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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

Jan. 8, 2016 Vol. 61 No. 1



Wired up

U.S. Air Force photo by TOMMIE HORTON

Robin Guy, 569th Electronics Maintenance Squadron electronics mechanic, assembles an F-15 Sniper Pod wiring harness at the cable manufacturing shop. The Warner Robins Air Logistics Complex, in partnership with Lockheed Martin, is the sole repair source for the Sniper Pod.

Manufacturing shop maintains cables that operate on a variety of weapon systems

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

You can't fly an aircraft without wires. Skilled hands from members of the 569th Electronics Maintenance Squadron's electronics manufacturing shop ensure miles of wires are safely repaired and replaced for eventual installation across a variety of components on Air Force weapons systems. There's the wiring harness shop that produces cables on the Sniper Pod, a targeting system deployed on multiple platforms, including the F-15, F-16, F-18, B-1, B-2 and A-10. The Warner Robins Air Logistics Complex, in partnership with Lockheed Martin, is the sole repair source for the Sniper Pod. Then there is the C-5 Galaxy main landing gear sequence control panels, where a major effort is currently underway to overhaul the system. A prototype of a set of left, right and nose landing-gear controls

have already been produced, each with new wiring that includes relays, switches and connectors. That effort has already taken about 250 man hours. While installation is still years away, preparation is happening now at Robins to ensure these parts are ready when needed. It's the shop's goal to be the Department of Defense's No. 1 choice when it comes to manufacturing. Recently, their assistance proved critical when personnel in the shop came together to produce F-15 nose landing-gear cables. This urgency was evident because without them, production could not continue with several aircraft awaiting programmed depot maintenance on the flight line. That call for help came toward the end of November and early December, with the shop producing

► see WIRED, A6

Here's a TIP: Get free money

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

Gas prices might be low, but leaving a smaller carbon footprint is at the forefront of the Transportation Incentive Program. The program gives eligible Robins team members \$130 a month to use for one of 19 transportation companies instead of driving to work. Some employees come from as far away as Marietta and Stone Mountain. "Part of it is for the clean air campaign. Plus it solves the parking issue at Robins," said Staff Sgt. Steven Bergakker. Robins isn't the only base to participate in the program. There are 94 locations using Department of Defense money to support transportation initiatives. According to Bergakker, most of the participants usually come from the same department which makes it easy for those who ride together. There are 618 people at Robins who use the TIP. Transportation Incentive Program managers Bergakker and Staff Sgt. Xavier Brown want to encourage the other 2,000 or so people who live in Macon to use the program. The largest number of participants comes from the Southeast with more than 200 employees riding from Cochran, Eastman and Dublin. Each van pool driver has a contract signed for them to work on base. The vehicles range from seven-passenger vans to mini-buses. "It's free money," Bergakker said. The TIP program started in 2000. Nearly 16 years later, there are still some people who don't know that there's a program for military members and civilians that will pay for shuttle fees. "We're hoping to increase ridership," Brown said. The program is an incentive for working on the base. Although there's an information sheet to be filled out in order to get the \$130, there's no cost to the rider. The program requires participants to use the transportation 50 percent of the time, which equals 10 days out of a work month on average.

Want to know more?
Call 478-926-4628 or
DSN 468-4628
Mondays through
Fridays
from 7:30 a.m. to 3 p.m.

Violence prevention: Green Dot to roll out across the Air Force

BY SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

Airmen will take the first step of a five-year strategy to decrease interpersonal violence across the service this month when 1,500 Airman implementers attend one of 22 Green Dot prep sessions worldwide. The Air Force contracted the non-profit Green Dot organization to provide these violence prevention tools to the total Air Force over the next three years. "As a service, our number one priority has and will continue to be response. However, in order to stop violence before it occurs we must dedicate time to prevention," said Chief Master Sgt. Melanie Noel, the Air Force Sexual Assault Prevention and Response senior

enlisted advisor. "Helping our Airmen understand what they can do to prevent violence and how they can do it is the first step." Green Dot prepares organizations to implement a strategy of violence prevention that reduces power-based interpersonal violence, which includes not only sexual violence, but also domestic violence, dating violence, stalking, child abuse, elder abuse and bullying. "Green Dot is the Air Force's first step in arming Airmen for violence prevention using an evidence based public health model," said Dr. Andra Tharp, the Air Force's highly qualified prevention expert. "Although that sounds complicated, really what it means is that we know Airmen are a vital part of the solution and

we will use methods like this that have been subjected to rigorous scientific testing and were proven to be effective in reducing violence." Reflective of Green Dot's wider scope, command-designated Airmen at each installation will conduct 50-minute long sessions across the Air Force. Installation leadership will also have oversight of Green Dot through the Community Action Information Board and Integrated Delivery System, and track completion through the Advanced Distributed Learning System. "It's on all of us to take responsibility to prevent interpersonal violence in our Air Force," said Air Force

► see GREEN DOT, A8

FRIDAY FLYBY: First Robins Security Awareness Seminar set for Jan. 21, Page A2

NBA star's father to speak at MLK Service

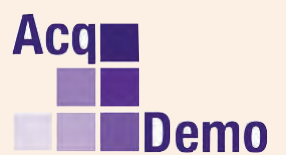
Dwight Howard, Sr., will be the guest speaker at the Dr. Martin Luther King, Jr. Commemorative Worship Service Wednesday from 11 a.m. to 1 p.m. at the Base Chapel. Howard will speak on, "One Man's Faith - A Nation's

Call." Howard's son is NBA star Dwight Howard of the Houston Rockets. Following the speech, a reception will be in the chapel annex. For more information, call the Chapel at 926-2821.



New civilian pay system

Some 13,000 non-bargaining unit civilian employees, including 2,669 from Robins, will transition to the Acquisition Workforce Personnel Demonstration Project, or AcqDemo, pay system in June. To implement, all affected employees and their supervisors will first receive AcqDemo training beginning this month. To read more, visit www.mil.robins.af.mil/splash/AcqDemo.pdf.



Weekend Weather
Friday 59/51
Saturday 65/48
Sunday 53/28

"Be safe. Always have a Plan B."

SECOND FRONT

Wingman Toolkit supports Comprehensive Airman Fitness

BY AIR FORCE MATERIEL COMMAND
DIRECTORATE OF MANPOWER,
PERSONNEL & SERVICES

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Comprehensive Airman Fitness is built on the four domains of fitness – physical, mental, social and spiritual. CAF is a top-level priority in the Air Force, and it is essential for individuals to be fit across all four domains.

Gen. Mark Welsh III, Chief of Staff of the Air Force, has said, “Comprehensive Airman Fitness is so important ... our focus is on the well-being and care for ourselves, each other and our families so we can be more resilient.”

Secretary of the Air Force Deborah Lee James agrees and has said, “CAF supports my main priority by ensuring all people and families within our Air Force are taken care of by providing a great opportunity for us to grow resiliently in our careers and personal lives.”

The Wingman Toolkit is an outreach and communication tool developed with the total force in mind, to ensure our Airmen have quick and easy access to the latest resources in maintaining their

Comprehensive Airman Fitness. The Toolkit is designed to empower Airmen and their families to live healthier lifestyles and can assist in achieving and maintaining a balance across the four domains. This helps strengthen their individual resilience as well as their ability to assist others in need.

The Wingman Toolkit includes dynamic resources to help build, sharpen and track personal resiliency such as workout reminders, random motivational messages, relaxation techniques, a circle of trust with your “real” Wingman contacts, articles and more. There is also a vast collection of short videos of Airmen sharing their amazing personal stories of how positive psychology helped them balance their lives, overcome challenges and influence perspectives.

The Wingman Toolkit clearly aligns with the perspectives of Air Force leadership as well as the needs of the workforce. Even the best of us need help, and we need to help each other.

The Wingman Toolkit can be accessed online at wingmantoolkit.org and through a free app at the Google Play Store for Android and Apple Store for iOS (search for “Wingman Toolkit”).



