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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

Dec. 11, 2015 Vol. 60 No. 49

'What do I do?'



U.S. Air Force photo by MISUZU ALLEN

The C-130 Air Force Special Operations Command Acceleration Plan being worked in the 560th Aircraft Maintenance Squadron will directly affect the way programmed depot maintenance operations are conducted in the Warner Robins Air Logistics Complex.

Robins accelerates unique AFSOC maintenance program

BY JENNY GORDON
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The implications are tremendous.

The C-130 Air Force Special Operations Command Acceleration Plan now being worked in the 560th Aircraft Maintenance Squadron directly affects current world events.

"Just look at the news. It will get you on board with this," said Mike Smith, AFSOC Acceleration Plan team lead. "This aircraft directly affects what happens on the news."

"These planes get beat up and they're used, so it's very

important for us to step up the plate," he added. "These mechanics have bought into it to get these aircraft back to the warfighter as quickly as we can."

The plan will also transform the way programmed depot maintenance operations are conducted in the Warner Robins Air Logistics Complex.

"The process improvements we've made can transfer to other flights across the base, speeding up the general PDM process," said Smith, "This will be the quickest a gunship has ever gone through PDM

► see AFSOC, A6

Reporting suspicious activity everyone's job

BY ANGELA WOOLEN
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With the nation being on high alert for terrorist activities, Team Robins is encouraged to be diligent but practical.

Reporting suspicious packages, activities or people is everyone's responsibility.

Capt. Kenneth Canty II, 78th Air Base Wing Security Forces Operations officer, said the first thing is to recognize what constitutes something as being suspicious.

As far as packages go, there are several factors. A package that is unexpected doesn't necessarily mean a package is suspicious.

A gym bag left in front of the base gym wouldn't automatically be suspicious.

A package with protruding wires, fluids leaking from it or a handwritten label with misspelled words is considered sus-

picious.

It's called the "totality of the circumstances" which determines a package's threat.

If the package is deemed suspicious, call Security Forces. Then evacuate the immediate area. Don't use a radio or cell phone near the package.

"Security forces, an explosive ordnance disposal team or the Fire Department must confirm and make the final determination if a package is suspicious," Canty said.

Identifying a suspicious person isn't as clear cut.

For example, Canty explained, a person wearing a large trench coat in July would be someone who is suspicious. Something protruding out of clothes, like a gun, would also be cause to call SFS or 911.

Some activities considered suspicious would be someone taking pictures or videotaping places such as the base gates

or near the flight line or taking notes of people coming in and out of a building.

The rule is not to alarm the person by making contact.

Getting a description of height, weight, clothing, gender and race helps to identify the person to officials. If the person is in a vehicle, make sure to get a license plate and description of the car.

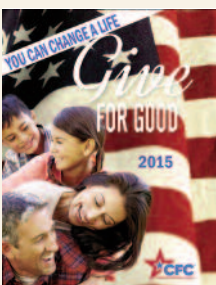
"A suspicious activity and suspicious person might be two different things," said Master Sgt. Bruce Herrington Jr., Installation Anti-Terrorism officer.

If units or squadrons want training on what to do, SFS can set up scenarios to test people's reactions to certain situations. It also provides security forces with practice on how its personnel respond.

"People just need to have an eye out. There is an increasing level of alertness," Canty said.

FRIDAY FLYBY: Reserve joins inaugural Celebration Bowl as title sponsor, Page A2

2015 CFC solicitation extended through Dec. 31



The Office of Personnel Management has extended the solicitation period for the 2015 Combined Federal Campaign until Dec 31.

To date, Robins has raised \$731,299 to support local and national charity organizations. The extension, which OPM says is being done to 'accommodate end-of-year donations,' will allow the installation to inch closer, and possibly even meet, its \$1 million goal.

Members may continue to contribute by turning in traditional pledge forms to their unit CFC monitors or participate via myPay. Active duty members will be prompted to enter the campaign code for Middle Georgia (0217) when contributing via myPay; however, civilians will not be prompted to enter a campaign code.

To research prospective charities, please view the following link to the Middle GA CFC Campaign: <http://www.middlegacfc.org/index.htm>.

For more information, individuals should contact their unit CFC monitor or Bobby Munda, Robins' 2015 CFC chair, at DSN 472-7675.

Weekend
Weather

Wednesday
73/51



Thursday
78/54



Friday
78/59



"Practicing safety in all you do is a culture."

SECOND FRONT

AF Reserve joins inaugural Celebration Bowl as title sponsor

BY MASTER SGT. CHANCE BABIN

Air Force Reserve Recruiting Service

The Air Force Reserve has signed on to be the title sponsor of the inaugural Celebration Bowl. The game, scheduled for Dec. 19 at the Georgia Dome in Atlanta, will begin the college football bowl season. Kickoff is set for noon, and the game will be broadcast nationally on the ABC network.

The Air Force Reserve Celebration Bowl will feature the tradition, legacy and pageantry of Historically Black Colleges and Universities and will crown an HBCU football champion. Facing off against each other will be the champions of the Mid-Eastern Athletic Conference, the North Carolina A&T Aggies, versus Alcorn State, champions from the Southwestern Athletic Conference.

“We are very excited to be the title sponsor of the inaugural Air Force Reserve Celebration Bowl,” said Col. Christopher Nick, the Air Force Reserve’s Recruiting Service commander. “We feel that spotlighting the top teams from the Historically Black Colleges and Universities aligns well with the Air Force Reserve’s commitment to diversity. We hope that the players, attendees and viewers will gain greater awareness about Air Force Reserve opportunities to serve part-time in the military while living in their local communities.”

