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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

Nov. 13, 2015 Vol. 60 No. 45

Australia receives final C-17

BY JENNY GORDON

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Team Robins' reach is worldwide. And, the Royal Australian Air Force welcoming its eighth and final C-17 Globemaster III Nov. 4 at its base in Amberley is further proof of that.

According to the RAAF, the acquisition of two additional aircraft this year – along with associated equipment and facilities – is a \$1 billion investment in the country's ability to provide vital heavy airlift across global missions.

The C-17's lift and range has become an integral part of the Australian Defence Force's airlift capability, said Mal Brough, Minister for Defence Materiel and Science.

"It allows Australia to rapidly deploy troops, combat equipment, tanks, helicopters and humanitarian resources worldwide," he said. "The C-17 has played a central role in the ADF's activities, including supporting the international effort to combat (ISIL) in Iraq and Syria, recovering the victims of the MH-17 tragedy in the Ukraine, and delivering disaster relief to victims of the Vanuatu cyclone and Queensland floods."

Robins Air Force Base is home to the C-17 System Program Office, which is responsible for the sustainment, modernization, modification, maintenance and overall service of the C-17 fleet.

Its offices house not only Boeing employees, but also representatives from partner nations such as the United Kingdom, Canada, Qatar, and Australia, which received its first C-17 in 2006.

Wing Commander David Zemel with the C-17 Logistics Management Unit said, "The C-17 has allowed rapid responses to national and global activities, and has extended Australia's airlift capability well beyond what was previously possible. It's the backbone of Australian airlift capability and provides unprecedented global reach."

Since Boeing's announcement that it would complete production and close its C-17 assembly facility in Long Beach, Calif., in 2013, the focus will now be on fleet sustainment. That includes modernization and modification.

CFC – Looking for a reason?



Installation effort runs through Nov. 20

BY JENNY GORDON

jenny.gordon.ctr@us.af.mil

The 2015 Robins Combined Federal Campaign season ends next Friday. As of Nov. 10, the total pledge was at \$130,623. The goal is \$1 million.

"With just days left to participate in this season's active three-week campaign, I encourage each member of our community to reach out, support and change the lives of those around us who need help throughout the year," Bobby Munda, Robins 2015 CFC chair. "This is a great way to give back when we've been given so much."

Carolyn Edwards, a DLA Aviation inventory management specialist and demand planner, has been giving to

the annual campaign for the last 20 years.

"I give because it's for a good cause," said Edwards. "There are so many different organizations out there that we can contribute to. Eventually all our families experience some kind of need, whether it's due to illness, hunger or other things."

"Being that I'm blessed, I want to be a blessing to others. Families go through different experiences, and we need each other," She added. "Any way we can help – no matter how small or large – it's just a willingness from the heart."

Contributing for more than 20 years, Karen Vernon, a co-worker, agreed and said she contributes for religious reasons.

► see EFFORT, A5

Sharpen your resume with purpose, relevance

BY JENNY GORDON

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Writing a resume for federal employment consideration doesn't have to be daunting.

In fact, it's about providing an applicant's best qualities when it comes to showcasing workplace responsibilities, education and career accomplishments.

Keeping a current resume has a purpose and several benefits, from being able to respond and apply for an immediate job posting, to staying abreast of job duties and highlighting ongoing significant activities.

"A resume is relevant information to give an employer an understand-



ing of your duties and experience gained over a number of years.

It's very important that an applicant be clear and precise with information provided on a resume," said Angelia Solomon, Staffing Section chief for the Air Force Personnel Center's operating location at Robins.

When writing a resume, there are several key pieces of information that should be included when describing work experience and education. There's not a particular desired layout.

Personal information should detail your full name, mailing address and day and evening telephone numbers with area codes.

Social security numbers aren't required, however when completing your total application package, an occupational questionnaire will ask for it (It's used for verification purposes only).

On work experience, detailed information should include an

► see RESUME, A5

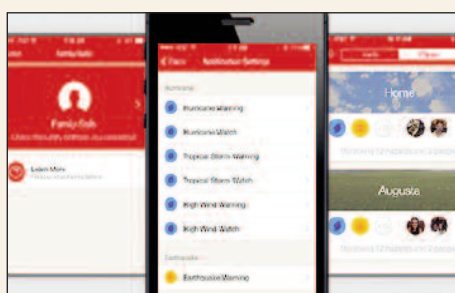
FRIDAY FLYBY: Team Robins Awards Ceremony today at 1 p.m., base theater

Emergency Preparedness App Available

The Red Cross developed an application dedicated to providing alerts for more than 35 different types of severe weather and emergency alerts.

The app allows you to monitor multiple locations across the country for any alerts.

One of the app's features is called "Family Safe," and it allows you to check and see if your loved ones are safe in an area that has an alert by notifying them through the app.



Celebrating Native American Heritage

Winona LaDuke is an activist, author and former vice-presidential candidate. She is of the Mississippi Band of the Anishinabeg of the White Earth Reservation located in Minnesota. A Harvard graduate, she was named by "Time Magazine" as one of America's 50 most promising leaders under 40 in 1994. She has authored several books, received the Reebok Human Rights Award in 1988, and ran for Vice President in 2000 with Ralph Nader under the Green Party ticket.



"Stay Resilient – this too shall pass."

Weekend Weather

Friday 65/39



Saturday 60/37



Sunday 61/42



SECOND FRONT

Over \$28 million, 119 projects ahead

BY JENNY GORDON

jenny.gordon.ctr@us.af.mil

The year ahead will be a busy one as work continues on various sustainment, restoration and modernization projects.

