surveillance and reconnaissance, and special operations. The Air Force specialties covered under these programs were not



eligible to participate in any of the targeted fiscal 2014 voluntary or involuntary force management programs. The one exception was the Quality Force Review Board, where all Airmen with some negative quality factor were considered regardless of their specialty.

"While we are working to increase our overall number of airmen, we particularly focused on adding mid-level experienced airmen in some of our currently undermanned specialties to help meet mission requirements immediately," said Brig. Gen. Brian Kelly, director of military force management policy. The new programs being launched are designed to meet the need for experienced airmen in critically undermanned specialties such as nuclear, cyber, intelligence, RPA and special operations.

Voluntary HYT extensions are being offered to senior airmen, staff sergeants, technical sergeants and master sergeants in targeted specialties; however, airmen will only be approved if recommended for the extension by their unit commander/civilian leader. The length of the extension can vary depending on each airman's situation.

Specific details on the fiscal 2015 HYT extension program are available via myPers.

Opportunities to serve an active duty tour for a period of up to three years will be offered to members of the Air Reserve Component in targeted Air Force specialties. The Voluntary Limited Period of Active Duty Program allows the Air Force to increase experience in mid-level grades by leveraging trained airmen from the Air Force Reserves and Air National Guard.

These airmen will receive the same benefits as active duty airmen, such as qualifying for the Post 9-11 GI Bill, while serving a tour on active duty. Further information, such as which grades and specialties are eligible, will also be available in the coming weeks.

Under the Direct Duty Prior Service Enlistment Program, applicants must have separated from the active duty Air Force, or be separated from or currently serving in the the Air National Guard or Air Force Reserve in the grade of senior airman through technical sergeant as a fully qualified 5- or 7-level in one of the designated Air Force specialties.

Army, Navy or Marine Corps service members may also be eligible if they served in a career field equivalent to one of the specialties targeted in the fiscal 2015 program. Under this program, applicants are not eligible to receive a reenlistment bonus.

Airmen interested in applying for HYT or the Voluntary Limited Period of Active Duty Program are encouraged to review the additional eligibility details on www.myPers.af.mil. Prior service members interested in Direct Duty Prior Service Enlisted Program can find information at <http://www.airforce.com/contact-us/faq/prior-service/> or contact their local recruiter.



U.S. Air Force photo by GREG DAVIS

Sight inspection

Staff Sgt. Michael Misiewicz, a C-5M Super Galaxy crew chief, visually inspects wheel-speed transducer wiring inside a main landing gear axle during a tire change and brake replacement at Dover Air Force Base, Del.

AF implements automated evaluation and decoration processing via myPers

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – Beginning in May, supervisors of active duty airmen will be able to initiate, process, track and sign officer and enlisted evaluations using the Air Force online personnel services website, or myPers.

Beginning in June, supervisors of active duty members will be able to use myPers to initiate and track decorations as well.

The official site for all Air Force personnel topics, myPers, has hundreds of articles on military and civilian personnel programs such as promotions, reenlistments, benefits and assignments as well as access to transactional personnel processes.

"Airmen can view their personnel records, update assignment preferences, update their record of emergency data and more on myPers through the 'Access AFPC Secure' link," said Christine Stingley, mili-

In Other News

tary future operations branch requirements and testing chief.

Airmen can now access behavioral health services in primary care clinics

FALLS CHURCH, Va. (AFNS) – Airmen, veterans and family members seeking care for a variety of mental health and medical conditions have direct access to care from their primary care clinic.

The support is available through the Air Force's Behavioral Health Optimization Program, a consultation service within primary care designed to target any issue affecting a person's overall health and optimal functioning.

According to Maj. Mathew Nielsen, BHOP chief for the Air Force Medical Operations Agency, BHOP services are not considered mental health treatment, but rather short-term care focused on healthy coping strategies, communication skills and behavioral change. "Mental health treatment is a spe-

cialty service, and BHOP is a consultation service," Nielsen said. "It is similar to when a primary care manager refers a patient to a cardiologist, orthopedist, dermatologist or other specialists when needed."

AFOQT scores updated as AF implements new test, form

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – Airmen who took Form S of the Air Force Officer Qualifying Test may see their test scores updated Friday when the AF converts scores to the new Form T metric.

