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Ball Hockey  
rolls into Robins

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# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

April 8, 2016 Vol. 61 No. 14

## Walking the Walk



### Base takes steps to clean up after tornado

U.S. Air Force photos by RAY CRAYTON

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

**H**undreds of Team Robins members were out in full force Monday morning inspecting the flight line for anything that could cause damage to aircraft following last Friday's tornado and severe thunderstorms.

"We're looking for any kind of loose debris out here - rocks, pebbles, metal objects - things that can get sucked into an aircraft's engines and destroy them," said Tony Larkin, 560th Aircraft Maintenance Squadron Quality Assurance chief.

Last weekend, much of the larger debris was already picked up, gathered in piles and disposed of in nearby dumpsters. The storm damaged several base roofs, including Bldg. 81 on the flight line. No injuries were reported on base as a result of the storm.

"While it looks relatively clean out here now due to the large number of people working, over the weekend we found metal screws from the roofs that were blown off during the storm," he added.

In less than an hour, workers conducted a foreign object debris, or FOD, walk, forming a long line from east to west starting at Bldg. 59 and extending toward the functional test area known as Nancy Row,

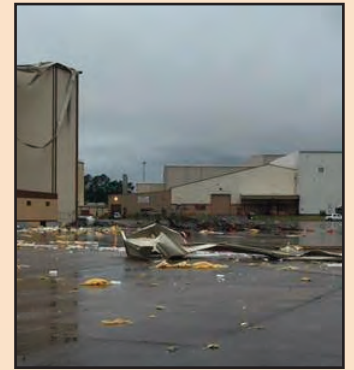
where C-130s and other aircraft are parked awaiting final flight testing and inspections.

Airmen from various Robins squadrons arrived on buses while civilian employees converged from their respective maintenance buildings for the FOD walk. It was a true team effort involving the Warner Robins Air Logistics Complex, 78th Air Base Wing and 5th Combat Communications Group.

The area from the 'red carpet' location in front of Bldg. 110 is known as a FOD critical area, according to Steve Schwarz, Installation FOD manager. The ground there was littered with pebbles, many hidden in crevices in the concrete.

"Erosion from the concrete and water may have washed them in this direction," said Schwarz. "A lot of aircraft taxi in this direction all the time and park so these FOD walks are critical. Potential FOD can cost thousands to millions of dollars in damages."

According to the National Weather Service in Peachtree City, Ga., a tornado touched down just northeast of Centerville, initially taking out trees along Sentry Oaks Drive. As it moved toward the east, the tornado briefly reached EF-1 intensity with estimated maximum winds reaching 90 miles per hour at two locations in town, at Napier Avenue and Fisher Street.



### Claims for weather DAMAGE may be considered

Weather-related claims for personal property damage resulting from the storm April 1 may be considered if your property was located on base, or it was located off base, and you were:

- Serving on temporary duty or permanent change of station orders located at your off-base hotel or other authorized location; or
- Serving on TDY or PCS orders driving directly from your last base to your next base.

If you have private insurance that covers your loss, you must first file with your insurance carrier.

The required documents and checklist can be found at <https://claims.jag.af.mil/legalassistance/weather.php>.

You may also contact the Air Force Claim Service Center at 1-877-754-1212, or DSN 986-8044, or commercial at 937-656-8044. The center's hours of operation are Mondays through Fridays from 7:30 a.m. to 4:30 p.m.

## Ten minutes with the new Installation command chief

**Editor's note:** Chief Master Sgt. Emilio Hernandez has been at Robins Air Force Base just over two weeks. He was formerly the superintendent of the 374th Mission Support Group at Yokota Air Base, Japan. Born in Cuba, as a young boy he and his family immigrated to the U.S., where they settled in Miami, Florida. He enlisted in the Air Force in 1992. Recently, Hernandez took a few moments to sit down with Rev-Up reporter Jenny Gordon to talk about the mission, people and his priorities in his new position as Installation command chief.

### What are some of the top priorities you'd like to address during your first few months at Robins?

My No. 1 priority is getting out and knowing our airmen and their families. That's important to

me. I want to listen to their stories and see how I can help.

My second priority is to fully understand the mission. I want to know what's going on here. I've already been able to tour the Warner Robins Air Logistics Complex and was so impressed with just a snapshot of what I've seen. I can't wait to get in and see everything else.

My third is to engage with our (mission partners) to see how we can provide better service. That also involves engaging with the local community. The constant that I'm hearing is that every day



HERNANDEZ

here is military appreciation day, and that's where I want to be. I could not think of a better place to be surrounded by a community that wants you here, and really takes good care of our airmen.

### What are thoughts you'd like to share with Robins airmen on the subject of taking care of people?

I believe that taking care of people is not just a leadership priority but everyone's priority.

It starts with effective communication, knowing and caring for your airmen and being a good wingman. From a supervisory standpoint, I think it involves development, empowerment, ownership and accountability.

All of these center around professionalism 24/7 and mutual trust.

▶ see CHIEF, A6

## FRIDAY FLYBY: Air Force Assistance Fund campaign now in full swing, A5

### IDS Tip of the week

Get mentally fit by improving concentration, handling stress effectively and letting go of grudges toward past mistakes.

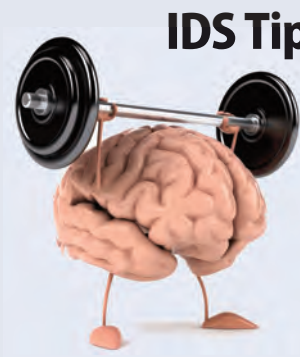
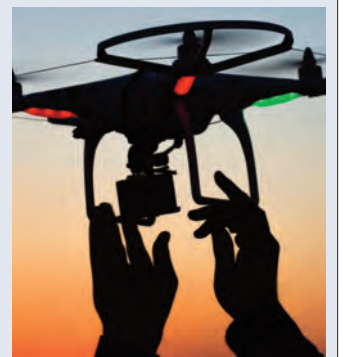
If you're active duty military, call the Robins Air Force Base Mental Health Clinic at 478-327-8398.

### Drone operators could face fines, jail

Operators who fly quadcopters, millennium falcons and other drones too close to military installations like Robins can receive stiff penalties, including fines, imprisonment or both.

That's the word from U.S. Northern Command officials, who remind drone enthusiasts that, per the Federal Aviation Administration, drones can't be flown within a 5-mile radius of military airfields or commercial airports.

People who witness drones or drone operators in violation of the rule should contact the Base Defense Operations Center at DSN 468-2187 or Commercial 478-926-2187. For a complete listing of the FAA rules regarding the operation of unmanned aircraft systems, or drones, visit [www.faa.gov](http://www.faa.gov).



Weekend Weather

Friday 73/55



Saturday 66/39



Sunday 70/45



"Choose your 'tude!"



# SECOND FRONT

## Robins, area schools celebrate Month of the Military Child

BY HOLLY LOGAN-ARRINGTON

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Throughout April, Robins and local schools are hosting a variety of events to honor military members' children including a joint proclamation signing by the Houston County Board of Education and Robins.

The event will be Tuesday during the 1 p.m. board meeting. Superintendent of Schools Dr. Mark Scott and 78th Air Base Wing Vice Commander, Col. Dawn Lancaster, will speak and sign the proclamation.

Shantel Chapman, Airman and Family Services Flight chief here, said celebrating the month of the military child encourages everyone to remember the direct relationship between children and the mission.

"Our children motivate us to greatness and our children make us stronger," she said. "We're quick to state the sacrifice that we make for them, and we often forget the sacrifice they make for us."

Chapman said often these children don't get a say in how their parents' service impacts them.

"Our children do not have a say when we have to work beyond our scheduled shifts," she said. "Our children do not have a say when we have to deploy on a moment's notice ... For every time our children didn't have a say," she added, "the month of the military child is an opportunity to say 'Thank You,' to our children, for their selfless service, too."

Renee Daughtry, Robins School Liaison officer, said it's only fitting that everyone reflect and recognize the contributions and personal sacrifices military children make to the Armed Forces.