A total of 119 projects totaling \$28.3 million to improve base infrastructure, to include paving and roofing projects, building demolitions, and repairing/replacing existing building lighting, fire alarm, and heating, ventilation and air conditioning systems.

A FEW HIGHLIGHTS

One significant project is the \$3.6 million demolition of Bldg. 181 beginning in early 2016. No plans have been announced on what will replace it.

To accommodate traffic, another project will be the addition of traffic lights at Robins Parkway and Lakeside Drive, near Air Force Reserve Command.

There are also plans to create a community kitchen and dining area in the Bldg. 795 third floor dormitory.

Two other projects include resurfacing the pool and replacing lights at the Heritage Club. There are also plans to resurface the indoor pool and replace lighting at the fitness center.

On the mission side, ongoing repair and maintenance of runways, taxiways and aprons on the flight line will be completed at a cost of \$3.6 million.

Road improvements include the repair and overlay of Robins Parkway from First Street to Gate 127. This project will install a new curb, gutter and sidewalk; mill and overlay of Warner Robins Street from Seventh Street to Robins Parkway; and repair, mill and overlay Robins Parkway from Third Street to Richard Ray Boulevard, and 10th Street from Macon to Hawkinsville streets.

The Robins Conference Center and the library in Bldg. 905 are both scheduled to receive heating and air conditioning upgrades.

Other upcoming projects will be the repair and replacement of the roof at the Heritage Club; lighting upgrades at the Youth Center; and construction and installation of sidewalks at Borghese and Beale drives.



U.S. Air Force photos by RAY CRAYTON



Are you missing out on business?

Robins Air Force Base and its units spend more than \$4.6 million on Government Purchase Card purchases using homegrown businesses and propelling the local economy.

If you have a local business which could service Robins, but you're not given a fair opportunity due to fraudulent activities, we want to help.

To report fraudulent Government Purchase Card activities please contact Air Force Office of Special Investigations, Detachment 105, Robins Air Force Base at 478-926-2141.



Team Robins awards

The Team Robins Awards Ceremony will be conducted today at 1 p.m. in the Base Theater. Please come out and support your winners.

Put Your Hands Together

The next "Put your hands together for ..." will run in the Nov. 27 edition of the Rev-Up. Deadline for submissions is Nov. 20 at 4:30 p.m.

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

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

Robins military justice actions

The following airman was court-martialed for violating the Uniform Code of Military Justice:

► **A 78th Medical Operations Squadron** airman first class was found guilty of using cocaine, in violation of Article 112(a) of the UCMJ, at a special court-martial convened on Robins. The member was sentenced to reduction to E-2, confinement for two months, and a bad conduct discharge.

The following airmen received nonjudicial punishment in accordance with Article 15, UCMJ, and AFI 51-202:

► **A 12th Airborne Command and Control Squadron** senior airman received an Article 15 for violating Article 86 of the UCMJ, failure to go, and Article 107 of the UCMJ, making a false official statement. The member received a reduction to the rank of airman, forfeiture of \$867 pay per month for two months and a reprimand.

► **A 12th Airborne Command and Control Squadron** airman received an Article 15 for violating Article 112a of the UCMJ, using marijuana. The member received a reduction to the rank of airman basic and a reprimand.

► **A 461st Aircraft Maintenance Squadron** airman first class received an Article 15 for violating Article 86 of the UCMJ, failure to go. The member received a suspended reduction to airman, 14 days extra duty, and a reprimand.

► **A 461st Maintenance Squadron** senior airman received an Article 15 for violating Article 86 of the UCMJ, failure to go. The member received a suspended reduction to airman first class, forfeiture of \$156 per month for two months, and a reprimand.

► **A 78th Civil Engineer Group** airman first class received an Article 15 for violating Article 92 of the UCMJ, willful dereliction of duty. The member received a reduction to airman, a suspended reduction to airman basic, suspended forfeiture of \$773 pay per month for two months, and a reprimand.

► **A 78th Comptroller Squadron** second lieutenant received an Article 15 for violating Article 92 of the UCMJ, failure to obey a lawful order. The member received forfeiture of \$1,527 pay per month for two months and a reprimand.

► **A 78th Force Support Squadron** airman first class received an Article 15 for violating Article 86 of the UCMJ, absence without leave, and Article 107 of the UCMJ, making a false official statement. The member received a suspended reduction to airman, restriction to Robins for 47 days with 30 days suspended, and a



reprimand.

► **A 78th Operations Support Squadron** staff sergeant received an Article 15 for violating Article 86 of the UCMJ, failure to go. The member received forfeiture of \$300 pay and a reprimand.

► **A 78th Operations Support Squadron** staff sergeant received an Article 15 for violating Article 86 of the UCMJ, failure to go, and Article 107 of the UCMJ, making a false official statement. The member received a suspended reduction to senior airman, forfeiture of \$300 pay per month for two months with one month suspended and a reprimand.

► **A 78th Security Forces Squadron** senior airman received an Article 15 for violating Article 89 of the UCMJ, disrespect toward a superior commissioned officer, and Article 134 of the UCMJ, disorderly conduct. The member received a reduction to airman, 11 days extra duty and a reprimand.