New Legal Assistance hours

Walk-in legal assistance is no longer available at the Base Legal Office. The new hours for service include: Notary/Power of Attorney services Monday through Wednesday from 9 a.m. to 4 p.m.; Thursdays from 9 a.m. to 3 p.m.; and Fridays from 1 to 4 p.m.

All legal assistance requiring attorney consultations will be appointment only on Tuesdays from 1 to 3:30 p.m. and Thursdays from 9 to 11:30 a.m.

For more information visit <https://www.aflegalassistance.law.af.mil>.

Security Awareness Seminar

Robins will host its first Security Awareness Seminar Jan. 21.

The seminar, which will be conducted in two sessions, will be led by members of the Defense Intelligence Agency Insider Threat Mitigation Cell and agents from the FBI – Resident Agency Macon.

The morning session, from 9 a.m. to noon, will be conducted at the Base Theater and is open to all security managers, program managers as well as all other interested Robins team members. The second session will be conducted in Bldg. 906 from 1:30 to 4:30 p.m. and is open to all unit commanders and senior leadership. Topics will include recognizing an Insider Threat/Espionage and the Psychology of the Insider Threat: Mindset of a Traitor.

For more information, call Special Agents Joel Russell or Matthew Goodin at DSN 468-2141.

Editor's note: Only U.S. government employees with Department of Defense CAC identification may attend the briefings.

Found property

The 78th Security Forces Squadron has found several items and are seeking their rightful owners.

If you have lost an item on base, contact Investigator Mitchell Creasy at DSN 472-7850 with a detailed description of the item in order to claim ownership.



Robins Air Force Base on Facebook

Check out Robins on Facebook.

Get regular news updates and other base information.

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



SNAPSHOTS



U.S. Air Force photos by TOMMIE HORTON

Above, Robert Graham, 402nd Electronics Maintenance Group electronics mechanic, troubleshoots part of a Sniper Pod at the Avionics Complex here. Sniper is an electro-optical targeting system in a single, lightweight pod that is compatible with the latest precision-guided weapons for detecting, identifying and engaging multiple moving and fixed targets in air-to-air and air-to-ground engagements. At left, Charles Howard, 402nd EMXG electronics mechanic, repairs a LANTIRN – a combined navigation and targeting pod system – which is also part of the Avionics Complex's workload.

AROUND THE AIR FORCE

AFMC executive director and AFRL senior civilians presidential honorees

BY AIR FORCE MATERIEL COMMAND
PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – The Office of Personnel Management recently recognized recipients of the prestigious Presidential Rank Awards for 2015, and the list includes six Air Force Materiel Command civilians. One of the AFMC recipients is the command headquarters' own Michael Gill, executive director.

"Each year, the president selects a very small cadre of Senior Executive Service civilians to receive a Presidential Rank Award in recognition for their long-term accomplishments in providing exceptional service to the American people," Secretary of the Air Force Deborah Lee James said in an e-mail message. "The recipients of this prestigious award are outstanding leaders who consistently demonstrate strength, integrity and a relentless commitment to public service."

There are two categories of rank awards: distinguished and meritorious. Award winners are chosen through a year-long rigorous selection process. They are nominated by their agency heads, evaluated by boards comprised of private citizens, and approved by the president. The evaluation criteria focus on leadership and results.

"This is well-deserved recognition for Mike Gill and

all of our AFMC honorees," said Gen. Ellen Pawlikowski, AFMC commander. "They set the bar high and delivered outstanding leadership, dedication and hard work. They are public servants of the highest caliber."

Gill appreciated the award but acknowledged the others who contribute to his success.

"I am very honored by this recognition, but it also recognizes the great team we have at AFMC," he said. "From our senior leaders to our some 80,000 military and civilian Airmen, they make AFMC the world's best provider of agile combat capabilities."

Specific categories and AFMC recipients include:

2015 Distinguished Executive

►Michael Gill, AFMC executive director, advises the commander in managing the delivery/support of agile, war-winning capabilities through leading-edge S&T, life cycle management, T&E, and supply chain management.

2015 Meritorious Executive

►Ricky Peters, Air Force Research Laboratory executive director (retired), partnered with the AFRL commander, managing a \$5 billion portfolio, and delivering science and technology breakthroughs for the warfighter.

►Dr. John Wilcox, Air Force Research Laboratory Munitions director (retired), led the discovery, development and integration of affordable warfighting conventional air-launched weapon technologies for the Air Force.

2015 Meritorious Senior Professional

►Dr. Robert Peterkin, Air Force chief scientist for Directed Energy, is responsible for all Air Force research and development of high energy lasers, high power microwaves/dense plasmas, and advanced optical technologies.

►Dr. Steven Rogers, Air Force Senior scientist for Automatic Target Recognition and Sensor Fusion, pioneered efforts advancing machine intelligence for Air Force data-to-knowledge challenges, to defeat terrorist networks and cyber attacks.

►Dr. Gregory Spanjers, Air Force Research Laboratory Space Vehicles Directorate chief scientist, is also the Capability Lead for science and technology investments in both Space Superiority and Nuclear Deterrence.

Editor's note: For the full list of the 2015 Air Force PRA winners, visit <https://www.opm.gov/policy-data-oversight/senior-executive-service/presidential-rank-awards/agency/department-of-the-air-force/>.

In Other News

Air Force cancels 2016 season of Tops in Blue

WASHINGTON (AFNS) – Air Force officials announced on Dec. 21 that Tops in Blue, the service-unique entertainment program, will cancel its 2016 season, allowing an extended review of the program.

Over the last year, submissions to the Air Force's Airmen Powered by Innovation program reflected recommendations to cancel Tops in Blue because of the required manpower and associated cost. Secretary of the Air Force Deborah Lee James noted the topic was often a discussion during her base all calls with Airmen.

The first method was to attach Tops in Blue questions to an internal survey already set to reach 4,674 Airmen. The second was an email sent from the deputy chief of staff for manpower, personnel and services to the major commands asking them for Airmen feedback by means of the wing commanders and command chiefs.

Reserve KC-135s to begin upgrades in February
TINKER AIR FORCE BASE, OKLA. – KC-135R Stratotankers operated by the 507th Air Refueling

This week in Air Force History



On January 7, 1929, a modified Atlantic-Fokker C-2A airplane set an endurance record in a non-stop flight of more than 150 hours near Los Angeles, California.

Wing are scheduled to be the first Air Force Reserve Command tankers to be retrofitted with the new KC-135 Block 45 upgrade at the Oklahoma City Air Logistics Complex in February 2016.

The latest KC-135 upgrade, called Block 45, will completely remodel the inside of the flight deck with new liquid crystal display or LCD panels, a new radio altimeter, new auto pilot, new digital flight director and other computer module updates.

"The modification to the KC-135

is important for several reasons," said Col. Martin O'Grady, Legacy Tanker Division chief. "The upgrade allows for more efficient air traffic management activities, improves system safety by creating key system redundancy and reduces the logistics footprint with utilization of more reliable avionics components."

Nominations sought for 12 Outstanding Airmen of the Year Award

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) – Air Force officials are seeking nominations for the 12 Outstanding Airmen of the Year Award for 2016.

There are three categories for the award: Airman, NCO and Senior NCO.

Major commands and the Air Force District of Washington may each nominate three candidates, one per category, to the Air Force 12 OAY selection board, which will select the winners.

Organization and base-level personnel must contact their MAJCOM, forward operating agency, direct-reporting unit or MAJCOM equivalent for applicable suspense dates. Nominations are due to the Air Force Personnel Center by April 1.



U.S. Air Force photo by AIRMAN 1ST CLASS LAUREN JOHNSON

Low crawl

Second Lt. Lizette Wu, with the 820th Base Defense Group, low crawls through mud as part of an obstacle course during an air assault assessment at Camp Blanding, Fla. Airmen had to crawl without letting any part of their body touch the metal wires hung above.

