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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

July 2, 2015 Vol. 60 No. 26



U.S. Air Force photos by MISUZU ALLEN

Donald Shirreffs, a 559th Aircraft Maintenance Squadron sheet metal mechanic, uses a small drill to install a pointer tracker assembly on the aircraft.



U.S. Air Force photo by MISUZU ALLEN

Col. Rod Bloker, Defense Logistics Agency Aviation Warner Robins commander, speaks after assuming command.

DLA welcomes new commander

BY ANGELA WOOLEN
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At a Defense Logistics Agency Aviation Warner Robins change of command ceremony Monday at the Heritage Club, Col. Daniel Hicks passed the flag to Col. Rod Bloker.

Brig. Gen. Allan Day, DLA Aviation, Richmond, Va., thanked Hicks for his years of service and his commitment to the Air Force during his 30-year tenure.

"This week you'll step into a new chapter of your life. The Air Force is losing a valuable airman," said Day.

Hicks, who is retiring, was responsible for 750 DLA personnel and \$2 billion worth of parts and equipment for the warfighter.

But more importantly, said Day, under Hicks' leadership, DLA Warner Robins has reduced backorders and down time for maintenance.

Hicks attributed the improvement to training and instilling a sense of pride in his employees. "I'm proud to have been a part of that," he said.

Traditionally, the outgoing commander will give flowers to his spouse. But instead Hicks told his wife, "I'm giving you back your husband. After I pass these colors, I'm all yours, Jean," he said to applause from the crowd.

During the ceremony, Day said the incoming commander's background in missiles and logistics makes him a good fit here.

"It's neat to see how we can transition leadership without losing quality," said Day.

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► see DLA, 5A

First-time fix



C-5C LAIRCM mod benefits warfighters, NASA

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

For the first time at the Warner Robins Air Logistics Complex, a C-5C model is currently undergoing modifications to outfit a Large Aircraft Infrared Countermeasures system.

LAIRCM is a defensive system for large transport as well as rotary-wing aircraft that combines a missile warning system and infrared laser jammer countermeasure system to protect the aircraft from an enemy's infrared-guided threat missiles.

"The transition of C-5 LAIRCM installation from the contractor to our

organic workforce has been a huge accomplishment," said Col. Raegan Echols, C-5 System Program manager at Robins. "This installation is particularly challenging since it is the first C-model to receive the mod and it is on a highly-compressed schedule. But our 402nd Aircraft Maintenance Group partners are performing beyond our expectations to deliver the capability on time to Air Mobility Command."

Created to carry oversize cargo, this C-5 version, of which there are only two in the fleet, is a high demand aircraft. As the Air Force's largest airlifter, the C-5C can not only carry more cargo further than any other aircraft, but it's

so large that it also supports various missions from the National Aeronautics and Space Administration.

Once it leaves Robins it will once again immediately perform a critical mission for NASA.

Most notably, this massive cargo aircraft on the flight line has transported various specialized equipment as part of NASA's James Webb Space Telescope program. Its large infrared telescope will be used as a premier observatory and will be launched in October 2018, according to NASA.

NASA is one of the C-5C's largest

Robins med tech words, actions impactful a world away

BY JENNY GORDON
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Attention to details, an inquisitive mind and commitment to duty and country – these are just a few words to describe Staff Sgt. Aliaksei Krasouski, a 78th Aerospace Medical Services technician at Robins.

After he saw information online about the Air Force Culture and Language Center's Language Enabled Airman Program, Krasouski felt he had much to contribute not only to an Air Force he serves, but a country that borders his native land of Belarus.

The Air Force selected him for LEAP, and as a fluent

Want to know more?

To apply or learn more about the Language Enabled Airman Program, visit <http://culture.af.mil/leap>

Ukrainian speaker, Krasouski was able to quickly meet standards in his selected language.

This past November, the AFCLC selected him to participate in a Language Intensive Training Event to the Ukraine, where he was connected with U.S. Security

Cooperation officers. In April, he travelled to the Ukraine where he spent two months.

Due to his fluency in the Ukrainian and Russian languages, he was assigned to the U.S. Embassy's Office of Defense Cooperation in Kyiv.

Most notably, he translated documents into Ukrainian from English for the U.S.-Ukraine Joint Commission Medical Subcommittee of U.S. European Command, was involved in preparations for a EUCOM patients medical assessment visit, and served as a Russian/Ukrainian/English interpreter who communicated patient diagnoses

► see LEAP, 5A

FRIDAY FLYBY: AFMC commander's Independence Day commentary, Page A4

Independence Day Concert Info

Questions about the 33rd annual Warner Robins Independence Day Celebration featuring Darius Rucker should be directed to the following address: hometowncelebrationusa@gmail.com.



Road construction update

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

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



Weekend Weather
Thursday 89/72
Friday 91/72
Saturday 92/72

"Be smart. Implement safety from the start."

SECOND FRONT

Face time with AFSC commander



U.S. Air Force photo by RAY CRAYTON

Clockwise from left, Jimmy Russell, 560th Aircraft Maintenance Squadron director; Lt. Gen. Lee Levy, Air Force Sustainment Center commander; Nicole Jeffreys, 560th AMXS C-130 production support technician; and Bill Best, 402nd Aircraft Maintenance Group deputy director; discuss C-130 surge.

C-5

Continued from A1

customers and has utilized it to carry satellites, components of the Space Station and the Hubble telescope, according to John Dorminey, Robins C-5 Engineering Branch chief.

The conversion of the aircraft required modification to remove its troop compartment aft of the center wing and above the cargo area, allowing larger cargo space for carrying NASA equipment.

While it carries oversized special mission cargo for NASA, it also deploys to combat zones, requiring it to have the latest state-of-the-art electronic warfare systems for aircraft protection.

