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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

May 6, 2016 Vol. 61 No. 18



U.S. Air Force file photo

A C-17 undergoes maintenance at Robins.

C-17 Division move makes day-to-day mission stronger

BY JENNY GORDON
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The C-17 Division is finally all under one roof following the move of one of its branch's 60 personnel from Bldg. 380 to one location at Bldg. 660.

"This is just a great opportunity for more teamwork and team building. It consolidates us in one location, and makes the work that we do day-to-day to support the mission even more strong and robust," said Col. Amanda Myers, C-17 Division chief. "It's nice to have everyone in

one space for the esprit de corps and camaraderie, as well as enjoying a facility that is very nice."

One of nine branches under the C-17 Division, the Maintenance and Modifications Branch that relocated is responsible for depot operations that include coordinating heavy maintenance and modifications scheduling, and also ensuring aircraft technical documentation is in order.

Building 660 is the site of the former commissary at Robins, and includes not

▶ see C-17, A3



TIGHT SQUEEZE

U.S. Air Force photo by RAY CRAYTON
Jeremy Kahler, a 6-foot-2-inch aircraft electrician with the 560th Aircraft Maintenance Squadron, works inside a confined space – a space that has limited or restricted means of entry or exit.

Holocaust: Never Forget

BY ANGELA WOOLEN
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In the dim light, a projector screen displays the black and white image of an old man with a cane on a cobblestone street.

His shadow shows a small boy with his parents and a sibling. A poignant reminder of what Holocaust Remembrance Day symbolizes.

Six million European Jews were murdered between 1939 and 1945. Millions of other people whom the Nazis declared as threatening to the perfect Arian race were also killed.

The question at the luncheon Wednesday in the Museum of Aviation's Hangar One was, "Why do

we get together every year?"

Several people, including 78th Air Base Wing Commander Col. Jeff King and Warner Robins Mayor Randy Toms, answered that question.

But none better than guest speaker Marsha Vandervort – the daughter of a holocaust survivor.

Her father was a prisoner at Auschwitz, one of the most well-known of the concentration camps.

Although he didn't speak of his time there to his daughter, Vandervort learned early on that hiding her Jewish identity was of utmost importance, even after immigrating to the U.S.

▶ see HOLOCAUST, A3

Base FES exercises confined spaces rescue skills

BY JENNY GORDON
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Lie down, then slowly scoot on your side or belly while wearing a head-to-toe protective suit and respirator, and you've just begun a day in the life of an aircraft mechanic who works inside a C-130 fuel tank.

It's hot, dark, smells faintly of jet fuel – and you've only got inches to spare as you go about your job. It's been compared to crawling and working inside of a toolbox, your car glove compartment or even under a bed. Doesn't sound like a typical day in the office, does it?

When a mechanic works inside a confined space – a space that has limited or restricted means for entry or exit – a second individual is stationed outside to help monitor activities.

Should Jeremy Kahler, a 6-foot-2-inch aircraft

electrician with the 560th Aircraft Maintenance Squadron, suddenly lose consciousness inside an outboard fuel tank, it's not his attendant's job to enter that confined space to rescue him. That call goes to Robins Fire Emergency Services.

During a recently warm Thursday afternoon, just as 1 p.m. approached, six fire trucks arrived on the scene at Bldg. 2390.

The scenario: Kahler – who's worked at Robins six years – is trapped and in need of assistance, and firefighters must conduct a Confined Space Rescue operation.

Mechanics like Kahler, formerly with the squadron's Center Wing Box program, who work in confined spaces like a C-130 fuel tank can perform duties such as painting, sealant and foam removal, and making repairs while closer to the ground before they're fixed on the aircraft.

Before firefighters arrive, he shows off the wing's number one tank and several areas where he typically spends most of his time routing and clamping wires.

He usually goes in the wing with his feet first, when it's an option, or head first through a hole at the top.

Once in, depending where his work is, he gets down and scrunches into a ball as he maneuvers about. When he's sitting down inside, his head can pop up through that same hole.

▶ see SQUEEZE, A3

FRIDAY FLYBY: Nominations for Camellia Gardens deadline is May 13, Page A2

IDS Tip of the Week

Smokeless tobacco users are more likely to miss work or deployment due to illness or other complications. For information on tobacco cessation, call the Health and Wellness Center at 478-327-8480.



Nicotine is more addictive than heroin.

Celebrating Diversity

Asian American, Native Hawaiian, and Pacific Islanders have been serving honorably in the U.S. military, since the War of 1812. The first Asian American, Native Hawaiian, and Pacific Islanders to reach general officer rank was Brig. Gen. Albert Lyman, part Chinese American and Native Hawaiian, he was the commanding general of the 32nd Army Division that fought in the Leyte campaigns in the Philippines in World War II.



LYMAN

Weekend Weather

Friday 76/52



Saturday 85/89



Sunday 90/63



"99 percent of what you worry about never happens."

SECOND FRONT

Air Force occupational safety sponsors Fall Protection focus weeks

BY ROBINS SAFETY OFFICE

Air Force Occupational Safety will sponsor Fall Protection Focus weeks through May 13 to draw attention to avoidable mishaps due to falls.

