

INSIDE

Practice holiday vigilance, Page A2

A model Citizen-Soldier, Page A3

Around the Air Force, Page A4



Lighter Fare

Top-notch childcare the norm at Robins

Page B1



ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

Dec. 4, 2015 Vol. 60 No. 48



Mike Doubleday, 562nd Aircraft Maintenance Squadron director, joins fellow squadron members during a special celebration on the flight line to mark the 500th C-17 Globemaster III scheduled to depart the base. The Robins workforce celebrated another milestone earlier this year when the C-17 fleet reached 3 million flying hours. There are 550 personnel in the 562nd AMXS at Robins, which maintains the C-17.

U.S. Air Force photo by TOMMIE HORTON

Cause to CELEBRATE

Robins completes its 500th C-17, preps for future heavy maintenance

BY JENNY GORDON
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The 500th C-17 Globemaster III maintained at the Warner Robins Air Logistics Complex was met with great fanfare Tuesday on the flight line.

The aircraft was scheduled to be returned Wednesday to its customer, the 97th Air Mobility Wing at Altus Air Force Base, Oklahoma.

To date in fiscal 2016, this was the sixth C-17 delivered.

"Our 500th delivery represents a significant milestone of the accomplishments of hundreds of professional maintainers who have worked on C-17s since 2001," said Mike Doubleday, 562nd Aircraft

Maintenance Squadron director. "It represents the ALC's future workload of heavy maintenance and the continued need for synchronized support from our 28-plus mission partners."

Maintainers and support personnel with the C-17 program gathered by the aircraft Tuesday, with some wearing commemorative T-shirts to mark the occasion. There are 550 people in the squadron.

The 500th aircraft – a number that represents aircraft which have either visited the depot for maintenance or modification work – was here for 160 days and received 19,000 hours of heavy maintenance. That includes repairs, overhaul work and inspections.

Ready workforce

It's a number not lost on those in attendance, especially with significant changes over the last several years, notably the introduction of the Air Force Sustainment Center's 'Art of the Possible,' which has brought standardization to aircraft maintenance operations at Robins.

Having tools ready in time for maintainers to work an aircraft is one example that has been welcomed. At any one time during a C-17's programmed depot maintenance, there can be up to 30 mechanics dedicated to the aircraft, as well as an array of mission partners from the Defense Logistics

Agency, the 78th Air Base Wing, 638th Supply Chain Management Group and 402nd Commodities Maintenance Group which support it.

"This is the program I started in and to see it grow has been phenomenal," said Percy Jackson, a 562nd AMXS aircraft mechanic and a C-17 chief steward with American Federation of Government Employees Local 987.

He's been a C-17 mechanic here for 10 years.

Jackson said the comments he hears from maintainers is that customers appreciate the speed of work and the quality of maintenance when delivered. He also said the mindset of the workforce has changed over the last several years.

"The relationship has been really good, and we're trying our best to keep everyone gainfully employed," said Jackson, referring to the relationship between union, management and its industry partner, Boeing. "We've been working well with each other to ensure this is a successful program."

On the upcoming workload in fiscal 2016, the squadron expects more heavy maintenance of C-17s with fewer modifications. Fiscal 2015 saw a string of successful missions completed, including the modifications of large aircraft infrared countermeasures systems, or LAIRCM, across the fleet.

► see CELEBRATE, A7

Stick to routines, reach out to help ease holiday stress

BY HOLLY LOGAN-ARRINGTON
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"It's the most wonderful time of the year," so the Christmas song goes.

For many people, however, the holidays are anything but wonderful.

Busy schedules, demands from family and friends, and other factors can lead some people to wish life had a fast-forward button so they could skip stressful holiday months.

Jamie Tillit, an Employee Assistance Program consultant at Robins, said as more coworkers are taking time off work and workplaces become short staffed, the work environment may add to loneliness and provide less support to workers.

Tillit said to avoid problems, people should stay

busy and stick to their normal routines as much as possible.

When life gets hectic, try the following:

- Be conscious of what you're eating, drinking, and talking about;
- Be fully there and aware during conversations with others;
- Try deep breathing;
- Use deep breathing to relax and slow down, so that you can enjoy the moment;
- Practice progressive relaxation; and
- Sit or lie down in a comfortable position and relax your body one area at time, starting with your feet.

► see STRESS, A6



U.S. Air Force graphic illustration by TOMMIE HORTON

FRIDAY FLYBY: Senator Perdue gets inside look at Team Robins, Page A2

CFC online pledges due by Dec. 15



The 2015 Combined Federal Campaign is inching closer to its goal. As of this week, the campaign has raised more than \$605,000 of its \$1 million goal - benefiting a significant number of local and national charity organizations.

You can continue to turn-in any campaign paper pledges to your unit super monitors or use the myPay option until Dec. 15.

For more information contact your USM or Bobby Munda, Robins CFC chair, at 472-7675.

Celebration of Lights

The chapel will host the annual tree and menorah lighting ceremony today from 5 to 7 p.m. on the chapel lawn.

Children will have the chance to visit with Santa, and free cookies, hot chocolate and hot dogs will be provided. Bring a 4 x 6 family picture to design an ornament.

Stay for a showing of "The Polar Express" at the Base Theater at 7 p.m., presented by Outdoor Recreation. Cost is \$2 and includes movie, popcorn and a drink.



Weekend Weather

Wednesday 61/36

Thursday 62/39

Friday 64/46

"Be resilient - Being a wingman is a full-time job."

