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Base, community

team up for  
aircraft move

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# ROBINS REV-UP

*'Team Robins - Performing to Our Potential'*

*'Making Tomorrow Better than Today'*

April 1, 2016 Vol. 61 No. 13

## 'Anytime, Anywhere'

53rd ATCS provides communications, air traffic control

BY JENNY GORDON  
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While the 53rd Air Traffic Control Squadron may have a new name, its unique mission has remained the same.

Formerly known as the 53rd Combat Communications Squadron, aligned under the 5th Combat Communications Group, Air Force Space Command, the squadron now falls under the 461st Air Control Wing, Air Combat Command. The active duty wing is home to the Joint Surveillance Target Attack Radar System – a command and control, intelligence, surveillance and reconnaissance aircraft that supports combatant commanders across the globe.

For the first time since the squadron's redesignation in May 2015, several members recently deployed in its first exercise in a proof-of-concept airlift mission with JSTARS.

"We will be tying in the squadron's deployed air traffic control and landing systems and the 53rd ATCS mission with JSTARS operations," said Master Sgt. Amanda Randall, 53rd ATCS Airfield Systems NCOIC.

The squadron, made up of nearly 120 airmen, primarily includes ground radar systems and electrical power production professionals, air

▶ see ANYTIME, A5



U.S. Air Force photo by TOMMIE HORTON  
Senior Airman John Treas, left, airfield systems technician, assists Master Sgt. Jeremy Green, quality assurance, set up a ground to air antennae in a training area near Warrior Air Base, March 17.

## Hand in hand

AF leaders, industry gather to share goals, ideas for future

BY JENNY GORDON  
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Working together to share information and resources, continuing to take care of our military's weapon systems to ensure mission readiness, and delivering combat capabilities was the focus of the 2016 Program Executive Officer Review and Outlook conference March 24 at the Museum of Aviation.

Senior leaders from across Air Force Materiel Command participated in the annual event with industry partners to discuss trends in Air Force acquisition, respective portfolio plans and requirements, contracting, and other long-range plans in order to gain a better understanding of the needs of the Air Force.

With a workforce of nearly 43,000 airmen, the Air Force Sustainment Center is responsible for the operational logistics and sustainment of the Air Force's mission in delivering combat power. That sustainment includes weapon systems such as the C-5 Galaxy, the C-17 Globemaster III and C-130 Hercules, all maintained at the Warner Robins Air Logistics Complex here.

"The value of program executive officer roundtables allows us

▶ see GOALS, A8

## CHIEFS LATEST GROUP TO LAUD TEAM ROBINS PRODUCTION TEAM

BY JENNY GORDON  
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Where there's trust, partnership, gratitude and hard work, there's no limit to what can be accomplished.

Such is the case at Robins where there are ongoing efforts to support global operations of Air Force Special Operations Command.

Over the last few months, the C-130 Air Force Special Operations Command Acceleration Flight here has prepared for the arrival of six MC-130H Combat Talons and AC-130U gunships scheduled for accelerated programmed depot maintenance in fiscal 2016.

The first gunship was delivered in February to AFSOC at Hurlburt Field, Florida, in a record 100 days – 52 days ahead of production schedule.

How the Warner Robins Air Logistics Complex

partners with AFSOC in supporting those worldwide missions was the focus of a visit Tuesday by AFSOC and Air Force Sustainment Center command chiefs, as well as a dozen AFSOC maintenance chiefs from Hurlburt Field and Cannon Air Force Base, New Mexico.

"Having the trust and confidence that C-130s will always work and be ready is everything to us," said Chief Master Sgt. Matthew Caruso, AFSOC command chief. "Each and every night in the skies of Afghanistan, for missions that come up, we have to have gunships and Talons ready to go."

"What makes AFSOC unique is there are only a small amount of these aircraft in our command. It's no different than say with Air Combat Command's JSTARS or other niche capabilities the Air Force looks to. These aircraft allow our special operations forces to go downrange and get into tight spots, relatively quietly," said Caruso.



CARUSO

"It cannot be understated just how important the acceleration of these airplanes is through depot maintenance," he continued. "Without the team in Warner Robins we couldn't get our training and mission accomplished. We can't get things done without developing these great relationships."

Whether it's maintainers from the 560th Aircraft Maintenance Squadron working directly on gunships or Combat Talons; securing parts from the Defense Logistics Agency; performing metal bond repairs by the 402nd Commodities Maintenance Group; or writing

▶ see AFSOC, A4

## FRIDAY FLYBY: State department issues European Travel Alert, A2

### Chiefs' recognition ceremony

The 2016 Chief Master Sergeant Recognition Ceremony and dinner will be Saturday at 6 p.m. in the Museum of Aviation's Century of Flight Hangar.

Retired Chief Master Sgt. Wesley Feudner will be the keynote speaker. The event recognizes the promotion to the service's highest enlisted rank of 19 active duty, Reserve and Air National Guard members who work at Robins. Two other recent promotees will not be present.

For more information, contact Chief Master Sgt. Darin Thomas at darin.thomas.1@us.af.mil.

### Base to focus on Personal Protective Equipment

Robins is joining Air Force Occupational Safety in its 2016 Quest for Zero through its Personal Protective Equipment Focus Week Monday through April 8.

The purpose of the week is to provide timely and relevant safety information to help prevent PPE-related mishaps, save lives and preserve workforce capability. We do this by raising awareness of day-to-day PPE hazards and provide information to foster prevention of on-and off-duty related injuries.

Occupational safety professionals will be reminding active duty, Guard, Reserve, civilians and family members of the dangers of not donning appropriate PPE.

Informational videos can be found on the Team Robins Splash Page under the Personal Protective Equipment Focus tab. Additional info can be found on the Team Robins Safety Page.

If you have trouble accessing the materials or have questions, call the Installation Safety Office at 468-6271.

**Weekend Weather**

**Friday**  
77/60



**Saturday**  
72/47



**Sunday**  
74/44



*"Tomorrow - your reward for working safely today."*

# SECOND FRONT

## European Travel alert issued

The State Department alerts U.S. citizens to potential risks of travel to and throughout Europe following several terrorist attacks, including the March 22, attacks in Brussels claimed by ISIL. Terrorist groups continue to plan near-term attacks throughout Europe, targeting sporting events, tourist sites, restaurants and transportation. This Travel Alert expires on June 20.

U.S. citizens should exercise vigilance when in public places or using mass transportation. Be aware of immediate surroundings and avoid crowded places. Exercise particular caution during religious holidays and at large festivals or events.

### U.S. citizens should:

- Follow the instructions of local authorities.
- Monitor media and local information sources and factor updated information

into personal travel plans and activities.

- Be prepared for additional security screening and unexpected disruptions.
- Stay in touch with your family members and ensure they know how to reach you in the event of an emergency.
- Register in our Smart Traveler Enrollment Program.

European governments continue to guard against terrorist attacks and conduct raids to disrupt plots. We work closely with our allies and will continue to share information with our European partners that will help identify and counter terrorist threats.