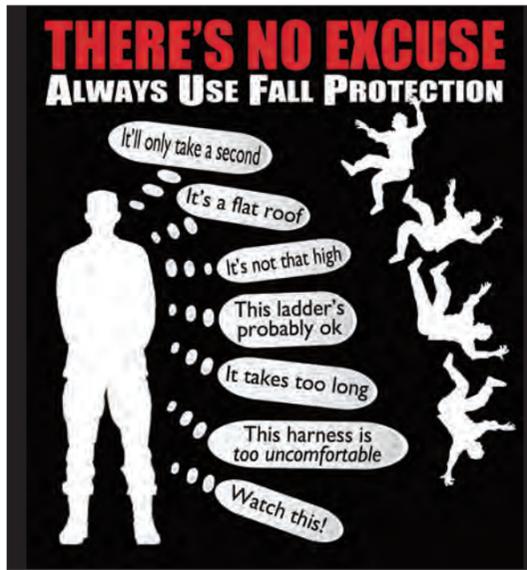
During calendar years 2011 to 2015, falls were responsible for 6,724 Air Force injuries that resulted in 42,539 lost work days at a cost of nearly \$65 million.

Throughout the Fall Protection focus period, Air Force occupational safety professionals will remind active duty, Guard, Reserve, civilians and family members of the dangers of preventable falls.

“Prevention of fall-related injuries and fatalities through education and awareness keeps our airmen mission-ready,” said Bill Parsons, Air Force chief of occupational safety. “Fall-related injuries result not only from activities involving heights. Falls occur more commonly on wet surfaces or stumbles over obstacles in walkways. Most falls are preventable if we follow the appropriate safety guidelines and focus on basic safety practices.”

During the Fall Protection Focus weeks, we have provided various training materials for your use to enhance your safety and health program. We strongly encourage you to use these training materials during your work center safety meetings and briefings. Informational videos can be found on the Team Robins Splash Page under the Fall Protection Focus tab.

For more information about fall protection, visit



<https://cs.eis.afmc.af.mil/sites/Safety/RAFB/Safety%20Library/Forms/AllItems.aspx?RootFolder=/sites/Safety/RAFB/Safety%20Library/Fall%20Protection&FolderCTID=&View=%7bB9FB5D2B-9DA8-45BA-95F2-756FAC5B4B95%7d>.

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

U.S. Air Force photo by ED ASPERA

The Actress Rhythm dance group from the Wesleyan College Confucius Institute performs a traditional Chinese dance during the 2016 Asian Pacific Gala April 30. The event included fashion, martial arts demos, food, music and more.



May is Asian American Pacific Islander Heritage Month

BY ANGELA WOOLEN

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To celebrate Asian American Pacific Islander Heritage Month, the Robins Diversity Council will host a heritage fair Wednesday at Horizons Event Center from 2 to 4 p.m.

“It’s basically an introduction to Asia and the Pacific Islands,” said Capt. Bori Um, 51st Combat Communications Squadron Mission Systems flight commander.

The month kicked off with an Asian Pacific Gala last Saturday at the Wellston Center in Warner Robins. Performers, demonstrators and fashion were part of the event.

The fair will include booths with small demonstrations or static displays for the different Asian or Pacific island nations.

Attendees will get to sample food and see clothing from different regions.

Demonstrations will include how to use chopsticks, how to make origami, Chinese and Cambodian writings and applying henna.

A map will be presented as part of the experience.

“Everyone has heard of China, but how many people can point to Laos on a map,” Um asked as he explained the importance of the event. “It helps to have a physical representation to spread the word about these countries.”

On the May 24 there will be an Educational Symposium at the Professional Development Center Bldg. 941 from 2 to 4 p.m.

Currently, 4.5 percent of the Air Force is made up of Asian Americans and Pacific Islanders. The total U.S. population is about 5.6 percent, according to the U.S. Census Bureau.

In 1978, Congress established Asian-Pacific American Heritage Week to celebrate the achievements and contributions of Asian and Pacific Islander Americans to U.S. history and culture. In 1990, President George H.W. Bush extended the celebration to the entire month. On Oct. 23, 1992, Congress officially designated May of each year as Asian American and Pacific Islander Heritage Month to recognize the achievements and contributions of Americans of Asian or Pacific Islander ancestry to the rich heritage and cultural fabric of the U.S.

The theme for 2016 is “Walk Together, Embrace Differences, Build Legacies.”

Watson Gate Closed Tuesday

The Watson Boulevard Gate will be closed Tuesday from 9 a.m. to 3 p.m.

The Martin Luther King Gate will be open during this period to accommodate traffic.

PACE offers free professionalism presentations AFMC wide

As part of Profession of Arms Center of Excellence Character and Leadership initiative, a five-hour presentation of “Professionalism – Enhancing Human Capital” will be held at Robins Tuesday through Thursday, 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.

78th CPTS Closure

The 78th Comptroller Squadron will be closed on May 13 for a Wingman Day. Normal business will resume May 16.

For emergencies, contact Senior Master Sgt. Mark Thompson at 478-442-4427.

Deadline approaches for Camellia Gardens nominations

Nominations are being sought for the annual Camellia Gardens Memorial Service.

The service, which pays tribute to deceased members of Team Robins, will take place May 26 at 10 a.m. in the Museum of Aviation Century of Flight Hangar.

The submission deadline is May 13.