SECOND FRONT

Perdue makes first official visit to Robins

U.S. Air Force photo by RAY CRAYTON

U.S. Sen. David Perdue, R-Ga., shakes hands with Jimbo Evans, 559th Aircraft Maintenance Squadron sheet metal mechanic, during his tour of Robins Air Force Base Nov. 24. It was his first official visit and included a mission brief at Air Force Reserve Command Headquarters; a C-5 programmed depot maintenance overview at the Warner Robins Air Logistics Complex, and a windshield tour of the base's flight line. The senator also received a mission and program update on the Joint Surveillance Target Attack Radar System.



Holiday tips from 78th Security Forces

BY 78TH SECURITY FORCES SQUADRON

't is the season and what better time to remind everyone about keeping vigilant around your home and work place to protect those you love.

The holidays can be a joyous but sometimes stressful period and as the year draws to an end here are some tips to ensure more joy than stress.

Online shopping is a booming business, and with additional deliveries a criminal trend has emerged in package theft. To combat this, talk to relatives and friends about specific delivery times with the shipper, and get a tracking number. This helps ensure the package arrives at a time you or your family member are present. This also reduces the potential for an unannounced delivery. If you can't be present, talk to a neighbor. Let them know you're expecting a delivery this helps protect the whole community.

Many will travel to see family over the coming weeks or attend parties. Make sure you have a plan if you intend to indulge in a few adult beverages. I bet if I asked you to name the biggest drinking day of the year, you'd probably identify New Year's Eve. We tend to lower our guard when we're with family.



Those you share the road with don't have the same interests as you. If someone cuts you off, guess what? It happens. Driving like a man possessed to make a point won't help. If the individual is a hazard and dangerous to others, call the police. We're happy to respond.

Lastly, we've all witnessed the tragic events around the globe over the past few weeks. The United States is still a target, and at Team Robins we can't afford to place our head in the sand either. Every member of this community has a duty to identify and report suspicious activity. If it doesn't look or sound right, please report it immediately.

On behalf of the men and women of the 78th Security Forces Squadron, thank you all for your continued support, and please have a joyous holiday season.



Holiday parades

The following parades will take place in the local area with base representatives in their lineups:

Today
Cochran, 7 p.m.

Saturday
*Warner Robins, 10 a.m.
Dublin, 2 p.m.
Perry, 4 p.m.
Fort Valley, 5 p.m.
Hawkinsville, 6 p.m.
Centerville, 7 p.m.

Sunday
Macon, 3 p.m.

Dec. 19
Unadilla, noon

**Route change: The Warner Robins parade will now turn south at Davis Drive and end at McConnell-Talbot Stadium.*



Record-setting Georgia Guard flight engineer is model Citizen-Soldier

Al Udeid Air Base, Qatar

– It would take a lot of fingers and toes to add up all the hours Master Sgt. Curtis Stark has spent helping fight bad guys.

The 7th Expeditionary Airborne Command and Control Squadron superintendent has accumulated more than 4,000 combat flying hours in nearly three decades of service. That equates to more than 400 combat missions.

It also means he holds the record for most combat sorties flown and most combat flying hours as an Air Force flight engineer on the E-8C Joint Surveillance Target Attack Radar System aircraft.

Joint STARS is an intelligence, surveillance and reconnaissance platform which provides ground surveillance to support attack operations and targeting that contributes to attacks on enemy forces.

“We go and look for the bad guys, and we track potential enemy targets,” Stark said. “We have a very important mission, if we miss a flight, if we cancel for any reason; we have to make it up. We’re needed all over the world.”

As a flight engineer, Stark checks all of the aircraft’s systems – from electrical, to oxygen to hydraulics.

Although he plans to hang up his flight suit next year, Stark is currently serving on his 17th deployment with the JSTARS community.

“Master Sgt. Stark is a model of the Citizen-Soldier for today’s Air National Guard,” said Col. Mark Weber, 116th Air Control Wing commander. “Curtis provides the Air Force a level of experience and professional expertise



U.S. Air Force photos by TECH. SGT. JAMES HODGMAN

Above, Master Sgt. Curtis Stark, 7th Expeditionary Air Combat Control Squadron superintendent, conducts a pre-flight inspection Nov. 14 in the cockpit of an E-8C Joint Surveillance Target Attack Radar System aircraft at Al Udeid Air Base, Qatar. Below, Stark conducts a pre-flight inspection on the exterior of an E-8C Joint Surveillance Target Attack Radar System aircraft.



which is hard to replicate.”

Brig. Gen. Jesse Simmons Jr., Georgia Air National Guard, agreed.

“I’ve spent years deployed overseas supporting the warfighter and only have 1,200 combat and combat support hours,” said Simmons.

“Georgia takes great pride in one of our own and his accomplishments,” he added.

Editor’s note: This story was adapted from a story written by Tech. Sgt. James Hodgman. Read the full story at www.afcent.af.mil.

AROUND THE AIR FORCE

Celebrating 60 years following Saint Nick's journey

BY NORTH AMERICAN AEROSPACE
DEFENSE COMMAND

PETERSON AIR FORCE BASE, Colo. (AFNS) – The North American Aerospace Defense Command is celebrating the 60th anniversary of tracking Santa's Yuletide journey.

The NORAD Tracks Santa website launched Dec. 1. It features Santa's North Pole Village, which includes a holiday countdown, games, activities and more.

The website is available in eight languages: English, French, Spanish, German, Italian, Japanese, Portuguese, and Chinese.

Official NORAD Tracks Santa apps are also available in the Windows, Apple and Google Play stores, so parents and children can count down the days until Santa's launch on their smartphones and tablets. Tracking opportunities are also offered on Facebook, Twitter, YouTube, and Google Plus. Santa followers simply need to type "@noradsanta" into each search engine to get started.



This year, the website features the NORAD headquarters in the North Pole Village and highlights of the program over the past 60 years.

