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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

September 11, 2015 Vol. 60 No. 36

Production continues in positive direction

Robins closes chapter, weapons systems returned to warfighter

BY JENNY GORDON
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With one month remaining in fiscal 2015, the Warner Robins Air Logistics Complex will soon close out another chapter in the aircraft sustainment business and successfully return weapon systems to the warfighter.

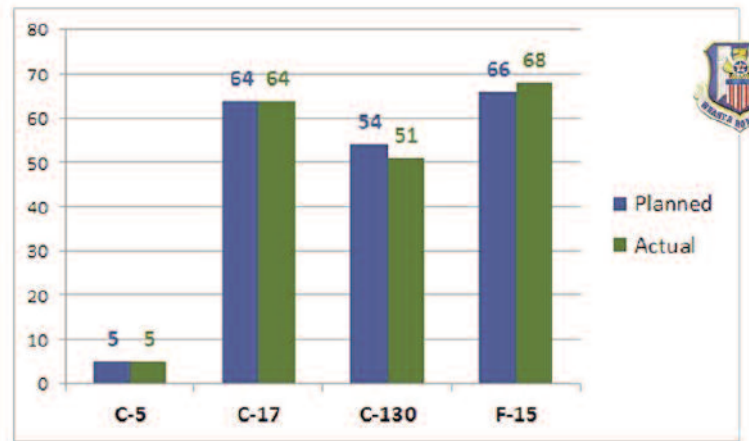
Through years of continuous process improvements and implementing a standardized system in the way that business is performed – known as Art of the Possible – it is just one more encouraging step in the right direction.

“Last month was another positive step toward achieving our goal of being the best on the planet,” said Doug Keene, WR-ALC special assistant to the commander.

The positive, steady trend that we’re seeing is not by accident at all, according to Keene, but rather by design and based on a methodical, consistent approach in the way aircraft are maintained across the three air logistics complexes, including Robins.

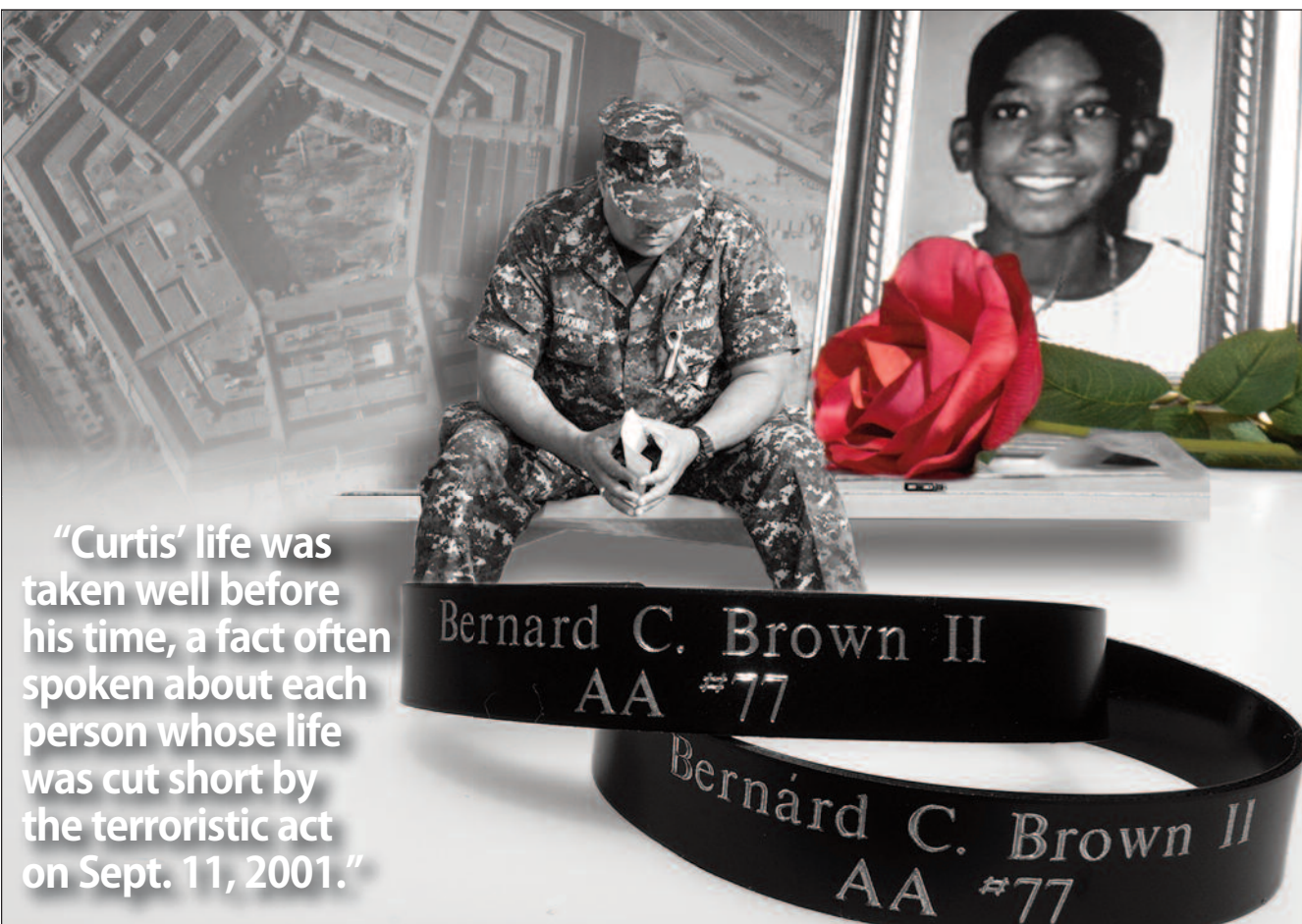
As of August 31 in the WR-ALC, with one month to go in the fiscal year, five C-5s have been produced; 64 C-17s; 51 C-130s; and 68 F-15s.

In the 402nd Commodities Maintenance Group, commodity lines have produced 30,916 units as of Aug. 31. The 402nd Electronics Maintenance Group produced



Graphic by REGGIE SAUNDERS

▶ see POSITIVE, A3



“Curtis’ life was taken well before his time, a fact often spoken about each person whose life was cut short by the terroristic act on Sept. 11, 2001.”

U.S. Air Force photo illustration by TOMMIE HORTON
Bernard “Curtis” Brown II, was killed on American Airlines Flight 77 – the flight that hit the Pentagon where his father usually worked. He was one of nearly 3,000 people killed that day.

Gone way too soon

BY RIC ANDERSON
Team JSTARS contractor

A few weeks ago a couple of ID bracelets came in the mail. Those bracelets took me back instantly to 9/11.

My 9/11 started out like most other Americans. But during that day my family had gone from worry to hope to relief.

At day’s end, however, there was only despair.

It started with a phone call from my mom. She told my wife, Cathy, that my cousin, Bernard Brown Sr. who was then a Navy chief petty officer, was missing. Attempts to

reach him at the Pentagon had been met with silence.

Hours went by and I left my job at the 93rd Air Control Wing at Robins to go home to no news.

They say that no news is good news. It was – at first.

