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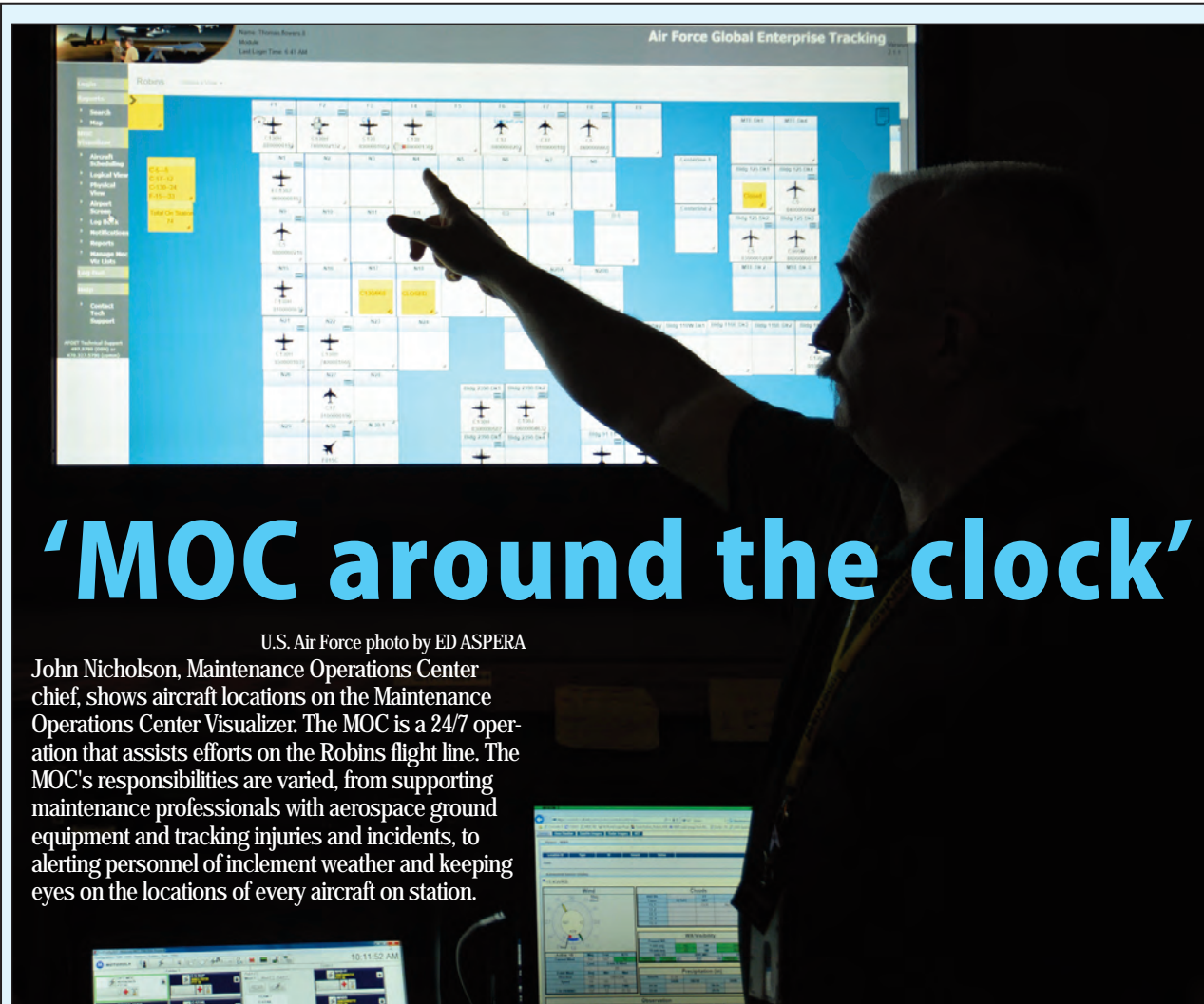


# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

March 18, 2016 Vol. 61 No. 11



## 'MOC around the clock'

U.S. Air Force photo by ED ASPERA

John Nicholson, Maintenance Operations Center chief, shows aircraft locations on the Maintenance Operations Center Visualizer. The MOC is a 24/7 operation that assists efforts on the Robins flight line. The MOC's responsibilities are varied, from supporting maintenance professionals with aerospace ground equipment and tracking injuries and incidents, to alerting personnel of inclement weather and keeping eyes on the locations of every aircraft on station.

## Center gives 360-degree view of flight line; new software on horizon

BY JENNY GORDON  
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Like any good neighbor, the Robins Maintenance Operations Center is there for you.

It's an around-the-clock operation that never rests. That's because maintenance work on the flight line continues no matter what time it is.

And helping to support that effort behind-the-scenes is a group of former mechanics who are trained to assist with just about any request. From supporting maintenance professionals with dispatching of aerospace ground equipment, to documenting incidents or injuries, to alerting personnel of inclement weather, it's a job with prominent responsibility for those fortunate to do it.

"We are the single point of contact for everyone who is on the flight line," said John "Nick" Nicholson,

402nd Aircraft Maintenance Support Squadron MOC chief.

Much like the Robins Command Post, security forces and the fire department, it's a 24-hour-a-day, seven-day-a-week operation.

The phones ring intermittently during one quiet morning in 'the MOC.' It's an unusual occurrence, and only happens every so often. Many calls routed to the MOC involve AGE, which can include requests regarding stands, lifts, tools, anything to support the dozens of aircraft on station. That particular week was training week for various squadrons, so calls to the MOC were few and far between.

A bookshelf sits filled with over 50 folders of checklists, ranging from what to do if there's a call on accidents and injuries or severe weather emergencies,

► see MOC, A5

## AFAF campaign helps others

BY JENNY GORDON  
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The Robins Air Force Base 2016 Air Force Assistance Fund campaign begins Monday and runs through April 29.

This year's six-week campaign includes an installation goal of \$83,949, with the theme of "Team Robins Helping Airmen."

The annual effort raises funds to provide support throughout the Air Force family to include assistance with emergency needs, education, or to secure a retirement home for widows or widowers of Air Force members in need of financial aid.

"It affects us. When you give, you'll see the fruitfulness of your contributions," said Master Sgt. Bruce Harrison, AFAF installation project officer. "It's a blessing and a program I believe in."

As a first sergeant with the 78th Logistics Readiness Squadron, Harrison is passionate about looking out for those around him to include a team of over 350 military and civilian members.

"Our job is about caring for people," he said. "It's the least we can do, and one less thing to worry about financially. We are going to need everyone's help to reach our goal - and our goal is to help people."

During the next several weeks, unit project officers will be making 100 percent contact throughout the installation to include nearly 5,000 Reserve, Guard and active duty personnel. They will be available to answer questions and offer the opportunity to contribute to this year's campaign.

AFAF affiliate charities, which support active duty, retirees, Reserve, Guard and dependents, include the Air Force Aid Society, which in 2015 provided nearly \$16 million in direct assistance to over 57,000 Air Force members and their families. The Gen. and Mrs. Curtis E. LeMay Foundation awards grants to enlisted and officer retirees' surviving spouses; the Air Force Enlisted Village provides assistance in the form of a home in a safe, dignified and caring community; and the Air Force Villages Charitable Foundation/Blue Skies of Texas, cares for widowed spouses.