The service is a 39-year tradition rooted in a partnership between Robins, the Middle Georgia Camellia Society and the Robins Regional Chamber of Commerce.

The memorial holds the names of more than 1,700 deceased military and civilian Robins members who have been honored.

To submit a family member, friend or coworker who worked at Robins to be honored this year, contact Master Sgt. Stacey Hazewood at 478-327-3772 or Stacey.hazewood@us.af.mil.

Robins Parkway Closure

A construction project which includes traffic light installation and pavement repair at the Robins Parkway and Lakeside Drive intersection will tentatively start May 16 and last for 60 days.

The construction will be phased therefore requiring lane closures on northbound and southbound lanes throughout the life of the project. There will be cones and signage to direct traffic through construction zone.

In case of inclement weather, work could be delayed.

For more information, call Walter Carter at 478-327-2994 or Lorrie Simmons at 478-327-3977.





U.S. Air Force photo by RAY CRAYTON

Robins firefighters take part in confined space rescue training atop a C-130.

SQUEEZE

Continued from A1

"I'm a fairly skinny guy, and I can fit anywhere in this airplane, so I tend to be the one fitting in these small places. This would be the worst job if I was claustrophobic," he said.

An entry crew consisting of firefighters Rick Hypes and Randy Hankinson walk to where one of the outer wings is raised on a platform. Lead firefighter Tony Tabler has been stationed nearby, gearing up for the department's arrival.

"It looks like you could walk into a fire with it, but you can't. These reflect about 90 percent of ambient heat," said Tabler, referring to the silver airfield firefighting suits the crew is wearing. Those differ from the structural gear others have on; that material is tougher for physical activities and made for fighting things like structural fires in buildings.

Hypes and Hankinson climb to the top of the wing. Their personal protective equipment, which includes gloves, boots and breathing apparatus, is essential. Hypes looks into the small hole at the top, peering intently inside at the dark corners, searching for Kahler. Hypes is holding something in his hand.

This gas meter detects several types of gas levels, including hydrogen sulfide, oxygen, carbon monoxide and LEL, or lower explosive limits.

Once safe, they remove their gear. "Just because he's up there breathing doesn't mean that he's safe. There could be gas coming out. Until they're 100 percent sure it's safe, they won't even come off air," said Tabler. "We'll make sure there's at least breathable air in there so we can take it (mask) off. We'll also go in with a system of extra bottles so that if something happens we'll still have air."

This training occurs regularly. It's the second one in this facility for confined space rescue training – a critical one since the Warner Robins Air Logistics Complex churns out dozens of aircraft through programmed depot maintenance throughout the year.

"My first concern is safety. We then check for oxygen and flammable content. Once declared safe, we took off our gear and checked the patient. We made contact with him, found out what the problem was and decided to go in," said Hypes, a Robins firefighter since 1990. "The hardest part of this was finding the victim. Overall it went very well."

Hankinson, who joined the department just nine months ago, added, "This training is very important considering the amount of time these workers spend in confined spaces.

"The possibility of someone getting stuck or injured inside is very real. Our being able to come out and work in a real-world situation is very beneficial to us."

C-17

Continued from A1

only C-17 offices, but the division also shares space with the Defense Logistics Agency as well as the Robins History Office.

Phase One of the building's renovations was completed in the fall of 2012, and included an expanse in square footage that added four-person cubicles, offices, break rooms, secure communications rooms and a command suite. Employees then had moved from offices in bldgs. 300 and 301.

The space is shared by active-duty, civilian personnel and contractors who actively support the C-17 workload. It's also shared by Boeing representatives and several foreign liaison officers from partner nations such as

Canada, the United Kingdom and Australia. The division includes personnel co-located at Wright-Patterson Air Force Base, Ohio.

The recent completion of the project's Phase Two renovated the commissary's former freezer area, and added an additional 12,000 square feet of office space.

"Our program office footprint is pretty well fixed," said Danny Singleton, C-17 Division deputy director.

Getting through the construction in a timely manner toward the end proved quite the synchronization of efforts between the Air Force Life Cycle Management Center and Air Force Sustainment Center.

"We appreciate really feeling like a mission partner on this base and the way the base took care of the C-17 system program office and getting this facility together," said Myers.

HOLOCAUST

Continued from A1

Vandervort told of how she found a tallit, her grandfather's prayer shawl, when she was a child exploring the house she lived in with her father and grandparents.

Her French grandmother saw the young girl outside, twirling the shawl around and gathered her in her arms and told a young Marsha to never let anyone know she was Jewish or they would take her away.

Such is the fear that was harbored in 1951 in a Midwestern Ohio town.

Even their closest neighbors didn't realize the family was Jewish.

As a Kentucky schoolgirl, Vandervort and another girl, who was black, were separated from their class.

Fast forward to the Civil Rights Movement and Vandervort was arrested on a march with Martin Luther King from Selma to Montgomery, Alabama.

As Vandervort struggled to share the stories of her youth, her voice breaking at times, the impact of her words left many people in tears.

Why is it important to remember an event which is such a scar in the history of mankind? How does it educate people about the events which led to a regime where millions of people were wiped out because they were different?

"It really happened. It could happen again," Toms explained in a rare prepared speech he made just because he wanted to be sure the significance of the day was not lost.

King explained that we shape our future

through the actions of the past if we learn from the lessons that history has taught us.