Around 5 p.m. my family got great news. Bernard didn’t work on 9/11 – instead he was at a golf outing – unknown to us at the time.

Bernard was safe; he was OK. We were all relieved, ecstatic for our blessing.

Then my mom called again crying inconsolably just a few hours later.

In an ironic and cruel twist of fate, we were told that my 11-year-

old cousin, Bernard “Curtis” Brown II, was killed on American Airlines Flight 77 – the flight that hit the Pentagon where his father usually worked.

Curtis was one of three exceptional middle school students headed to the Channel Islands Marine Sanctuary off the coast of California. He was known for his spelling, drawing and how much he enjoyed life.

Curtis loved going to school, and he was rewarded with the trip.

Curtis lost his life that day. He was one of nearly 3,000 people killed on 9/11 by cowardly terrorists.

▶ see SOON, A3

Georgia congressional delegation visits Robins

BY JENNY GORDON
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A congressional delegation made up of Georgia’s senior senator, Johnny Isakson, R-Ga., and Reps. Sanford Bishop Jr., D-Ga., Austin Scott, R-Ga., and Tom Graves, R-Ga., visited Robins Sept. 3 in a show of support for Georgia’s military installations.



ISAKSON

The group – which also included various congressional staff members – received a windshield tour of programmed depot maintenance operations on the flight line, a briefing on the 559th Aircraft Maintenance Squadron’s C-5 PDM and production improvements, and updates on the mission and capabilities of the Joint Surveillance Target Attack Radar System.

The group agreed the work being performed in the Warner Robins Air Logistics Complex, highlighting fighter and transport aircraft the complex maintains as well as the unique capabilities of JSTARS, is critical for the country.

“We are so proud of what Robins means to the United States,” said Isakson, while speaking briefly to reporters during a press conference.

On the topic of sequestration and budget cuts, Bishop said that in today’s global environment, reducing the size of the country’s fighting force is something America cannot afford.

He expressed concerns about the state of the country’s national security, noting that one of the biggest threats to that are the nation’s ongoing fiscal problems.

“We have the strongest, most effective and best equipped military on the face of the earth.

▶ see DELEGATION, A5

FRIDAY FLYBY: Tenth Street paving project slated to begin next week, Page A2

Energy competition

The Energy Office is offering base organizations a chance to enter into a friendly competition by sharing good news energy stories.

The competition is intended to highlight organizational energy and water conservation achievements.

All base mission partners and organizations at any level are eligible to compete.

Submissions should describe in detail an

organization’s good news energy conservation or energy awareness story and how their efforts are positively influencing employee culture and aiding in wise management of energy resources.

Nominations should cover activities during the period October 1, 2014, through September 30.

For full rules and regulations visit the Robins homepage at www.robins.af.mil.

ONLINE CFC donations accepted now

Now that the Robins 2015 Combined Federal Campaign online giving season is underway, donors have the option to pledge through MyPay. Employees will have one opportunity between now and Dec. 15 to enter the system and make a pledge. Once an employee has made the pledge, he or she will be locked out of MyPay for CFC pur-

poses until the next year.

Pledges through MyPay can’t be changed, only cancelled. Cancellations must be made through a customer service representative serving the donor’s unit. Any desired subsequent pledge for the same year must be made through a unit key worker and the manual paper pledge system.

Weekend Weather

Friday
88/68



Saturday
89/58



Sunday
79/53



“Safety should never take a break.”

SECOND FRONT

Tenth Street paving project begins next week

BY JENNY GORDON

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A construction project involving a section of 10th Street is set to begin next week.

A milling and paving project will mill the asphalt, apply geotextile fabric and repave a portion of 10th Street from Macon to Hawkinsville streets, the parking lot on the south side of the Child Development Center, Bldg. 946, and the parking lot on the north and east sides of the post office.

The estimated start date for this project is Thursday, with an estimated completion date of Sept. 25.

The portion of 10th Street affected by the project will be partially or fully closed for two weeks.

The work will be accomplished to minimize the impact to the base population.

The schedule is tentative and subject to weather conditions and unforeseen circumstances which may be encountered.

This construction project is funded with end-of-year funds, and is one of many which have taken place this fiscal year. It's part of various restoration modernization and sustainment projects taking place across the installation.

With less than a month remaining in fiscal 2015,

the base has been busy during the year with various projects in the name of progress.

Some of these projects included a construction project to replace a section of First Street with new asphalt, curb and gutter replacement and sidewalks, and a new storm water drainage system; as well as various building demolitions.

GATE CLOSURE SCHEDULE UPDATE

The required maintenance frequency of the vehicle barriers has been reduced from monthly to quarterly. Beginning this month, maintenance will only be performed at one gate per month.

This maintenance will be performed on the first Tuesday of each month from 9 a.m. to 3 p.m.

The schedule below will be the same each year until otherwise notified.

Watson Boulevard Gate: January, April, July, October

Green Street Gate: February, May, August, November.

Russell Parkway Gate: March, June, September, December.

In case of inclement weather, work is planned to occur on Wednesday 9 a.m. to 3 p.m. or as weather permits.

Bldg. 180 Construction

A construction project in Bldg. 180 will begin Tuesday.

The project will include construction of a pre-paint sanding room; installing ventilation for a spray booth; building an equipment locker room; relocating a bridge crane; and replacing paint booths to improve the efficiency of the stripping and painting process.

During construction, there will be a fenced off laydown yard in the west portion of the grassy area in front of Bldg. 180. The laydown entrance will be at the southeast corner of the grassy area.

Civil engineering is coordinating with organizations which will be impacted. The estimated completion date is June 23, 2016. Construction dates will be advertised in the Robins Rev-Up, on the Splash page and construction page. Signage will be posted near the parking lot.

For more information, call Pete Peng at 468-8847 or Lorrie Simmons, at 497-3977.

POW/MIA recognition

Robins will remember and honor the sacrifice of America's prisoners of war and those missing in action during its annual recognition ceremony Thursday at 3 p.m. in the Museum of Aviation's Hangar One.

The guest speaker will be retired Col. Querin "Quin" Herlick, an Army aviator, Vietnam veteran and former prisoner of war who was held captive in 1969 during the Vietnam War.

According to event coordinators, a 24-hour vigil run will kick off the recognition beginning at 3 p.m. Wednesday at the museum.

Time slots are currently available for the run, which invites participants to sign up in 15-minute or longer increments. The goal is to keep the flag moving during the entire 24-hour period leading up to the ceremony.

For more information, contact Master Sgt. Pierre Carre at pierre.carre@us.af.mil. To sign up for the run contact Senior Airman Chelsea Zamora, chelsea.zamora@us.af.mil.

Job Fairs

Team Robins will host two job fairs Oct. 2.

A civilian career fair will be in the Heritage Club Ballroom from 10 a.m. to 2 p.m.

The event is open to people with base access only.

All Team Robins members and eligible family members may attend.

Bring resumes and come dressed to interview.

A military career fair will be at the Horizon Event Center from 10 a.m. to 2 p.m. It is open to base-access personnel only.

Forty-five to 60 employers are expected to attend.

Retiree Appreciation Day

Robins' annual Military Retiree Appreciation Day is slated for October 3.