For Maj. Gen. Richard Haddad, Air Force Reserve Command vice commander, being part of the game is a natural fit.



U.S. Air Force photo by MASTER SGT CHANCE BABIN

Maj. Gen. Richard S. Haddad, Air Force Reserve Command vice commander and John Grant, Air Force Reserve Celebration Bowl executive director, take a tour of the headquarters prior to meeting to discuss the upcoming bowl game. The Air Force Reserve will be the title sponsor for the Air Force Reserve Celebration Bowl, slated for Dec. 19 at the Georgia Dome in Atlanta.

“It makes me feel proud that we are able to sponsor this brand new bowl,” Haddad said. “It’s a great opportunity for us to spread the Air Force Reserve Command name and what it means to be a Citizen Airman. Obviously it’s going to help recruiting, and it’s going to help with diversity.”

The general said the game will provide the Reserve with an opportunity to demonstrate that “we are a

diverse command and there are many opportunities in the Reserve to better one’s future, such as becoming a pilot or engineer.”

The general knows a few things about college football, as he played four seasons at the Air Force Academy before graduating in 1981. He will speak at an Air Force Reserve Celebration Bowl dinner prior to the game, participate in the pregame coin toss and award the trophy to the winners.

“I wore a helmet just like them and played the game of football, so it’s going to be neat to be part of all the activities, to see all those young football players and to be able to relate to them,” Haddad said. “Football teaches you about winning and losing. It teaches you about perseverance, teamwork and all the things life throws at you. You learn that on the gridiron.”

John Grant, Air Force Reserve Celebration Bowl executive director, made a visit to AFRC to meet with Haddad and Nick to discuss their vision for the game.

“As we continue to build toward creating a pinnacle event when the inaugural Celebration Bowl kicks off Dec. 19, it is exciting to have the Air Force Reserve join us as our title sponsor,” Grant said. “This game is a tremendous opportunity, made all the more exceptional with such a valued partner and representative of the United States armed forces.”

The Air Force Reserve Celebration Bowl is owned and operated by ESPN Events, a division of ESPN. For more information, visit www.TheCelebrationBowl.com and follow the event on Twitter and Facebook.

Upcoming construction projects



►Some concrete slabs on Warner Robins Street, east of Bldg. 351, will be replaced with new concrete. The work is scheduled to start Monday. The work is scheduled to be complete by Dec. 18. One lane of traffic will be maintained.

►Curb and sidewalk demo work on Robins Parkway, 3rd Street to Richard Ray Boulevard, is scheduled to start Monday. Traffic will not be affected. A full-depth repair of the asphalt will be scheduled and accomplished two lanes at a time in early 2016.

►The milling and paving of the Bldg. 222 parking lot; milling and paving of the parking and drives on the north, south, and east side of Bldg. 220; and the milling and paving of the parking lots and entrances adjacent to the north and south sides of Bldg. 210 are to be scheduled and accomplished in 2016.

►The concrete slabs on Eastman Street and 3rd Street near Bldgs. 350 and 302 will be replaced with asphalt. That work will be scheduled for early 2016.

►Phase 1 of the Milling/Paving Robins Parkway Extension (1st Street to Gate 127-48) project has been delayed by weather conditions and unforeseen utilities were encountered. Some paving is scheduled for Monday, but it is estimated that the completion of phase one will not occur until January. Phase 2 will begin as soon as Phase 1 is complete. The parking lot east of Robins Parkway Extension will be kept accessible and open to the greatest extent possible to minimize the adverse effects of closing about 167 parking spaces.

Phase 2 will be partially or fully closed approximately 45 days. A detour plan has been established to minimize the impact to the facilities and work areas affected. Alternate entrances for vehicle traffic entering the airfield during Gate 38 closure are as follows: Contractors - Use Gate 31 as primary entrance and Gate 44 as alternate in the event Gate 31 has to close. POV and GOV traffic use Gate 31 or Gate 44 for access.

78th CPTS closure

The 78th Comptroller Squadron will be closed on Wednesday for an official function.

For any finance emergencies call Senior Master Sgt. Mark Thompson at 478-442-4427.

ROSC Scholarship applications

Graduating seniors can now apply for the Robins Officer’s Spouse’s Club scholarship applications. All applicants may access the applications via the ROSC website at www.robinsosc.com.

Graduating seniors may also pick up a packet from their high school guidance counselors. The completed application packets must be postmarked by March 1, 2016.

Eligibility requirements for all applicants:

■ Dependent children/spouses of retired, deceased or active duty military members currently stationed at Robins or a dependent child/spouse of an eligible current, retired, or deceased DOD civilian employee of Robins.

■ In the upper 10 percent of their class, or have a GPA of 3.0 or higher on a 4.0 scale, and must have demonstrated scholarship, leadership and outstanding performance.

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.

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Promoting sober driving during the holidays

BY AFMC HEALTH & WELLNESS TEAM

The holiday season is a time of year when people gather with friends, colleagues and family to enjoy time together and celebrate.

Often these social events include alcohol.

A driver's license mixed with a few drinks can be dangerous, even deadly. No one intends for alcohol-related accidents to happen, but they do.

"Every single injury and death caused by drunk driving is totally preventable," said Steve Callon, Air Force Materiel Command Drug Demand Reduction manager. "Plan ahead to have a designated sober driver who will drive everyone in your group home safely at the end of the night."

According to the Centers for Disease Control and Prevention website, "Every Day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. That amounts to one death every 51 minutes. The annual cost of alcohol-related crashes totals more than \$59 billion."