► **A 78th Security Forces Squadron** staff sergeant received an Article 15 for violating Article 81 of the UCMJ, conspired to have another airman make a false official statement, and Article 134 of the UCMJ, obstruction of justice. The member received a reduction to senior airman and a reprimand.

► **A 78th Security Forces Squadron** airman first class received an Article 15 for violating Article 107 of the UCMJ, making a false official statement, and Article 134 of the UCMJ, leaving the scene of an accident. The member received a reduction to airman, suspended reduction to airman basic, 14 days extra duty, and a reprimand.

► **A 78th Security Forces Squadron** senior airman received an Article 15 for violating Article 86 of the UCMJ, failure to go, and Article 92 of the UCMJ, negligent dereliction of duty. The member received forfeiture of \$1,175 pay per month for two months with one month suspended and a reprimand.

Editor's Note: See next week's Robins Rev-Up for more military justice actions courtesy 78th Air Base Wing Legal Office.

AROUND THE AIR FORCE

What to know about TRICARE open enrollment, marketplace

BY TRICARE.MIL COMMUNICATIONS DIVISION

FALLS CHURCH, Va. (AFNS) – It's time for open enrollment; the time of year when people can enroll in or change their health insurance plan. The open enrollment period for HealthCare.gov is Nov. 1 to Jan. 31 for 2016 coverage.

Most TRICARE beneficiaries don't need to worry about open enrollment. However, for beneficiaries who are not eligible for TRICARE coverage, have lost or are losing coverage, or may qualify to purchase a TRICARE premium-based health plan, you can utilize this open enrollment period to see if there are other health coverage options that work best for you and your family.

To explore your local coverage options outside of TRICARE, go to HealthCare.gov. You can find out if you qualify for financial assistance and review coverage plans offered in your area without having to submit an application. Just indicate that you don't currently have coverage when using the portal.

When using the portal, go to the "Individual and Families" tab on HealthCare.gov, and click the "Get Coverage" tab. From there, click the "\$ Will You

Save?" section near the middle of the Web page. After selecting your initial options, use "Get Ready to Apply" where you can enter family size, income and your state and/or zip code of residence to get an estimate of available coverage and costs, including available plans, premiums, and cost shares. If you are under 30, you can get personalized health coverage options on HealthCare.gov.

After exploring the Health Insurance Marketplace options, you can use TRICARE.mil to compare TRICARE premium based coverage and costs to the marketplace plans. You can also compare TRICARE plans online with our "Compare Plans" tool. If you need additional help, call the HealthCare.gov toll free line at 1-800-318-2596, or for the hearing and speech impaired dial 1-855-889-4324, or contact a local person or group in your area for assistance. Visit their "Contact Us" page to enter a zip code to find contact information for individuals and organizations in your area.

If you are currently enrolled in a premium based TRICARE plan and decide to use a non-TRICARE option, you need to submit a disenrollment request to your TRICARE regional contractor. Be sure not to dis-

enroll from your current TRICARE coverage until you confirm the start date of your new coverage so that there is no gap in coverage and you aren't penalized or pay a tax penalty for each month that you and the other individuals listed on your tax form do not have coverage. Once the Defense Enrollment Eligibility Reporting System records your disenrollment date, the Defense Manpower Data Center responds to queries from the Federal Hub that you do not have minimum essential coverage from the Department of Defense.

Beneficiaries losing TRICARE coverage due to separation or discharge, divorce, aging out, etc., may qualify to enroll for alternate coverage during a special enrollment period. They must apply for marketplace coverage within 60 day of losing their TRICARE coverage. You can find more information online at HealthCare.gov.

Don't forget that the Affordable Care Act requires most Americans, including TRICARE beneficiaries and DOD employees, have minimum essential coverage. Most TRICARE plans meet this requirement, but if you want to explore health care options outside of TRICARE, make sure to visit HealthCare.gov during open enrollment.

In Other News

Global Broadcast Service: the military's 'direct TV', now available in a rucksack

HANSCOM AIR FORCE BASE, MASS. (AFNS) – U.S. service members will soon be able to receive secure data and cable-quality video in near real-time, even in the most remote parts of the world, using smaller, lighter-weight equipment.

On Sept. 28 a contract was awarded to AQYR Technologies, a small business located in Hollis, New Hampshire, for the production of rucksack-portable receive suites, also known as RPRS. The suites are part of the Global Broadcast Service, also known as GBS, a joint program based out of Hanscom that delivers a full spectrum of communications to U.S. warfighters.

The 150-unit RPRS order is valued at just under \$14 million and is part of a larger, five-year indefinite delivery, indefinite quantity production contract that has a ceiling of \$100 million.

AF earns DOD best military department disability award

WASHINGTON (AFNS) – The Air

This week in Air Force History



On November 14, 1910, Eugene Ely, a Curtiss exhibition pilot, became the first to fly from the deck of a Navy ship, the USS Birmingham, anchored in Hampton Roads, VA.

Force received the Secretary of Defense trophy for the best disability program among large military components for the fourth year in a row. Two Airmen were recognized for their work during a ceremony at the Pentagon Oct. 29.

For the past 35 years, the Office of Diversity Management and Equal Opportunity has recognized outstanding service members and Defense Department civilian personnel with disabilities at an annual awards ceremony.

The ceremony recognizes recipients for outstanding achievement in the hiring, retention and advancement of individuals with disabilities. This year's theme, "My Disability is One Part of Who I Am," was a constant reminder for members of the DOD to maintain the commitment to employ disabled civilians and wounded veterans.