The day-long event will kick off with a pay-as-you-go breakfast for retirees at the Wynn Dining Facility from 6:30 to 8 a.m. Registration begins at 8 a.m., with opening ceremonies beginning in the Heritage Club Ballroom at 9 a.m.

Military retirees and active-duty service members, Guardsmen and Reservists nearing retirement are invited to attend.

For more information, email the Retiree Activities Office at robins.roa@gmail.com or call 478-284-9879.

Video Teleconferencing Services offered

BY CELESTE RICKS

78th Plans and Programs chief

The 78th Communications Directorate is now offering standardized Video Teleconferencing services for Robins customers.

In the past, customers had various configurations of equipment with phone-line based connectivity. Robert Brown, 78th SC architect, developed a computer network based solution, to include hardware and software, that meets Department of Defense security hardening requirements.

The new VTC standard facilitates the Defense Information Systems Agency requirement to discontinue the old connectivity during fiscal 2016.

Currently, there are 27 VTCs in operation across Robins, three of which have been recently upgraded to the new standards with another four scheduled during the next two months.

Two additional sites are under survey, leaving 18 on the old integrated services digital network connections.

Customers get more from the new configuration because it offers a consistent user interface in a more user-friendly environment.

Over time, the new standard is also expected to reduce costs.

The process to install or upgrade a VTC begins with a request to the 78th SC Service Request Management Office. The customer submits a



description of the VTC functions they desire or a statement of work including the building and room where the VTC will be located.

The rest of the process is handled by the VTC Program Management Office.

To ensure sustained compliance with DOD configurations and patches, and to provide for regular maintenance and repairs, customers will fund for VTC lifecycle sustainment, to include installation and sustainment, by working through the VTC Program Office.

Customers also receive VTC operator training for the new equipment.

Editor's Note: For more information or to get started with your own VTC, contact Robert Gray or Stacey Trice, VTC program managers at 468-COMM or through the workflow at 78 ABW/SCXP Service Request Management Office.

Eligible civilians can now apply for out-of-cycle developmental education

Air Force civilians interested in out-of-cycle opportunities to enroll in the Air Command and Staff College Online Master's Program or attending Civilian Acculturation Leadership Training can apply through Sept. 30.

The ACSC master's program and CALT are two of many education programs open to civilian employees.

Developmental education ensures civilians have the tools necessary to support the mission and to achieve their goals.

"Our objective is to provide the right training at the right time," said Loretta Brown, Air Force Personnel Center civilian leadership and development chief.

ACSC Online Master's Program

This 33-semester-hour program includes 11 eight-week courses which explore modern Air Force operations and leadership.

Graduates earn a Master of Military Operational Art and Science degree. Program information is available on myPers and at the ACSC master's program page.

Applicants must have completed their bachelor's degree and have been a permanent GS-12 or GS-13 for two years. Employees who have completed both a master's degree and ACSC or Air War College are not eligible.

CALT

CALT is a two-week in-residence course similar to

Officer Training School. It introduces employees to the Air Force culture and prepares them for future leadership roles.

Program information is available on myPers and at the Jeanne M. Holm Center for Officer Accessions and Citizen Development site.

Applicants must have a bachelor's degree and between two and five years of continuous federal civil service by Oct. 1, and have been a permanent GS-7 through GS-13 or equivalent. Employees with prior military service are ineligible.

For more information about Air Force personnel programs go to the myPers website at <https://mypers.af.mil/>.

SOON

Continued from A1

Looking back, our two families somewhat mimicked each other. They had two children – a boy and a girl. We did too.

Curtis was born the same year as my son. I often wonder in my interactions with him what Curtis' parents, Bernard and Sinita, were missing by not being able to raise their only son.

I also think of Courtney, Curtis' older sister, and all she had to endure in the weeks, months and years following the tragedy in losing a younger brother and all the wave of emotions that come with that horrible situation.

Repeatedly I sympathized with my cousins and wondered where they all derived their strength as they attended funerals, memorials and interviews – each bringing that terrible day back to their forefront.

And every year on that day...

But at the same time, I envied them as they were able to tell the world of their wonderful son and all that he had accomplished. Curtis' life was taken well before his time, a fact often spoken about each person whose life was cut short by the terroristic act on Sept. 11, 2001.

And like each and every person who died that day, he and they will never be forgotten.

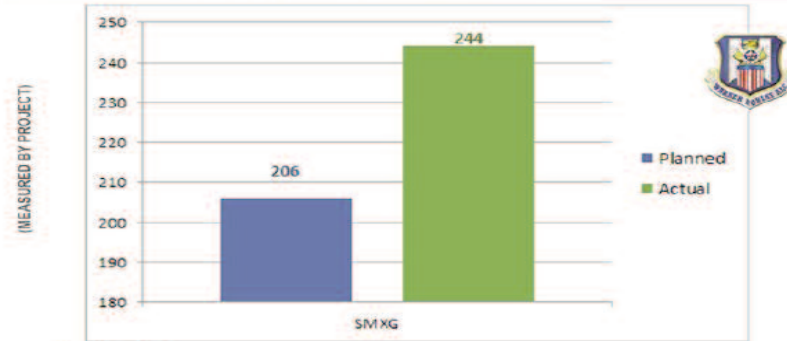
Two years later on a Joint STARS mission over Afghanistan during Operation Enduring Freedom, I flew flags for my family and for Curtis. Ironically, the mission was in support of the Global War On Terrorism – which was the U.S. led response to 9/11.

When I retired on March 12, 2004, it was my chance to formally recognize Curtis, his young life and his sacrifice by presenting that flag to his grandmother.

And today, our families in several states along the east coast from Florida to New York will be wearing black ID bracelets to honor my cousin Curtis, gone way too soon.

SOFTWARE MAINTENANCE

WARNER ROBINS AIR LOGISTICS COMPLEX



POSITIVE

Continued from A1

76,467 units; and in the 402nd Software Maintenance Group, 244 projects have been completed.

In squadrons such as the 559th Aircraft Maintenance Squadron, it took several years to arrive at an improved process that realized results that have improved speed and reduced flow days for aircraft.

In the first quarter of fiscal 2011, flow days were averaging about 422 days with a work-in-progress of 12 aircraft. Fast forward several years to fiscal 2015, and due to CPI activities and retirement of aging aircraft, the squadron's goal is to operate at 220 flow days, with a WIP of four aircraft for the last two fiscal years.

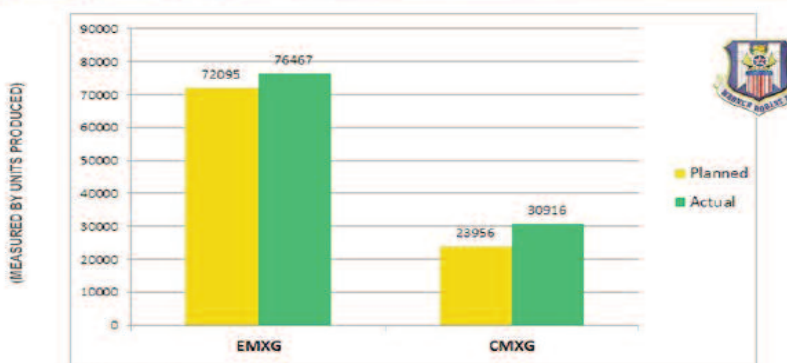
That didn't happen by accident either.

