

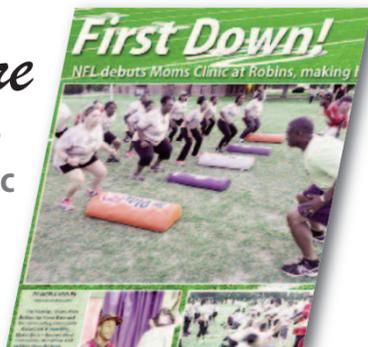
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NFL first – Falcons conduct Moms Clinic at Robins

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# ROBINS REV-UP

'Team Robins – Performing to Our Potential'

'Making Tomorrow Better than Today'

June 26, 2015 Vol. 60 No. 25

## WORLDWIDE REACH

### Robins C-17 program office has global ties, impact

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

With the recent announcement of the sale of four C-17 Globemaster III aircraft to Qatar, an expected chapter will soon close as Boeing prepares to shutter production this September.

While the C-17 will no longer be produced on assembly lines, modernization, sustainment and maintenance of the Air Force's fleet will continue for decades at Robins Air Force Base and Wright-Patterson Air Force Base, Ohio.

The C-17 System Program Office at Robins – which includes Boeing employees and representatives from partner nations and personnel located at Wright-Patterson – is responsible for sustainment, modernization, modification, maintenance and overall service of the C-17 fleet.

Partner nation representatives include numerous foreign liaison officers.

Including Qatar, which acquired its first C-17 in 2009, these FLOs who work in the C-17 SPO represent the United Kingdom, Australia, Canada and the NATO Airlift Management Program.

"Our focus has transitioned from one of acquisition of C-17s to sustainment for our international partners," said Dusty Dodd, C-17 International Branch chief here. "The program office sustaining the C-17 virtual fleet is critical to maintaining mission-capable rates alongside the Air Force's C-17 fleet."

While the recent Qatar sale – which will double the existing fleet – was the result of a direct commercial sale contract between the Qatar government and Boeing, there are still military items and equipment that cannot be procured as part of that process, and must be executed through Robins.



Photo courtesy of the Australian Department of Defence

An Air Force C-17 Globemaster lands at a forward operating base in Afghanistan. Robins is not only responsible for maintenance on C-17s but also handling foreign military sales to the United Kingdom, Australia, Canada and others.

"Any time a country buys an aircraft through a DCS contract, we have an associated Foreign Military Sale case to buy that equipment," said Dodd.

A total of \$9.5 billion is executed from the Robins FMS office.

Working side by side with a team of 100 Air Force and contractor personnel in the C-17 SPO, 24 FLOs are located onsite.

The FLOs represent five partner nations that include the UK, Canada, the NATO Airlift Management Program and Australia. A fifth FLO from Qatar is located at Wright-Patterson and will

transition to Robins later this year.

It's agreed there are many benefits associated with having a team of military and civilian FLOs, who have an average three-year rotation at Robins.

The primary benefit is more effective and timely communication. FLOs are able to actively engage with program managers, engineers and Boeing personnel. For instance, deficiency reporting and material improvement projects that impact the fleet can be quickly reviewed by FLOs, and as needed incorporated into their country's fleets.

FLOs are also able to participate in

the program office's Crisis Management Team, which gives real-time information on fleet-wide issues that can be communicated to country program offices, as well as various weapon system working groups.

Also, a team of senior FLO commanders are given authority and responsibility from their countries to quickly make decisions on C-17 sustainment and repairs.

Wing Commander Tim Ewbank of the Royal Air Force is one of eight on staff who serves as a senior FLO from the

▶ see REACH, A3

## TEAM ROBINS WELCOMES TWO NEW COMMANDERS

### Col. King takes command of installation, 78th ABW

Col. Jeffrey King is the new 78th Air Base Wing and Installation commander at Robins.

King was formerly the 18th Maintenance Group commander at Kadena Air Base, Japan.

That group includes two aircraft maintenance squadrons providing the only combined air refueling, combat rescue, air battle management and F-15 assets in the Asian and western Pacific theater of operations. It also has two maintenance squadrons responsible for flight line

▶ see KING, A2



U.S. Air Force photo by RAY CRAYTON

From Left, Brig. Gen. Walter Lindsley, Warner Robins Air Logistics Complex commander, speaks with Col. Jeffrey King, new 78th Air Base Wing and Installation commander; King's wife, Susen; and Lindsley's wife, Diane, following Thursday's change of command.

▶ see COOPER, A2

### Col. Cooper takes command of 461st ACW

Robins welcomed Col. John Cooper, 461st Air Control Wing commander, during a change of command ceremony Monday.

"It is an unqualified privilege and honor to command the 461st Air Control Wing, a unit that has contributed so richly to our nation's defense," said Cooper. "I'm proud to be one of you, and on behalf of my family, thank you for the warm welcome we've already received."

Having just arrived less than two weeks from the Korean Peninsula's Air Operations Center, Cooper added, "Let

## FRIDAY FLYBY: Base Fire department fireworks safety message, Page A8

### Road construction update

The southbound right-turn lane on Byron Street will be converted into a free-flow right turn onto Watson Boulevard Wednesday. This change is designed to minimize the traffic congestion that has been occurring during the lunch and afternoon peak hours.

The improvement will be marked temporarily with cones, and is to be in place all-day, every day; however a planned construction project will be implemented to make this a permanent feature. The construction for the permanent phase will be announced at a later date.



### 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.

Neena Schwartz is an American endocrinologist who is best known for her work on female reproductive biology and the regulation of hormonal signaling pathways – particularly for the discovery of the signaling hormone inhibin. Schwartz has been an active feminist advocate for women in science throughout her career. In 2010, she wrote a memoir of her life in science, "A Lab of My Own," in which she came out as lesbian.



Schwartz

"The need for safety never takes a day off."

### Weekend Weather

Friday 94/72



Saturday 89/66



Sunday 87/64



# SECOND FRONT

## COOPER

Continued from A1

me assure you, the capabilities that this wing brings to bear are critical . . . you are the men and women who deliver that game-changing air power to our combatant commanders.”

Cooper was formerly chief of strategy with the 607th Air Operations Center at Osan Air Base, Korea.

A command pilot with more than 3,300 flying hours and over 230 hours of combat experience, he joins Team JSTARS, a unit which recently surpassed 100,000 combat flying hours in support of operations in U.S. Central Command's area of responsibility.

Cooper has flown the RC-135, UV-18B Twin Otter and the E-3 AWACS.

Presiding over the ceremony was Maj. Gen. H.D. Polumbo Jr., Ninth Air Force commander.

## KING

Continued from A1

and in-shop support. It maintains combat capability for 80 assigned aircraft.