For more information, visit the State Department's travel website at <https://travel.state.gov>. To enroll in the Smart Traveler Enrollment Program visit <https://step.state.gov/step>.

— Courtesy of U.S. State Department

## OPM Breach update

The Office of Personnel Management and DOD recently completed notifications to personnel impacted by the second OPM cybersecurity incident. A verification center is available for those who believe they are impacted and have not been notified, or who have lost the PIN provided during notification.

The center can be reached online at [www.opm.gov/cybersecurity](http://www.opm.gov/cybersecurity) or via phone at 866-408-4555, international 503-520-4453, or TTY 503-597-7662.

The OPM security breaches have prompted increased interest in the process personnel can take to obtain copies of their most recent e-QIP (SF85/SF85P/SF86); request copies of background investigation records and request amendments to investigative records.

The Federal Investigative Services Freedom of Information and Privacy Act website provides instructions on the request procedures and links to the request forms. The website, <https://www.opm.gov/investigations/freedom-of-information-and-privacy-act-requests>, also provides instructions on how to submit handwritten requests.

Since most Air Force employees were impacted by either one or both of these incidents, individuals are urged to take steps to protect themselves and their families by closely monitoring financial accounts and being wary of phishing emails that may try to target you or your family.

## Security Awareness Seminar set for Thursday

Robins will host its first Security Awareness Seminar Thursday.

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.

## First Street closure

First Street, at the intersection of Byron Street, will be closed April 11 through 13.

The closure is due to demolition and

the re-installation of a traffic light and pole. In case of inclement weather, work could be delayed.

## Robins Earth Day photo contest

You have until Thursday to take part in the Robins Earth Day Photo Contest.

In honor of the 46th Anniversary of Earth Day,

Environmental Management invites you to capture something awesome.

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).



## PACE offers free professionalism presentations AFMC wide

The Profession of Arms Center of Excellence will offer its "Professionalism – Enhancing Human Capital" presentation at Air Force Materiel Command bases in April.

As part of PACE's Character and Leadership initiative, the five-hour presentation will be held at Robins May 10 through 12, Aug. 30 through 31, and Sept. 1. The presentations will examine how professionalism drives individual behavior and connects Air Force core values to the Air Force mission.

Though targeted at effective working relationships within the Air Force, attendees are able to extend the lessons to personal relationships as well.

For more information, call Bryan Teel at 478-327-6990 or Rob Powell at 478-327-8589.

## RCG Scholarship applications available

Applications are now available for the Robins Chiefs Group academic scholarship program. Applicants may access the applications via the ROSC website at [www.robinsosc.com](http://www.robinsosc.com).

Applicants must be an enlisted military member (active duty, Reserve, National Guard or retired), or the dependent of an enlisted military member (active duty, Reserve, National Guard, retired or deceased) assigned to or retired from Robins. Any enlisted rank or branch of service is eligible.

All applications must be postmarked no later than May 31.

For more information or to download an application, visit [www.robinschiefsgroup.org](http://www.robinschiefsgroup.org).

## Robins Tax Center open

The Base Tax Center is open Tuesdays through Fridays from 8 to 11 a.m. and 1 to 4 p.m. through April 18. The center, located in Bldg. 995 in a trailer next to the old Robins Elementary School, is open to service members, retirees and eligible family members file 2015 returns.

For more info, call 478-926-1831.

### The missing link

## Key spouses provide connection between military families, units

BY ANGELA WOOLEN  
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In every unit there should be one person who is the main contact for spouses. The base's Key Spouse Program – managed by the Airmen & Family Readiness Center – offers just that.

Developed as a Quality of Life Initiative in 1996, the program offers special training to key spouses on how to become the military family liaison to unit leadership. This connection includes constant contact through emails, texts, newsletters, social media and telephone.

"Each commander interviews and chooses his or her own key spouse," said Dell Steplight, Robins Key Spouse Program manager.

The key spouse makes welfare checks and has resources to give to the spouses ranging from financial information to issues with relationships.

To be a key spouse, one must possess qualities that will benefit families such as having good communication skills and a positive attitude about the Air Force.

There are currently 135 key spouses on Robins.

Steplight said she can name numerous examples where the program is working from the feedback she receives from newcomers to the base as well as others who attend the many classes the A&FRC holds.

"You need that type of communication so you don't feel left out," she said.

The initial training for a key spouse is six hours. A new training class for key spouses is scheduled for April 12. Topics include resiliency, exceptional family members, communications and social media guidelines. During the training, operations security also speaks to the key spouses about what to say and not to say on social media.

The key spouse is prohibited from sharing personal, private information to other spouses as well as not using the position for personal gain.



### Why is the Key Spouse Program Important?

- Promotes individual, family and unit readiness
- Establishes continuous contact with spouses and families
- Encourages peer-to-peer Wingman support
- Provides links to leadership
- Provides an informal sounding board
- Strengthens leadership's support team

While they are there to assist in communicating information to military families, the key spouses are not babysitters, counselors, taxi drivers or fundraisers.

"Be a good listener and know where to send people," Steplight said she recommends to all key spouses.

Key spouses are appointed a mentor who is usually a spouse from senior leadership.

"They can provide encouragement and share experience because they know the military lifestyle," Steplight explained.

Continuing education, known as Key Spouse University, is offered quarterly and covers topics such as military customs, protocol, TRICARE and how to save money.

Required annual training is mandatory for key spouses for suicide awareness and resiliency training.

"I really believe in this program because I know it works," Steplight said.

For more information, contact Steplight at 478-327-7693 or A&FRC at 478-926-1256.

# AROUND THE AIR FORCE

## C-17 maintainers going paperless DOVER AIR FORCE BASE, Del.

(AFNS) – The C-17A Globemaster III is leading the way for Air Mobility Command's push to go to paperless aircraft technical manuals by using an Interactive Electronic Technical Manual on laptop or tablet e-tools. This will be used by aircraft maintainers to perform organizational level maintenance or O-level maintenance.

Previous C-17 maintenance technical manuals consisted of physical paper copies and electronic PDFs with limited interactive capabilities.

With Dover being the last active duty C-17 base on their list, a five-member team the C-17 Technical Order Management Agency, Robins Air Force Base, Ga., provided Dover Globemaster III maintainers with classroom instruction on the current version of the C-17 IETM.

## This week in Air Force History



On March 28, 1979, following a nuclear power plant accident at Pennsylvania's Three-Mile Island, C-5, C-141, and C-130 aircraft airlifted in testing equipment, lead-shielding materiel and chemicals.

## JB Charleston Airmen support presidential mission to Cuba

**HAVANA, CUBA (AFNS)** – As President Barack Obama landed in Havana, Cuba, it marked the first time a

sitting U.S. president visited the communist nation in over 88 years, and airmen from Joint Base Charleston, South Carolina, played a pivotal role in the historic mission.

