



Lt. Gen. Levy to meet with Team Robins, state, local officials

Robins will host the commander of the Air Force Sustainment Center, Lt. Gen. Lee K. Levy II, for three days next week. Lt. Gen. Levy will meet with a number of state and local elected officials as well as community leaders during his visit. Also, he will meet with many of the civilian and military Airmen on the installation. On Thursday morning, he will be the presiding official as Col. Chris Hill relinquishes command of the 78th Air Base Wing to Col. Jeffrey King.

Lt. Gen. Levy took command of the AFSC during a ceremony June 5 at Tinker Air Force Base, Okla. 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. *— from staff reports*

ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

June 19, 2015 Vol. 60 No. 24

'Changing of the Guard'

New commanders scheduled to take reins of base units

BY JENNY GORDON
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There will be several leadership changes happening across Robins Air Force Base in the next few weeks.

461st Air Control Wing

In the 461st Air Control Wing, Col. Henry Cyr will relinquish command to Col. John Cooper during a change of command ceremony at 9 a.m. Monday at the Museum of Aviation's Century of Flight Hangar.



COOPER

A command pilot with more than

3,300 flying hours, Cooper recently completed a tour as the 607th Air Operations Center chief of strategy at Osan Air Base, Korea.

Cyr will retire from the Air Force after 26 years of service.

78th Air Base Wing

Col. Chris Hill will relinquish command as the Installation and 78th Air Base Wing commander to Col. Jeffrey King at 10 a.m. Thursday at the Century of Flight Hangar.



KING

A career aircraft maintenance officer, King was formerly commander of the 18th Maintenance Group at Kadena Air Base, Japan.

Hill will be assigned to the Air Staff as the Deputy Director of Resource Integration in the office of the Deputy Chief of Staff for Logistics, Installations & Mission Support.

DLA Aviation

Col. Daniel Hicks will relinquish command of the Defense Logistics Agency Aviation to Col. Rod Bloker at 10:30 a.m. June 29 at the Heritage Club Ballroom.



BLOKER

Bloker was formerly the 848th Supply Chain Management Group commander at Tinker Air Force Base, Okla.

Hicks will retire from the Air Force

after 30 years of service.

116th Air Control Wing

Col. Kevin Clotfelter will relinquish command to Col. Mark Weber July 11 – time and location to be announced.



WEBER

A command pilot with more than 3,500 flying hours, Weber was formerly the chief of the Georgia Joint Staff where he was the state's senior federal National Guard management official, serving as principal advisor to the adjutant general.

Clotfelter will retire from serving in the Air Force and Air National Guard after more than 26 years of service.

An Enduring Commitment

JSTARS hits milestone with over 100,000 combat flying hours

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

There's only one Team JSTARS and its home is Robins Air Force Base.

That same team of men and women has once again seized another milestone – this time exceeding 100,000 combat flying hours in direct support of operations in U.S. Central Command's area of responsibility.

That figure equates to an E-8C aircraft flying for at least 20 hours per day, every day, for the past 14 years.

"It's a testament to an enduring commitment – to the airmen, soldiers and civilians who have kept the aircraft flying and coming out of Robins to achieve that goal," said Col. Henry Cyr, 461st Air Control Wing commander. "JSTARS' range is across a large percentage of the CENTCOM area supporting various ground, air and naval forces. It puts this achievement not only in the context of endurance, but an expanding mission based on our airmen and soldiers finding problems and solving them."

"JSTARS has evolved in the missions we're tasked with," he said. "It has moved throughout the theater and has met varying demands, but it's been

► see MILESTONE, A7



U.S. Air Force photo by STAFF SGT. ALEXANDRE MONTES Above, Joint Surveillance Target Attack Radar System aircrew and 7th Expeditionary Air Mobility Unit maintenance airmen complete a post-flight maintenance checklist June 2, at Al Udeid Air Base, Qatar. The E-8C Joint STARS and its active duty, guard and reserve service members conduct missions overseas to support combat operations. JSTARS recently completed 100,000 combat hours. At left, an airman from the 7th Expeditionary Air Mobility Unit directs a Boeing E-8C JSTARS aircraft to park after completing its milestone mission June 2.

INSIDE



Sexual Assault – Hurts one, affects all
Page A2



Military Justice in action
Page A3



Serving with Honor
Page B1

FRIDAY FLYBY: New Ogden Air Logistics Complex tool ensures F-16 integrity, Page A5

Construction Update

On July 1, about 10 spaces in the parking lot to the south of Hangar 82 and north of Hangar 83 will be closed.

There are three existing handicapped parking spaces along the south side of Hangar 82 which will be impacted and accommodated by temporarily relocating the spaces to the north side of Hangar 82 near the personnel door. Civil Engineering is coordinating with organizations which will be impacted.

The construction dates will be updated in the Robins Rev-Up, on the Splash Page, and by using signage near the parking lot.

For more information, contact Jeffrey Hooper at (478) 926-5923 or DSN 468-5923, or Lorrie Simmons at (478) 327-3977 or DSN 497-3977.

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.