Retirees who would like to contribute may contact the Retiree Activities Office at [robins.rao@gmail.com](mailto:robins.rao@gmail.com). Civilians may contact their organization's unit project officers.

For a full list of unit POCs visit the Robins Homepage at [www.robins.af.mil](http://www.robins.af.mil).

## AEP, SEPMS HELP PEOPLE APPRECIATE DIVERSITY IN ROBINS' WORKFORCE

BY HOLLY LOGAN-ARRINGTON  
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Everyone brings something different to the table.

It's a commonly used phrase that has great meaning in how people of different backgrounds and life experiences come together to meet the mission at Robins Air Force Base.

At Robins, and at other U.S. Air Force installations, the Affirmative Employment Program; which ensures positive action is taken in all personnel administration and management matters, including recruitment, employment and promotion, capitalizes on the differences people bring to the warfighting mission.

Special Emphasis Program managers are an inte-



gral part of the overall Equal Employment Opportunity and AEP mission to enhance employment, development and advancement opportunities of specific groups, including women, minorities and individuals with disabilities. They receive technical oversight and guidance from the AEP.

Rhonda Bridges, lead Special Emphasis Program manager, said the AEP and SEPMS help ensure the

mission represents a diverse culture that will provide a worldwide sustainment management support for the entire installation.

Lesley Glover-Daniely, Robins Affirmative Employment Program manager, said SEPMS help Robins' workforce see differences as assets to the mission, teaching Air Force employees, supervisors, and managers to appreciate, value, understand and celebrate social and cultural similarities and differences.

She added that SEPMS also address the unique concerns of minorities, women, people with disabilities, and people with various sexual orientations in achieving equal opportunity in all aspects of employment.

► see DIVERSITY, A6

## FRIDAY FLYBY: Robins second annual Earth Day photo contest continues, A2

### Nominations open for Camellia Gardens

Nominations are being sought for the annual Camellia Gardens Memorial Service. The service, which pays tribute to deceased members of Team Robins will take place May 26 at 10 a.m. in the Museum of Aviation Century of Flight Hangar.

The service is a 39-year tradition rooted in a partnership between Robins, the Middle Georgia Camellia Society and the Warner Robins Chamber of Commerce. The memorial holds the names of more than 1,700 deceased military and civilian Robins members who have been honored.

To submit a family member, friend, or coworker who worked at Robins to be honored this year, contact Master Sgt. Stacey Hazewood at 478-327-3772 or [Stacey.hazewood@us.af.mil](mailto:Stacey.hazewood@us.af.mil). The deadline for submissions is May 13.

### 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.

Rachel Carson was an American marine biologist and conservationist whose book *Silent Spring* and other writings are credited with advancing the global environmental movement.

Although *Silent Spring* was met with fierce opposition by chemical companies, it spurred a reversal in national pesticide policy, which led to a nationwide ban on DDT and other pesticides, and inspired a grassroots environmental movement that led to the creation of the U.S. Environmental Protection Agency.



Carson

Weekend Weather

Friday 74/54



Saturday 67/49



Sunday 65/39



"Chance takers are accident makers."

# SECOND FRONT

## Leaders Encouraging Airmen Development commissioning opportunity

It is that time of year for outstanding airmen to apply to the United States Air Force Academy. USAFA and its Preparatory School offer extraordinary opportunities to highly qualified enlisted airmen who meet the criteria to enter the commissioned ranks.

Those qualified and selected for an appointment will earn their Bachelor of Science degree while at USAFA in Colorado Springs, Colo.

Upon graduation, Leaders Encouraging Airmen Development airmen are commissioned as second lieutenants in the U.S. Air Force. The minimum post-graduate service obligation is five years. In the aviation career path, the minimum obligation is 10 years after completion of undergraduate pilot training.

Interested airmen must be qualified, of high moral

character, possess exceptional leadership potential, and meet all USAFA entry requirements.

Airmen cannot be past their 23rd birthday by July 1, 2017, for USAFA entry, or not past their 22nd birthday for entry to the Preparatory School.

Airmen cannot be married or have dependents (non-waiverable), and must be U.S. citizens upon entering USAFA. Airmen are encouraged to retake the SAT and/or ACT to ensure the most recent standardized test scores are submitted and that their scores are as competitive as possible.

As part of the application process, airmen must complete an AF IMT 1786 with their commander's recommendation, complete and submit an online application (re-Candidate Questionnaire), and be deemed qualified

to compete for an appointment. The completed AF IMT 1786 must be received by the admissions office no later than Dec. 31.

For more information or to apply online, visit [www.academyadmissions.com](http://www.academyadmissions.com) and start the pre-candidate questionnaire. Airmen can also call 1-800-443-3864, email [USAFA\\_LEAD@usafa.edu](mailto:USAFA_LEAD@usafa.edu), visit [www.facebook.com/AcademyAdmissions](http://www.facebook.com/AcademyAdmissions), use the USAFA Admissions iPhone/Android app (free download available from iTunes/Android Market), or visit the base education office in Bldg. 905.

The Air Force Academy is for those who want a challenge, and who want to be pushed to the limit – to learn, to achieve, and to be future leaders for our Air Force.

### Commissary Reset

The Robins Commissary will conduct a complete store reset Sunday through Tuesday. The store will close at 4 p.m. on Sunday and will reopen Wednesday.

### Career transition presentation brief

The Airman & Family Readiness Center will host John Sims, a retired colonel and Military Officers Association of America Career Transition Services deputy director, Monday for the presentation, "Marketing Yourself for a Second Career."

The talk will cover the latest trends in career transition to include networking, resume writing, LinkedIn profile development, job interview techniques and salary negotiations. The free event will be from 8 to 11:30 a.m. in Bldg. 794.

All ranks are invited, though the presentation is geared towards officers and senior NCOs.

Attendees must R.S.V.P to Mandie Holovach at [mandie.holovach@us.af.mil](mailto:mandie.holovach@us.af.mil) or 478-926-9199.

### 2016 Program Executive Officer Review & Outlook Thursday

The 2016 Program Executive Officer Review and Outlook is slated for Thursday, from 8:30 a.m. to 4 p.m. at the Museum of Aviation Century of Flight Hangar.

The annual one-day event provides businesses that support Robins Air Force Base and the local community with an opportunity to hear directly from Air Force senior leadership on the trends in Air Force acquisition, their portfolio plans and the future aero-

space environment.

Several program executive officers are scheduled to provide an overview of their respective portfolios, as well as project future business opportunities.

They include Brig. Gen. Shaun Morris, Armament; Brig. Gen. Eric Fick, Fighter/Bomber; Kevin Buckley, Mobility; Steven Wert, Battle Management; Lynda Rutledge, Agile Combat Support; Col. Michael Schmidt, ISR/SOF; Col. Eric Forsyth, USSOCOM FW; and Randall Culpepper, Combat Mission Support.

The event is held in partnership between Robins and the Aerospace Industry Committee of the Robins Regional Chamber of Commerce.

Additional information may be obtained by calling the chamber at (478) 922-8585 or email [info@robinsregion.com](mailto:info@robinsregion.com).

### Robins Earth Day photo contest

In honor of the 46th Anniversary of Earth Day, Environmental Management invites you to participate in the Robins 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.



For full rules and an entry form visit [www.robins.af.mil](http://www.robins.af.mil).