Airmen from the 628th Air Base Wing, and 437th and 315th Airlift Wings provided everything from aircrew members, fuels, security and maintenance personnel, as well as financial and logistical support for the diplomatic endeavor.

"This was a very big undertaking with a lot of people involved," said Senior Airman Michael Eckert, a loadmaster with the 16th Airlift Squadron. "It is a lot to wrap your head around."

One of the critical missions performed by the Charleston airmen was to support the medical teams who remained on standby while the president was on the island nation.

"This is where your training kicks in,"

said 1st Lt. Chelsea Lesniewski, a pilot from the 701st Airlift Squadron.

## Medal of Honor site pays tribute to courageous airmen

**FORT GEORGE G. MEADE, MD. (AFNS)** – The Air Force has released a new website dedicated to more than 60 airmen who have received the Medal of Honor for exemplary acts of courage.

The Medal of Honor is the highest military award for valor that can be bestowed upon a service member. The first medal received by an Airman was awarded to Capt. Edward Rickenbacker for aerial combat in 1918.

President Lyndon Johnson first presented this medal on Jan. 19, 1967.

To read more about Air Force Medal of Honor recipients, visit <http://www.af.mil/MedalofHonor/ByName.aspx>.

## 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.

### DELIVERY

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## The Team Robins members below were recognized for outstanding support



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U.S. Air Force photos by MASTER SGT. JEREMY LOCK

Above, AC-130U Gunship aircrew member Tech. Sgt. Deborah McElroy from the 4th Special Operations Squadron scans the air from the scanner window at Hurlburt Field, Fla. The AC-130U "Spooky" gunship is the primary weapon of Air Force Special Operations Command. Its primary missions are close air support, air interdiction and armed reconnaissance. The U model is an upgraded version of the H and is equipped with side firing, trainable 25 mm, 40 mm and 105 mm guns.

Right, AC-130U Gunship Aerial Gunners from the 4th Special Operations Squadron load the aircraft's 40mm gun with ammo at Hurlburt Field, Fla. The AC-130U "Spooky" gunship is the primary weapon of Air Force Special Operations Command.



Trey Dean  
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Eric Tully  
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Jake Dickson  
AMXG



Molly Bemby  
AMXG



Buddy Brown  
AMXG



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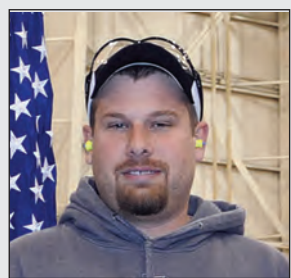
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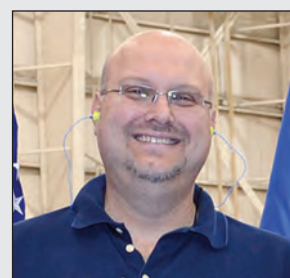
Mike Smith  
AMXG



William Hunnicutt  
AMXG



David Williams  
AMXG



Clayton Smith  
AMXG

**Rick Stinson, AFLCMC, and Melissa Ennis, DLA, were not available for photos**

## AFSOC

Continued from A1

software in the 402nd Software Maintenance Group; that partnership is strong to support worldwide special forces operators who work to protect our interests at home and abroad.

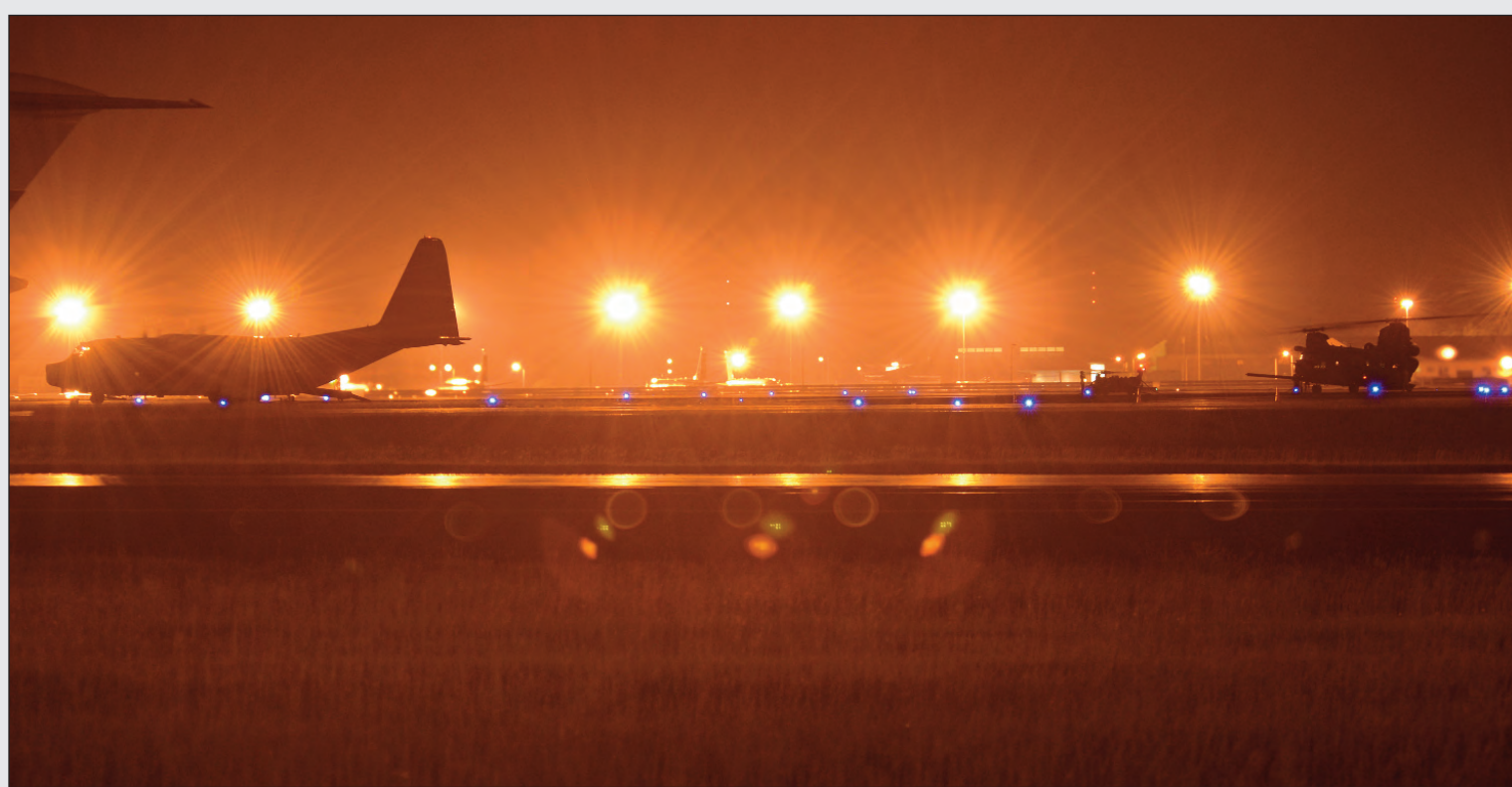
Among AFSOC's inventory of specialized low density/high demand aircraft, AC-130s in particular provide close air support among a multitude of other missions.