A Holocaust survivor spoke on a U.S. Holocaust Museum video about how these acts were not in a third world country, but in Germany, a country respected around the world.

"It was made up of so many people who made it possible. Ordinary men and women simply going with the flow," the survivor said.

As the final speaker, Lt. Col. Jonathan Wade, 78th Air Base Wing Chaplain, made a point that this was not a day just to relive the atrocities of World War II.

"One person can do great things. We can illuminate the world so that it would be a better place," he said.

AROUND THE AIR FORCE

AFMC command chief reflects on 30-year career

BY KIM BOWDEN

Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Air Force Materiel Command's top enlisted member will end his military career today, closing out what he calls a "wonderful journey" around the world.

Chief Master Sgt. Michael Warner, AFMC's command chief, will retire in a ceremony at the National Museum of the United States Air Force. Retired Gen. Janet Wolfenbarger, former AFMC commander, will preside over the ceremony.

Warner joined the U.S. Army Reserve on his 17th birthday, hoping to pay for college and pursue law. After a couple of years, he couldn't quite afford to go to school, but he had met the girl of his dreams.

"I knew I would need to have a job that could support us," he said. "That is where the Air Force started to become a serious option. I had grown up near an Air Force base and talked to some of the airmen. I joined the Air Force as a security specialist in 1987, and my journey in this great Air Force began."

Aside from serving as a security specialist, Warner spent nine years as a first sergeant, followed by a stint as an NCO Academy commandant, before becoming a command chief in 2006. In what he describes as a truly wonderful career, Warner says he has enjoyed every assignment.

"I have had great experiences and great missions, and I have been able to travel the world," he said.

"But as cool as that has been, what I have enjoyed most about my time in the Air Force is the people I have met and served with. I have made many, many friends who will be my friends for life. I won't tell you I had the intention of serving for 30 years when I first joined, but I will tell you that I decided to continue serving each time because of the people I worked with, my first line supervisors and the senior NCOs that were my leadership. I loved coming to work every day."

Of course, any 30-year journey is bound to include change. During his time in the Air Force, Warner said he's witnessed changes to uniforms, fitness standards, assignment systems, education among the enlisted force, the way we care for Airmen and their families, and operations tempo based on changes in the world, just to scratch the surface.

"The great thing about all of that is our Air Force is good at change," he said. "The changes we have made were needed, and they have created the truly powerful Air Force that exists today."

One change in particular has been a bit more personal for Warner.

"I am very proud that I was part of the Air Force



WARNER

Enlisted Board of Directors and was a key member of the enlisted team that designed and developed the structure for our new Enlisted Evaluation System, the changes to our Weighted Airmen Promotion System, and our Enlisted Professional Military Education path," he said. "This process started when I first arrived at AFMC four years ago, and to sit here and see us in the actual implementation of a change that will serve our Airmen in a better fashion makes me very proud that I got to be a part of what I consider to be the most significant change to enlisted force development that I have seen in my 30 years in our great Air Force."

Although his work in that arena has implications Air Force-wide, Warner says he's also proud to have closed out his career at AFMC.

"When I came here as the command chief, I didn't have any other AFMC experience," Warner said. "I knew that AFMC had the three large depots, but I wasn't fully aware of everything this command does to ensure our Air Force is ready to fly, fight and win. I am proud of the fact that I got to represent the truly phenomenal Airmen of this command, as our Air Force cannot do anything with AFMC. Every single tool, uniform, platform and piece of equipment is AFMC's responsibility. Every weapon system in our Air Force is thought of, researched, tested, acquired, supported, sustained and retired by this command. It is the AFMC airmen that make this happen, and that makes me proud to have been a part of it."

ROBINS REV-UP SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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AFAF campaign extended to May 13