### Security Awareness Seminar

Robins will host its first Security Awareness Seminar April 7.

The seminar, which will be conducted in three sessions, will be led by members of the Defense Intelligence Agency Insider Threat Mitigation Cell, the Joint Terrorism Task Force-Atlanta, and FBI-Resident Agency Macon agents.

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 briefings; unit leadership planning to attend the afternoon briefings in Bldg. 906 will need to submit a visit request via JPAS, SMO Code: RX1MF2W95.

## As the deadline approaches, tax help is still here

BY ANGELA WOOLEN  
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There is just a month to go before the April 18 deadline when taxes need to be filed. For those who waited until the last 30 days because filing taxes is such a hassle, there is a solution.

Those last minute filers can get the help they need for free at the Robins Tax Center which is a Volunteer Income Tax Assistance program for service members, retirees and eligible family members.

Nearly 50 volunteers participated in a week-long IRS course in January to be able to prepare taxes.

One of those volunteers is Karin Winward, who has been with the VITA program for 10 years.

She started volunteering after receiving chemotherapy to help her brain to become more active again.

"It was something to challenge myself," the retired master sergeant said.

She, along with half of the volunteer staff, bring continuity to the tax center at Robins.

From airmen to retirees, the tax preparers are knowl-

edgeable about how to file forms for those who serve or previously served in the military.

"There is an ease we can give to people that alleviates their stress about getting their taxes done," said Capt. Marcus Childress, assistant staff judge advocate.

The number of returns filed has grown from year to year. Last year, the center issued \$3 million in refunds and filed 742 federal and 675 state returns, according to Childress.

So far this year, the program has filed 320 tax returns in its first four weeks.

"It's a very busy site. One of the biggest left in the Air Force," she said.

Tax preparers are trained to be able to process tax returns for every state since many military members may be residents of other states.

"It is an extremely beneficial service," Childress said.

The center, located in Bldg. 995, is open Tuesdays through Fridays from 8 to 11 a.m. and 1 to 4 p.m. It is operated by appointment only. Drop-off service is also available. To make an appointment, call Senior Airman Asheena Harris at 478-926-1831 or DSN 468-1831.

## DID YOU KNOW?

Most 2015 individual income tax returns will be due April 18 rather than April 15 this year. The new deadline is due to Emancipation Day, an official public holiday in the District of Columbia.

Emancipation Day is typically celebrated on April 16, the day in 1862 that President Abraham Lincoln signed the Compensated Emancipation Act, which freed about 3,100 slaves living in the District.

When April 16 falls on a Saturday, as it does this year, the holiday is observed on April 15 moving Tax Day to April 18, the Monday following Emancipation Day weekend.

However, April 18 is also the third Monday in April, which is the date that Maine and Massachusetts observe Patriots' Day. Therefore, residents of Maine and Massachusetts will have until April 19 to file their 2015 income tax returns.

## AROUND THE AIR FORCE

**AFMC strategic plan to help propel AF national defense frontier**

BY STACEY GEIGER

Air Force Materiel Command Public Affairs

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – Agility and innovation are cornerstones of a new Air Force Materiel Command strategic plan that will deliver war-winning capabilities. Those capabilities will propel the Air Force as a key element of the future national defense strategy known as the Third Offset.

The first “offset” came in in the 1950s when the United States looked to tactical nuclear weapons to deter, or offset, large, conventional forces in Western Europe. The second offset came in the 1970s when the Soviet Union achieved nuclear parity and the U.S. sought an advantage by turning to precision-guided weapons.

The Third Offset is the DoD strategy to leverage new technologies to offset advances made by adversaries in recent years. It will draw on technologies such as artificial intelligence, autonomous systems and human-machine networks. A battlespace of the year 2030 could see F-35s or a next-generation aircraft linked by satellite networks, cyber bugs that infect and take down adversaries’ computers and swarms of attack drones converging on enemy targets.

AFMC, with its ability to deliver and support agile

war-winning capabilities, is crucial to providing those technologies and connecting them across the Air Force’s three domains of air, space and cyberspace. The strategic plan with its four goals, supporting objectives and a list of external and internal commitments will be AFMC’s blueprint for success.

“Our Air Force is in high demand around the globe every minute of every day. While it remains the world’s greatest Air Force, it must become more agile to operate effectively in the dynamic, ever-changing worldwide environment today—and tomorrow,” said AFMC Commander Gen. Ellen Pawlikowski. “The expertise in our centers and laboratories puts us in the perfect position to deliver Third Offset capabilities and this strategic plan is the bedrock of our road ahead.”

In the plan, the command’s mission statement is short and declarative: “deliver and support agile war-winning capabilities.”

The command’s vision is “delivering the world’s greatest air force ... the most trusted and agile provider of innovative and cost-effective war-winning capabilities.” AFMC will constantly strive to attain the vision with a focus on meeting the warfighter’s needs.

*The heart of the strategic plan is its four goals:*

► Increase agility of AFMC support to the Air Force enterprise

► Bolster trust and confidence of those we serve by meeting our commitments

► Drive cost-effectiveness into the capabilities we provide

► Recruit, develop, and retain a diverse, high-performing and resilient team

To ensure AFMC achieves its goals, its six centers and the headquarters staff developed 11 supporting objectives and 35 commitments that will be measured, tracked and assessed throughout 2016. The commitments will help deliver the requirements of AFMC’s warfighter “customers” across the Air Force as well as enable the command’s 80,000-member workforce to do its job better.

The commitments are extensive and diverse. They range from providing assessments of adversary cyber threats to achieving major acquisition milestones to “people” commitments like improved support to the families of deployed military members.

“These commitments are important to our success,” Pawlikowski said. “We will track them and ensure our people are accountable for their fulfillment. Without strong commitments, our strategic plan cannot succeed.”

The new strategic plan can be found at: <http://www.afmc.af.mil>.

**In Other News****Air Force continues to pursue total force integration**

**WASHINGTON (AFNS)** – The Air Force continues to make strides toward total force integration, according to an annual report submitted to Congress March 4.

The report is based on recommendations from the National Commission on the Structure of the Air Force and focuses on how the force structure should be modified to best fill current and future mission requirements, an area Air Force senior leaders have been vocal about, expressing their desires to continue to expand total force integration.

“We are one Air Force,” said Air Force Chief of Staff Gen. Mark A. Welsh III. “We’re committed to this idea and it’s foundational to the way we present our capabilities. We’re not going to be operationally successful any other way.”

The service recently completed an intensive analysis of all Air Force primary mission areas. The analysis provided active and air reserve component force-mix options and reliable data to inform future acquisition decisions. As a result, more than a dozen force-mixing recommendations were carried into the fiscal year 2018

**This week in Air Force History**

March 15, 1967, the Sikorsky HH-53B, the largest and fastest helicopter in the USAF inventory, made its first flight. It would be used for air rescue operations in Southeast Asia.

strategic planning process.

**Civilian developmental education application deadline May 1**

**JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS)** – Civilian airmen have until May 1 to submit applications for civilian developmental education programs to the Air Force Personnel Center.

“Educational opportunities, in conjunction with experience and training,

are a key component of the continuum of learning designed to deliberately develop Air Force leaders,” said Virginia Banda, AFPC CDE program manager. “CDE programs help provide the knowledge and skills the civilian workforce needs to anticipate and successfully meet the unique challenges present across the range of military operations.”