During a change of command ceremony Thursday at the Museum of Aviation – presided over by Lt. Gen. Lee K. Levy II,

Air Force Sustainment Center commander – King highlighted Robins' mission of ensuring aircraft delivery and its impact across the globe.

“Every airplane counts, and the folks at Team Robins get that,” he said. “Whether it's the Defense Logistics Agency, the Air Logistics Complex or



U.S. Air Force photo by RAY CRAYTON

**Col. John Cooper, 461st Air Control Wing commander, receives his first salute during his change of command ceremony Monday.**

Former 461st ACW commander Col. Henry Cyr, retired after 26 years of service, 17 of those with Team JSTARS. Prior to his retirement, he was awarded the Legion of Merit.

the Life Cycle Management Center, the support has been phenomenal.”

As the installation commander, he will command 2,400 personnel across Robins who provide logistics, medical, civil engineer, security and mission support to the base.

Among his top priorities will be continuing

to ensure a safe working environment, and open lines of communication between management and union partners.

Col. Chris Hill, the former Installation commander, has been assigned to the Pentagon. During the ceremony, Hill was awarded the Legion of Merit.

## ASBP Blood Drive planned for today

The Armed Services Blood Program will conduct a blood drive today 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.

## Veterans Town Hall meeting Wednesday at Central Georgia Tech

A town hall meeting will be conducted Wednesday on the Macon Campus of Central Georgia Technical College from noon to 1 p.m. with Congressman Sanford Bishop and Veterans Administration Secretary Bob McDonald. The event will take place in Bldg. H Room 11.

For more information, contact Bill Golembiewski at william.golembiewski@mail.house.gov or 202-225-3631.

## 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 the 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.

## Dash For Trash initiative ends, recycling remains year-round goal

The second annual Dash For Trash, an installation-wide 60-day housekeeping initiative held in conjunction with April's Earth Month, came to an end June 5 and during that short period nearly 1,000 tons of recyclables and refuse were collected.

“The purpose of this event was to encourage, educate and assist the workforce in the disposal of obsolete materials,” said Scott Hastings, 78th Civil Engineer Squadron director. “The targeted categories were refuse and pallets, recyclables, hazardous waste, furniture and other unused government equipment.”

According to the final figures 218.35 tons of wood was recycled, 577.52 tons of municipal solid waste refuse and 181.81 tons of Happy Hour Commodities were recycled including paper, plastic, aluminum, glass and cardboard.

Municipal Solid Waste is trash or garbage generated from a community. It consists of everyday items



that we use and then throw away such as product packaging, grass clippings, furniture, clothing, bottles, food scraps, and newspapers.

While the Dash For Trash initiative is over, the recycling program is a year-round endeavor and Team Robins is urged to continue the mission of recycling. “Robins has a robust recycling program and yet

many people don't realize how many materials can be recycled on base or who to contact to accomplish their desired recycling needs,” said Casey Lucas, Environmental Management Branch Solid Waste program manager. “I believe this effort can continue to grow awareness of the recycling program and to help maintain the work and play areas of Robins.”

The base recycling center opened in July 2012 and is located in Bldg. 987 behind the Exchange.

The center has 16 convenient drive-up windows with slide open access where recyclables can be dropped inside.

All are labeled, to include mixed, brown and clear glass; metal/aluminum cans; plastics; white or mixed paper; cardboard and newspapers; and toner cartridges.

**For more information on the recycling program call Casey Lucas at 497-9283.**

*Safe travels*

# Local law enforcement: Pay attention to reduce accidents

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

There are two classifications of accidents which happen at Robins – minor and major.

A minor accident, according to Staff Sgt. Justin Urey, 78th Security Forces Squadron Police Services NCOIC, is just a fender bender where a vehicle can still be driven. A major accident is when an injury or a fatality occurs, the vehicle cannot be moved or the damage is more than \$10,000.

This year, the 78th SFS has handled nine major accidents. The causes of these crashes can be attributed to speeding, not paying attention to lights and even changing radio stations.

The majority of minor accidents occur in parking lots. The speed limit in parking lots is 10 mph, the same on base as off base.

On base, there is no speed limit over 35 mph. Speeding can cost a civilian anywhere between \$75 and \$250.

This year, a total of 166 speeding tickets have been issued by security forces.

People who drive above the speed limit in parking lots and those who back out of a parking space at a high rate of speed often cause accidents.

Urey suggested a few pointers to reduce the likelihood of being involved in an accident.

“Back out slowly and those who are driving need to pay attention to the area and surrounding drivers,” he



U.S. Air Force photo illustration by TARAE MAGRAS

Local policy prohibits using cell phones, PDAs or a Blackberry while driving a government-owned, privately owned or commercially owned vehicle on base unless the vehicle is parked or the driver is using a hands-free device. Hands free means not having the electronic device in your hands, including for text messaging or while entering or exiting installation gates.

said of driving in parking lots.

Three major accidents this year occurred in parking lots.

Most major accidents happen around 4 p.m., which is when many employees are leaving work. Minor accidents occur throughout the day.

Regular vehicle maintenance is high on the list as if the brakes fail due to improper maintenance, it can

cause a crash to take place.

Base police officers issue tickets for texting and driving. It is a \$75 fine.

“A lot of minor accidents happen due to inattentive driving,” he said.

Accidents can be reported to the Base Defense Operations Center at DSN 468-2187 or (478) 926-2187.

## REACH

Continued from A1

United Kingdom. He has been at Robins since 2013, transferring from Wright-Patterson.

The U.K. was the first international partner to procure C-17s in 2001.

“One huge benefit in terms of interoperability is that our team would probably be much larger if we were in the U.K.,” said Ewbank. “We also have more insight into what’s going on with the platform, and by being here it saves us a lot of money.”

“The C-17 gives our country incredible strategic cargo airlift capability. It has more range and it’s faster,” he said. “It really proved its worth during Afghanistan when we worked it really hard for resupply. It also played a pivotal role in evacuating wounded warriors back to the U.K.”

It’s also great for defense diplomacy, enabling the U.K. to be at the forefront of the international effort during natural disasters, according to Ewbank.

Dodd added, “It makes the coordination of activities much more efficient. For our partners where we don’t have FLOs in our office, coordination across the globe and time zones can be difficult when communicating issues or making real-time decisions impacting the fleet.”

The Air Force received its final C-17 in the fall of 2013. The last lot of 10 C-17s will complete production in September. Nine have been sold to Qatar, Canada, Australia and the United Arab Emirates. One final aircraft remains to be sold.

While the focus will be on fleet sustainment, to include modernization and modification, a recent example of those efforts included incorporating the Fixed Installation Satellite Antennae program on two of Australia’s C-17s. The move will give the aircraft internet capabilities to enhance communications and situational awareness.