All nominees must be enlisted in the Air Force through Sept. 30, 2016. Any nominee with a projected separation date prior to Sept. 30, must take immediate action to extend or re-enlist. Local military personnel section officials may approve or disapprove extensions for the purpose of the 12 OAY program. AFPC will make the final approval determination.

COMMANDERS ACTION LINE

robins.actionline@us.af.mil

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to live, learn, work and play.

The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization. That gives the organization a chance to help you, as well as a chance to improve its processes.

If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful submissions will not be processed.

Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.



Col. Jeff King
Installation Commander

Customer Service Points of Contact

78th Communications Group First Response Service Center – 478-926-4357 or DSN 468-4357
78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447
78th Force Support Squadron commander – 478-926-5023 or DSN 468-5023
78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475
78th Security Forces Squadron commander – 478-926-3212 or DSN 468-3212
Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601
Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776
Equal Opportunity – 478-926-2131 or DSN 468-2131
Household Goods – 478-222-0114 or DSN 472-0114
Inspector General Complaints – 478-222-0818 or DSN 472-0818
Inspector General Inspections – 478-327-5523 or DSN 497-5523
Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272
Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

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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Geoff Janes

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Robins AFB, GA 31098
478-926-2137
Fax 478-926-9597

Robins military justice actions

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

► At a special court-martial convened on Robins, a **53rd Air Traffic Control Squadron** senior airman was found guilty of wrongfully using two controlled substances on multiple occasions in violation of Article 112(a) of the UCMJ. The two controlled substances were methamphetamine and Xanax.

The member was sentenced to reduction to E-1, four months confinement, and forfeiture of \$750 pay per month for four months.

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

► A **461st Air Control Network Squadron** senior airman failed to go to his appointed place of duty, was derelict in the performance of his duties by failing to notify leadership of medical appointments during duty hours, and made a false official statement to his leadership about a missed medical appointment, in violation of Articles 86, 92, and 107 of the UCMJ. The member told his first sergeant, "I did not know about the appointment," but had been called and reminded of the appointment the day prior to missing the appointment.

The member received a reduction to E-2 (suspended below E-3), seven days of extra duty, and a reprimand.

► A **461st Air Control Network Squadron** airman first class failed to go to his appointed place of duty at the prescribed time in violation of Article 86 of the UCMJ.

The member received a suspended reduction to E-2, forfeiture of \$204 pay per month for two months, and a reprimand.

► A **12th Airborne Command and Control Squadron** first lieutenant committed fraternization by socializing on terms of military equality with an airman first class within the squadron and later marrying the same airman first class in violation of



Article 134 of the UCMJ.

The member received forfeiture of \$1,690 pay per month for two months and a reprimand.

► A **78th Security Forces Squadron** senior airman failed to go to his appointed place of duty at the prescribed time in violation of Article 86 of the UCMJ.

The member was reduced to E-3 and received a reprimand.

The following airmen were administratively discharged in accordance with AFI 36-3208:

► A **78th Communications Directorate** senior airman was discharged for unsatisfactory performance: failure to meet minimum fitness standards.

The member received an Honorable service characterization.

► A **53rd Air Traffic Control Squadron** airman first class was discharged for unsatisfactory performance: failure to meet minimum fitness standards.

The member received an Honorable service characterization.

► A **12th Airborne Command and Control Squadron** airman basic was discharged for misconduct: drug abuse (marijuana).

The member received a General service characterization.

► A **330th Combat Training Squadron** senior air-

man was discharged for unsatisfactory performance: failure to progress in military training required to be qualified for service with the Air Force or for performance of primary duties.

The member received a General service characterization.

► A **12th Airborne Command and Control Squadron** senior airman was discharged for misconduct: drug abuse (marijuana).

The member received a General service characterization.

► A **461st Aircraft Maintenance Squadron** airman basic was discharged for misconduct: drug abuse (methamphetamine).

The member received a General service characterization.

► A **51st Combat Communications Squadron** airman basic was discharged for a pattern of misconduct, to include stealing a computer from Walmart, concealing merchandise with an intent to steal from Walmart, failing to go to his appointed place of duty on five occasions, failing to wear PPE gear, failing to perform a task, failing to shave, misusing his government travel card on three occasions, and failing to be in proper uniform on two occasions.

The member received a General service characterization.

The following airmen were administratively demoted in accordance with AFI 36-3502:

► A **16th Airborne Command and Control Squadron** senior airman was administratively demoted for failing to meet fitness standards on three separate physical fitness assessments.

► A **78th Security Forces Squadron** senior airman was administratively demoted for failing to meet fitness standards on three separate physical fitness assessments.

– Courtesy 78th Air Base Wing Legal Office

WIRED

Continued from A1

four cables within one week, allowing four PDM backorders to be filled. The shop will continue to satisfy upcoming requirements to ensure there is stock on hand.

Taking care of people, keeping morale high and motivating each other is key in shops that must work under such tight deadlines.

“When I approach this type of work I think of it as, ‘What if my mom was on these planes?’,” said Bryson Marshall, an electronics mechanic at Robins for 13 years. “We touch every piece of wire here. I know we’re making a difference.”

On Sniper pod wiring, it’s the shop’s largest workload. A team is spread out in one corner of a building, armed with dedicated mylar boards that sit across tables, each a representation of how a particular wiring system is guided, laid out and built.

Here technicians build up fuselage, cockpit, pylon, wheel well and EMD, or electromagnetic disturbance cables. Once all the wiring parts have been carefully laid out and assembled, they’re taken to a braiding room where the wires are joined together.

“Everything we do connects that Sniper pod to the aircraft,” said Vern Williams, Manufacturing Element chief.

During one particular visit in mid-December, an automatic taping system was gearing up for use, a welcome move for many in the shop. It’s expected to yield considerable time savings.

In the past when a wire was ready to be taped, it would take over an hour to perform the job on a 60-foot cable. The new machine can braid the same length in about five minutes.

One area that has lately improved efficiency and accountability in the shop is where kitting is



U.S. Air Force photo by TOMMIE HORTON

Marcel Reeves, 569th Electronics Maintenance Squadron electronics mechanic, braids a protective coating around an F-15 wiring harness at the cable manufacturing shop. The shop manufactures and repairs cables and wiring harnesses that operate on a variety of weapons systems.

tracked. Sandra Peters, 569th EMXG inventory management specialist, now works behind the scenes ensuring all of the shop’s parts are documented and tracked before they’re distributed to technicians across the electronics complex.

“It’s been a huge improvement. This way we know if and when we have supportable parts,” she said.

Melanie Mucher, an electronics technician who has been at Robins for 15 years, builds cables for a living. She understands the importance of the work that happens in her squadron.

“An aircraft can have an engine,

it can have all the parts it needs, but it’s not going anywhere without wires,” she said.