Chaz Bono is an American advocate, writer and musician. He's the only child of Sonny and Cher. Bono is a transgender man. In 1995, he publicly self-identified as such in an American gay monthly magazine, eventually going on to discuss the process of coming out in two books. His memoir "The End of Innocence" discusses his outing, music career, and partner Joan's death from non-Hodgkin's lymphoma.



BONO

"A good half of the art of living is resilience."

Weekend Weather

Friday 97/73



Saturday 99/74



Sunday 98/74



SECOND FRONT

Retaliation under microscope

New SAPR guidance details reporting options for victims of sexual assault

BY ANGELA WOOLEN

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The issue of retaliation in a sexual abuse case is so important the findings of an ongoing study will be described in President Barack Obama's presidential report in December.

New guidance for Sexual Abuse Response Coordinators came out in May describing how to respond if a victim is being retaliated against for telling of abuse.

"What the Department of Defense and the Air Force were concerned about was people who come forward are somehow retaliated against by not getting jobs and promotions, or by their friends and peers," said Cindy Graver, Robins SARC.

Retaliation is described in Air Force instructions as "the taking or threatening to take an adverse personnel action ... because the member reported a criminal offense." The guidance goes on to define retaliation as ostracizing or poor treatment of a military member to discourage reporting an incident.

Each month, the SARC personnel meet with the victim to discuss the ongoing recovery. A questionnaire is given to the victim so he or she may voluntarily answer questions about possible retaliation which has occurred in the workplace

both professionally and socially.

The information may be kept private, according to the victim's wishes.

Previously, commanders discussed retaliation with victims. In the new memorandum, victims will discuss retaliation with SARC, Sexual Assault Prevention and Response Victim Advocates or volunteer victim advocates.

"Retaliation prevents a victim from safely recovering from sexual assault," the memorandum states.

The Case Management Group tracks the complaints where the victim decides to report on the retaliation. All the people involved in the case are present to hear updates about the case.

Case Management Group members can include the Office of Special Investigations, legal representation, the victim's leadership, medical personnel, a person from the chapel, security forces, commanders and special victim's counsel.

Under the new procedures for reporting retaliation, the SARC office will also be protected from retaliation for performing their duties.

In the fiscal 2014 Department of Defense Report to the President, 5,983 reports of sexual abuse were filed – up from 5,518 in 2013.

In the report, the DOD also stated it was concerned about the high rate of per-



U.S. Air Force photo illustration

ceived retaliation which was 62 percent in a survey for women conducted in 2014.

Nearly 560,000 service members participated in the 2014 study, making it the largest study of sexual abuse and harassment the military had ever conducted, according to the report.

Each base around the globe will report on retaliation. Since the new rules came

out in May, no one at Robins has filed a retaliation report.

Victims have different options for reporting a retaliation incident. It could be kept confidential or the person could make a retaliation report to command, OSI or the inspector general.

"This is just one more thing that will help change the mindset. We have to be respectful and mindful," Graver said.



U.S. Air Force photo by MISUZU ALLEN

Maj. Gen. Casey Blake, deputy assistant secretary for contracting at the office of the Assistant Secretary of the Air Force for Acquisition in Washington, D.C., speaks Wednesday to Team Robins members during an all call at the base theater.

Contracting leader has roots at Robins

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

Maj. Gen. Casey Blake is no stranger to Robins Air Force Base.

Blake, the deputy assistant secretary for contracting at the office of the Assistant Secretary of the Air Force for Acquisition in Washington, D.C., was stationed here as an acquisition contracting officer for the F-15 program in 1991.

"This is where I grew up," Blake said during the State of Contracting speech Wednesday at the base theater. "This promotion (to major general) is a tribute to a lot of folks who had a hand in my professional development."

Anthony Baumann, Robins director of contracting, introduced Blake,

whom he met when Blake was just a young captain.

"This guy's career has taken him so many places," he said. "He understands what our airmen have to do."

The focus of the all call was how to retain the best and brightest in contracting as well as keep an affordable and agile team to perform contracting's mission.

Blake stressed to the audience that the actions and dedication of contracting helps warfighters both here and around the world in places such as Afghanistan and Iraq.

He also said training contractors to negotiate can take years of practice.

"We're all working toward a common objective," Blake said. "I'm going to bring up the best."

Sewer study underway

A study on portions of Robins' sanitary sewer and industrial wastewater pipe systems began this week.

The field program for this effort will continue through Sept. 25.

Phase 1 of the field effort, June 16 through Aug. 7, consists of manhole inspections and flow metering at select lift station and manhole locations.

The manhole inspections will occur Monday through Friday from 7 a.m. to 6 p.m. A Maintenance of Traffic Plan has been prepared to include minor detours (e.g. drive around work zone traffic cones in areas of manholes). In case of inclement weather, work could be delayed.

For a schedule and map of the locations, visit the Robins Splash Page.

Civilian Personnel relocation slated July 1

Civilian Personnel Customer Service will be relocated to the first floor of Bldg. 767, effective July 1.

Service for only the following actions will be provided in Bldg. 767. Civilian dependent ID cards, civilian passport applications, and civilian out-processing checklist form.

Construction projects

A project to install concrete curb along the fence line and reconstruct the drainage inlet between Bldgs. 44 and 46 will result in a portion of parking area north of Bldgs. 44 and 46 being closed July 13 through Aug. 14.