Since the C-17s initial operational capability was declared in 1995, the fleet has accumulated 3 million flying hours

this past May, and has supported military operations, exercises, patient transport and worldwide humanitarian relief.

Robins is not only home to the C-17 SPO, but also the 562nd Aircraft Maintenance Squadron at the Warner Robins Air Logistics Complex, whose 625 personnel are responsible for the heavy maintenance and overhaul of the aircraft.

## Air Force reservists deliver humanitarian aid to Haiti, Saint Kitts

The reliability and maintainability of the C-17 fleet make it an outstanding benefit for humanitarian aircraft missions across the globe.

At Joint Base Charleston in South Carolina, 315th Airlift Wing Airmen are no strangers to humanitarian efforts.

Earlier this month, reservists from the 317th Airlift Squadron delivered aid to residents in Haiti, and for the first time to the island nations of Saint Kitts and Nevis.

The aid was delivered as part of scheduled training flights in partnership with U.S. Aid’s Denton Program – a program which allows private U.S. citizens and organizations to use space available military cargo planes to transport humanitarian goods to countries in need.

“This exercise is a continuation of a long history of humanitarian missions that fly out of Joint Base Charleston,” said Capt. John Williams, 317th AS C-17 Globemaster III pilot and mission aircraft commander. “To be able to partner with the Denton Program to enrich the lives of our neighbors is a very rewarding job.”

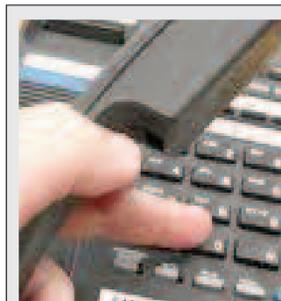
A total of 345,000 pounds of humanitarian cargo was delivered to Haiti this past April onboard a C-17, which included more than 65,000 pounds of food.

**Editor’s note:** The 315th Airlift Wing contributed to this article.



U.S. Air Force photos by TECH. SGT. SHANE ELLIS

Master Sgt. Ken Hundemer discusses security operations with members of the 315th Security Forces Squadron while on a training mission to Haiti. The 315th Airlift Wing flew 20 sorties during the four-day deployment and airlifted more than 345,000 pounds of humanitarian cargo, which included 61 pallets of food and clothing and one school bus.



## STRAIGHT TALK HOT LINE

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



## AROUND THE AIR FORCE

**Wingmen continue successful interventions across AFMC**

BY KIM BOWDEN

Air Force Materiel Command Public Affairs

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – Across Air Force Materiel Command, airmen continue to embrace the command's culture of respect and resiliency. This is especially evident in their behavior as wingmen.

"Accountability is at the core of the culture we emphasize, and it's at the core of the wingman concept," said Jennifer Treat, AFMC Community Support Coordinator. "A good wingman stays alert for signs of danger from whatever source – whether suicide, safety mishaps, alcohol abuse, sexual assault or other difficulties. A good wingman gets involved by knowing their fellow airmen, and takes action when necessary to protect them, on and off duty.

"We're proud to have so many true wingmen in our command who look out for the welfare of their colleagues and community," she added.

Some recent examples of successful wingman intervention include:

►Wingmen found the driver of a crashed car pulseless. They provided initial care, CPR and defibrillation until first responders arrived. The driver regained a pulse and was taken to the hospital.

►Another wingman was notified by an Airman's spouse that the airman had threatened suicide. The wingman found the airman engaged in a preparatory



act but intervened and immediately escorted the airman to the mental health clinic. The wingman continued to provide support until the airman returned to duty.

►One wingman noticed an overturned, burning vehicle and worked to remove the passengers. The wingman flagged down assistance and made contact with emergency responders, staying on the scene until they arrived.

►At a club during spring break, a wingman witnessed several drunken males near a group of underage female airmen. The wingman overheard one male shouting about 'hot little minors,' so she asked the females if they were OK and stayed close by to intervene again if necessary. Later, the same wingman helped a drunk, underage female into a cab when the female tried to drive home.

►One wingman responded to an off-duty emer-

gency. The wingman found an airman's infant family member not breathing and initiated CPR. The wingman provided stability until first responders arrived.

►After an airman had an on-duty breakdown and threatened coworkers, a very dedicated supervisor and wingman intervened. The wingman involved the airman's peer group, and together they ensured the airman made it to the hospital. Over the course of the next year, the wingman coordinated a get-well plan and escorted the airman to various appointments, allowing the airman to remain productive until he was medically retired.

By staying engaged, showing concern and being alert for signs of distress, these wingmen helped others avert danger and even saved lives.

AFMC has been consciously building the concept of wingman intervention since 2013.

The goals are to raise awareness of helping behaviors, increase the motivation to help, develop the skills and confidence to safely intervene and assist when necessary, and ensure the safety and well-being of self and others.

If you become aware of situations in which personnel have recognized at-risk behaviors and proactively intervened, please contact your local Community Support Coordinator.

AFMC's goal is to highlight these situations as teachable moments to encourage similar behavior and continue its focus of maintaining a "Culture of Respect and Resiliency."



U.S. Air Force photo by TECH. SGT. JOSHUA GARCIA

**Scanning for threats**

**Army Staff Sgt. Michael Aldrich, 46th Chemical Co., scans the ground with a metal detector in search of possible explosives during a chemical, biological, radiological, nuclear and explosive exercise scenario at Fort McCoy, Wis. The joint exercise was designed to demonstrate contingency deployment training ranging from bare-base buildup to full operational capabilities. More than 6,500 members from U.S. service components including Air Force, Army and Navy participated alongside British and Canadian forces.**

**Enlisted professional military education enrollment notifications begin**

**JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS)** –

The Air Force Personnel Center recently initiated a phased approach to notify about 83,000 airmen of the requirement to enroll in the applicable enlisted professional military education distance learning course. AFPC will notify 20,000 airmen at the beginning of each month until all have been notified.

In July 2014, the Air Force announced the new EPME model, which introduces airmen to appropriate institutional competencies at specific milestones throughout their career. The new program still includes three levels of PME, but now incorporates distance learning course completion as a prerequisite for in-resident NCO and senior NCO academy attendance.

Airmen should complete their distance learning course within 12 months of the AFPC notification message. Airmen already enrolled in a distance learning course with a completion date agreement with Air University should complete their course by the original agreement date.

**In Other News****Enlisted evaluation, promotion systems to use new EPR forms, forced distribution, stratification restrictions**

**WASHINGTON (AFNS)** –

With static closeout dates for each rank in place, the Air Force announced it will update the enlisted performance report forms and use new forced distribution and senior rater stratification restrictions to round out the incremental changes to enlisted evaluation and promotion systems with performance as the driving factor in promotions.