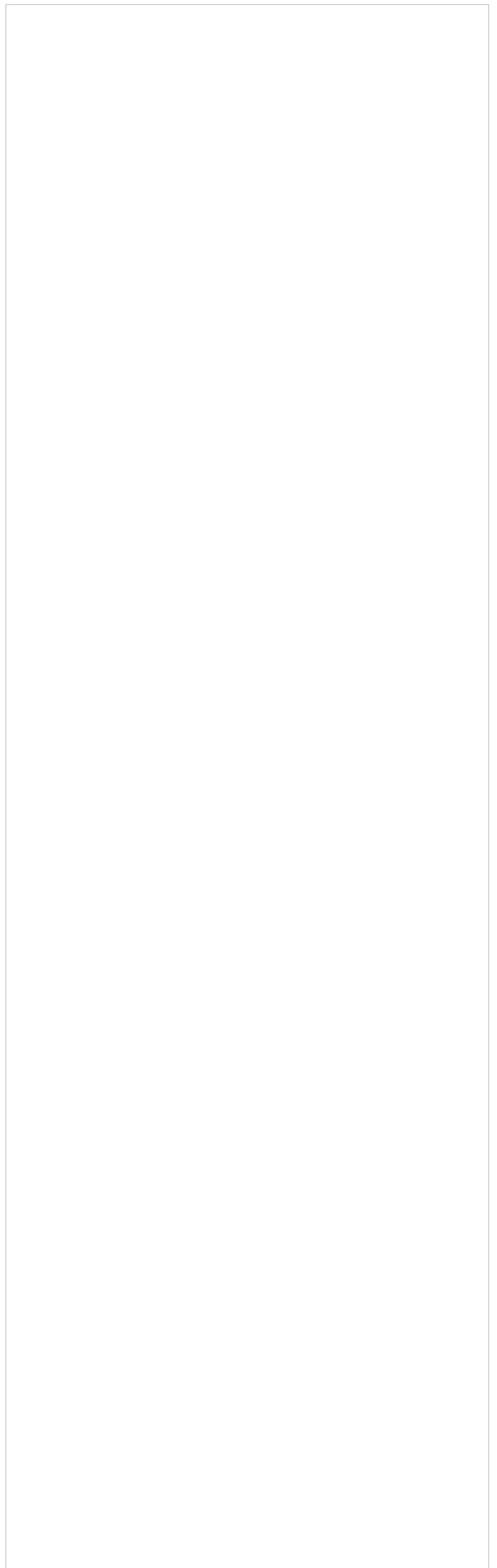
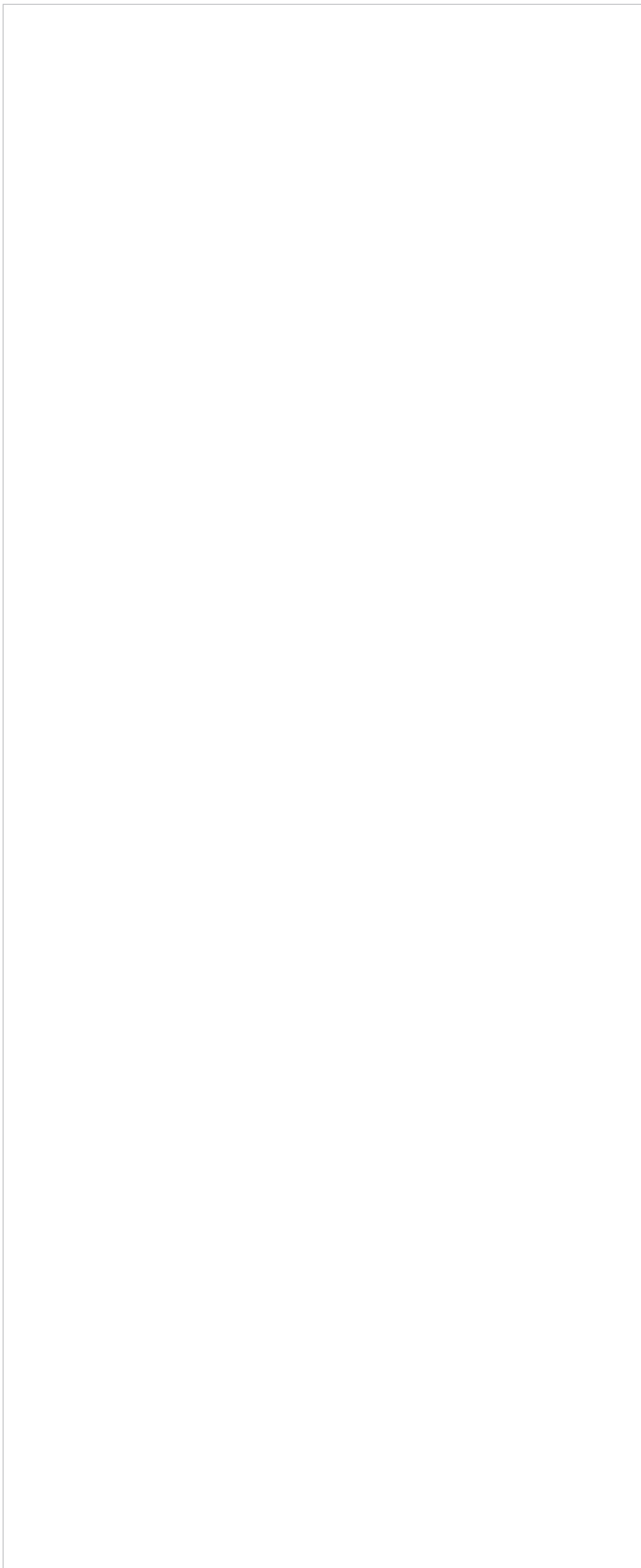
Sometimes everyone needs a little help ...

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



Trying to walk a straight line

U.S. Air Force photo by MISUZU ALLEN
Above, Patricia Kelly, C-17 Foreign Military Sales, tries the drunk-simulation goggles at the Airmen Against Drunk Driving Extravaganza held in the Robins Exchange parking lot. The drinking and driving prevention awareness event also featured multiple information booths along with a static display of a wrecked car which was involved in a local DUI fatality. Right, Staff Sgt. Alex Owings, 5th Combat Communications Group, tries to walk a straight line with the drunken goggles at the extravaganza. The goggles simulate the effects of alcohol impairment.



GREEN DOT

Continued from A1

CAIB chair, Brig. Gen. Lenny Richoux. “There are more good Airmen out there who want to take care of their wingman than there are predators seeking to inflict acts of violence inside our family, and I have confidence our Airmen won’t let me or each other stand alone against this criminal behavior.”

The 1,500 Airman implementers will

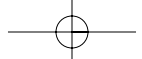
complete training by March 2016. They will return to their units to train peer leader Airmen at each base followed by training for all Airmen.

“Taking care of one another requires an integrated approach using the expertise of the medical community, sexual assault prevention and the Profession of Arms Center of Excellence,” Richoux said. “Old-school analog leadership from commanders and supervisors and between Airmen is the key to our success.”

Sexual Assault Response Coordinator

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

The graphic features the word 'SARC' in large, bold, teal letters. Each letter contains a circular portrait of a different person. To the right of the letters is a teal icon of a person. The background is a dark teal with some faint, glowing text.



Thought for the Day

“There are many ways of going forward, but only one way of standing still.”

– Franklin D. Roosevelt



What's inside

New HAWC dietitian, B2

Getting to know you, B4

78th FSS briefs, B6

Lighter Fare

THE ROBINS REV-UP ■ JANUARY 8, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Looking for something to do off base but not sure where to start? Well, we've come up with a recurring series of stories and videos that's just right for you. "One Tank Trips" features day trips that – depending on what you drive – most folks can take using a tank of gas or less.

The trips will focus mostly on Middle Georgia, and they won't cost an arm and a leg. So grab your keys, fill up your tank and let's go explore!

WHAT TO KNOW

Hay House, 934 Georgia Avenue Macon, GA. 31201. Call 478-742-8155.

Check out the video story on the Robins Facebook page or on the official Robins website at www.robins.af.mil.



HAY HOUSE

Italian Renaissance – Macon style

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

You don't need a passport to see the beauty of Italy. You just have to tour the Hay House in Macon.

It took four years to build the Johnson-Felton-Hay House. Construction lasted from 1855 to 1859 on the seven-floor, Italian Renaissance Revival-Style, 18,000-square-foot home.

The house was designated a National Historic Landmark in 1974, and stepping into is like traveling back in time.

Pictures don't do this impressive dwelling justice. The attention to detail from the crown molding to the floors is remarkable. The frame of the house was built with pegs not nails.

In the past, the house held an 8,000-gallon water tank on the fourth floor to hold water from a nearby natural spring. The family owned 6-acres of land surrounding the house.

When standing on the front porch there's a trompe l'oeil illusion which makes the front steps look like they disappear. There's a small crystal oculus on the front porch which provides light to the wine cellar beneath it.

The front doors are 6-inches thick, 12-feet high and weigh 500 pounds each. They're made of heart pine but are painted to look like aged bronze.

Different rooms are decorated with items from various time periods when the house was occupied by each of the three families.

Much of the furniture is original to the house as well as the numerous paintings, rugs, light fixtures and statues.

