



Lighter Fare
Making a splash
Page B1

INSIDE

AADD aims to prevent DUIs, Page A2
AcqDemo update, Page A3
C-130 contract to save millions, Page A4



ROBINS REV-UP

'Team Robins - Performing to Our Potential'

June 10, 2016 Vol. 61 No. 23

'Making Tomorrow Better than Today'

Saying Goodbye

Marine unit to deactivate Thursday

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

By this time next week, you'll no longer hear the distinctive sounds of a four-bladed UH-1Y Huey utility helicopter hovering above the skies of Middle Georgia.

Team Robins will have one final chance to offer farewell wishes to the men and women of Marine Light Attack Helicopter Squadron 773 (minus) following a ceremony next week.

A deactivation ceremony for Marine Aircraft Group-49 Detachment Alpha, and a consolidation ceremony for HMLA-773 will take place at 11 a.m. June 16 in Bldg. 2071. Special guests will include Col. Robert Braatz Jr., MAG-49 commanding officer and Col. Jeff King, 78th Air Base Wing commander.

Known as the Red Dogs, the squadron is part of three separate detachments; however, its operations will consolidate this summer with its sister unit, HMLA-773 Detachment B at Joint Base McGuire-Dix-Lakehurst, New Jersey. They represent the only Reserve Marine Light Attack Helicopter Squadron in the Marine Corps.

There are 150 active duty Marines stationed here, with about 180 Reservists who drill regularly, all supporting

▶ see MARINES, A6



U.S. Air Force photo by ED ASPERA
Lance Cpl. Morales Reyes, plane captain, right, gives Maj. John Coleman and Capt. Sean Walker the thumbs up prior to take off Thursday. The Marine Light Attack Helicopter Squadron 773 (minus) will deactivate during a ceremony next week.

Air Force changes utility allowance for privatized housing residents

The Air Force has revised its utility allowance policy to continue to cover utility costs for the average energy consumer.

The policy was implemented June 2.

For new Robins Family Housing tenants, the revised policy for most active duty residents will now be calculated using monthly meter readings instead of the five-year average with a 10-percent buffer used under the previous policy.

Current occupants will remain

grandfathered in the old system for one year.

Under the old policy, Robins Family Housing spent thousands of dollars yearly on rebates that went to residents whose actual energy consumption rates were above average.

That meant, Robins Family Housing income went toward above-average rebates each year diverting funds from key program features, like maintenance support, housing modernization

▶ see CHANGES, A5

Robins UEI set for July

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

Robins will undergo a Unit Effectiveness Inspection July 18 to 29. A team of more than 100 Air Force Materiel Command inspectors will converge on Robins to conduct the inspection under the newly-implemented Air Force Inspection System.

The UEI will affect over 20,000 members of Team Robins, including those who work in the 78th Air Base Wing, the Warner Robins Air Logistics Complex, the 638th Supply Chain Management Group and Air Force Sustainment Center operating locations.

"The UEI is the AFMC IG team coming and grading how we inspect ourselves. The inspection's purpose is to look at how well we do our jobs to support Robins Air Force Base," said Col. Jeffery Glass, 78th Air Base Wing inspector general.

Inspections such as these are an essential function of commands, which evaluate efficiency, readiness, discipline and resource management, with units inspected to ensure the focus on mission readiness and building a culture of disciplined compliance in performing work.

▶ see UEI, A5

FRIDAY FLYBY: Team Robins lieutenant colonel, major promotions Page A2

IDS Tip of the Week

Don't worry, be happy.

Worrying about something you can't change is not only unproductive, but can be self-destructive. Make your thoughts productive by focusing on aspects that are within your control.

The Behavioral Health Optimization Program, conveniently located in the Family Health Clinic, can show you how. For more info, call 478-222-1190.



Celebrating Diversity

Lesbian, Gay, Bisexual, Transgender Pride Month is a yearly celebration of achievements by members of the LGBT community. Ellen DeGeneres hit it big as a stand-up comedian before starring on her own sitcom, *Ellen*. In 1997, she came out as gay, and became a staunch advocate of LGBT rights. DeGeneres is probably best known for her former self-titled sitcom, *Ellen*. The show faced strong criticism when, in April 1997, DeGeneres's character became the first lead in sitcom history to openly acknowledge her homosexuality on air. Currently, DeGeneres hosts her own talk show.