Combat Talons provide infiltration/exfiltration capabilities with special operations forces, and in-flight refueling. The first of three MC-130H aircraft arrived at Robins, recently receiving an outer wing replacement; its refueling pods were also updated.

By bringing senior enlisted leaders from AFSOC maintenance groups, Caruso added there's a greater appreciation that can be shared about accelerated PDM work here, with future talk of reciprocating visits with maintainers.

This week's visit included a tour of C-130 PDM operations, followed by coin presentations to 20 individuals from the 638th Supply Chain Management Group, DLA, Air Force Life Cycle Management Center, the 560th AMXS, 402nd Aircraft Maintenance Group, 402nd CMXG and American Federation of Government Employees Local 987.

This was Caruso's second visit to Robins since



Under the cover of darkness, an MC-130H crew refuels an Army CH-47F Chinook helicopter on the Robins flight line July 17, 2014. The refueling mission was part of a military training exercise between The 160th Special Operations Aviation Regiment from Fort Campbell, Ky., and the Air Force Special Operations Command from Hurlburt Field, Fla.

U.S. Air Force file photo

last fall and follows last week's visit from Lt. Gen. Bradley Heithold, AFSOC commander. Maj. Gen. Eugene Haase, AFSOC vice commander, flew from Hurlburt Field to Robins in February onboard a combat-ready AC-130 "Spooky" gunship.

On the significance of this visit, Jake Dickson, AFSOC Acceleration Flight chief here, described his team was humbled and encouraged to once again share their good news.

"We were pleased and thankful to have the chiefs come and get a feel for the pride we take in the work we do here," said Dickson. "It's important for us to see their appreciation of the value we have in a maintainer-to-maintainer visit. They were glad to see the problem solving approach we had to some

of our challenges. We were able to bring them in and make them part of the solution. That's going to be key to our sustainment and success."

Tours also focused on the C-130 center wing box program; and software labs and radomes, with discussions on blurring the lines, merging and strengthening existing partnerships with AFSOC, AFSC and WR-ALC.

"This was a great opportunity to work with our AFSOC warriors, to build and improve relationships and provide a valuable perspective on what we do at the complex, and explain the benefits of our entire AFSC enterprise and how they contribute to the success of this accelerated PDM for AFSOC," said Chief Master Sgt. Jason France, AFSC command chief.

## ANYTIME

Continued from A1

traffic controllers, as well as cyber transport and communications personnel.

Senior Airman Alex Hauk, a ground radar systems journeyman, has been in the Air Force for five years. Having the requisite knowledge and skills is one thing, but it's an ongoing process that allows him to feel capable as well as comfortable around various communications equipment in the field.

"Training is critical," he said. "There's so much that goes into this job. Not only do you have to learn how to pack and set up equipment, but you also have to know how to maintain, troubleshoot and work with the equipment that you have." "There are a lot of skills that I've learned, and I've learned that here," he said.

As several pallets of equipment were being prepared before the exercise, a dedicated training area behind the squadron's buildings was bustling with activity.

Several shelters resembling portable shipping container units were assembled in a row. Inside each were sophisticated communications equipment, airport surveillance radars and the like, all capable of providing real-time air traffic

control operations as needed.

"We can be anywhere in the world," said Randall. "We can go to an established air strip with pavement, or to a bare base where they're doing landing zone/drop zone only."

A full suite of navigation systems can be found inside some of the shelters, which can include airport surveillance and precision approach radar – all of which essentially provides a portable airport of sorts.

"We also have test equipment that can be utilized, environmental control units and other instruments," added Hauk.

Squadron members have 36 hours to set up a complete suite in the field, but that's usually done sooner, leaving time to perform any needed maintenance, flight checks and more.

For this exercise, one of the squadron's mobile control towers was being further prepared. The tower, mounted on the back of a Humvee, can be lifted to provide a view of an airfield environment where aircraft take off and land. A support generator and backup generator will also be airlifted.

"Getting everything set up quickly is a pretty big challenge," said Hauk. "But with the training that we do throughout the year, we can do it."



U.S. Air Force photos by TOMMIE HORTON

Above, 53rd Air Traffic Control Squadron airmen set up a mobile control tower during training March 17. Below left, Senior Airman John Treas, airfield systems technician, hammers an anchor used to support a wind sensor. The sensor communicates windspeed and direction to the mobile control tower. Below right, Senior Airman Adam Spittle, airfield systems technician, runs cable for the land mobile radio.