Tips to stay safe and drive sober

► *Designate a sober driver before the party begins; plan a way to get home safely at the end of the night.*

► *Be responsible. If someone you know is drinking, do not let that person get behind the wheel.*

► *If you see someone driving impaired, contact law enforcement with a vehicle description when it is safe to do so. It is your business. Getting drunk drivers off the road saves lives.*

► *Walking while impaired can be just as dangerous as drunk driving. Designate a sober friend to walk you home.*

► *If you have been drinking, there is always another way to get home safely. Call a taxi, a sober friend or family member, or your local free ride program.*

The worst days of the year for drunk driving are:

- *New Year's Eve and New Year's Day;*
- *The Fourth of July;*
- *St. Patrick's Day; and*
- *Thanksgiving Eve and Day.*

Airmen Against Drunk Driving was formed to eliminate DUIs on bases and in communities.

The goal of AADD is to safely return all military members and Department of Defense civilians to a residence if they're unable to drive themselves.

Individuals who choose to drink should plan ahead for a designated sober driver or ride home. But if that plan fails, call AADD.

Editor's note: *Team Robins members can call Robins' AADD at 478-222-0013. For quick reference, add the number to your list of cell phone contacts.*



AADD

Airmen Against Drunk Driving is now a 24-hour, seven-day-a-week, stand-by, volunteer operation where different units each week can be on-call should someone need a ride.

If you find that your primary plans fall through and you need a ride home, an AADD volunteer will bring you home. Call 478-222-0013 for a ride. Anyone can call AADD, from active duty members and civilians, to contractors and dependents.

Peak times for assistance are Friday and Saturday nights from 10 p.m. to 3 a.m., as well as for special events.

**Safety saves lives.
Start your savings account today**





Ready for The Call

51ST COMBAT COMMUNICATIONS SQUADRON EXERCISES ITS CAPABILITIES

U.S. Air Force photos by TOMMIE HORTON

Staff Sgt. Anthony Coe, Radio Frequency Transmission Systems supervisor (front), and Senior Airman Zachary Blucker, 51st Combat Communications Squadron, perform self-aid and buddy care on Staff Sgt. Austin Simons following a simulated attack Dec. 7 at a Georgia Air National Guard Combat Readiness Training Center in Savannah.

BY JENNY GORDON

jenny.gordon.ctr@us.af.mil



51st Combat Communications Squadron airmen raise a tent that will serve as the Communications Focal Point during an exercise Dec. 6.



Senior Airman Zachary Blucker, 51st Combat Communications Squadron, RF transmission systems technician, verifies communication is up and running.

SAVANNAH, Ga. – It's all about being ready to go when the nation calls.

For the 51st Combat Communications Squadron at Robins Air Force Base, being ready begins with constant planning.

And when – not if – that call does come, commanders downrange are able to execute orders to fly sorties, provide humanitarian support and drop munitions.

Without communications, commanders couldn't disseminate vital information across secure networks for important decision-making goals.

It's a mission every single airman in the 51st takes pride in.

The culmination of their constant planning came to fruition this week at a Georgia Air National Guard Combat Readiness Training Center in Savannah when about 50 unit members participated in a deployment readiness exercise.

The two-phase exercise involved packing and inspecting pallets at Robins for shipment aboard two C-17s and two C-130s, as well as deployment operations to and in Savannah.

"We provide the connectivity, the initial communications capabilities up front that our customer may need," said Capt. Bori Um, 51st CBCS Mission Systems flight commander and exercise site commander. "We learn to set up in austere environments.

While we may be subject to hostile forces when we go to remote locations outside of the U.S., these exercises help us to practice so we can tweak the things we need to," he added.

With temperatures hovering in the 40s and 50s Monday morning, a steady wind took control of a small field which simulated Balad Air Base, Iraq.

There were several tents, pallets of equipment placed in strategic locations and a satellite at its center.

A convoy of more than a dozen tactical vehicles was parked nearby, which a day earlier held hundreds of



Senior Airman Vacarro Robinson, 51st Combat Communications Squadron power production technician, connects generators which power the unit's communications equipment during a mission simulation exercise Dec. 6 at a Georgia Air National Guard Combat Readiness Training Center in Savannah.

pounds of palletized generators, computers, phones, a satellite, cables ... all the essential equipment needed to deploy anywhere in the world – even if it's just a few hours' drive east.

The base was set up by a team of satellite communications, networking, power and production, and cyber transport systems specialists within 24 hours.

Staging was conducted two days prior, with the team working concurrently in different areas over the weekend. Basic communications equipment was ready to go by 7 a.m. Monday.

Master Sgt. Aaron Daigle, 5th Combat Communications Group Inspection Team noncommissioned officer in charge, was one of nine airmen grading the exercise.

The team was accessing how well the squadron was meeting Air Force standards and timelines – for example, how fast the site was built; how soon the public alert warning system was set up; and how quickly tents were in place.

Various milestones must be met, and all basic communications should be up and running in the first 24 hours.

Although it was a success, there is always room for improvement and learning.

"Exercises like this are very important because they tell us how effective we are when we're tasked to deploy," said Daigle. "We're

always practicing to ensure we get better every time, and we can provide that fantastic customer service."

A smaller tent sat away from the others, an entry control point where Tech Sgt. Matthew Kelly, 51st CBCS Radio Shop NCOIC, stood watch.

Keeping a visual on anyone who entered or left the area, he was serving as a host nation lead, responsible for ensuring support requests were met.

"If there's a need for sand bags, setting up a site perimeter, barriers, electrical power and heating, we do all of that," he said. "We do these exercises pretty often, training at home and deploying here. Our preparation helps us a lot."