Guardsmen deliver rescue capabilities across Pacific

WASHINGTON (AFNS) – Alaska Air National Guardsmen from the 176th Wing, Joint Base Elmendorf-Richardson, conducted long range search and rescue drills Oct. 31 near the coast of White Beach Naval Base.

A 212th Rescue Squadron guardian angel rescue team was delivered across the Pacific Ocean on a nearly 12-hour, nonstop flight aboard a C-17 Globemaster from the 249th Airlift Squadron along with two rescue craft.

"In this situation, if there was a distressed vessel in the Pacific that no one could reach," said Maj. Aaron Zamora, the 212th RQS combat rescue officer team commander,



U.S. Air Force photo by SENIOR AIRMAN CHRISTINE HALAN

Fill it up

A C-130 Hercules receives fuel from a KC-135 Stratotanker over the Atlantic Ocean. The two aircraft, assigned to Royal Air Force Mildenhall, England, were training in Trident Juncture, an exercise designed to help militaries respond more effectively to regional crises with NATO allies and partners.

"The 176th Wing could launch one of our organic C-17s with a guardian angel team and all the boats and equipment we need to airdrop to the survivor."

The Warner Robins Air Logistics Complex provides program management and depot maintenance on the C-17 Globemaster III.

PERSPECTIVE

Choosing to live

I said my usual goodbyes and left with no intention of being alive to see them in the morning.

As I walked into the house, one of my children, who is young and doesn't say very many words, ran up yelling to me with his arms wide open and gave me the biggest hug I've ever received in my life.

That was the turning point.

I needed help, and I needed it now. I told my spouse how I was truly feeling. The realization that there was a definite possibility of me not being here anymore was suddenly very real and extremely terrifying. I called the National Suicide Prevention Lifeline and talked to a very nice, soft-spoken woman.

She asked how I was feeling, if I had a plan and about my life situation. As nice as she was, it wasn't providing the help I needed. I called my primary care physician and explained my need for help. She told me to go to the emergency room right away.

I packed up my family and headed out to the ER, trying to keep myself together.

The thoughts of, "I don't really need help" and, "I just had a bad day, I will get over it" started rushing through my mind.

I fought the urge to leave. I was there for several hours and released with a follow-up appointment at the mental health clinic early the next morning.

My spouse called my supervisor to let her know what was going on and that I would not be in to work. She was supportive and offered to help in any way she could.

I arrived at my appointment after a long night of thinking. I had a long talk with a counselor. She wrote

me a safety plan and suggested I have my medications adjusted. The next day I went back to the clinic with my spouse and explained that I needed more intensive help and wanted to be admitted. I was taken to an inpatient facility.

I've been told for years and by every mental health professional I have seen that "I am not alone." Until I experienced it first hand, I never believed them. I was not and am not alone. Through the group meetings, I found that a lot of people are suffering and battling the same dark, overwhelming sadness I was and still am to an extent. Their life situations weren't the same as mine, but it didn't matter. We were all there for the same reason – to get help.

I was in the inpatient facility for five days. When I returned home, the darkness had lifted some. I was by no means cured, but I felt a lot better.

I knew that I had done the right thing. I found hope when I thought I had none. I found reasons to live when I felt they were all gone.

I found support from my supervisor, which lessened my work-related stress. For the first time in years, I felt some level of happiness. I was proud of myself for choosing to live.

EDITOR'S NOTE: Active-duty personnel can contact their local mental health clinic for services, or they can contact Military OneSource by calling (800) 342-9647 or visiting militaryonesource.mil. Civilian employees can contact the Employee Assistance Program for free, confidential counseling services by calling (800) 222-0364 or by visiting FOH4You.com.

BY AN ANONYMOUS AIRMAN

Air Force Materiel Command

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – I've worked for the federal government for 13 years, and every year I've been through suicide awareness and prevention training. I've completed the Resiliency Training Assistant course and have even taught resiliency at Wingman Days.

Now for the dark truth: I've attempted suicide twice, have battled suicidal ideation for years and have a long history of depression and anxiety.

I understand everyone has ups and downs in life. But despite my history, I knew I was in the darkest place I'd ever been. The internal battle of part of me wanting to live and part of me wanting to die was becoming unbearable.

Still, I went to work every day. It was easy to put on a happy face and act like everything was OK while I was around people. I even kept up the act at home around my spouse and children. No one knew.

For months I wrestled with my feelings. I was grasping at everything to find a reason to live. When my spouse and I got into a fight one evening, I blurted out, "All of our problems would be solved and life would be much better if I were dead!" Afterwards I said I was just upset and didn't mean it.

I started to think more about death, and I developed a plan on how to do it. One day, I made sure my co-workers knew where things were located for some upcoming events. I left a few select papers and folders on my desk, and I left my desk unlocked.

ROBINS REV-UP SUBMISSION GUIDELINES

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

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

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

DELIVERY

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RESUME

Continued from A1

employer’s name and address, employment dates, and job title.

This area should include thorough descriptions of all paid and non-paid positions related to the job for which an applicant is applying as well as descriptions of all duties performed. Copies of job descriptions should not be included.

Other information to include: salary, number of hours worked per week, supervisor’s name and phone number, series and pay plan or grade if for a federal position, and other accomplishments and related skills.

Education information should include the school or program name and address, type of degree or level attained, completion date with month and year, major field of study, total credits earned in semester or quarter hours, honors, relevant coursework, licensures and certifications. Copies of transcripts will be requested as needed.