### Youth Center activities

- ▶ Open Recreation - Fridays in April are free for military youth ages 9 to 18 (who are still in high school), from 3 to 10 p.m.
- ▶ April 29: Teen Lock In from 7 p.m. to 7 a.m. members \$5, non members \$10

### Child Development Center activities

- ▶ April 15: Children are asked to wear camouflage attire and invite parents to come and read to them.
- ▶ April 22: Sports Day parents are invited to participate from 3 to 4 p.m.
- ▶ April 29: Ice Cream Social at 2:30 p.m.

The Base Restaurant, Pizza Depot, Bowling Center and Pine Oaks Golf Course will have specials for military children throughout the month of April. See the Robins Facebook page for more events and activities.

U.S. Air Force photo by TOMMIE HORTON

Capt. Chris Pulliam, 121st Infantry, Company H commander, and his daughter Morgan Pulliam, 3, enjoy a story time book reading at the base library. Month of the Military Child story time will be held Wednesday at 10 a.m. See box for other events.

6,700 are military connected with parents working at Robins.

Daughtry said on average, a military child goes to six to nine different schools during their kindergarten-to-12th-grade school years.

"It's our honor to thank these strong, resilient children for their support and sacrifices," she said.

People are invited to wear purple April 15 to show support for military members' children.

### Child Abuse Prevention Month

The Department of Defense 2016 Child Abuse Awareness and Prevention Month theme is Child Safety to Prevent Child Neglect.

No caregiver is perfect, but all can supervise carefully and take simple steps to keep kids safe. Keeping kids safe can be a challenge. It's important for caregivers to balance daily activities to reduce distractions and prevent accidents or injuries to children. Remember, seconds can make a difference.

To seek help or support to prevent child abuse, contact the Robins Family Advocacy Program at 478-327-8398.

*The following events are planned in the local community:*

▶ Saturday – No Excuse for Child Abuse 5K at 8 a.m., 1-mile Fun Run at 9 a.m., Central Georgia Technical College (Race is registered with "Run and See Georgia.")

▶ Now through April 30 – Pinwheels for Prevention Table Display, Bldg. 700, 78th Medical Group Atrium

▶ Now through April 30 – Prevention and Awareness Sandwich Board Display, Base Exchange and Russell Parkway Gate

▶ Blue Mondays, Wear Blue in recognition of Child Abuse Awareness, Photos can be submitted to

Robins.fap@us.af.mil for Facebook spotlight.

▶ Fridays through April 29 – "1-2-3 Magic Parenting Class," 10 a.m. to noon, Nola Brantley Memorial Library, 721 Watson Boulevard

### Street closure

▶ First Street, at the intersection of Byron Street, will be closed Monday through Wednesday. 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 extended

The Robins Earth Day Photo Contest has been extended through Wednesday.

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). See page A7 for more Earth Day events.

### RCG Scholarship applications available

Applications are now available for the Robins Chiefs Group academic scholarship program. 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.robinschiefs-group.org](http://www.robinschiefs-group.org).

### 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.

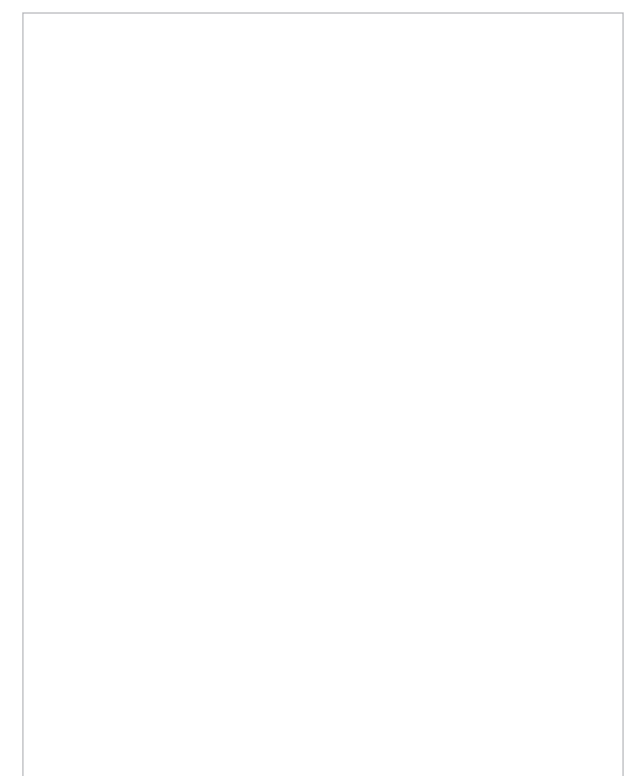
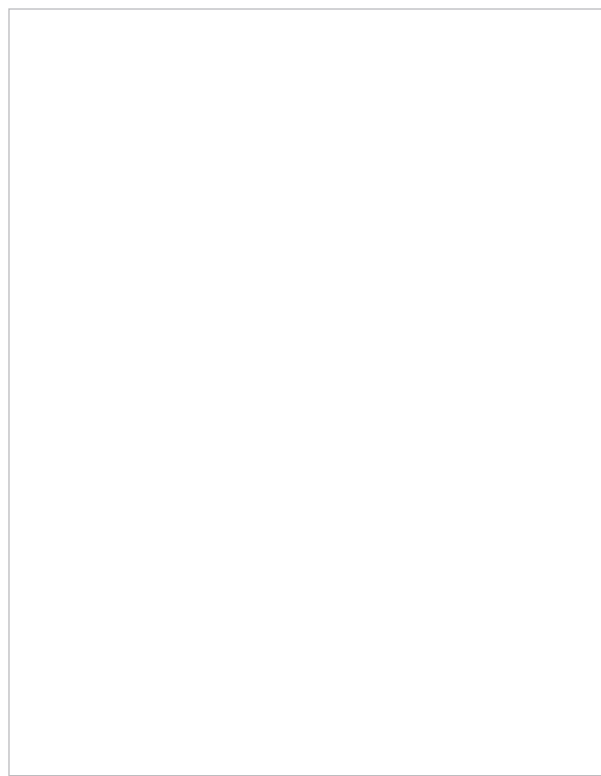
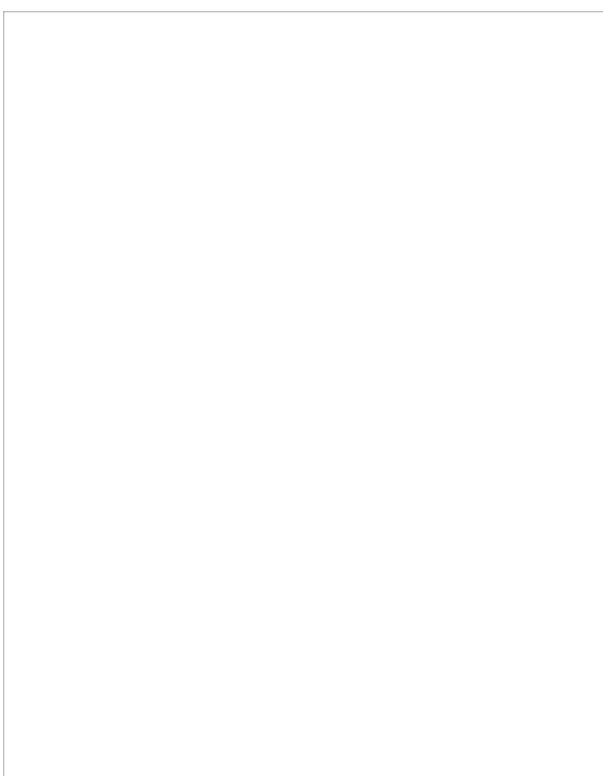
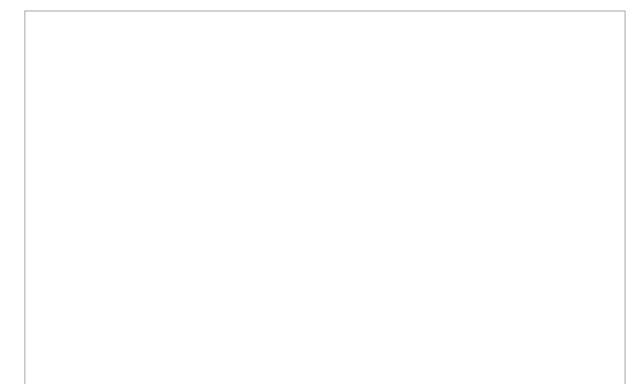
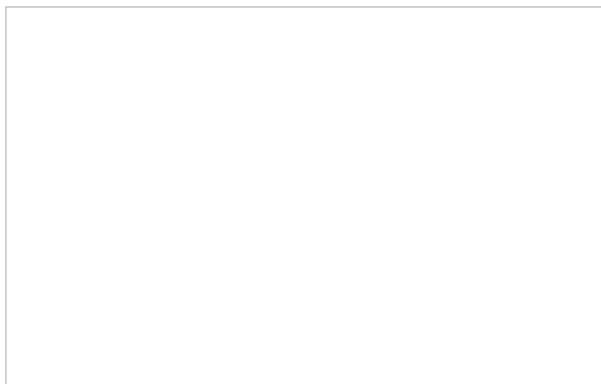
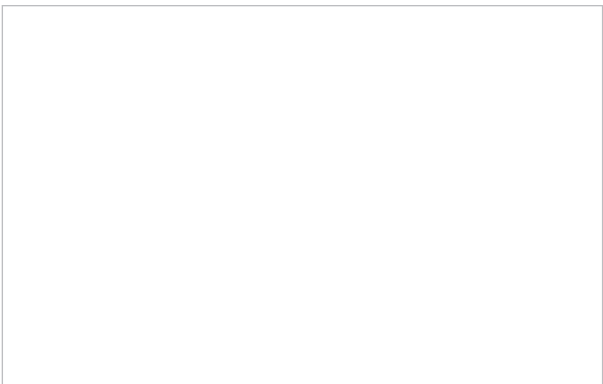
For more information, call Bryan Teel at 478-327-6990 or Rob Powell at 478-327-8589.

