



## INSIDE

Active Shooter exercise, Page A2

Training with Canada, Page A3

Chief EPRs get new form, Page A4

## Lighter Fare

Something's abuzz as summer brings out honey bees

Page B1



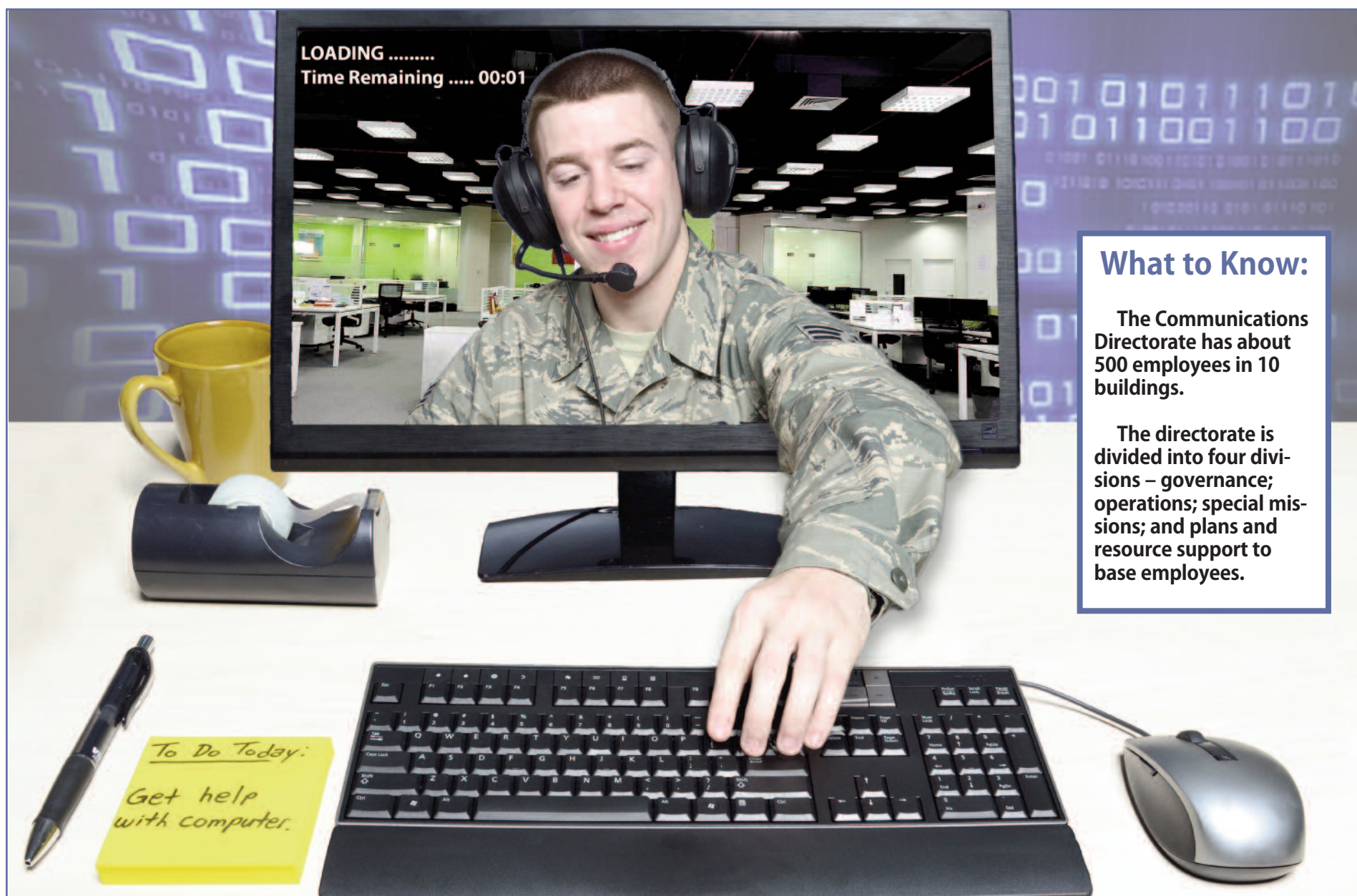
# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

June 12, 2015 Vol. 60 No. 23

## Making IT Happen



U.S. Air Force graphic illustration by TOMMIE HORTON

### What to Know:

The Communications Directorate has about 500 employees in 10 buildings.

The directorate is divided into four divisions – governance; operations; special missions; and plans and resource support to base employees.

## Communications Directorate keeps systems, missions running smoothly

### ROBINS PUBLIC AFFAIRS

When the Internet's slow, a monitor won't turn on or a printer won't print, the folks at the other end hear about it. What could potentially be a frustrating situation is remedied by those who serve in the 78th Communications Directorate.

Although a large number of base employees use government computers, they may not realize exactly what goes into keeping the systems – and multiple base missions – running smoothly.

To help people gain a better understanding, we've

provided the following organizational snapshot.

### The Communications Directorate

The Communications Directorate has about 500 employees in 10 buildings across the base and is led by Timothy Nelson. The Directorate has four divisions which provide information technology – governance, operations, special missions, and plans and resource support to base employees. Today's article will focus on the Plans and Resources Division, with future articles covering the remaining divisions.