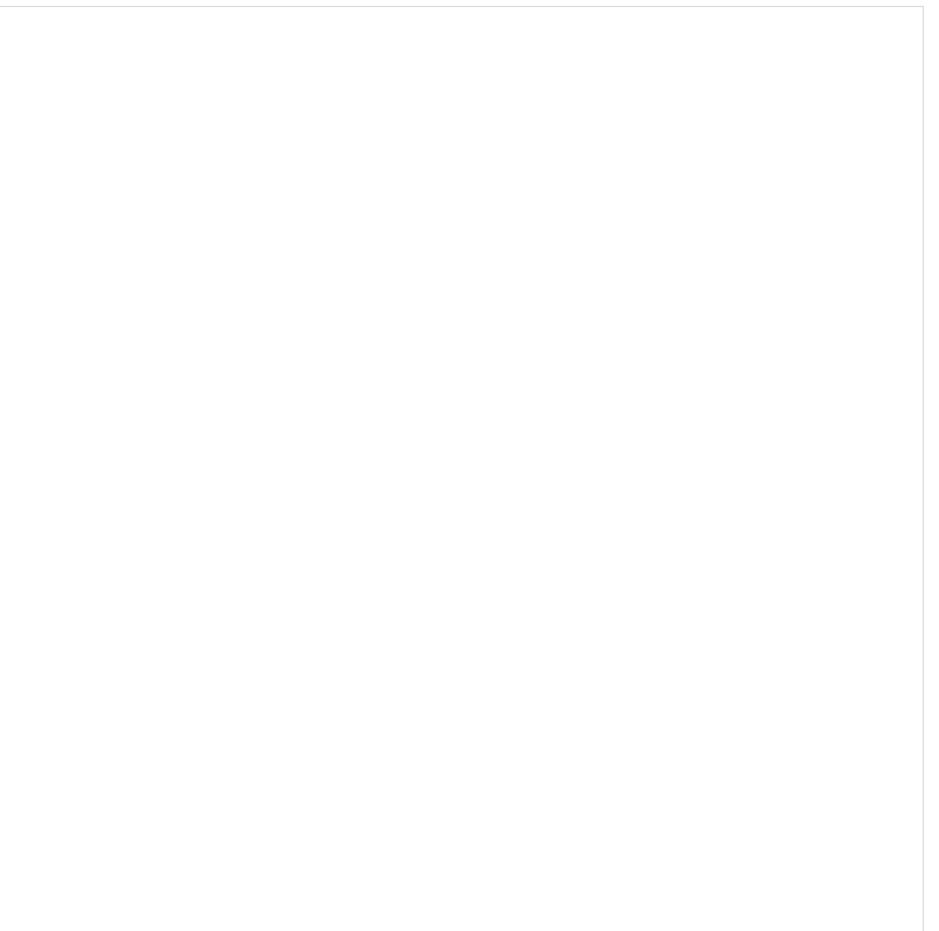
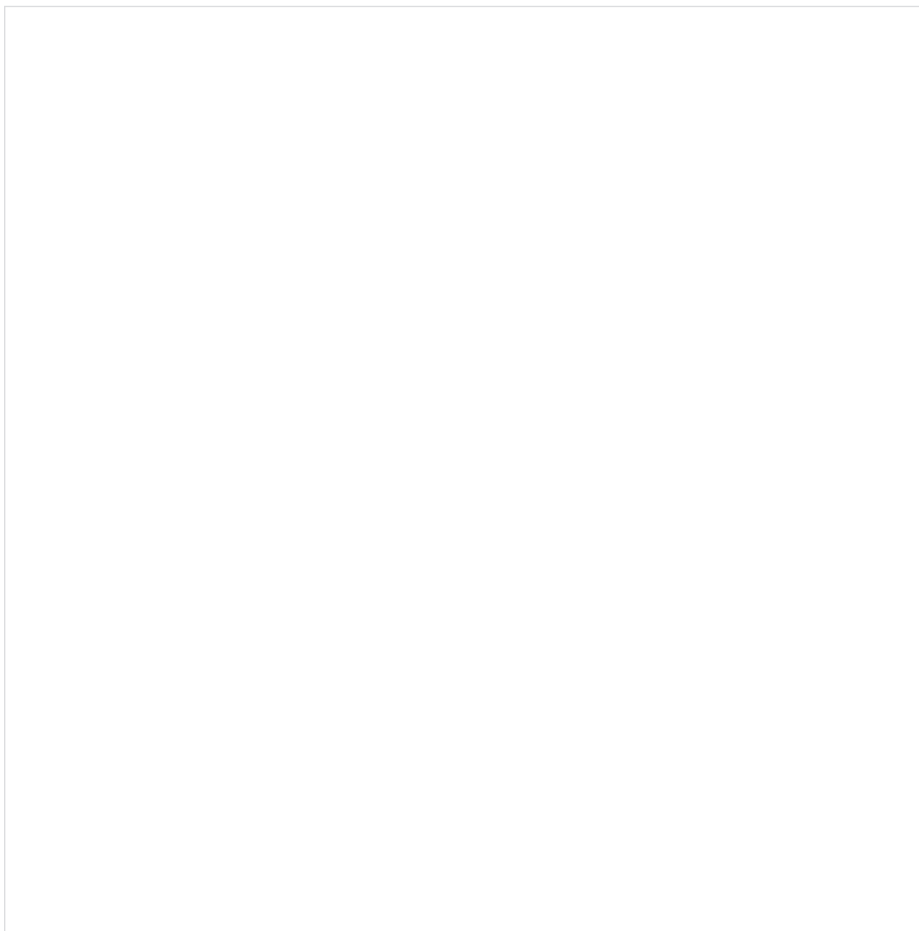
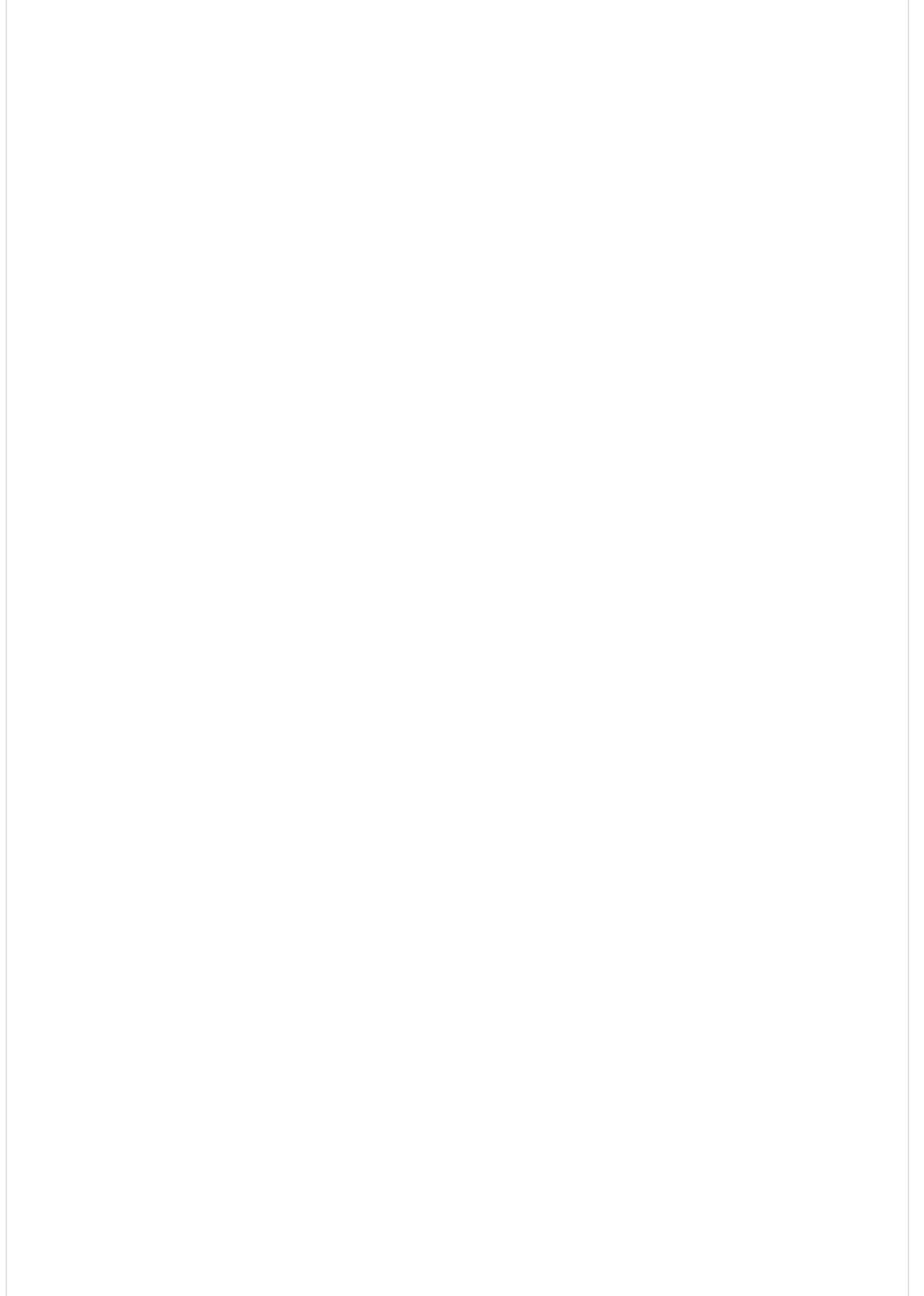
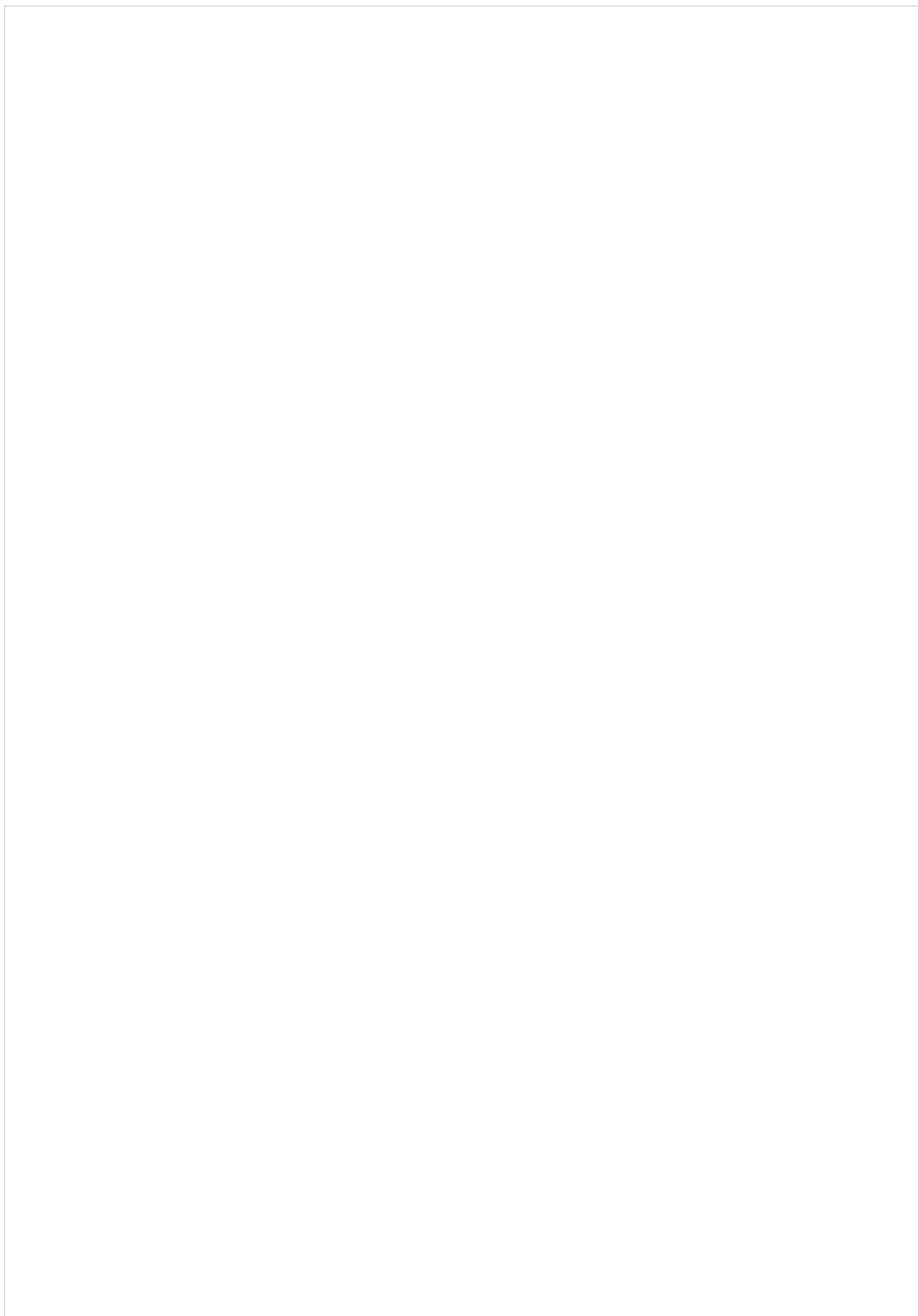