“The C-model is the most difficult due to the special configuration of the aircraft,” said Dorminey. “The 559th AMXS has worked closely with the C-5 System Program Office to detail all requirements needed to ensure this aircraft meets its expected output date. This teamwork has paid off with the modification going very well and maintaining schedule.”

“The LAIRCM modification of the C-5C is a great example of what this complex brings to the fight for the Air Force while providing value to the taxpayer,” he added.

The plane is not here for programmed depot maintenance; however, in addition to the LAIRCM installation, additional repairs were needed once it arrived. Those are occurring on the aircraft’s aft cargo door system and ramp.

The estimated work package on LAIRCM alone is a little over 5,000 hours and it is tentatively scheduled to be on station for 75 days.

“We’ve spent a lot of time getting this plane ready for its arrival, and it’s finally come together,” said Clay Kernell, 559th AMXS industrial engineering technician. “For C-5s, it proves that we do a good job, and that whatever comes our way we get done.”



U.S. Air Force photos by MISUZU ALLEN



Above, David Dowd, a 559th Aircraft Maintenance Squadron sheet metal mechanic, works with a box where the pointer tracker assembly will be installed.

At left, the first C-5C model to undergo Large Aircraft Infrared Countermeasures systems modifications sits in a hangar on the Robins flight line.

AF small business event coming to Macon

BY ANGELA WOOLEN
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The Air Force will host a Small Business Industry Day in Macon July 14-15 at the Middle Georgia State College Professional Sciences Conference Center.

SBID is sponsored by the Air Force Research Laboratory at Wright Patterson Air Force Base, Ohio, according to Debbie Jackson, Air Force Sustainment Center Small Business - Robins director.

The event will feature general sessions led by senior Air Force speakers on the service’s latest sustainment needs. There will also be exhibits from government and businesses along with briefings on topics such as contracting, data rights, mentor programs and other subjects. There will also be an opportunity to network with government officials, other small businesses and major defense contractors, according to the SBID planning team.

The conference will start July 14 at 8 a.m. Registration will be conducted July 13 from 3 to 5 p.m. and on July 14 from 7 to 8 a.m.

An exhibitor hall will feature between 25 - 40 businesses.

“Individuals from small businesses, major defense contractors and government organizations are invited to attend the event,” according to the AF SBID website.

Lunch will be provided both days to non-government attendees.

For more information, contact the AF SBID planning team at afsbid@brtrc.com.

Congratulations to Robins’ captain promotees

AFSC Loren Bryant	461st ACW Syung Kim Carl Plonk
AFLCMC Lauren Pleiman Carlos Horner John McKinney	

EES/WAPS briefing team to visit Robins July 14

Personnel from Headquarters Air Force and the Air Force Personnel Center will visit Robins July 14 to share information about Enlisted Evaluation System and Weighted Airman Promotion System changes.

The team will conduct two base-wide briefings for airmen (enlisted, officers, civilians, and those associated with supervising enlisted members. The first will be at 9:30 a.m. at the Base Theater and the second at 2 p.m. at Coats Hall – Bldg. 2051.

During the briefings, EES/WAPS subject matter experts will speak about changes that have already been implemented, those slated for implementation in the months ahead, and the reasons and philosophy behind the changes.

“This is one of the most significant changes to the enlisted evaluation and promotion system in a generation. So, we feel it’s important to bring this information directly to commanders and airmen and allow them to ask questions and get immediate answers from the experts,” said Maj. Gen. Peggy Poore, AFPC commander.”

For more information about EES/WAPS changes, go to the myPers website, select “enlisted” under the active duty, Guard or Reserve drop down menus, and then select “evaluations” in the left hand column.

For more information about the briefings at Robins, contact Master Sgt. Corey Blackburn at 497-7337 or Capt. Jaleesa Council at 497-3429.

80-plus Georgia Guard installers certified during all-around training

BY TECH. SGT. JULIE PARKER
116th Air Control Wing

The Georgia Air National Guard’s 202nd Engineering Installation Squadron recently capped off a week-long training exercise where more than 80 Airmen were certified here in career-field tasks crucial to their deployed and homeland missions.

As one of 15 engineering installation squadrons throughout the Air National Guard, the airmen of the 202nd are trained and experienced at designing and installing communications infrastructures around the world.

“In addition to supporting the state of Georgia, our unit has a federal mission and a continual deployment responsibility,” said Lt. Col. Fred Walker, the 202nd EIS commander. “We have to ensure our Airmen have the training and tools they need to operate successfully in the field.”

With a unit of over 100 personnel – predominantly part-time Guard members – finding the time to get everyone trained and certified has been a challenge, according to Walker.

He said he made the decision to set aside a week for the entire unit to come together and knock out as much training as possible.

In an effort to be adaptable and flexible, Walker said members of the unit also cross-trained each other on their different career field tasks during the week.

“We’re running every piece of equipment we have out here in the field, getting all the guys trained,” said 2nd Lt. Dylan Young, officer in charge of cable and antenna.

The four career fields that this training event focused on were radio frequency transmissions, cyber transport, airfield systems and cable and antenna. Additional personnel from supporting career fields in the 202nd provided planning and logistical support, in addition to training in their career field.

“Although our unit consists of four different career fields that comprise our installation branch, they are all inter-dependent,” said Walker. “In order to be as effective as possible, everyone on the team needs to be familiar with what the other team members do, because when we are out in the field, it’s all hands on deck.”

During the week-long event, crews from the 202nd were seen across Robins operating tractors and trenchers, hoisting telephone poles with a medium-profile truck, and climbing and rappelling from a 30-foot tower.

“This week has been a really good opportunity to get everyone fully involved, practice all the safety, all the mechanics,” said Young. “This event has been a big team building exercise. We’re coming away from it feeling a lot more trained and ready for the field.”

In addition to supporting the 116th Air Control Wing, the unit is responsible for the fixed-communications infrastructures for 27 other locations, including the 165th Airlift Wing in Savannah, Ga, and Air National Guard units in Puerto Rico and the U.S. Virgin Islands.