The Plans and Resource Division has responsibility

for the business side of SC and is managed by Rita Davey.

This division consists of three branches – the Plans and Programs Branch managed by Celeste Ricks; the Base Support Branch managed by Sherry Plucinski; and the Business Relationship Management Branch managed by Evelyn McCaa.

### Plans and Program Branch

The Plans and Program Branch provides facilities'

▶ see IT, A6

## NEW COMMANDERS TAKE REINS AT AFMC, AFSC

### Gen. Pawlikowski assumes leadership of Air Force Materiel Command

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – Gen. Ellen Pawlikowski assumed the top position of the major command responsible for installation support and the technology, acquisition, test and sustainment of the Air Force's current and future weapon systems during ceremonies here Monday.

▶ see PAWLIKOWSKI, A6



U.S. Air Force photo by SCOTT ASH

Air Force Chief of Staff Gen. Mark Welsh III congratulates Gen. Ellen Pawlikowski during her promotion ceremony June 1 at the Women's Memorial for Military Service in Arlington National Cemetery, Va. Pawlikowski is now the AFMC commander.

### Lt. Gen. Levy takes command of Air Force Sustainment Center

**TINKER AIR FORCE BASE, Okla.** – Lt. Gen. Lee Levy II succeeded Lt. Gen. Bruce Litchfield as the Air Force Sustainment Center commander during a change of command ceremony June 6.

Gen. Janet Wolfenbarger, then-Air Force Materiel Command commander, presided over the ceremony.

▶ see LEVY, A6

## FRIDAY FLYBY: Congratulations new lieutenant colonels, staff sergeants, Page A5

### Tops in Blue slated for Sunday performance

Tops in Blue, the premier entertainment showcase of the U.S. Air Force, will take to the stage at the Warner Robins Civic Center, located at 702 Watson Blvd., for a free performance Sunday at 6 p.m.

Doors open at 5:15 p.m., with seating available on a first-come, first-served basis. No food or drinks are allowed in the venue.



### Celebrating Diversity: LGBT Pride Month

Lesbian, Gay, Bisexual, Transgender Pride Month is a yearly celebration of achievements by members of the LGBT community, and the role they have played in U.S. history.

Tammy Smith is an Army Reserve brigadier general. In 2012 she was the first general officer to acknowledge she was gay while still serving.

Smith served in multi-functional logistics units, initial entry training and basic combat training units, the Joint Readiness Training Center, Army Reserve Regional Readiness Commands, and on the Department of the Army Staff.



Smith

### Weekend Weather

Friday 91/70



Saturday 95/71



Sunday 97/72



"Safety never takes a day off."

# SECOND FRONT



Above and below, U.S. Air Force photos by TOMMIE HORTON

# Lockdown! Lockdown! Lockdown!

Clockwise from left – Staff Sgt. Donald Anderson and Officer Brandon Holliman, 78th Security Forces Squadron arrive at the north entrance of Bldg. 300's east wing Tuesday during a base-wide active shooter exercise. The exercise was designed to evaluate how the workforce and first responders react to different scenarios.

Katherine Wood, a program logistics manager, acts as one of the active shooter victims in the basement of Bldg. 300.

Officer Mark French secures Staff Sgt. Philip Arras, who portrayed the shooter, following a simulated firefight in Bldg. 215.

As part of the exercise, Security Forces cordoned off the area where the shooter was reported to be located.



U.S. Air Force photo by MISUZU ALLEN



U.S. Air Force photo by ED ASPERA



## Message from OPM: Cybersecurity Breach

OPM is in the process of notifying roughly four million individuals whose Personally Identifiable Information was potentially compromised in a recent data breach.

It's sending emails from [opmcio@csid.com](mailto:opmcio@csid.com) which contain information about credit monitoring and identity theft protection services the government is offering to those federal employees who are impacted.

In the event OPM does not have an email address for an individual on file, a standard letter will be sent via the U.S. Postal Service.

For more information about the matter, visit:

<http://www.opm.gov/> and click on the blue banner "important information about the recent cybersecurity incident."

## 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.

## Put Your Hands Together for ...

The next "Put your hands together for ..." will run in the June 26 edition of the Rev-Up. Deadline for submissions is June 19 at 4:30 p.m.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpgs.

For more information, contact Lanorris Askew at [lanorris.askew.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil) or Geoff Janes at [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil). Either can be reached by phone at DSN 468-6386.

# 51st CBCS supports Arctic exercise

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

When the only active duty combat communications group in the Air Force gets ready to deploy a squadron known for its swift communications readiness, it's no small feat ensuring the right equipment gets to the right place at the right time.

In fact, behind the scenes, it takes hours of detailed planning, packing and shipping.

In the case of Exercise Amalgam Dart which was conducted in Alaska and Canada's Northwest and Nunavut territories, the 5th Combat Communications Group's 51st Combat Communications Squadron prepped several pallets of basic networking equipment weeks in advance.

During the subsequent week long stint in the great white north, several members participated in one of the Arctic's largest exercises which involved more than a dozen aircraft and 300 American and Canadian personnel.