### Put Your Hands Together for ...

The next "Put your hands together for ..." will run in the April 29 edition of the Rev-Up. Deadline for submissions is April 22 at 4:30 p.m.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpeg.

For more information on submissions, contact Lanorris Askew at [lanorris.askew.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil) or Geoff Janes at [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil). Either can be reached by phone at 468-6386.







U.S. Air Force photos by TOMMIE HORTON

78th Security Forces Squadron members, practice maneuvering their way through a building housing a potential hostile threat. This scenario is part of the squadron's training to ensure proficiency in the event of a real world event.

**BY TOMMIE HORTON**  
tommie.horton@us.af.mil

Whether deployed down-range or stationed back home, 78th Security Forces Squadron defenders must maintain a 24-hour readiness to respond to unforeseen threats against the safety of Air Force resources and personnel.

Airmen assigned to the unit recently put in long hours training for challenges they could possibly face in the performance of their duties.

All parts of the training were designed to mimic real-world experiences as much as possible.

One portion made good use of a vacant building on base. The facility offered an excellent opportunity for the squadron to conduct building-clearance training.

Members divided into groups as they entered the building to search for and eliminate hostile threats. Inside, training instructors played the roles of active shooters and other hostile persons. They also provided instruction and guidance to airmen going through the training.

Another portion was conducted at Gator Air Base. There, members walked through a mock village where they encountered simulated attacks. They practiced different formations and ways to maneuver through different areas.