TRACKING SANTA'S FLIGHT

Starting at 2:01 a.m. EST on Dec. 24, website visitors can watch Santa make preparations for his flight. NORAD's "Santa Cams" will stream videos on the website as Santa makes his way over various locations. Then at 6 a.m. EST, trackers worldwide can speak with a live phone operator to

inquire as to Santa's whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) or by sending an email to noradtrackssanta@outlook.com.

Any time on Dec. 24, Windows Phone users can ask Cortana for Santa's location, and OnStar subscribers can press the OnStar button in their vehicles to locate Santa.

NORAD Tracks Santa is possible, in large part, to the efforts and services of numerous program contributors, NORAD officials said.

In Other News

AF releases Form 910, begins forced distribution

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

The revised Air Force Form 910, Enlisted Performance Report (airman basic through technical sergeant), and Interim Change 3 to Air Force Instruction 36-2406, Officer And Enlisted Evaluation Systems, have been published on the Air Force e-Publishing website.

The interim change codifies forced distribution of promotion recommendations for technical sergeants and below (including staff and technical sergeant-selects), which will be implemented using Air Force Form 910 for the Nov. 30 technical sergeant and technical sergeant-select EPR static closeout date.

The new form and IC, with the associated forced distribution process, are the latest changes to the enlisted evaluation and Weighted Airman Promotion Systems since the transformation began. The promotion recommendation restrictions associated with forced distribution only apply to the Regular Air Force.

This week in Air Force History



On Dec. 2, 1993, NASA launches Space Shuttle Endeavor on a mission to repair the Hubble Space Telescope.

Chief scientist testifies before Congress on autonomy in future defense systems

WASHINGTON (AFNS) – The chief scientist of the Air Force testified before the House Armed Services Subcommittee on Emerging Threats and Capabilities on Capitol Hill Nov. 19.

During his testimony, Greg L. Zacharias spoke of the Air Force's vision for autonomy in future defense systems and the goal to have effective teams of humans and

machines work together effectively, efficiently, predictably, and robustly.

Zacharias testified there are three strategic objectives embedded in this vision. First, develop sensors and data gathering technology that can provide the needed information for a system to better understand its operating environment and mission goals. Second, develop reasoning systems and software environments to assess situations and make recommendations or decisions. And lastly, refine different ways of carrying out the recommendations and decisions.

Summit addresses medical officer education, partnerships

MAXWELL AIR FORCE BASE, ALA. (AFNS) – Air University recently held its first summit designed to take a look at new educational opportunities for the next generation of military medical officers and to advance collaboration and partnerships between military and civilian health care professionals.

The goal for the Air University Medical Officer Development Summit was to identify opportunities to link and enhance medical officer education and training, bolster both



U.S. Air Force photo by AIRMAN 1ST CLASS JEFFREY TATRO

Offload

Master Sgts. John Brownell and Neil Allison of the 158th Fighter Wing unload cargo from a C-17 Globemaster III at Burlington International Airport, Vt. This was the final plane to return from the theater support package the Vermont Air National Guard supported.

relevant research and translation of evidence, and expand professional networks, said Col. (Dr.) Paul Nelson, the Air Force surgeon general chairman to the university.

PERSPECTIVE

Volunteerism affects positive change

BY LT. COL. STEPHEN SIMKO

349th Maintenance Group

Throughout our military careers, we often talk of being a volunteer force, a subset of our culture that has volunteered to serve our country in the profession of arms.

Without disrespect to anyone currently in uniform or those that have served before me, I have always been conflicted over the military/volunteer discussions.

Granted, there were times in our past when the draft was in place and a number of our nation's citizens were forced into service. My conflict centers on the aspect that we're all compensated for our service; we receive some amount of pay, housing allowances, bonuses at times, medical benefits and a variety of other benefits throughout our career.

By definition, yes, we did all volunteer to serve in the military. But when I talk about volunteerism, I am referring to those who have given their own time and energy to serve others – these are the people for whom I have the highest level of respect. It's this type of volunteerism that I think each and every one of us owes to the various communities we live in throughout our careers.

There are number of great quotes relative to volunteerism, one that struck a chord with me is from Gandhi who said, "The best way to find yourself is to lose yourself in the service of others." As members of the Air Force, we all live

very busy lives, from our normal duty schedules, to exercises, weekend duties, shift work, and especially deployments.

If volunteer work isn't already part of your life, I would challenge you to start out with finding just an hour a week to "lose yourself in the service of others."

If you look at the microcosm of "any base USA," I would argue that we easily make up the most diverse of skillsets per acre anywhere in the county. Take that and match it up against the needs of just about any community, and you should easily find a volunteer opportunity that matches your specific skillset or interest. Volunteerism doesn't have to be a big, formal program or event; it is oftentimes a simple act we may take for granted that is received with the most thanks. Tennis champion Arthur Ashe stated it best: "Volunteer! Start where you are. Use what you have. Do what you can."

Although the basic premise of volunteering is to help someone else, there are a number of benefits the volunteer receives as well. For starters, there are psychological benefits. Mark Snyder, a psychologist and head of the Center for the Study of the Individual and Society at the University of Minnesota, states that "people who volunteer tend to have higher self-esteem, psychological well-being, and happiness. All of these things go up as their feelings of social connectedness goes up, which in reality, it does. It also improves their health and even their longevity."

In a recent study from Carnegie Mellon University, published in the Psychology and Aging journal, adults over age 50 who volunteered on a regular basis were less likely to develop high blood pressure than non-volunteers, demonstrating a direct physical benefit of volunteering.

Although the physical and psychological benefits are real and good for us, the reward I have found most beneficial is affecting positive change in the lives of others. Most of my volunteer efforts have centered on coaching youth sports and volunteering with Boy Scouts of America. Were those opportunities challenging, time consuming, stressful and lots of work? Absolutely. However, that is never what comes to mind when I look back on my efforts.