According to Canadian news reports and the Royal Canadian Air Force, the purpose of the exercise was to train American and Canadian service members in aerospace detection and defense, with a North American Aerospace Defense Command force flying further north than ever before to practice high Arctic procedures.

"Everything we needed to support the end user, we brought with us," said Master Sgt. Gary Hutcherson, who led the 51st CBCS team which traveled to Canada. "When we deploy, we can set up a tactical communications squadron – all the same services you have on base – for a complete network in a deployed environment."

The 51st CBCS has two communications packages that can support up to 3,000 users each. The packages include a power plant, complete with several generators used to power their own communications equipment.

To clarify, they're not postured to power an entire base, but rather their own equipment and extensions. When a particular customer needs those extended services, the 51st CBCS supports those capabilities until that customer can set up its own devices.

As part of the exercise, multiple forward operating locations as well as U.S. Air Force bases hosted personnel and aircraft, including F-15 Eagles – like those maintained at Robins – Canadian CF-18 Hornets, and Air Force KC-135 Stratotankers and F-22 fighter jets.

According to RCAF, the exercise provided valuable field training involving multiple NORAD regions and the deployment of air assets. The intention was to deploy aerospace detection assets to the



U.S. Air Force photo by MISUZU ALLEN

A 51st Combat Communications Squadron airman guides a forklift into place to safely deliver a pallet. This is part of the unit's behind-the-scenes deployment work.

northern limit of the area of responsibility, deploy air assets and sustain military operations from FOLs, and maintain the highest level of readiness of its binational force.

"Amalgam Dart demonstrated that NORAD is both flexible and scalable, and that we can quickly move Canadian and U.S. fighters to forward locations to operate in the north and high Arctic," said Adm. William E. Gortney, NORAD and United States Northern Command commander. "The defense of our homelands is at the core of what we do, just as it has been since NORAD was formed 57 years ago."

NORAD is a bi-national American and Canadian command that provides maritime warning, aerospace warning and aerospace control for the U.S. and Canada.

"We're extremely happy with the results of Exercise Amalgam Dart," said Maj. Gen. David

"We're extremely happy with the results of Exercise Amalgam Dart. We challenged the Canadian and U.S. personnel under NORAD to push the boundaries of our operations, and it was a great success."

**Maj. Gen. David Wheeler**  
1 Canadian Division/  
Canadian NORAD Region commander

Wheeler, 1 Canadian Division/Canadian NORAD Region commander. "We challenged the Canadian and U.S. personnel under NORAD to push the boundaries of our operations. This exercise speaks volumes to the capabilities of great people dedicated to the defense of our nations."

# AROUND THE AIR FORCE

## U.S., partner nations participate in mass casualty exercise

BY AIRMAN 1ST CLASS CHRIS DRZAZGOWSKI

355th Fighter Wing Public Affairs

**WINSLOW, Ariz.** – Angel Thunder 2015, a mass casualty exercise involving multinational armed services, took place in northern Arizona June 5.

A casualty collection point was set up in an aircraft hangar at Winslow-Lindbergh Regional Airport where more than 50 simulated casualties were transported from a simulated flood disaster site in Camp Navajo Training Site, Ariz.

Upon arrival to the CCP in U.S. Army CH-47D Chinooks, German air force CH-53GS and U.S. Air Force HH-60G Pave Hawks, active-duty personnel and students from the University of Arizona and Northern Arizona University acted as patients to be triaged for injuries ranging from trauma-induced child labor to brain injuries.

“We’ve got flight nurses and med techs helping run the exercise on the inside (the airport hangar),” said Capt. Leigh Miller, a 187th Air Medical Evacuation Squadron flight nurse. “My role is to triage the most critical patients when they come in, assess

their injuries and help determine who leaves on a plane first.”

Medical personnel worked diligently and cohesively to ensure the patients in the most critical condition received urgent and proper care.

“I think they were very professional,” said Ryan Gould, a Northern Arizona University Air Force ROTC cadet. “They quickly assessed what was going on and got me out of there very fast. As soon as I got (to the CCP), I felt like I was being taken care of the whole time.”

This exercise provided many participants their first experience in working with personnel from the U.S. and foreign nations, but they still stayed team oriented.

“The positive of this exercise is we’re getting everyone out of their comfort zones,” Miller said. “Everyone is doing something a little bit different than what they’re used to. We’re all learning. We’re working together and getting it figured out. It has been a great experience.”

For Royal Danish Air Force personnel, this was their last day as participants in Angel Thunder 2015.

“I think this is a good exercise,” said Flight Sgt. Henrik Györköcs, a



U.S. Air Force photo by AIRMAN 1ST CLASS CHRIS DRZAZGOWSKI

**U.S. Air Force and Royal Danish Air Force medical personnel treat a simulated victim for neck and head injuries during an Angel Thunder 2015 mass casualty exercise at Winslow-Lindbergh Regional Airport, Ariz. Service members, University of Arizona and Northern Arizona University students simulated being patients to help create a more realistic experience for the trainees.**

Royal Danish forward air evacuation medic. “It’s the first time we have been over here, so it’s kind of a survey for us.

“I hope for next year we can bring

our five forward air teams over and perhaps fly some more medevac because that is our primary job” he added. “I hope we can come over again.”