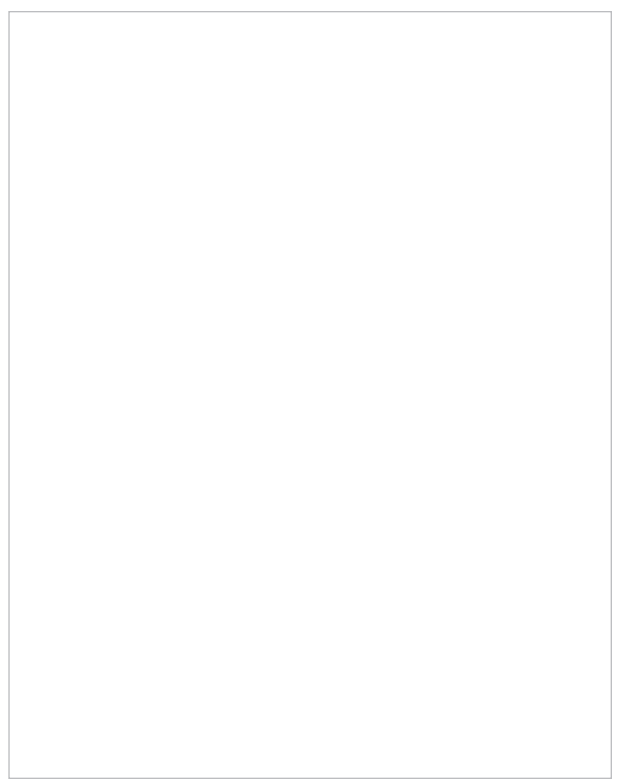
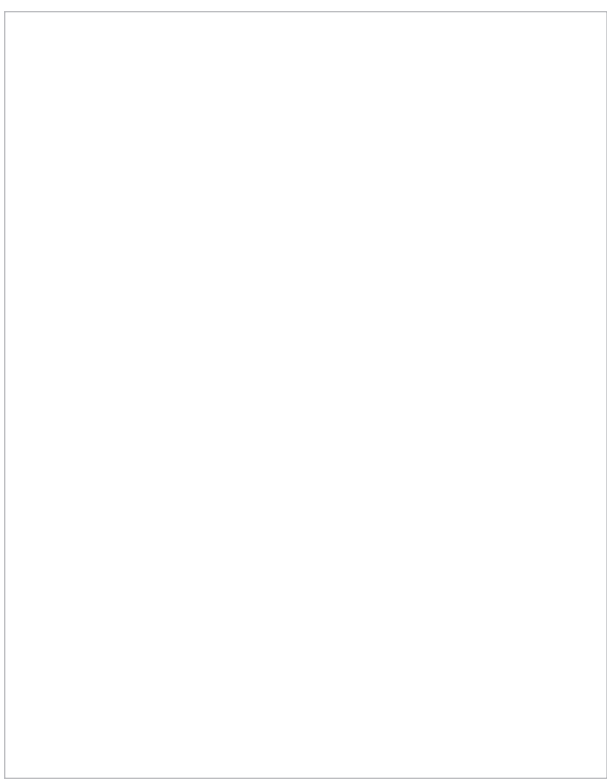
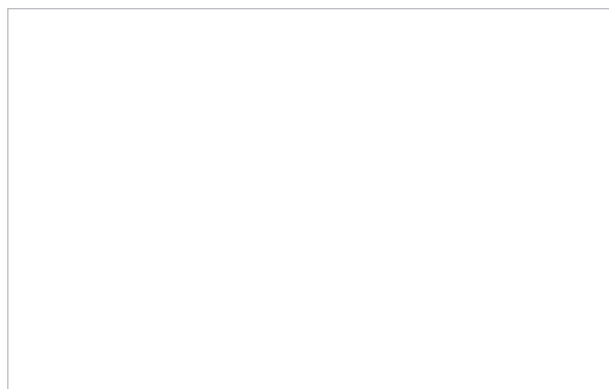
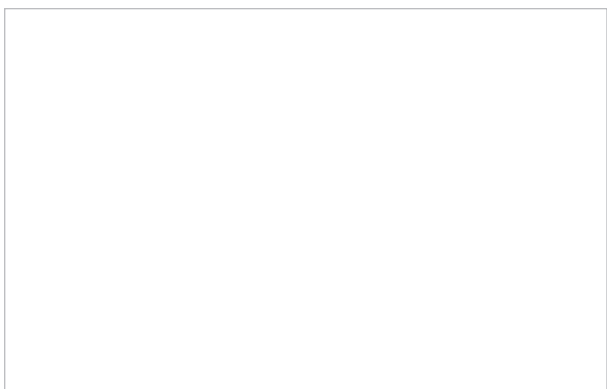
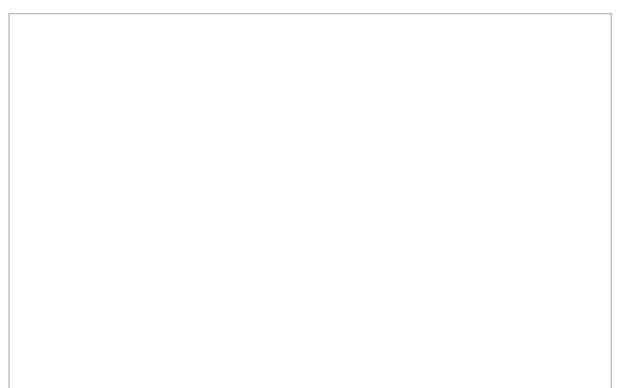
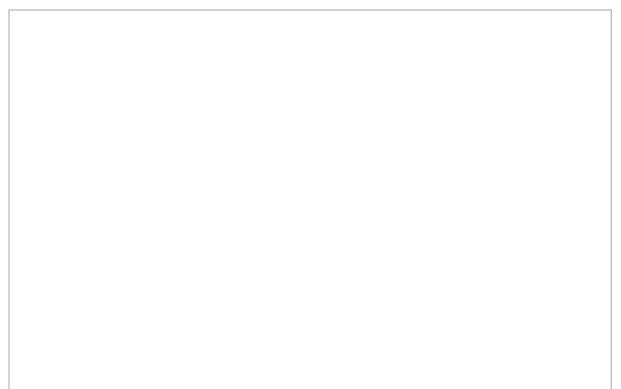
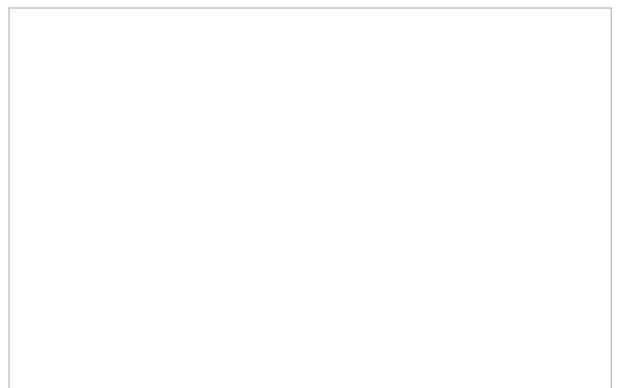
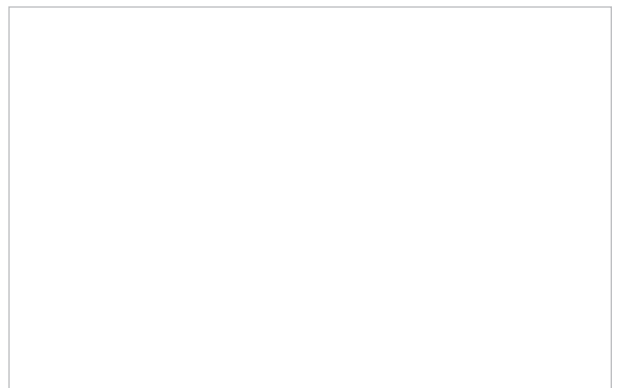
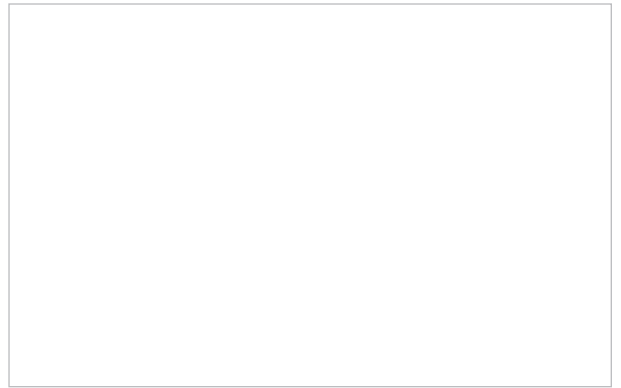
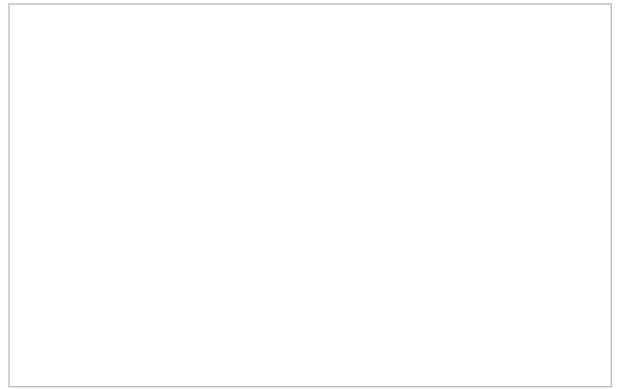
"In real world situations it's important for us to be able to conduct these type maneuvers with a certain level of proficiency," said Staff Sgt. Jeremy Jackson, 78th SFS instructor, "We want to get our airmen the best training we can."



Above top, Airman 1st Class Kristofer Sephus, 78th Security Forces Squadron, reacts to a simulated attack while traveling through a mock village during a training exercise at Gator Air Base.

Above bottom, Staff Sgt. Kyle Crook, training instructor, right, prepares Airman 1st Class William Lara for entry during a recent building-clearing exercise.

USE YOUR WITS NOT YOUR WATTS.





## AROUND THE AIR FORCE

**Sexual Assault Awareness Month: Know your part, do your part**

BY LT. GEN. LEE LEVY

Air Force Sustainment Center commander

**TINKER AIR FORCE BASE, Okla.** – April is Sexual Assault Awareness and Prevention Month. The two themes this year are Know Your Part, Do Your Part and Not Just April.

We talk about sexual assault most during awareness month, but it is a year-round problem that hurts individuals, their families and their friends.

It also damages the effectiveness of our enterprise made up of individuals. It impacts all of us, and every one of us can do something to stop it.

Statistics show that in an environment where sexist behaviors and sexual harassment occur, sexual assault is more prevalent.

It's true that when sexual assault occurs, most of us are not going to be there when it happens.

But we are always effecting the environment by what we do and don't do, and by how we treat each other.

When you observe any actions or speech that is sexist or is sexual harassment, your part is to not tolerate it, condone it, or ignore it.

Embody integrity and service before self by having the courage to be the first one in the room to



LEVY

challenge it.

In bringing attention to sexual harassment and stopping it, you are effecting the environment.

You are changing the atmosphere in a positive way that deters sexual offenders, and at the same time making it easier for victims to report criminal behavior. It's called bystander intervention, and it works.

One sexual assault is one too many.

Step in to stop inappropriate behaviors and talk. Know your part, do your part, and we can have a workforce, a center, and an Air Force where everyone is treated with respect.

And, we can collectively accomplish our mission in defending our country. It's your job and my job year round – and not just in April.

**In Other News****C-17 Drag Reduction testing aims at saving fuel costs**

**EDWARDS AIR FORCE BASE, Calif.** – The Air Force continues to make strides toward total force integration, according to an annual report submitted to Congress March 4.

From testing synthetic biofuels to vortex surfing, Edwards Air Force Base is on the forefront of finding new ways to cut fuel costs for the Air Force.

The latest venture is currently underway at the 418th Flight Test Squadron where a test team of Air Force and Boeing personnel has just completed the first phase of Air Force Research Laboratory's C-17 Drag Reduction Program.

According to an AFRL study, the price the Air Force pays for jet fuel has quadrupled between 2004 and 2012.

At the same time, the demand for personnel and equipment to be transported around the world has increased.

Airlifters like the C-130, C-17 and C-5, all of which Robins Air Force Base supports through depot maintenance, program support, or both, use most of the Air Force's fuel; 70 percent in 2012. Of those cargo planes, the C-17 uses the most fuel.

**DOD announces pilot tutoring program for service members**

**PENSACOLA, FLA. (AFNS)** – Officials with the Defense Department Voluntary Education Program and the Defense Activity for Non-Traditional Education Support

**This week in Air Force History**

On April 6, 1917, President Woodrow Wilson signed a congressional declaration of war against Germany, by which the United States entered World War I.

announced the launch of a pilot tutoring program that will provide service members with tutoring support at no cost, anytime, anywhere.