The work is part of project to install a new drainage system around Bldg. 44. Twenty parking spots will be blocked off during this phase of work.

For a map of the locations, visit the Robins Splash Page.

**ASBP Blood Drive planned for June 26**

The Armed Services Blood Program will conduct a blood drive June 26 from 10 a.m. to 4 p.m. at the Fitness Center Annex in Bldg. 301.

The ASBP plays a key role in providing quality blood products for service members and their families in both peace and war.

For more information, call 2nd Lt. Joseph Flescher at 472-7242 or Erin Longacre at (706) 787-1014.

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 today 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 .jpegs.

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

Robins military justice actions

Nonjudicial punishment, pursuant to Article 15, Uniform Code of Military Justice, provides commanders an essential and prompt means of maintaining good order and discipline, and also promotes positive behavior changes in service members without the stigma of a court-martial conviction. The punishments are determined based on the individual facts and circumstances of each case.



and wrongful use of two controlled substances at a special court-martial. The airman first class violated Article 86, 134 and 112a of the UCMJ. The airman first class was sentenced to reduction to E-1, forfeitures of \$750 for 11 months, and 11 months confinement.

The following airmen received Nonjudicial punishments:

►A 16th Airborne Command and Control Squadron senior airman received an Article 15 for being absent without leave, a violation of Article 86 of the UCMJ. The senior airman received a reduction to the rank of airman first class, suspended forfeitures of \$258 pay per month for two months and a reprimand. Subsequently, the now airman first class was found to be derelict in the performance of duties and the suspense forfeitures of \$258 pay per month for two months were vacated.

►A 461st Aircraft Maintenance Squadron senior airman received an Article 15 for a violation of Article 112a of the UCMJ, wrongful use of marijuana. The senior airman received a reduction to the rank of airman first class, forfeitures of \$1,017 pay per month for two months, and a reprimand.

►A 78th Security Forces Squadron airman first class received an Article 15 for a violation of Article 113 of the UCMJ, sleeping on post. The airman first class received a reduction to the rank of airman, and a reprimand.

►A 52nd Combat Communications Squadron senior airman received an Article 15 for a violation of Article 92 of the UCMJ, government travel card misuse. The senior airman received a suspended reduction to the rank of airman first class, 14 days extra duty, and a reprimand.

►A 52nd Combat Communications Squadron airman first class received an Article 15 for a violation of Article 112a of the UCMJ, wrongful use of marijuana. The airman first class received a reduction to the rank of airman, suspended forfeitures of \$500 pay per month for two months, 14 days extra duty, and a reprimand.

►A 461st Air Control Network Squadron senior airman received an Article 15 for a violation of Article 128 of the UCMJ, assault consummated by a battery. The senior airman received a suspended reduction to the rank of airman first class, forfeitures of \$200 pay per month for two months, and a reprimand.

►A 52nd Combat Communications

Squadron senior airman received an Article 15 for a violation of Article 112a of the UCMJ, wrongful use of marijuana. The senior airman received a reduction to airman first class, suspended forfeitures of \$500 pay per month for two months, 14 days extra duty and a reprimand.

►A 330th Combat Training Squadron airman first class received an Article 15 for a violation of Article 112a of the UCMJ, wrongful use of marijuana. The airman first class received reduction to the rank of airman, suspended forfeitures of \$150 pay per month for two months, and a reprimand.

►A 78th Operations Support Squadron senior airman received an Article 15 for a violation of Article 111 of the UCMJ, driving while intoxicated. The senior airman received a reduction to airman first class, forfeitures of \$1,027 pay per month for two months, with one month of forfeitures suspended, and a reprimand.

— Courtesy 78th Air Base Wing Legal Office

The following airmen received Courts Martial:

►A 51st Combat Communications Squadron senior airman was found guilty of larceny, in violation of Article 121 of the Uniform Code of Military Justice, at a special court-martial convened on Robins. The senior airman was sentenced to reduction in rank to E-1, forfeitures of \$700 pay per month for four months, and four months confinement.

►A 461st Operations Support Squadron technical sergeant was found guilty of dereliction of duty for failing to comply with leave procedures and false official statement at a summary court-martial convened at Robins. The noncommissioned officer violated Articles 92 and 107 of the UCMJ. The technical sergeant was sentenced to a forfeiture of \$620 pay for one month and a reprimand.

►A 78th Security Forces Squadron airman basic was found guilty of desertion, being absent without leave, and wrongful use of two controlled substances at a special court-martial convened on Robins. The airman basic violated Articles 85, 86 and 112a of the UCMJ. The airman basic was sentenced to forfeitures of \$1,031 for three months, three months confinement, and a bad conduct discharge.

►A 461st Aircraft Maintenance Squadron airman first class was found guilty of failure to go, breaking restriction,

**THINK OPSEC!
PRACTICE IT AT
WORK, HOME,
EVERYWHERE.**

AROUND THE AIR FORCE

Change of command, not change in direction

TINKER AIR FORCE BASE, Okla. – To the amazing Airmen of the Air Force Sustainment Center, First, let me begin by congratulating Lt. Gen. Bruce and Linda Litchfield on their retirement after 34 years of phenomenal service to our nation. They left an indelible mark on our Air Force, and I join with the men and women of AFSC in wishing them the very best as they embark on their next chapter. They will be sorely missed.