According to Dr. Lisa Hughes, Air Force Personnel Assessment chief, all Form S scores in the official database will be converted to the Form T metric. Individuals affected include those who have already been commissioned and will not be using their AFOQT scores for personnel decisions. All airmen scores will be converted, however, to ensure any future personnel or commissioning decisions are based on the same metric.

PERSPECTIVE

This Memorial Day, reflect on true meaning

BY GEN. JANET WOLFENBARGER

Air Force Materiel Command Commander

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – It was nearly 150 years ago that our nation first observed a day of remembrance for those who died in service to the United States of America.

Over the years, more than one million American Soldiers, Sailors, Coast Guardsmen, Marines and Airmen have given their lives in defense of our great nation. We owe our freedom and a true debt of gratitude to the service and sacrifice of those who have come before us.

Because Memorial Day has also become the unofficial kick-off to summer, the original intent of the day is sometimes diminished amid backyard barbecues. Regardless of what you have planned this weekend, I ask that you take a moment to honor all Americans who made the ultimate sacrifice.

Thank you for your service. Wolf and I wish you all a safe and enjoyable holiday weekend.



Graphic Illustration by HALEY JANES

ROBINS REV-UP

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U.S. Air Force photo by MISUZU ALLEN

The construction on MLK Jr. Boulevard continues as contractors lay asphalt on the east bound lane. They are expected to begin work on the other lane at the end of the month.

TURNOVER

Continued from A1

As the pathway running parallel to MLK Jr. Boulevard along the south side of Bldgs. 376 and 364 continues to be used, it is not recommended that it be used for any other reason due to close proximity to construction.

Pedestrian traffic will use the underground tunnel to cross the road. There will also be parking in the lot adjacent to the entrance of Gate 4, which is on the west side of Perry Street. Trucks entering the base via Gate 4 are expected to be able to access MLK Jr. Boulevard. While there is adequate turn-

ing radius, remember to proceed with caution. It is expected that any trucks needing access to Bldg. 365 will continue to use the Peacekeeper Way entrance.

Low speed vehicles will be authorized to use Robins Parkway from Watson Boulevard to MLK Jr. Boulevard. LSVs are permitted on Robins Parkway from the time the north phase begins until MLK Jr. Blvd. is fully open. LSVs must drive in the right-hand lanes, with the exception of making a left turn onto another street. All other areas where LSVs are not permitted on Robins Parkway are still in effect and enforced.

Check the Rev-Up, Splash page and Robins Facebook page for updates.

PEACE

Continued from A1

ing as it should.

The CMBRE has the ability to test itself, reprogram the munition's operational flight program, upload mission planning data, and upload and download global positioning system data. It can also verify applicable software.

Development began in 1996, with fielding of the CMBRE Block II configuration taking place in 2006.

Software upgrades will continue to be a challenge in the future in order to be compatible with various weapons, along with hardware obsolescence issues. The CMBRE is expected to be in use until at least 2035.



U.S. Air Force photo by TOMMIE HORTON

James Annis, Automatic Test Systems Division program manager, connects cables to the CMBRE adapter.



Thought for the Day

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

– Winston Churchill



What's inside

Mom's Day out at the market, B2

May is better hearing, speech month, B2

Fishing the base lakes, B4

Lighter Fare

THE ROBINS REV-UP ■ MAY 21, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY

Getting Ready for Summer



U.S. Air Force photo by TOMMIE HORTON

Paul Barry, a local retiree, returns a speedboat to Outdoor Recreation May 4, as Dave Adams, a 78th Force Support Squadron outdoor recreation center employee, inspects it. Boats are available for rental for up to one week, and can be reserved up to 20 days in advance.

Outdoor Recreation provides everything needed to enjoy great outdoors



U.S. Air Force photos by MISUZU ALLEN

BY HOLLY LOGAN-ARRINGTON
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Robins' Outdoor Recreation offers more than 200 rentable recreation items for parties, work, and entertainment, and that's just a portion of the potential fun it offers.

Ski, bass and pontoon boats, and campers are just a few of the popular rental items available to help folks finalize their summer plans.

Bill Gurr, Robins Outdoor Recreation director, said his team has worked since the beginning of the year to get all the equipment ready for the season.