"We keep improving our process, aligning things so they flow together better," said Dave Nakayama, 559th AMXS director. "We're still not satisfied – we still want to improve. The Art of the Possible tremendously improved the standardization between all the production lines, not just at Robins, but at all three air logistics complexes."

"We are a great value for the money spent here," he said. "But what we're seeking to do under AoP is continue to improve performance, not rest on our laurels."

COMMODITIES & ELECTRONIC MAINTENANCE PRODUCTION

WARNER ROBINS AIR LOGISTICS COMPLEX



Graphics by REGGIE SAUNDERS

NEVER FORGET *Part two in a four-part series***Survivors recount WWII**

Separated by less than 100 miles at one point during the war, Crawford and Edna Hicks led very different lives

BY ANGELA WOOLEN

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For many years, Edna Hicks didn't want to remember anything about World War II. After all, during that time, she had been a young girl living in Northwest London, England.

"I remember it so clearly. It was 1937 or 38 and I had an older sister. I could hear people talk about 'war, war, war,' she said.

The child asked her older sister what this word, war, meant.

"I think it is when the air is full of arrows," her older sister told her.

Fast forward to 1939 when each family was measured for a gas mask and required to keep it on their person at all times. Babies had, what Hicks described as a "big balloon thing and the mother had to pump it all the time."

Everyone she knew had an Anderson bomb shelter half buried by dirt in their backyards. The family spent most of their nights sleeping in the shelter. As the war went on, the family would also spend parts of their days there as well.

"I remember the day the war began. It was on a Sunday. My brother turned on the radio, and we heard Prime Minister Neville Chamberlain say, 'We are now at war with the Germans.' It made us so scared. We put on our gas masks and ran next door," Hicks said.

She recalled her first time seeing a flying bomb which flew over her house – she thought it was a plane on fire.

"At school we called them doodlebugs. We had a rhyme we used to sing, 'if a doodle dallies don't dawdle, dive,'" she said of the V-1 flying bomb.

There was a park near her house where she used to play. She recalled how green it was. The neighborhood boys would play cricket and there were swings. The Germans, looking for a local airport where the Spitfires were flying out of, bombed the park instead. The children resorted to playing in the craters from the bombs where the park used to be.

One night her father, who worked the night shift at a factory in the middle of London, was playing cards with his coworkers. The air raid siren went off as it did most nights. The friends decided not to go to the shelter and continued playing cards. The shelter suffered a direct hit, and those who were in it were killed.

"There was no rhyme or reason. I don't know why things happened," Hicks said.

When the war ended in 1945, Hicks said her neighborhood built a bonfire in the middle of the street.

"We sang and danced and we were able to turn on the lights [in their homes]. Airplanes flew overhead with their lights on. The road blew up because the bonfire was so hot," Hicks recalled.

"If America hadn't entered the war, Germany was going to invade. Thank God they didn't," Hicks said.

In 1953, a 23-year-old Edna met Gerald Davis, A C-46 pilot who flew 23 missions to China over the Himalayan Mountains. After the war ended, Davis participated in the Berlin Airlift, delivering coal to the Germans.

They were married in 1956 at Westover Air Force Base in Massachusetts. His last duty station was at Robins Air Force Base. He died in 2000.

Edna met Crawford Hicks through a mutual friend. The two were married in 2003.

Crawford Hicks was 20 when Japan bombed Pearl Harbor on Dec. 7, 1941. He had always wanted to be a pilot, but his mother wouldn't let him because it was too dangerous.

In February 1942, Hicks enlisted in the Air Corp Cadet Program. He earned \$21 a month until he was promoted to an officer and his pay changed to \$60 a month.

When he was transferred to Albany, Ga., his flight training began. His instructor took a 21-year-old Hicks on his first airplane ride in a Boeing Stearman PT-17.

The instructor did acrobatics with the plane and then put it in a stall, flipped it over and told Hicks to put his arms over his head.

"I was five to six thousand feet above Albany, and I put my hands over my head. I got over my fear of flying. It was the best thing that happened," said Hicks.

Pilots were divided into single engine versus multi-engine pilots. Hicks didn't want to go into the fighter planes, so he chose the multi-engine plane route.

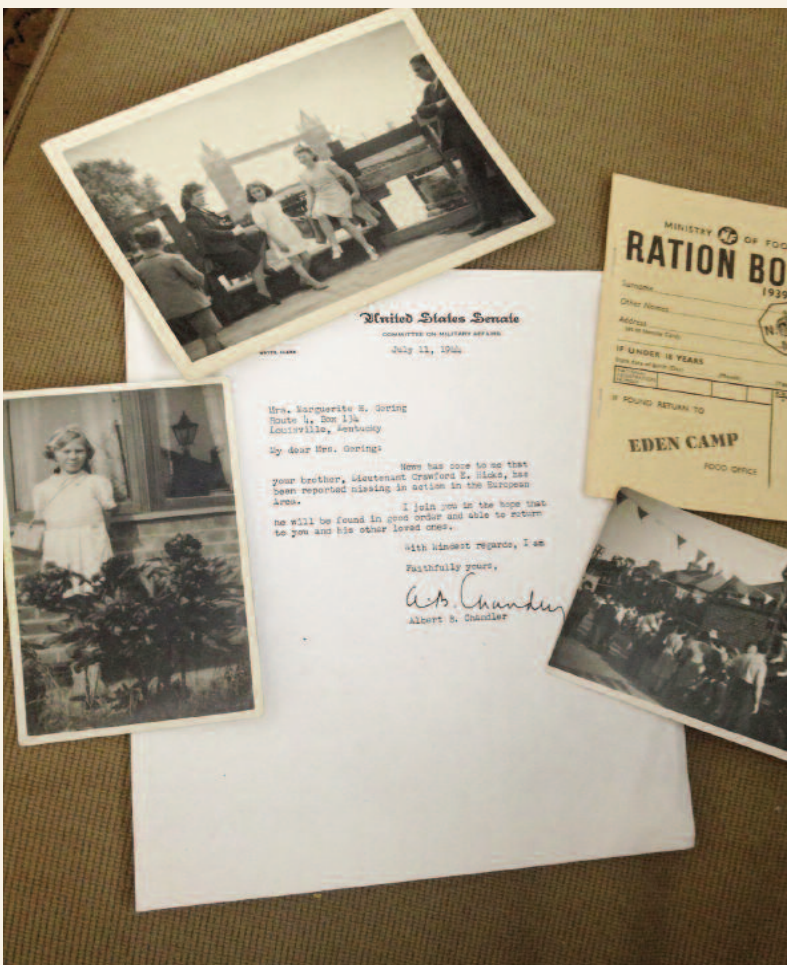
"The first time I saw a B-17, I thought I'd never be able to fly that thing," he said.

After practice bombing runs and 100 more hours



Courtesy photos

Above, Crawford Hicks, B-17 pilot, during his training to be a pilot in Albany, Georgia.