The house was built after William Butler Johnson, a wealthy man who owned a jewelry store and also dabbled in banking and the railroad, went on a three-year grand tour of Europe with his bride Anne Clark Tracy Johnson.

The couple decided to model their new home after the styles they saw in Italy.

Technologically advanced for its time, the house had hot and cold running water, gas lights and a dumb waiter.

Ten sets of pocket doors can be found on the main level of the home. Some of the ceilings are 32-feet high with painted ceilings, gold-plated molding and hand-carved plaster.

"Everything is symmetrical," said William Aultman, curator of education for the Hay House.

A bay window on one side of the house equals a bay window on the other.

On the walls are replicas of famous paintings the Johnsons saw while visiting Europe.

Some of the original artwork, furniture and knickknacks are displayed in the house, donated by the previous owner's families.

A stained glass window near the staircase features a portrait of the poet Lord Byron.

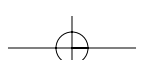
At the top level after climbing a winding staircase, one can look out from the cupola and see all of downtown Macon from the small, narrow walkway.

It's a remarkable sight. Almost as extraordinary as the house itself.

Visitors can schedule tours of all seven floors and can also rent the Hay House for events.



U.S. Air Force photos by MISUZU ALLEN and ANGELA WOOLEN



A BETTER YOU

Recipes for success in the new year

HAWC ready to help Robins reach goals, resolutions

BY HOLLY LOGAN-ARRINGTON
holly.logan-arrington@us.af.mil

Robins' military and civilian airmen don't have to conquer New Year's resolutions alone.

The Health and Wellness Center's classes and programs can help.

"We often start the New Year with resolutions to achieve balance in our lives by paying more attention to areas we may have neglected in the last few busy months and years," Stuart Bapties, HAWC director, said.

Bapties said whether the goal is weight loss or kicking a bad habit, having a plan is a must.

"We're going to supply you with the tools, information and help you to formulate and develop a plan that is your plan," he said. "Those who formulate and follow a plan are usually successful long term and those that do not will be making the same resolution year after year until they formulate and work their plan."

Succeeding requires changing one's perspective on resolutions, Bapties said.

"Instead of making a vague list of what you want to change, ask yourself these simple questions, start by specifically defining what it is you plan to accomplish this year," he said. "Be concise. Keep it simple."

Bapties said a resolution to live a healthier lifestyle might be made more specific by making the resolution to eat more fruits and vegetables and eat less added sugar.

Similarly, a weight-loss goal might be more likely to be attained by making the resolution measurable, like resolving to lose a specific amount of weight.

Defining what one wants to achieve helps in crafting a plan, Bapties said.

"Often times, physical changes to our lives have an internal representation that we aren't even aware we are striving for," he said. "This is the reason why some people vow to lose 15 pounds but once they do, they still feel defeated and depressed. If you really investigate why you want to accomplish your goal, you'll find a bit more about what you really wish to accomplish."

Bapties said discovering what drives the desire to change can provide motivation.



"Instead of making a vague list of what you want to change, ask yourself these simple questions, start by specifically defining what it is you plan to accomplish this year."

Stuart Bapties
Health and Wellness Center director

"It helps keep you going when times get hard and you want to quit before reaching your goal. It's also important to make sure this is a goal that is important to you rather than for external reasons; long term change is difficult when doing it for external rather than internal reasons."

Researching goals in order to learn how to best attain them also helps.

Learning foods to eliminate and ones to increase in one's diet can help with weight loss, Bapties said.

Secondly, telling others about resolutions will establish accountability, he added.

"Accountability is exactly why groups like AA and Weight Watchers are credible and effective," he said. "When you know that you're going to hear it from people when you continue to engage in the old behaviors or if you fail to run the 15 miles a week you promised, you are less likely to bail out on your resolutions."

Finally, creating a reward system gives incentive for progress.

"Were you successful shedding a couple of pounds this week?" Bapties said. "Treat yourself to a movie or buy a new pair of pants that fit your ever shrinking body. Accomplishing the goals you set produces dopamine, the pleasure chemical in our brain."

Dopamine encourages behavior and activates parts of the brain that make people eager to pursue new challenges.

For more information, call the HAWC at 478-327-8480.

New HAWC dietitian nutritionist plans to help people live healthier

BY HOLLY LOGAN-ARRINGTON
holly.logan-arrington@us.af.mil

Marita Radloff, the Health and Wellness Center's new registered dietitian nutritionist, realizes she has some big shoes to fill, but she's ready to meet the challenge.

Radloff, who took the job in early December after previous HAWC dietitian nutritionist, Dani Lebovitz, moved on, said she has great plans for Robins Air Force Base.

"I plan to offer more commissary tours at different times of day in order to accommodate different schedules," she said. "It's hard to navigate a grocery store when you don't know what's healthy and what's not; so reaching more people in the aisles is a goal of mine."

Radloff said she'd also like to start a meal planning class that would introduce people to the concept of meal planning to save time and money.

"Dietitians get a bad rap for being the food police; but I love ice cream and burgers just as much as the next person," she said. "If you told me I couldn't eat cake ever again, I wouldn't be a pleasant person to live with. When people make New Year's resolutions, they tend to make it too strict and that isn't a way to live."

Radloff said she encourages people to create a lifestyle instead of following a certain diet, and that includes making room for your favorite foods.

"In the Better Body Better Life Program that starts Jan. 11, we teach you how to master your metabolism, find healthy foods you love, and increase physical activity for a healthier life, not just until Feb. 1 when your resolution dies," she said.

Often, people's pursuit of a healthier lifestyle gets derailed by conflicting studies that give confusing messages concerning nutrition and fitness.

"I think knowing the basics of nutrition and only listening to the studies that rely on causation and not correlation is imperative for health," she said. "Educating people about how to lose weight safely and helping them make their favorite dishes healthier is my top



U.S. Air Force photo by RAY CRAYTON

Marita Radloff, the Health and Wellness Center's new registered dietitian nutritionist, explains how to optimize energy and athletic performance during her Performance Nutrition class.

goal as a dietitian."

Radloff aims to decrease the prevalence of obesity and excess weight in the base community in 2016.

The Better Body Better Life Program is a 12-week education and workout program that offers one nutrition education class on Mondays, and workout Tuesdays and Thursdays.

"This is a multifaceted approach to weight loss," she said. "You learn about nutrition and find ways to move your body so that you don't get bored or tired of eating the same thing every day."

The BBBL program will run Jan 11-Mar 31.

The Performance Nutrition class, which covers metabolism, pre-and post-exercise eats, and supplements, is offered twice a month.

Radloff said the class is required in order to have a Bod Pod session, a body composition tool available to active duty military. Other HAWC classes include Diabetes Self-Management, Healthy Pregnancy, and Commissary Tours.

The military spouse said she's looking forward to working with people who are truly passionate about making long-lasting changes in their lives, and helping them use HAWC programs make it possible.