U.S. Air Force photos by MASTER SGT. ROGER PARSONS

Airmen with the 202nd Engineering Installation Squadron, Georgia Air National Guard, perform tower climbing and rescue training during the unit’s recent stint at Robins.



Clockwise from top, Staff Sgt. Chymann Lao, a cable and antenna systems specialist, digs a trench using a backhoe attachment.

Senior Airman David King, a radio frequency transmission technician, climbs stairs to the top of a tower.

Staff Sgt. Ramon Arceneaux, left, helps Staff Sgt. Lentrell Hill unhook after Hill completed a rappelling training exercise.

AROUND THE AIR FORCE

GPS: A generation of service to the world

BY TECH. SGT. MIKE SLATER

Air Force Space Command Public Affairs

PETERSON AIR FORCE BASE, Colo. – On July 17, 1995, the Air Force announced the Global Positioning System had achieved full operational capability. A total of 24 satellites were on orbit, providing global 24-hour coverage, and in the two decades since, GPS has been woven into nearly every aspect of human activity, from military operations to sports.

At the time full operational capability was announced, GPS had already proved its worth during Operation Desert Storm. It allowed ground forces to navigate the featureless desert terrain, even when the system had only 16 satellites providing about 19 continuous hours of coverage per day. Today, roughly two-thirds of all munitions being used to combat Islamic State of Iraq and the Levant terrorists rely on some form of GPS guidance.

Nearly 40 years ago, the Air Force launched the first GPS satellite, dubbed Navstar. But even the most visionary of those involved with the first launch probably couldn't have guessed how much GPS would eventually impact the world.

PART OF LIFE

GPS technology is woven into nearly every area of modern life from banking to farming, complex military operations, to how athletes train. According to the Global Navigation Satellite Systems Agency, there are four billion GPS-enabled devices worldwide, a number that is expected to double in the next five years. A recent study by research firm Markets and Markets estimates the



global GPS market will reach over \$26 billion by 2016.

A MILITARY TOOL, A CIVILIAN UTILITY

With the proliferation of GPS uses, it's easy to forget it started as a military technology, one that is still integral to military operations.

"Using GPS on the battlefield goes beyond navigation and precision timing," said Lt. Col. Todd Benson, the 2nd Space Operations Squadron commander, and the squadron that maintains the GPS constellation. "From troops on the ground, ships at sea and aircraft over targets, today nearly every military operation has some type of GPS tie-in and support."

"The Joint Direct Attack Munition, or JDAM, is GPS-aided," he said. "That's the weapon of choice for precision guided munitions. Some people might know it as a smart bomb; GPS is what makes it smart."

GPS is also making parachutes smart. The Joint Precision Airdrop System can steer itself to a drop zone a significant distance from its release point. JPADS can keep both the aircraft and the troops on the ground safer because neither has to move through dangerous areas to make the drop. JPADS can also deliver to multiple

ground targets from the same airdrop.

GPS is also used heavily in air operations, from basic three-dimensional positioning to enabling aircraft to find each other for refueling operations, to performing precise maneuvers in three-dimensional airspace. It is indispensable to search and rescue crews, for both military and civilian operations.

BROUGHT TO THE WORLD BY AIRMEN

So, does it take hundreds or thousands of people to operate a system that many people rely on, both civilian and military?

"If you go to Schriever Air Force Base, (Colorado,) today and you walk into the 2nd Space Operations Squadron, in a little room you'll find seven airmen," said Gen. John Hyten, the Air Force Space Command commander, in a recent speech.

"(Their) average age will be about 23 years old," he said. "Those airmen are providing everything that is GPS for the entire world – everything."

"So if you're on a bass boat in the middle of Alabama; if you're on a golf course in the middle of Scotland; wherever you happen to be using GPS, those seven airmen, average age 23, are providing those capabilities. That's pretty amazing," the general said.

AFSPC continues to enhance the GPS signal through technology upgrades. GPS III is scheduled to launch in 2017 and will be a more robust, reliable vehicle with a longer mission life, complete with multiple signals to support both military and civilian users.

To read the full story, visit <http://www.af.mil>.



U.S. Air Force photo by STAFF SGT. ARMANDO SCHWIER-MORALES

Saber Strike

Staff Sgt. Todd Jensen, a Washington Air National Guard joint terminal attack controller, directs gunfire of an A-10 Thunderbolt II during a training exercise June 12, at Adazi Training Area, Latvia. JTACs from various units around the Air Force joined exercise Saber Strike 15 to work with ally and partner nation counterparts to provide precise and directed aircraft support to Army units participating in the exercise. Saber Strike 15 is a multinational exercise with over 6,000 service members learning from each other and helping promote stability in the Baltic region.

Nominations sought for 2015 Sijan award
JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) –

Nominations for the 2015 Lance P. Sijan U.S. Air Force Leadership Award are being accepted through Aug. 31.

The Sijan award recognizes the accomplishments of officers and enlisted members who have demonstrated the highest quality of leadership in the performance of their duties and their personal lives.

Nominees will be rated on their scope of responsibility, professional leadership, leadership image and community involvement between July 1, 2014, and June 30, 2015.

The award categories are senior officer, junior officer, senior enlisted and junior enlisted. Individuals will compete in the category that corresponds to the grade held for the majority of the award period.

Each major command, forward operating agency or direct reporting unit may submit one nomination in each of the four award categories.

For more information about Air Force personnel programs go to the myPers website. Individuals who do not have a myPers account can

In Other News

request one by following the instructions on the Air Force Retirees Services website.

CAC change aids visually color impaired security officers

WASHINGTON (AFNS) – The Defense Department's Common Access Card is undergoing modification to make it easier for visually color-impaired security officials to identify bearers who are military, government or contractor civilians, or foreign nationals, a Defense Human Resources Activity official said recently.