## Legal Minute



***If it looks like it came from a court or an attorney, then ...***

As you know, sometimes the Air Force is sued. When that occurs, it's not unusual for military and civilian Air Force personnel, units or commanders to receive writs, summons, notice of legal proceedings or other foreign civil process. If you receive a document that looks like it came from a court – even if you're not sure – against the Air Force, contact the base legal office at DSN 472-0576 or 468-9276. We'll review the document and determine what needs to be done. This is a mandatory requirement and must happen immediately upon receipt (see AFI 51-108, paragraph 3.2.2.3, and AFI 51-301, paragraph 6.6.2.). The 78th Air Base Wing Office of Staff Judge Advocate (78 ABW/JA), will respond and determine whether Air Force personnel must appear in the legal proceeding or provide requested documentation.



# GOALS

Continued from A1

to articulate to our commercial partners and airmen what it is we need to help us deliver combat power,” said Lt. Gen. Lee Levy, AFSC commander. “The closer that our uniformed military, civil servants and commercial partners can work together, the better we’ll be able to fight and win our nation’s wars.”

Portfolio presentations were made in several areas, including mobility, battle management, agile combat support, armament, fighter/bomber, ISR/SOF and USSOCOM FW. Opportunities for support included areas in cyber resiliency, additive manufacturing, Condition-Based Maintenance Plus, software acquisition and development and robotics.

Working hand in hand with AFSC is the Air Force Life Cycle Management Center, whose program offices and key staff functions support the weapon sys-

tems and material that are used around the world by our armed forces and allies.

There are nearly 2,800 different programs within AFLCMC whose programs are supported by nearly 26,000 people. Both centers are constantly looking for ways to conduct its services in order to support warfighters across the globe.

“It’s really important as this gives us an opportunity to interact with businesses that have services we absolutely need - everything from big business and large defense contractors all the way to small business,” said Lt. Gen. John Thompson, AFLCMC commander. “We know we don’t have a corner on the market for the best ideas. We have a lot of great ideas, but there’s a lot that industry can provide us.”

The annual event, which began in 2003 as the Robins Annual Requirements Symposium, was held in partnership between the base and the Aerospace Industry Committee of the Robins Regional Chamber of Commerce.

# Annual symposium showcases latest hardware, apps

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

More than 2,100 participants at the 41st Dixie Crow Symposium had a choice of dozens of speakers and vendors ranging from a lieutenant general to small electronics company reps.

The annual symposium – which focuses on electronic warfare – invited vendors to showcase the latest hardware and new applications in technology.

Lt. Gen. Bradley Heithold, Air Force Special Operations Command commander, spoke March 23 at the Museum of Aviation.

With 42 years in the Air Force, Heithold, a master navigator with 3,400 flight hours in various C-130s, spoke about improvements in C-130 aircraft maintenance at Robins which helps his team in Florida perform its mission.