Other information: job-related training courses with title and year; job-related skills such as languages, computer software and hardware known, tools, machinery, typing speed, etc.; job-related certificates and licenses; and job honors, awards and special accomplishments, to include publications, professional memberships, leadership

activities and performance awards.

If applicable, include other languages known, and volunteer experience. References are optional.

Unlike in the private sector, when writing a resume for a federal job, there’s no limit to the number of pages you can include. There’s also no limit when including work experience.

“There’s no one resume,” said Solomon. “People may think there’s one generic resume when there’s not. Each job is different with specialized duties, so you may have to alter your resume just to include what’s needed.”

All federal positions are posted on www.usajobs.gov, the federal government’s official, web-based job board. You can store up to five resumes and 10 candidate documents on the site so they’re ready to submit.

It’s free and available to everyone. There’s also a helpful resume builder to take you through each step of the process.

One benefit to adding a current resume to the site is that recruiters can use it to help determine if there are qualified candidates for a job.

Always double check if a resume has been attached to specific job packages.

Remember – keep it simple, and focus on delivering the most current, best representation of yourself to prospective employers.

EFFORT

Continued from A1

“The CFC has already provided much of the legwork, making it very convenient for us to give,” she said.

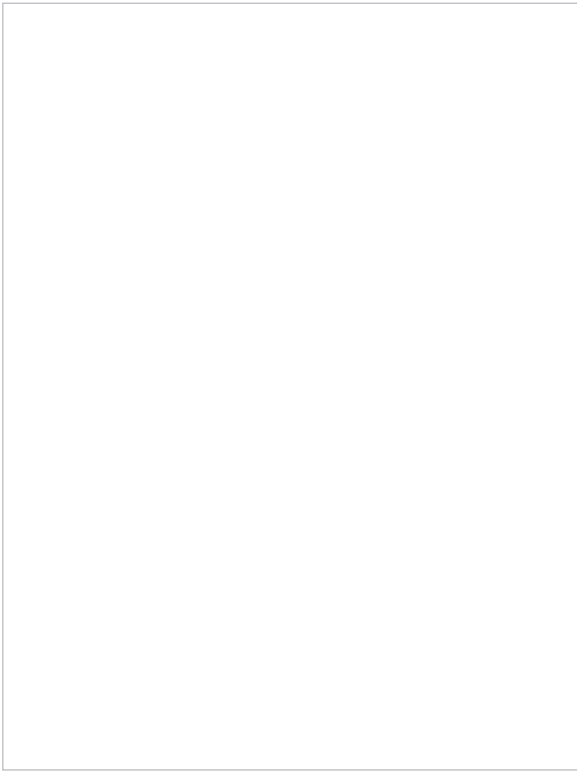
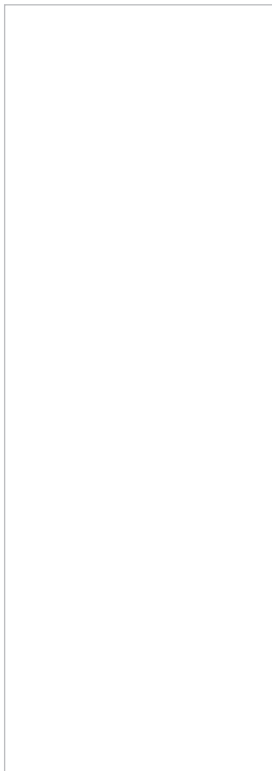
Virginia Schneider, unit safety rep and VPP Steering Committee member with the 561st Aircraft Maintenance Squadron, has been giving for three years.

“I believe in giving to those who haven’t had life as easy as I have, and it makes me feel good knowing I’m able to do that,” she said. “My childhood was full of happy Christmases ... I think every employee at Robins should follow their hearts and give to a charity that means something to them.”

For more information, call 478-327-8670. The campaign’s total solicitation period ends Dec. 15.

CFC Unit Super Monitors

First Lt. Desiree Patterson, 116th Air Control Wing; Master Sgt. Trenekia Johnson, 448th Supply Chain Management Wing; Master Sgt. Morris Craven, 461st Air Control Wing; Staff Sgt. Dezare Holden, 5th Combat Communications Group; 2nd Lt. Dominique Lewis, 78th Air Base Wing; Dawn Dixon, Air Force Audit Agency; 1st Lt. Andrew Bettinger, JoAnn Boyd, 2nd Lt. Kyle Campbell; Patricia Carter, Capt. Clayton C. Grace, 1st Lt. Evan Glowiak, Master Sgt. John Herrin, Master Sgt. Brad Houchins, Margaret MacMackin, 1st Lt. John McKinney, Santina Printup, Robert Rutherford, 2nd Lt. Ian Verzoni, 2nd Lt. Tyler Wallis, Air Force Life Cycle Management Center; 2nd Lt. Trevor Pass, Air Force Sustainment Center – Engineering; Heidi Avant, Financial Management; 1st Lt. James Africano, Contracting; Gina Fudge, Defense Logistics Agency; Senior Master Sgt. Sack Sounakhene, Air Force Reserve Command; and Cayatana Palumbo, Warner Robins Air Logistics Complex.





Thought for the Day

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."

— William Arthur Ward



What's inside

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Lighter Fare

THE ROBINS REV-UP ■ NOVEMBER 13, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY



U.S. Air Force photos by RAY CRAYTON

Above, William (Bill) Munn, 78th Civil Engineer Squadron engineering technician, plays taps.