The changes to the cards are federally mandated, said Sam Yousef, the DHRA identification card and benefits policy program manager, in a DoD News interview June 16.

Beginning in July, only new CACs will be issued with the changes – encircled letters "W" for military and civilian employees, "G" for contractors and "B" for foreign nationals, Yousef said. The encircled letter will appear under the card's expiration date.

Another change on the CAC will be varied type size to accommodate the length of employees' names, he said. Standard type size is 10 point, but 7-point type will be used for

longer names, he explained.

AF intel pros use Web-based RPA application

WASHINGTON (AFNS) – Using existing technology, a team of Air Force intelligence experts have developed a new Web-based program that saves lives and money, while enhancing the "eyes in the sky," the centerpiece of the \$80 billion remotely piloted aircraft industry.

On June 24, the innovators received the U.S. Geospatial Intelligence Foundation Achievement Award for developing the Surveillance Intelligence Reconnaissance Information System, a scalable, revolutionary approach to reshaping RPA collaboration among ground, air and intelligence users in friendly and enemy battlespace.

Affordable web-based solution and leveraging existing technology "We chose a Web-based solution that does not require a costly retrofit of the platform, and we created rapid innovation that was non-compartmentalized," said Stephen Coffey, the Web innovations deputy director, Intelligence, Surveillance and Reconnaissance Innovations Directorate, Headquarters Air Force, Pentagon.

PERSPECTIVE**New AFMC leader says be proud this July Fourth**

BY GEN. ELLEN PAWLKOWSKI

Air Force Materiel Command commander

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) – On July 4, 1776, the Continental Congress approved the Declaration of Independence, starting the colonies on the path to freedom. The next day, John Adams wrote to his wife, describing the time as "the most memorable epoch in the history of America" and saying he was "apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance It ought to be solemnized with pomp and parade ... from one end of this continent to the other, from this time forward forever more."

Our founding father hit the mark.

Indeed, 239 years later, we still celebrate our nation's birthday with cookouts and music, parades and fireworks. We deck ourselves and our backyards with red, white and blue in tribute to our independence and as a show of our patriotism.

As we enjoy the festivities with friends and family, we should also remember what our freedom costs, both to achieve and to sustain. Since 1776, thousands of Americans have given their lives in service to our nation, and millions more have put their lives at risk to preserve our democratic way of life.

Air Force Materiel Command is a key part of that service. Be proud that we support democracy and uphold the ideals of our predecessors when we provide our nation's warfighters with the resources they need.

Happy birthday, America!

**ROBINS REV-UP**

COMMANDER
Col. Jeffrey King

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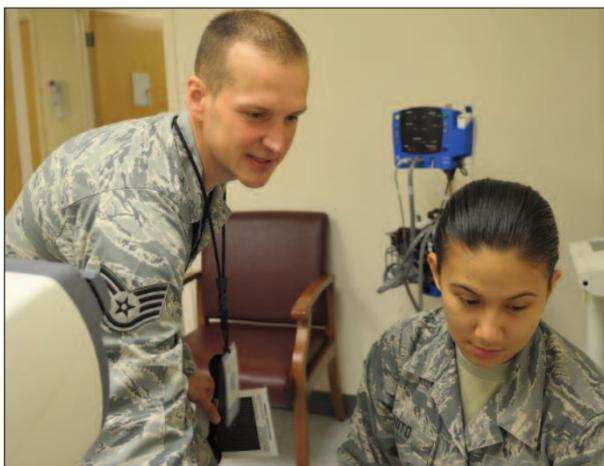
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U.S. Air Force photo by
MISUZU ALLEN

Staff Sgt. Aliaksei Krasouski, a 78th Aerospace Medical Services technician, consults with Airman 1st Class Cheree Voto, 78th Medical Support Squadron technician, after conducting an eye exam.



LEAP

Continued from A1

and conversations across three cities as part of a medical team. Helping with these patient assessments in the field was something he'll never forget.

As an Air Force medical technician, the medical team he was a part of evaluated over 25 severely-wounded service members who had suffered injuries due to grenade, mine and bomb blasts, gun shots and frostbite.

"With my medical background, I was able to visit medical treatment facilities in the Ukraine and assess situations," said Krasouski. "I was also translating, attending medical conferences, and had an opportunity to work in the Ukrainian Parliament."

"Working with the ODC in Kyiv helping the Ukraine build up its military and medical capabilities, every day there was something different," he said.

A native of Minsk, Belarus, Krasouski was 25 when he immigrated to the United States. While in Belarus, he had graduated with a master's degree in sports medicine and recreation, working as a coach before arriving in New York City.

He joined the Air Force in 2009 looking for more educational opportunities. After serving at Eglin Air Force Base in the Florida Panhandle, he arrived at Robins where he's the current NCOIC of the Medical Standards Management Element in Flight Medicine.

He has since completed a degree through the Community College of the Air Force. And on the family front, he works just a few steps away from his wife, Staff Sgt. Patrice Neath, NCOIC of Women's Health. The couple is expecting their second child.

Belarus, a landlocked country in Eastern Europe, is bounded by Russia, Poland, Lithuania, Latvia and the Ukraine to its south.

Growing up in Belarus, Krasouski spoke the native language of Belarusian. Like nearby Ukraine, Russian is also still widely spoken in a country that was once part of the former Soviet Union.

Krasouski is fluent in several languages, including Russian and Polish, part of a group of Slavic languages that are closely related to one another. Belarusian is close to the Ukrainian language, so learning it was a smooth transition.

"It was not difficult for me to understand both growing up, especially hearing family conversations spoken in Ukrainian," he said.

Among his translation efforts in Ukraine, Krasouski participated in a NATO-organized Medical Rehabilitation Conference, helping translate the EUCOM speaker's presentation into Ukrainian and assisting with language interpretations during breaks.