The best memories that come to mind are that of a kid that was very shy and afraid of camping on his first trip earning his Eagle Scout five years later; or that 12 year old that was about to quit volleyball but grew into the sport and went on to play collegiately; or even a former athlete I coached at the middle school level that later joined the military.

There is no way of measuring the specific impact I've had over the years on those I have served, but I like to think that I have at a minimum been a positive role model to all those I have volunteered with.

In closing, former British Prime Minister Winston Churchill stated, "We make a living by what we get. We make a life by what we give."

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

To report delivery issues, call 472-0802. The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga.

This commercial enterprise Air Force newspaper

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Contents of the Robins Rev-Up are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, or Department of the Air Force.

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SNAPSHOTS



U.S. Air Force photos by TOMMIE HORTON
Above, Brent Hunnicutt, 561st Aircraft Maintenance Squadron aircraft mechanic, services the hydraulic reservoir of an F-15-Eagle readying for a functional test flight. During these flights, pilots follow a standard checklist, running through the performance of flight controls, shutting down motors and restarting them, and flying at supersonic speeds.



Left, Robert Honrath, 402nd Electronics Maintenance Group electronics mechanic, removes the snowman window of a Low Altitude Navigation and Targeting Infrared for Night target pod. The LANTIRN targeting pod contains a high-resolution forward-looking infrared sensor, a laser designator-range finder and a missile boresight correlator.

STRESS

Continued from A1

Reaching out and helping others is another way to ward off feelings of loneliness.

“We get a sense of wellbeing by helping others,” Tillit said. “We feel more connected and needed.”

In addition to staying socially connected, Tillit said eating right and getting enough sleep and exercise are good steps toward feeling better each day.

“Reach out to those who have offered to help or have invited you to their homes or parties,” she said.

Consider reaching out to your local spiritual community, if you have one. If you don’t, contact Robins Air Force Base Chapel at 478-926-2821 for assistance in connecting to a spiritual community.

Still, a person can’t completely avoid being alone. Find ways to enjoy time with yourself.

Consider the following:

- Get up early and listen to your favorite music, while the rest of the house is asleep;
- Take a walk by yourself;
- Enjoy a relaxing bath or massage;
- Go for a spa treatment, like a facial or a massage;
- Go see a movie or a play; or
- Do whatever it is that makes you feel cared for and valued.

Sometimes people need extra help to deal with challenging circumstances.

“EAP consultants can see employees and their family members for up to six sessions per problem,” Tillit said. “If additional services are needed, EAP can help get those services.”

Tillit said if the employee is active-duty military, they can get help through the Mental Health Clinic at 478-327-8398 or Military One Source at 1-800-342-9647.

Defense Department civilians and their household members can call EAP 24 hours a day at 1-800-222-0364.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals change as well. Choose a few to hold on to, and be open to creating new ones.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

– Courtesy of the Mayo Clinic

Sexual Assault Response Coordinator

SARC

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

CELEBRATE

Continued from A1

Other workload included the Globemaster Reach Improvement Program; the On Board Inert Gas Generation II System; and installation of extended-range fuel tanks.

Maintainers also completed a complex avionics and weather radar modernization package as part of the steady BLOCK 16 program.

Robins is home to the Air Force's C-17 System Program Office (with personnel co-located at Wright-Patterson Air Force Base, Ohio); the office includes foreign military sales personnel and Boeing representatives responsible for the operational safety, suitability and effectiveness of the fleet.

In all, the office includes nearly 200 active-duty and civilian personnel and contractors who actively support the C-17 workload. Its Mission Fleet Support Center is in daily contact with a network of bases and international partners across the globe to communicate fleet status and parts supportability issues for maintenance and sustainment.

The C-17's mission-capable rates consistently stay at 87 percent, which refers to the fleet's aircraft availability for the warfighter.

There are currently 222 in the U.S. Air Force fleet, and nearly 50 others flown by international partners. Four additional aircraft are awaiting delivery to the Qatar Emiri Air Force.

Boeing shuttered its C-17 production this year. One final aircraft remains unsold.

"The C-17 has been going through a modification program for the past several years," said Col. Amanda Myers, C-17 SPO director. "We've been upgrading it, adding different capabilities ... that work is almost complete. So now when it comes in, it's really getting an overhaul to make sure it's still functioning properly.

"We're ensuring it stays a safe platform for our warfighters, and that it's still accomplishing the mission the way it was designed to," she added.

C-17 impact

Among the C-17's unrivaled capabilities is its ability to deliver strategic and tactical airlift, perform air-drop and medevac operations, as well as provide humanitarian assistance across the globe.

"The C-17 bridges the gap between our largest aircraft, the C-5 Galaxy, and our smaller C-130 aircraft," said Col. Jennifer Hammerstedt, 402nd Aircraft Maintenance Group commander. "Its versatility and flexibility is what makes this aircraft so wonderful.

"Having the C-17 workload here at the WR-ALC is a tremendous thing for the community," she added. "Being one of the newest weapon systems in our Air Force, for us to be able to do the heavy maintenance here on a recurring basis is a huge plus for the community and the base."

Of the several dozen existing industry partnership workloads at Robins, the C-17 partnership with Boeing is the Air Force's largest.