"We've purchased several new items, including a new ski boat and new pontoon boat," he said. "We're also acquiring a new bass boat and several campers."

And for people looking to use something for more than a day or two, Gurr said rental options are changing.

"Outdoor Rec is expanding its pricing to include weekly rentals on all items beginning June 1," he said. "This new weekly rate will allow customers to rent a piece of equipment for seven days, but they'll only be charged for five."

Several Outdoor Rec items can be reserved up to 30 days in advance, including campers and boats, and smaller items like tents and canopies.

With the exception of boat reservations, individuals simply need a base I.D. and a \$5 deposit to reserve equipment, Gurr said.

Customers must successfully pass the boaters safety course provided by the shop to reserve a boat.

While the Heritage Club Pool is being prepped for its opening on Saturday, a new Splash Park is being added to the area to provide families with a more energetic way to stay cool in the Georgia heat.

A variety of outings, like an Atlanta Braves game trip set for June 20, are being offered.

"A chartered bus will be picking us up from Outdoor Rec's front door and bringing us back once the game is over," Gurr said. "This allows individuals not to have to worry about



Learn to Swim

Just in time for summer, Outdoor Rec swim lessons on sale now.

Prices are as follows:

Baby: \$35/Session

Toddler/Adult: \$45/Session

Youth: \$50/Session

Each session consists of six classes. Call 468-4001 for dates and times.

Catch a movie

Outdoor Rec's Family Movie Night will get a splash of fun by letting people watch from the pool.

For the Single Airman

Outdoor Rec's Single Airman program has several trips planned, including a thrilling ride around the track at Andretti Indoor Karting on June 13 and two Saturdays (July 3 and 11) of trap and skeet shooting at the Robins Skeet Club. For more information on these opportunities and more, check out the latest issue of the Edge Magazine or contact Outdoor Recreation at 926-4001. You can also follow Robins AFB Outdoor Rec on Facebook.

Atlanta traffic or parking and allows every individual to take advantage of all of the fun at Turner Stadium."

Outdoor Rec will wrap up the summer with another Deep Sea Fishing trip to Savannah on Aug. 8.

A BETTER YOU

Mom's day out at the market

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

The Robins Health and Wellness Center provided children's blow-up human bumper cars, hula hoops and jump ropes for the Mom's Day Out, a Day at the Market event May 14 at the International City Community Farmers Market in Warner Robins.

Dani Lebovitz from "Dani's Delicious Dish" also made an appearance, serving up a fresh strawberry crumble with honey dessert prepared in a toaster oven.

Despite the heat, about 40 vendors lined the corner of Watson Boulevard and Maple Street to display their wares.

The occasion was a result of a partnership between the HAWC, Kids Journey and Grow Healthy Houston County with the goal of promoting healthier eating for families.

"We wanted to let moms know they can get healthy food for their kids here," said Chevonna Jones, Kids' Journey executive director.

At the farmer's market, families with electronic benefit transfer or supplemental nutrition assistance program benefits can double their money up to \$50 if they buy products at the farmers market. The market also offers demonstrations on how to cook the items they sell.

In the CATCH Kids area, sponsored by the HAWC, there were several activities for children.

CATCH Kids – Coordinated Approach to Child Health – is a base program which promotes healthier lifestyles to prevent childhood obesity, said Stuart Bapties, HAWC flight commander and Community Action Information Board co-executive director.

"It works to impact a child's nutrition awareness and decision making process about food choices along with their level of physical activity," he said.

To that end, Bapties joins health initiatives such as the farmers market to encourage families to eat better and to get active.

James Connelly, who recently retired from the Army as a staff sergeant, was attending the farmer's market for the first time. He and wife Karen brought their five-year-old son, Rylan, to play at the CATCH Kids area.

Rylan hula-hooped and played on the self-propelled inflatable bumper cars.

The goal of the market is "to provide seasonal produce and support local farmers," said the market's organizer, Jodi Daley.

The market is open every Thursday from 1 p.m. until dusk. **No federal endorsement of the farmer's market is intended nor implied.**



U.S. Air Force photos by RAY CRAYTON

Top and center, parents and children enjoy Mom's Day Out, a Day at the Market May 14.