He also talked about the initiatives the command has coming up in the next few years, both offensively and defensively, in regards to weapons and aircraft capabilities.

That ties in directly with the mission of the symposium – to provide updated electronic warfare information to the end users and vendors who will be producing the equipment for those initiatives.

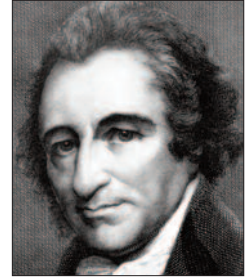
Vendors included schools such as the Georgia Institute of Technology and Mercer University, whose programs produce some of the engineers who work at Robins.

“This symposium helps us understand the problems other colleagues are facing so we can collaborate with them,” said Kenneth Kaminski, director of the electronic systems laboratory at Georgia Tech.




**U.S. AIR FORCE**  
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TO 468-EYES**



## Thought for the Day

"The real man smiles in trouble, gathers strength from distress, and grows brave by reflection."

– Thomas Paine



## What's inside

Help for sprains and strains , B2

Getting to know you, B3

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# Lighter Fare

THE ROBINS REV-UP ■ APRIL 1, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

# Heavy traffic



U.S. Air Force photos by ROLAND LEACH

Above, traffic crawls along behind a C-130H trainer and an F-84F Thunderstreak being towed down Ga. Highway 247 March 25.

Below left, Master Sgt. David Rueling, 402nd Expeditionary Maintenance section chief, speaks with Lt. Clay Chambers of the Houston County Sheriff's Office.



## Base, community team for aircraft relocation

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

Traffic heading south on Ga. Highway 247 was slow going March 25 as a C-130 was towed from the flight line to a training field.

An Air National Guard F-84F Thunderstreak joined the journey on the back on a flatbed truck – to its final destination – the Museum of Aviation.

According to Senior Master Sgt. David Gurzynski, 402nd Expeditionary Maintenance Aircraft Battle Damage Repair chief, the aircraft, which arrived at Robins Sept. 29, was originally slated for the bone-yard in Arizona. Instead it will be used here by the 373rd Training Squadron, Det. 6.

Members of Robins, the Houston County Sheriff's Office and the Georgia Department of Transportation teamed up to make the move happen in a little less than an hour.

The move required a lot of moving parts, Gurzynski said.

"We just got a lot of support and took it south," he said.

"We didn't have any problems. Everything went really smooth," said Capt. Ricky Harlowe, Houston County Sheriff's Office division commander.

There were seven sheriff's office employees who helped to divert traffic from the Aero Club Gate to the museum's back gate, which was a distance of about 3.2 miles.

At the museum, the plane was a little delayed due to trees near the gate.

"It was a really close fit," Gurzynski said.

Security was posted during the opening of each entrance.

Harlowe said drivers were patient while waiting for the plane to be moved.

"That's an exciting event for the community. People stop and take pictures," Harlowe said.



Above, an Air National Guard F-84F Thunderstreak is towed down Ga. Highway 247 to the Museum of Aviation March 25.

At left, Houston County Sheriff's Office personnel escort the C-130 trainer as it heads to its final destination.



# A BETTER YOU



## Got Hurt? Get Moving

BY 78TH MEDICAL GROUP

Sprains and strains of the body are things we all have encountered at one time or another in our lives. The management of those injuries has definitely evolved over the years. Currently, the literature is pointing towards two main principles regarding musculoskeletal injuries (sprains, strains, etc): first, the sooner you get in to see a medical provider (especially regarding low back pain), the more favorable the prognosis; and second, the sooner you get the joint moving in a pain-free range, the faster the healing process.

Historically, when someone was hospitalized, the medical advice was to stay in bed for up to several weeks. Although this was time well spent with poetry writing or bird watching from the window, it was not helpful for the body. Now, if in the hospital, as soon as your vital signs have stabilized, you're encouraged to get up and get moving.

That same advice holds true to muscle, tendon and joint injuries. Even if we're talking worst case scenario of a ligament or muscle tear of a joint, one of the first things you'll be told to do is to keep it moving. This will not cause further damage to the tissue if done right.

So, with that in mind, if you sprain a lower extremity joint or strain a muscle, in addition to using the RICE principle (Rest, Ice, Compression, Elevation), please follow

### DID YOU KNOW?

If you are an active duty member who has suffered a sprain, strain or contusion in the last 14 days, a walk-in clinic is available every Monday morning from 7:30 to 10 a.m. in the 78th Medical Group physical therapy department. No referral is necessary. It is simply a first-come first-served basis. As doctors of physical therapy, we can examine your injury to determine the best course of action, including the use of imaging or pain medication as needed. For more information, call 497-7798.

this advice as you're waiting for your PCM or physical therapy appointment.

► **Ankle sprain:** with your leg elevated, pump your ankle up and down and side to side 15 to 20 times, three to four times a day, within a pain-free range.

► **Knee sprain:** while lying on your back, use a towel, belt, or dog leash to wrap around your ankle, and assist in sliding your heel towards your tailbone. Go as far as you comfortably can, then release and extend leg. Do this 15 to 20 times, three to four times a day.

► **Back sprain:** while lying on your back, bend your knees while keeping your feet on the ground. With your knees together, gently rock your knees from side to side, holding each end position three to five seconds. Do this 15 to 20 times, three times a day. Again, let pain be your guide.



## Health record access changes, info still safe and secure

BY PRERANA KORPE

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. – The Air Force's secure patient portal, MiCare, also known as RelayHealth, has undergone changes to the Personal Health Record process.

Automatic updates to MiCare PHR will be discontinued; however, electronic health records will continue to be available through the Blue Button feature on TRICARE Online. Beneficiaries can use TRICARE Online to access both past health records and health records which become available moving forward. TOL meets the cyber security requirements of the Department of Defense to keep personal information safe and secure.

TOL Blue Button provides the following:

- Medication profile (DOD and VA data)
- Allergy profile (DOD and VA data)
- Problem lists (DOD and VA data)
- Encounters (DOD data only)
- Laboratory results (DOD and VA data)
- Radiology results (DOD and VA data)
- Vital signs (DOD and VA data)
- Immunizations (DOD AHLTA data only)

TOL Blue Button users are able to view all available personal health data or tailor a summary report; download, save and print personal health data; and share personal health data in an XML-formatted continuity of care document.

MiCare remains a secure patient portal for online communications between beneficiaries and their health care team. Secure messaging services remain available and beneficiaries and health care providers can continue to exchange messages through MiCare.

In addition, beneficiaries can download existing MiCare PHR information and message history through RelayHealth.

For instructions on accessing electronic health records, visit <http://www.airforcemedicine.af.mil/>.

## Know your numbers: Cholesterol can effect the health of your heart

BY TRICARE.MIL STAFF

Defense Health Agency Communications Division

FALLS CHURCH, Va. – Cholesterol plays an important role in the health of your heart.

A build-up of cholesterol and other deposits can block arteries and lead to coronary artery disease – the most common type of heart disease in the U.S.

