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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

March 4, 2016 Vol. 61 No. 9

Robins has \$2.75B economic impact on Peach State

BY GEOFF JANES
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Robins Air Force Base contributes \$2.75 billion to the Georgia economy, according to the installation's latest economic impact statement.

Published annually, the statement provides general information about the economic impact the installation has on the state. It is also distributed to federal, state and local officials.

The fiscal 2015 statement counts Robins' workforce at 21,864 – a figure which is made up of 13,258 wage grade civilians, 5,953 military members and 2,653 other employees.

The statement says Robins doled out nearly \$1.3 billion in salaries.

The largest chunk of that money – \$910 million – went to civilians working on base, while military members accounted for \$381 million, and non-federal civilians and contract employees

accounted for just more than \$15 million.

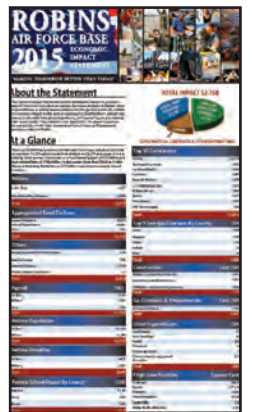
The base also awarded \$5 billion in contracts during fiscal 2015.

Of that amount, the base awarded more than \$400 million to Georgia firms, with the lion's share – \$199 million – to firms in Cobb County.

The top five contractors in terms of contracts awarded were Boeing, Northrop Grumman, Lockheed Martin, Raytheon and General Atomics.

INSIDE

Check out the complete statement on Page 4 and online at www.robins.af.mil



U.S. Air Force photo by RAY CRAYTON
Craig Wright, 561st Aircraft Maintenance Squadron sheet metal mechanic, explains the process for longeron removal and replacement.

Longerons help sustain safety of F-15s

BY JENNY GORDON
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Without canopy sill longerons the F-15, one of the Air Force's most dependable fighter aircraft, can't safely fly and fight.

These heavy duty strips of material are essential structural components by which the aircraft's skin is fastened. It holds the front third of the aircraft together and is the support structure that runs the length and side of the aircraft.

It's also the structural piece where the canopy – the protective cover that encloses a pilot's body while in flight – rests before opening and closing.

Following last fiscal year's recovery in the 561st Aircraft Maintenance Squadron, fiscal 2016 began with a new workload through the addition of canopy sill longeron replacements.

The final F-15 rewire aircraft is currently in programmed depot maintenance. With that workload ending this fiscal year, many mechanics have already begun working on longeron replacements.

Still in its early stages, a team of seven aircraft and sheet metal mechanics have already replaced longerons on two F-15Es.

"It's important at this point because we're still in validation and verification – the learning phase of the process," said Wilnis Louis, 561st AMXS deputy flight chief.

Driving the replacements include an area of the longeron, each measuring over 13 feet, that are subject to cracks in high stress areas due to the aircraft's high speeds and G forces.

A total of six aircraft are planned for longeron replacements this fiscal year, which are being worked in conjunction with regular PDM.

Craig Wright, 561st AMXS sheet metal mechanic, who has worked in F-15s for six years, was part of the team that worked on the first two aircraft.

"We improved the process on the second one," said Wright.

Mechanics must diligently tear down the cockpit area, removing such things as electrical boxes and duct work, the model's two seats, insulation blankets and the bulkhead longeron.

"This is a very critical part where the canopy itself closes, sits on the longeron and is pressurized," he said. "It's very important – helping to keep the F-15 flying longer and last longer."

Removing one longeron at a time on the first aircraft took eight days, for a total of 77 flow days. That aircraft sold last week.

"This workload will continue to keep us busy as well as make the planes more efficient, while helping us get these back to the warfighter soon," said James Maddox, 561st AMXS structural work leader.

Out-of-box effort aids another country

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

When there's space available on a military cargo aircraft, there's an opportunity to airlift humanitarian goods to destinations across the globe.

One such operation took place in February at Robins by the 78th Logistics Readiness Squadron's Deployment and Distribution Flight, involving the transport of a fire truck and fire rescue supplies on a C-17 Globemaster III. It was an effort that once again shows that "Success Here = Success There."

The special shipment, part of the U.S. Agency for International Development's Denton Program, was bound for Matagalpa, Nicaragua, and was the third shipment donated to the country by Emergency Response Services for Latin America.

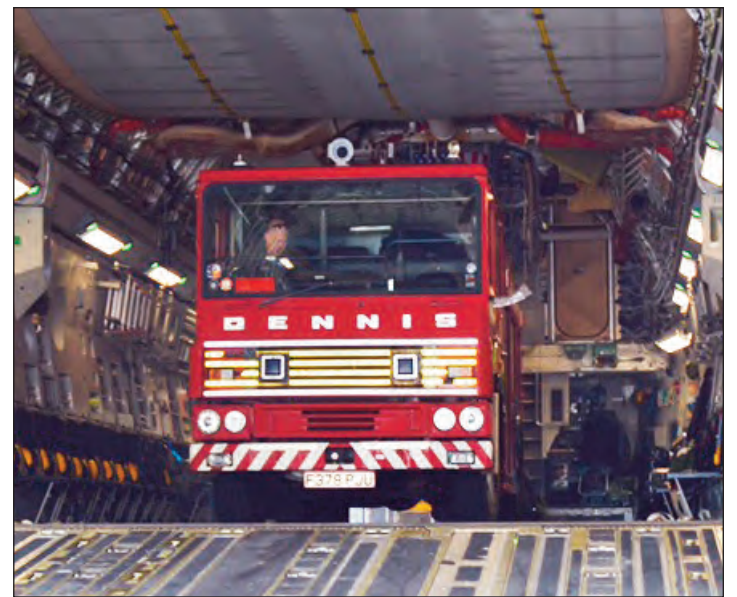
All goods were distributed among three fire-fighting systems, one to the city of Sebaco, which

has a fire station but no equipment. The goods will benefit more than 45,000 people.