Above, Dani Lebovitz, Robins Air Force Base registered dietitian nutritionist, demonstrates how to use fresh ingredients from the market to make a tasty dessert.

BETTER HEARING & SPEECH MONTH



HELPING PEOPLE COMMUNICATE

BY 78TH MEDICAL GROUP

May is Better Hearing and Speech Month and the goal is to provide awareness about hearing, speech and language disorders.

Roughly 15 percent of American adults, or 37.5 million people, report trouble hearing. For those whose ability to communicate is severely impaired, hearing aids can be a great benefit. With or without hearing loss or hearing aids, there are some easy strategies everyone can use to improve communication in difficult listening situations.

Make communication easier from the beginning

The best listening situation is when speakers are between 3- and 6-feet apart, facing each other, and in an environment with limited auditory and visual distractions. If you need to speak to someone about an important or complicated topic, or if your communication partner is having a hard time understanding a conversation, take a moment to see which of these variables you can improve.

Fix communication breakdowns

Simply saying "huh?" or "what?" is a very easy, yet inefficient way of telling the other person you did not understand what they said. Is it that you didn't hear the whole sentence, or just part of it? Did you hear it, but not understand it? Instead, rephrase or repeat what you think you understood and ask for further clarification.

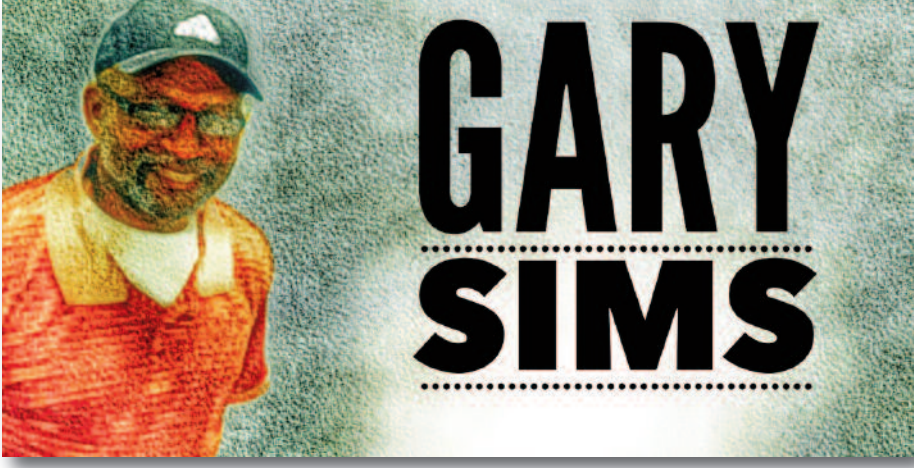
If you're the speaker, don't be tempted to start yelling to make yourself heard. That can actually make you harder to understand. Instead, speak clearly and slowly, and try using different phrasing. Make sure to look directly at the person you're speaking to and not cover your face since we get clues about content from people's facial expressions.

Though there is no cure for hearing loss, you can make communication better in any situation using the strategies above. Try them the next time you're talking to a friend or coworker ... or telling your children to clean their rooms.

Information included from NIDCD.NIH.com and ASHA.org/bhsm.

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 use/cessation, physical fitness, and monthly health awareness topics. Like us on Facebook: <https://www.facebook.com/78MDG>

IN THE SPOTLIGHT



U.S. Air Force photo illustration by **CLAUDE LAZZARA**

UNIT: 78th Logistics Readiness Squadron

JOB TITLE: Fuels Distribution System Worker

TIME IN SERVICE: 25 years

HOMETOWN: Atlanta, Ga.

What does your work involve at Robins? Providing clean, dry aviation fuel, ground fuel and cryogenic products to all depot-assigned Marine Corps, 116th Air National Guard and transient aircraft.

What do you enjoy most about your work? The camaraderie I share with my coworkers and the individuality I have to accomplish my job.

How does your work contribute to the Robins mission? By providing 24-hour fuel and cryogenic products, it allows all aircraft and support equipment to have sustained capability, thus contributing towards meeting established programed depot maintenance requirements and timelines.