At left, World War II memorabilia from the Hicks home includes, a ration book, photos and a letter from the United States Senate Committee on Military Affairs reporting Hicks missing in action.

Below, Crawford Hicks, B-17 pilot, addresses an audience during the reception held at the Museum of Aviation Aug. 21. Hicks was shot down May 30, 1944 becoming a prisoner of war and was held captive until April 29, 1945. The reception honored veterans who served aboard B-17s and celebrated the arrival of a B-17 Flying Fortress which will be displayed at the museum. The engines, wings and tail section of the aircraft – which arrived a day earlier – were on display during the reception. At the event, several B-17 crew members shared their memories of the aircraft with nearly 200 attendees.



of instrument training, Hicks was given his own B-17.

He signed for the new aircraft, which had only six flight hours on it. The cost of a new B-17 was \$300,000. He found it ironic that the current B-17 restoration at the Museum of Aviation would cost about \$400,000.

His first mission occurred near the first of May 1944. He had seasoned pilots fly with him to see how he handled combat.

"I was scared to death. They wanted to see if I could handle it when all hell started," Hicks said.

He had nine more missions that month and was scared every time.

"They'd say, 'Hicks, you're flying today.' I would say, 'Lord is this the day I get killed?'" and the pattern repeated itself until his 10th mission when his plane was shot down. His plane had at least one hole in it on each mission.

During his 10th mission, enemy aircraft shot at his right engine. He could smell the smoke and rang the alarm for his crew to bail. His bombardier was killed as the enemy made one more pass at the crippled B-17.

"I had tremendously good training," Hicks said. Everything was automatic, from bailing out of the plane, to falling through the sky at 15,000-foot and finally pulling his parachute chord and landing on the ground.

Once he felt the ground beneath him, his thought went to his mother and his fiancé waiting at home.

"They wouldn't know anything but that I was missing," Hicks said.

He was captured immediately by a policeman. Hicks,

his co-pilot and navigator were brought to Neenburg, Germany, near the Belgian border. From there they were taken to Frankfurt, Germany, to be interrogated. From there, he was taken to Stalag Luft III near the Polish border in June 1944.

In December 1944, the prisoners in the camp were hearing gun fire in the distance.

"Our guys were fighting. It was the coldest winter and we were in our bunks with blankets," he remembered.

A month later, the POWs started a journey to a new camp. The new camp was Moosburg, just north of Munich. It took them about 10 days of walking and riding in boxcars on a train to reach the new location.

April 29, 1945, is a day that, recalling the memory, Hicks becomes emotional.

He knew the Allied Forces were close from a contraband radio the prisoners listened to at Moosburg. Then they saw some tanks come over the hill. The German guards threw their guns over the fence as the tanks came into view.

The POWs knew they were saved.

The war ended officially Sept. 2, 1945, with the signing of the surrender document. However, Britain celebrates Victory over Japan, or V-J Day, as Aug. 15, 1945, when Japan announced its surrender.

When the American flag was raised over the camp that day, Hicks recalled every man breaking down.

"We all cried," he said.

"We were going home."



U.S. Air Force photo by RAY CRAYTON

Brig. Gen. Walter Lindsley, Warner Robins Air Logistics Complex commander, greets Sen. Johnny Isakson at the flight line prior to the congressional delegation visit showing support for Georgia's military installations.

DELEGATION

Continued from A1

But it won't stay that way if we don't maintain it and keep it strong," he said.

Highlighting upcoming challenges facing the Air Force, Scott explained that the military's weapon systems was an important issue.

"It's one of the reasons Robins has a great insurance policy. The ALC is keeping our aging weapon systems flying and working. That's the good news," said Scott. "The bad news is we really need to be developing some of our newest weapon systems."

Citing JSTARS, Scott said efforts to modernize that program is something which is desperately needed.

Current efforts to replace an aging JSTARS fleet as part of the JSTARS Recapitalization Program was a top priority for the delegation, described

by Isakson as an important asset for the nation's defense, no matter which platform is chosen to replace the Boeing 707s.

"I think JSTARS will stay at Robins no matter what ... whether it's (the next generation JSTARS aircraft) made in Georgia or not," said Isakson.

On the possibility of a Defense Base Closure and Realignment Commission, U.S. Rep. Bishop expressed reservations, saying that "we need to rightsize, not downsize," in order to be prepared for the future.

"We need to always review our assets and our liabilities to make sure we have what we need to face what we're up against," he said.

Scott said that four years ago he had expressed concerns for the base in the event of BRAC, but due to the turnaround which resulted in the base's current productivity, "I feel very good that if we went into a BRAC, we'll come out just fine at Robins."

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





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Sexual Assault Response Coordinator



The Robins AFB SARC is available 24 hours a day,
 7 days a week. Phone: (478) 327-7272

AROUND THE AIR FORCE

New Air Force streamers approved for Global War on Terrorism

WASHINGTON (AFNS) – The secretary of the Air Force has authorized the use of war service streamers and the new Global War on Terrorism Service streamer. In addition, the Air Force credited 1,442 units with campaign participation, making them eligible for a campaign streamer.

The war service streamers allow the Air Force to recognize units that deploy aircraft, Airmen and equipment to an air expeditionary force, i.e., rainbow unit, for the Iraq, Afghanistan and Global War on Terrorism Expeditionary campaigns.

The GWOT-S streamer recognizes home station units that provide direct support to GWOT operations, such as units providing homeland defense supporting Operation Noble Eagle, airport security, remotely piloted aircraft missions, etc.

Biomedical Sciences Corps education, commissioning program applications

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

Eligible Airmen interested in biomedical sciences education or commissioning opportunities can now apply for any of the four available Biomedical Sciences Corps programs now accepting applications.

This week in Air Force History

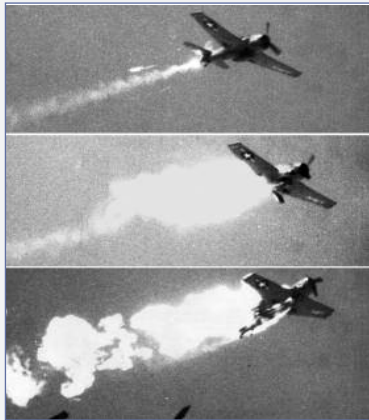


photo illustration

On September 11, 1953, the Sidewinder infrared-guided air-to-air missile made its first successful interception, sending an F-6F drone down in flames. The missile revolutionized aerial combat, offering pilots a method other than gunfire for shooting down enemy aircraft.

Available BSC programs include the U.S. Army-Baylor University Doctoral Program in Physical Therapy, the Uniformed Services University of the Health Sciences Ph.D. program in Clinical

Psychology, the Interservice Physician Assistant Program and the Direct Accession Program.

Each program has specific criteria, but applicants for all programs should be U.S. citizens, meet the minimum commissioning age requirements, meet fitness standards and be medically qualified for worldwide duty.

“The BSC depends on the acquisition of personnel with current military experience to enhance the development of the next generation of leaders in biomedical sciences,” said Kevin Smith, from the Air Force Personnel Center medical force management branch. “Additionally, providing a path for enlistment to commission is a critical force development objective for our specialties.”