The Denton program is a Department of Defense transportation program, managed by U.S. Transportation Command, which moves humanitarian cargo donated by U.S. non-governmental organizations to developing nations to ease suffering.

A phone call last December got things moving. Once coordination took place with a unit at Travis Air Force Base, California, which was conducting a training event at the same time, items were delivered from Robins on February 12. Taking about six hours, cargo was palletized by the flight before loading it on the aircraft.

"This was outside the box for us at Robins, and we accepted the challenge," said Master Sgt. Andre Turner, 78th LRS Small Air Terminal superintendent. "We played a huge role to provide support to a country in need, and it was a great opportunity for some of our airmen to see something different."



U.S. Air Force courtesy photo
The 78th Logistics Readiness Squadron recently took part in a humanitarian relief effort which delivered a fire truck and fire rescue supplies to Matagalpa, Nicaragua.

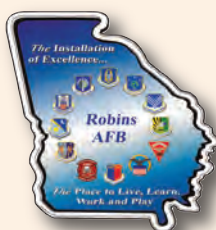
FRIDAY FLYBY: Calling all Shutterbugs! Robins' 2016 Earth Day photo contest, A7

Team Robins awards set for Monday

The 2016 Team Robins Annual Awards Ceremony will be Monday from 11:30 a.m. to 1 p.m. in the Museum of Aviation Century of Flight Hangar.

The special guest speaker will be Maj. Gen. Richard Haddad, Air Force Reserve Command vice commander. Dress will be uniform of the day for military and business casual for civilians.

For ticket information, call Senior Master Sgt. Aaron Dudley at 478-201-2030.



Celebrating Diversity: Women's History Month

Women's History Month is an annual celebration of achievements by women and the central role they have played in history.

Sheila Widnall – born in Tacoma Washington in 1938 – served as United States Secretary of the Air Force between 1993 and 1997, making her the first female Secretary of the Air Force and the first woman to lead an entire branch of the U.S. military in the Department of Defense.

She also served as an American aerospace researcher and institute professor at her Alma Mater Massachusetts Institute of Technology.



Widnall

Weekend Weather
 Friday 67/38 Saturday 70/42 Sunday 74/45

"Hearing protection is a sound investment."

SECOND FRONT

Resiliency, relationships focus at Clergy Summit

BY JENNY GORDON
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Developing relationships, sharing the message of what it means to be a wingman, and communicating activities of the growing Robins Ministerial Alliance was the focus of the Second Annual Clergy Summit March 1 at the Museum of Aviation.

Hope and resiliency, knowing your people, developing trust and rapport are some of the tools used to show others you care. Several Robins First Sergeants provided examples of what it means to be a wingman, to be there for those around you no matter the time or place.

While there are resources available for military members when it comes to spiritual care and resiliency, there are none offered for civilians – one of the things the RMA is seeking to offer.

“We are working together with many wonderful people to assist this collaborative effort in finding solutions,” said Chaplain (Lt. Col.) Jonathan Wade, installation chaplain.

There is an invitation to all faith-based organizations to join



U.S. Air Force photo by TOMMIE HORTON

Rev. Chris Young, Central Baptist Church teaching and families associate pastor, left, greets Crawford Hicks, World War II Air Force pilot, following a clergy summit at the Museum of Aviation Tuesday. Hicks was a guest speaker at the event which attracted about 100 local clergy and Team Robins members.

and learn more about how to care and build spiritual resiliency through the RMA among its military and civilian airmen who work at Robins, and to recognize stressors that produce suicidal tendencies.

The next RMA meeting is April 12 at All Saints Episcopal Church, Warner Robins.

Monthly lunches will begin in May for clergy members who wish to network, learn and receive train-

ing that focus on the wingman concept.

Ongoing discussion also focused on forming an on-call crisis clergy initiative for civilian airmen at Robins, with clergy volunteering one week per quarter as one of its goals.

The summit's guest speaker was retired Lt. Col. Crawford Hicks who spoke on his experiences of being a prisoner of war in Germany during World War II.

Senior Master Sergeant promotion

The Team Robins Senior Master Sergeant Promotion Release Celebration will be today at 4 p.m. in the Heritage Club Ballroom. See the Robins website for list of promotees.

2016 Technology Expo

The 2016 Robins Tech Expo will be Wednesday from 10 a.m. to 2 p.m. at the Heritage Club. All base personnel are invited to attend the free event hosted by the 402nd Software Maintenance Group.

To avoid lines, pre-register at www.FederalEvents.com, click on the “Robins AFB Tech Expo” link and select the pre-register button.

More than 20 exhibitors will provide hands-on demonstrations of various technologies.

Munitions Operations Office Closure

The munitions operations office will be closed March 14 through 18 for a semi-annual wall-to-wall inventory of the munitions stockpile. Only emergency issue requests, submitted in writing and approved by a group commander, will be accepted during this time.

Commissary Reset

The Robins Commissary will conduct a complete store reset March 20, 21, and 22. The store will close at 4 p.m. on March 20 and will be closed completely on March 22.

Security Awareness Seminar

Robins will host its first Security Awareness Seminar April 7.

The seminar will be conducted in three sessions and led by members of the Defense Intelligence Agency Insider Threat Mitigation Cell, members of the Joint Terrorism Task Force – Atlanta, Ga., 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 afternoon portion, which will be conducted in Bldg. 906 with sessions from 3:30 to 4 p.m. and 4:15 to 5:45 p.m. is open to all unit commanders and senior leadership. These sessions will include only the DIA Insider Threat Mitigation Cell briefing.