Veterans Day

Celebrating those who served

Above left, The Huntington Middle School choir performs a military medley accompanied by the school's band.

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

Several Middle Georgia schools had representatives from Robins attend Veterans Day programs this week.

Tuesday morning at Huntington Middle School, veterans were honored during a school-wide assembly.

"We definitely appreciate all that you do and the sacrifices you make," said Huntington principal, Gwendolyn Taylor.

The school band and choir performed a number of songs including the "Star Spangled Banner" and a medley consisting of each of the five military branches' songs.

The Warner Robins High School Junior ROTC Honor Guard presented the colors during the event.

"I've been in a military family all my life," said eighth-grader Alexis Gonzalez during the service. She also played the flute in the band.



Gonzalez

Both of her parents serve in the military, and she understands the sacrifices her family has had to make.

The biggest challenge for Alexis is the constant moving. She said it's hard to move away from friends, although she was able to do her part to pay tribute to her parents and all veterans by speaking at her school's Veterans Day program.

"It's a great honor for me. I get to show the school how much I appreciate my parents and veterans," she said.

Bill Munn, who retired from the Air Force in 1993, played "taps" after a moment of silence. He said it was one of the hardest songs to play but hoped the students understood its message.



Lancaster

"Freedom is not free," he said.

James Christiansen, band director, spoke about the "Greenlight A Vet" program which calls for people to change one light bulb, on a porch or window, to green.

The purpose is to show veterans who drive by a green light that they are appreciated and valued.

Guest speaker Col. Dawn Lancaster, 78th Air Base Wing vice commander, asked students who knew a military member to raise their hands. Almost all of the students did so.

"There are people who want to take away all the wonderful opportunities we have," Lancaster said. "It's my honor to protect the freedoms we have."



Members of the Warner Robins High School JROTC Honor Guard present the colors during a salute to veterans at Huntington Middle School Tuesday.

How it all began

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after the country had been through both World War II and the Korean War, the 83rd U.S. Congress – at the urging of the veterans service organizations – amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

Also in 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

On September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

A BETTER YOU

Robins joins Great American Smokeout

BY STUART BAPTIES
Health and Wellness Center

The Great American Smokeout, sponsored by the American Cancer Society, is an annual event held on the third Thursday of every November encouraging Americans to stop smoking for 24 hours.

The first Great American Smokeout was held in San Francisco's Union Square in 1977 when the California Division of the American Cancer Society successfully encouraged nearly one million smokers to quit for the day.

This year, Robins will continue the tradition of encouraging and supporting tobacco users to quit.

Tobacco users can pick up a free quit kit and take the pledge of being Tobacco Free Thursday by stopping by the Health and Wellness Center in Bldg. 827, or by visiting the Civilian Health Promotions staff at the Occupational Medicine Clinic in Bldg. 207, or as the group travels around the base between today and Thursday. If you have a friend, family member, or coworkers you wish to encourage and support in being tobacco free, we also encourage you to take the pledge to support.

Why support The Great American Smokeout by not using tobacco for just one day?

Tobacco use is the single most preventable cause of disease, disability and death in the United



For more information on how to quit, call Stuart Bapties at 478-222-6907 or DSN 472-6907 or Jolene Dougherty at Civilian Health Promotions at 478-327-8030 or DSN 497-8030.

States. More than 440,000 Americans die prematurely from smoking or the exposure to secondhand smoke and another 8.6 million have a serious illness caused by smoking. The harmful effects don't end with the smoker; more than 126 million nonsmoking Americans are regularly exposed to secondhand smoke which has been proven – even with brief exposure – can be dangerous due to inhaling the same carcinogens and toxins as smokers.

Secondhand smoke exposure causes serious disease and death, including heart disease and lung cancer in nonsmoking adults and sudden infant death syndrome, acute respiratory infections, ear problems, and more frequent and severe asthma attacks. Each year, primarily because of exposure to secondhand smoke, an estimated 3,000 nonsmoking Americans die of lung cancer, more than 46,000 die of heart disease, and between 150,000 and 300,000 children younger than 18 months have

lower respiratory tract infections. Coupled with this enormous health toll is the significant economic burden of tobacco use – more than \$193 billion per year in medical expenditures and lost productivity. This is the reason that smoking is prohibited on Robins except in areas that have a sign designating it as a Tobacco Use Area. If there is no sign, there is no authorized smoking including parking lots and sidewalks.

Employees and dependents at Robins using TRICARE or any of the existing Federal Employee Health Benefits Plans are 100 percent covered for Tobacco Cessation Programs to include the use of medications at no cost. Employees and family members of Robins employees can also take tobacco cessation classes through the Health and Wellness Center. Tobacco users who enroll for tobacco cessation classes with the HAWC during the Month of November and December will receive a gift package.