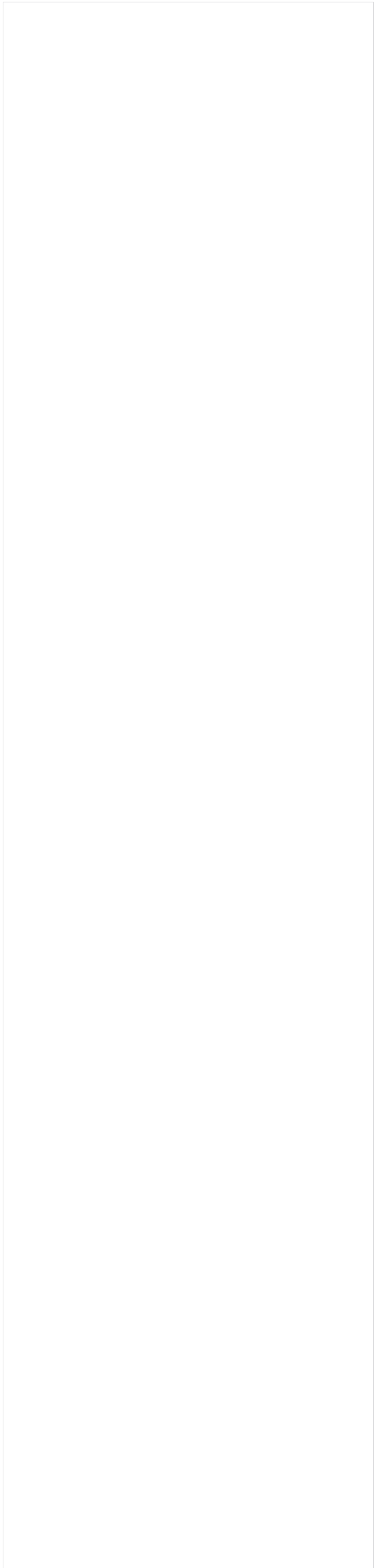
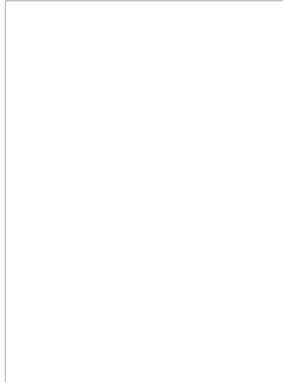
What prompted your interest in your current career field? After retiring from a 23-year military career in fuels, it only seemed natural when the opportunity arose to do what I had always enjoyed doing.

Who has been the biggest influence in your life? My wife of 29 years, Judy, and my daughter, Kristen, and son, Kristopher. They've always supported me in all of my endeavors. It makes life so much easier when you have a supportive family.

What is an accomplishment of which you are most proud? Being a good husband, father, and Christian and being able to teach Sunday School at my church. Also, the 11 years I spent teaching citizenship, aerospace science and discipline as a high school Air Force JROTC teacher.

THINK OPSEC!

PRACTICE IT AT
WORK, HOME,
EVERYWHERE.



Fishing the base lakes

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

Go ahead and assume it's always a great day for fishing and lakeside sightseeing.

With the summer season already here, grab a fishing pole, lawn chair, snacks, cool drinks, sunscreen, your patience and set out in pursuit of a few bites from finned creatures in one of three alluring lakes here at Robins – Duck Lake, Luna Lake and Scout Lake.

Robins' natural resources manager and wildlife biologist, Bob Sargent, routinely checks on the fishing lakes, greeting local and visiting anglers, answering questions and surveying the lay of the land and water.

Duck Lake is perhaps Robins' best kept secret, with the healthiest fishery on base due to incoming nutrients from two streams, as well as from the surrounding forest. While over half of it is inaccessible to visitors who wish to walk around its nearly nine acres, it still has a lot going for it.

"It's always receiving nutrients and fish pushed downstream into the lake," he said. "When you see a Middle Georgia lake, you want to see some color. You want to stick your arm in and barely be able to see your hand. Because nitrogen and phosphorous in these lakes are essential for plankton growth, which is sustenance for fish and other creatures at the bottom of the food chain, I like to see a little bit of green. This lake's water has color, while the others do not."

These days, on average, the lakes on base support between 10 and 20 fish species, with about five that dominate the lake population. Common fish found here include bluegill, red-ear sunfish, white crappie, largemouth bass, channel catfish and smaller species.