There are approximately 25 CDE programs offered each year. They range from basic developmental education to intermediate development education and senior developmental education.

To see detailed descriptions of each of the CDE programs go to the myPers website.

**Nominations sought for 2016 DOD disability award**

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

The Air Force is accepting nominations for the 2016 Outstanding Department of Defense Employee or Service Member with a Disability Award.

The award honors civilian and military members with disabilities who supported the DOD mission or overseas contingency operations, or



U.S. Air Force photo by STAFF SGT. PERRY ASTON

**Don't let go**

Combat camera airmen and soldiers weave through an obstacle on the confidence course during exercise Scorpion Lens, at Fort Jackson, S.C. The purpose of the training is to provide refresher training to combat camera personnel of all ranks and skill levels in basic tactics, techniques, and procedures inherent to combat camera mission tasking.

whose activities best demonstrate the core values of their respective military service or other DoD component. The civilian or service member's performance throughout their career is considered the performance period for this award.

Applications are due to Air Force Personnel Center by April 25.

**PERSPECTIVE****To be a better Airman, be a brave lobster**

BY MASTER SGT. BRIAN JENNINGS

22nd Force Support Squadron

**MCCONNELL AIR FORCE BASE, Kansas (AFNS)** – While on the Internet last week, I came across two videos I think illustrate important lessons for every airman.

The first video was of a speech by Dr. Ken Robinson. Robinson, an educator and author, told this great story about his son’s school nativity. Most of us are familiar with the nativity and the wise men who brought three gifts to Joseph and Mary; however, the account of the nativity story went a little bit different in Robinson’s speech. When it was time for the wise men to present the gifts, the first boy said, “I bring you gold.” The second boy said, “I bring you myrrh.” And the third boy said, “Frank sent this.”

Now, if you are not familiar with the story, the third gift was supposed to be frankincense. The third boy clearly could not remember his line, but the important point is that he dared to take a chance!

If you are not prepared to be wrong, you will never take risk and try something new. This applies to all of us, regardless of rank. The Air Force needs us to be innovative; it needs us to be creative, and we never will be if

we do not overcome the fear of being wrong.

According to Robinson, we stigmatize mistakes, which is true when it comes to the Air Force. Making a mistake has become worse than doing nothing at all.

However, to make the Air Force better, our airmen need to be brave. Airman, do not be afraid to make a mistake!

NCOs, senior NCOs, supervisors and leaders, encourage your airmen to go outside of their comfort zone. Also, encourage them to try new things, tackle a project they have never tried before and question the status quo. The Air Force needs all of us to ask questions, to examine the way we are doing things and to take a chance to make everything better for everyone.

Now that I have called upon all of you to be brave in order to make the Air Force better, I’d like to talk about the second video.

This video featured a story by Rabbi Abraham Twersky about how lobsters grow. I liked his story, however, I distilled a different meaning from it than he did.

Lobsters are soft, vulnerable animals that live inside of a hard, rigid shell to survive. As the lobsters grow, their shell begins to put stress on them because it doesn’t stretch. As they grow, the stress builds until they have only two options – they can either shed their shell and

grow a new one or die. Now, if they were to shed that shell in the open ocean, a predator would likely find them defenseless, and that would be the end of the story. To survive, the lobster seeks shelter where it can safely shed its shell and grow.

The lesson here is that as we all grow throughout our career, we all feel stress that comes along with that growth, whether it is from putting on another stripe, having a new child or moving into a new job. It is important for all of us to understand how to handle that stress in a healthy way and grow into our new shells in a safe way.

Supervisors, mentor your airmen. Provide them the protection they need when the stress becomes too great.

Airmen, take advantage of the excellent classes offered by Family Advocacy. The classes are free, and they can teach you the skills you need to deal with the stress that everyone goes through. If you think you do not need the class for yourself, take the class so you can teach your peers.

Family Advocacy has a ton of classes, including parenting and anger management among many others. I encourage all airmen to explore the resources available.

Finally, have the courage to seek out help if the stress builds up to the point where you do not see any options. The bottom line is you are not alone!

**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](mailto:lanorris.askew.ctr@us.af.mil) and [vance.janes@us.af.mil](mailto: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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## MOC

Continued from A1

to name a few. Five large monitors hang on one long wall of the room. One displays a visual representation of where aircraft are parked, another stays on a news channel.

But it's what is on the screen closest to the door that will soon transform how information is received on an aircraft's real-time status and location.

It's called the MOC Visualizer, part of a bigger program under the Air Force Global Enterprise Tracking software infrastructure. The new, automated web-based system will replace what's usually seen on an oversized white board on a far wall: the MOC Parking Display Board.

While the magnetic display board - which shows C-5, C-17, C-130 and F-15 aircraft currently here - has proved its reliability over the years. The new MOC Visualizer software will be a game-changer that will offer much more detailed information.

Although archaic by today's standards, the magnetic board has been an important safety feature for anyone working on the flight line. When there's an emergency, for example someone suffers an accident on an airplane, once a call comes to the MOC, personnel can immediately locate where that person is while also on the phone with emergency personnel on and/or off base.



U.S. Air Force photo by ED ASPERA

This magnetic display board has been used for years to show C-5, C-17, C-130 and F-15 aircraft currently on station.

The MOC can have direct eyes and ears on just about every situation that happens with not only people but aircraft they work on here.

"It's a map of the base, of the flight line," said Nicholson of the older magnetic board. "If something happens out there, we know where it's at. We can track anything."

Under one menu, the MOC Visualizer will allow MOC controllers the ability to input not only where an aircraft is located, but relevant information on dates related to programmed depot maintenance.

When an F-15 is currently in a particular hangar and will undergo functional testing, the software will track when that happens. When a C-5 has a late-afternoon

engine run, an icon next to the plane will highlight that test with an engine with flames. Or take a C-130, when one is being refueled, you'll be able to view that information, in real-time. Currently it's tracked on paper.

A production status report will also prove useful for supervisors across the complex who wish to view its repository of data, including aircraft types, home station, tail number, arrival and departure dates, and applicable PDM dates for all aircraft on station and those due to arrive throughout the year.

"This will allow things to be more simplified and much easier," said Tom Flowers, MOC controller.

To further assist with tracking aircraft on the MOC Visualizer, aircraft here will soon be outfitted with active radio frequency identification tags, according to Nicholson. These are already in use on various tools, aircraft parts, aircraft ground equipment and tasks kits to track their location anywhere in an industrial area. This too was a game-changer as now these can be located electronically versus manually.

An invaluable resource, the MOC has provided Robins with the big picture for many years. There's still much work to be done with the software, so sharing it is still months away.

The room where MOC controllers work will also be renovated this year, all to prepare for a more efficient way of doing business not only at Robins, but also the Ogden and Oklahoma City air logistics complexes.

## DIVERSITY

Continued from A1

Each Air Force installation is authorized six SEPMs. The number is based on the six Special Emphasis Programs mandated and implemented by presidential executive orders, federal laws, regulations and personnel programs established by the Office of Personnel Management to assist in elimination of demographic group imbalances in targeted occupations and to enhance the achievement of workforce diversity.