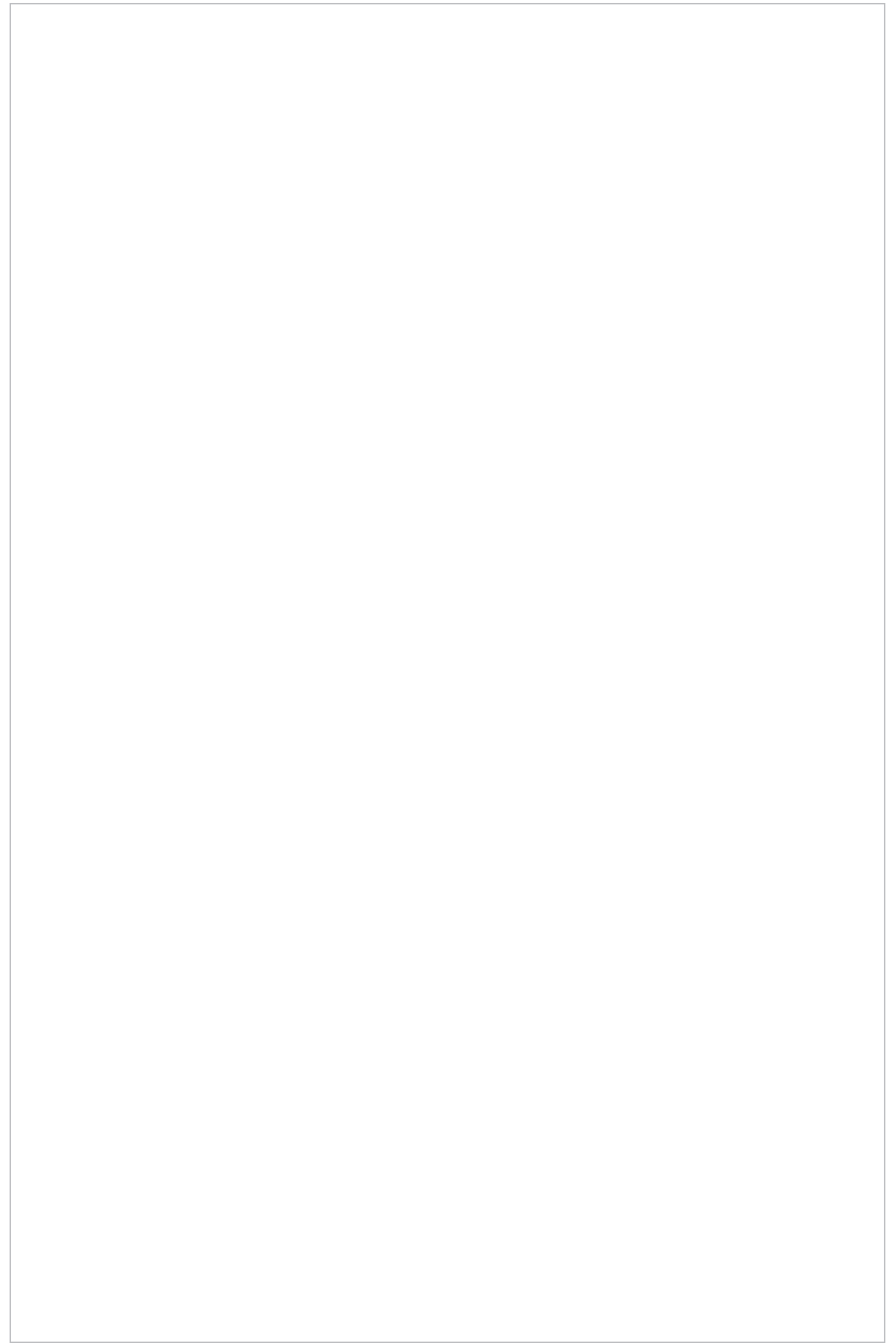
Geoff Wilson, Boeing director of field operations, explained the impact of the weapon system, and the continued successful partnering with the WR-ALC and its workforce.

"This aircraft has been the backbone of air mobility, transporting people and bringing in equipment. A lot of what the team does here and the value of it isn't really seen much," he said.

"If not for what this aircraft can do and the way it's configured internally for medevac use, if it weren't for that and the availability levels of this aircraft, a lot of people would not have survived conflict," he said. "People are alive today and can trace their recovery to the C-17 - right back to the WR-ALC and what they do."

The Robins workforce celebrated another milestone earlier this year when the C-17 fleet reached 3 million flying hours.

"The work here has a direct correlation to the warfighter downrange," Hammerstedt said. "The quality that we put out, the maintenance that we do is going to ensure that aircraft is available for our Air Force when it needs it."



Counselor Connection: Lessons learned from EEO

BY ROBINS OFFICE
OF EQUAL OPPORTUNITY

The majority of the people on base understands the Equal Opportunity office processes complaints of sexual harassment or unlawful discrimination.

However, some employees might not know the office also classifies, clarifies and reports Equal Opportunity and Treatment Incidents, known as EOTIs.

An EOTI is an overt, adverse act, occurring on or off base, directed toward an individual, group or institution which is motivated by, or has overtones based on race, color, national origin religion, sex, or sexual orientation which has the potential to have a negative impact on the installation human relations climate.

Incidents could include, but aren't limited to, the following: The use of a slur(s) based on race, color, national origin, religion, sexual orientation, or gender (resulting in a physical or verbal altercation); vandalism or degrading graffiti; hate-group activity; or the use or posting of discriminatory epithets, signs or symbols.

EOTIs are distinctly different than unlawful discrimination or sexual harassment complaints, and therefore have different processing procedures.

Each incident is evaluated by the EO director, with the concurrence of the installation commander, and given one of three classifications: Minor, Serious or Major.

To classify an incident, different factors must be evaluated. Some factors include: how many active participants were involved; what level of physical injury (if any) occurred; the amount of time a patient spent receiving inpatient medical treatment; the amount of property damages occurred; whether the event occurred in support of a supremacist cause or in support of advocating for unlawful discrimination.