Tech Sgt. Philippe Lebrun, a 51st CBCS satellite communications specialist, was serving as an armed escort to a host nation worker who was busy hooking up a portable air conditioner and heater to a tent.

"There's so much that goes into preparing for an event like this," Lebrun, who's been in the Air Force 12 years, said. "You can literally have one cable that can prevent you from completing your mission.

"Once you leave, there's no going back," he added. "It's about making sure your people are ready."

Editor's note: To see a video of the 51st CBCS exercise and photos, visit www.robins.af.mil and Robins Facebook page.



Above left, Senior Airman Kevin Edwards, 51st Combat Communications Squadron cyber operations technician, anchors a tent at the deployment site.



Above right, Tech. Sgt. Juliery Dela Cruz, 51st. Combat Communications Squadron NCOIC, manages personnel accountability from the Communications Focal Point of the training site.

SNAPSHOT



U.S. Air Force photo by TOMMIE HORTON

Chris Keenom, 402nd Electronics Maintenance Group machinist, manufactures custom parts utilizing a programmable 3-axis milling machine. Once programmed, the machine accurately and efficiently follows a path to manufacture precise fitting parts.



AFSOC

Continued from A1

from wheels down to wheels up, at 97 days. That's just unheard of."

The squadron is on track to meet or beat a 97-day internal goal of producing an AC-130U gunship. In early December, the squadron – along with supporting units – had completed about 10,000 of the 18,000-hour work package.

It's scheduled to leave in late January. It's also the first of six accelerated AFSOC planes slated to be at Robins this fiscal year (additional AFSOC aircraft will be on station that aren't undergoing the acceleration process). Their mission is so critical overseas that turnaround times for each aircraft here has the potential to change the way the WR-ALC performs traditional PDM.

The planes are flying daily missions downrange – a significant and direct reminder that isn't lost on anyone. Every day matters, and everyone's dedication and motivation reflects that understanding.

On the significance of future PDM, take for example the current seven gate structure in place in the squadron. The new, multi-year accelerated program includes a prototype of a new five-gate structure to replace the older one. A few tasks were eliminated from Gate 3 and rolled into Gate 1; and instead of taking an aircraft out of depaint to sit in a shelter, it's taken straight into a dock.

Once a plane arrives, it undergoes an induction process which includes disassembly for depaint operations and the removal of items such as flight controls. With the accelerated program, that same process was shaved to a period of a week from the time the aircraft arrived in late October until it made its way to a waiting dock. That had never happened before.

Any aircraft components, flight controls and floorboards, were also routed much earlier in the process. And 339th Flight Test Squadron pilots flew to Hurlburt Field, Fla., performing incoming operations checks on the flight back to Robins. That also contributed to lessening flow days later on, finding a few issues early which were immediately addressed upon arrival.

There's a nine-day requirement in Gate 1 for a U-model gunship, the new process was completed in three, including foam removal. Gate 2 has a 20-day requirement, it was completed in 13.

With the possibility of creating a new gate structure with a faster timeline, this first aircraft has created a new level of excitement – the potential to cut 90 days off total PDM flow days.

That equates to three months of work. That's a huge leap considering the average C-130 PDM is about 183 days.

Another difference noted with this new program is that fewer components are routed to backshops, as



U.S. Air Force photo by MISUZU ALLEN

Patrick Petroski, 560th Aircraft Maintenance Squadron, conducts an operational check on the travel rudder of an AC-130.

opposed to regular PDM. A team of nearly 50 mechanics are specifically dedicated to the program, with the flight working three shifts, five days a week.

"I think what has helped is we've been hands-on since the plane's arrival," said Chris Morgan, a sheet metal mechanic who's worked at Robins 25 years.

Fellow mechanic Casey Battle agreed. "The less hands you have handling parts, we've found the better off we are because nothing gets lost. We ensure parts get to where they need to go in-house, and taken care of until they come back to us," he said.

Some of the issues found on this initial aircraft were corrosion and avionics issues, as well as more than 500 dents caused by hail damage. Each was measured and surface-scanned with non-destructive testing techniques to ensure there were no cracks.

That entire process was completed in about three days, with no cracks found in pressurized areas.

As far as Art of the Possible, the squadron is more or less streamlining the process. There's the same structure in place; however, the airplane is just being treated differently.

The same group of mechanics will work each gate throughout the entire process, staying on the critical path. Along with various units, close support was received from the 402nd Commodities Maintenance Group's metal bond team, who were instrumental in performing metal bond repairs on the aircraft quickly, reducing those critical path durations.

Visual production control boards help keep the flight on track.

The next accelerated aircraft, an MC-130 Combat Talon, is scheduled to arrive in early January when its outer wings will be replaced. It can take about 204 flow days of PDM; the goal is to knock that down to 133 days.

DEFENSE

Continued from A1

worse. In fiscal 2010, it dropped to a 0 percent DDP.

Fast forward six years later, and as part of a C-5 recovery plan, the squadron now enjoys its fourth year of 100 percent DDP.

“We’re on the verge of producing the first 220-day airplane, hopefully in the next several months,” said Nakayama, also a former WR-ALC chief of staff. “When everything is in line to make it happen, then we have to see if we can sustain it.”

Nakayama said if that can get accomplished with the same amount of people, resources, facilities and equipment, the future possibilities are endless.

“Art of the Possible makes things so much easier to stay on track and ensure the depot’s processes are working well,” he said. “While there will always be a personality element, the stronger your processes are, the less susceptible they become to changes in personality.”