The Air Force doesn't mandate a quota regarding the hiring of different race/ethnicities; however, on July 26, 2015, President Obama issued Executive



### WHAT TO KNOW

For more information, visit  
<http://airforcelive.dodlive.mil/2012/09/diversity-makes-a-stronger-air-force-aug-9-2012/#sthash.uD4p2LAI.dpuf>.

Order 13548, which provides that the federal government, as the nation's largest employer, must become a model for the employment of individuals

with disabilities.

The order directs executive departments and agencies to improve their efforts to employ federal workers with disabilities and targeted disabilities through increased recruitment, hiring and retention.

"This is not only the right thing to do, but it's also good for the government as it increases the potential pool of highly qualified people from which the federal government draws its talent," Glover-Daniely said.

The executive order calls for the hiring of 100,000 people with disabilities into the federal government over five years, including individuals with targeted disabilities.

The targeted disabilities goal is 2 percent and 8 percent for people with disabilities in general.

**CATCH UP ON PAST ISSUES. READ THE REV-UP ONLINE AT <http://www.robins.af.mil/library/rev.asp>.**

# Seamless saving with Thrift Savings Plan

BY BETH PERRY

Federal Retirement Thrift Investment Board

Retirement saving is hard – especially these days. You may have immediate concerns like credit card bills, car loans or excess housing costs. But consider this: even small amounts can become substantial savings if you start now.

Thankfully, the Thrift Savings Plan makes saving easy. The TSP is the largest 401(k)-type plan in the world, and only uniformed service members and federal employees have access to it.

Whether you're comfortable with investing or not, the TSP's strength is its simplicity. The plan offers five lifecycle funds that are professionally designed based on the year you'll need your money, and five individual funds you can mix and match. Take on as little or as much investment risk as you choose.

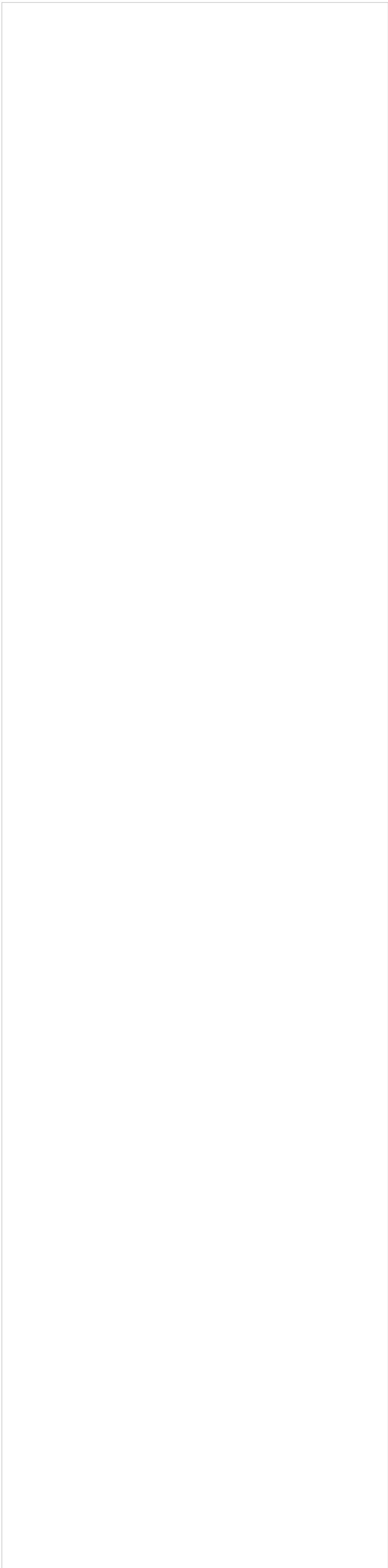
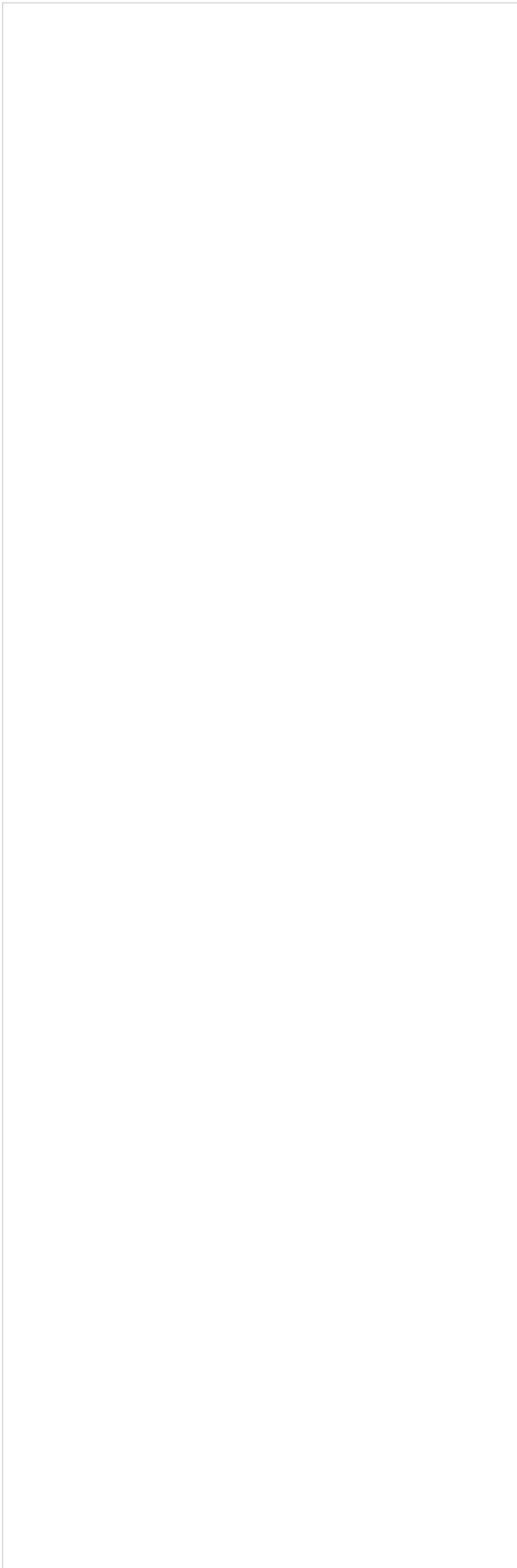
Plus, you can take us with you. Your TSP account is yours to keep whether you're with the uniformed services for 2

years or 20 years. If you take a federal job after the military, you can keep contributing to the TSP. Even if you work in the private sector, you can keep TSP account right where it is, enjoy our low fees, and manage your investments while your savings grow. In other words, you won't have to start your retirement savings from scratch.

Signing up in myPay only takes a few minutes, and once you do, the amount you choose to contribute will automatically go into your TSP account each month. You'll be able to manage your investments and monitor your account balance at [tsp.gov](http://tsp.gov). And you can change or stop your contributions at any time.

Ready to start saving? To sign up for the TSP or increase your contributions, log into myPay. In the "Traditional TSP and Roth TSP" section, choose how much of your pay you'd like to save. Then click "Save" at the bottom of the screen. You can also update your TSP mailing address in myPay.

To learn more about TSP, visit [tsp.gov](http://tsp.gov).





## Thought for the Day

"For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone."