Anglers might also see grass carp, some of which are huge. These sterile fish were stocked in all of the lakes to help control noxious aquatic weeds.

When funding is available, each of the lakes is restocked with fish based on guidelines from the Georgia Department of Natural Resources. Sargent follows recommended ratios, for instance, up to 50 catfish or 50 bass per acre in established ponds.

"You want to keep the fishery in balance. If you don't have sufficient numbers of bass - the top predator in the lake - then the bluegill, the red-ear sunfish, etc., reproduce to the point where they're damaging the habitat, eliminating food sources for young bass, and stunting their own growth and reproductive success."

Lakes are routinely sampled each year, usually late summer or early fall, to check the health of the fish population. Using a pair of hip waders, Sargent uses seine nets to sample and study species composition. Duck Lake has been known to cause a public



U.S. Air Force photos by TOMMIE HORTON

Bryan Lowrey eyes his big catch at Luna Lake.

PERMIT TO FISH:

- If you would like to fish at Duck Lake or one of the other lakes, you will need a state fishing license and a base fishing permit. Be sure to pick up the base fishing regulations pamphlet at Outdoor Recreation, Bldg. 984. You'll discover a change in the bass fishing rules, allowing anglers to keep up to two bass per day provided that each is at least 14 inches in length.

stir.

Occasionally alligators are spotted. The public should know to not harass, capture, kill or feed them because it's a violation of federal and state law, plus it's just plain foolish.

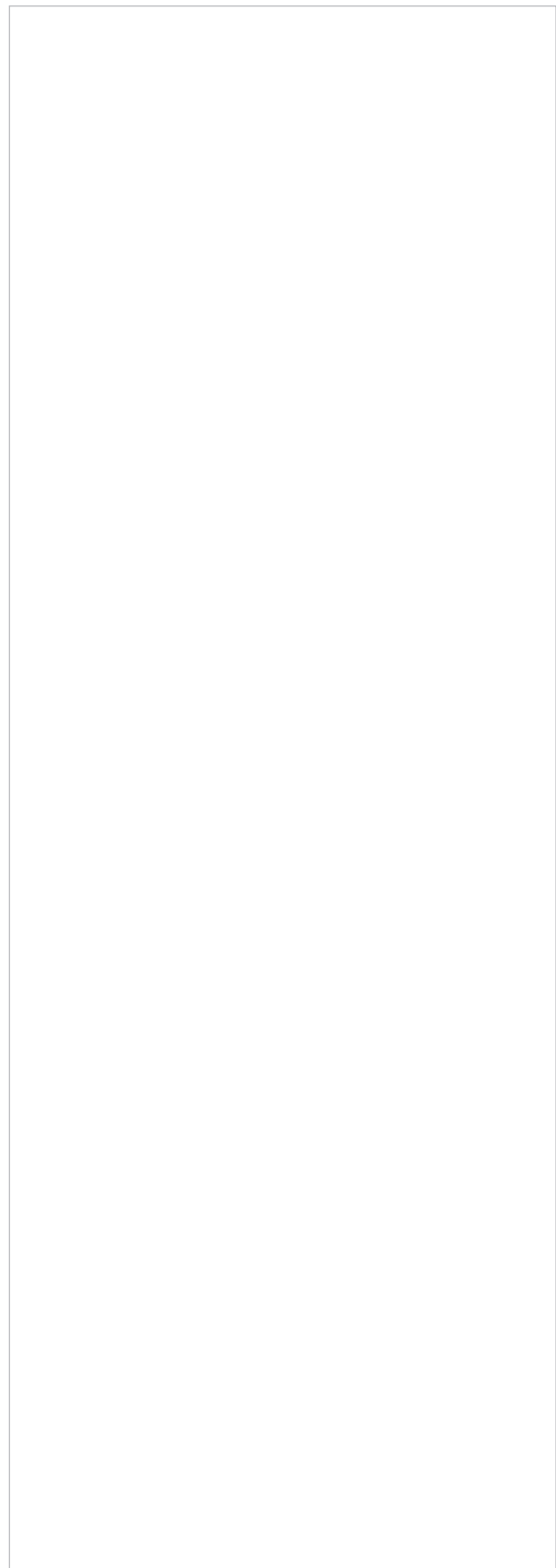
For 30 days each fall, Sargent issues permits to those with state alligator hunting licenses, authorizing them to hunt for alligators in Duck Lake or elsewhere, depending on management needs.