Topics will include Espionage – the Psychology of the Insider Threat – Mindset of a Traitor; Jihadist: Self-Radicalization via Social Media; and an Active Shooter in the Workplace.

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 morning briefings; unit commanders and senior leadership attending either of the Bldg. 906 afternoon sessions must submit a visitor request via JPAS [SMO CODE: RX1MF2W95]).

Dentistry goes high tech at annual conference

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

For the sixth year, Robins has hosted the Robins Air Force Base Dental Continuing Education Conference.

Dentists and hygienists can receive continuing education credits in the span of a day while networking with other employees of the dental community.

“This is an opportunity we don't get very often in Central Georgia,” said Maj. (Dr.) Stephanie Trahan, 78th Dental Squadron clinical dentist.

Further, those who work in private practice get the chance to get the military perspective of dentistry.

“We have different challenges with readiness. This is a pure learning experience,” Trahan said.



Cade

In all, there were five lectures held at the Museum of Aviation on Feb. 26 given by various dentists throughout the Air Force.

One of those, Lt. Col. Cade Salmon from Lackland Air Force Base, Texas, spoke on CAD/CAM Principles and Materials.

“Every day new stuff comes out. It changed dentistry a lot,” Salmon said of the computer-aided design and manufacturing.

Other lectures included using Botox in dentistry, hospital dentistry and surgery.

About 300 people attended the conference, up from 250 last year. The event also has the added benefit of meeting people face-to-face. Most continuing education is done online.

“The conference is growing by leaps and bounds. It allows us to partner with the local dental society as a way of collaborating ideas,” said Lt. Col. Rene Saenz, 78th DS commander.



U.S. Air Force photos by TOMMIE HORTON

Airman's Attic appreciation

Above, Victoria Byerly, Robins Enlisted Spouses Club president, addresses attendees during a ceremony Feb. 26 at the Airman's Attic.

The ceremony recognized the contributions made to the facility by retired Maj. Gen. Rondal Smith and his late wife, Debbie.

At right, (left to right) family friend, Sue Gruber; retired Maj. Gen. Ron Smith, former Warner Robins Air Logistics Center commander; and daughter, Robin Helvey; attended a dedication event at the Airman's Attic in memory of Debbie Smith.

The small informal event attended by family and close friends of the Smiths show-



cased a memory wall which includes an Alabama quilt and retirement shadow box displayed at the facility. The Airman's Attic is a volunteer-run facility that provides E-1 to E-5 and O-1 to O-2 Airmen and their families with free items donated by the community, such as clothing, furniture, small appliances and electronics.



March is Women's History Month and Robins Air Force Base is set to celebrate their contributions.

The theme of this year's observance, which is being hosted by the Team Robins Diversity Council, is "Working to Form a More Perfect Union: Honoring Women in Public Service and Government."

According to the Air Force, diversity and inclusion are critical force multipliers and national security imperatives.

Air Force decision-making and operational capabilities are enhanced by diversity and inclusion in our force,

making us more agile, innovative and effective.

As part of the month's observance various women in public service and government will be highlighted.

The committee will also host a Women in Public Service and Government Panel March 24 in the Heritage Club Ballroom. The event will be from 11 a.m. to 1 p.m.

Also, there will be a movie presentation of "The Iron Lady" March 30 at 1 p.m. at the base theater.

For more information on events, like the Robins Diversity Council on Facebook or send an email to robinsdiversitycouncil@us.af.mil.

— from staff reports

ROBINS AIR FORCE BASE 2015 ECONOMIC IMPACT STATEMENT

'MAKING TOMORROW BETTER THAN TODAY'



About the Statement

The Economic Impact Statement provides information about the economic impact of Robins Air Force Base on Georgia. It is made available to federal, state and local officials, as well as business leaders and the general public. An installation's economic impact on the state is calculated by identifiable on- and off-base spending in the state from gross expenditures. All financial figures are rounded to the nearest dollar. This statement is for fiscal 2015. The report is based on data analyzed by the Air Force Sustainment Center Financial Management Operating Location at Robins.

At a Glance

There are 21,864 total personnel at Robins Air Force Base, including 5,953 military members, 13,258 appropriated fund civilians and 2,653 employees who are funded by other sources. Robins has an annual federal payroll of \$1.3 billion and annual expenditures of \$346 million. It also creates more than \$1 billion in jobs.

Based on that data, Robins has a \$2.75 billion total annual economic impact on Georgia.

Military

Active Duty	3,355
Non-Active Duty Reserves	2,598
Total	5,953

Appropriated Fund Civilians

General Schedule	8,052
Federal Wage Board	4,460
Other	746
Total	13,258

Others

Nonappropriated Fund Employees	478
Base Exchange	168
Contract Civilians	1,974
Private Business employees	33
Total	2,653

Payroll (\$M)

Civilian	\$910
Military	\$381
Other	\$15
Total	\$1,307

Retiree Population

Civilian	16,459
Military	8,288
Total	24,747

Retiree Annuities

Civilian	\$470
Military	\$220
Total	\$690

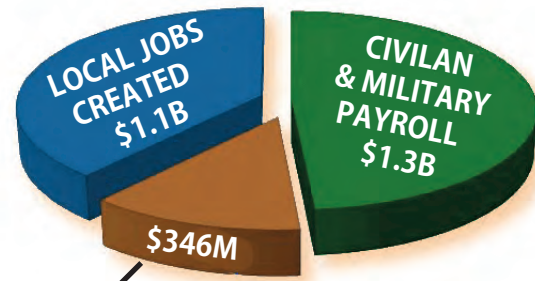
Federal School Impact by County* (\$M)

Houston	\$1.18
Dooley	\$.01
Macon	\$.01
Total	\$1.2



* Impact Aid payments are paid to local educational agencies that are financially burdened by all federal activities and they are calculated by the number of children associated with that federal property. **Robins Air Force Base facilities replacement cost is \$8.2B.