For technical sergeants and below, forced distribution limits the top-two promotion recommendations a commander is authorized to give to promotion-eligible airmen. The restrictions under forced distribution are tied to historical promotion rates in each grade designed to ensure those airmen receiving a top tier promotion recommendation have a distinct advantage for promotion. The total number of forced distribution quotas is based on the total number of promotion-eligible airmen a commander has in a specific grade on the SCOD.

"The revised enlisted evaluation system provides rates with meaningful feedback on rater expectations, a reliable, long-term cumula-

tive record of performance and a clear indication of their promotion potential," said Lt. Gen. Sam Cox, the deputy chief of staff for manpower, personnel and services.

**DOD updates equal opportunity policy to include sexual orientation**

**WASHINGTON (AFNS)** – The Defense Department has updated its military equal opportunity program to protect service members against discrimination because of sexual orientation, Defense Secretary Ash Carter said June 9.

At a DOD-Pentagon Pride Month event, the secretary said the department has made a lasting commitment to living the values it defends, including treating everyone equally.

"We have to focus relentlessly on the mission, which means the thing that matters most about a person is what they can contribute to it," Carter said.

Service members now will be able to use command channels, the DOD Inspector General's office and the military equal opportunity process, just as DOD civilians are able to use civilian equal employment opportunity programs to resolve discrimination complaints based on sexual orientation, he said.

**PERSPECTIVE****The picture tells a story**

BY COL. LEAH G. LAUDERBACK

National Air and Space Intelligence Center

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS)** – There's a picture frame on my desk holding a casual snapshot of my wife and me.

There's nothing particularly special about the small, silver frame. But in my 22 years in the Air Force, it's the first time I've ever had a picture of anyone on my desk at work. Seeing my loved one during the duty day is such a joy. It puts a smile on my face, especially during those tough days, and it reminds me there's more to life than work.

Having a picture of my spouse on my desk is not something I take for granted because less than five years ago, it wouldn't have been possible.

I am a gay airman who served the first portion of my Air Force career under the "Don't Ask, Don't Tell" policy. Instituted on Feb. 28, 1994, DADT prohibited dis-

criminating against homosexual or bisexual service members or applicants, but also barred openly gay, lesbian or bisexual persons from military service.

As pride month is celebrated across the nation and within the Department of Defense, I would like to take this opportunity to explain, from one airman's perspective, what it meant to have DADT repealed on Sept. 20, 2011.

In 1994, I was just beginning my career in the Air Force. There's only one word to describe my early years as an airman under DADT – paranoia.

Each day, I lived with the fear of exposure and losing my career. I worried a phone call to the office by my then-girlfriend would raise suspicion. The risk of being spotted together in town made dinners out a rare treat. I couldn't share my weekend plans with fellow Airmen and rarely let them know if I had done something outside of work.

With each new assignment, I felt com-

pelled to find one person with whom I could share my secret. Opening up to someone I trusted gave me peace of mind.

It was comforting to know there was someone to call my girlfriend if anything ever happened to me. Reaching out to a wingman also improved my resiliency by giving me an outlet for communication. Once someone knew my secret, I could open up to them and share stories about my other life.

I won't blame DADT for my relationships ending time after time, but it certainly didn't make it easier for me to build something lasting. As military members, we rely on our support system of family, friends and loved ones.

When you're unable to bring your significant other to an airman leadership school graduation or a dining-out, it makes for a lonely evening.

Overall, I'm a better, more complete airman since the repeal of DADT. My work-life balance improved dramatically

with the introduction of a wonderful woman whom I married a little more than a year ago.

We enjoy everything about military life, and we do it together. My general officer supervisors congratulated me and immediately welcomed my wife into the family. Similarly, the airmen I see every day ask how we are, what we're doing on weekends and what fun things have we experienced in the community. That's special to me and makes me love the Air Force even more.

In today's Air Force, all airmen, regardless of sexual orientation, may serve openly. And while orientation remains a personal and private matter, it's also not something you have to hide, and for that I am grateful.

The repeal of DADT gave me the opportunity to serve this great nation as my whole self. And it allowed me to put a small, silver picture frame in a place of honor – front and center on my desk.

**ROBINS REV-UP****SUBMISSION GUIDELINES**

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

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

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

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# Beat the Heat – *Stay hydrated!*



## *OSHA Offers Tips on Protecting Workers from Heat*

### Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions your employer should take any time temperatures are high and the job involves physical work.

### Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Low liquid intake
- Heavy physical labor
- Waterproof clothing
- No recent exposure to hot workplaces

### Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

### Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

### To Prevent Heat Illness, Employers Should

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to

prevent them.

- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.
- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those who have been away from work to adapt to working in the heat (acclimatization).
- Routinely check workers who are at risk of heat stress due to protective clothing and high temperature.
- Consider protective clothing that provides cooling.

### How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.

### What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

**IF A WORKER IS NOT ALERT or seems confused, it could be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.**

# Robins Air Force Base – The Mission Starts Here



## TEAM ROBINS



**"Making tomorrow better than today."**



**U.S. AIR FORCE**  
**EagleEyes**

WATCH.REPORT.PROTECT.

REPORT  
SUSPICIOUS ACTIVITY  
TO 468-EYES

# *Robins military justice actions*

## The following airmen have received

### Administrative Demotions:

►A 461st Aircraft Maintenance Squadron senior airman received a demotion to airman first class for failing to fulfill Airman responsibilities by driving under the influence of alcohol.

►A 78th Security Forces Squadron airman first class received a demotion to airman for failing to fulfill Airman responsibilities by driving under the influence of alcohol.

## The following airmen have received

### Administrative Discharges:

►A 52nd Combat Communications Squadron airman was discharged for conditions that interfere with military service. The airman received an honorable service characterization.

►A 78th Air Base Wing Communications Directorate airman first class was discharged for minor disciplinary infractions, including failing to report to duty on time on six occasions and failing a dormitory room inspection. The member was granted probation & rehabilitation for one year. The member violated P&R by making a false official statement. The airman first class received a General service characterization.

►A 51st Combat Communications Squadron airman first class was discharged for conditions that interfere with military service. The airman first class received an Honorable service characterization.



►A 461st Aircraft Maintenance Squadron airman first class was discharged for drug abuse. The airman first class received a General service characterization.

►A 461st Maintenance Squadron senior airman was discharged for failure to meet minimum fitness standards. The senior airman received an Honorable service characterization.

►A 51st Combat Communications Squadron airman was discharged for minor disciplinary infractions, including dereliction of duty on two occasions; making a false official statement on two occasions; failing to obey an order on two occasions; being late for duty on two occasions; and failing to report to duty. The airman received a

General service characterization.

►A 52nd Combat Communications Squadron airman was discharged for drug abuse. The airman received a General service characterization.