TRICARE pharmacy copays to change Feb. 1

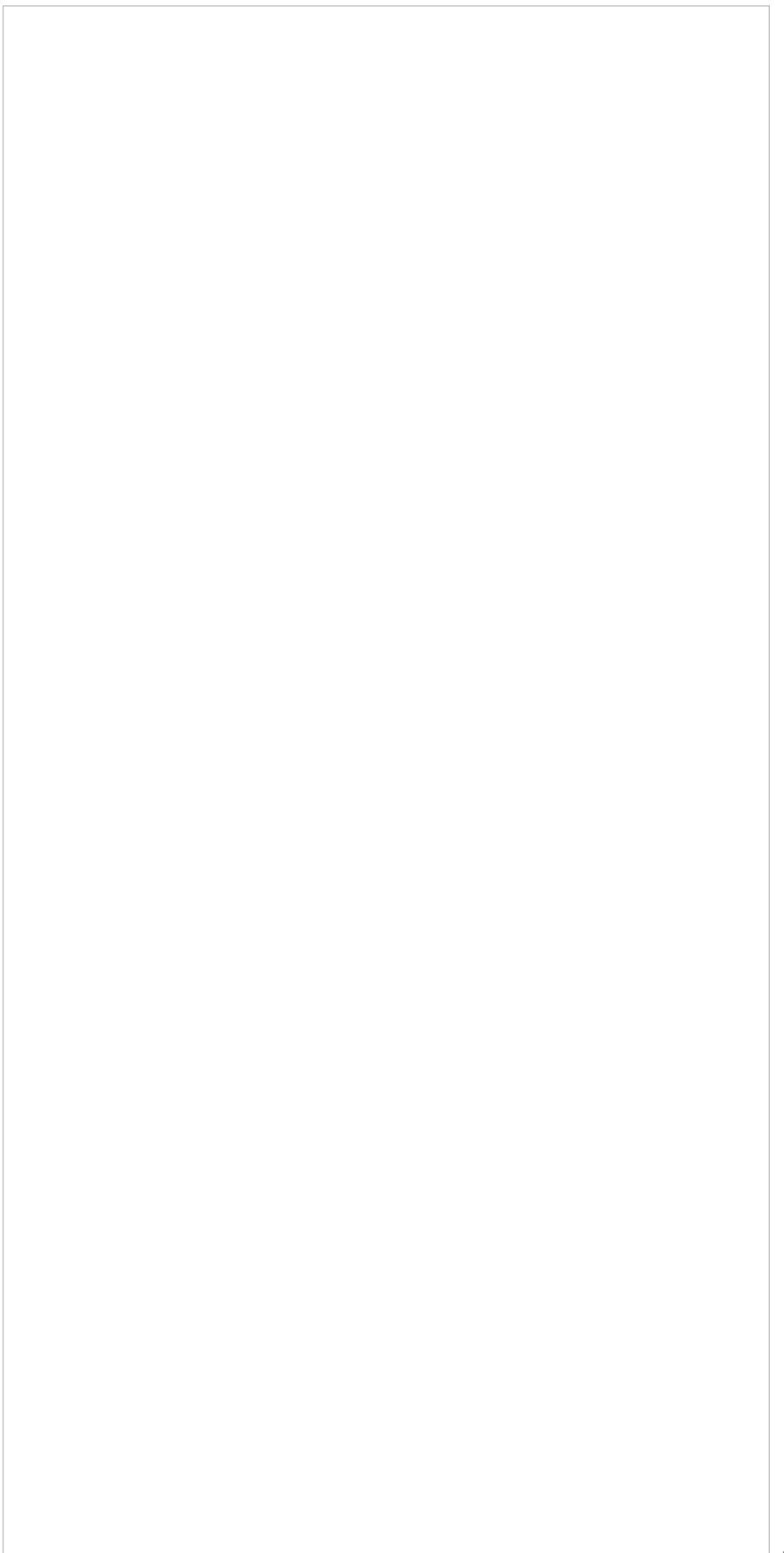
Military pharmacies and TRICARE Pharmacy Home Delivery will remain the lowest cost pharmacy option for TRICARE beneficiaries when some TRICARE pharmacy copays change Feb. 1. Most copays for prescription drugs in the home delivery program and retail network pharmacies will increase slightly.

The 2016 National Defense Authorization Act requires TRICARE to change its prescription copays. All drugs at military pharmacies and generic drugs through home delivery are still available at no cost to beneficiaries. Copays for brand name drugs through home delivery increase from \$16 to \$20, for up to a 90-day supply. At retail pharmacies, generic drug copays go from \$8 to \$10, and brand name drug copays go from \$20 to \$24, for up to a 30-day supply. Copays for non-formulary drugs and for

drugs at non-network pharmacies will also change.

Beneficiaries can save up to \$208 in 2016 for each brand name prescription drug they switch from retail pharmacy to home delivery. Home delivery offers safe and convenient delivery of your prescription drugs right to your mailbox.

To see the new TRICARE pharmacy copays, learn more about the TRICARE pharmacy benefit, or move your prescription to home delivery, visit <http://www.tricare.mil/pharmacy>.



GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: 51st Combat Communications Squadron

JOB TITLE: Cyber Systems Operator

TIME IN SERVICE: 3 years

HOMETOWN: Huntington, W. Va.