— Audrey Hepburn



## What's inside

Don't snooze on getting enough sleep, B2

Alcohol and Prescription drug abuse, B3

Chapel Easter schedule, B8

# Lighter Fare

THE ROBINS REV-UP ■ MARCH 18, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Courtesy Cherry Blossom Festival photo

Each year during the Cherry Blossom Festival, enjoy food, entertainment and rides in a horse-drawn carriage at Third Street Park in downtown Macon.

## Local festivals welcome warmer weather, citizens

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

Spring is the time for warmer weather and outdoor activities. In Middle Georgia, that means festivals.

Starting this weekend, the Cherry Blossom Festival in Macon goes all pink.

The Cherry Blossom Parade on Saturday at 3 p.m. will include members from Robins.

Military specific events include a Military and Veterans Recognition Day at Central City Park March 31 from 11 a.m. to 10 p.m. Visitors with a valid military ID will be given a \$5 coupon at the pink hospitality tent to be used at food vendors around the venue.

That same day, Salute to the Troops at Third Street Park from 11:30 a.m. to 1:30 p.m. will feature a portion of the Navy Band Southeast. At 6 p.m. that evening, a military tribute concert will be performed by the full band at Porter Auditorium at Wesleyan College.

"The one that really stands out is our military tribute concert. We haven't had a true military band in four years," said Jake Ferro, festival president and CEO.

The concert is free but ticketed. Call 478-330-7050 or visit [www.cherryblossom.com](http://www.cherryblossom.com) to reserve seats. A full schedule is also found on the website.



Courtesy photo by Woody Marshall of The Telegraph

"The Cherry Blossom Festival is the pinkest party on Earth. It is a great way for the community to come together to celebrate spring," Ferro said.

## Upcoming Local Events

### 2016 Dublin Ga. St. Patrick's Festival

Now through March 31

Arts and Crafts Festival - Saturday from 9 a.m. to 6 p.m.

St. Patrick's Parade Saturday at 10:30 a.m. For more events, visit [www.dublinstpatricks.com](http://www.dublinstpatricks.com)



### Lane Southern Orchards Peach Blossom Festival

Saturday

Saturday from 10 a.m. to 5 p.m. vendors, music, kids' activities and arts and crafts will be available.



### Hawkinsville Harness Festival

April 1-2

Watch live harness horse racing and experience an assortment of local music, arts and crafts, and food

For more information, visit [www.hawkinsville-pulaski.org/visitors/festivals](http://www.hawkinsville-pulaski.org/visitors/festivals).



### Perry Dogwood Festival

April 9 -10

Hot Air Balloon Rally April 9 from 5 to 9 p.m. at the Georgia National Fairgrounds

Arts and crafts show April 9 from 10 a.m. to 6 p.m. in downtown Perry April 10 from noon to 5 p.m. in downtown Perry For more events, visit [www.perrygeorgiachamber.com/dogwoodfestival](http://www.perrygeorgiachamber.com/dogwoodfestival).

Kids zone

April 9 from 10 a.m. to 6 p.m. in downtown Perry April 10 from 10 a.m. to 6 p.m. in downtown Perry



**Editor's Note:** This is only a snapshot of some of the events being held in the local area. No federal endorsement is intended nor implied.



Courtesy photo by Woody Marshall of The Telegraph



U.S. Air Force file photo by ED ASPERA



# A BETTER YOU

## Eating right can taste good too

BY MARITA RADLOFF

HAWC registered dietitian nutritionist

Most of us are interested in having a balanced diet, with plenty of fruits, vegetables, whole grains and lean protein, but don't want to sacrifice flavor. But eating healthfully doesn't have to mean only eating the same bland foods over and over again! There is an array of healthful ingredients that will boost flavor and nutritional value, while decreasing sodium intake and the use of processed foods.

Eating right doesn't mean that you have to eat flavorless foods, and these tips will help you add some zest to those seemingly dull healthy foods without adding sugar, fat or salt.

► Unsweetened applesauce, pumpkin purée or squash purée can sub for oil, eggs or sugar in some recipes for baked goods.

► Marinate lean meat like chicken in olive oil, spices and herbs with fresh citrus juice, vinegar or wine. Coat meat thoroughly and refrigerate for at least an hour before cooking.

► Use hard cheeses such as parmesan and asiago. These cheeses are super flavorful and lower in fat, so you'll use less but still get a savory cheese taste.

► Use avocado in place of mayonnaise when making tuna or chicken salad. You'll still have rich full flavor, but with healthier fat and fiber!

► Sprinkle cinnamon or pumpkin pie spice instead of sugar on fruit, or add red pepper to bring a surprise heat and unique flavor!

► Make soups with a low sodium broth and add in herbs and spices for flavor instead.

If you're looking for more ideas on how to add flavor to your meals, come to the Commissary Thursday from 11 a.m. to 1 p.m. for a healthy and flavorful cooking demo from the HAWC's dietitian! Sample a tasty and easy to make dish that will convince you that eating right can be flavorful!

**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, tips and a new recipe in the Rev-Up weekly this month.



### Salmon with Sweet & Spicy Rub

A simple sugar-and-spice rub imparts huge flavor to grilled salmon.

Try this recipe for lunch or dinner and enjoy the great duo of grilled flavors it offers.

Total time: 17 minutes  
Prep: 10 minutes  
Cook: 7 minutes

#### Ingredients

- Cooking spray
- 2 tablespoons packed light brown sugar
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 6 (6-ounce) salmon fillets, fresh or thawed from frozen, skin and any bones removed
- 1 tablespoon olive oil

#### Recipe directions

If using frozen salmon, thaw salmon according to package directions. Coat your grill or a grill pan with cooking spray and preheat over medium heat. Combine the brown sugar, chili powder, cumin, salt and pepper. Brush each salmon fillet with 1/2 teaspoon of the oil, then rub each fillet with 1/2 tablespoon of

the spice mixture.

Grill the salmon until charred, about 4 to 5 minutes. Flip the salmon and cook another 5 to 6 minutes for medium doneness. Fish should flake easily. For well-done fish, cook an additional 1 to 2 minutes. Remove to plate and serve immediately with a green vegetable and whole grain side!

(Recipe adapted from <http://www.foodnetwork.com/recipes/ellie-krieger/salmon-with-sweet-spicy-rub-recipe.html>)

Nutrition Facts	
Serving Size 6 oz (6g)	
Amount Per Serving	
<b>Calories 280</b>	
	<b>% Daily Values*</b>
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 34g	<b>68%</b>
<small>*Percent Daily Values are based on a diet of 2,000 calories.</small>	

## Don't snooze on getting enough sleep

BY TRICARE.MIL

Last week the National Sleep Foundation celebrated Sleep Awareness Week, an annual event to raise awareness regarding the health benefits of sleep.

When you don't get enough sleep it affects your health, mood, productivity and more. Talk to your health care provider if you are having trouble sleeping. They can help determine if you're having a short period of restlessness or if you have a sleep disorder and may share helpful tips to improve your sleep habits.

If it's determined that a sleep study is necessary, you must be referred to a sleep disorder center by your doctor in order for TRICARE to cover a sleep study.

TRICARE also covers home/portable sleep studies as an alternative to in-facility studies for the diagnosis of obstructive sleep apnea in an adult when certain criteria are met. Check with your regional contractor for details.

You should try to get seven to eight hours of quality sleep every 24 hours. Research shows that after only one day without sleep, even young, healthy service members lose 25 percent of their ability to think clearly.