►A 53rd Combat Communications Squadron airman was discharged for minor disciplinary infractions, including failing a dormitory inspection; failing to report to duty on five occasions; and dereliction of duty on two occasions. The airman received a General service characterization.

►A 51st Combat Communications Squadron airman first class was discharged for failure to meet minimum fitness standards. The airman first class received an Honorable service characterization.

►A 52nd Communications Squadron airman first class was discharged for drug abuse. The airman first class received a General service characterization.

►A 330th Combat Training Squadron airman was discharged for drug abuse. The airman received a General service characterization.

►A 16th Airborne Command and Control Squadron airman first class was discharged for a pattern of misconduct. The pattern included failing to show for a mandatory appointment on three occasions, leaving the place of duty without authority and being late for mission planning. The airman first class received a General service characterization.

# Fireworks safety

## Fire officials offer tips to avoid injury

Gov. Nathan Deal recently signed a bill authorizing the sale of consumer fireworks in Georgia.

As a result, more people will have access to, and use, fireworks.

Two-thirds to three-fourths of all fireworks injuries occur during the four-week period surrounding Independence Day.

On the Fourth of July itself, fireworks usually start more fires nationwide than all other causes combined.

Fireworks accounted for a large number of injuries in the United States, and 55 percent of those injuries were burns to the hands, eyes and head. While most injuries occurred from legal fireworks, a considerable amount occurred from illegal fireworks, and half of the victims were under 15 years of age.

The new law prohibits the possession of fireworks in school zones, at school functions or on school buses.

Robins personnel and residents are reminded that the sale, possession, use, storage or transportation of fireworks is prohibited on the base unless approved, in writing, by the Installation Commander.

Before the use of any fireworks, make sure they are legally permitted in your state or local area.

If you happen to reside in an area that authorizes the use of Safe and Sane fireworks, consider some of these safety tips listed below to help safeguard you and your family:

►Store fireworks safely in a cool, dry place. Check the instructions for special handling and storage requirements.

►Know the local area fire conditions. Do not use fireworks if state and/or local conditions for fire danger are high.

►Never allow young children to play with fireworks under any circumstances. Sparklers that have been considered safe, burn at 1,800 degrees Fahrenheit, hot enough to

ignite any clothing.

►Older children should only be permitted to use fireworks under close adult supervision, and under no circumstances should they be allowed to horseplay with any type of fireworks.

►Always light fireworks outdoors in a clear area away from houses, buildings, and grass areas and never light fireworks around any flammable materials.

►Make sure all personnel are out of the area before igniting fireworks.

►Never try to relight or handle any malfunctioning firework. Douse these fireworks with water and discard them.

►Never light fireworks in a glass or metal container, shrapnel from these containers can cause serious injuries or even death.

►Keep all unused fireworks away from the designated firing area.

►Keep a pail/bucket of water available for emergencies.

►Never experiment, modify or attempt to make your own fireworks.

►Never throw or toss fireworks at another person.

►Do not wear loose clothing; it can very easily catch fire.

►Only light fireworks one at a time (not all at once).

►Do not mix drinking and drugs with fireworks, this presents an added danger that can cause serious consequences.

►In case of an emergency make sure you know the emergency reporting number in the area you are in. (This is usually 911; on base from a cell or other non-government phone 222-2900.) If an accident does occur, do not delay medical attention even for seemingly mild injuries.

If you have any questions, call the Fire Prevention Office at DSN 468-2145 or 478-926-2145.

– Courtesy Robins Fire Department

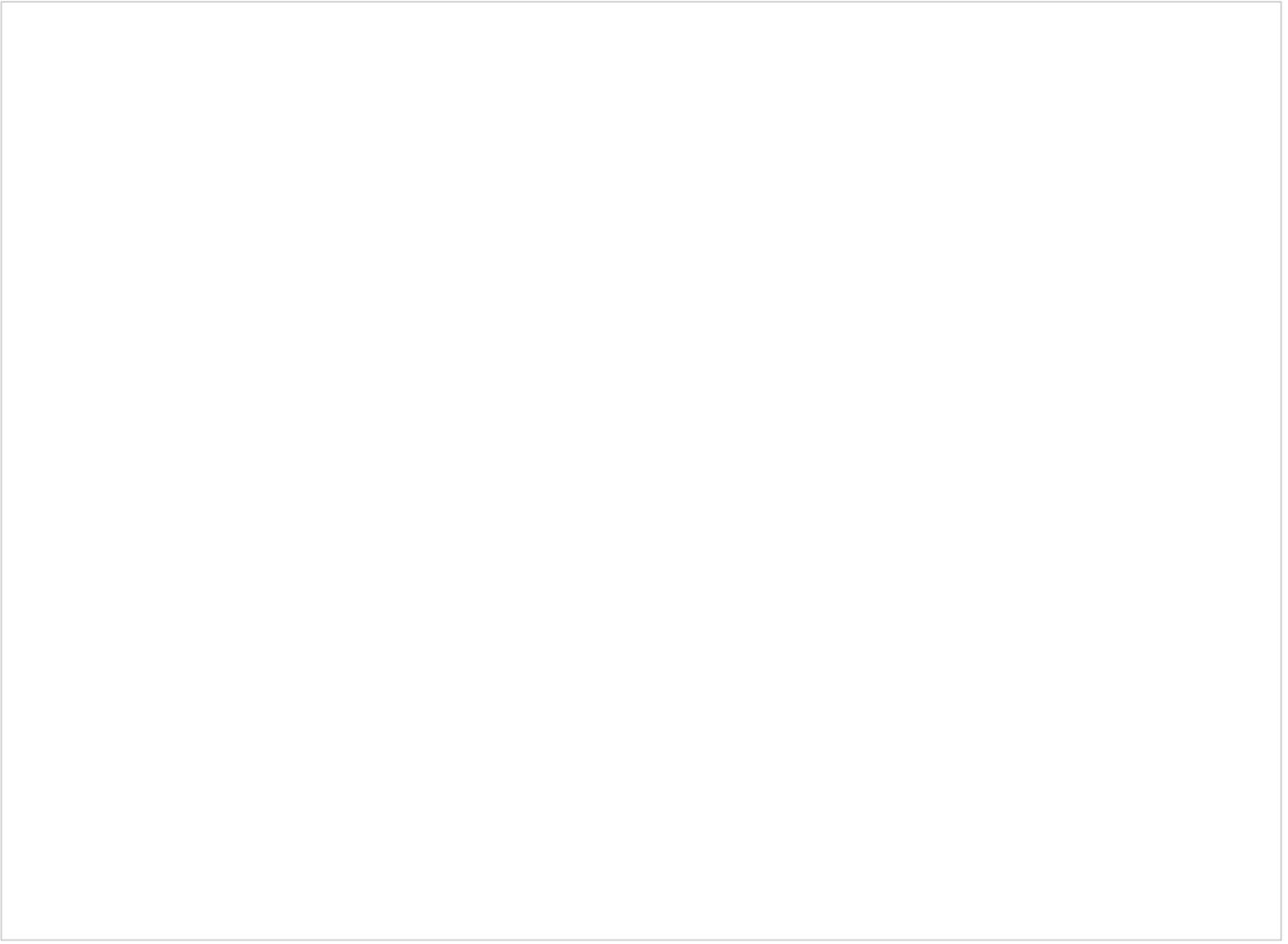
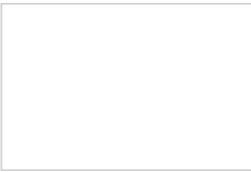
# Air Force Parent Pin Program



## Keep it Green

Recycle This Paper

Practice OPSEC every day, everywhere.