TOTAL IMPACT \$2.75B



CONSTRUCTION, CONTRACTS & OTHER EXPENDITURES

Top 10 Contractors

Boeing	\$2,119.0
Northrop Grumman	\$825.7
Lockheed Martin	\$594.2
Raytheon	\$369.9
General Atomics	\$339.2
L-3 Communications	\$240.3
Al Raha Group	\$203.5
Excelis	\$153.2
Rolls-Royce	\$147.4
DRS Technologies	\$86.0

Total \$5,078.3

Top 5 Georgia Contracts By County (\$M)

Cobb	\$199.5
Houston	\$157.8
Fulton	\$19.6
DeKalb	\$6.4
Bibb	\$5.3

Total \$388.5

Construction Cost (\$M)

Military Construction Program	\$19.34
Operations and Maintenance	\$70.47
DMAG/Architectural & Engineering	\$29.08
Total	\$118.9

Ga. Contracts & Procurements Cost (\$M)

Services Contracts	\$167.3
Total	\$167.3

Other Expenditures (\$M)

Commissary	\$1.6
Base Exchange	\$1.4
Health	\$32.2
Education	\$4.9
Temporary Duty	\$5
Other materials, equipment & supplies	\$15.1
Total	\$60.3

Flight Line Facilities Square Yards

Taxiways	504,414
Aprons	1,319,425
Overruns	66,666
Paved Shoulders	507,486
Cargo Pads	8,283
Warm Up/Holding Pads	60,816
Power Check Pads	2,547
Total	2,469,637

Buildings**

	No.	Square Feet
Administrative	125	2,589,268
Shops/Hangars	155	5,060,080
Warehouses	159	4,606,152
Terminal	1	68,258
Other	9	271,093
Total	449	12,594,851

Utilities Consumed (\$M)

Heating, Fuel, Oil	\$122
Electricity	\$22.3
Water	\$1.0
Propane	\$1.0
Natural Gas	\$3.1
Total	\$27.5

AROUND THE AIR FORCE

Air Force Sustainment Center hosts commanders' summit

BY JOHN PARKER

72nd Air Base Wing Public Affairs

TINKER AIR FORCE BASE, Okla. — Lt. Gen. Lee Levy II, Air Force Sustainment Center commander, recently hosted the first Oklahoma Commanders' Summit aimed at building cooperation and efficiency among the state's military installations across all service branches.

Levy called the summit a success for advancing joint-service goals of the Defense Department and the families of soldiers, sailors, airmen and Marines.

"I think we would all agree it's amazing what military capabilities we have in the state of Oklahoma, but it's also surprising how little we communicate," Levy remarked at the start of the Feb. 19 summit. "I think from a warfighting perspective and a defense of the homeland perspective, we ought to do better. That's why I wanted us to spend this time together, to get to know one another, to help us figure out better ways of taking care of our troops."

Levy said the summit led to concrete ideas such as building a closer relationship among Fort Sill, Tinker and Altus Air Force bases' medical providers that may care for the same military members and their dependents.

Due to deployments, one of those health care providers may be in low or high demand at any given time, he said.

"Right now there's really no forum for that type of discussion," the general said. "One of the ideas that came out of today, and is easy to do, is to link the commanders of those medical organizations together so they can collaborate on ways to provide better care for our people. Ultimately, it's not about the Army or the Air Force or other branches. It's about active-duty families and active-duty members and how to best take care of them across the state of Oklahoma."



U.S. Air Force photo by KELLY WHITE

Theresa Farris, 564th Aircraft Maintenance Squadron civilian leader, explains the KC-135 PDM Line to Oklahoma Commanders' Summit participants Feb. 19.

Oklahoma's major military installations include Tinker, Vance and Altus Air Force Bases, the McAlester Army Ammunition Plant and Lawton's Fort Sill Army artillery and basic training post.

Army Col. Sean Herron, McAlester Army Ammunition Plant commander, said the summit highlighted overarching issues.

"I think it was a great idea to bring us all together," Herron said. "Until today I didn't realize there are a lot of the same issues we all talk about and try to solve from our individual levels. I think teamwork and coming together for one approach and working toward the same result allows us to integrate our practices and get a larger benefit for the whole team in Oklahoma."

The commanders' shared issues include civilian

workforce hiring, coordinating disaster response, working with Oklahoma's local and state public officials on military base needs, and ensuring military members and their families are taken care of.

"I think it helps the state overall and the installations overall to develop a sense of collaboration, and I want to be a part of that because what they're doing is creating future veterans," said summit participant Myles Deering, Oklahoma's Secretary of Veterans Affairs. "I want to assist in any way I can and assist anyone who's transitioning out of service. But, I also want to provide insight on dealing with government at the state level."

Army Maj. Gen. John Rossi, Fort Sill commander, said the summit generated two clear benefits.

"I wasn't aware of the complexity of what they do (at Tinker), especially the logistics of it," he said. "The second is the commonality that we have. Pulling all of the military in Oklahoma together to collectively help ourselves was fantastic."

Levy said the idea for the summit began after he spoke with Gov. Mary Fallin about military issues.

"It occurred to me that we don't have any standing relationship with one another, but most of us are only a couple of hours apart," the general said. "I told the governor, if it's OK with you, I'd like to go see all the bases and try to get everyone together and see where we have common areas of interest and common challenges, and then take it from there."