I also want to thank everyone for the incredibly warm welcome we received. The AFSC Airmen have enthusiastically opened their doors to our family. We are very much looking forward to getting to know you and your families.

Change is hard. I very much appreciate that, but please know this: This may have been a change of

command, but it is not a change in direction.

We have a great team in AFSC. If you look at how far the organization has come in the few short years since its inception, it's truly a model for success. I don't plan to change any of that but rather to simply continue to build on what you have accomplished.

I'm a firm believer in the AFSC Way and in achieving the results that the Art of the Possible can deliver. Together we'll all work to take our organization to the next level. Why? Our success is the foundation of the warfighter's success, whether it is ensuring our nation's nuclear deterrent, generating air



Levy

supremacy, fueling the fight, or delivering hope and saving lives. They cannot succeed without the aircraft, engines, spares, missiles, space and cyberspace assets you produce.

Thanks to you, we truly are the Air Force's supporting command for readiness. The warfighter is counting on us ... the nation is counting on us.

I will close by saying I am honored to be your new commander and very much look forward to serving with you in the years ahead.

Thank you for all that you and your families do to ensure the liberties we so richly enjoy.

Your fellow Airman,

Lt. Gen. Lee Levy II, Air Force Sustainment Center commander

New Ogden ALC tool ensures F-16 integrity

OGDEN AIR LOGISTICS COMPLEX

HILL AIR FORCE BASE, Utah (AFNS) – More than 300 at-risk F-16 Fighting Falcons in the active duty, Air National Guard and Air Force Reserve fleets are receiving inspections and subsequent modifications at the Ogden Air Logistics Complex at Hill Air Force Base, Utah, in order to ensure structural integrity.

Using innovation and collaboration to better achieve the "Art of the Possible," aircraft structural engineers in the F-16 System Program Office developed a tool which was manufactured by technicians in the 309th Commodities Maintenance Group. The tool allows structural technicians to blend repairs more accurately at precise depths.

The inspections address the Air Force Sustainment Center Way's tenets of safety and quality, and also provide opportunities to save time and cost, according to Mike Spaulding, 573rd Aircraft Maintenance Squadron deputy director. In the early stages of the structural work, technicians were blending aluminum bulkheads by hand, using sandpaper. This process proved tedious, was not repeatable and severely slowed the rate of repaired aircraft.

"The aircraft structural engineers from the F-16 SPO designed and 309th CMXG personnel manufactured a fixture that allows the structural technician to blend faster, more accurately and more consistently at precise depths," Spaulding said. "During the tooling design phase, initial test fixtures were actually printed in plastics

and metals using three-dimensional additive manufacturing, saving a great deal of time and funds."

Mike Russell, a structures technician with the 573rd AMXS who now uses the blending tool, said, "It's actually a good system, very user friendly and the process order is easy to understand. I see it working really well into the future."

The use of the blending tool, coupled with other associated process improvements, has prevented time- and labor-intensive bulkhead changes and resulted in a 10-day reduction in the time an aircraft remains on the depot repair line, thus increasing aircraft availability for the warfighter.

To read the full story, visit www.afmc.af.mil/news/story.asp?id=123450604.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

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

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Lessons learned from EEO Military Equal Opportunity Informal Complaints

**BY ROBINS OFFICE
OF EQUAL OPPORTUNITY**

The purpose of the Military Equal Opportunity Informal Complaint process is to attempt resolution at the lowest possible level.

The military EO informal complaint program addresses allegations of unlawful discrimination on the basis of race, color, national origin, sex, religion or sexual harassment.

Only military personnel, their family members and retirees may file military informal EO complaints.

Additionally, to file a complaint an individual must be the subject of the alleged unlawful discrimination or sexual harassment. Third parties – to include commanders, supervisors or coworkers – may not file an informal complaint on behalf of another individual.

The EO Office refers all third-party individuals who are aware of specific allegations of military EO policy violations to their respective chain of command.

EO specialists will not accept military informal complaints from military members, family members or retirees if their concern is related to their off-base or DOD civilian employment.

Time limits for filing military EO Informal Complaints are important.

There's no time limit to file an informal complaint. If an informal complaint is filed more than 60 calendar days after the alleged offense, the EO office must brief the complainant during the initial

interview that, in order to file a formal complaint, the installation commander must waive the time limits for the formal complaint for good cause based on a memorandum with sufficient justification provided by the member and submitted through the EO office.

During the visit, the EO specialist will explain the process and advise complainants of their rights. Complainants will be made aware the EO office doesn't have the privilege of confidentiality with respect to allegations of unlawful discrimination or sexual harassment. However, all information obtained will be protected to the extent permitted by law.

Once it's determined the complainant can file within the military complaint process, the informal resolution options will be discussed which include addressing your concern up your chain of command; addressing the alleged offender personally; requesting an intervention by a coworker or through the agency's Alternative Dispute Resolution Program process.

The EO office is committed to ensuring all employees are in an environment free from unlawful discrimination and harassment, through education and training, and resolving complaints at the lowest level possible.

If you feel you've been discriminated against, call the EO office at (478) 926-2131 or DSN 468-2131.