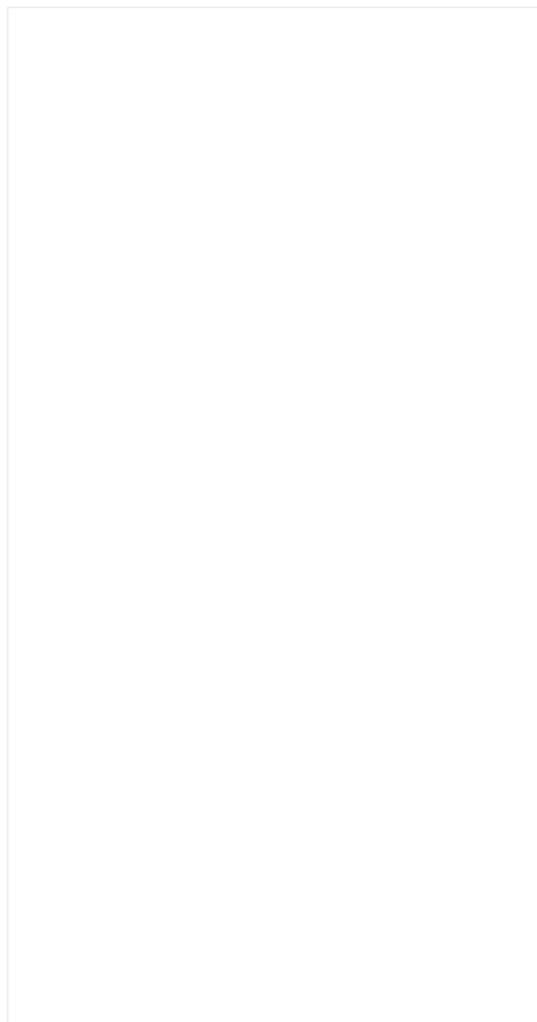
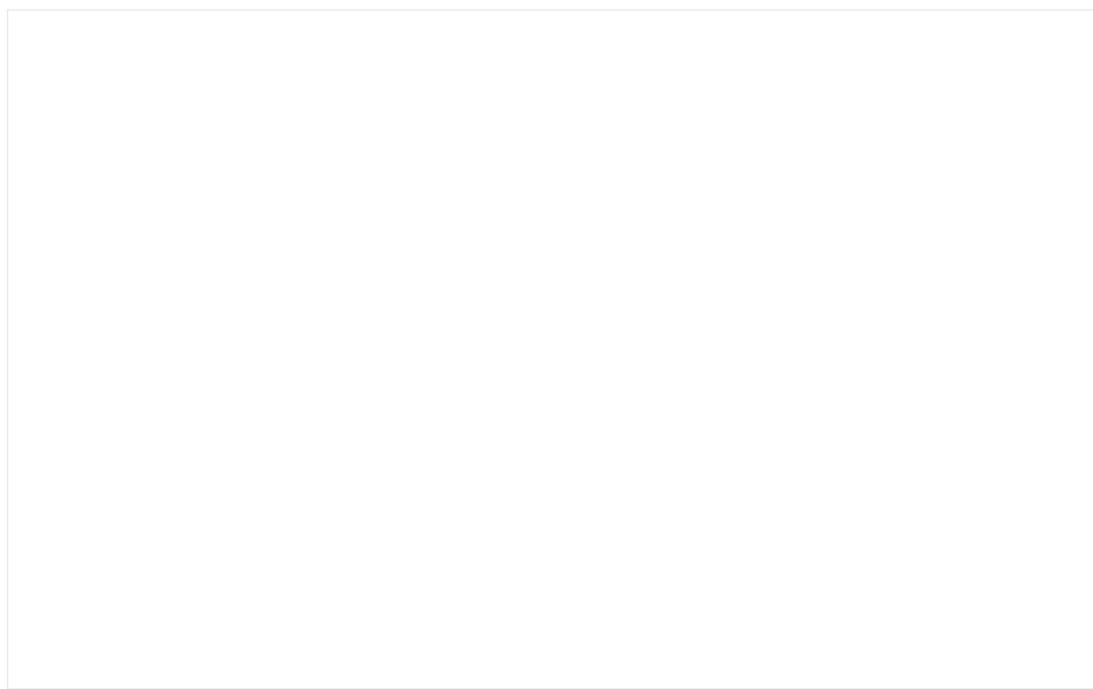
The Robins Air Force Base 2016 Air Force Assistance Fund campaign has been extended until May 13. This year's campaign includes an installation goal of \$83,949, with the theme of "Team Robins Helping Airmen."

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.

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

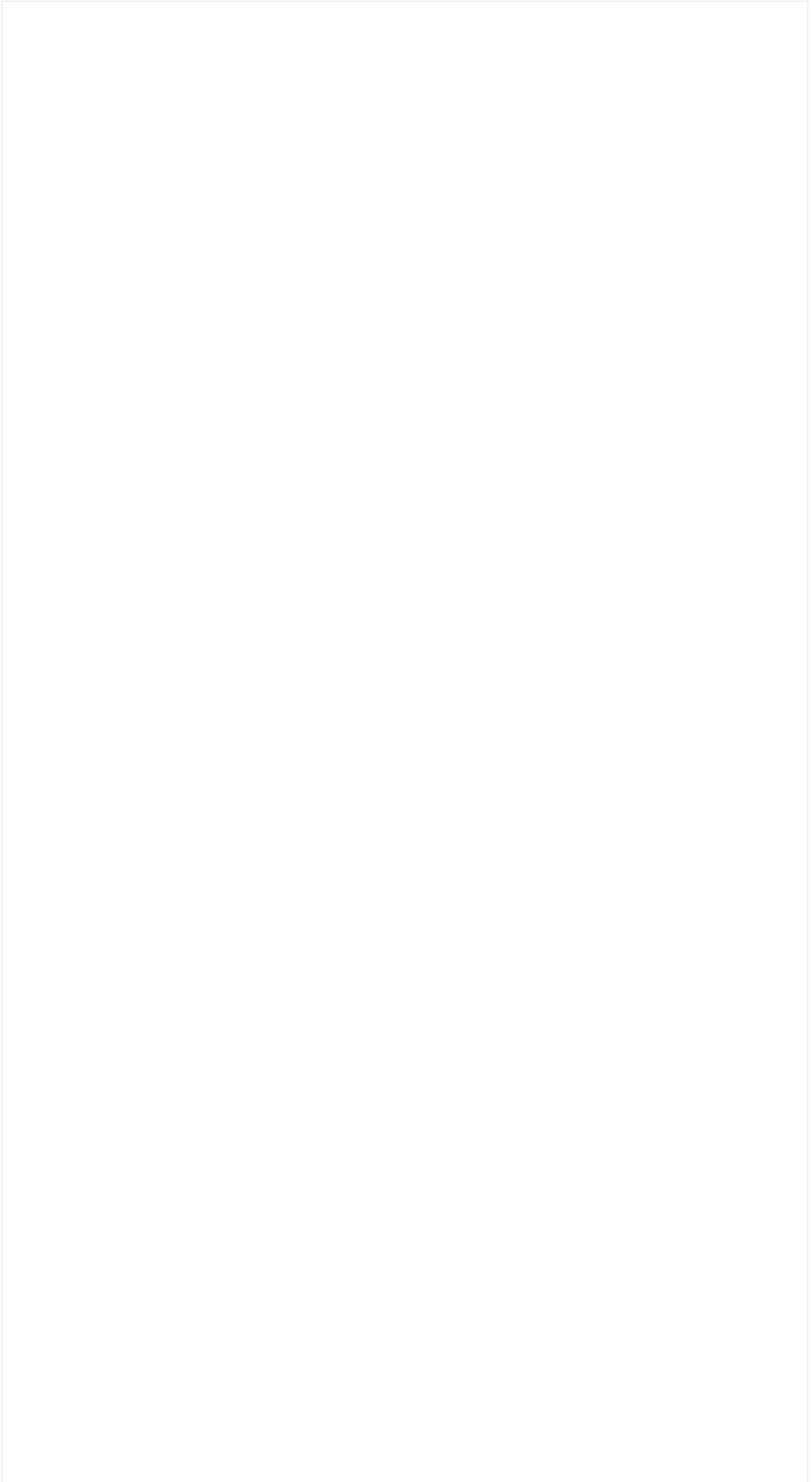
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- 78th MSG** – 1st Lt. Somer Lopez, 472-4907 and Tech Sgt. Jeremy Jackson, 468-2068
- 461st ACW** – Senior Master Sgt. Donald Sturm, 241-3689 and Airman 1st Class Melissa Smith, 201-1870
- 5th CCG** – Master Sgt. Aaron Daigle, 468-1167 and Master Sgt. Margaretmary Aleman, 472-8835
- AFLCMC** – 1st Lt. Andrew Bettinger, 468-2322 and 2nd Lt. Troy Fitle, 468-3728
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Sometimes everyone needs a little help ...