The seven commanders plan to hold regular summits and possibly expand membership.

Commanders who were available to attend the first summit also included retired Brig. Gen. Hopper Smith, land component commander, Oklahoma Army National Guard; Col. Clark Quinn, commander of the 71st Flying Training Wing at Vance AFB; and Col. Todd Hohn, commander of the 97th Air Mobility Wing at Altus Air Force Base.

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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ROBINS REV-UP

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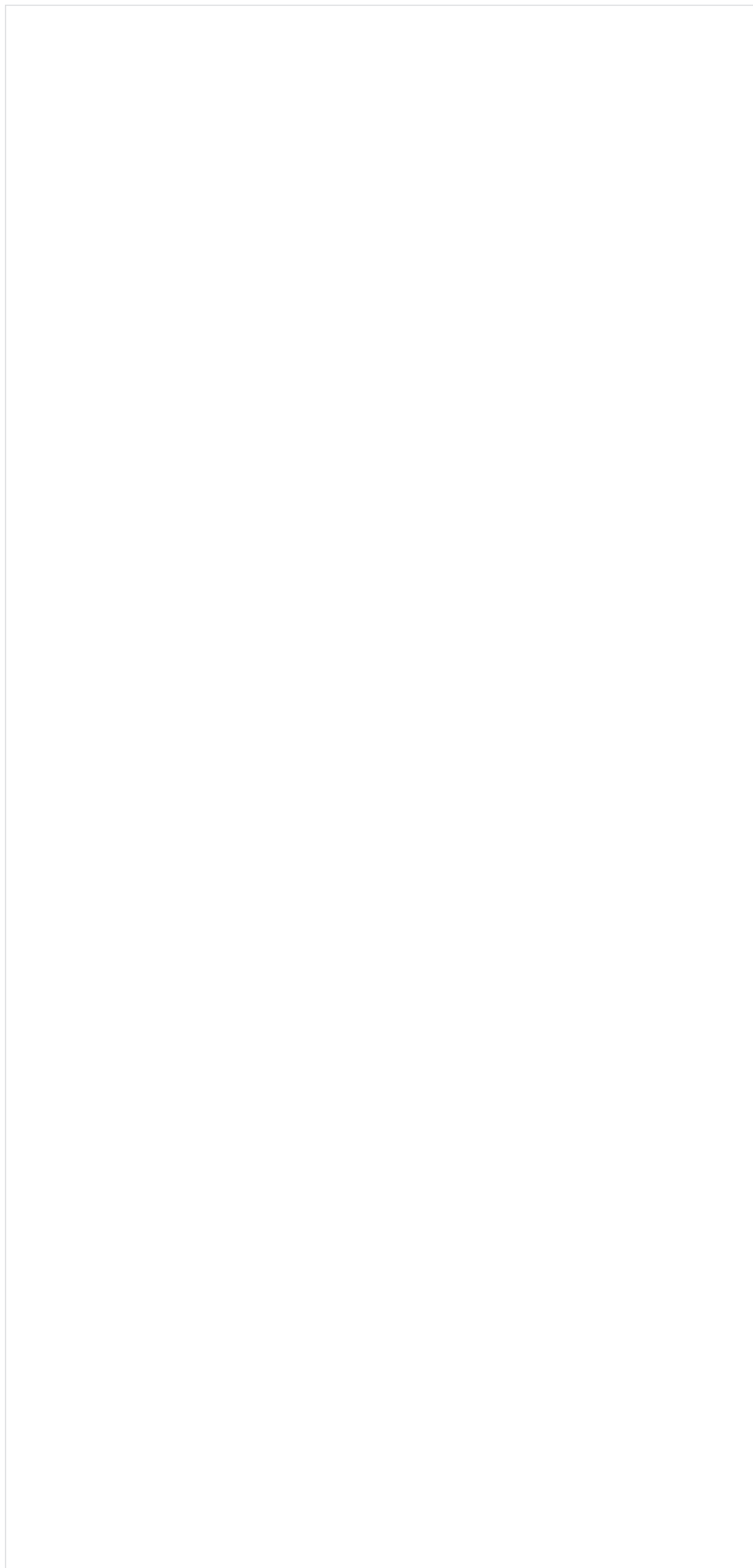
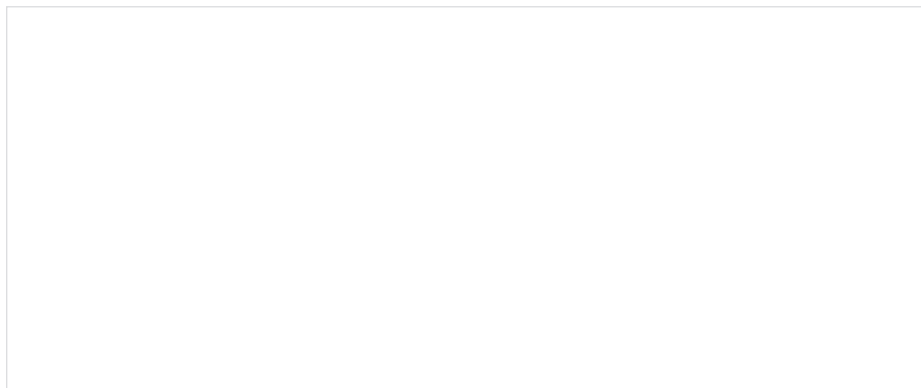
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Sometimes everyone needs a little help ...

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



Robins announces Earth Day photo contest

In honor of the 46th Anniversary of Earth Day, Environmental Management invites you to participate in the inaugural Robins Air Force Base Earth Day Photo Contest.