**78th ABW/EO
706 Ninth Street
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Robins AFB GA. 31098**

MILESTONE

Continued from A1

a constant throughout.”

CENTCOM’s AOR covers much of the Middle East, consisting of 20 countries that include Iran, Iraq, Egypt, Syria, Pakistan, Afghanistan and Qatar.

JSTARS, or Joint Surveillance Target Attack Radar System, includes the 461st ACW which became an active duty wing in late 2011, the Georgia Air National Guard’s 116th ACW and the Army’s 138th Military Intelligence Co.

Since the Sept. 11 terrorist attacks, its operational resume has contributed global support to six combatant commanders from U.S. Pacific, Northern, Southern, Africa, European and Central commands.

However, the aircraft has kept a consistent CENTCOM presence as far back as the early 2000s, supporting since then every major air campaign with its crews of airmen and soldiers.

“Surpassing 100,000 combat flying hours in direct support of CENTCOM has come about through the dedication of the JSTARS team of airmen and soldiers along with support of our government and industry partners,” said Col. Kevin Clotfelter, 116th ACW commander.

It’s a clear indication of the value and capabilities that the E-8C brings to the manned command and control, battle management, intelligence, reconnaissance, and surveillance mission.

“This milestone is not ours alone,” he continued. “Our families and communities that support us every day play a key and critical role.”

Over the years it’s estimated there have been tens of thousands who have deployed from Robins with JSTARS, many of those repeated deployments from the same members.

They have supported thousands of large and small-scale operations – with mission-capable percentage rates consistently measuring in the high 90s.

At locations such as

Al Udeid Air Base in Qatar, JSTARS members perform on an airborne battle management, command and control, and ISR platform that support all services throughout the AOR.

As they survey the area, information is collected through other ISR platforms and sensors, and crews relay critical movement or information to the command in which they’re supporting for decision making.

A senior mission crew commander in support of JSTARS explained operators onboard the aircraft make sure equipment works, that they’re engaged in the fight, and communicating with the Combined Air and Space Operations Center to support the mission.

“That’s 14 years of continuous deployments, having ready crews, great maintenance, great support for the aircraft, for as old as they are, are still safe and can fly, and do what they were designed to do,” said the senior mission crew commander.

The average age of a JSTARS aircraft is 46 years old. Despite its aging fleet, JSTARS continues to support missions across the globe with combatant commanders on the ground or Navy and Coast Guard forces at sea.

As part of a recapitalization program, efforts are underway to replace the specialized reconnaissance aircraft with a new, more efficient business jet class airframe and more advanced communication tools.

Tentative initial operational capability is scheduled for 2022.

The aircraft’s continuous deployments to CENTCOM have supported operations including Southern Watch, Enduring Freedom, Iraqi Freedom, New Dawn, Inherent Resolve and Freedom’s Sentinel.

Editor’s note:

Names were withheld for security reasons.

The 116th ACW and 379th Air Expeditionary Wing contributed to this article.



Protect
Your
Personal
Information



Thought for the Day

"You must be the change you wish to see in the world."

– Mahatma Gandhi



What's inside

Hemp products prohibited, B2

Key Spouse Program, B3

Wounded Warrior Program, B4

Lighter Fare

THE ROBINS REV-UP ■ JUNE 19, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY



U.S. Air Force photo by ANGELA WOOLEN

HONOR GUARD

Clockwise from top, Robins Honor Guard members rehearse the steps taken during a funeral detail. Right, The firing party stands ready to give a 21-gun salute. Below right, Precision is key to Honor Guard members putting their best foot forward. Below left, Honor Guard members go through frequent inspections to ensure their uniforms are perfect.



Above and below right, U.S. Air Force file photos by ED ASPERA

Giving the final salute of Air Force honor

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

Last year, the Robins Honor Guard participated in more than 1,300 events.

The Honor Guard is comprised of 22 airmen from the 78th Air Base Wing, the 461st Air Control Wing and the 5th Combat Communications Group who rotate in and out of service every 90 days.

The members – who are chosen by their units – cover 70,000 square miles in parts of Georgia, Tennessee and North Carolina.

Ten members from Dobbins Air Reserve Base, Ga., and 10 from Nashville, Tennessee Air National Guard, also help in the area. The team averages four details per day.

Airman First Class Maria Baca, a 78th Medical Group pharmacy technician, has been in the program for only a few months.

"It's been an honor to participate in funerals for retired military and veterans," she said.

The Honor Guard not only renders honor at funerals, but also performs in parades, at sporting events, military retirement ceremonies and change of command ceremonies.

Adorning the entryway wall is the motto for the Honor Guard, an acronym of the word



U.S. Air Force file photo by RAY CRAYTON

honor. The last line states, "representing every member, past and present, of the United States Air Force, I vow to stand sharp, crisp, and motionless, for I am a ceremonial guardsman."

Each member is required to wear the formal attire of a jacket, button-up shirt, long pants, a hat, black shoes and gloves.

No matter the weather or the crowd, the airmen always maintain their professionalism.

One challenge the team faces is the constant change of people within the guard.

During the first day, new recruits are shown a video of various ceremonies. They often wonder how they're going to learn how to do that in just 90 days, said Honor Guard Trainer Tech Sgt. Joshua Arnett.