New ACC program begins, aimed to improve MQ-1/9 community

JOINT BASE LANGLEY-EUSTIS, VA. (AFNS) The initial stage of Air Combat Command's new program, the Culture and Process Improvement Program, recently began at Joint Base Langley-Eustis, and is designed to take place across 12 Air Force active-duty, Reserve and Guard bases.

The CPIP was established to target and develop methods of improvement for concerns identified



U.S. Air Force photo by AIRMAN GREG NASH

Engine service

Members of the 23rd Component Maintenance Squadron Propulsion Flight perform maintenance on a TF-34 engine at Moody Air Force Base, Ga. The 23rd CMS supplies the 74th and 75th Fighter Squadrons with TF-34s in support of Moody's A-10C Thunderbolt IIs.

by Airmen and family members in the MQ-1B Predator and MQ-9 Reaper career fields.

Robins Air Force Base maintains battery packs for both drones.

The program, set to happen throughout the month of September, began by sending surveys to 3,366 officer and enlisted Airmen to help identify concerns and issues in the MQ-1/9 community. Starting Sept. 8, two CPIP teams will travel to 12 bases to engage with Airmen and their families and build upon the information discovered from the survey results.

ROBINS REV-UP

COMMANDER
Col. Jeffrey King

HOW TO CONTACT US

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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 and vance.janes@us.af.mil

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

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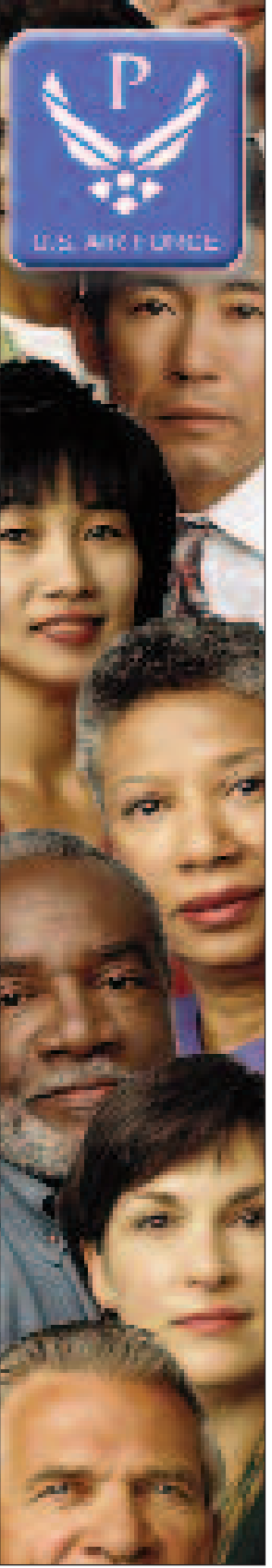
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Thought for the Day

"Great works are performed not by strength but by perseverance."

— Samuel Johnson



What's inside

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Lighter Fare

THE ROBINS REV-UP ■ SEPTEMBER 11, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY



U.S. Air Force photos by TOMMIE HORTON

Arielle "Dani" Lebovitz, Base Registered Dietitian Nutritionist, leads the Better Body, Better Life weight loss program designed to educate participants on physical activity and a variety of nutrition topics to promote optimal weight loss.

HAWC helps Robins keep wellness in check

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Robins Air Force Base ID cardholders don't have to go far to find programs that can help them stay fit to fight.

The Health and Wellness Center, located in Bldg. 827 on Robins, offers a variety of programs and services that focus on nutrition, physical activity, tobacco cessation, diabetes self-management and healthy pregnancy, among other areas of health.

Stuart Bapties, HAWC Flight commander, said free programs and services provided by an excellent staff, complete with a health educator, registered dietitian, and a public health technician, makes the HAWC the best place for active-duty military members, Defense Department civilians, and base contractors to keep wellness in check.

"Everyone has different goals and different factors such as time and convenience that play into decisions about whether or not to utilize the HAWC rather than an off-base program," he said. "There are a number of reasons that you may want to consider using us. For one, we're free of charge and while free doesn't always mean better, in this case it generally does."

The HAWC, open Monday – Friday, from



Chris Beck, a military dependent, performs crunches using a stability ball at the Health and Wellness Center.

7 a.m. – 4 p.m., serves about 45,000 people yearly.

"Dani's Delicious Dish," hosted by the HAWC's registered dietitian, often receives up to 30,000 views per week on Facebook and YouTube.

While most programs are open to all base ID cardholders, services like one-on-one counseling and the BodPod program are available only to uniformed Airman due to resource availability.

Bapties said his staff and effectiveness of HAWC

programs gives people just the right recipe for healthy living.

"The level of education and expertise at Robins Health and Wellness Center is the best in the area," he said.

Bapties said often, the information people receive from other sources is wrong and usually designed for quick results rather than long-lasting life changes.

"Many people working these programs have limited training; usually a computer based training certification lasting eight to 12 weeks and a quick certification exam through any number of companies rather than the years of education and national certification required by the Air Force Medical Services to work in a Health and Wellness Center," he said.

The HAWC has a calendar full of events lined up for the coming months.

Triple Ribbon Month events, like a 5K Color Run and a Resiliency Fair on Oct. 16, will highlight breast cancer and domestic violence awareness, along with drug use prevention in October, followed by the Great American Smoke Out in November.

Also, the Million Steps Walk Club is ongoing through Dec. 31, with enrollment through the AFMC wellness site at www.afmcwellness.com.

For more information on HAWC events and programs, visit the Robins HAWC Facebook page or call 478-327-8480.



Above left, Senior Airman Marie Palma, Health and Wellness Center health promotions technician, reviews the results with Senior Airman Spencer Budde, 12th Air Command and Control Squadron, after completing a body fat analysis using the BodPod.



Above right, Airman 1st Class Felicia Leavitt, 78th Medical Support Squadron, works out during the 12-week Better Body, Better Life weight loss program.

A BETTER YOU

AFMC promotes campaign promotes anxiety awareness

BY AIR FORCE MATERIEL COMMAND
HEALTH & WELLNESS TEAM

During the fall months, Air Force Materiel Command will promote its Mental Fitness Awareness Campaign.

According to Comprehensive Airman Fitness, mental fitness is defined as the ability to effectively cope with unique mental stressors and challenges.

One way to keep on top of your mental fitness is to understand anxiety.

Anxiety can be a motivator or response to the anticipation of an event, with symptoms like butterflies in your stomach, rapid breathing or a pounding heart.

All of us worry about issues like relationships, health or money, and have experienced brief anxiety caused by stressful events such as public speaking or a job furlough.

But some people may experience anxiety that is persistent, uncontrollable and overwhelming. If it's an excessive, irrational dread of every-



day situations, it can be disabling.

When anxiety interferes with daily activities, you may have Generalized Anxiety Disorder.

According to the National Institute of Mental Health, signs and symptoms of GAD include:

- ▶ Persistent worry about everyday things;
- ▶ Inability to concentrate;
- ▶ Insomnia;
- ▶ Difficulty relaxing;
- ▶ Headaches, muscle aches, stom-

ach aches or unexplained pains;

- ▶ Irritability, excessive sweating, feeling light-headed or out of breath;
- ▶ Having to go to the bathroom a lot.