We're looking for photographs displaying our natural inhabitants while highlighting our interactions with the local flora and fauna here on base. With so much diversity at your fingertips right here on the installation, get outside and explore Robins' fascinating and natural canvas. Consider visiting the parks, hiking trails and lakes, the new dog park, and the splash pad to capture the winning photos for this year's contest.

HOW TO ENTER

Who is eligible to participate?

Everyone! Photo entry age groups are available for children, teens, and adults with accessibility to the base.

- Children (12 years old and younger)
- Teen (13 through 17 years old)
- Adult (18 years and older)

What are the photo categories?

There are three photo entry categories. Remember all photographs must be taken on base. Each person may submit one photo per category.

- Flora (plants, trees, flowers, landscapes)
- Fauna (wildlife, animals, insects, rodents, reptiles, birds etc. Note: animals must be unharmed)
- People enjoying nature

How many winners?

■ There will be a total of nine winners, one winner for each age group per category. In the event of a tie, a team of volunteers from Robins will vote on the winning photo.

When will the photo contest take place?

■ Submit your photos by April 7. Winners will be announced April 22, Earth Day, on the official Robins Air Force Base Facebook page!

■ Now through April 7: Submit photos for entry

■ April 11 through 21: Voting on the Team Robins Earth Day Photo Contest Facebook page at



<https://www.facebook.com/robinsearthdayphotocontest>

■ April 22: Winners announced

How do I submit my photos?

Photographs can be submitted until April 7 by emailing one digital photograph (5x7 inches, 300 ppi, jpg) accompanied by an entry form to Kimberly Mullins (kimberly.mullins.2@us.af.mil) or Casey Lucas (casey.lucas.2@us.af.mil). Photographs received after 6 p.m. April 7 will not be entered into the contest. Submit a separate form for each photograph. See Rules, Terms and Conditions for limitations on photo editing.

Where do I vote?

You can vote for your favorite photos by liking them on the Team Robins Earth Day Photo Contest Facebook page at <https://www.facebook.com/robinsearthdayphotocontest>. Voting will end at 6 p.m. April 21 and photos will be removed from the contest page. Winning photos will be posted on the official Robins Facebook page April 22.

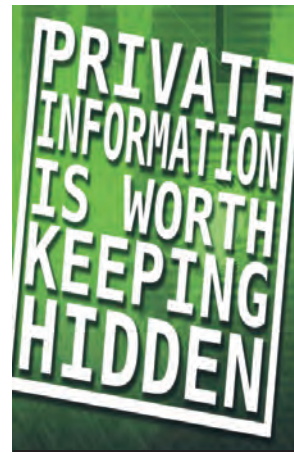
What do I win?

■ Winners will receive their winning photograph in an 8x11 beautiful frame from Robins Arts and Crafts Center.

Where do I pick-up my winning photo framed by Robins Arts and Crafts Center?

Winners will be contacted directly with details of where and when to take home their winning photographs.

– For full rules and an entry form visit www.robins.af.mil.



Protect
Your Personal
Information

REUSE, REDUCE, RECYCLE



Thought for the Day

"The question isn't who is going to let me; it's who is going to stop me."

— Ayn Rand



What's inside

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Travel and Recreation Show, B4

Chapel Easter schedule, B5

Lighter Fare

THE ROBINS REV-UP ■ MARCH 4, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



A POIGNANT REMINDER

U.S. Air Force photos by TOMMIE HORTON

National Historic Site offers view of Civil War era

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

As one of the most infamous Civil War prison camps, Andersonville National Historic Site is worth the 50-mile trip from Robins.

Travel southeast from the base, through farmland and small towns to find a historical setting that's an important lesson in U.S. history.

More than 150 years ago, the first soldiers were buried at what is now Andersonville National Cemetery.

"It's not a pretty story, but it has to be told," said Linda Van Bloem, a park volunteer.

The pictures that depict the story are even harder to look at. Civil War soldiers numbering 12,920, died in the 14 months the prison was operational.

What was supposed to be a prison for 10,000 soldiers, the 26.5-acre Camp Sumter, known as Andersonville, housed almost 45,000 at its peak.

The cemetery, with its rows and rows of white headstones, has about 21,000 graves from every American conflict except the War of 1812, said Jody Mays, chief of interpretation and resources management at Andersonville.

While the cemetery and a tour of the prison site are quite somber experiences, the National Prisoner of War Museum is gut-wrenching in its portrayal of life as a POW.

The atmosphere in the museum is muted, with dimly lit rooms filled with memories and stories from those who had been POWs.

A short video is played of survivors recounting the horrors they faced, while 33 rifles, muskets and pistols are pointed outward like a firing squad.

On the brochure for the site, the words say "Where We Held Each Other Prisoner" speak to the important message Andersonville tells.

Established as a national park in 1970, Andersonville is a reminder of the sacrifices soldiers make to this nation.

"Andersonville now offers a place for remembrance and reflection. Here we remember POWs and honor their courage, service and sacrifice," the Andersonville brochure stated.

WHAT TO KNOW

760 POW Road Andersonville, Ga. 31711
For more information, visit www.nps.gov/ande or call 229-924-0343.

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



One Tank Trips

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!



A BETTER YOU

HAWC offers classes, healthy eating tips

BY MARITA RADLOFF

HAWC registered dietitian nutritionist

March is National Nutrition Month, a nutrition campaign created annually by The Academy of Nutrition and Dietetics.

Registered dietitian nutritionists and healthcare professionals use March as a platform to emphasize the importance of making educated food choices and creating healthy eating habits. The theme for 2016 is "Savor the Flavor of Eating Right."

The academy strives to communicate healthy eating messages that emphasize balancing food and beverages with each person's energy needs, rather than focusing on one specific food or meal.