"We do bite size portions, and every day

we build upon what we learned the previous day," he said.

During an active-duty funeral ceremony, the team executes more than 150 movements. Practices last for most of an eight-hour day, and there are two caskets the unit uses for training purposes.

Arnett worked in the Honor Guard for two years at Arlington National Cemetery in Washington, D.C.

His most memorable funeral was Gen. David Baker in 2009 who was the only Vietnam prisoner of war who also flew in Desert Storm.

"What I try to express is that this may be the last time this family will have contact with the military. We want to leave a lasting impression," Arnett said.

To perfect those movements, the flight

practices every day during the week going over movements and physical training.

Before an event, the group practices the drill in the space given as sometimes there will be obstacles during the paces, said Tech Sgt. Juan Garcia, the flight sergeant at the 78th FSS Honor Guard.

"There is nothing we don't tell them about what to expect during funerals and ceremonies," Garcia said.

Honor guard members sacrifice their weekend and evening hours.

The experience was well worth the cost for Baca, whose favorite task is folding the flag.

"It's strict training that we do in here," she said. "We also get along and when we leave, I'll be heartbroken. It is like having a new family."



A BETTER YOU

Hemp seed products prohibited

BY ARIELLE “DANI” LEBOVITZ
Robins Health and Wellness Center



U.S. Air Force photo illustration by AIRMAN 1ST CLASS DEVIN BOYER

Plant based proteins are increasing in popularity as an eco-friendly, sustainable way to fuel workouts and meet energy needs.

One protein on the rise is the controversial hemp seed.

While hemp seeds have been consumed around the world for almost 12,000 years, the vegetarian protein source has recently been added to some favorite grocery staples and is loved by many for its soft texture, nutty flavor and nutrient rich nutritional profile.

Hemp seeds or hemp nuts are the inner portion of a shelled seed from the Cannabis sativa plant that naturally contains the substance tetrahydrocannabinol (THC, the psychoactive ingredient in marijuana).

High in protein and essential fatty acids, hemp seeds are common ingredients in energy bars, yogurt, granola, cereal, veggie burgers, smoothies, beverages, dips and salads.

A 2015 report prepared for Congress on Hemp as an Agricultural Commodity details the use of the cannabis plant including industrial hemp as an agriculture crop used for food, textiles, and

paper among other goods which generally contains less than 1 percent THC.

Marijuana is generally comprised of 10 percent to upwards of 30 percent.

Though food products made with hemp seeds only have trace THC amounts, the quantity may be detectable under the Air Force Drug Testing Program and use is therefore prohibited by Air Force Instruction 90-507.

Since military guidance limits the ingestion of hemp-based products for military personnel and

Defense Department civilians, on-base retailers such as the Commissary, Base Exchange and General Nutrition Centers don't carry items that contain hemp seed or oil.

It's important to read ingredient labels to ensure foods and supplements are free of hemp based materials especially when shopping at off-base retailers.

As for plant based proteins, there is always soy, lentils, chia, nuts and many other vegetarian protein sources too help you meet your needs.

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 above services will be performed at the school screenings. Sports Physicals are offered daily; contact 327-7850 to schedule an appointment.

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

EAP

Updates and schedules

Employee Assistance Program

Local (478) 327-7588 or DSN 497-7588;
24 hours a day / 7 days a week
1-800-222-0364; TTY: (888) 262-7848
FOH4You.com

Personal problems can affect the lives of employees both at home and at work. To help prevent, identify and resolve potential stressors or issues, Air Force Materiel Command partners with Federal Occupational Health to provide our Employee Assistance Program services. EAP services are offered free (limitations apply) to civilians and their family members.

The EAP is a comprehensive program that helps employees resolve personal problems that may adversely impact their work performance, conduct, health and well-being. EAP addresses problems in the quickest, least restrictive and most convenient manner while minimizing cost and protecting client confidentiality. Services offered include:

Individual and/or Family Focused

- ▶ Assessment, counseling and referral
- ▶ Financial
- ▶ Legal
- ▶ Supervisor and manager coaching and consultation
- ▶ Website resources

Unit Focused

- ▶ Health and Wellness presentations
- ▶ Orientation presentations

FREE upcoming webinar schedule

- ▶ July 8 – “Coping with Child Anxiety”
- ▶ Aug. 12 – “Improving Work Habits for a Better Work-life Balance”
- ▶ Sept. 9 – “When Someone You Love Has Depression”

GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: Air Force Life Cycle Management Center

JOB TITLE: C-5 Avionics Equipment Specialist

TIME IN SERVICE: 33 years

HOMETOWN: Dumont, Minn.

What does your work involve at Robins? I work with electrical and avionics engineering and logistics personnel to resolve C-5 avionic systems and subsystems problems, and to make corrections to technical manuals for the maintainers to safely and accurately do maintenance jobs. I also manage C-5 avionics systems software by approving field units' software requirements and ensuring field units have the correct software.

What do you enjoy most about your work? I enjoy working with C-5 engineers, program managers, logistics, supply personnel and management on requirements and projects to best support the fleet, service members and missions.