He also supported multiple other meetings and conferences, translating Expeditionary Medical Support information into Ukrainian, and serving as an interpreter for Public Affairs elements from throughout U.S. European Command which were visiting a military hospital in Kyiv. He was also honored to attend Parliament hearings, addressing Ukraine's military-medical doctrine.

He hopes to continue giving back as a language-enabled airman and perform unique missions, which allow him to travel and contribute where needed.

"I have enjoyed the camaraderie I've found in the Air Force," he said. "It has given me a lot of opportunities I never thought I would have in my life."

DLA

Continued from A1

"He (Blocker) has an extremely diverse background."

Previously, Blocker was the 848th Supply Chain Management Group commander at Tinker Air Force Base, Okla., in charge of four squadrons with over 700 civilian, military and contractor personnel. He managed a \$2.9 billion annual buy and repair budget, and was responsible for maintenance and distribu-

tion sustainment for nearly 24,000 national stock numbers worth \$12.8 billion.

Blocker's numerous assignments have spread from Montana to New Mexico to South Carolina as well as several contributions to Operations Enduring and Iraqi Freedom, including leading multiple convoys from Kuwait City to bases in Iraq.

In Blocker's speech, which was only a bit longer than three minutes, he told the audience, "Let's get me trained, and let's get to work."



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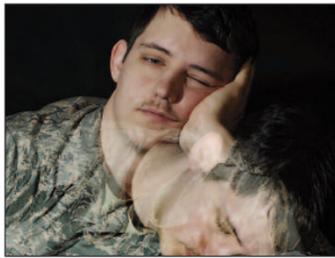
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Thought for the Day

"You're only here for a short visit. Don't hurry, don't worry. And be sure to smell the flowers along the way."

– Walter Hagen



What's inside

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THE ROBINS REV-UP ■ JULY 2, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Airman Ninja Warrior

Robins captain gets shot on prime time TV series

U.S. Air Force photos by TOMMIE HORTON

Capt. Kali Green, 5th Combat Communications Support Squadron flight commander, shows off her human flag pose. Green recently competed in the television competition series American Ninja Warrior.

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

Already a military warrior, Capt. Kali Green was at an out-of-town training session when she got a call from the producers of the NBC show American Ninja Warrior.

Filmed June 5 through 7 in San Pedro, California, the episode featuring former and current military members will air Monday.

"I was a last minute add," said Green, a flight commander for the 5th Combat Communication Squadron.

She has competed in ninja warrior events locally but never for television.

A few of her friends who have tried out for the show told her the military episode was short-handed.

She doesn't know whether she will be featured on TV or not because she wasn't training to be on the show.

"I had no training and I was not going into this in good shape," Green said.

American Ninja Warrior is in its seventh season.

"The series follows competitors as they tackle a series of challenging obstacle courses in both city qualifying and city finals rounds across the country," according to the NBC website.

Each city has 100 participants. Qualifying warriors have a chance of going to Las Vegas and winning \$1 million.

Green graduated from the Air Force Academy in 2009 and is originally from Seattle.

She took 10 years of gymnastics when she was younger, which she said helps give her strength, balance and a good foundation. She can do back flips, hand stands and a human flag.

When asked what drives her to compete she said wanting to constantly challenge herself and others.

"It is crazy how much potential each of us has and how capable we truly are," she said. We often hold ourselves back from trying new activities for one reason or another. So, it is really rewarding watching someone try an obstacle for the first time, whether they complete it or not; they have succeeded in taking the chance. I'd encourage everyone to give it a shot. You will definitely surprise yourself,



"I'm nothing special; I don't have any abilities that you cannot have as well. So, the only thing making these obstacles appear impossible is you."

Capt. Kali Green

5th Combat Communications Group



Clockwise from above, Capt. Kali Green, 5th Combat Communications Support Squadron flight commander, lifts a large tire as part of her training.

Green does a back flip off of a tire.

Green uses the monkey bars as a grip strength training tool.

and you may even get hooked on it."

Other training prospective warriors should do is rock climbing and bouldering, a free climb under 20-25 feet without ropes or safety harnesses.

Just this week, Green participated in a 5K ruck run with a 45 lb. ruck sack on her back. She also does an exercise called a salmon ladder where a person hangs on a bar and progressively swings and moves the bar further

up the rungs.

"I'm nothing special; I don't have any abilities that you cannot have as well," she said. "So, the only thing making these obstacles appear impossible is you."

Although Green enjoyed her time at the competition, she doesn't believe she will participate anymore as she is camera shy.

"I'll run the course all day long minus the cameras," she said.

A BETTER YOU

Air Force Medical Systems addressing fatigue management

BY STUART BAPTIES

Robins Health and Wellness Center

Fatigue for the Air Force is defined as “the state of tiredness associated with long hours of work, prolonged periods without sleep, physiologic stressors of the flight environment, or the requirement to work at times that are out of sync with the body’s biological – or circadian – rhythms.

Over the past decade, workplace mishaps, along with car, truck, rail and air accidents, have dramatically increased the focus on the dangers of fatigue. Fatigue has become a growing concern in the Air Force as sustained and continuous operations, along with global deployments, are stretching the ability of our forces to meet growing mission demands.

Ensuring that everyone gets the correct amount of sleep has become a huge challenge. As we increasingly strive to do more with less, the problem will only get worse without the proper attention.

For the military environment, the root of the problem boils down to two main issues: sleep loss stemming from extended duty periods and restricted sleep opportunities or body clock disturbances that result from rapid time zone transitions like jet lag and shift lag.

So what’s the solution? After years of study, it has become clear that the only real answers are to understand the nature of sleep/fatigue and implement scientifically proven countermeasures.

Let’s see why sleep is important.