If you're experiencing some of those symptoms all the time, for at least two weeks, you may be interested in an anxiety screening.

An anonymous, confidential mental health screening is offered on our website, AFMCwellness.com.

Screening results are educational, not diagnostic, but are provided so

participants may quickly and easily find out if a professional consultation would be helpful.

"Mental fitness assistance programs and services are available to members of the AFMC workforce and their families who are dealing with anxiety issues" said Lt. Col. William Hubbard, AFMC chief of Behavioral Health. "That includes professional counselors, clergy and health care providers."

Military OneSource is an option for military members, spouses and dependents.

Editor's Note: For more information, call 800-342-9647 or visit militaryonesource.mil.

Civilian employees can contact the Employee Assistance Program for free, confidential counseling services at (800) 222-0364 or via the EAP website at FOH4You.com.

For more details about anxiety education materials, visit AFMCwellness.com or contact your local Civilian Health Promotion Services team at DSN 497-8030 or 478-327-8030.

TRICARE Pharmacy Rules Changing for Maintenance, Brand-name Drugs

Beginning Oct. 1, TRICARE beneficiaries who take certain brand-name medications on a regular basis will be required to fill prescriptions at a military treatment facility or through a mail-in program, a Defense Health Agency official said yesterday.

George Jones, DHA's pharmacy operations division chief, said the new policy doesn't apply to active-duty troops, overseas beneficiaries, nursing-home residents and those with other health insurance which has a prescription-drug program.

In some circumstances, he added, beneficiaries could be waived from the program on an individual basis.

The brand-name, regularly used, or maintenance medications could include those to treat chronic conditions such as blood pressure or cholesterol issues, Jones explained.

Generic medications are not affected by the new policy, he said.

Beneficiaries to Be Notified

TRICARE pharmacy beneficiaries who will be

affected will receive a letter from TRICARE in early to mid-September, with instructions on making the transition from retail pharmacies to a military pharmacy or the Express Scripts mail-in program, he said.

Those with questions about medications in the brand-name maintenance category can call Express Scripts customer service at 1-877-363-1303 or look up the drug online at TRICARE's website.

Beneficiaries can track their medication status and expected delivery date by calling or going online to Express Scripts.

The new TRICARE policy stems from the 2013 National Defense Authorization Act and is designed to save beneficiaries and taxpayers money, Jones explained.

Program Expected to Save Money

"Based on estimates, the program is expected to save beneficiaries \$16.5 million in reduced copays, and projected Defense Department savings is \$88 million during the first year," he said.

That translates into a savings of about \$176 per medication per year, he added. A pilot program on the new pharmacy initiative was conducted in 2014, and it

was very successful.

"It was very well received by beneficiaries and met reductions in beneficiary-put-of-pocket costs and reduced costs to the government," he said.

78th Medical Group upcoming closure

The 78th Medical Group will hold its mandated Wingman Day event Oct. 16 from 11 a.m. to 4:30 p.m. During this time all medical group services, including the pharmacy and the central appointment line will be closed.

The clinic doors will close at 11 a.m. and reopen Oct. 19 at 7 a.m. All clinic services will resume normal duty hours starting at 7:30 a.m.

We apologize for any inconvenience this may cause.

Did you know?

The 78th Medical Group Facebook page is open to the public, and you don't have to be a TRICARE beneficiary or be eligible to benefit from the wide array of content including information and tips on nutrition, tobacco cessation, physical fitness and monthly health awareness topics. Like us on Facebook: www.facebook.com/78MDG.

Preparing for the future

Military and Mid-Career? It's Never Too Late to Start Saving

BY KISHA A. TAYLOR

Federal Retirement Thrift Investment Board

At some point in your military career you may have heard about the Thrift Savings Plan and some of its advantages.

But perhaps saving for retirement wasn't a priority. Then one day, you realize you're closer to retirement age than you thought and discover that you won't have enough saved to live comfortably once you leave the workforce.

You may wonder what your choices are and if it's too late to begin planning for retirement. Don't panic! There's still time to put money in your TSP account.

Start Now

If you believe you're behind on saving for retirement, signing up for the TSP is one of the best things you can do to secure your financial future.

As a service member, you're not automatically enrolled in the TSP, so you'll need to sign up. Just log into myPay, select the "Thrift Savings Plan" option, and choose your contribution type: traditional (pre-tax), Roth (after-tax), or both.

Then choose the amount you want to contribute from each type of pay you receive (basic, incentive, special, and/or bonus). If you don't have access to myPay, you can complete Form TSP-U-1, Election Form, and return it to your finance office.

Make a Choice

You can contribute a percentage of your basic pay to your TSP account – 10 percent, for example – then increase your contributions as you get pay raises and promotions. Even small amounts can add up to big savings over time.

Already signed up for the TSP? Find ways to make the most of your contributions. If you're age 50 or older, you can make catch-up contributions once you've reached the maximum Internal Revenue Code's elective deferral limit.

In addition to how much you contribute, your investment mix is an important factor affecting the savings in your TSP account. At this stage in your career, be sure you have a balance of risk versus reward. Choosing our Lifecycle Funds could give you an optimal mix of our five



HOW TO CHOOSE A FUND

Use this chart to see which L Fund might be best for you:

►Fund L 2040 – consider if you were born between 1973 – 1982 or plan to need your savings from 2035 – 2044

►Fund L 2030 – consider if you were born between 1963 – 1972 or plan to need your savings from 2025 – 2034

►Fund L 2020 – consider if you were born between 1954 – 1962 or plan to need your savings from 2016 – 2024

core funds based on when you'll need to start receiving income from your savings.

To choose how the money coming into your account is invested, make a contribution allocation by visiting tsp.gov.

Keep Us With You

If you decide to leave military service before you're eligible for a military pension, you can keep your TSP account, even if you find other employment. Plus, if you take a Federal job, you can keep contributing to the TSP. Even if you don't take a Federal job, you can manage your investments at low cost while your savings grow.

Act Today: Time is of the Essence

If you're a late saver, don't procrastinate further – you may still have time to build your retirement savings. Log into myPay today to increase your TSP contributions.

The older you are when you start saving for retirement, the harder it will be. It may require some sacrifice, but remember, it's never too late to start saving.

ESDP participants hit classroom, begin training

BY 78TH FORCE SUPPORT SQUADRON

Participants for the first year's Emerging Supervisor Development Program have been selected, and the 44 students are now in the classroom for formal training designed to help prepare them for future leadership positions.

The first three-week class began Aug. 3, and the second session began Aug. 10.

The program is being executed at Robins, Hill and Tinker and provides formal leadership development training to employees interested in becoming first-level supervisors.

It's the second tier of the Leader and Supervisory Development Continuum which is an Air Force Sustainment Center tool used to provide a standardized approach to leadership development.

The ESDP participants have 12 months to complete all the training requirements to graduate from the program, including job shadowing and supervisor immersion.

The first class will graduate in August 2016. Once they've done so,

the students will be placed in the ESDP graduate pool for a three-year period.