How does your work contribute to the Robins mission? I manage and provide technical assistance on a worldwide basis and accomplish all necessary management actions required to establish and maintain support of assigned avionics systems.

What prompted your interest in your current career field? When I went into the military, I had no idea what I was going to be doing until I got to technical school. So, after technical school, I was really excited I was going to be working on aircraft. After my Air Force career, I wanted to continue working in aircraft-related jobs, so as an equipment specialist it keeps me in touch with aircraft avionics systems and maintenance.

Who has been the biggest influence in your life? My parents who taught us to work hard, be honest, do the job right and to learn from your mistakes. Those rules helped me have the ability to look at situations and quickly come up with solutions. Another thing I learned was to give a helping hand to folks in need.

What's something people would be surprised to know about you? I'm a certified Georgia State Golf Association Golf Course rater and evaluator.

What is an accomplishment you are most proud of? Serving my country for 26 years in the Air Force and continuing to serve through my current federal service work.

Problem solving

A&FRC program equips key spouses to help others

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Key spouses are the go-to people when military life issues arise.

While they don't have all of life's answers, thanks to the Airman & Family Readiness Center's Key Spouse University training, they can certainly point spouses in the right direction to help them meet their needs.

Tech. Sgt. Ronald Megginson, Readiness noncommissioned officer in charge at the center, said the quarterly training is designed to meet all the educational requirements for a successful Key Spouse Program.

"Key spouses are ready for anything another spouse may need," he said. "If they don't have the answers, they know where to get them. KSU gives them the opportunity to put more of the success in their own hands."

Active key spouses are required to complete Suicide Awareness and Key Spouse Resiliency training annually, Megginson said.

"Suicide Prevention and Key Spouse Resiliency were made mandatory by the Air Force as an annual requirement to best prepare volunteers," he said. "For the most part, key spouses provide information and point families toward helping agencies to answer specific needs."

The Robins Key Spouse program coordinator is required to offer additional training relevant to military spouses.

"We coordinate instructors based on trends we see and questions we receive," he said. "These additional classes have included: Compassion Fatigue and Child Developmental Expectations, by our Military Family Life counselors; an overview of the Sexual Assault Response Coordinator Program; Military Spousal Protocol from the 78th Air Base Wing; Stress Management and Communications



Why is the Key Spouse Program Important?

- Promotes individual, family and unit readiness;
- Establishes continuous contact with spouses and families;
- Encourages peer-to-peer Wingman support;
- Provides links to leadership;
- Provides an informal sounding board;
- Strengthens leadership's support team.

classes from Family Advocacy; and updates from a TRICARE representative on the latest happenings.

Classes change every quarter, and we're always looking for something new to offer."

According to Megginson, the nearly two-year-old program was developed by combining all key spouse training required by the Air Force, creating a one-stop shop to prepare key spouses for their role.

"A key spouse is a listening ear, a voice of experience and a trusted liaison to squadron leadership," he said.

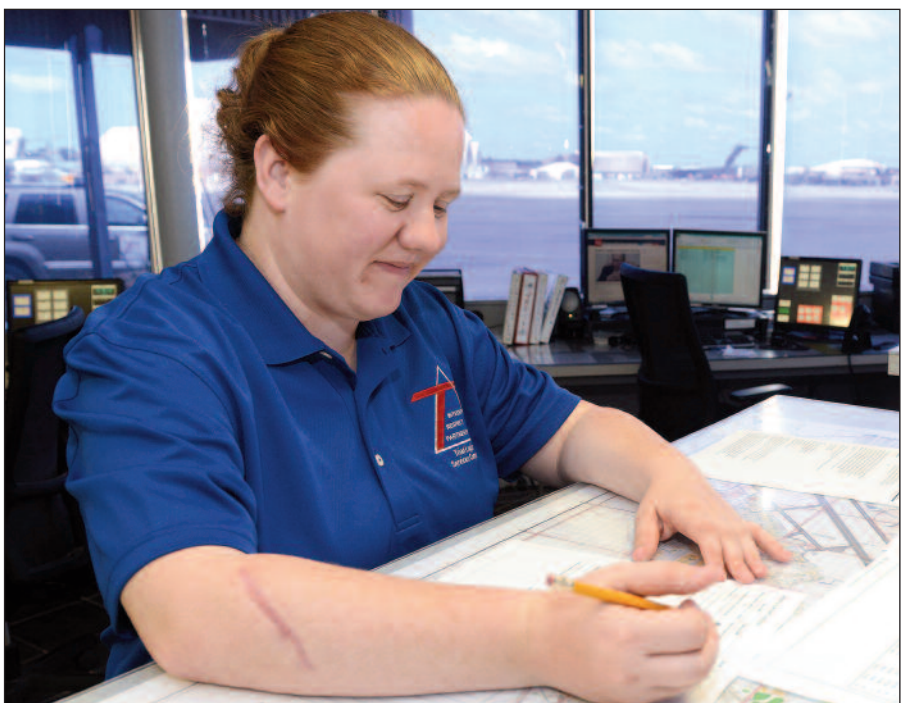
"That potentially puts them in a place where they would be the first line of defense to help a family member who has reached the lowest point in their lives with seemingly no hope."

"They must be ready to help when the need arises and get folks the help they need," he added.