For more information about how much lack of sleep affects you, including how much you really need, visit the National Sleep Foundation's website at <https://sleepfoundation.org/>.



### CONQUER INSOMNIA

This sleep class teaches skills widely acknowledged as the most effective treatment for insomnia. It is held the last Tuesday of every month from 1:20 to 2:30 p.m. in the Family Health Conference Room at the base clinic. If attending, please check in at the Family Health front desk.

Classes are open to anyone receiving primary care services through the 78th Medical Group – active duty, retirees, dependents.

The class teaches skills which can be used immediately. Get scheduled for the group by calling central appointments at 478-327-7850.

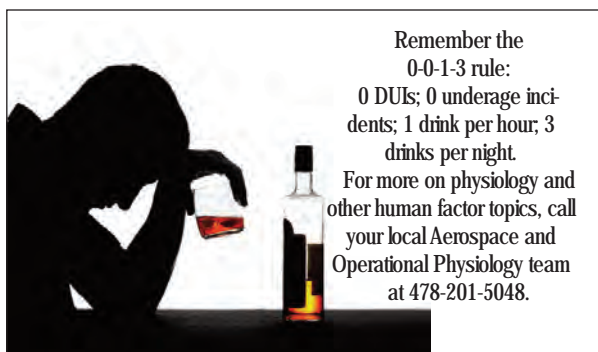
\*\* Note: If your primary care provider is located off base or with Occupational Medicine, you're not eligible for this class. Contact the Civilian Health Promotion Services for improving sleep at 478-327-8030.

## Excessive alcohol use can cause various physiological effects

BY 1ST LT. PIERRE NELSON  
461st Operations Support Squadron

The medical consequences of chronic alcohol abuse and dependence have been well documented in adults. They include liver disease, lung disease, endocrine disorders and brain changes. For the casual drinker, one should have a clear understanding of the disparities of the impact of alcohol on the body and mind. Alcohol awareness from a physiological perspective is essential to being safe and productive.

Ethanol is the chemical used in alcoholic beverages and is readily absorbed in the stomach and small intestines. From there it goes to the brain, where most effects are noticed. The effects can range from expected and desired to unanticipated and undesired. Ethanol depresses the central nervous system and lowers both cognitive and physical abilities. Low doses significantly impair judgment and coordination. In small amounts (6 ounces or less), it can induce feelings of relaxation and tranquility, suppress anxiety, and in some, inspire feelings of confidence. However, as the dose is increased, the pleasant euphoric feelings begin to give way to feel-



Remember the  
0-0-1-3 rule:  
0 DUIs; 0 underage inci-  
dents; 1 drink per hour; 3  
drinks per night.  
For more on physiology and  
other human factor topics, call  
your local Aerospace and  
Operational Physiology team  
at 478-201-5048.

ings of depression.

Mixing alcohol with caffeine, either in premixed drinks or by adding liquor to energy drinks has become a common way for younger crowds to consume alcohol. With this dangerous combination, drinkers may feel somewhat less intoxicated than if they had consumed alcohol alone. However, they are just as impaired and more likely to take risks.

Intoxication occurs because the liver is unable to metabolize more than one ounce of alcohol every hour. Therefore, when a person consumes more alcohol than the body can metabolize, intoxication occurs.

Intoxication can generally last anywhere from one to 12 hours, and the after-effects (“hangover”) of intoxication can last 24 to 48 hours even with a .00 Blood Alcohol Content. Coupled with the sedative effects, when the individual finally falls asleep, early REM (rapid eye movement) periods are not experienced.

Additionally, the way alcohol is metabolized in part accounts for the further disruption of the rest of the “normal” sleep cycle. As a result, REM sleep is most disrupted. How much alcohol? While there will be individual variability, two or more drinks in close proximity to sleep will have the previously described effects on the quality and perhaps quantity of sleep.

Always ensure you have a plan any time the consumption of alcohol is involved. If your primary plans fall through and you need a ride home, call Airmen Against Drunk Driving at 478-222-0013. Anyone can call AADD, from active duty members and civilians, to contractors and dependents.

**Editor’s Note:** Information courtesy Reinhart, R. (2008) “Basic Flight Physiology” New York, McGraw-Hill Co.

## Prescription drug abuse epidemic not immune to the workplace

BY 78TH MEDICAL GROUP

Prescription and over-the-counter drug abuse has become a national epidemic. The effect of this epidemic has spread into the workplace, as employees are not immune. In fact, according to a national survey on drug use and health, nearly 70 percent of illicit drug users aged 18 or older were actively employed.

Drug abuse has the potential to negatively affect behavior, impair judgement, slow reaction time, create inattention to details and ultimately result in declined performance, absenteeism, personal injury and even death.

Many think the use of prescription and over-the-counter drugs are safer than illegal drugs. However, when abused, they can be just as dangerous and addictive. This is especially true when taking more than one drug. When you take a medication, your body absorbs, transports, uses and gets rid of the drug. These bodily processes can become disrupted when taking more than one medication, even as prescribed. This type of disruption is called drug-drug interaction, and it is of particular concern as it can

result in severe unintended consequences.

Disruption in bodily processes can also occur when drugs are used with alcohol, or by someone who is already impaired by illness, such as those with liver or kidney disease.

### What constitutes abuse of a prescription drug?

- ✘ taking a medication that was prescribed to someone else
- ✘ taking a medication that was prescribed to you for a different purpose
- ✘ taking more than the prescribed dose (either more pills or more frequent usage)
- ✘ taking in a different manner (crushed/snorted/injected) than was originally prescribed

Many of the prescription and over-the-counter drugs of abuse can also lead to drug addiction. These drugs act on chemicals in the brain called neurotransmitters and with repeated use can actually change the brain in such a way that results in a physical dependence on the drugs. Drug addiction is a chronic and relapsing brain disease that is characterized by compulsive drug seeking and use, despite the harmful consequences. Consult with your healthcare provider to ensure that your per-



### WHERE TO GET HELP

A free base resource for federal civilian employees and their household residents is the Employee Assistance Program at 1-800-222-0364.

Through EAP, employees have access to six free counseling sessions on or off base to receive help with issues related to alcohol and substance use.

Additionally, the Phoenix Center Behavioral Health Services offers a range of programs for both adults and children. They have locations in Warner Robins at 478-988-1222 and Fort Valley at 478-825-6499, as well as an after-hours contact number at 478-988-7100.

Resources online include: [www.drugabuse.gov](http://www.drugabuse.gov) and [www.samhsa.gov](http://www.samhsa.gov).

sonal risk toward addiction or abuse is minimized, and that the medications you are taking have limited interactions with other medications to include herbal remedies, supplements and over-the-counter drugs.

## Coming together: F-100 Super sabre gets its wings

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

When retired Maj. Gen. Rick Goddard left Vietnam, he made a final stop to say goodbye to his “titanium mistress.”

“I patted her on the side and thanked her for bringing me home,” Goddard reminisced.

Not in his wildest dreams did he realize he would be in charge of restoring his F-100D Super Sabre many years later.

On the morning of March 11, Goddard watched as the restoration team from the Museum of Aviation attached four bolts to secure the wings back onto the fuselage, making his plane look almost ready to be flown into battle again.

The “Cong Killer,” as she was named, safely carried Goddard on nearly 180 missions during the Vietnam War.