Participants include: Anthony Barlow; Chantel Barringer; Derek Belflower; Lakin Bembry; Bruce Blackwell; John Bloodworth; Latoya Brown; Keith Capra; Richard Christmas; Robert Cochran; Shelton Gates; Andrew Goldberg; Virginia Graves; Stacey Hankerson-Mathis; Andrea Hodges; Gregory Hunt; Jeremy Johannes; Douglas Jordan; Latanja Knowlton; Eric Langston; Kemberly Lingelbach; Wesley Lister; Latita Lockhard; Russell Masa; Wilbur Mathews; Elsie McDade; Vanessa McGriff; Rhonda McKnight; Trent Miller; Michael Moorman; Ashley Nolan; George Pacheco; Ryan Patterson; Cody Pinnell; Jonathan Ringley; Christopher Rogers; Matthew Scoggins; Shanika Sims; Vincent Stone; Darryl Turner; Andrew Vaughan; Ashley Wilder; Lisa Wood and David Wright.

As the other tiers are developed and implemented, 78FSS/ FSDE will provide the widest dissemination possible.



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SNAPSHOTS

The importance of being prepared



U.S. Air Force photos by MISUZU ALLEN

Above, Airman Stephanie Runge, Emergency Management apprentice, assists Eddie Barfield, 78th Air Base Wing Communications Directorate maintenance system technician, with brochures and other information during the awareness campaign at the Exchange, Sept 1. September is National Preparedness Month, and the Robins Emergency Management office is conducting the Ready Robin campaign to inform Team Robins of the importance on being prepared. They will be set up at several locations during the month.



At right, Senior Airman Breana Quimby, emergency management journeyman, watches as Valeriea Womack, 411th Supply Chain Management Squadron item manager, fills out a ticket to win a weather radio at the Ready Robin booth in Bldg. 905.



Find local help here

Local Helping Agencies are available to assist Team Robins members with a variety of issues. See list below on how to get the help you need.

► Finances & Work-Life Balance – Airman & Family Readiness Center at 926-1256

► Health and Wellness Education – Health and Wellness Center at 327-8480

► Health Screenings – Civilian Health Promotion Services at 327-8030

► Work, Personal or Family Issues Employee Assistance Program (800) 222-0364

► Work Stress, Psychological Issues – Organizational Consulting Office - 327-9803

► Mental Health & Substance Abuse – Houston Healthcare at 922-4281

Unplanned Pregnancy – Houston Healthcare at 922-4281

► Suicide Prevention – National Suicide Prevention Lifeline at (800) 273-8255

► Sexual Assault & Victim Advocacy – Sexual Assault Response Coordinator at 926-2946

► Crime Victim Advocacy – Victim Witness Assistance Program at 327-4584

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GETTING TO KNOW YOU



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

UNIT: 461st Operations Support Squadron

JOB TITLE: NCOIC, instructor, flight engineer

TIME IN SERVICE: 13 years

HOMETOWN: Atlanta, Ga.

What does your work involve at Robins? "I'm a flight engineer on E-8C Joint STARS aircraft. My primary duties include instructing junior flight engineers on aircraft systems and helping to ensure the next generation of JSTARS flight engineers are ready to perform their mission abroad and at home. I also work an office job to support formal school submissions ensuring that 791 operational group airmen have the chance to further their primary duties-related education. As an NCO, I'm charged with representing the Air Force and promoting our core values. I'm also currently president of the JSTARS Network 56 professional organization."

What do you enjoy most about your work? "My favorite part of the job is the people. Seeing others learn and grow is something that I myself have grown to enjoy more than anything else in my work. I also enjoy having an office at 30K feet – you can't beat the view."

How does your work contribute to the Robins mission? "The impact – depending on what portion of the job being performed – can support the mission on a multifaceted scale. In the capacity of flight engineer, both as an instructor and primary, I support Robins' ability to project air power across the world. As an NCO, I both support mission amplifying opportunities through formal school attendance and I support professional development of those I work with."

What prompted your interest in your current career field? "This is an interesting question as I joined the AF because of 9/11. I was a computer technician in 2001 working in Norcross Ga., when the twin towers were brought down. I don't know why this event impacted me as it did, but it led to my joining and in basic training by Dec. 18 of 2001. I entered the Air Force taking the first job offered which was open maintenance. That led to me being put in the job of aerospace ground equipment maintainer. The idea of seeing more of the world and experiencing what was out there beyond my little sphere inspired me to take the leap and become a flight engineer."

Who has been the biggest influence in your life? "Jesus Christ has been the biggest influence, as my acceptance of him has given me the strength to become who I am and who I will be. Others include my mentor and friend Hector Williams, and Chief Master Sgt. Jerry Barnett who took the time to pull me aside and mentor me."

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HAPPENINGS/SERVICES

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11 12 13 14 15 16 17

ON TAP
Family Movie Night
under the stars
'Strange Magic'

Today
 7:30 p.m.
 Robins Park
 Cost is \$2 and includes popcorn and drink.
 For details, call DSN 468-4001.

Thunder Alley
Family Night

Today
 9 to 11 p.m.
 Bowling Center
 12 years and under \$5
 13 years and older \$10
 Includes shoes and two hours of bowling.

Ultimate Frisbee
Tournament

Saturday
 7:30 a.m. sign-in
 Tournament begins at 8:30 a.m.
 Fitness Center
 For details, call DSN 468-2128.

Horseback Riding
Experience

Single Airman Program
 Saturday and Sept. 19
 Noon. Free but requires a \$25 refundable deposit
 21 slots available
 For details, call DSN 468-4001.

Grandparents' Day

Sunday
 7:30 p.m.

Robins Park
 Cost is \$2 and includes popcorn and drink.
 For details, call DSN 468-4001.

Tips from the Pro

Tuesday
 5 to 6 p.m.
 Pine Oaks Golf Course
 All the balls you can hit for \$5
 For details, call DSN 468-4103.

Family Frenzy Event

End of Summer Party
 Tuesday
 5:30 to 7 p.m.
 Heritage Club Ballroom
 Sign up and receive first month club membership free.
 For details, call DSN 472-7899.

Heritage Club Fall
Dinner Dance

RSVP by Sept. 18
 Event is Sept. 25
 7 p.m.
 Heritage Club Ballroom
 Club Members \$13
 Guests \$15
 For details, call 472-7899.

Mug Night
at the Heritage

Thursday
 3:30 to 8 p.m.
 Heritage Lounge
 Bring your own mug and enjoy \$2 draft beer.
 For details, call 472-7899.

Karaoke on
Thursdays

7 p.m. to closing
 Heritage Club Lounge
 For details, call DSN 472-7899.

UPCOMING
Boss and Buddy

Sept. 18
 5 p.m.
 Heritage Club Lounge
 For details, call DSN 472-7899.

Dog Days
of Summer

Sept. 19 and 26
 10 a.m. to 1 p.m.
 Heritage Club pool
 Bring your doggie out for a dip in the pool.
 \$5 includes a free doggie treat.
 For details, call DSN 472-7899.

ONGOING

Afterburner
September Special

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

Twilight Rates

Every day
 After 4 to 7 p.m.
 Pine Oaks Golf Course
 Play 18 holes with cart for \$20 per person.
 For details, call DSN 468-4103.