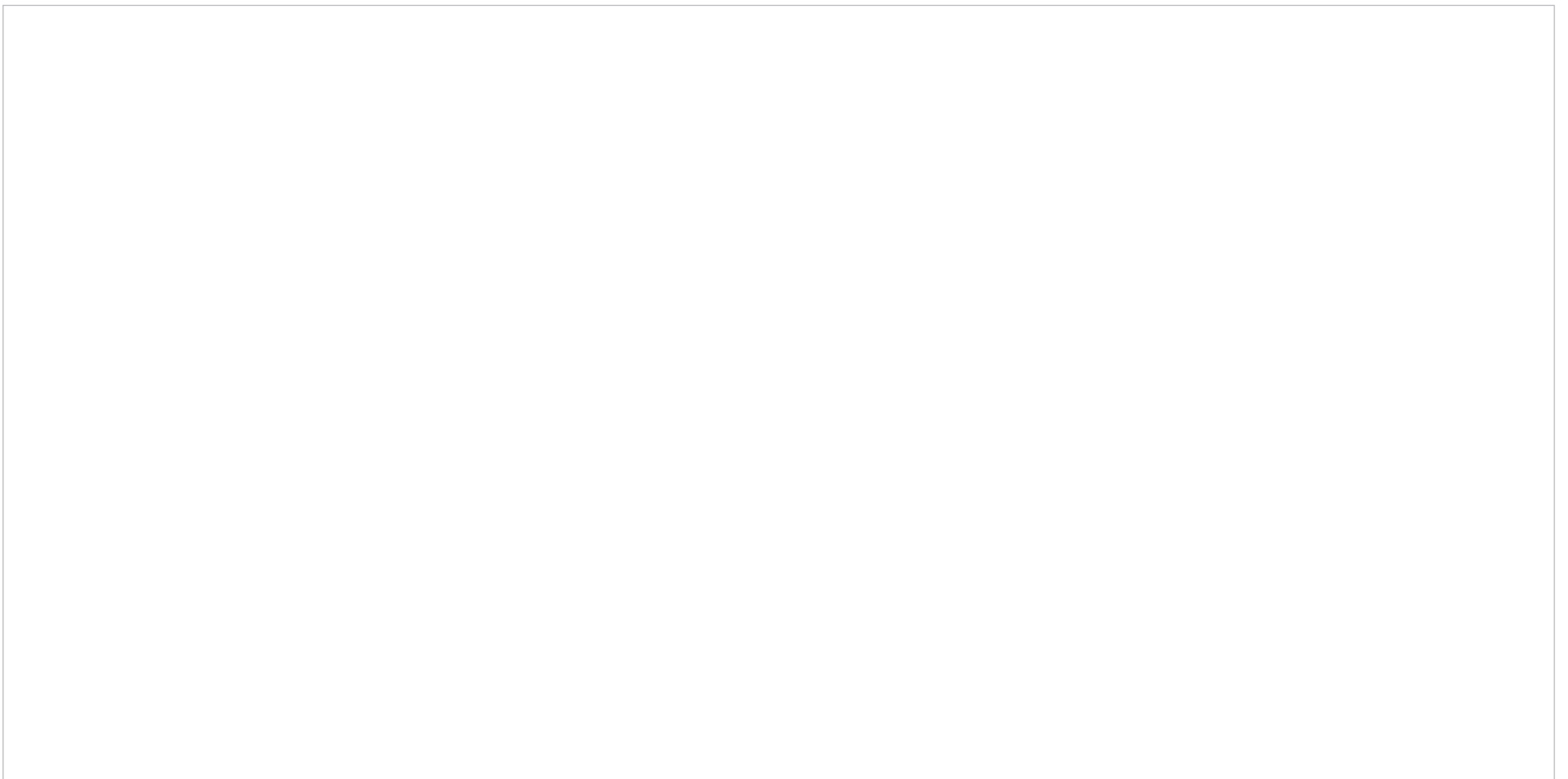
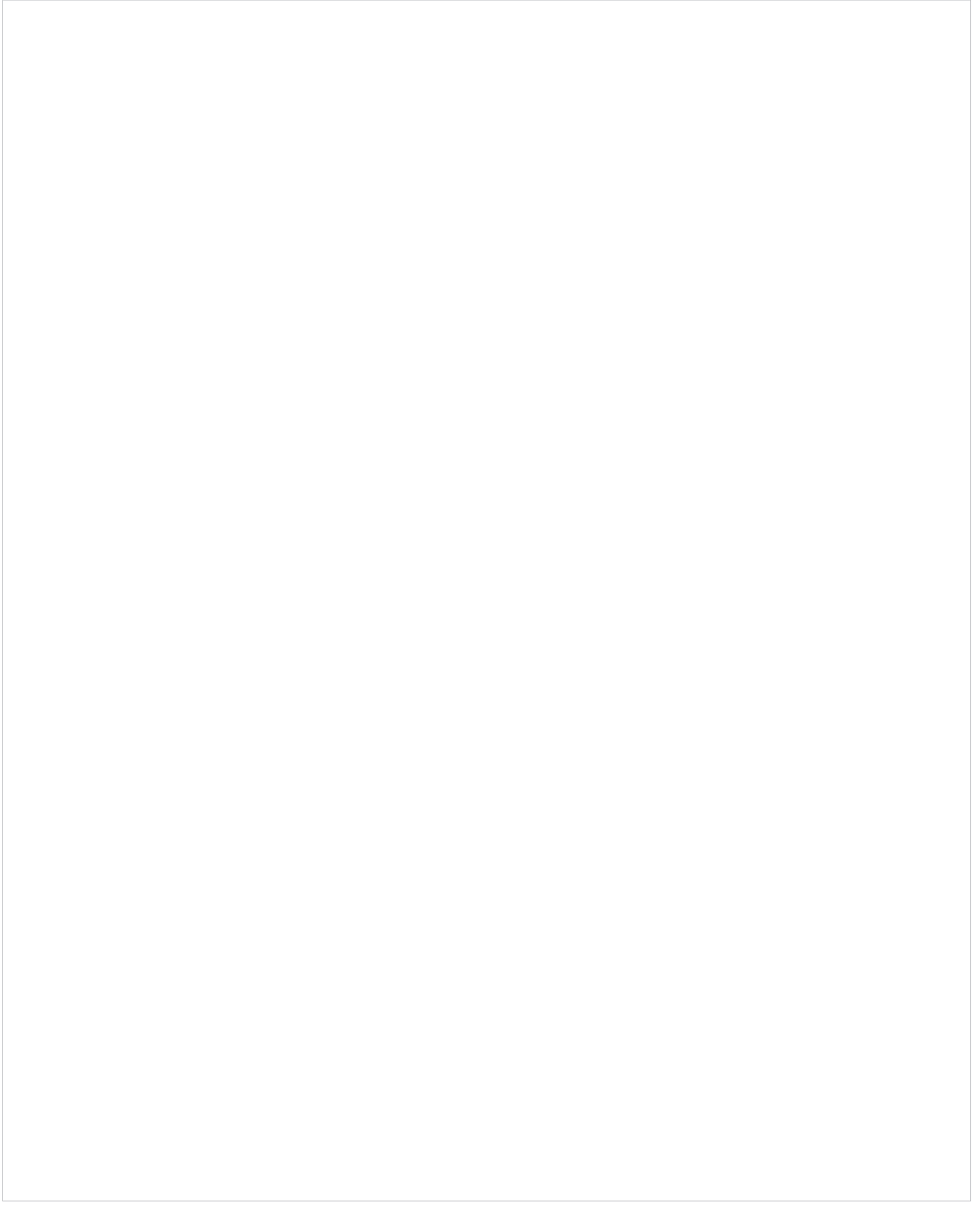
What does your work involve at Robins? "I'm a Cyber Systems Operations technician. We work on a fully capable suite called the NCC-Dv4. The suite is capable of supporting email, information storage, Internet connectivity and cybersecurity services for an air expeditionary wing."

What do you enjoy most about your work? "Being hands on and being a subject matter expert on the deployable Network Control Center equipment. As technicians we are always troubleshooting, patching, applying Field Change Orders, rebuilding, re-cabling and changing settings."

How does your work contribute to the Robins mission? "Our job is to enable other airmen to do theirs, whether that's launching aircraft, command post or civil engineering."

What prompted your interest in your current career field? "I attended college prior to joining the Air Force. As I went through my degree program in networking and server administration, I became very interested in server-related tasks which led to my career in cyber systems operations."

Who has been the biggest influence in your life? "My wife. She always pushes me to achieve more. I've never had a person believe in me more than she has."