After searching and believing his plane to be in a boneyard somewhere, Goddard found his aircraft in 2010 at Otis Air Force Base in Massachusetts.

“It struck all kinds of chords with me. I flew night after night abusing it. I couldn’t leave it out in the open,” he said.

The plane needed a lot of work and for almost four years, Goddard, with the help of the museum volunteers and staff, has painstakingly painted, primed and sanded each piece to get it back to as close to the original as possible.

Goddard took pictures with his phone last Friday as the fuselage was lowered onto the wings by a large crane and bolted into place.

“It brings the plane one step closer to completion,” he said.



**GODDARD**



U.S. Air Force photos by TOMMIE HORTON  
Above, Tony Faircloth, Museum of Aviation restoration specialist, and Tony Day, restoration supervisor, position the fuselage of the F-100 Super Sabre in preparation for attachment of the wings. The wing attachment to the aircraft – which was flown by retired Gen. Rick Goddard during the Vietnam War – marks a milestone towards getting the aircraft to its final resting place inside the museum’s Hangar One.

At left, Bob Denison, museum volunteer, uses a jack to help position the fuselage of the F-100 Super Sabre for the wing project March 11.

## GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

**UNIT:** 561st Aircraft Maintenance Squadron

**JOB TITLE:** E&I specialist

**TIME IN SERVICE:** 10 years

**HOMETOWN:** Perry, Ga.

**What does your work involve at Robins?** "I inspect F-15 aircraft for discrepancies and create a maintenance work request with all the necessary information that is required for mechanics to perform their jobs."

**What do you enjoy most about your work?** "I have always been an observant person and I enjoy working with computers. Evaluation and inspection gives me the opportunity to do both."

**How does your work contribute to the Robins mission?** "I ensure that my customer, the mechanic, has all the information he/she needs to produce a quality product back into the hands of our customers, the warfighter."

**What prompted your interest in your current career field?** "Back before I started at Robins, I didn't know what I wanted to do. My dad suggested taking sheet metal and trying to get a job at the base. I took him up on his offer and here I am 10 years later."

**Who has been the biggest influence in your life?** "My family. They have always been there for me and still are."



Know your facility's evacuation routes in case of emergency

### ROBINS FIRE EMERGENCY SERVICES

Every facility should have a written emergency action plan which lists primary and alternate escape routes. In larger more complex facilities, plans are posted near all main entrances and corridors. If you cannot locate your plan, contact your facility manager about having one made.

*Emergency action plans should include the following:*

- ✓ A primary escape route for each area depicted in red
- ✓ A secondary route in a different color
- ✓ Fire extinguisher and pull station locations
- ✓ Emergency telephone numbers
- ✓ Designated Shelter-in-Place locations
- ✓ Designated Tornado Shelters
- ✓ A designated meeting location outdoors

*If you see or smell smoke or fire in your building ... head for the exit. Follow these steps to ensure everyone makes it out alive.*

✓ Pull the fire alarm pull station that should be located next to the exit door. This alerts the rest of the building's occupants in the quickest and safest manner possible.

✓ Exit the facility. Assist others to exit the facility as well, especially those who may have disabilities or other impediments. Head to your des-

ignated meeting place.

✓ Call 911 or 478-222-2900 and answer all the questions the dispatcher has. Remain calm, and speak slowly and clearly. Remain on the line until the dispatcher tells you to hang up.

✓ Take accountability of your personnel to ensure everyone is out of the facility.

✓ When responders arrive, be available to answer any questions the firefighters may have.

#### **Also remember the following:**

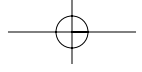
✓ Use fire extinguishers only on small fires that can be easily extinguished. Afterwards, call the fire department even if the fire appears to be out. If you are unsure the extinguisher will put out the fire, or if you are not sure how to use a fire extinguisher, then alert others and exit the facility. *Remember – When In Doubt, Just Get Out!*

✓ If the fire alarm activates in your facility, head for the nearest exit immediately! Don't assume it is a false alarm!

✓ If you accidentally set off the alarm, call the fire department. Inform firefighters of how and where the alarm was set off. Exit the facility as if it were the real thing.

✓ Once you are out, stay out. Do not return inside until firefighters have given the ok.

If you have questions call the Fire Prevention Office at DSN 468-2145 or 478-926-2145.



# HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>

### ON TAP

#### **Boss N Buddy and BFF's Night**

Today  
4 to 5 p.m.  
Heritage Club Lounge  
For details, call DSN 468-2670.

#### **Egg Hunt**

Saturday  
11 a.m. to 1 p.m.  
Youth Center  
Free hot dogs, chips, desserts and drink  
Fun activities for the whole family  
For details, call DSN 468-2110.

#### **Airman Chef Competition**

RSVP by Saturday  
Event is April 9  
Doors open at 5p.m.

Base Restaurant  
\$25 per person (Only 50 seats are available)  
For details, call DSN 472-7262.

### UPCOMING

#### **Easter Sunday Buffet Brunch**

March 27  
9:30 a.m. to 1 p.m.  
Heritage Club Ballroom  
Members - \$14.95, children 5 to 15 years old \$5.95  
Non members - \$19.95, children \$7.95  
For details, call DSN 468-2670.

#### **Spring Break Craft Camp**

March 29 through April 1  
Arts & Crafts Center  
For details, call DSN 468-5282.



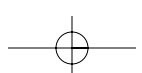
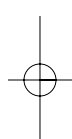
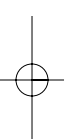
## Robins Chapel Protestant and Catholic *Easter Worship Schedules*

### Catholic Worship Services

Sunday - Palm Sunday, 9:30 a.m.  
  
Thursday - 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 - 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.



## Airman & Family Readiness Center Classes, workshops & seminars

- ▶ **Pre-Separation Briefing (separates)**\* – Tuesday, April 12 and 26 from 8 a.m. to noon; **(retirees)**\* – March 29 and April 19 from 8 a.m. to noon.
- ▶ **VA Benefits Briefing\*** – Wednesday and April 20 from 8 a.m. to 3 p.m. in Bldg. 905.
- ▶ **Educational Track\*** – Thursday and Friday; and April 28 and 29 from 8 a.m. to 4 p.m. (Call Ron Smith 478-327-3401 to register)
- ▶ **Transition Goals, Plan, Success (GPS) Workshop\*** – April 4- 8, from 8 a.m. to 4:30 p.m.
- ▶ **Financial Beginnings (First Term Officers)\*** – April 12, from 1 to 3 p.m.
- ▶ **Interview with Confidence** – April 13, from 8 to 10 a.m.
- ▶ **Career Technical Training Track\* in Bldg. 905** – April 13 and 14 from 8 a.m. to 4 p.m.
- ▶ **Money and Credit Management** – April 14 from 8 to 10 a.m.
- ▶ **Passport to Parenthood** – April 19 from 11:15 to 11:45 a.m. at the HAWC. Call 478-327-8398 to register.
- ▶ **First Term Airman Course: Finances\*** – April 19 from 7:30 a.m. to noon.
- ▶ **Right Start\*** – April 21 from 7:30 to 11 a.m.
- ▶ **Key Leaders' Orientation** – Monday, from 8:30 a.m. to 12:30 p.m.
- ▶ **Tips on Writing a Federal Resume** – April 28 from 8 to 10 a.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)*



**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