U.S. Air Force photo by SENIOR AIRMAN PETER REFT

## Locked and Loaded

**Senior Airman Keith Brandt, a 180th Maintenance Squadron munitions systems journeyman, loads MK-82 general purpose bombs on a trailer during Red Flag-Alaska 15-2 at Eielson Air Force Base, Alaska. The exercise enables units from around the globe to conduct live-fire training, using 67,000 square miles of airspace above the Joint Pacific Alaska Range Complex.**

## DOD notified of OPM cybersecurity incident

**WASHINGTON (AFNS)** – The U.S. Office of Personnel Management announced June 4 that a recent cybersecurity incident affecting its systems and data may have exposed personal information of current and former federal employees.

According to a Defense Department news release, OPM subsequently notified governmental departments and agencies, including the DOD.

OPM is notifying roughly 4 million individuals whose personally identifiable information may have been compromised, the release said. The notifications will continue through June 19.

OPM will offer affected individuals credit monitoring services and identity theft insurance through CSID, a company that specializes in identity theft protection and fraud resolution, the release said.

This comprehensive, 18-month membership includes credit report access, credit monitoring, identity theft insurance and recovery services

## In Other News

and is available immediately at no cost to affected individuals.

Employees whose information was affected will receive a notification directly from CSID.

**Chief EPRs get new Form 912**  
**JOINT BASE SAN ANTONIO-RANDOLPH, Texas** – Regular Air Force, Air Force Reserve and Air National Guard chief master sergeant enlisted performance reports, which close out annually on May 31, are now accomplished on the new Air Force Form 912, Enlisted Performance Report (CMSgt).

The form 912, tested during the 2014 Regular Air Force Command Chief Master Sergeant Screening Board, enables senior raters to capture a chief’s overall performance.

It also provides an opportunity for senior raters to recommend the chief for future roles, such as career field manager, major command functional manager or command chief duty.

Additional instruction and guidance on the new form is available in Air Force Instruction 36-2406, “Officer and Enlisted Evaluation

Systems” on the Air Force e-Publishing website.

## New program prepares Airmen, families to bounce back after deployments

**JOINT BASE SAN ANTONIO-RANDOLPH, Texas** – Air Force services recently added a new tool to encourage service members and their families who are affected by deployments to participate in morale, welfare, and recreation programs and activities.

The “Recharge for Resiliency” (R4R) initiative was designed to help Airmen readjust to life at home and also include families in their reintegration.

“Not only does R4R create new opportunities for Airmen to spend time with families in a decompressed environment, but it also exposes them to numerous programs already available to them through the morale, welfare and recreation programs at Air Force installations,” said Linda Weston, the special programs manager at Air Force Services Activity.

## PERSPECTIVE

### It’s a simple question ... are you MAD or SAD?

BY MASTER SGT. HENRY STROZIER

92nd Security Forces Squadron

**FAIRCHILD AIR FORCE BASE, Wash (AFNS)** – There are two distinct types of Airmen who serve – those who are here to make a difference and those who are selfish and distracting.

Each of us was equipped to be MAD once we graduated initial military training and our various technical training schools; we had the basic skills in our respective career fields to be successful Airmen. We were ready to take on any challenge placed before us. Unfortunately, many of us can think of someone who didn’t make it to their first duty station for committing one or more selfish acts.

I call those individuals SAD Airmen. Unfortunately, they can be found in any stage of their military career.

SAD Airmen distract us from our daily Air Force mission. They distract us from taking care of the other 90 percent of Airmen and their families. They diminish our resources and steal our joy. As a first sergeant, I’ve heard it said many times from various Airmen, “Why are we getting the same briefing again and again? Deal with those who get in trouble and let us go our merry way.”

Yes, that would be easy until the next safety violation, alcohol-related incident, domestic disturbance or sexual assault. Many times, I’ve also heard, “First Sergeant, he’s a good guy, a true Wingman, our best technician. He just made a mistake.”

Let’s be clear: there’s a huge difference in making a mistake and committing a crime. More often, SAD Airmen already know their poor judgment or criminal activity could lead to disciplinary actions. Further, I would venture to say the majority once thought, “That will never happen to me.”

So, what makes great Airmen become SAD?

For different reasons, they lost sight of the reason they joined. They lost that sense of pride, belonging, and accomplishment they had when they walked across the parade ground. Their lapse in judgment caused them to forget they’re Airmen at all times, not just during duty hours. They lost sight of our basic Air Force Core Values: Integrity first, Service before self and Excellence in all we do.

Most can recite the core values without hesitation, but the importance of those values didn’t resonate enough. Time and again, we look at supervisors as the root cause of SAD Airmen. However, just as each of us independ-

ently recited our oath of enlistment, we must take personal responsibility for our own actions.

Let’s reflect on what it means to be a MAD Airman. You took an oath to protect and defend our American freedom and agreed to live by a set of military rules and standards.

You’re part of a great brotherhood that has stood the test of time from Airmen like Gen. Carl A. Spaatz, the first Air Force Chief of Staff to Senior Airman Dustin Temple, who recently received the Air Force Cross Award for valor while saving 38 lives during a battle in Afghanistan.