"If a service member is struggling with a college course or simply needs help with a homework assignment, this DOD-funded tool offers a place to go to get answers," said Jeff Allen, the DANTES director.

The program provides around-the-clock, online tutoring services for active-duty service members, Coast Guard members and full- and part-time National Guard and Reserve component members.

Some family members are also eligible to use the tutoring services.

The program is available online at [www.tutor.com/military](http://www.tutor.com/military), and provides one-on-one tutoring with educators in more than 40 college subjects, includ-

ing algebra, statistics, physiology and more.

The tutors provide help with all types of homework assignments and test preparation.

Tutors and students communicate in a secure online classroom using text chat and by drawing on an interactive whiteboard.

There are no webcams or telephones used and no personal information is shared between the tutor and student.

**Civilians get education details in AFPC webcasts**

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

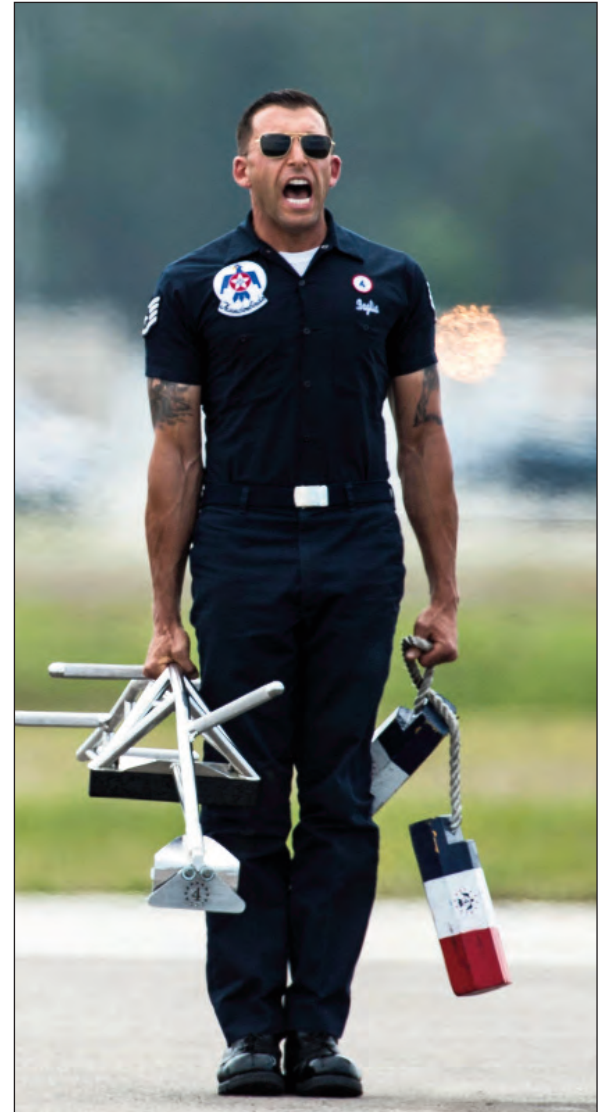
The Air Force is accepting nominations for the 2016 Outstanding Department of Defense Employee or Service Member with a Disability Award.

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

Organizations and base-level personnel must contact their major command, field operating agency or direct reporting unit for applicable suspense dates and additional information regarding nomination procedures.



U.S. Air Force photo by SENIOR AIRMAN JASON COUILLARD

**Ground Show**

Staff Sgt. Kyle Baglia, a tactical aircraft maintainer with the U.S. Air Force Thunderbirds, performs the ground show during the Tampa Bay AirFest on March 20, 2016, at MacDill Air Force Base, Fla. Robins' Thunder Over Georgia Air Show will be Oct. 1 and 2, and the Thunderbirds are the headliners for the show.

**THROUGH AIRMEN'S EYES****LEAPing on opportunity to use native tongue****MACDILL AIR FORCE BASE, Fla. (AFNS)**

Born and raised in Nizhnekamsk, Russia, Anastasia Stuart traveled to America as a young adult with the intention of only staying a year to improve her English. One year turned into two, and before she knew it, she enlisted in the U.S. Air Force.

"I've always wanted to use my ability to speak Russian to contribute to the mission in some form or fashion," Stuart said.

Although she didn't qualify to be a linguist because she wasn't a U.S. citizen at the time, Stuart continuously searched for opportunities to use her native tongue while working as the NCO in charge of the medical expense performance reporting system at the 6th Medical Support Squadron.

In 2014, Stuart stumbled upon the Language Enabled Airman Program, commonly referred to as LEAP.

"LEAP seeks to develop cross-culturally competent leaders with working-level foreign language proficiency – leaders who can meet Air Force global mission requirements," Zachary Hickman, Air Force Culture and Language Center language division chief, said. "We select Airmen from jobs across the Air Force. They stay in their 'day jobs,'] but they gain a level of language and

cultural education that allows them to do those jobs in another language and country."

Stuart applied and was accepted in 2014. Shortly after, she received notice of her first mission in support of the U.S. European Command's Ukraine Joint Commission Subcommittee activities.

In light of the U.S. transferring a \$7.6 million expeditionary military field hospital to the Ukrainian government to help enhance the country's ability to treat soldiers, the Expeditionary Medical Support System team was tasked to go there to train about 80 Ukrainian military members.

With knowledge in Russian, as well as the medical career field, Stuart was a perfect match for the five-week assignment. Her job was to translate and interpret for the Office of Defense Cooperation in a number of crucial real-world areas related to subcommittee implementation plans, to include land forces, air force and medical subcommittees.

"I was in Zhytomyr (west of Kiev), assisting our EMEDS team in training Ukrainian forces on how to set up and use EMEDS tent, and how to use all the equipment that's assigned with it," Stuart said. "Mostly, my job was to translate instructions and answer questions. I also translated a number of documents including official

memorandums, invoices and appraisals."

Once, she assisted a meeting between the ODC and DHL shipping company officials.

"The issue was the delay in shipments of the non-lethal military aid that the U.S. government sent to support Ukraine in the conflict with Russia," she said. "The shipment was sitting in customs, and there was a misunderstanding on local customs procedures that needed to be clarified. I was able to smooth the situation, and assist in the development of a new policy for future situations."

LEAP has allowed Stuart to sustain and enhance her language abilities. It's also a stepping stone to accomplishing her career goal of applying for a defense attaché position in an Eastern European country.

"This trip provided me with a great perspective on the role each and every one of us play in supporting the mission on a global scale," she said. "Ultimately, it was not about just being able to speak a different language, but about building relationships with our Ukrainian partners.

"Our cultures, the way we think and do things are very different, and without that cultural knowledge, one can't simply build those lasting and productive relationships," she added.

**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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# AFAF campaign now in full swing

BY JENNY GORDON

jenny.gordon.ctr@us.af.mil

The Robins Air Force Base 2016 Air Force Assistance Fund campaign runs through April 29. This year's 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.

During the next several weeks, unit project officers will be making 100 percent contact throughout the installation to include nearly 5,000 Air Force 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: Gen. and Mrs. Curtis E. LeMay Foundation; Air Force Enlisted Village; Blue Skies of Texas – formerly Air Force Village; and Air Force Aid Society, with an



U.S. Air Force photo by TOMMIE HORTON

Airman 1st Class Jake LLarenas, 78th Logistics Readiness Squadron unit project officer, assists unit members with pledging their contributions to the Air Force Assistance Fund.

office located in the Airman & Family Readiness Center in Bldg. 794.

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 UPO.