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





Thought for the Day

"O, what a tangled web we weave when first we practice to deceive"

— Sir Walter Scott



What's inside

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Lighter Fare

THE ROBINS REV-UP ■ MAY 6, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

Fit and Fabulous

Team Robins trio takes on competition brings home medals

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

Don't let the size of their muscles fool you, these ladies aren't weight lifters. The three started taking Richard Williams' strength flexibility class at the base fitness center and decided in November to participate in a fitness competition.

If the story of three women medaling at a fitness competition isn't inspiring enough to make you put down that chocolate bar and hit the gym, it's doubtful anything will.

Debra Ford, Capt. Hope Bell and Teresa Taylor all donned bikinis earlier this month to participate in the Georgia State Supernatural Bodybuilding and Fitness Pro Am.

Ford, an item manager at the 409th Supply Chain Management Squadron, is in her 50s. She started the class last year because she wanted a class to do before work. She placed first in her age class out of 11 competitors.

"What I like best is that it keeps you healthy, and you also feel good about yourself," Ford said.

Taylor, 43, is an Air Force Life Cycle Management Center contract specialist, and she placed 3rd in her age group.

Both Ford and Taylor competed in the bikini competition, which is judged on muscle tone and a "soft-athletic physique," according to the SNBF website.

Taylor is a 1991 graduate of Perry High School and has been active since high school. She joined the class to compete.

Bell, age 39, is a maintenance officer at the 116th Maintenance Squadron and is the youngest of the trio. She competed in the fitness category which is judged on stage presence, feminine muscle tone without being muscular and symmetry.

She placed 4th in her age class.

All three were on a strict diet three months prior to the competition eating mainly complex carbohydrates, vegetables and a gallon of water a day. They each lost roughly 20 to 25 pounds during the months leading up to the competition.

Williams is a certified weight training coach with the Aerobics and Fitness Association of America. He also used to be a body builder. He decided to become an instructor to pay it forward.

"Someone trained me, so I'm just passing it on," Williams said.

Each Monday, Wednesday and Friday morning at 5:30 a.m., the fun begins.

The class is not just for aspiring competitors or to add bulky muscles like Ford, Bell and Taylor but has people of all different levels of fitness.

"He has patience with each and every person," Bell said. "He fosters team cohesion and proper gym etiquette."

Coaches are visionaries because they see your ideal weight and size and have a way of pushing the limits as you gain confidence," she added.



U.S. Air Force photos by RAY CRAYTON

Above, clockwise from left, Teresa Taylor, Air Force Life Cycle Management Center contract specialist; Capt. Hope Bell, 116th Maintenance Squadron maintenance officer; Debra Ford, Supply Chain Management Squadron item manager; and Richard Williams, strength flexibility class instructor; show off the hardware their hard work helped bring home after a recent body building and fitness competition.



Courtesy photos



A BETTER YOU

New Urgent Care Pilot Program for Prime Beneficiaries

BY ROBINS PUBLIC AFFAIRS

To increase access to care, the Department of Defense is launching an Urgent Care Pilot Program for TRICARE Prime beneficiaries. This program allows Prime enrollees two visits to a network or TRICARE authorized provider without a referral or prior authorization.