EO conducts a clarification process by gathering information to determine whether an incident involved violations of EO policy. The clarification process determines the facts and causes of the incident.

Sometimes, EO conducts interviews or gathers witness statements. Ultimately, EO develops recommendations for the installation commander regarding corrective action to take and assesses the severity of the incident and its impact on morale, good order, discipline, and unit effectiveness.

Robins is committed to having an environment where every employee feels safe, valued, and as though they can reach their highest level of achievement possible. We are all accountable for identifying violations and attempting resolution at the lowest level possible.

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Buckle up ... It's the Law



According to Air Force Instruction 91-207, all motorists and passengers must wear seat belts when operating and/or riding in a moving vehicle. Individuals found not wearing a seat belt in a moving vehicle may be issued a ticket by the 78th Security Forces Squadron.



U.S. AIR FORCE
EagleEyes

WATCH.REPORT.PROTECT.

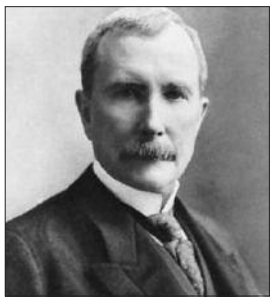
REPORT
SUSPICIOUS ACTIVITY
TO 468-EYES

FIT FOR FREEDOM



FIT TO FIGHT!

It's time for a change. We're going back to basics. Together through exercise, nutrition and coping strategies, we're staying fit for freedom! For our team, our families, ourselves.



Thought for the Day

"Don't be afraid to give up the good to go for the great."

— John D. Rockefeller



What's inside

ADAPT offers addiction help, B2

Christmas tree safety tips, B3

78th FSS briefs, B5

Lighter Fare

THE ROBINS REV-UP ■ DECEMBER 4, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY



U.S. Air Force photos by TOMMIE HORTON

Robins CDCs offer top-notch child care

BY ANGELA WOOLEN
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When choosing a childcare provider, parents need the peace of mind their child will be in the best possible care.

They want to know the people providing that care will ensure their child's well-being and are committed to the child's growth and development.

Well, the staffs at the Robins Child Development Centers here provide that peace of mind to the parents of more than 250 children.

As two of only three facilities within a 50-mile radius that are nationally accredited by the National Association for the Education of Young Children, the base CDCs are held to a high standard for quality care.

Not only are they required to maintain NAEYC standards, but they're also required to maintain Defense Department standards. And those standards are under constant scrutiny. There are monthly and annual unannounced inspections from public health, fire and safety; there is an unannounced yearly Multi-Disciplinary Inspection and annual unannounced DOD/Air Force Higher Headquarters inspections.

The CDCs provide care for military, civilian and contract employees' children ages 6-weeks to 5-years old. Priority for care goes to active duty military members, followed by DOD civilians.

Contractors can receive care only if space is

WHAT TO KNOW

If you have questions about the Robins CDCs or would like more information, call DSN 468-5805 or 468-3080.

available, and a waiting list doesn't exist for higher-priority families. Fees are determined by a total family income.

Some of the benefits of using the CDCs are that they're part of the installation community. The staff understands the unique pressures of military families, and they know the mission comes first.

"During deployments, TDYs or installation exercises, parents don't need to worry about the care of their children," said Kerri Fox, CDC East director. "Military members can focus on their mission and rest assured that their children are receiving excellent care."

The CDCs are also family friendly and encourages parent participation and involvement.

"Parents are welcome all the time," said Fox. "Parents can stop by at any time to spend time in the classroom, participate in activities or just observe their child on the Closed Circuit Television System located at the front desk."

"We love to have parents visit to play guitar, share cultural experiences or simply read a book to the class," she added.

The CDCs implement the Creative Curriculum as a resource for teaching the children through play. In every classroom, including infants, you will find a

weekly lesson plan explaining specific teaching experiences that the children will have to learn and practice life skills. One example of learning through play is from a simple cooking activity.

"Children learn about math from measuring ingredients and science from what happens when the ingredients are mixed together," said Fox. "Cooking offers opportunities to develop gross and fine-motor skills from mixing the ingredients to using measuring cups to scoop the exact amount needed."

Learning through play was seen in action in one of the preschool rooms. Amber Holley, lead training technician, uses growing plants to teach the children life skills and help them prepare for future challenges. By caring for the plants, the children learn responsibility, observation skills and self-confidence. She also encourages a foundation for a healthy lifestyle, by incorporating "kid's Yoga" into her daily routine.

As Holley and the children lie on the floor peddling imaginary bicycles, she asks the children to call out suggestions for new movements.

"The main thing is thinking on your feet," she said.

The centers are also enrolled in the U.S. Department of Agriculture's Child and Adult Care Food Program, ensuring the CDCs follow strict guidelines regarding the amount and types of food served to the children. It also allows the program to provide breakfast, lunch and a snack in addition to infant food and formula – at no additional cost to the families.

A BETTER YOU

ADAPT offers active-duty airmen way to recover from alcohol, drug addiction

BY HOLLY LOGAN-ARRINGTON

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Some problems are more than one person can handle alone.

When an active-duty airman's issue involves drugs or alcohol, Robins Air Force Base's Alcohol Drug Abuse Prevention and Treatment Program, located in Bldg. 700, is on hand to help.

Tech. Sgt. La' Kisha Tucker, ADAPT program noncommissioned officer in charge here, said the program provides education and prevention with the goal of deterring irresponsible alcohol use.

Tucker said ADAPT takes a proactive rather than reactive approach in dealing with drug and alcohol problems.

"For those individuals who come and don't meet diagnostic criteria, we provide ABC, which stands for Alcohol Brief Counseling that includes an alcohol education manual and a values manual change plan," she said.