MAD Airmen embody our Core Values and live by our Airman’s Creed. They have respect for authority, themselves, and others at all times. MAD Airmen fully embrace our higher standards 24 hours a day, seven days a week, and 365 days a year.

MAD Airmen understand that being a Wingman is more than a cliché. MAD Airmen don’t accept the minimum, but strive for the best. They’re always looking for ways to improve themselves, their families, friendships, work centers and local communities. MAD Airmen choose to be MAD Airmen at all times!

So I ask you, “Are you MAD or SAD?”

## ROBINS REV-UP

COMMANDER  
Col. Christopher Hill

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They should be e-mailed to [lanorris.askew.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil) and [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil)

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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# Congratulations Robins promotees

## Lieutenant colonels

**78th ABW**

Jeremy Pankoski  
Ian Walker

**5th CCG**

Christopher Bryant

**ADC**

James Gentry

**402nd MXW**

Archie Godwin

**AFRC**

Jamal Oliver  
Charles Gartland

**330th CTS**

Stephen Chenelle  
William Connelly

**116th ACW**

Walter Swain

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**78th ABW**

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Courtney Del Monte  
Michael Ellison  
Aaron Griffin  
Kendrick Harris  
Phillip Herndon  
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Danny Kinster  
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Franklin Pickett  
Curtis Ramer  
Glen Readett  
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Gregory Stewart  
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Nicholas Lossett  
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Rocky Perez  
Ryan Petersen  
Darren Pleasant  
William Radford  
Marshall Ritenour  
Travis Ware  
Chaddrick Webb  
Brandon Wright

**116th ACW**

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Erika Craig  
Christopher O'Neill  
Timothy Trantham  
Jamie Whitten

**AFRC**

Robert Dafer  
Eugene Farmer

**AFSC**

Stewart Jenkins

**AFLCMC**

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Dustin Chapman  
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Nikita Green  
Michael Hamm  
Joshua Holter  
Bradly Justice

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Stephen Harris  
Glynn McDaniel  
Thorval Munksgaard  
Kyle Sommerfeldt

**330th TS**

Jared Koepp  
Shane Orr  
Suzanne Sheppard

**5th CCG**

Justin Barnhill  
Joseph Beale  
Wesley Briceland  
Jamie Devault

**373rd TS**

Justin Cooper  
Jonathon Lopez  
Brian Rackley

# SNAPSHOTS



Above, Albert Brown, a 560th Aircraft Maintenance Squadron sheet metal mechanic, repairs a C-130 paratroop door as part of programmed depot maintenance at Robins. The PDM process includes overhaul, repair and modification of the aircraft.

Left, Senior Airman Derek Clinger takes an eye exam conducted by Capt. Mathew Tholl, 78th Medical Group optometrist.

U.S. Air Force photos by TOMMIE HORTON

## ROBINS AIR FORCE BASE ON FACEBOOK

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

**IT**

Continued from 1

IT management, SC's mobility and deployment planning, customer requirement analysis, and oversees management of the Robins Conference Center.

It's also responsible for conducting engineering reviews and on-boarding new IT workload.

**Base Support Branch**

The Base Support Branch manages SC's budget formulation and execution.

It's responsible for Robins' postal and official mail distribution center, and tracking IT obligations and commitments of funding streams for multiple base organizations.

The branch also manages and executes IT contracts and, via Portfolio Management, ensures compliance with the National Defense Authorization Act for all Robins' IT systems.

**Business Relationship Management Branch**

The Business Relationship Management Branch is SC's single face to the customer through liaisons, with IT requirements managers providing acquisition support to mission partners.

The branch also provides security, safety and operations security support to SC.

The branch manages SC-level support agreements and provides IT input to base-level support agreements.

Internal SC support functions include: Training; electronic records management; the Defense Travel System; continuity of operations planning and exercises; and emergency management.

So, there you have it. Just a small glimpse of what makes up the SC organization.



U.S. Air Force photo

**Lt. Gen. Lee Levy II, Air Force Sustainment Center commander, speaks to the crowd during a change of command ceremony June 6 at Tinker Air Force Base.**

**PAWLIKOWSKI**

Continued from 1

"But it's not as cool to me as the fact that we're changing from one phenomenal leader to another."

Welsh highlighted Wolfenbarger's career and acquisition expertise, and he thanked her for her service.

"Under Janet's sterling leadership, you have taken AFMC to new heights," Welsh said. "She always wants the focus to be clearly on the men and women who give this great command life. It's never, never been about her. But just once, before she retires, I believe it would be appropriate for the rest of us to acknowledge her truly monumental achievements."

Wolfenbarger said that it has been the honor and privilege of her career to have served as commander of AFMC, what she calls the "command she grew up in."

"I have spent the majority of my career in Air Force Materiel Command, and I couldn't be prouder of the missions we execute and the people in this command who execute them," she said.

In introducing Pawlikowski, Welsh expressed his confidence that AFMC remains in great hands, saying that she is eminently qualified and ready for the challenge.

**LEVY**

Continued from 1

Levy previously served as the Vice Director for Logistics, Joint Staff, Washington, D.C. as the principle assistant to the Director for Logistics.