The Urgent Care Pilot Program, scheduled to begin May 23, covers:

- ▶ Active Duty Family Members enrolled in TRICARE Prime or TRICARE Prime Remote
- ▶ Retirees and their family members who are enrolled in Prime within the 50 United States or the District of Columbia
- ▶ Active duty service members enrolled in TRICARE Prime Remote or stationed overseas but traveling stateside

Active Duty service members enrolled in TRICARE Prime are not eligible for this program as their care is managed by their Service. This pilot also excludes Uniformed Services Family Health Plan enrollees. TRICARE Overseas Program enrollees can receive an unlimited number of urgent care visits, but only when they are traveling stateside and seeking care.

There are no Point of Service deductibles or cost shares for these two urgent care visits, but network copayments still apply.

Following a visit to an urgent care facility, you must notify your PCM of that care within 24 hours or the first business day after the urgent care visit. Authorization requirements have not changed for follow-up care, specialty care or inpatient care.

When you are not sure of the type of care you need, or you require care outside of standard business hours, call the Nurse Advice Line at 1-800-874-2273. If the NAL recommends an urgent care visit, and a referral is submitted, that visit will not count against the two visits allowed under the Urgent Care Pilot. However, if you call the NAL and get a referral to a military hospital or clinic and you go elsewhere for care, that visit will count against your two pre-authorized visits.

For more information, visit the Urgent Care Pilot Program web page on the TRICARE website at www.tricare.mil.



U.S. Air Force file photo by TOMMIE HORTON

Technical Sgt. Christina Williamson Haupt, 78th Medical Group diagnostic imaging NCOIC, takes an ultrasound for Technical Sgt. Christopher Pundsack at the medical clinic.

78th Medical Group celebrates nurse, medical technician week

BY LT. COL. MELISSA SMITH

Psychiatric Mental Health Nurse Practitioner

Each year in May, nearly 3.4 million registered nurses, constituting our nation's largest health care profession in the United States, begin a week-long celebration recognizing the contributions nurses make to healthcare. The week begins today, marked as National Nurse's Day, and ends on Thursday, the birthday of Florence Nightingale, founder of the nursing profession.

Nurses and medical technicians at the 78th Medical Group are an integral part of each patient's provider team, committed to creating a patient centered culture that achieves predictably excellent results with safety as the priority.

The Air Force Medical Service is proud to deliver "Trusted Care Anywhere", with a steadfast goal to eliminate harm to patients by identifying and eliminating risk before it becomes a harmful error. With the Air Force Surgeon General's emphasis on the Air Force Patient Medical Home, nurses and technicians are increasingly able to collaborate as a team with other healthcare providers in delivering the best quality

healthcare to our beneficiaries.

This year's National Nursing Week theme of "Culture of Safety; it starts with you", is especially fitting to the Air Force's Medical Service initiative of "Trusted Care Anywhere." Nurses and medical technicians in the 78th MDG will enjoy a week of celebration that emphasizes patient safety and recognizes the individuals dedicated to meeting the healthcare need of those military and civilian beneficiaries at Robins.

The American Nurses Association, as the voice for registered nurses of this country, work to chart a new course for a healthy nation that relies on renewing an emphasis and increasing delivery of primary and preventive health care.

As the population in America ages and life-sustaining technologies expand, more qualified registered nurses will be needed in the future to meet the increasingly complex needs of healthcare consumers. Professional nursing demonstrates an indispensable component of the safety and quality of care. Qualified registered nurses will be needed in the future to meet the increasingly complex needs of patients and improve cost-effective, safe, high-quality healthcare services.

MDG upcoming closures

▶The 78th Medical Group's pharmacy will close at 11 a.m. on May 13 in support of spring Wingman Day activities.

This is in addition to the normal closure on Thursday at noon for training.

All services will be available from 7:30 a.m. to noon on Thursday and 7:30 to 11 a.m. on May 13. Please plan accordingly.

School Physicals

The 78th Medical Group supports the Robins community with sports physicals throughout the year for enrolled students age 13 to 18 participating in school sports.

In order to make the most of available resources, appointments are accomplished daily, can be conducted in the Family Health or Pediatrics Clinics, includes any

required vaccinations, and are valid for 12 months from date of service. You may sign up for an appointment at 478-327-7850. Help expedite your appointment with completion of the American Academy of Pediatrics required form that can be easily located at: <http://www.robins.af.mil/shared/media/document/AFD-130522-037.pdf>.

Body Pod

The Robins Health and Wellness Center offers active duty members Bod Pod appointments every Friday. Come in for a Bod Pod and receive body composition results such as BMI, body fat percentage, muscle percentage, weight and how many calories you need per day depending on your activity level.

Physical Therapy walk-in hours

If you can answer yes to the following questions you meet the physical therapy criteria for walk-in

clinic eligibility.

- ▶Are you active duty?
- ▶Do you have muscle or joint pain in shoulder, arm, hand, hip, leg, foot, back or neck?
- ▶Is the injury less than 14-days old?
- ▶Is the patient able to walk?
- ▶Is this a new problem or recent flare up?