## Thought for the Day

"You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you."

– Walt Disney



## What's inside

Men's Health Screenings, B2

Getting to Know You, B3

Holiday Hours, B5

# Lighter Fare

THE ROBINS REV-UP ■ JUNE 26, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY

# First Down!

## NFL debuts Moms Clinic at Robins, making history



U.S. Air Force photo by ROLAND LEACH

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

On Monday, Moms from Robins Air Force Base and the surrounding community – decked out in matching khaki shirts – learned about concussions, steroid use and tackling from the pros.

More than 200 women participated in the Atlanta Falcons' Moms Football Safety Clinic led by former NFL player Buddy Curry, who played for the Atlanta Falcons.

He brought with him several former NFL and college football players as coaches and two undrafted rookie free agents, Michael Lee from Fort Valley State University and Jonathon Mincy from Auburn, who hope to make the Falcons' squad.

This was the first time a mom's safety clinic sponsored by the NFL has been conducted on a military installation.

Curry, who has three sons who played football, said that safety measures today are far better than when he played professionally in the 1980s.

A representative from Riddell demonstrated how to properly fit a football helmet and shoulder pads. And Brian Parker, a spokesman for the Taylor Hooton Foundation, talked about the prevalence of steroid and dietary supplement use in youth sports.

After the informational lectures and a question and answer session, the ladies headed outside to practice tackling drills.

Led by the former professionals who shouted encouragement, provided directions and gave high fives all around, the women were instructed on how to "keep their head up, chest out and to explode from the hips to tackle an opponent."

The drills, along with the lectures, were designed to put mothers' minds at ease about letting their sons play contact football.



Above and below, U.S. Air Force photos by TANNYR DENBY

Michael Lee, an undrafted rookie free agent from Fort Valley State University, speaks to local media during the Moms Clinic Monday.



U.S. Air Force photo by TANNYR DENBY



U.S. Air Force photo by ROLAND LEACH

## A BETTER YOU

## Men: Stay healthy, get the screenings you need

Use the information in this article to help you learn about which screening tests you need to stay healthy.

Screenings are tests that look for diseases before symptoms appear. Some screenings, such as blood pressure readings can be done in the doctor's office. Others, such as colonoscopy, a test for colon cancer, need special equipment, so a referral may be needed. After a screening test, ask when the results will be available and who you should contact to receive them.

**ABDOMINAL AORTIC ANEURYSM:** If you are between the ages of 65 and 75 and have ever been a smoker, (smoked 100 or more cigarettes in your lifetime) get screened once for abdominal aortic aneurysm. AAA is a bulging in the abdominal aorta, the largest artery. The AAA may burst, which can cause dangerous bleeding and death.

An ultrasound, a painless procedure in which you lie on a table while a technician slides a medical device over the abdomen, will show whether an aneurysm is present.

**COLON CANCER:** Have a screening test for colorectal cancer starting at age 50. If a family history of colorectal cancer exists, earlier screening may be needed. Several different tests can detect this cancer. Your doctor can help you decide which is best for you.

**DEPRESSION:** Emotional health is as important as physical health. Talk to your doctor or nurse about being screened for depression, especially if during the last two weeks:

- ▶ You have felt down, sad or hopeless.
- ▶ You have felt little interest or pleasure in doing things.

**DIABETES:** Get screened for diabetes (high blood sugar) if you have high blood pressure or take medication for high blood pressure.

Diabetes can cause problems with the heart, brain, eyes, feet, kidneys, nerves and other body parts.



**HEPATITIS C VIRUS:** Get screened one time for HCV infection if:

- ▶ You were born between 1945 and 1965.
- ▶ You have ever injected drugs.
- ▶ You received a blood transfusion before 1992.

If you are currently an injection drug user, you should be screened regularly.

**HIGH BLOOD CHOLESTEROL:** If you are 35 or older, have your blood cholesterol checked regularly with a blood test. High cholesterol increases the chance of heart disease, stroke and poor circulation. Talk to your doctor or nurse about having your cholesterol checked starting at age 20 if:

- ▶ You use tobacco
- ▶ You are overweight or obese
- ▶ You have diabetes or high blood pressure
- ▶ You have a history of heart disease or blocked arteries

▶ A man in your family had a heart attack before age 50 or a woman, before age 60

**HIGH BLOOD PRESSURE:** Have your blood pressure checked at least every two years. High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

**HIV:** If you're 65 or younger, get screened for HIV.

If you are older than 65, ask your doctor or nurse whether you should be screened. Active duty service members receive bi-annual HIV screenings as part of a readiness requirement.

**LUNG CANCER:** Talk to your doctor or nurse about getting screened for lung cancer if you are between the ages of 55 and 80, have a 30 pack-year smoking history, and smoke now or have quit within the past 15 years. (Your pack-year history is the number of packs of cigarettes smoked per day times the number of years you have smoked.) Know that quitting smoking is the best thing you can do for your health.

**OVERWEIGHT AND OBESITY:** The best way to learn if you are overweight or obese is to find your body mass index. You can find your BMI by entering your height and weight into a BMI calculator available at: [www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm).

A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese.

If you are obese, talk to your doctor or nurse about getting intensive counseling and help with changing your behaviors to lose weight. Overweight and obesity can lead to diabetes and cardiovascular disease.

You know your body better than anyone else. Always tell your doctor or nurse about any changes in your health, including your vision and hearing.

Ask them about being checked for any condition you are concerned about, not just the ones here. If you are wondering about diseases such as Alzheimer's disease or skin cancer, for example, ask about them.

**Editor's Note:** This information is based on research from the U.S. Department of Health and Human Services and the U.S. Preventive Services Task Force. The USPSTF is an independent group of national experts in prevention and evidence-based medicine.