PDM work-in-progress during the last several years has improved significantly, from a WIP of 12 aircraft in the first quarter of fiscal 2011 to four in the first quarter of fiscal 2015.

That flow day trend was also reduced from 420 days in fiscal 2011 to an average of about 280 days.

Remaining optimistic on that 220-day aircraft, as processes continue to improve, the squadron’s AoP is 180 days.

Keeping a perspective on how the work of everyone here – from active-duty members, to civil servants and contractors – he reiterated the importance of national defense.

“It’s one of the biggest costs in our budget,” he said, “Here at Robins our product is national defense. What we produce and the mission we’re on is a very noble one, and the people here are part of that noble mission.

“Whatever we can do at the best efficiency possible is going to be a factor – it will play a role in our national budget,” he added.

“Because we’re able to sustain C-5s that are 30, 40, 50 years old – older than the pilots flying them – we need to keep them safe and mission-effective,” he said.

Looking ahead, the squadron will continue to perform maintenance, upgrades and modifications across its fleet.

Some of those include replacing every C-5 with a ‘Batman’ fitting, the primary structural component that holds the front part of the aircraft’s tail structure, the vertical stabilizer, to the fuselage.

That first one was completed in late 2014.

Another enhancement includes ongoing repairs with the addition of a lavatory modification system. Those will continue to improve the fleet’s reliability and safety since the system’s original design led to water leaks, resulting in corrosion issues on the aircraft’s floorboards and fuselage.

A prototype was installed on a C-5M earlier this year.

Sometimes everyone needs a little help ...

Chaplain – 926-2821
EAP – 327-7588
Suicide Hotline – (800) 273 TALK (8255)



Thought for the Day

"The best preparation for tomorrow is doing your best today."

— H. Jackson Brown, Jr.



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Lighter Fare

THE ROBINS REV-UP ■ DECEMBER 11, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY

FEEDING THE FORCE

Base Restaurant supplies Team Robins meat and potatoes for overall mission success

BY JENNY GORDON

jenny.gordon.ctr@us.af.mil

Admit it. You love food. If you visit the Robins Base Restaurant on any given day for breakfast or lunch, step behind the counter and doorways leading to the kitchens and you'll be able to get an up-close look at how its 95 employees manage to feed the masses.

Its operations are spread out among not only the restaurant, but also snack bars, mobile trucks, a busy production kitchen and vending operations, all beginning preparations at 12:30 a.m. every day.

A coffee shop is also open daily.

The production kitchen puts together about 4,000 different items daily, with workers prepping, then assembling and wrapping items at 4 a.m. each morning.

Those items are then set into nearby warming ovens and delivered across the base to breakfast and lunch patrons, as well as to a dozen snack bars that service some 13,000 people.

The main restaurant serves between 800 and 1,200 people daily, with various choices including a 41-item salad bar, a Mexican food line, hot and cold subs and paninis, breakfast-to-order, hot sandwiches, and a rotating cafeteria option with three daily entrees, side items and desserts.

In the kitchen behind the cafeteria doors, several kitchen and grill cooks serve soups, meats, breads, sides and desserts.

"It's simple once you get the hang of it," said Gloria Paige, who cooks six to eight sides per day.

Some of the most popular items on the menu are some southern staples such as chicken pot pie, country fried steak, fried fish, and beef tips

BY THE NUMBERS

10 cases – 30 pounds of turkey are served on Thursdays

30 pounds – Number of pounds prepared for every side item

2 sides – Number of sides prepared to accompany an entree

Equipment: includes two steamers, six ovens, four pressurized fryers and two tilt skillets

Breakfast is served Mondays through Fridays from 6 to 10 a.m.; lunch, from 11 a.m. to 1 p.m.



U.S. Air Force photos by RAY CRAYTON

Sheela Ashmore, Base Restaurant food service worker, mixes the ingredients for baked spaghetti. The restaurant is located in Bldg. 166 and is open for breakfast and lunch Mondays through Fridays. For more information, call 478-926-6972 or DSN 468-6972.

and rice.

Turkey and dressing on Thursdays is a highlight; and each holiday season the restaurant offers a Customer Appreciation Day, with the addition of potatoes, gravy, green beans, roll and a 16-ounce drink for less than \$4.

"Overall, we provide a pretty good value," Gwen Hunsinger, a 28-year food service employee, said.

"We know we're nourishing the folks who take care of our country, and that's something special," said Jenney Hawkins, food operations manager.



From left, Jerry Sanders, Jr. gets started on the morning breakfast menu items.

Arthur Sims batters and fries chicken – a local favorite.

Erica Gordon makes sure everything is in order on the hot food line.

A BETTER YOU

Be smart with your supplements

BY AIRMAN 1ST CLASS
COLLIN SCHMIDT
341st Missile Wing Public Affairs

Some people feel the need to use nutritional and performance supplements to attain fitness goals when starting a new exercise regimen.

While it's true the right supplements can provide an extra edge, many are over-marketed and hyped to everything just short of a miracle.

This isn't to dissuade someone from taking supplements, but to encourage people to first be sure their physical demands require the use of a supplement and that proper research is done to be sure the product is legitimate.

"The first thing people should be thinking about is developing and sticking to a proper training routine," said Kirk Clark, 341st Medical Group exercise physiologist. "If a person isn't putting their body through the physical exertion to demand the use of a supplement, all

"If a person isn't putting their body through the physical exertion to demand the use of a supplement, all they're doing is adding extra calories to their diet and fat to their bodies."

Kirk Clark

341st MDG exercise physiologist



they're doing is adding extra calories to their diet and fat to their bodies."