OPTIMAL PERFORMANCE AND HEALTH

Sleep plays a vital role in good health and well-being throughout our lives. By getting enough quality sleep at the right times we can help protect our mental health, physical health, quality of life and safety. The way we feel while awake greatly depends on what happens while sleeping because during sleep the body is working to support healthy brain function and maintain physical health.

Just consider the damage that can occur from sleep deficiency; it can occur in an instant – such as a car crash or on the job accident from inattentiveness – or it can harm you over time by raising your risk for chronic health problems. Sleep deficiency affects how well you think, react, work, learn, and get along

with others.

HEALTHY BRAIN FUNCTION AND EMOTIONAL WELL-BEING

While sleeping, the brain is preparing for the next day by forming new pathways to help learn and remember information.

A good night’s sleep improves learning. So whether learning math, how to play the piano, how to perfect your golf swing, or how to drive a car, sleep helps enhance your learning and problem-solving skills. It also helps you pay attention, make decisions and be creative.

If you’re sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency has also been linked to depression, suicide, and risky behavior. Children and teens who are sleep deficient may have problems getting along with others and may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation.

PHYSICAL HEALTH

Sleep also plays an important role in your physical health.

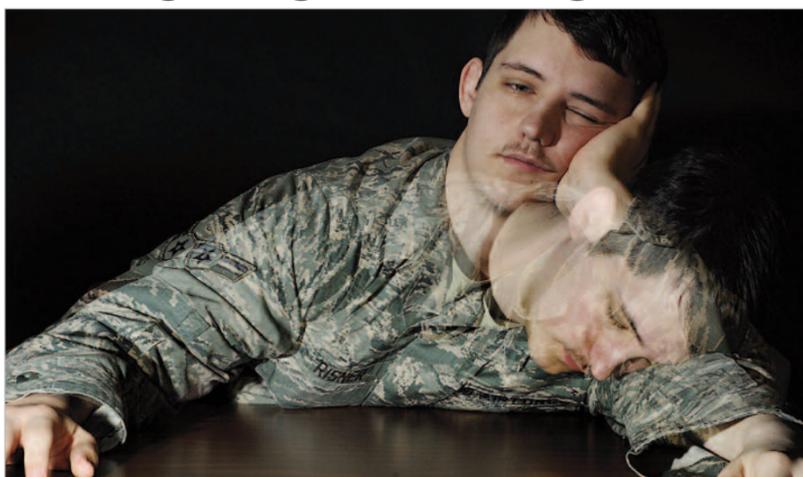
Proper sleep is involved in healing and repairing your heart and blood vessels and ongoing sleep problems are linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Sleep deficiency also increases the risk of obesity. Studies have shown that with each hour of sleep lost, the odds of becoming obese go up. It helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don’t get enough sleep, your level of ghrelin goes up and your level of leptin goes down making you feel hungrier than when you’re well-rested.

Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency can result in higher than normal blood sugar levels, which may increase your risk for diabetes.

Sleep supports healthy growth and development when deep sleep triggers the body to release the hormone that promotes normal growth in children and teens, boosts muscle mass, and helps repair cells and tissues.

Even your immune system relies on sleep to stay healthy in order to defend your body against foreign or harmful substances. Ongoing sleep deficiency



can change the way in which your immune system responds and you may have trouble fighting common infections.

DAYTIME PERFORMANCE

AND SAFETY

Getting enough quality sleep at the right times helps you function well throughout the day while people who are sleep deficient are less productive at work and school even when they are there. They take longer to finish tasks, have slower reaction times, and make more mistakes.

After several nights of losing sleep – even a loss of just 1 to 2 hours per night – your ability to function suffers as if you haven’t slept at all for a day or two.

Lack of sleep also may lead to microsleep, brief moments of sleep that occur when you’re normally awake. You can’t control microsleep, and you probably aren’t even aware of it. Have you ever driven somewhere and then not remembered part of the trip? If so, you may have experienced microsleep.

HOW MUCH SLEEP IS ENOUGH?

The amount of sleep you need each day will change over the course of your life. Although sleep needs vary from person to person, the following chart from the National Heart and Lung Institute shows general recommendations for different age groups.

- ▶Newborns – 16 to 18 hours a day
- ▶Preschool-aged children – 11 to 12 hours a day
- ▶School-aged children – At least 10 hours a day
- ▶Teens – 9 to 10 hours a day
- ▶Adults – (including the elderly) – 7 to 8 hours a day



HEALTHY START SCREENING

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; call DSN 497-7850 or commercial (478) 327-7850 to schedule an appointment.

For more information, call Tech. Sgt. Konshinea Edwards at DSN 497-9441 or commercial (478) 327-9441.

78th MDG to offer anger management classes

Do you find yourself with a short fuse or getting into frequent arguments?

Anger is a normal, healthy emotion. You experience it along with other emotions. But when chronic, explosive anger spirals out of control, it can have serious consequences for your relationships, your health, and your state of mind.

You have more control over your anger than you think. You can learn to express your emotions without hurting others – and when you do, you’ll not only feel better, you’ll also be more likely to get your needs met. With insight about the real reasons for your anger, and with the use of anger management tools, you can learn how to laugh at yourself and see humor in situations.

Mastering the art of anger management takes work, but the more you practice, the easier it will get. Learning to control your anger and express it appropriately can help you build better relationships, achieve your goals, and live a healthier life.

The Family Advocacy Program is here to help you beat your anger today. This is a five-session class which meets once per week for two hours.

Upcoming dates are Wednesday, July 15, 22, 29 and Aug. 5 from 2 to 4 p.m. in the FAP/Mental Health conference room in Bldg. 700.

For more information, or to register for the program, call 478-327-8398 or email Robins.fap@us.af.mil. Remember, getting angry is okay. Blowing up on others isn’t.

Ready on the spot

National Guard members are today's Minute Men

BY ANGELA WOOLEN

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Three hundred years ago people revolted against British rule. Farmers and local community members rose up to fight. They were called Minute Men, ready to be called to action in a minute.