To relay that message, RDNs promote creating healthy lifestyle behaviors rather than restrictive diets or eating patterns.

That's also the Health and Wellness Center's main goal. HAWC classes – such as Better Body, Better Life – promote finding ways to incorporate healthy habits into your routine to make lasting lifestyle changes.

This year's theme encourages enjoying food traditions and appreciating the great flavors food can provide. This month's theme emphasizes taking time to enjoy healthy foods.

Throughout the month, the HAWC will provide tips and recipes on how to add flavor to favorite foods, and some new ones too. Below are some tips to kick the month off in a healthier way

Social time and food traditions

Food is intrinsically linked to social outings and traditions. Whether it's a birthday dinner, a holiday or social gathering, food often plays a central role.

Research shows that family meals promote healthier eating and strengthen family relationships. So next time you're rushing to get dinner on the table, remember to sit and enjoy it with your loved ones to foster healthy habits for the next generation.



Appreciate foods flavors

Take time to appreciate flavors, textures and the overall eating experience when you can.

In today's busy world, it's easy to fall into the habit of working through lunch, or catching up on social media while eating mindlessly.

Next time you notice this, take time to put the phone down and appreciate the flavor of each bite by chewing slowly and putting your fork down between each bite. That will help you eat less because your stomach will have adequate time to tell your brain that it's full.

Try One New Recipe a Week

Tired of the same old dinner, or looking to incorporate more healthy recipes into your rotation?

Use websites to find new recipes, and get the kids involved in the grocery shopping, preparation and cooking so they're more willing to try something new. Even the pickiest of eaters are more likely to sample a food they've helped prepare.

Editor's note: All of these topics are covered in the HAWC's next 12-week Better Body, Better Life program starting April 4. The program is open to all employees and family members 18 and older. To register, stop by Bldg. 827 or call 478-222-6907.

Check out the HAWC's Facebook page for events, and look for more tips and a new recipe every week this month in the Rev-Up.



U.S. Air Force file photo
Michelle Eddins, 78th Air Base Wing protocol specialist, has her blood pressure measured by Kim Lopez, Civilian Health Promotion Services specialist, after the Freeze the Gain with DASH Diet class, Jan. 6.

Civilian Health Promotion Services celebrates a decade of health

BY AIR FORCE MATERIEL COMMAND HEALTH & WELLNESS TEAM

WRIGHT PATTERSON AIR FORCE BASE, Ohio – Civilian Health Promotion Services will celebrate its 10-year anniversary of providing health and wellness services to Air Force Materiel Command's workforce throughout 2016.

The program began in 2006 in collaboration with Federal Occupational Health to maintain a healthy and productive civilian workforce and to support AFMC's goal of enhancing the wellness and safety of its employees.

"Building a culture of health and resilience in this command is a top priority," said Gen. Ellen Pawlikowski, AFMC commander. "CHPS is an excellent resource that provides our workforce the tools and support to enhance their physical, mental and social well-being."

The personal benefits of wellness also extend to the workplace, according to Col. Janice Wallace, AFMC command surgeon.

"Healthy employees are more productive at work and at home," she said. "Making healthy lifestyle changes can lower your risk of developing chronic diseases such as diabetes and high blood pressure."

Over the past 10 years, CHPS health and wellness programs have encouraged the AFMC workforce to lose weight, eat healthy, lower cholesterol and increase physical activity. CHPS wellness challenges that helped the workforce achieve their wellness goals include: Freeze the Gain, Be Active, Team Lean Challenge and Spring into Shape. CHPS wellness challenges have had more than 29,000 participants, and these individuals collectively have lost 37,000 pounds, walked 72,000 miles and completed more than 34,000 hours of physical activity.

To help the workforce understand their current health status, CHPS has conducted 100,000 cardiac risk profile screenings, which measures cholesterol, glucose and blood pressure values. More than 182,000 participants have attended CHPS health education classes to learn healthy lifestyle behaviors such as preventing Type 2 diabetes and exercising with arthritis.

CHPS has also promoted and conducted Comprehensive Airman Fitness resilience campaigns through collaborative Integrated Delivery System partnerships including Mental Fitness, Chronic Pain Management, Stay Safe & Drive Sober and Strengthening Relationships.

Be Active. Feel Good. Enjoy Life. CHPS provides many resources to help employees maintain and improve their health and well-being.

For more information, visit AFMCwellness.com.



Whole Wheat Apple Pie Pancakes

Tasty and packed full of protein and fiber, you won't miss the boxed mix with these flavorful hot cakes. These pancakes are made with whole grain and all-purpose flour, so they are full of fiber and protein, but still light and fluffy. Make a big batch of these pancakes on the weekend to freeze, and pop them in the microwave for a quick weekday breakfast.

Prep Time: 10 minutes
Total Time: 15 minutes

Pancake Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tsp baking powder
- 1 ½ tps apple pie spice (or 1 tsp cinnamon + ¼ tsp each cloves and nutmeg)
- ¼ tsp salt
- 2 eggs (separated)
- 1 cup applesauce (unsweetened)
- 2/3 cup buttermilk
- ¼ cup melted butter
- ¼ cup sugar

Caramel Apple Topping (optional)

- 1 tbsp butter
- 2 cups diced apples
- 3 tps sugar
- ½ tsp apple pie spice

Pancake directions

1. Heat a lightly greased griddle or non-stick pan to medium-low.
2. Whisk together dry ingredients in a bowl – flours, baking powder, spices and salt.
3. In a separate bowl stir together wet ingredients – egg yolks, apple sauce, buttermilk, melted butter, and sugar. Using an electric mixer, beat the egg whites until stiff and peaks form.
4. Add the dry to the wet ingredients and gently stir. When there are still streaks of flour in the batter, start folding in the stiff egg whites. This batter is

fairly thick and lumpy; if too thick to spread on griddle, add 1-2 tps water at a time to thin out batter and stir until just combined.