DeGeneres

Weekend Weather	Friday 95/69	Saturday 95/71	Sunday 96/73
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At work or at play, safety always pays.

SECOND FRONT

AFMC Wellness Team offers tips to avoid mosquito-borne diseases

BY GREG CHADWICK
Air Force Materiel Command Health and Wellness Team

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Mosquito bites can be annoying, but they can also cause serious viral diseases, such as Zika, West Nile, Chikungunya and Dengue. If an infected mosquito bites a bird or mammal, including humans, it can transmit the illness to them.

According to the Centers for Disease Control and Prevention, West Nile virus is the most common disease spread by mosquitoes in the United States. West Nile virus has been detected in all lower 48 states. The largest outbreaks (1999-2014) have occurred in California, Texas, Colorado and Illinois. West Nile is transmitted to humans primarily through the bite of infected mosquitoes. In a very small number of cases, the virus has been spread through blood transfusions, organ transplants and from mother to baby during pregnancy, delivery or breast feeding.

Most people (70-80 percent) who become infected with West Nile do not develop any symptoms. About 1 in 5 people who are infected will develop flu-like symptoms, which include headache, fever, body aches, joint pains or rash. Less than 1 percent of people who are infected will develop a serious neurologic illness such as encephalitis or meningitis. In rare cases, West Nile can be fatal.

Serious illness from West Nile can occur in people of any age. However, people over age 60 who become infected with West Nile virus are at higher risk of developing serious symptoms of the disease. West Nile virus is diagnosed through clinical symptoms and blood test results. There are no medications to treat or vaccines to prevent West Nile virus infection.

An emerging mosquito-borne disease is caused by the Zika virus. Zika is primarily transmitted through mosquito bites. Other, less common ways people can get Zika are through sexual contact, from a pregnant woman to her fetus, and through a blood transfusion.

No mosquito-borne Zika virus disease cases have been reported in the US, but there have been travel-associated cases. A travel-associated case of Zika virus is when a person travels to an area with active Zika virus transmission, gets bitten by an infected mosquito, and returns to the US. These travel-associated cases could result in local transmission of the virus in some areas of the country. Local transmission of the Zika virus is when a mosquito bites an infected person



and the mosquito gets infected with the virus. The infected mosquitoes can then bite healthy people and spread infection.

Many people infected with Zika virus won't have symptoms or will only have mild symptoms. Common symptoms of Zika are fever, headache, muscle pain, rash, joint pain and conjunctivitis (pink eye).

CDC scientists recently announced the Zika virus is a cause of microcephaly in newborns and other severe fetal brain defects. Microcephaly is a birth defect in which a baby's head is smaller than expected when compared to babies of the same sex and age. Zika is diagnosed based on a person's recent travel history, symptoms, and with blood tests. There is no specific medicine to treat Zika or vaccine to prevent it.

HOW TO PROTECT YOURSELF FROM MOSQUITO BITES:

►Mosquito-proof your home by using screens on windows and doors. Repair or replace all torn screens in your home. Close windows and doors, then use air conditioning when available.

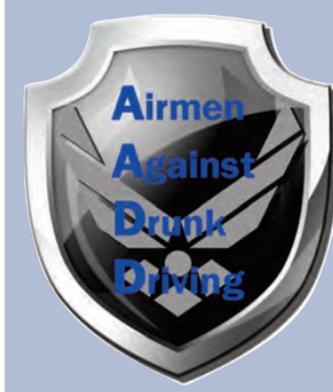
►Drain water where mosquitoes grow. Mosquitoes can grow in containers that hold water for more than a week such as pop cans, buckets, bottles and discarded tires. Keep rain gutters clean. Fill holes that hold water with gravel or dirt.

►Wear long-sleeved shirts, long pants and socks to create a barrier between you and mosquitoes.

►Apply insect repellent on exposed skin when you go outdoors. Use Environmental Protection Agency-registered insect repellents containing DEET, picaridin, IR535 or oil of lemon eucalyptus.

Civilian Health Promotion Services will be offering educational briefings on summer-time safety during June and July.