## Unit Points of Contact

**78th CEG** – Staff Sgt. Abbul Ogletree, 497-6108 and Airman Stephanie Runge, 497-8885

**78th LRS** – Airman 1st Class Jake LLarenas, 468-3493

**78th SC** – Tech Sgt. Aleisha Becker, 497-4818 and Staff Sgt. Yeny Langius, 468-4272

**78th WSA** – Tech. Sgt. Darius Kersh, 468-2131 and Airman 1st Class Johnathon Harry, 468-3573

**78th MDG** – Capt. Zach Rumery, 497-7686 and Master Sgt. Beth Wakefield, 497-7934

**78th MSG** – 1st Lt. Somer Lopez, 472-4907 and Tech Sgt. Jeremy Jackson, 468-2068

**461st ACW** – Senior Master Sgt. Donald Sturm, 241-3689 and Airman 1st Class Melissa Smith, 201-1870

**5th CCG** – Master Sgt. Aaron Daigle, 468-1167 and Master Sgt. Margaretmary Aleman, 472-8835

**AFLCMC** – 1st Lt. Andrew Bettinger, 468-2322 and 2nd Lt. Troy Fitle, 468-3728

**Associate units** – Master Sgt. Rufus Ball, 468-6223 and Tech. Sgt. Andrew Marshall, 468-7234

**Campaign officer:** Master Sgt. Bruce Harrison, at 468-6081

# CHIEF

Continued from A1

## Can you address resiliency and wingmanship at Robins?

I have full faith and trust in our Air Force, and especially in our leadership that they will continue to fund and provide important programs that hit to the core of resiliency (helping agencies, for example). It will be my task to get out and see how we as Team Robins generate and deliver those services to our airmen, and I will look for ways where I can help to make things better.

## With the Air Force at its smallest size in history, what are your thoughts on how we can continue to prepare airmen for the future?

On the military side, we have to be ready, as that's our job. We have to be well-trained, well-equipped and well-prepared. That preparedness means a lot of things, such as having your personal affairs in order, and being fit physically, mentally, socially to do your job. In our large civilian community, it also means refining processes and always looking for ways of doing things better.

## What would you like to share about things you've learned in your career that you'd like to bring to Robins?

Personally, I'm a very simple guy. It starts with brilliance and the basics. From a military standpoint, that means really knowing your job, and doing the best that you can at your job (from wearing the uniform to how your hair is cut). Because if you don't master brilliance and the basics, how can you get better? You have to have that foundation. That has always helped me. Eighty percent of everything is showing up, and the other 20 percent is seeking the opportunity and then providing your input. It's a very important concept for me as it should be for all airmen, because that's really the foundation for development and becoming a better professional.

## Why did you join the Air Force?

I graduated high school in 1988. For about four years, I went from job to job until my dad had a heart-to-heart talk with me and told me I had to do something. And, he was right. I had a great neighbor who was an Army veteran. I would always enjoy the conversations I had with him, and he would tell me about the camaraderie in

the service and his experiences. I was drawn to that. He encouraged me to join the Air Force, and I did just that. I originally came in for four years, but toward the end, I fell in love with airmen, with the people, because there was a lot of diversity.

It was enlightening and eye-opening to see how we operate in the Air Force, how people and service is important to us.

Diversity is very important to me because diversity of thought, values and experiences is what makes us the best Air Force in the world. The rest is history – I stayed in for the people, but also for the support I get from my family. My wife and I are high school sweethearts; she's also Cuban with a similar story. She's been with me 24 years this month; I got married on the 3rd, and I went into basic training on the 6th. Who I am is because of my family, but also because of the Air Force.

## Do you ever think about what you would've done if you hadn't

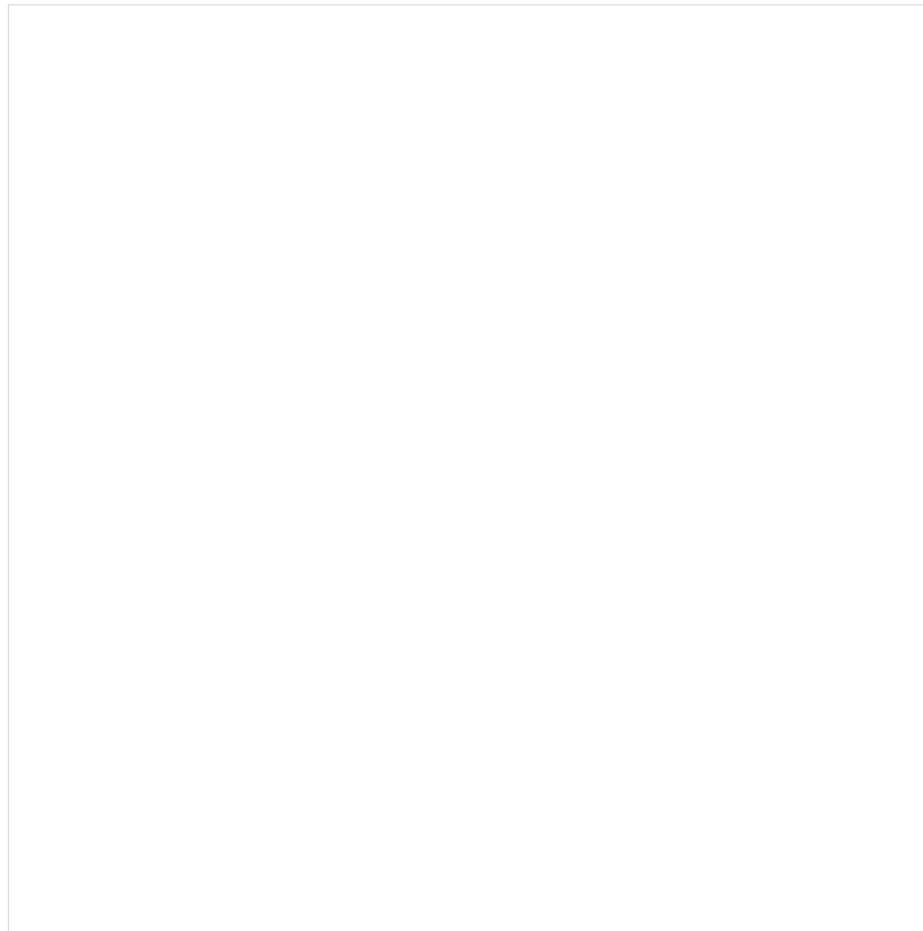
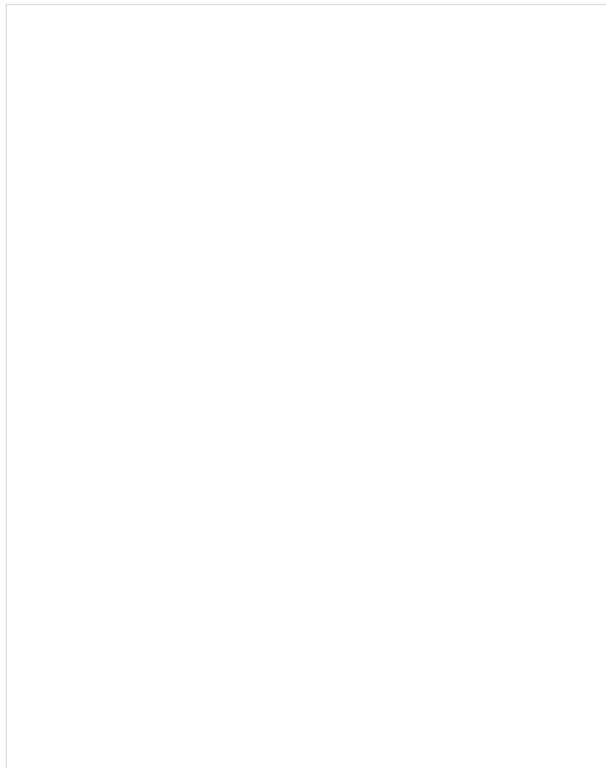
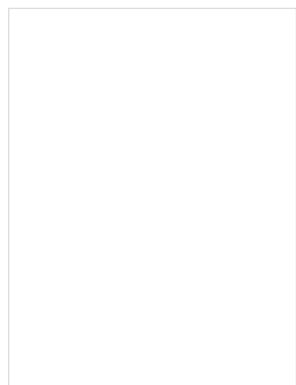
## joined the Air Force?

Sometimes I have that conversation with my wife. I always tell her how lucky she is to have me as a husband, but the reality is I am so lucky to have her. That's what generates me. That's the same for every airmen; I'm not special, and I know I'm not. So if I wasn't in the Air Force, I wouldn't know what the value of service is. I think every American needs to know that.