Tucker said the program's focus is client-centered, putting assessment in the client's hands.

"If someone is having difficulty controlling their consumption or their use is already at the point of interference, we provide treatment," she said.

"Based on the outcome of the assessment, we'll determine if that person needs treatment on an outpatient basis or if they require a higher level of care in either an Intensive outpatient or partial program, or 28-day inpatient program."

In addition to serving active-duty servicemem-



U.S. Air Force photo by RAY CRAYTON

Tech. Sgt. La' Kisha Tucker, Robins ADAPT program noncommissioned officer in charge, and Senior Airman Mourice McDuffie, Mental Health technician, set up props used for education and prevention counseling. The Air Force recognizes alcoholism as a preventable, progressive, treatable and non-compensable disease that affects the entire family. The ADAPT Clinic provides prevention, substance abuse education, assessments and rehabilitation.

bers, the program provides information and referral services to Defense Department civilians, dependents and military retirees. However, DOD civilians and their household members are encouraged to first

contact the Employee Assistance Program, for help.

For servicemembers who are Guard or Reserve, commanders must put them on active orders for them to become eligible to receive care, Tucker said.

People can get help through self-referral, command-referral or medical referral.

ADAPT gives airmen an array of tools, treatment and real-life skills to set them up for success.

"We help people make a conscious decision to set healthy drinking limits or make the bold and commendable decision that maybe drinking isn't for them and isn't worth the consequences and repercussions that come with alcohol misuse," Tucker said. "In most cases, it's not a one mistake Air Force with us."

Servicemembers can rest assured that services are kept confidential.

Tucker said Robins' ADAPT staff has nearly 100 years of knowledge and experience in the drug and alcohol field.

"Life happens, and we get it," she said. "Often times, people use drinking to cope with stressors. We're here to provide airmen with different ways to deal with stress and help them get back to the fight as quickly as possible."

Tucker said people with drug and alcohol abuse problems have to be ready and willing to put in the work to get better.

For more on Robins' ADAPT program, call 478-327-8398 or select the You Matter desktop icon on your government computer to learn more about the program.

It's not too late to vaccinate – get your flu vaccine today

After November when you see signs that advertise: "Get Your Flu Vaccine Here," you might think, "Isn't it too late for that?"

As long as flu viruses are spreading, it's not too late to get a vaccine to protect yourself and your loved ones.

"Flu season typically peaks between December and February but significant activity can occur as late as May," says Dr. Anne Schuchat, Director of CDC's National Center for Immunization and Respiratory Diseases and Assistant Surgeon General of the U.S. Public Health Service.

"We're encouraging people who haven't been vaccinated this season to do so now."

For millions of people, every year the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue and miserable days spent in bed. However, you might not realize that annually more than 200,000 people are hospitalized in the United States from flu complications.

The flu also can be deadly. Over a period of 30 years, between 1976 and 2006, estimates of yearly flu-associated deaths in America range from a low of about 3,000 to a high of about 49,000 people during the most severe season.

But there's a vaccine that can prevent flu. While how well the vaccine works can vary, the benefits from vaccination are well documented. Studies show that flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

This is why CDC recommends an annual flu vaccine for everyone 6 months and older. Flu vaccine is available as a shot and as a nasal spray. According to Schuchat, however, "the most important thing is that you get vaccinated, not necessarily which vaccine you get." Talk to your doctor or other health care professional about which vaccine is best for you and your family.

Some people are at high risk for serious flu-related complications, like pneumonia, that can lead to



LAST SHOT FOR ONSITE FLU VACCINE

The final date for onsite flu vaccinations for Team Robins civilians will be Wednesday. Vaccinations will also be offered from 8:30 to 10 a.m. at the Fitness Center Annex; from 11 a.m. to 1 p.m. at the Base Restaurant and from 2 to 3:30 p.m. at Bldg. 207, Occupational Medicine Services.

Civilians need to bring their insurance card. All Federal Employees Health Benefits health plans cover flu shots at no cost to members. The Houston County Health Department accepts major plans, but not TRICARE.

hospitalization and even death. This includes young children, pregnant women, people 65 and older and people with certain medical conditions, like asthma, diabetes or heart disease. For those at high risk for complications, getting the flu vaccine is especially important. It's also important to get the vaccine if you care for anyone at high risk, including babies younger than 6 months because they are too young to get the vaccine.

Children 6 months through 8 years of age who are getting vaccinated for the first time may need two doses of flu vaccine to be fully protected. If a child has not received his/her first dose, get them vaccinated now.

For children who are 6 months through 8 years of age and who have been vaccinated with one dose, parents should check with the child's doctor to see if a second dose is needed.

"Getting the flu vaccine is simple, and it's the most important thing you can do to protect yourself and your family from the flu," said Schuchat. Flu vaccination can reduce flu illnesses, doctors' visits, missed work due to flu, as well as prevent flu-related hospitalizations and deaths. Millions of people have safely received flu vaccines for decades.

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers. They also are offered by many employers, and are even available in some schools. So next time you see a sign that says, "Get Your Flu Vaccine Here," stop in and get one and encourage your friends and family to do the same.

Use the HealthMap Vaccine Finder at <http://vaccine.healthmap.org> to find the nearest location where you and your family can get vaccinated. As long as the flu is spreading, you can still benefit from a flu vaccine.

Most health insurance plans cover the cost of recommended vaccines. Check with your insurance provider for details of coverage. If you do not currently have health insurance, visit www.HealthCare.gov to learn more about affordable health coverage options.

For more information about influenza or the flu vaccine, talk to your doctor or other health care professional, visit <http://www.cdc.gov/flu> or call CDC at 1-800-CDC-INFO (800-232-4636).