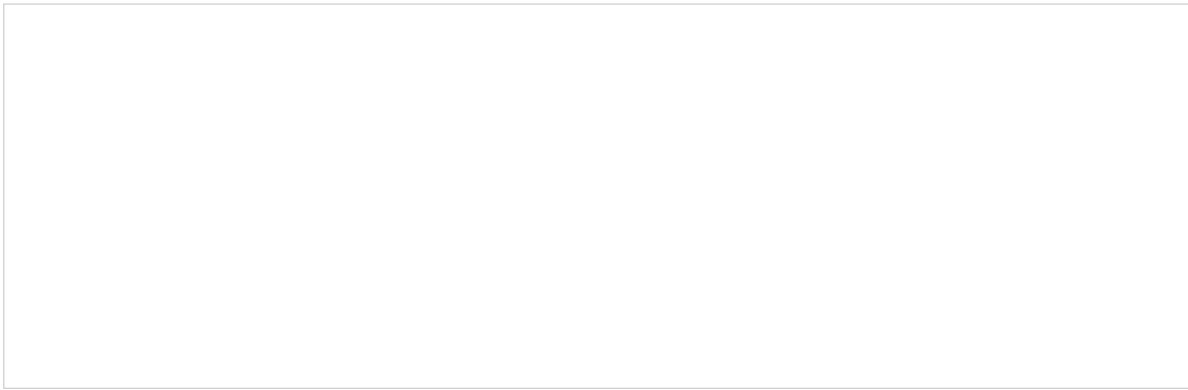
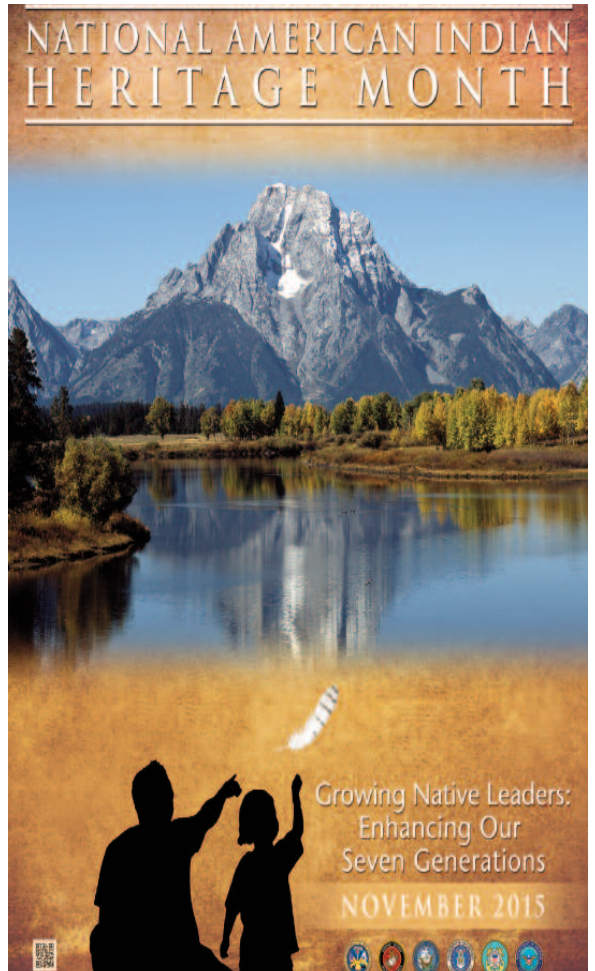
Flu vaccine now available

Robins has partnered with the Houston County Health Department to offer flu shots onsite.

Vaccinations will also be offered Wednesday from 8:30 to 10 a.m. in Bldg. 91; 11 a.m. to 1 p.m. at the Base Restaurant; and from 2 to 3:30 p.m. at the Fitness Annex.

The following insurances are not accepted by the Houston County Health Department: Tricare, Humana, Secure Health and United Healthcare (unless state benefit).

For information about the type of vaccine or shot record questions, contact the Houston County Health Department at 478-218-2000.



GETTING TO KNOW YOU



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

UNIT: 78th Air Base Wing Command Post

JOB TITLE: Emergency Actions Controller

TIME IN SERVICE: 4 years

HOMETOWN: Akron, Ohio

What does your work involve at Robins? "Keeping the installation commander and base leadership abreast of important information occurring globally, but most importantly at Robins Air Force Base. I'm responsible for receiving and disseminating emergency action messages; notifying base personnel of critical information occurring on base (weather conditions, recalls, etc.), and being knowledgeable of situations on and off of the installation and worldwide so that the ability to disseminate information properly is not diminished."

What do you enjoy most about your work? "I enjoy being able to alert individuals of occurring situations and keeping them informed so there's always 100 percent situational awareness."

How does your work contribute to the Robins mission? "We're part of ensuring personnel awareness, safety and mission success. When situations happen, it's up to the command post to ensure the correct information and personnel are notified. We're the central nervous system of the base, and that holds a lot of weight."

What prompted your interest in your current career field? "I like helping people, and this job gives me the greatest forum to do so while not having to be in the public eye."

Who has been the biggest influence in your life? "I don't have one particular person who has been a huge influence in my life. My reasoning for this has been that no one person is perfect. Everyone is different, and you can learn something from each person you come in contact with, just as they could learn something from you."

What is an accomplishment of which you're most proud? "I am equally proud of all of my accomplishments because they have made me the person I am today."

GOOD TO GO

Robins' Safety Office gives holiday travel tips

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

As the holiday season draws near, work centers across the base will be buzzing with talk of how people can stay safe, and for good reason.

According to the Federal Highway Administration, motor vehicle crashes are the leading cause of death among Americans 1 through 34 years old.

Taking a few precautions can help people reach their destinations safely.

Ben Howard, an Occupational Safety specialist in the 78th Air Base Wing Installation Safety Office, said getting your vehicle serviced before a trip is always a good idea.

“Be proactive and be prepared,” he said. “Get rest and have an alternate plan of action. Tackle the fatal five: buckle up, never drive impaired, reduce distractions, drive for conditions and know the risks, weather conditions, and limitations.”