## What are you looking forward to most at Robins?

I bring a team effort, both my wife and I are fully committed to this. The Air Force is our life, our kids are off to college, so we have plenty of time, and we're 100 percent committed to giving all that time to our airmen and to the community. I am so excited to be here. I never thought in a million years that I'd have this opportunity just to be a part of a great team, to be able to give the little I have and hopefully make an impact in an airmen's life.

**R** 1  
**YOU** 2  
**USING** 3  
**OPSEC** 4  
**TO DENY YOUR** 5  
**ADVERSARY VITAL** 6  
**MISSION INFORMATION** 7



## Robins celebrates Earth Day

National Earth Day is April 22. Robins will host events throughout April for the observance themed, "Conserve Today, Secure Tomorrow."

### Earth Day lineup:

► *Earth Day Photo Contest has been extended.* Get outside and capture nature. Child, teen, and adult divisions. Categories are flora, fauna, people enjoying nature

Submissions due by Wednesday; winners announced April 22. For full rules and an entry form visit [www.robins.af.mil](http://www.robins.af.mil).

► *Waterways Clean-up: April 15 at 1 p.m.* Participants will meet at Scout Lake. Clean-up will focus on Scout Lake, Luna Lake and Weir 14. Wear comfortable shoes, long pants and a hat. POC is Joe Bossi, 478-256-9216.

► *Arbor Day ceremony: April 20 from 10 to 11 a.m.* at Robins Parade Fields. Celebrate the beauty of trees and witness the Georgia Forestry Commission presenting the 23rd Tree City USA Award to the 78th Air Base Wing. POC is Heidi Schwingle, 497-8287.

► *Cemetery Clean-Up: April 20 at 1 p.m.* Participants will meet at Bldg. 359 before going to clean up Bryant Cemetery. If possible, bring basic lawn tools (rake, shovel, pruning shears, string weed-eater (not blades), and wear gloves, a hat, sunscreen and long pants. POC is Shan Williams at 497-8373.

► *Earth Day on the Greens April 22.* An Earth Day Golf Tournament at the Pine Oaks clubhouse. Registration begins at 9:30 a.m. Putting and Chipping contests at 10:30 a.m., shotgun start at 11:30 a.m. Rain date is April 28. POC is Jennifer Ludwig, 478-



922-7751.

► *E-Cycling: April 25 from 9 a.m. to 1 p.m. at Bldg. 987.* Bring your old computers and other approved electronics to be recycled. For a full list of accepted items, visit the Earth Day SharePoint site. Non-government items only. POCs are Casey Lucas, 497-9283 and Darryl Mercer, 497-3976.

► *Bat Box Decorating Competition: April 25 - Bat box decorating competition.* Contact Mark Hickman to obtain a Bat Box.

Submissions due April 22. Winners announced April 25. POC is Mark Hickman, 327-8288.

► *Earth Day 5K: April 29.* Registration begins at 7 a.m. Race begins at 8 a.m. Inaugural Earth Day 5K Fun Run will take place at the base 5K Jogging Trail. Prizes will be awarded for 1st, 2nd and 3rd fastest times in the men's and women's divisions. Race sign-up will be held the day of the race at the start of the 5K Jogging Trail. POC is John Hyde, 497-4170.

**Editor's Note:** You must take leave to participate in any event during duty hours.

For more details on events, visit <https://org.eis.afmc.af.mil/sites/78abw/78ceg/cei/ceie/earthday>.



Want to hear a bright idea?

# Conserve Energy





## Thought for the Day

"You have to do your own growing no matter how tall your grandfather was."

— Abraham Lincoln



## What's inside

How to tame spring allergies, B2

Dealing with mold, B3

Services events, B5

# Lighter Fare

THE ROBINS REV-UP ■ APRIL 8, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

# Face off



U.S. Air Force photo above and bottom by RAY CRAYTON

## Ball Hockey makes official debut at Robins

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

**R**obins doesn't need ice, skates nor an indoor arena for hockey. There's a ball hockey rink next to the soccer fields and the Fitness Center has all of the equipment for those who are interested in checking it out.

"The whole point is to resurrect the rink, and the goal is to have units participate in hockey for physical training," said John Enterman, Robins fitness and sports manager.

In order to gain interest in the sport, the center staff decided to host the inaugural Stanley Cup Ball Hockey Tournament. It was held the last week in March and finished up Tuesday due to weather.

Participants included a team from the Marine Corps as well as a captain from the Royal Canadian Air Force and a host of other units on base.

One of the sport's benefits is it provides a lot of cardiovascular exercise. Players, in sneakers, run up and down trying to hit an orange ball, rather than a puck, past the goalie into the net.

"You don't even need to know how to skate," Enterman said.

There were four teams which was a good turnout considering it was the first time the base has held a ball hockey event.

The top three teams received coins.

"I hope it catches on quickly. It is a fun, fast-paced game for PT," said Enterman.



### DID YOU KNOW?

**Ball Hockey is patterned after and closely related to ice hockey, except the game is played on foot on a non-ice surface, player equipment is different and a ball is used instead of a hockey puck. The object of the game is to score more goals than the opposing team by shooting the ball into the opposing team's net.**



U.S. Air Force photo by MISUZU ALLEN



The Robins Fitness Center held its inaugural Ball Hockey tournament this week introducing the sport to novices and experienced players alike. To find out more, contact the fitness center at 478-926-2128 or DSN 468-2128.



# A BETTER YOU

GETTING A REACTION IS NOTHING TO SNEEZE AT

## Proactive measures can help ease some seasonal allergy symptoms

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

Ah, spring is in the air... and so is pollen. With Middle Georgia recently being blanketed with the yellow, powdery substance, many are feeling its effects with itchy, watery eyes, scratchy throats and runny noses.

Capt. (Dr.) Mark Peterson, with the 78th Medical Group, said allergies vary, especially in Georgia.

"There are multiple causes of allergies to include seasonal which would be during certain times of the year and would be due to pollens with trees and flowers being higher in the spring, grasses in the summer and weeds in the fall," he said.

There's some overlap of all of these times though, Peterson said. In Georgia, spring pollens usually start in mid-February.

Year-round allergens like dust mites, pets, molds and cockroaches add yet another layer of problems for allergy sufferers.

While there's no cure for allergies, Peterson said there are steps one can take to ease symptoms.

"Using nasal saline will often help, but usually doesn't fully take care of all of the symptoms," he said. "Other than the preventative measures for year-round allergens, there is nothing natural that can be done other than reducing exposure."

Peterson – who received training in diagnosing and treating seasonal allergies, and provides limited allergy care under the supervision of the regional allergist at Eglin Air Force Base, Fla. – said keeping windows closed to keep pollen out of the house and using air filters that are changed frequently can help reduce contact with outdoor allergens.

Since there's no way to completely avoid allergens, Peterson said over-the-

counter medicines can be a good way to get some temporary relief.

Nasal steroid sprays, when used daily during the season allergens are problematic, are the most effective treatment, but they usually take about two weeks to take effect, Peterson said.

Antihistamines also provide relief, but usually take more time to work if the person has waited until after symptoms occurred to use them.

"There's nothing that can be done to prevent a person from getting allergies, but if you have known seasonal allergies then treatment should be started with an anti-histamine or nasal steroid spray before the season starts and continued through that season," Peterson said.

For year-round allergens, taking preventative measures like keeping pets out of the home to limit pet-related allergy symptoms, using mattress covers to avoid contact with dust mites, and taking other proactive steps can lessen the physical impact of allergens, Peterson said.

Additionally, decreasing the amount of carpet in the home, vacuuming frequently, reducing stuffed animals or other dust-collecting items, as well as keeping humidity in the home to less than 50 percent, can help minimize allergy symptoms, Peterson said.

Peterson said people can develop allergies at any point in life.

"You can go for years without allergies and then have them develop," he said. "Typically allergies to pollens will not develop unless there has been prior exposure to the allergen, thus if there is a pollen in an area that was not in a previous location it will take one year of exposure and then on the subsequent year is when the allergy could develop."

Whether you have allergies or the potential to develop them, arm yourself with information at [www.mayoclinic.org](http://www.mayoclinic.org).