He supported the Chairman of the Joint Chiefs of Staff in fulfilling his responsibilities as the principal military adviser to the president and secretary of defense.

A 1985 Reserve Officer Training Corps graduate from Louisiana State University, Levy is the second commander of the Air Force Sustainment Center.

As the AFSC commander, he directs the center's mission to generate airpower for America. The center's sustainment operations span three air logistics complexes, three air base wings, two supply chain wings and multiple remote operating locations, incorporating more than 35,000 military and civilian personnel.

Litchfield guided the center from its inception in 2012.

During his tenure, the general led a cultural change of cost-consciousness initiatives across the center.

Using tools such as the Leadership Model and the AFSC Way, he championed cost-effective readiness initiatives which now enable the center to significantly deliver more capability to the warfighter faster, with higher quality and at less cost.



## Thought for the Day

"A good head and a good heart are always a formidable combination."

– Nelson Mandela



## What's inside

How to stay safe this summer, B2

TAP program highlights, B4

A&FRC volunteer program , B5

# Lighter Fare

THE ROBINS REV-UP ■ JUNE 12, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY

# All abuzz

## Bees invade Robins team member's nest

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

**P**ersistent buzzing might not be just in your ears. There might be a secret colony of bees in your wall.

That's exactly what Ed Jones found when he saw a few bees near his house in late April. Jones, an employee of Support Equipment & Vehicles at Robins, first called an exterminator.

Then, after learning the exterminator didn't handle bees, he called a group of local beekeepers, who came in that night to preserve the colony and the honey.

At Robins, if a group of bees is making a nest near a populated building, Dr. Robert Sargent, a certified wildlife biologist and Robins' natural resources manager, consults his own list of beekeepers.

"We don't want to use pesticides. We want to try to preserve the bee colony and protect our base employees," he said.

One of the reasons is the economic impact bees have.

Beekeeping is a profitable business which provides food as well as income, Sargent said.

That fact has been confirmed in a White House report released

in May.

"The attributed value of crops that are directly dependent on insect pollination was estimated at \$15 billion in 2009 in the U.S.," the report said.

Though honey bees are less inclined to be aggressive because they die after they sting, a threatened bee will sting if provoked.

Sargent called those types of bees "docile."

He recalled an incident on base a few years ago with a young bear found in a tree. The bear was attracted to a massive honey comb next to the parade field.

Bees are different than hornets and wasps, which will sting repeatedly.

The entomology department will treat the colony, whether it is a hole in the ground from yellow jackets or a wasp nest in the eaves of a building.

Yellow jackets and wasps also have the ability to sting repeatedly and will do so whether or not they're provoked, Sargent said.

If you see bees or wasps near a building, call Sargent at (478) 327-3974 or the entomology department at DSN 468-2082.

*Editor's note: Denise Gates contributed to this story.*



**Humans eat honey and, as a matter of fact, the honey bee is the only insect that produces food eaten by man.**

**We use the wax from honeycomb to make candles and other products. Local raw honey can help with allergies. Honey bee venom is used to make medicine to treat arthritis pain.**

**According to the U.S. Department of Agriculture, honey bees pollinate 80 percent of our flowering crops, which constitute one-third of everything we eat. More than 90 commercial crops in North America, including many nuts, fruits and vegetables, rely on honey bees, and, according to the White House, honey bee pollination contributes billions to the U.S. economy.**



# A BETTER YOU

## Fun, food, festivities: How to enjoy the season safely

BY TECH. SGT. JACOB TAYLOR

78th Aerospace Medicine Squadron, Public Health

For most people, summer means outdoor activities, traveling and food.

With the onset of picnics, ball games, afternoon cook-outs and those weekend trips to the lake or beach, it's important to keep safety in mind. Awareness of heat stress, food safety and insect protection are key to a fun and enjoyable season.

### HEAT STRESS

Heat-related illnesses claim the lives of hundreds of people yearly. Heat stress can lead to heat rashes, heat exhaustion, heat cramps or heat stroke.

While each illness presents itself differently, general symptoms of heat stress include hot, dry skin or profuse sweating, weakness, fatigue, dizziness, confusion, severe headache, nausea, muscle cramps and elevated body temperature.

If you or someone around you begins showing signs of heat stress, seek shade and medical assistance immediately.

To prevent heat stress, it's important to take precautions when working or playing outside during the hot summer months.

If you feel yourself overheating, seek shade and hydrate. Drink plenty of water or other non-alcoholic beverages. Avoid sunburn, which increases the risk of skin cancer. Seek shade, especially during midday hours (10 a.m. to 4 p.m.) when UV rays are strongest and do the most damage. Cover up with clothing to protect exposed skin. A long-sleeved shirt and long pants with a tight weave are best. Wear a hat with a wide brim to



shade the face, head, ears and neck. Grab shades that wrap around and block as close to 100 percent of both UVA and UVB rays as possible. Rub on sunscreen with sun protective factor 30 or higher, and both UVA and UVB protection.

### FOOD SAFETY

Foodborne illness is one of the most easily preventable problems of the summer months. The key is to protect food against possible bacteria growth. To do this, be sure to cook food thoroughly and keep hot foods hot and cold foods cold. Hot foods should be maintained at 135 degrees Fahrenheit or above and cold foods should be at 40 degrees or below.