Howard said whether traveling across town or across the country, it’s always essential to wear a seat belt.

“Buckling up gives you the best defense against injury or death in a crash,” he said. “Secondly, plan your route and give yourself plenty of time to get to your destination. A good resource to use is Travel Risk Planning System (TRiPS) found at <http://trips.safety.army.mil>.”

Additionally, Howard said people should check the weather; especially when it comes to winter driving.

“Driving in ice and snow is very different from driving on dry roads,” he said.

Howard said drivers should adjust their speed to road conditions and get plenty of rest before

Getting there safely

Millions of Americans will take to the skies, rails or highways to visit their loved ones over the upcoming holiday season. The American Red Cross offers these travel tips to help holiday travelers arrive safely at their destination:



AUTOMOBILES

► Make sure your vehicle is in good working order. Fill your gas tank, check the air pressure in your tires and make sure you have windshield fluid.

► Buckle up, slow down, don’t drink and drive.

► Avoid distractions such as cell phones – don’t text and drive.

► Make frequent stops on long trips. If you’re too tired to drive, stop and rest.

► If you have car trouble, pull off the road as far as possible.

PLANES, TRAINS

► It’s flu season. If you’ve been sick or been in contact with someone who is sick, consider postponing your trip. You could be contagious for a week before symptoms appear.

► Remember that everything you touch has to be touched by someone else – luggage handlers, etc. Handle your own belongings as much as possible. Wash your hands often with soap and water.

► Carry hand sanitizer and anti-bacterial wipes with you. You can use them to wash your hands or wipe down surfaces such as armrests.

► Bring your own pillows and blankets – they can act as a shield against the seat itself.

► Avoid touching your face or eyes. If you have to cough or sneeze, do so into a tissue or your sleeve.

getting on the road.

Keeping a shovel, chains, jumper cables, and first aid and survival kits in one’s vehicle is a smart move as well, Howard said.

“An emergency situation on the road can arise any time,” he added. “Be prepared.”

When an emergency arises, Howard said people should call a family member or their immedi-

ate supervisor or commander. Other resources include the American Red Cross and for qualifying military members, the Air Force Aid Society.

“Remember to be a good wingman and constantly inform someone of your whereabouts,” he said.

For more information on travel safety, call the Robins’ Safety Office at 478-926-6271.

National Preparedness Month Recap

During the month of September the Emergency Management Flight set out on a mission to spread the word about National Preparedness Month. During that month we were able to have:

1.77 Million individuals reached through Twitter

800 individuals participated in Shelter-In-Place exercises throughout the base.

600 individuals participated in the Be Ready events that were held in different locations around the base.

Here are a few tips on preparing that were taught during National Preparedness Month:

► Have an emergency kit readily available filled with all the essential items for any disaster. Find out what to include by visiting <http://www.ready.gov/kit>.

► Have and practice a plan with your children in order to prevent confusion. Find out how to put one together by visiting <http://www.ready.gov/make-a-plan>.

► Stay connected with your local emergency notifications to be informed of any disasters happening in your neighborhood.

► Know how to prepare your homes and vehicles for whatever type of disaster may come your way. Find out how to prepare by visiting <http://www.ready.gov/car>.

Spread the word about preparing your families for natural or man-made disasters. Lives can and will be saved with more individuals being informed on how to prepare.

HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR

13 14 15 16 17 18 19

ON TAP

Family Movie Night

'A Charlie Brown Thanksgiving'
Today
6:30 p.m.
Base Theater
For details, call DSN 468-2001.

UFC Fight 192

Rousey vs Holm
Saturday
8 p.m.
Heritage Club Lounge
For details, call DSN 472-7899.

Membership Dinner a traditional Thanksgiving meal

Monday
5:30 to 6:30 p.m.
Heritage Club Ballroom
Turkey, Ham, Mashed Potatoes and Gravy,
Vegetable, Dressing and Dessert
For details, call DSN 472-7899.

Tips from the Pro

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

Beginner Framing Class

Tuesday and Thursday
6 to 9 p.m.
Arts & Crafts Center
\$20
For details, call DSN 468-5282.

UPCOMING

Boss N Buddy

Nov. 20
4 to 5 p.m.
Heritage Club Lounge
For details, call DSN 468-2001.

Turkey Trot 5K

Nov. 20
7:30 a.m.
Open to all Robins personnel
For details, call DSN 468-2128.

Turkey Bowl Flag Football

Nov. 21
8:30 a.m.
Fitness Center
Open to all Robins personnel
For details, call DSN 468-2128.

Kids Bowl FREE

Nov. 23
Bowling Center
Ages 17 and under bowl up to two games
free (rental shoes not included)
For details, call DSN 468-2112.

Thanksgiving Bingo Bash!

Nov. 24
6:15 p.m.
Heritage Club Bingo Room
For details, call DSN 468-4515.

Bowling Movie Day

Nov. 25
2 p.m.
Bowling Center
\$6 per person
Includes up to three games of bowling,
rental shoes, movie showing and popcorn.
For details, call DSN 468-2112.

ONGOING

Afterburner November Special

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

Atlanta Falcons Tickets

Tickets at ITT
\$55 Upper Level
\$90 Lower Level
For details, call DSN 468-2945.

Twilight Special Twilight Rates

Every day
After 6:30 p.m.
Pine Oaks Golf Course
Play as much as you can with cart.
\$15 per person.
For details, call DSN 468-4103.