In 2014, a 12-foot alligator was caught by a hunter in Duck Lake.

"It's attractive to them because there's cover, lack of disturbances at the back end of the lake, and there's a great fishery with plenty of food," said Sargent.

IF YOU SEE AN ALLIGATOR ON ROBINS:

Alligators aren't uncommon at Robins, especially from late March to late October. Don't be alarmed if you see one in a pond, lake or swampy habitat. That's where they belong, and they generally make every effort to avoid encounters with people. In fact, the primary instances in which we've had problems with alligators are the result of people feeding them, harassing them or trying to catch them. Don't do it! Federal and state law, as well as RAFBI 32-7064, prohibits harassing, feeding, trapping or killing alligators. Do not swim or wade in lakes and ponds, and keep pets on leashes. If you see an alligator approaching people, or you find one in an inappropriate location such as on a road or near a building, leave it alone and call the Environmental Branch at 478-327-3974.



HAPPENINGS/SERVICES

THUR FRI SAT SUN MON TUE WED
21 22 23 24 25 26 27

UPCOMING

Bowling Center Family Day

Friday
 11 a.m. to 11 p.m.
 Bowling Center
 Bring in the family and bowl three games for \$5 per person – includes rental shoes.
 For details, call DSN 468-2112.

In the Spotlight

Friday
 7 p.m.
 Heritage Club
 Showcase your singing, poetry reading, comedy, music talents at Open Mic Night.
 For details, call 472-7899.

Couples Movie Night

Selma
 Friday
 7 p.m.
 Base Theater
 Cost is \$2 and includes

popcorn and drink.
 For details, call DSN 468-2001.

Memorial Day is Dollar Day

\$1 each for game, shoes, hot dog and drink.
 Monday
 1 to 6 p.m.
 Bowling Center
 For details, call DSN 468-2112.

Karaoke Wednesday

Wednesday
 7 p.m.
 Heritage Club Lounge
 For details, call 472-7899.

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.

FAMILY, MEMORIAL DAY HOURS

78th SFS

►Gates 3 and 14, the Watson Boulevard and Russell Parkway Gates; will be open normal hours Friday and Monday.

78th MDG

The medical group will be closed in all areas during the upcoming four-day weekend.

78th FSS

►Aero Club open normal hours Friday.
 ►Base Restaurant – Fast food, open Friday from 6 a.m. to 12:30 p.m.; mobile routes 3, 4 and 5, normal hours; snack bars will provide limited service.
 ►Civilian Personnel Customer Service will be open normal hours Friday.
 ►Education and training will be open normal hours Friday.
 ►NAF Accounting Office will be open normal hours Friday.
 ►Golf Course, open normal hours on Friday and Monday.
 ►Fairways Grille will be open Friday and Monday from 7 to 10:30 a.m.
 ►Bowling Center will be open Friday and Monday from 1 to 6 p.m.
 ►Fitness Center will be open Friday and Monday from 8 a.m. to 4 p.m.

►Wynn Dining Facility will be open normal hours Friday and Monday.
 ►Child Development Centers East and West will be open normal hours Friday.
 ►Flight Line Kitchen, open normal hours Friday and Monday.
 ►Outdoor Rec, open Friday normal hours
 ►FamCamp open Friday from 10 a.m. to 2 p.m.
 ►Skeet Range open normal hours Friday and noon to 6 p.m. Monday.
 ►Heritage Club open normal hours Friday.
 ►Youth Center open normal hours Friday.

AAFES

►Main store open Monday from 10 a.m. to 5 p.m.
 ►Service Station, open Monday from 10 a.m. to 5 p.m.
 ►Shoppette/Class Six, open Monday from 10 a.m. to 5 p.m.

78th LRS

►Fuels section will be on call on Friday and Monday.

* Unless listed, all FSS activities will be closed Friday and Monday. For a complete list of FSS hours, visit <http://www.robinsfss.com>.

*For other Robins Exchange facility hours, visit www.shopmyexchange.com.

HAVE A SAFE MEMORIAL DAY WEEKEND.