5. Drop ¼ cup portions of batter on the heated griddle or pan. Cook until edges are set and flip. Continue cooking until lightly browned.
6. Repeat with remaining batter.

Topping directions

1. Melt the butter in a small sauce pan. Stir in the diced apple, sugar and cinnamon. Simmer on low until apples have softened to desired level.
2. Serve pancakes topped with apple caramel mixture.

Recipe adapted from

<http://www.yummy.com/recipe/external/Whole-Wheat-Apple-Pie-Pancakes-1360257>

GETTING TO KNOW YOU



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

UNIT: 561st Aircraft Maintenance Squadron

JOB TITLE: Sheet metal/ E&I Inspector

TIME IN SERVICE: 9 years

HOMETOWN: Hawkinsville, Ga.

What does your work involve at Robins? "After fuel tanks are stripped, I inspect for any defects. After inspecting the tanks, I research the deficiencies using technical orders, job guides, wiring diagrams and engineering support to determine if the defect is within limits or out of limits, and what the procedure is to repair or replace the part. Then, using the Maintenance Work Request System, I submit a write-up to the planning office with the corrective action for the mechanic to use on accomplishing their task."

What do you enjoy most about your work? "Knowing that the work I do could possibly help make sure a pilot gets home or helps a soldier who needs air support get it. That thought helps keep me focused on my daily tasks and the mission at hand."

How does your work contribute to the Robins mission? "I find defects so they can be fixed to give the customer back a product in a timely manner that's in better condition than it was when it got here."

What prompted your interest in your current career field? "I've always been a hands-on person, and with prior military experience I wanted to be able to help out my fellow brothers and sisters in arms."

Who has been the biggest influence in your life? "My foster parents, David and Teri Sabet. While in foster care and to this day, I've been able to lean on them for counsel, advice, support, love and compassion in my everyday life. Anytime I've needed someone, they've been there to help."

What's the accomplishment of which you're most proud? "Being the proud father of two wonderful children – Tyler and Patience. Not a day goes by that they don't make me smile, laugh and remind me to keep moving forward."

Airman & Family Readiness Center Classes, workshops & seminars

- ▶ **Transition GPS Workshop*** – Monday through March 11 from 8 a.m. to 4:30 p.m.
- ▶ **First Term Airman Course: Finances*** – March 15 from 7:30 a.m. to noon.
- ▶ **Pre-Separation Briefing (retirees)*** – March 15 and 29 from 8 a.m. to noon. **(separatees)*** – March 22 from 8 a.m. to noon.
- ▶ **Career Technical Training Track* in Bldg. 905** – March 16 and 17 from 8 a.m. to 4 p.m.
- ▶ **Passport to Parenthood (Call 478-327-8398 to register)** – March 15 from 8:30 a.m. to noon.
- ▶ **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 16th Annual
Travel & Recreation Trade Show**

**Thursday, March 17
10 a.m. - 1 p.m.
Heritage Club Ballroom**

Come see all the local travel and amusement opportunities in Georgia and surrounding states. Opportunity to win Free trips and prizes

Egg Hunt

**March 19
11 a.m. - 1 p.m.
Youth Center**

**Free Hot Dogs,
Chips, Desserts & Drink**

**Fun Activities
For The Whole
Family!**

Don't forget your camera

For more information, call the Youth Center at DSN 468-2110 or 478-926-2110

HAPPENINGS/SERVICES

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

ON TAP

First Friday

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

**Give Parents a Break
 Hourly Care**

Saturday
 6 to 10 p.m.
 CDC East and School-Age Program
 For details, call DSN 468-5805.

Golf Yard Sale

Saturday
 7:30 a.m. to noon
 Pine Oaks Golf Course
 \$10 per table
 For details, call DSN 468-4103.

Tips from the Pro

Tuesday
 4 to 5 p.m.

\$5 for unlimited balls
 Pine Oaks Golf Course
 For details,
 call DSN 468-4103.

UPCOMING

Family Movie Night

Cars 2
 March 11
 7 to 9 p.m.
 Base Theater
 For details, call DSN 468-4001.

Membership only Dinner

March 14
 5:30 to 7 p.m.
 Heritage Club Ballroom
 For details, call DSN 468-2670.

Base Library Story Time

March 16
 10 a.m.
 School age children
 For details, call DSN 497-8761.

Think twice, energy has a price.

Robins Chapel Protestant and Catholic *Easter Worship Schedules*

Catholic Worship Services

Monday, Thursday and Friday – Mass, noon

Thursdays – Stations of the Cross, 6 p.m.

March 20 – Palm Sunday, 9:30 a.m.

March 24 – Holy Thursday Mass, 7 p.m.
 Adoration one hour; no noon mass

March 25 – Good Friday Liturgy, 7 p.m.
 Designated Offering for Peter's Pence;
 no noon mass

March 26 – Holy Saturday Mass, 8 p.m.
 Reception to follow in the annex

March 27 – Easter Sunday Mass, 9:30 a.m.

Protestant Worship Services

Sunday – Fourth Sunday of Lent Sunday
 Worship Services at 8 and 11 a.m.

March 13 – Fifth Sunday of Lent Sunday
 Worship Service at 8 and 11 a.m.

March 20 – Gospel Worship Service at 8 a.m.
 and traditional worship service at 11 a.m.

March 25 – Good Friday Service, noon

March 27 – Easter Sunrise Service, 6:45
 a.m. Chapel lawn.

Easter Celebration Worship Service, 11 a.m.