FREEZING THE GAIN



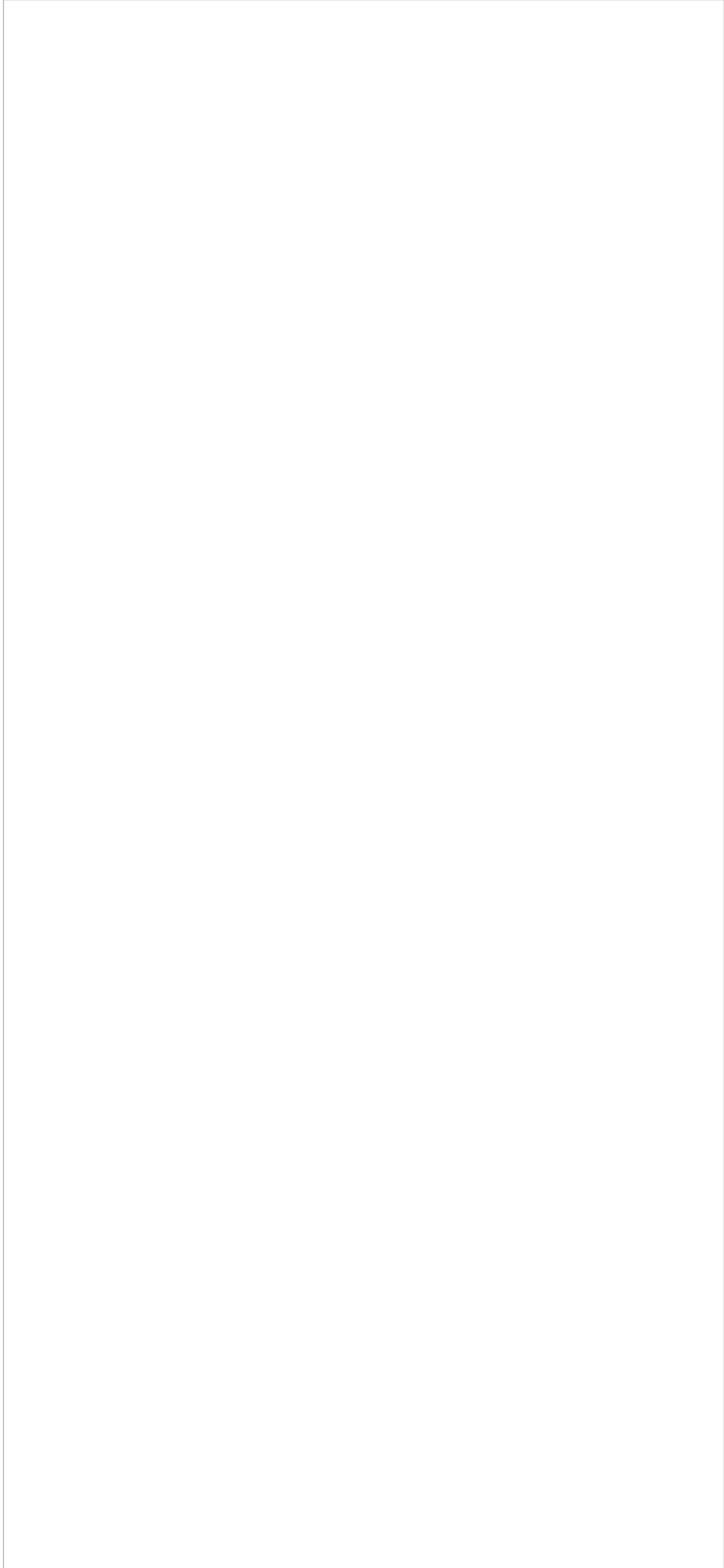
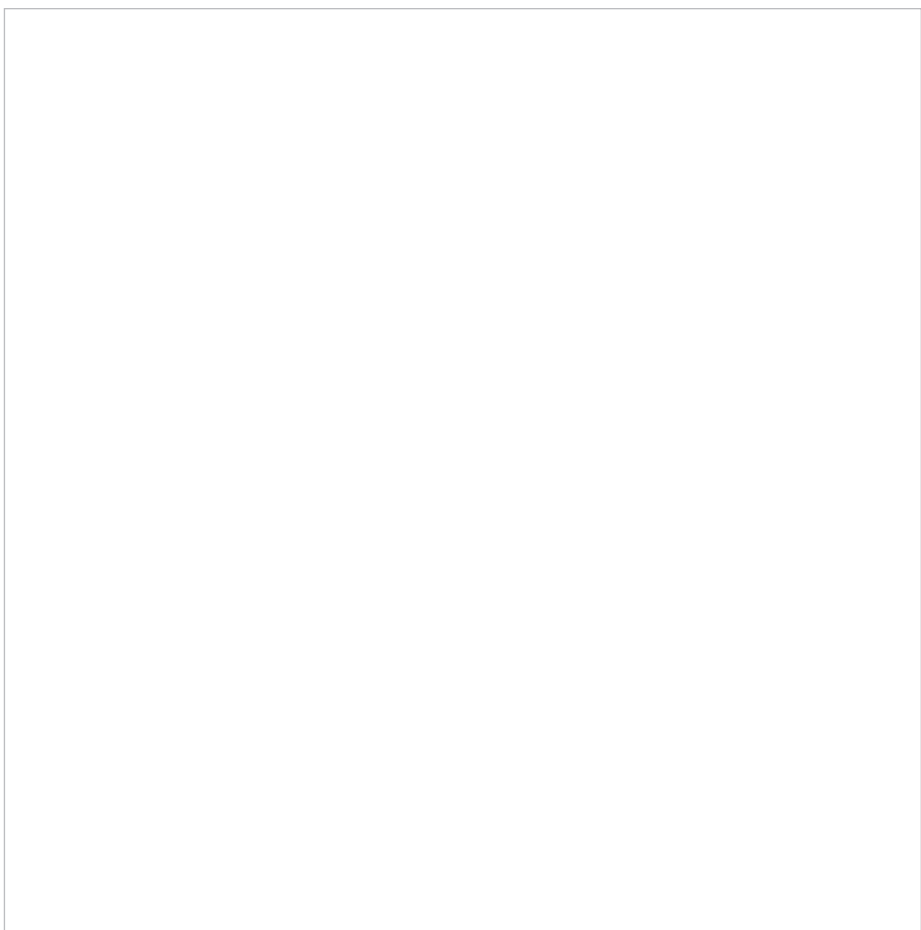
U.S. Air Force photo by MISUZU ALLEN

Michelle Eddins, 78th Air Base Wing protocol specialist, has her blood pressure measured by Kim Lopez, Civilian Health Promotion Services specialist, following a "Freeze the Gain with DASH Diet Class" Wednesday. Freeze the Gain is an Air Force Materiel Command weight maintenance program that encourages participants to maintain - not gain - weight during the eight-week challenge period, which runs through Jan. 8. The participants will come back for their final weigh-out to receive an award between Monday and Jan. 21.

**PRIVATE
INFORMATION
IS WORTH
KEEPING
HIDDEN**

Protect
Your
Personal
Information

**GIVE
TOBACCO
THE
BOOT!**



HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
8	9	10	11	12	13	14

ON TAP
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.

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

UPCOMING
Family Movie Night
 'Toy Story That Time Forgot'
 Jan. 15
 6:30 p.m.
 Base Theater
 \$2 per person includes movie, popcorn and drink
 For details,

call DSN 468-4001.
Fun Shoots
 Jan. 18
 Noon
 \$20
 Robins Skeet Range
 For details, call DSN 468-4001.

Boss N Buddy
 Jan. 22
 4 to 5 p.m.
 Heritage Club Lounge
 For details, call DSN 472-7899.

Big Bingo Winter Fun Day
 Jan. 24
 2:15 p.m.
 Heritage Club Bingo Room
 Larger prize payouts
 For details, call DSN 468-4515.

Membership Dinner
 Jan. 25
 5:30 to 7:30 p.m.

Heritage Club Ballroom
 For details, call DSN 468-2670.

Airman Chef Competition
 Sign up by Feb. 5
 Competition is April 9
 We are looking for competitors to cook alongside local celebrity chefs to win the title "Robins' Airman Chef"
 For details, call 2nd Lt. Dominique Lewis at DSN 472-7271 or email dominique.lewis.6@us.af.mil.

ONGOING
Afterburner January Special
 Mondays through Fridays
 5:30 a.m. to 1 p.m.
 Base Restaurant, Bldg. 166
 All Seasonal Drinks (Hot Only)
 For details, call DSN 472-7827.

Fit to Fight
 Now through Feb. 29
 Mondays, Wednesdays & Fridays
 11 a.m. to Noon
 Main Fitness Center
 For details, call DSN 468-2128.

USE YOUR WITS NOT YOUR WATTS
 CONSERVE ENERGY

Airman & Family Readiness Center Classes, workshops & seminars

- ▶ **Pre-Separation Briefing (separates)*** – Tuesday and Jan. 26 from 8 a.m. to noon.
- (**retirees**)* – Jan. 19 from 8 a.m. to noon.
- ▶ **First Term Airman Course: Finances*** – Tuesday from 7:30 a.m. to noon.
- ▶ **Right Start*** – Wednesday from 8 a.m. to 12:30 p.m.
- ▶ **Technical Track*** – Wednesday and Thursday from 8 a.m. to 4 p.m.
- ▶ **Money and Credit Management** – Thursday from 8 to 10 a.m.
- ▶ **Entrepreneur Training Track*** – Thursday and Jan. 15 from 8 a.m. to 4 p.m.
- ▶ **Bundles for Babies** – Jan. 19 from 11:15 to 11:45 a.m. Call 478-327-8398 to register.
- ▶ **VA Benefits Briefing*** – Jan. 20 from 8 a.m. to 3 p.m.
- ▶ **Writing A Winning Resume** – Jan. 20 from 9 to 11 a.m.
- ▶ **Educational Track*** – Jan. 28 and 29 from 8 a.m. to 4 p.m.

- ▶ **DAV Medical Records Review** – Appointments only. Call DSN 472-4146.
- ▶ **Department of Labor** – 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)
 The Airman and Family Readiness Center will be closed Jan. 18 for the MLK Jr. Holiday.*

ANGER MANAGEMENT

Learn more effective ways to handle anger

FREE

4 Session Class - 2 hours per session

Tuesdays & Thursdays

January 19 & 26, Feb 2 & 9, 2016

2:00 - 4:00 pm

RAFB Chapel

655 9th St, Bldg 769



*GETTING ANGRY IS OK
BLOWING UP ISN'T*



TOPICS

- How anger controls you
- Why you get so angry
- Why your thinking makes you angry
- How to control anger
- How to express anger
- Time-out for grown-ups

Registration is required. For more information or to register, call 327-8398 or email robins.fap@us.af.mil

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YOU
USING
OPSEC
TO DENY YOUR
ADVERSARY VITAL
MISSION INFORMATION**

Think. Protect. OPSEC.
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