After a suitable training routine is in place, the next step is to ensure the individual has a proper diet.

"If you have an adequate diet, you're getting pretty much everything you need," said Matt Lanis, 341st Medical Operations Squadron health promotion dietitian. "The supplements developed by these companies are mostly just the specific macronutrients that your body already gets from eating properly."

When you're getting nutrition from real food, you're getting a lot more great stuff such as vitamins, minerals, fiber and antioxidants on top of what will not be included in a supplement, said Lanis.

"If you are training and eating right consistently and still find that your body needs a little assistance, supplements can be an added benefit to your diet," said Clark. "Luckily,

There are more than 29,000 different nutritional supplements on the market today, making it a \$28 billion industry.

there are some great resources out there that can help people, especially military members, find out what is just talk and what actually works."

As some supplements break down in the body, their metabolites can cause individuals to test positive on urinalysis samples.

According to the Federal Drug Administration, there are more than 29,000 different nutritional supplements on the market today, making it a \$28 billion industry.

With that said, if the right supplements are used with a good workout routine and diet, they can be very positive to speeding up results.

Protein is the building block of muscle, and those who hit the weights to get bigger need a healthy supply of it. People who are deficient in certain vitamins can take them to stay healthy.

"I do think that supplements can be a great thing," said Staff Sgt. Jeremy Flores, 341st Force Support Squadron fitness assistant. "They can really give you that added motivation to go and hit the gym."

For more information and to review supplements before use, visit www.hprc-online.org/dietary-supplements/OPSS.

Avoid costly prescription drugs

This month, TRICARE beneficiaries can take action to avoid paying more for some prescription drugs.

Beneficiaries filling a prescription for a brand name maintenance drug at a retail pharmacy may need to move their prescription to either a military pharmacy or TRICARE Pharmacy Home Delivery.

If not, they could pay full cost for their prescription.

Beneficiaries can move their prescriptions by contacting the TRICARE pharmacy contactor, Express Scripts at 1-877-363-1303 or by using ESI's secure online portal.

Active-duty service members and those who live overseas or have other prescription drug coverage can continue using retail pharmacies with no changes to their current copays.

The new rule began Oct. 1, but allows you to get two 30-day refills of an affected drug from a retail pharmacy. For many, those two refills will run out in December and their next prescription refill needs to be through Home Delivery or at a military pharmacy.

Beneficiaries should've received several notifications from ESI. They can also check by calling ESI at 1-877-363-1303.

TRICARE Pharmacy Home Delivery is a safe, convenient and low cost option to get maintenance drugs. Beneficiaries can save up to \$176 a year for each brand name drug they switch from retail to home delivery. If beneficiaries want to use a military pharmacy, they need to check first to see if they carry their prescription.

For more information about this change to TRICARE's pharmacy benefit, visit RxNewRules.

Tips to keep your family safe during winter weather

BY JIM BUTTERWORTH

Georgia Emergency Management Agency/Homeland Security

This winter we're facing a strong El Niño and its influence on Georgia's weather means an outlook of colder temperatures and wetter months – increasing the severity of snow, black ice, freezing rain and other winter hazards we see yearly.

We're working with our state and local partners to prepare for severe winter weather with additional resources and planning, including the Georgia Department of Transportation's anti-icing program and multi-agency traffic strike teams to keep interstates clear of stranded vehicles.

Because winter weather in Georgia changes rapidly, residents should take a few moments to review their emergency preparedness now instead of waiting until a winter storm strikes.

There are a lot of steps to consider, but the Georgia Emergency Management Agency has resources to make it easier.

Start by creating a Ready profile. This tool – available on the Ready Georgia website and via our mobile app – helps people create a family communications plan and generates a customized list of items to keep in a Ready kit. It's suggested you prepare a vehicle Ready kit, add a portable cell phone charger, ice scraper, extra blanket, sand and jumper cables.

By preparing now, we can all be ready to address the reality of winter in Georgia.



MAKING A READY KIT

Make your own Ready kit with the items on the following checklist. Most are inexpensive and easy to find, and any one of them could save your life. After a look at the basic items, consider what unique needs your family might have, such as supplies for pets, seniors or family members with special needs. Add those items to your kit and start packing it today.

Recommended Items

- ▶ Water. One gallon per person per day, for at least 3 days, for drinking and hygiene.
- ▶ Food. At least a 3-day supply of non-perishable food.
- ▶ Can opener. For food, if kit contains canned food.
- ▶ Radio. Battery-powered or hand crank radio and a NOAA

Weather Radio with tone alert, and extra batteries for both.

- ▶ Emergency charger for mobile devices.
- ▶ Flashlight and extra batteries.
- ▶ First aid kit.
- ▶ Whistle. To signal for help.
- ▶ Face mask. To help filter contaminated air and plastic sheeting and duct tape to shelter in place.
- ▶ Moist towelettes, garbage bags and plastic ties for personal hygiene.
- ▶ Wrench or pliers. To turn off utilities.
- ▶ Local maps.

Additional Items

- ▶ Prescription medications and glasses
- ▶ Infant formula and diapers
- ▶ Pet food, extra water, toys and vaccination forms.
- ▶ Important family documents such as copies of insurance policies, identification

and bank account records in a waterproof, portable container

- ▶ Cash or traveler's checks and change
- ▶ Emergency reference such as a first aid book
- ▶ Sleeping bag or warm blanket for each person.
- ▶ Complete change of clothing. Include a long sleeved shirt, long pants and sturdy shoes.
- ▶ Household chlorine bleach and medicine dropper
- ▶ Fire extinguisher
- ▶ Matches in a waterproof container
- ▶ Feminine supplies and personal hygiene items
- ▶ Mess kits, paper cups, plates, plastic utensils and paper towels
- ▶ Paper and pencil
- ▶ Books, games, puzzles or other activities for children.