That legacy lives on in the National Guard today.

A little more than 1,100 miles away is a statue at the Minute Man National Historical Park in Concord, Mass., where community soldiers fought the British at the North Bridge. That statue was built in 1875 by Daniel Chester French.

Here at Robins, a replica of that statue stands in front of the headquarters building of the Air National Guard's 116th Air Control Wing building. It was dedicated in May 2009, at the request of then-Col. Murray Hansen, who wanted an ANG focal point.

Now a brigadier general, Hansen is the Wisconsin Air National Guard chief of staff.

One hand of the statue rests on a plow, "the symbol of our connection to the community," said Chief Master Sgt. David Fite, 116th ACW chief enlisted manager for civil engineering.

Some of the people who went to war were doctors and lawyers or regular community members.

"The musket symbolizes our availability to always be there in times of need," Fite explained.

Fite was at the dedication ceremony for the Robins statue and has also visited the statue in Concord.

"Back then the military was all community based and we are still community based," he added.

The Georgia National Guard employs a person

from each county in the state.

According to the book, "Georgia Air National Guard History 1941-2000," Georgia has sent guardsmen to every major conflict.

Airman Samantha Grabowski, 116th Medical Group health care management journeyman, joined the Guard after seeing guardsmen and women helping out during Hurricane Katrina.

"I was big on volunteering in school and I was not sure if I wanted to do it full time," she said.

Master Sgt. Kathy Robinson, NCOIC at the equal opportunity office, has a similar story.

She was a housewife and kept seeing commercials for the National Guard on television.

"I always wanted to do something bigger but I didn't want something that would take me away from home," Robinson said.

During basic training and her first deployment with the Army National Guard, she missed her family. She transferred to the Air National Guard two years later and has been a guardsman for 16 years now.

This is what minute men did during the Revolutionary War. Ready to leave in a moment's notice to serve their country, the Guard does the same service today.

"We are integrated with every civic organization. It takes everybody to make it work," Fite said.

The 116th has about 1,100 employees, including 500 part-time personnel. They have helped in times of peace, war, in natural disasters such as hurricanes and national tragedies like the Boston Marathon.

We're proud of our heritage," Fite said.



U.S. Air Force photo by MISUZU ALLEN

From right, Airman Samantha Grabowski and Master Sgt. Kathy Robinson, both members of the Air National Guard, refer to a brochure from the Minute Man National Historic Park as they look at the replica statue in front of the 116th Air Control Wing headquarters building.

Educational, historical Andersonville Cemetery

Are you looking for something to do this summer that is both educational and historical?

Andersonville is the place for you. Before moving to Robins, I had always heard about Andersonville Cemetery and never really knew much about it. I recall it being compared to a smaller version of Arlington National Cemetery and remember hearing a friend describe it as a place where you can almost envision the souls of the thousands of Union soldiers who perished there.

Andersonville began as a prisoner camp during the U.S. Civil War to hold Union Army prisoners captured by the Confederate soldiers.

Although this camp was designed to hold only 10,000 men, it held as many as 32,000 prisoners at its most crowded point. Many of these men were



wounded, starving and disease ridden with minimal shelter to protect them from the heat of the blistering Georgia summer and cold of the long, winter, rainy winter nights. Those conditions killed over 13,000 soldiers who were buried just outside the prisoner camp.

Andersonville National Cemetery was established

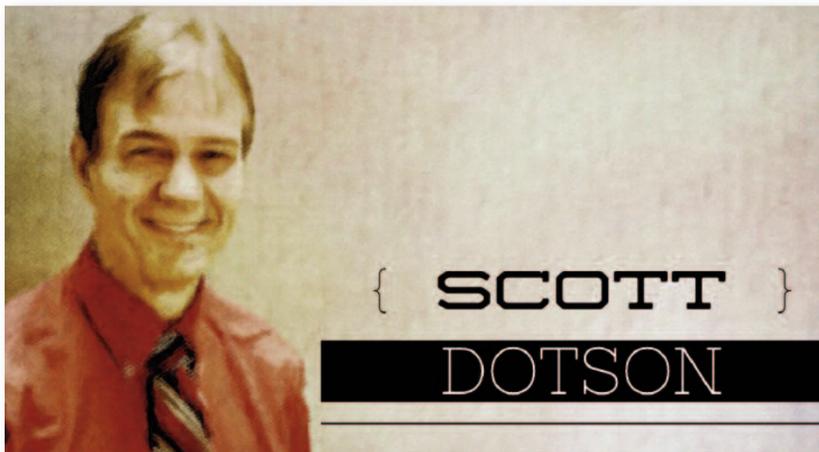
in 1865 and is still used today for military burials, events and ceremonies. Andersonville is part of the National Park Service and is free to visit during operating hours. The three areas to visit are the National Prisoner of War Museum, the historic prison camp site and the cemetery.

Andersonville is a little over an hour southwest of Robins. Visiting the site is a great way to remember and pay tribute to those who have given the ultimate sacrifice for our freedom.

For more information, visit <http://www.nps.gov/ande/index.htm>.

— This article was written by Tammy Nikolas, a Team Robins member.

GETTING TO KNOW YOU



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

UNIT: AFLCMC/WLM Globemaster III Division

JOB TITLE: Chief, Program Operations Branch

TIME IN SERVICE: 33 years

HOMETOWN: Biloxi, Miss.

What does your work involve at Robins? Keeping the C-17 Globemaster airlifter operationally available, capable, suitable, safe and effective as required by five major Air Force commands and eight international partners.

What do you enjoy most about your work? Helping, mentoring and teaching program management basics to subordinate and junior staff and watching them grow in capability and confidence.