### TIPS FOR NAVIGATING ALLERGY SEASON

- ▶ Check pollen counts before you plan outdoor activities.
- ▶ Limit how much time you spend outside during the morning or mid-day, when pollen counts are at their highest.
- ▶ Wear sunglasses to keep it out of your eyes.
- ▶ Have someone else mow your grass. Don't rake leaves during pollen season. And if you must do yard work, wear a mask.
- ▶ Going on vacation? Look for a place where pollen is low, such as the beach.
- ▶ Change your clothing when you come indoors. Shower and wash your hair first.
- ▶ Keep windows and outside doors to the home closed.
- ▶ Use air-conditioning instead of window or attic fans during pollen season.
- ▶ Roll up your car windows when driving.
- ▶ Dry clothing and bedding in the dryer. Don't hang them outside.
- ▶ Remember that pets can bring in pollen on their fur too. Don't allow pets that spend time outdoors in your bedroom.

## AFMC health challenge promotes physical activity

BY AIR FORCE MATERIEL COMMAND  
HEALTH & WELLNESS TEAM

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – During April and May, Air Force Materiel Command will promote its 'Be Active' Team Challenge. Be Active is a command-wide initiative designed to help the AFMC workforce increase physical activity levels and heighten awareness of proper back care. Participants will receive a FREE copy of the Mayo Clinic's "Wellness Solutions for Back Pain" DVD at the official check-in. Civilian Health Promotion Services will conduct the challenge.

### How to Participate in the challenge:

▶ Enroll online at <http://www.afmcwellness.com/> through April 20. Participate as an individual or choose one teammate to keep you motivated.



▶ Attend a Body Mass Index check-in by April 20. Print and bring your Be Active confirmation email to the check-in to finalize enrollment. You will receive the "Wellness Solutions for Back Pain" DVD at this visit.

▶ Perform physical activity and log your minutes on the <http://www.afmcwellness.com/> Activity Log from Monday through May 24.

▶ Attend the CHPS education class, "Building a Healthy Core" between Monday and May 24.

▶ Attend a BMI check-out between May 31 and June 10.

**To be eligible for the completion award you must:**

- ▶ Enroll in the Be Active Team Challenge
- ▶ Attend both BMI check-in and check-out
- ▶ Perform and log at least 720 minutes (12 hours) of physical activity
- ▶ Attend "Building a Healthy Core" class from CHPS staff

Participants who complete the challenge requirements will receive a free pressure point massage roller from CHPS. Contact your physician before beginning any physical activity program to be sure it is safe.

For more information, visit <http://www.afmcwellness.com> or call the Robins CHPS team at DSN 497-8030 or 478-327-8030.



# Know your enemy ...



BY 78TH AEROSPACE MEDICINE SQUADRON BIOENVIRONMENTAL ENGINEERING FLIGHT

With increasing humidity and temperatures, spring and summer at Robins means prime conditions for mold growth.

Molds can be found almost everywhere. Mold grows rapidly indoors when coming in contact with building materials that have sufficient moisture to support growth.

The typical conditions leading to mold growth in buildings include inadequate moisture control, deficient ventilation systems, poor housekeeping, chronic water intrusion and isolated floods, such as from a burst water pipe.

There's no practical way to eliminate all mold in the indoor environment. The best preventive measure to control indoor mold growth is to control moisture and ensure good housekeeping.

If you observe mold in your facility, you can safely clean it by spraying it with any cleaner that contains bleach. Let the cleaner soak in for a minute before wiping it up.

Alternatively, contact your facility manager so they can have it cleaned and inspect the facility for water intrusion.

Air Force policy dictates that facility managers must clean and correct any small mold problems or water damage within their capability, such as replacing ceiling tiles with minor water damage promptly after ensuring civil engineering

## THE BOTTOM LINE

Molds are part of the natural environment, and can be found everywhere, indoors and outdoors. Mold is not usually a problem, unless it begins growing indoors. The best way to control mold growth is to control moisture.

For more information about mold control and prevention, visit [epa.gov/mold/preventionandcontrol.html](http://epa.gov/mold/preventionandcontrol.html) or the Bioenvironmental Engineering SharePoint Indoor Air Quality Section, at <https://org.eis.afmc.af.mil/sites/78abw/mdg/BIO/default.aspx>.

has fixed any leaks and caulked any foundation cracks.

If mold contamination or water damage exceeds the building manager's abilities, the manager will contact the 78th Civil Engineering Squadron Customer Service Center to request an AF Form 332 work order.

One last thing. You may have heard of the dreaded black mold.

It's a very specific mold variety and rarely found. You may believe you have it, but it's far more likely you have one of the other 20,000 varieties that are just annoying.

So remember, if mold is a problem in your facility, have your facility manager check for humidity-contributing factors.

High humidity is unhealthy and creates breeding grounds for mold. If you see it, clean it. Don't be afraid of mold, it's rarely a health concern.



Life is about balance

Remember to take time for yourself ...



## GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

**UNIT:** Air Force Life Cycle Management Center

**JOB TITLE:** Equipment specialist

**TIME IN SERVICE:** 12 years

**HOMETOWN:** Elko, Georgia

**What does your work involve at Robins?** "As an equipment specialist, my job is to support the warfighter. Specifically, my duties involve technical orders, stock listing and source selection."

**What do you enjoy most about your work?** "I've always been hands-on with equipment and vehicles. This job allows me to use my talents in support of a great cause."

**How does your work contribute to the Robins mission?** "My duties impact all refueling equipment on base, from aircraft refueling trucks that deliver aviation fuel to the flight line to the trucks that supply diesel fuel to remote locations in order to fill generators. For the Air Force, my assets are required to fly, fight and win. They're also needed to provide diesel fuel to generators, aviation fuel to manned and remotely-piloted aircraft and liquid nitrogen for missile sites."

**What prompted your interest in your current career field?** "Working on vehicles as a master mechanic and being a prior airman, I wanted to continue a career working in the Air Force. Working at Robins gives me the opportunity to continue working with airmen from all walks of life."

**Who has been the biggest influence in your life?** "My wife, Allison. She is a great person. We've been married for 15 years, and she is a great role model with family values."

**What is the best advice you've learned?** "Follow up, follow up, follow up. We get a lot of requests for support from the field worldwide and I want to make sure that no one gets left out."

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

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

► **Financial Beginnings (First Term Officers)\*** – Tuesday, from 1 to 3 p.m.

► **Interview with Confidence** – Wednesday, from 8 to 10 a.m.

► **Career Technical Training Track\*** in Bldg. 905 – Wednesday and Thursday from 8 a.m. to 4 p.m.

► **Money and Credit Management** – Thursday 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.*

## 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**

Bring your own tent or rent a camping package  
at Robins Outdoor Recreation.  
Register by April 15 at DSN 468-4001 or commercial 478-926-4001.



# HAPPENINGS/SERVICES

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### ON TAP

#### **Family Movie Night**

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

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

Today, Saturday and Sunday  
Pine Oaks Golf Course  
Open to all base personnel and family.  
For details, call DSN 468-4103.

#### **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.

#### **Power Punch Boxing Class**

Tuesday and Thursday  
10 a.m.  
Fitness Center  
For details, call DSN 468-5805.

#### **Tips from the Pro**

Tuesday  
4 to 5 p.m.  
\$5 for unlimited balls  
Pine Oaks Golf Course  
For details, call DSN 468-4103.

#### **Base Library Story Time**

April 13  
10 a.m.  
School-age children  
For details, call DSN 497-8761.

### UPCOMING

#### **Tax Relief Bingo**

April 15  
6:15 p.m.  
Heritage Club Bingo Room  
More Money Games  
For details, call DSN 468-4515.

#### **Trap & Skeet Fun Event**

April 16  
Noon  
Robins Skeet Range  
For details, call DSN 468-4001.

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

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

#### **Membership Dinner**

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

### ONGOING

#### **Afterburner April Special**

Mondays through Fridays  
5:30 a.m. to 1 p.m.  
Base Restaurant, Bldg. 166  
Hot Sweet Chai Latte  
For details, call DSN 472-7827.