Here are some simple tips to follow:

- ▶ Wash your hands before prepping or eating food.
- ▶ When packing an ice chest, ensure ice is placed around your food. Alternate layers of ice and food.
- ▶ Keep food packed until ready to use.
- ▶ Once food is cooked, don't allow it to sit out for longer than four hours.
- ▶ Keep food covered before and after serving to pre-

vent insect infestation and contamination.

- ▶ Keep utensils and surface areas clean. Remember, preventing foodborne illness is easier than treating for it.

### INSECT PROTECTION

With all the fun and excitement of outdoor activities, grilling, and travel, don't forget to keep those pesky bugs from biting you. Not only are they annoying, but mosquitoes, ticks and other insects carry disease that can make you and your family very sick. The best way to avoid bug bites is to keep them off your skin.

Here are a few tips to help out:

- ▶ Avoid peak hours. Mosquitoes typically bite between dusk and dawn. Limit the amount of time you spend outdoors during those hours.
- ▶ Cover up! Wear long-sleeved shirts, pants and socks while outdoors to prevent mosquito bites.
- ▶ Avoid direct contact with ticks by avoiding wooded and bushy areas with high grass and leaf litter. Walk in the center of trails.
- ▶ Check yourself and your family members for ticks. Check hair, underarms, in and around the ears, behind the knees, between the legs and around the waist.
- ▶ Apply insect repellent on exposed skin and clothing when you go outdoors. Look for repellents with DEET, picaridin, IR3535, or plant-based oil of lemon eucalyptus.

This summer, keep in mind all the different ways you can protect yourself and your friends and family from heat stress, foodborne illness and insect bites. Prevention is the key to a healthy, fun, and safe summer.

For more info, call Public Health at (478)-327-8019.



## HEALTHY START SCREENING EVENT

It's that time of year again. The 78th Medical Group will be providing Healthy Start Screenings for Tricare beneficiaries entering Georgia schools for the

first time.

Screenings are for students from pre-k through 12th grade and will be conducted July 11 and 25 from 9 a.m. until noon in Bldg. 700A; no appointments are necessary.

Children will have vision, hearing and dental exams – all of which are required by the Georgia school system. In addition, height, weight, blood pressure and scoliosis screenings will be performed.

Immunizations will be available, so bring a copy of your child's latest shot record. Georgia school forms 3300 and 3231 will be available and may be completed at the event.

Only the aforementioned services will be performed at the school screenings. If a sports physical is needed, call 327-7850 to schedule an appointment between July 27 and 31.

For more information, contact Tech. Sgt. Konshinea Edwards at 327-9441.

## Mental Health



June is Post-Traumatic Stress Disorder Awareness Month. If you or someone you know may be suffering from PTSD, there is help available.

Here are some resources:

- ▶ [www.ptsd.va.gov](http://www.ptsd.va.gov)
- ▶ [www.realwarriors.net](http://www.realwarriors.net)
- ▶ Military One Source (1-800-342-9647)
- ▶ Veterans Crisis Line (1-800-273-8255, Option 1)

For more information, call the base Mental Health Clinic at (478) 327-8398 or DSN 497-8398.



## GETTING TO KNOW YOU

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

**UNIT:** Automatic Test Systems Division

**JOB TITLE:** Logistics Manager

**TIME IN SERVICE:** 31 years

**HOMETOWN:** Macon

**What does your work involve at Robins?** As the Centralized Asset Management Requirements manager for ATS, I manage weapon system sustainment requirements at the division level. I'm responsible for overseeing the identification, validation, prioritization and publication of those requirements, and participating in the planning, programming, and budgeting and execution process.

**What do you enjoy most about your work?** Meeting people. They move around a lot with career changes, so you're always meeting new people.

**How does your work contribute to the Robins mission?** Repairing test equipment, updating software and resolving deficiencies, or replacing an obsolete or unsupportable tester contributes to mission-capable aircraft and combat weapon systems.

**Who has been the biggest influence in your life?** My dad. When I think about him and how he has influenced, and still does, my life, I think of the fruit of the spirit – love, joy, peace, long-suffering, gentleness, goodness, faith, meekness and temperance. That pretty much sums him up.

**What prompted your interest in your current career field?** At the time, my current career field was limited, but pretty exciting. I had a chance to travel and meet people that I probably never would have. The logistics management field offered me a chance to expand my horizons.



## TAPPED FOR SUCCESS

# Program prepares separating, retiring servicemembers for future

BY HOLLY LOGAN-ARRINGTON

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Beginnings can be scary, but Robins Air Force Base service members don't have to face them alone.

Retiring Airmen and people separating from military service have the Transition Assistance Program in the Airman & Family Readiness Center to give them guidance as they journey into their life's next chapter.

Julie Thompson, A&FRC's Transition Assistance Program core compliance expert, said TAP provides information, tools, and training to ensure service members and their spouses are prepared for civilian life – whether pursuing additional education, finding a job in the public or private sector, or starting their own business.