Knowing if you have high cholesterol is important because it is one of a number of factors that determine your risk for Coronary Artery Disease.

According to the Centers for Disease Control and Prevention, for some people, the first sign of CAD is a heart attack. Certain lifestyle choices such as smoking, physical inactivity and diet also increase your risk.

Currently, TRICARE covers cholesterol testing every five years in adults age 20 and over, as recom-



mended by the National Heart, Lung and Blood Institute. Beneficiaries should talk to their primary care manager for more information on preventive screenings, and what their specific needs are in order to stay heart healthy.

Beneficiaries using TRICARE Standard should note that cholesterol screenings are covered only when combined with an immunization, breast, cervical, colorectal or prostate cancer screening. Prime beneficiaries may receive clinical preventive services from their primary care manager or any network provider without a referral or authorization at no cost.

Your liver makes enough cholesterol for your body's needs, but we often get more from the foods we eat. If we take in more cholesterol than the body can use, the extra cholesterol can build up in the walls of the arteries, including those of the heart. A blood test can detect the amount of cholesterol and triglycerides (a related kind of fat) in your blood.

For more information about coronary artery disease, visit the CAD page on the CDC's website. For more information about your covered preventive services, visit [www.tricare.mil](http://www.tricare.mil).

## GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

**UNIT:** Automatic Test Systems Division

**JOB TITLE:** Division executive officer

**TIME IN SERVICE:** 5 years

**HOMETOWN:** Carrollton, Ga.

**What does your work involve at Robins?** "My work at Robins involves managing the security, emergency management, personnel, facility management, and Continuity of Operations Programs for the Automatic Test Systems Division. On a typical day you will find me doing anything from processing personnel actions or security visits to war-gaming emergency management scenarios with our mission partners here."

**What do you enjoy most about your work?** "The variety of people and career fields I get to work with. Every day is a little bit different and you're always being blessed with new opportunities to grow and help people at different stages of their careers."

**How does your work contribute to the Robins mission?** "My office helps to support the warfighter by taking care of all of the "care and feeding" aspects of our organization. We handle business operations for ATS so that our personnel can focus on getting test systems back to the warfighter in the field and know that we have their backs whenever a business operations need is identified."

**What prompted your interest in your current career field?** "My mentors Professor Clif Wilkinson and Dr. Jerry Herbel at Georgia College. Professor Wilkinson convinced me to pursue my Masters in Public Administration and Dr. Herbel was a huge proponent of the co-op programs at Robins."

**Who has been the biggest influence in your life?** "My parents. My dad taught us the value of honesty, loyalty, and integrity at home and in civil service while he was the sheriff of Carroll County. My mom reinforced those values with a deep and abundant faith that taught us that doing what was right wasn't always the easiest course of action."



# Robins Air Force "BASE CAMP" Family Campout

**Saturday & Sunday**  
**April 23 & 24**  
**Robins Park**



**Registration Required**  
**Campout Limited to 30 Campsites**

• **Movie** • **Games** • **S'mores** • **Hot dogs & Hamburgers**

## Saturday, April 23

- Tent Set-up Starts at 9 a.m.
- Events Begin at 12 p.m.

## Sunday, April 24

- Break Camp & clean-up 8 - 9 a.m.



**Bring Your Own Tent or Rent a Camping Package**  
**at ODR for Only**  
**Group of 4 \$15**  
**Group of 5 \$20**  
**Group of 7 \$25**  
**(Includes Tent & Sleeping Bags)**

**Register By April 15 - DSN 468-4001 or Comm. 926-4001**

PLEASE RECYCLE  
THIS PAPER

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

► **Transition Goals, Plan, Success (GPS) Workshop\*** – Monday through April 8, from 8 a.m. to 4:30 p.m.

► **Pre-Separation Briefing (separates)\*** – April 12 and 26 from 8 a.m. to noon; **(retirees)\*** – April 19 from 8 a.m. to noon.

► **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.

► **First Term Airman Course: Finances\*** – April 19 from 7:30 a.m. to noon.

► **Passport to Parenthood** – April 19 from 11:15 to 11:45 a.m. at the HAWC. Call 478-327-8398 to register.

► **Right Start\*** – April 20 from 8 a.m. to 12:30 p.m.

► **VA Benefits Briefing\*** – April 20 from 8 a.m. to 3 p.m. in Bldg. 905.

► **Key Leaders' Orientation** – April 21, from 7:30 to 11 a.m.

► **Tips on Writing a Federal Resume** – April 28 from 8 to 10 a.m.

► **Educational Track\*** – April 28 and 29 from 8 a.m. to 4 p.m. (Call Ron Smith at 478-327-3401 to register)

► **DAV Medical Records Review** – Appointments only. Call DSN 472-4146.

*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.*

# HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
1	2	3	4	5	6	7

**ON TAP**

**First Friday**

Today  
4 to 7 p.m.  
Heritage Club Lounge  
Come wind down with us.  
For details,  
call DSN 468-2670.

**Give Parents a Break  
Hourly Care**

Saturday  
1 to 5 p.m.  
CDC East and School-Age Program  
Take a break and relax.  
For details,  
call DSN 468-5805.

**Power Punch  
Boxing Class**

Tuesday and Thursday  
10 a.m.  
Fitness Center  
For details,  
call DSN 468-2128.

**UPCOMING**

**Masters UGLY Jacket**

First event:  
Saturday through April 10  
Cost is \$2  
Second event:  
Thursday through April 10  
Cost is \$5 plus golf fees.  
For details,  
call DSN 497-4103.

**Youth Center Summer Camp**

Parents may submit requests for care beginning Monday.  
A lottery drawing will be conducted May 6 for open slots.  
Stop by the Youth Center to complete a request form by April 29.  
For details,  
call DSN 497-6834 or 478-327-6834.



*Once Upon A Time Family Ball*

Everyone, family and friends is invited to attend

**Friday, April 22**  
6 - 9 p.m.  
Heritage Club Ballroom.

*Come enjoy a special date night, get your photo taken and then attend the Prince & Princess Ball*

DJ, Face Painting, Photo Booths & More

Tickets must be purchased by April 20  
Members \$15  
Nonmembers \$25  
Each additional child \$5  
For more details, call 478-926-2670 or DSN 468-2670

**Family Movie Night**

Tangled  
April 8  
6:30 to 8:30 p.m.  
Base Theater  
\$2 per person includes movie, popcorn and drink  
For details,  
call DSN 468-4001.

call DSN 468-4103.

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

April 22  
4 to 7 p.m.  
Heritage Club Lounge  
For details,  
call DSN 468-2670.

**Golf Expo featuring  
LPGA Tour Professional  
Jennifer Gleason**

April 8 through 10  
Pine Oaks Golf Course  
Open to all base personnel and family.  
For details,

**Membership Dinner**

April 25  
5:30 to 7 p.m.  
Heritage Club Ballroom  
For details,  
call DSN 468-2670.