The 78th Medical Operations Squadron walk-in physical therapy hours are each Monday from 7:30 to 9:30 a.m. on a first come, first served basis for first-time acute visits. This means direct access to physical therapy for acute musculoskeletal injuries. Acute refers to the nature of the injury, not the access to care time frame. The clinic is located on the second floor of Bldg. 700.

If you answered no to any of the above questions, please call the TRICARE Hotline at 478-327-7850 to schedule an appointment with your PCM.

GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: Marine Light Attack Helicopter Squadron 773(-)

JOB TITLE: Avionics technician

TIME IN SERVICE: 10 years

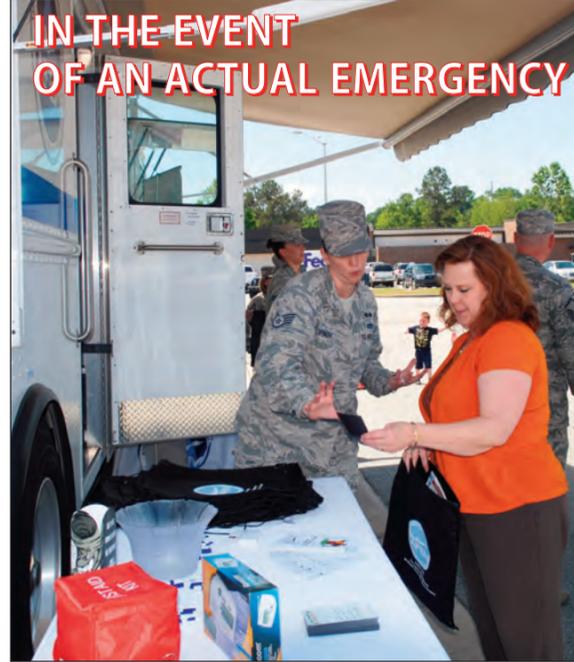
HOMETOWN: Rocky Ridge, Md.

What does your work involve at Robins? "I have a primary military occupational specialty of avionics technician and am qualified as a collateral duty inspector for the AH-1W Cobra and UH-1Y Huey helicopters. My MOS includes the installation, removal, inspection, testing, maintenance, and repair of components for communications, navigation, electrical, weapons, engines and deceptive electronic countmeasures systems at the organizational maintenance level."

What do you enjoy most about your work? "My favorite part of my job is working and troubleshooting aircraft. Being challenged and coming up with solutions gives me the greatest job satisfaction. It still amazes me when I'm on the line, and I watch these aircraft take off, especially when you witness an aircraft that was non-operational for an avionics discrepancy that you corrected and watched everything operate as it is supposed to."

What prompted your interest in your current career field? "I was originally in the Marine Corps Reserves and held the MOS of residential electrician where I deployed to Iraq in support of Operation Enduring Freedom in 2006 and Honduras in 2008 for a humanitarian mission to build schools for local children in the city of Marcala. I gained interest in fixing helicopters when I was transferring to the Active Reserves in 2009."

Who has been the biggest influence in your life? "My wife Kristen, who has been the greatest supporter of my career, and is always pushing me to be a better husband, father and Marine. My daughter Aria is 2-years old, is absolutely beautiful and drives me completely crazy. She makes me want to be a better person so that I can give her the life she deserves. Finally, Staff Sgt. Andres Bemios has pushed me harder than any leader I've had in the past."



U.S. Air Force photo by MSUZU ALLEN
Staff Sgt. Shellee Vincent, 778th Civil Engineer Squadron Emergency Management Flight specialist, talks with Belinda Mitchell, Air Force Sustainment Center contracting emergency focal point and procurement analyst, at the PrepareAthon event, April 29 in front of the Exchange. The Robins Readiness Team provided information on how to prepare homes for emergency situations.

HAPPENINGS/SERVICES

| | | | | | | |
|----------|----------|----------|----------|-----------|-----------|-----------|
| FRI | SAT | SUN | MON | TUE | WED | THUR |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |

Military Spouse Appreciation

Today
11 a.m. to 1 p.m.
Heritage Club
Member spouses pay half price for lunch.
For details, call DSN 468-2670.

First Friday

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

Spring Gift Bazaar

Saturday
10 a.m. to 4 p.m.
Heritage Club Ballroom
For details, call DSN 468-2670.

Give Parents a Break Hourly Care

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

Mother's Day Brunch

Sunday
Buffet from 9:30 a.m. to 1 p.m.
Heritage Club Ballroom
For details, call DSN 468-2670.

Family Movie Night

The Good Dinosaur
May 13
6:30 to 8:30 p.m.
Base Theater
For details, call DSN 468-4001.



Hawaiian getaway up for grabs in latest Exchange contest

Military shoppers can say "aloha" to a tropical vacation for two to Hawaii with the Army & Air Force Exchange Service's latest sweepstakes.

Starting today through July 7, authorized shoppers worldwide can enter to win the \$5,000 five-day, four-night vacation, which includes airfare, hotel accommodations, transportation to and from the airport and spending money. (Travel must originate in the

continental United States.)

"A Hawaiian vacation can do wonders for reviving the spirit," said Stephanie Wilson, Robins Exchange general manager. "This trip is a fantastic chance for one lucky winner and a companion to create memories that will last a lifetime, and I encourage Robins Exchange shoppers to enter."

Authorized shoppers can enter at shopmyexchange.com/sweepstakes. The winner of the sweepstakes will be drawn on or about July 14.