“The redesigned TAP is the result of an interagency collaboration to offer separating service members and their spouses better, more easily accessible resources and information to make their transitions more successful,” she explained.

TAP refers to all of the transition requirements military members must meet before leaving service, Thompson added.

“There are three main requirements that all service members must complete before separating or retiring from the military,” she said.

One requirement is a three and a half-hour pre-separation briefing which informs attendees of benefits and available resources.

Thompson said the Transition, Goals, Plans and Successes workshop, commonly called TAP GPS, is also required for those leaving military service.

“It's a five-day workshop which includes the mandatory Veteran's Administration benefits briefing and the Department of

## What to know

The redesigned Transition Assistance Program was initiated by the Veterans Opportunity to Work Act of 2011. The Veterans Employment Initiative requires that four mandates be completed by all military personnel before separating or retiring.

The five-day workshop is conducted monthly at the A&FRC in Bldg. 794.

For more information, call the A&FRC at (478) 926-1256.



Labor workshop,” she said. “If a service member meets one of the exemptions from the workshop, he or she can be exempt from days one through four of the workshop.”

Exemptions include full-time confirmed employment, full-time confirmed enrollment in school, or 20-plus years retiring. The VA Benefits briefing – the fifth day of the workshop – is mandatory for everyone.

The third requirement is capstone, Thompson said.

Tiffany Englehart, a Community Readiness specialist in A&FRC, said the capstone requirement is a new feature of TAP.

“A transition counselor will meet individually with the retiring or separating service member to verify that career readiness standards are met,” she said. “Items such as a 12-month, post-separation budget, Individual Transition Plan, Resume and Gap Analysis will be verified. The member's commander will then sign the form before returning the form to the A&FRC.”

Military members don't need orders or need to be committed to leaving military service to attend TAP.

“Someone retiring should attend up to two years out,” said Lynette Callich, Community Readiness specialist in the A&FRC. “A separating service member should attend up to one year out. We also welcome spouses

to attend all of the TAP workshops. All transition requirements should be completed at least 90 days prior to their separation/retirement date.”

In addition to TAP's mandatory elements, there are three, two-day tracks, that transitioning personnel can participate in:

- **Accessing Higher Education** (offered monthly) is geared toward individuals interested in pursuing education at an accredited academic institution;
- **Career Technical Training Track** (offered every other month) is for personnel interested in pursuing further technical training in careers requiring a licensure or certification; and
- **Entrepreneurship Training Track** is for those interested in pursuing self-employment in the private or nonprofit sector.

The TGPS workshop curriculum is standardized from one base to the next. The curriculum is also standardized across the service branches.

The A&FRC staff kicks off the workshop by teaching day one. Days 2 through 4 are taught by the Department of Labor. Day 5 is taught by VA advisors.

If servicemembers attend one of the optional workshops, they'll be taught by Base Education instructors (Higher Education Track), VA Benefits Advisors (Career Technical Training Track), and Small Business Development Corporation instructors (Entrepreneur Training Track).

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## Want to volunteer? There's a list for that

BY ANGELA WOOLEN

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Volunteers are needed in many areas both on base and in the surrounding community.

The Volunteer Program at the Airman & Family Readiness Center assists those who are interested find their niche.

There are many different reasons people want to spend their time in service of others without pay, said Sylvia Lucas, community readiness specialist.

"Some come in and just want to get out of the house," Lucas said. Others are looking for skills to use to gain future employment.

Most of the people who come into the office know where they want to start helping. If not, Lucas will go over the list of places where volunteers can work.

There are many areas at Robins where people can donate their time. From

### What to know

The Airman & Family Readiness Center is at 725 9th Street, Bldg. 794, Suite 100

It's open Mondays through Fridays from 7:30 a.m. to 4:30 p.m.

For information, call (478) 926-1256 or DSN 468-1256.

A&FRC and family services to the legal office or the library, people can find something to do that fits their needs.

The program, said Lucas, also offers childcare to those who need it in order to volunteer.

For those wanting to volunteer off base, there's also a list of opportunities available, she said. Both military members and civilians can volunteer, she added.

The reasons for getting involved can vary but the spirit of helping others is always at the forefront.

"Some people just want to help out," Lucas said.

## Airman & Family Readiness Center Classes, workshops & seminars

► **Group Pre-Separation Briefings (retirees)** – Tuesday and June 30 from 8:30 a.m. to noon. **(separates)** – June 23 from 8:30 a.m. to 12:30 p.m.

► **Key Leaders Orientation Course** – Thursday from 8 a.m. to noon.

► **Bundles for Babies** – Tuesday from 8:30 a.m. to noon. Call (478) 327-8398 to register.

► **Right Start** – Wednesday from 8 a.m. to 12:30 p.m.

► **Career Technical Training Track** Wednesday and Thursday from 8 a.m. to 4 p.m.

► **Writing a Federal Resume** – Thursday from 8 to 10 a.m.

► **VA Benefits Briefing** – June 24 from 8 a.m. to 3 p.m.

► **Higher Education Track** – June 25 and 26 from 8 a.m. to 4 p.m. Call 497-3410 to register.

*Editor's Note: All classes require pre-registration. For more information, call DSN 468-1256, commercial (478) 926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m.*

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