– Courtesy Ready.ga.gov

Don't pour it down the drain

When it comes to disposing of oil and grease, it's a slippery slope.

Oil and grease should never be poured in drains. Robins' industrial waste treatment facility can't process it, and both products kill microorganisms essential to the operation of the sanitary waste treatment facility.

So what do you do?

Oils and grease should be deposited in sealed, labeled barrels and disposed of at Bldg. 359 or other approved areas.

The terms oil and grease include fuels, motor, lubricating, hydraulic and cooking oils, as well as animal-derived fats.

A small amount of any of those substances could contaminate a large volume of water.

Unfortunately, when oil and grease are disposed of improperly, that's exactly where they end up – in storm water runoff, ponds, lakes, creeks and rivers.

At Robins, those bodies of water are monitored for the presence of oil and grease.

Even so, it's imperative oil and grease are contained or recycled to keep them from entering and harming the environment.

Domestic cooking oil should be poured into a container and not poured down drains.

DID YOU KNOW

Recycling just two gallons of used oil can generate enough electricity to run the average household for almost 24 hours.

Used motor oil and hydraulic fluids from official functions should be disposed of at an appropriate location such as an oil change business or a certified hazardous waste facility like the one at Bldg. 359.

Spill prevention kits should be used to help to clean up spills that could occur at the work place. Soiled rags and other contaminated materials should be sent to Bldg. 359.

Why is improper oil disposal a problem?

In addition to water pollution, it can cause a whole host of problems including: sewer capacity reduction; increased maintenance costs; shortened infrastructure lifespan; blockages; backups; overflows; facility closures; and treatment plant upsets.

It also harms wildlife, fish and plants; causes odors; is a human health hazard; and can attract vermin.

It also could lead to fines levied against Robins resulting in possible

mission delays.

Most wastewater collection system blockages on base are caused by oil and grease.

Those products decrease the capacity of collection system pipes, requiring systems to be cleaned more often.

Oil and grease also interferes with the biological treatment processes at the wastewater treatment plant.

Ultimately, it can cause a system shutdown.

For more information, contact Water Quality Program manager Randy Stillwell at randall.stillwell@us.af.mil, 478-327-8304 or DSN 497-8304.

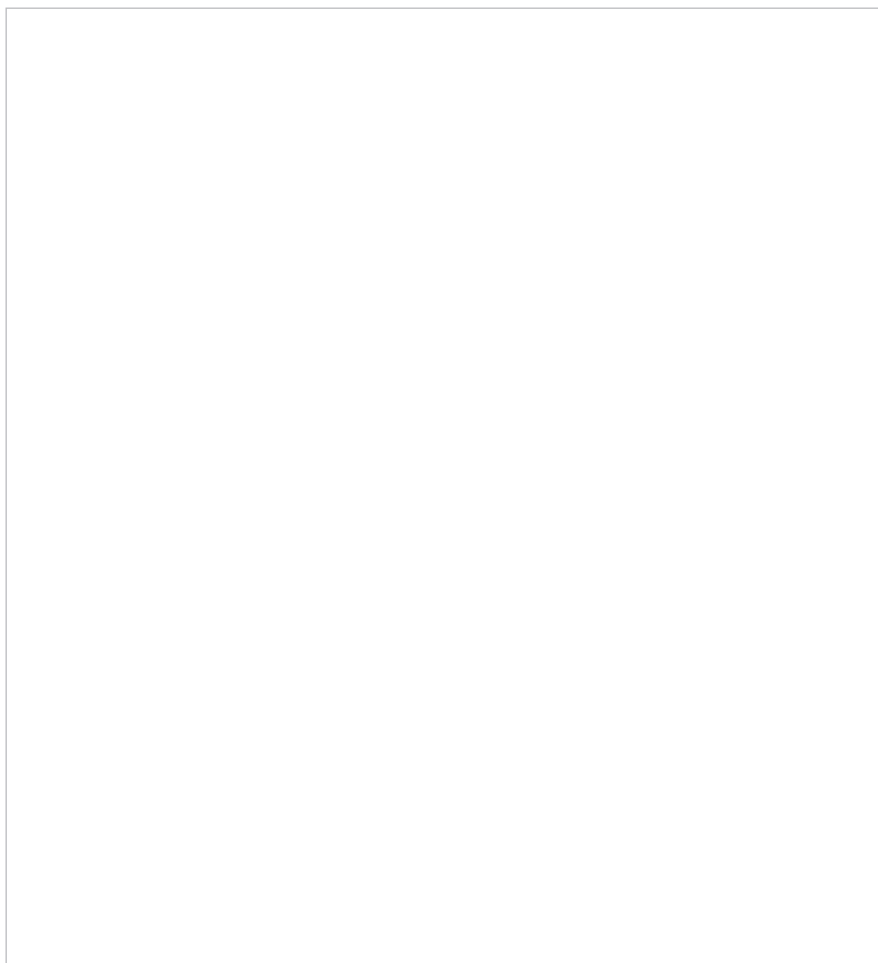
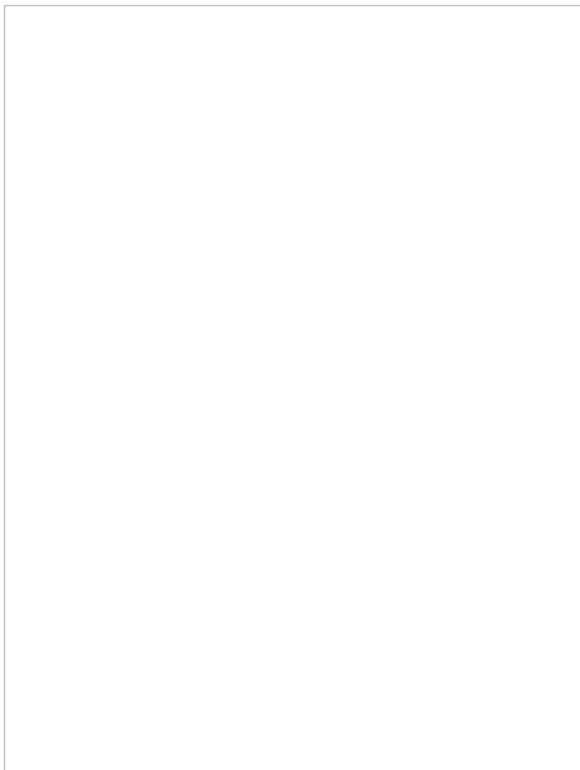
PRACTICE OPSEC EVERY DAY, EVERYWHERE.