How does your work contribute to the Robins mission? The C-17 Globemaster III airlifter is sometimes called "the backbone of mobility." My team and I translate major command and C-17 international partner requirements in to affordable and executable weapon system sustainment contract services. We budget, negotiate, execute, measure and report contract service performance to our customers and to Air Force senior leaders.

What prompted your interest in your current career field? After 14 years in engineering, I was contacted for a job interview for a program management position in the Acquisition Center of Excellence. In 2000, I was selected and promoted to an acquisition program manager. At the time I intended to stay in the career track for only a couple years then return back to engineering. But this was a promotion for me and the opportunities kept knocking so I kept opening the doors.

Who has been the biggest influence in your life? A man named Jesus Christ. Because he's my hero, he's more than a man yet he was a man as am I. He thought, spoke and acted in ways that I can't. He is the ultimate engineering authority - I'm created by Him. Because while we meet and talk regularly now, I intend to spend much more time with him when I'm done here.

What is an accomplishment you are most proud of? In 2003 my wife and I traveled to Ukraine and adopted twin 15-month-old girls. We were in country almost a month. The girls are 13 years old this June, and in addition to our four biological children, the greatest sources of blessing in our lives.



U.S. Air Force photo by **RAY CRAYTON**

Senior Airman Vincent Mione, 78th Operations Support Squadron air traffic controller, practices his diapering technique June 16 during the Dads 101 class at the 78th Medical Group. The next class will be offered August 24. For more information call, 497-8398.

Daddies, diapers and duty

Class teaches basic skills to new, fathers to be

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

Becoming a father can be a daunting task. Bonding with other dads and soon-to-be dads makes it a bit easier.

In the Dads 101 class, taught at the 78th Medical Group, fathers and soon-to-be fathers learn things such as diapering, swaddling and how to bond with the baby once it is born.

"It is a prep for parenthood," said Master Sgt. Richard Reece, 78th Medical Group Mental Health Flight chief. Reece is also known as "dad."

Reece has been teaching the class to new fathers for six years. In the beginning, most men were forced to attend by their spouses. Now, Reece is seeing a genuine interest in men signing up on their own.

Staff Sgt. Andrew Speicher, Air Force Sustainment Center contracting officer, said the information he received about how the delivery process works was helpful.

"We learned from each other and had other dads throw in their two cents," Speicher said.

Twenty years ago, men were banished to a waiting room to wait out the delivery of their babies, said Reece. Now, men play an active role in the delivery room.

Reece told the group of 10 that they would know when their wives were in pain and could tell the doctor or nurses.

"You have to be an advocate for your

spouse in all aspects," he said.

Each participant received a certificate of completion and a dark gray cloth messenger-type bag with a "Be Prepared, A Practical Handbook for New Dads" book as well as other items.

The practical part of the three-week course instructed dads on how to swaddle an infant, comfort a crying baby and how to change diapers.

"You get a second diaper on the bottom, just in case of a blow out," said Senior Airman Vincent Mione, a 78th Operations Support Squadron air traffic controller, as he demonstrated the technique on an anatomically-correct doll.

Staff Sgt. Dustin Stewart, a unit deployment manager with the 461st Aircraft Maintenance Squadron, was the swaddling expert of his group.

"You make sure you support their head and there's a burrito baby," he said, holding up the life-like doll swaddled tightly in a baby blue blanket.

With a baby girl due Oct. 14 his wedding anniversary, Lance Corp. David Canela, an administrative clerk with Marine Light Attack Helicopter Squadron-773, said the class helped him with swaddling and also how to prevent shaken baby syndrome.

In the military world, there are also different kinds of issues that can happen, such as TDYs and deployments.

"We try to help cover any stress that comes with a new child as well as separations, which conflict with the bonding process," Reece said.

HAPPENINGS/SERVICES

THUR 2 FRI 3 SAT 4 SUN 5 MON 6 TUE 7 WED 8



HOLIDAY HOURS

78th Force Support Squadron

All FSS facilities will be closed Friday through Sunday 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 Friday from 11 a.m. to 11 p.m.; Sunday from 1 to 8 p.m.

- ▶ Outdoor Rec open Friday from 10 a.m. to 2 p.m.
- ▶ Skeet Range open Friday from noon to 4 p.m. and Saturday and Sunday noon to 6 p.m.
- ▶ Wynn Dining Facility normal hours

*For a complete list of FSS hours, visit www.robinsfss.com.

78th MDG

- ▶ Closed Friday through Sunday

78th SFS

- ▶ Gate 14, the Russell Parkway Gate, will be closed Friday and open normal hours Saturday and Sunday.
- ▶ Gate 5, the Truck Gate, will be open from 6:30 a.m. to 8 p.m. Friday through Sunday.
- ▶ Gate 3, the Watson Gate, will be open normal hours Friday through Sunday.

78th LRS

- ▶ Fuels will be open normal hours Friday and Sunday and on telephone standby Saturday.
- ▶ Vehicle Operations will be on telephone standby Friday through Sunday.

Exchange Main Store

- ▶ Open Friday from 9 a.m. to 8 p.m.; Saturday from 9 a.m. to 6 p.m.;

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

Service Station

- ▶ Open Friday from 6:30 a.m. to 9 p.m.; Saturday from 9 a.m. to 5 p.m.; and Sunday from 8 a.m. to 9 p.m.

Commissary

- ▶ Open Friday from 9 a.m. to 7 p.m.
- ▶ Open Saturday from 9 a.m. to 5 p.m.
- ▶ Open Sunday from 9 a.m. to 7 p.m.

Shoppette/Class Six

- ▶ Open Friday from 6:30 a.m. to 9 p.m.; Saturday from 9 a.m. to 5 p.m.; and Sunday from 9 a.m. to 8 p.m.

Military Clothing Store

- ▶ Open Friday from 10 a.m. to 4 p.m.

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



Robins Air Force Base on Facebook

Get regular news updates and other base information. Visit www.robins.af.mil and click on the Facebook link.

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