For more information visit: <http://www.uspreventiveservicestaskforce.org>.



## 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 con-

ducted 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.

## GETTING TO KNOW YOU



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

**UNIT:** 572nd Commodities Maintenance Squadron

**JOB TITLE:** Aircraft sheet metal mechanic

**TIME IN SERVICE:** 7 years

**HOMETOWN:** Cordele Ga.

**What does your work involve at Robins?** My work at Robins involves maintenance on the wings of the F-15 fighter jet.

**What do you enjoy most about your work?** The thing I enjoy most is helping to provide an on-time quality product to help Robins continue to be successful.

**How does your work contribute to the Robins mission?** By outputting a successful F-15 wing to support our warfighters.

**What prompted your interest in your current career field?** Our troops prompted my interest in this career field.

**Who has been the biggest influence in your life?** I have several influential people in my life, but if I had to narrow it down it would be my parents and wife. Both have taught me never to give up and strive for what you want.

**What is an accomplishment you are most proud of?** One of my greatest accomplishments is my kids.



*Positive workplace relationships  
enable everyone to perform  
at their very best*



**See something wrong?  
Do something right.**

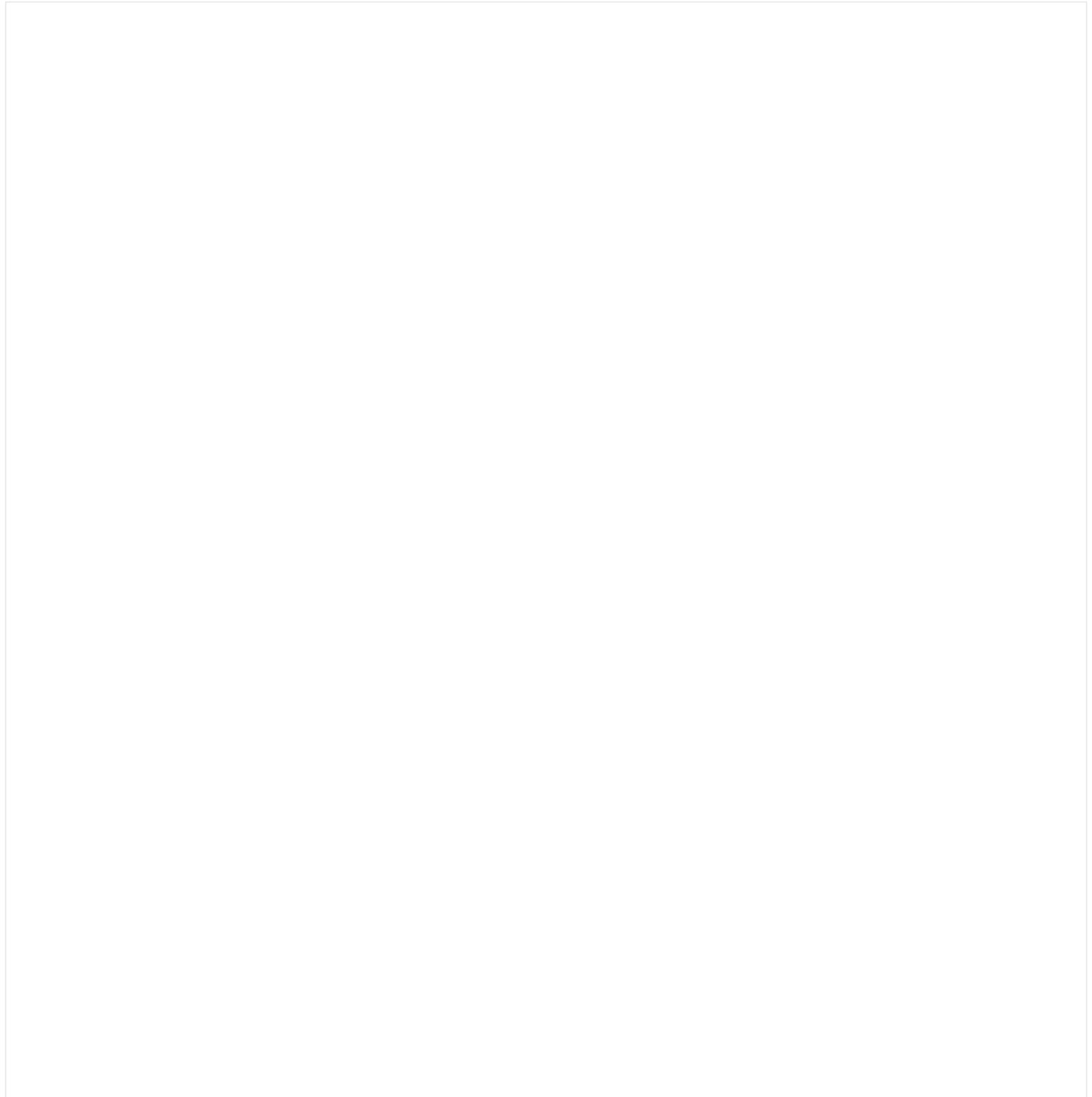
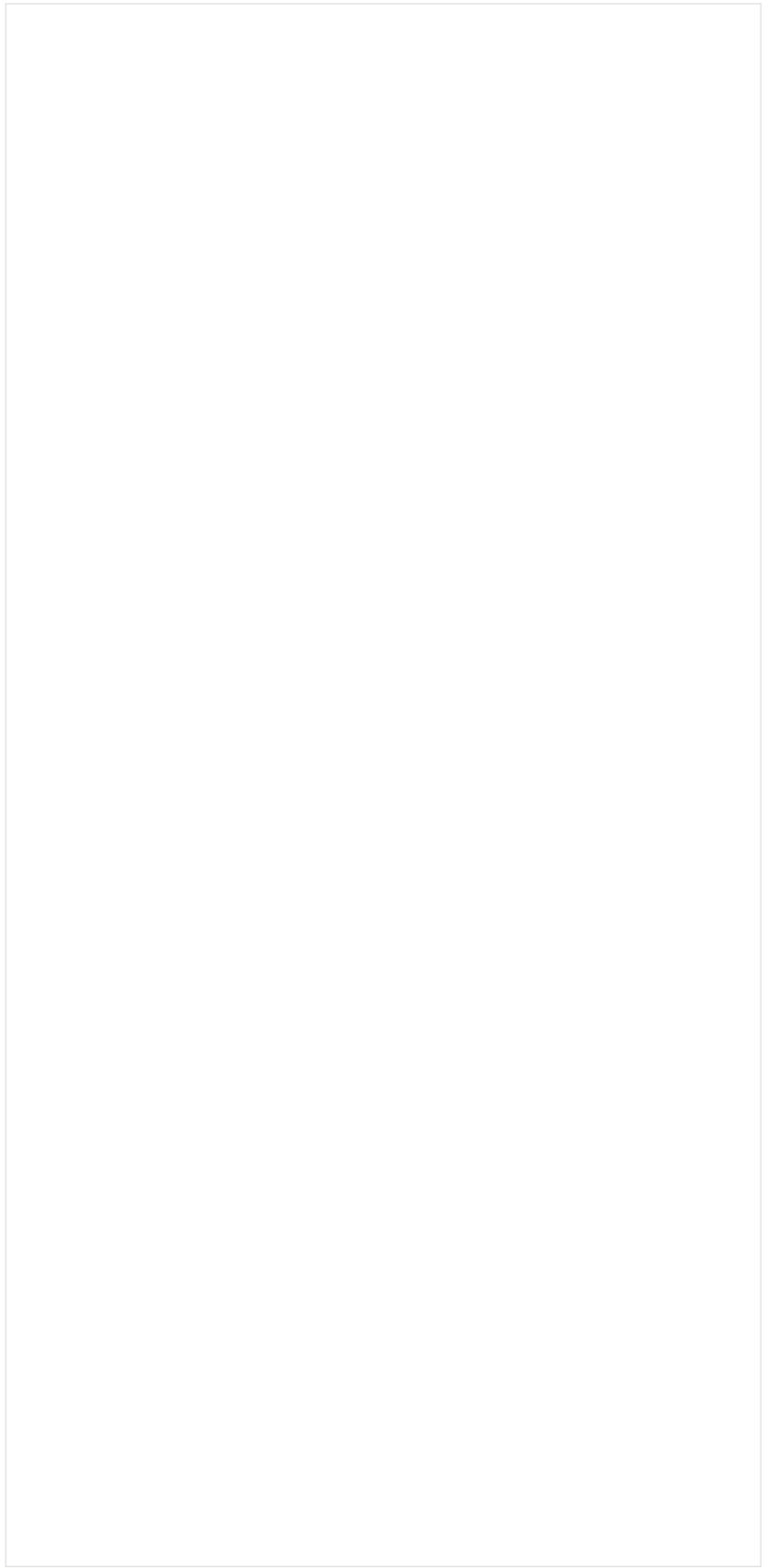
# AFOSI