Robins Air Force Base on Facebook

Get regular news updates and other base information.

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



HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
11	12	13	14	15	16	17

ON TAP
Fun Shoot
 Saturday
 Noon
 Outdoor Recreation
 For details, call DSN 468-4001.

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

UPCOMING
Boss N Buddy
 Dec. 18
 4 to 5 p.m.
 Heritage Club Lounge
 For details, call DSN 472-7899.

Membership Brunch
 Dec. 20
 9 a.m. to noon
 Heritage Club Ballroom
 Scrambled eggs, hash browns, sausage, bacon, pancakes, roast beef, chicken, mashed potatoes and gravy and dessert.
 For details, call DSN 472-7899.

Mondays Kids Bowl free
 Dec. 21 and 28
 Bowling Center
 Ages 17 and under bowl up to two games free

(rental shoes do not apply)
 For details, call DSN 468-2112

Bowling Movie Day
 Dec. 23 and 30
 2 to 4 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.

Dinner, milk & cookies with Santa
 Dec. 23
 5 to 7 p.m.
 Heritage Club Ballroom
 Fried chicken, chicken nuggets, green beans, macaroni & cheese and fries
 Adults \$5; children 15 and under \$2.50
 For details, call DSN 472-7899.

Christmas Eve Bowling Special
 Dec. 24
 Bowling Center
 Bowl two games and receive a third game free per person.
 For details, call DSN 468-2112.

Dollar Day
 Dec. 26
 1 to 6 p.m.
 Bowling Center
 All games are \$1

For details, call DSN 468-2112.

Big New Year Bingo
 Dec. 30
 6:15 p.m.
 Heritage Club Bingo Room
 Party snacks, prizes and more money
 For details, call DSN 468-4515.

Rockin' New Year's Eve Party
 Dec. 31
 9 p.m.
 Bowling Center
 Adults \$35 and 17 years old and younger \$20
 Bowling, food and party favors color mania Bowling
 Win cash prizes (18 years old and older)
 For details, call DSN 468-2112.

ONGOING
Afterburner December Special
 Mondays through Fridays
 5:30 a.m. to 1 p.m.
 Base Restaurant, Bldg. 166
 Eggnog Latte "Hot Only"
 For details, call DSN 472-7827.

Twilight Special Rates
 Every day
 2 to 5 p.m.
 Pine Oaks Golf Course
 18 holes with cart for \$20 per person.
 For details, call DSN 468-4103.

Airman & Family Readiness Center Classes, workshops & seminars

- ▶ **Pre-Separation Counseling (retirees)*** – Tuesday and Dec. 29 from 8:30 a.m. to noon. (separates) – Dec. 22 from 8:30 a.m. to noon.
- ▶ **Right Start*** – Wednesday from 8 a.m. to noon.
- ▶ **Career Technical Training Track*** Wednesday and Thursday from 8 a.m. to 4 p.m. (Bldg. 905, Room 121)
- ▶ **Key Leaders Orientation Course** – Thursday from 7:30 to 11:45 a.m.
- ▶ **Educational Track*** – Thursday and Dec. 18 from 8 a.m. to 4 p.m. Call 497-3410 to register.
- ▶ **VA Benefits Briefing** – Dec. 30 from 8 a.m. to 3 p.m.
- ▶ **DAV Medical Records Review** – Appointments only. Call DSN 472-4146.

- ▶ **Department of Labor** – Mondays, Tuesdays Wednesdays from 8 a.m. to 4:30 p.m.
- ▶ **Military and Family Life Counseling** – Mondays through Fridays from 8 a.m. to 8 p.m.
- ▶ **PreDeployment Briefings*** – Tuesdays and Thursdays from 1 to 2 p.m.
- ▶ **Survivor's Benefit Plan*** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.

*Editor's Note: All classes require pre-registration. For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m. * Denotes Military (spouses welcome)*



ROBINS LANES
THUNDER ALLEY

FRIDAY NIGHTS
 FAMILY NIGHT
 9 - 11 p.m.
 12 yrs & under \$5
 13 yrs & older \$10

SATURDAY NIGHTS
 GLOW-IN-THE-DARK
 BOWLING
 9 - 11 p.m.
 \$10 per person

Thunder Alley's Family Night and Glow in the Dark Bowling includes all the games you can bowl in 2 hours, Shoes included!

PRIVATE INFORMATION IS WORTH KEEPING HIDDEN

Protect Your Personal Information