– Courtesy Centers for Disease Control

CHRISTMAS TREE FIRE PREVENTION TIPS

BY ROBINS FIRE DEPARTMENT

Christmas is the time of year for blessings past and future, which includes family gatherings for a festive time by all.

We at the fire department would like to remind the base community that without fire prevention precautions, festive occasions could become tragedies.

Christmas trees, which are often the center of holiday festivities, are also the center of many holiday fires.

Choosing a tree – Artificial trees come in many shapes and sizes. Choose a flame resistant tree for indoor use. A flame resistant tree is designed to resist ignition and is less likely to start a fire.

Only artificial Christmas trees are permitted in the work place. Trees must be listed and have a fire resistant rating. Lights must be unplugged daily, and never left on unattended. Exit aisles and access ways must be kept clear for emergency use. Office decorations should never camouflage or obstruct exits, or interfere with the operation of fire alarms or sprinkler systems. Candles and other open flame devices are prohibited.

Live Christmas trees are permitted in military family housing. Freshness is the most important thing to consider. Consider visiting a tree farm where you can pick out and harvest your own tree. If buying a previously cut tree, bend some needles to check for freshness.

If the needles are brittle and break, or you gently tap the end of the tree trunk on the ground and many needles fall, the tree is too dry.

Don't judge a tree by how green it is; trees are sometimes sprayed to enhance their color. Cut the bottom of the tree at an angle about 1 inch above the original cut, place it in a sturdy stand and securely anchor it.

Place trees away from the fireplace, high-traffic areas, radiators and other heat sources. Always keep exits accessible.

Check and refill the water level daily.

Housing residents should never place lit candles on or near a Christmas tree or other decorations. Keep candles, matches and lighters out of children's reach. Make sure candles have been extinguished before leaving the room or going to sleep. Check lighting sets, electric candles and similar holiday lighting equipment, as well as extension cords for frayed wiring, loose connections and broken sockets.

Use decorative lighting which carries the UL label. Unlabeled materials seldom meet safety standards. Use indoor lights only for indoors and outdoors lights only for outdoors; never mix the two. Unplug lights and decorations before you leave the house or going to bed. Keep lights at least 6 inches from all combustibles, and never allow bulbs to come in contact with combustible materials.

Decorations should be fire resistant and be listed or

labeled. Spray-can snow, angel hair, or styrofoam can produce highly dangerous chemical reactions. If a spray substance is used, follow the directions carefully. Decorations such as paper, flowers, tinsel, streamers, scenery etc., are also manufactured with flame resistant ratings. In the event of a fire:

- ▶ Proceed to a safe area away from the fire, ensuring others stay away;
- ▶ Remain calm and call the fire department via 9-1-1, or 478-222-2900 from a non-base number;
- ▶ Answer all the emergency operator's questions;
- ▶ Give pertinent details to firefighters;
- ▶ Inform your supervisor of your well-being as well as account for your coworkers
- ▶ Account for all family members and guests if at home

Only attempt to extinguish a fire after all other steps are performed and if you have been properly trained.

Fires that have spread from where they originated cannot be extinguished with hand-held extinguishers; you must ensure professional firefighters are called.

Editor's Note: For more information call the Base Fire Prevention Office at DSN 468-2145 or 478-926-2145.

Think Green and Recycle!

Reading this paper? Pass it on!



**CLICK IT
OR
TICKET**

ON ROBINS
ITS
THE LAW

GETTING TO KNOW YOU



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

UNIT: 78th Comptroller Squadron

JOB TITLE: Deputy disbursing officer

TIME IN SERVICE: 4 years

HOMETOWN: Atlanta, Ga.

What does your work involve at Robins? "I work in the Disbursing Office managing a cash office to include providing cash and check disbursements, collections, reimbursements, advances, etc., on a daily basis for Robins."

What do you enjoy most about your work? "I love that a primary responsibility of my job involves interacting with employees at all different levels of the organization and across all functional areas. I love that I get to learn. It gives me great job satisfaction that significantly outweighs the hours, the stress and the hard work. I love the interaction with people and enjoy the sincere appreciation I receive from not only my boss, but from the military and civilian patrons we serve."

How does your work contribute to the Robins mission? "I help ensure members of Team Robins are paid accurately and on time. I Perform all functions related to the processing, administration, and distribution of checks, electronic payments, financial returns and other financial reporting transactions."

What prompted your interest in your current career field? "I served in the Army as a financial management specialist and accounting technician, and I loved it because it has visible impact on the mission, our service members and civilian patrons. Helping others is a very rewarding and satisfying experience; it's a big motivating factor for me."

Who has been the biggest influence in your life? "My mother. She has taught me many values that define who I am now ... values of integrity, honesty, respect and sincerity; the benefits of hard work; and the importance of striving for excellence. Her love for family was unconditional, a gift that has left an indelible impression on me as a mother and a person."



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Visit www.robins.af.mil and click on the Facebook link.

HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR
4 5 6 7 8 9 10

ON TAP

First Friday

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

**Give Parents a Break
and hourly care**

Saturday
10 a.m. to 3 p.m.
CDC East/School Age Program
For details, call DSN 468-5805.

Santa's Workshop

Saturday
Registration ongoing
10 a.m. to noon
Youth Center

This event is limited
to 100 attendees.
For details, call DSN 468-1256.

**Callaway Gardens
Christmas Lights**

Saturday
1:30 to 10:30 p.m.
\$35 Adult, \$20 ages 6 through 12
\$5 children up to age 5
Includes transportation
and admission to Fantasy in Lights
For details, call DSN 468-4001.

Christmas Ornament Class

Monday
4:30 to 6:30 p.m.
Arts and Crafts Center
\$25 for participants 13 years old and older
For details, call DSN 468-5282.