For convenience, the class is offered quarterly and meets in Bldg. 794 from 8:30 a.m. to 2:30 p.m., so key spouses can still care for their school-age children, Megginson said.

To learn more, call (478) 926-1256.

SNAPSHOTS



U.S. Air Force photos by TOMMIE HORTON

Top, Tech. Sgt. Brandon Fitzpatrick, F-15 Functional Test, rigs flight controls on an F-15 Eagle in preparation of a functional test flight. Fall protection gear is a requirement for performing such repairs atop the aircraft.

Bottom, Carmen Fisher, 78th Operations Support Squadron airfield management site manager, oversees the daily operations of Robins' airfield. Base Operations manages and maintains the airfield to ensure the safety of incoming and outgoing traffic.



Program offers plethora of resources to service members

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

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

There are 4,300 members in the program worldwide; Robins has 37 active cases, Watkins said.

The program has been expanded to include injuries while in an accident or illnesses.

It also includes post-traumatic stress disorder and traumatic brain injuries, said Dwayne Burns, Air Force Recovery Care Coordinator at the Air Force Warrior and Survivor Care Program.

The program helps recovering service members with support in both clinical and non-clinical settings for up to five years by offering services designed to help them continue having productive lives in society, said Watkins.

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

The program hosts events for recovering service members, and also gives them opportunities for jobs, benefits, entitlements and other programs.

"This is an Air Force program," Burns said.

Financial and family counseling are also available to the serviceman or woman.

With the AFW2 program, both Watkins and Burns are connected to various employers who want to hire former military members.

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

SURVIVE AND THRIVE

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

Thirteen years ago, Master Sgt. Rodney Young's plane went down.

On a refueling mission for helicopters in Afghanistan, Feb. 13, 2002, Young and seven crew members crashed on the C-130 they were flying in. All eight on board survived.

Young suffered back and knee injuries resulting in several different procedures to repair the damage. He had two knee surgeries which required him to be on crutches for 10 weeks. Despite the injuries, Young stayed in the Air Force.

"This was the only life I knew," he said. "After the crash, the reason I stayed was that I wasn't better at anything else."

Now Young has retired from military life after 21 years of service. He's using the Air Force Wounded Warrior Program to help with the transition.

"They're a resource in my toolbox. I use them primarily as a sounding board to see if I'm on the timeline I should be on," he said.

The JSTARS Communication Technician has been at Robins for two years. His service has taken him around the globe. He plans to become a field service engineer.

"I'm not quitting cold turkey," Young said. "This job is like a halfway house for retirees."

Young will deploy in his new position, something he is familiar with from his service in the Air Force. His plan is to make enough money to pay off his house and save enough for his daughters' college tuition.

He and his wife, Kim, have two girls, Maya, age 9, and Jayda, age 6. The family plans to move to South Carolina in the future to settle down.

HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR
19 20 21 22 23 24 25

ON TAP
Wine & Cheese
Painting class

Today
 6 to 8 p.m.
 Arts & Crafts Center
 \$65 per couple
 \$35 single adults
 For details,
 call 468-2128.

Father's Day
Comedy Night

Today
 7 p.m.
 Heritage Club Ballroom
 For details,
 call 472-7899.

Braves Game

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

Father's Day Brunch

Sunday
 10:30 a.m. to 1:30 p.m.
 Pine Oaks Golf Course
 \$15.95 per person
 For details,
 call DSN 468-4103.

Play Date Monday

Bring your toddlers in to bowl
 2 to 4 p.m.
 Bowling Center
 \$2
 For details,
 call 468-2112.

Membership Dinner
Caribbean Cuisine

Tuesday
 5:30 p.m.
 Heritage Club Ballroom
 For details,
 call 472-7899.

UPCOMING

Family Movie Night
Spongebob Movie

June 26
 6:30 p.m.
 Base Theater
 Cost is \$2 and includes
 popcorn and drink.
 For details,
 call DSN 468-2001.

Old School

Adults only pool party

June 26
 10 p.m. to 2 a.m.
 Heritage Club pool deck
 For details,
 call 472-7899.

Sizzling Hot Mid-Year
Big Bingo Blowout

June 28
 2:15 p.m.
 Heritage Club
 For details,
 call 468-4515.

Taste of Georgia
Beers and Blues

July 24
 5 p.m.
 Heritage Club Lounge
 Club members \$10
 Guests \$12
 For details,
 call DSN 472-7899.

ONGOING

Afterburner
June Special

Mondays through Fridays
 5:30 a.m. to 1 p.m.
 Base Restaurant, Bldg. 166
 Frozen Mango
 For details,
 call DSN 472-7827.

Massage Therapy

Fitness Center Annex
 Bldg. 301
 For more details,
 call DSN 468-2840.

Airman & Family Readiness Center

Classes, workshops & seminars

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

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

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

► **DAV Medical Records Review** – Appointments only. Call 472-4146.

► **Department of Labor** – Wednesdays from 8 a.m. to 4:30 p.m.

► **Military and Family Life**

Counseling – Mondays through Fridays from 8 a.m. to 8 p.m.

► **PreDeployment Briefings** – Tuesdays and Thursdays from 1 to 2 p.m.

► **Survivor's Benefit Plan** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.

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.