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

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

**See something? Say something!**

PLEASE RECYCLE THIS NEWSPAPER.



# HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR  
**26 27 28 29 30 1 2**

**ON TAP**  
**Family Movie Night**  
**Spongebob Movie**  
 Today  
 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**  
 Today  
 10 p.m. to 2 a.m.  
 Heritage Club pool deck  
 For details, call 472-7899.

**Sizzling Hot Mid-Year**  
**Big Bingo Blowout**  
 Sunday  
 2:15 p.m.  
 Heritage Club  
 For details, call 468-4515.

**Independence Day 5K**  
 Wednesday  
 6 p.m.  
 Fitness Center

BBQ will be available at the finish and bring a towel for a dip in the pool.  
 For details, call DSN 472-2128.

**UPCOMING**  
**Pine Oaks**  
**Junior Golf Clinic**  
 July 6 through 10  
 9:30 to 10:30 a.m.  
 Ages 5 to 13 years old  
 For details, call DSN 468-4103.

**2nd Friday Club Affair**  
 July 10  
 5 p.m.  
 Heritage Club  
 For details, call DSN 472-7899.

**Fight Night (UFC 189)**  
**World Featherweight Championship**  
 July 11  
 Doors open at 8 p.m.  
 Heritage Club Lounge  
 For details,

call DSN 472-7899.  
**Boss and Buddy**  
 July 17  
 5 p.m.  
 Heritage Club Lounge  
 For details, call DSN 472-7899.

**Family Fun**  
**Movie Night**  
**at the Heritage Pool**  
 July 17  
 8 to 10 p.m.  
 \$5 includes popcorn and drink. Bring your floaties and water guns.  
 For details, call DSN 468-4001.

**ONGOING**  
**Afterburner**  
**June Special**  
 Mondays through Fridays  
 5:30 a.m. to 1 p.m.  
 Base Restaurant, Bldg. 166  
 Hot or Cold  
 Salted Caramel Latte  
 For details, call DSN 472-7827.



## HOLIDAY HOURS

### 78th Force Support Squadron

*All FSS facilities will be closed July 3 through 5 with the exception of:*

- ▶ Golf Course, open regular hours
- ▶ Main Fitness Center, open from 8 a.m. to 4 p.m.
- ▶ Heritage pool, open from noon to 6 p.m.; snack bar open from 1 to 5 p.m.
- ▶ Bowling Center, open July 3 from 11 a.m. to 11 p.m.; July 5 from 1 to 8 p.m.

- ▶ Outdoor Rec, open July 3 from 10 a.m. to 2 p.m.
- ▶ Skeet Range, open July 3 from noon to 4 p.m. and July 4, and July 5, from noon to 6 p.m.
- ▶ Wynn Dining Facility, normal hours

\*For a complete list of FSS hours, visit [www.robinsfss.com](http://www.robinsfss.com).

**78th MDG**  
 ▶ Closed July 3 through July 5

**78th SFS**  
 ▶ Gate 14, the Russell Parkway Gate, will be closed July 3 and open normal hours July 4 and July 5.  
 ▶ Gate 5, the Truck Gate, will be open from 6:30 a.m. to 8 p.m. July 3  
 ▶ Gate 3, the Watson Gate, will be open normal hours July 3 through July 5.

**78th LRS**  
 ▶ Fuels will be open normal hours July 3 and July 5 and on telephone standby July 4  
 ▶ Vehicle Operations will be on telephone standby July 3 through July 5.

**Exchange Main Store**  
 ▶ Open July 3 from 9 a.m. to 8 p.m.; July 4 from 9 a.m. to 6 p.m. and July 5

from 10 a.m. to 6 p.m.

**Service Station**  
 ▶ Open July 3 from 6:30 a.m. to 9 p.m.; July 4 from 9 a.m. to 5 p.m. and July 5 from 8 a.m. to 9 p.m.

**Commissary**  
 ▶ Open July 3 from 9 a.m. to 7 p.m.  
 ▶ Open July 4 from 9 a.m. to 5 p.m.  
 ▶ Open July 5 from 9 a.m. to 7 p.m.

**Shoppette/Class Six**  
 ▶ Open July 3 from 6:30 a.m. to 9 p.m.; July 4 from 9 a.m. to 5 p.m. and July 5 from 9 a.m. to 8 p.m.

**Military Clothing Store**  
 ▶ Open July 3 from 10 a.m. to 4 p.m.

\*For more Robins Exchange facility hours, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).



## 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.

**THINK SMART**  
**SAFETY SAVES LIVES**