For more information, visit <http://www.afmcwellness.com> or contact your local CHPS team at 478-327-8030. Comprehensive information on preventing mosquito-borne diseases can be found on the Centers for Disease Control and Prevention website at <http://www.cdc.gov>.



**GET A RIDE,
SAVE A LIFE ...**
For a free, safe ride
call 478-222-0013

AADD aims to prevent DUIs with a simple phone call

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

Here at Robins, bad decisions don't have to lead to severe consequences.

Airmen Against Drunk Driving is available 24/7 to help when civilians or airmen need a lift.

"Our main goal is to prevent DUIs, but we don't turn anyone away," said Master Sgt. Anthony Weiger, 78th Security Forces Squadron unit training manager.

On average, about three people take advantage of this free service each week. Sometimes there are no calls, while other weeks can reach close to half a dozen or more.

"There's a misconception that it's just for active duty airmen. This program encompasses the big 'A,' meaning civilian and dependent Department of Defense ID card holders as well," said Weiger.

Weiger stressed that the service is not something for people to abuse. It isn't a taxi or Uber.

The service isn't there as an every Friday night free ride. Only after plans fall through, such as when a designated driver decides to start drinking, Weiger said.

Volunteers are the heart of the organization. Usually one group of between five to seven volunteer drivers will take a week at a time. A dispatcher takes phone calls and sends a driver. The radius is 30 miles from Robins – which covers the main parts of Macon down to Perry.

Robins currently has about 50 volunteers for the program.

TIPS TO REMEMBER WHEN GOING OUT

Before Partying

Questions to ask yourself:

- How am I getting there?
- Who is driving? Who is the DD?
- Can I stay the night?
- Are there local taxi companies? Save the numbers in your phone.
- Are there hotels within walking distance?

While Partying

- Know how much you drank.
- Drink water in between alcohol drinks.
- Know when to stop.
- You should wait at least one hour per drink before driving.

After Partying

- You cannot determine by yourself if you are able to drive.
- Use the taxi number saved in your phone.
- If necessary, get a hotel room.

AADD will begin advertising for officer positions later this month through unit reps. Elections will be held at the quarterly meeting Aug. 3.

"We do whatever it takes to get people home," Weiger said.

The number for AADD is 478-222-0013.

Editor's note: *To volunteer, contact Sgt. Weiger at 478-926-2445 or Master Sgt. Tiefton Chatman, Robins AADD president, at 478-926-8142.*

Congratulations Lt. colonel and major promotees

Nathan Andrews
Thomas Banaszak
Scott Hazy
Donald Hudson Jr.
Sammy Stover
Michelle Taylor
Paul Cancino

Tammy Breiner
Ewell Lingar
Jason Haney
Edward Davies IV
Aaron Reid
Jonathan Townsend

Jonathan McQuaig
Cody Butler
Nicole Campbell



78th CPTS closure

The 78th Comptroller Squadron will be closed from 11 a.m. to 3 p.m. on June 17. Email 78cpts.fmfc.milpay@us.af.mil for any finance requests.

Put Your Hands Together for

The next "Put your hands together for ..." will run in the June 24 edition of the Rev-Up. Deadline for submissions is

June 17 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 .jpegs.

For more information, contact Lanorris Askew at lanorris.askew.ctr@us.af.mil or Geoff Janes at vance.janes@us.af.mil. Either can be reached by phone at 468-6386.

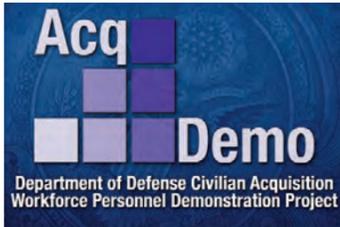
Robins CCAS tools seminars begin Wednesday

The Department of Defense Civilian Acquisition Workforce Demonstration Project transition effective date is Sunday.

Air Force Materiel Command will be providing supplemental training on how to write contribution plans in Contribution, Results and Impacts format at Robins starting Wednesday for employees who will transition.

This Contribution-based Compensation Appraisal System tools seminar will cover an overview of the pay pool process and provide in-depth information on contribution planning and self-assessment writing.

Contribution plans may be revised or adjusted after the AFMC supplemental training seminars. AcqDemo employees



AcqDemo is a project designed to show that the DOD Acquisition, Technology, and Logistics workforce can be improved by providing civilian employees with a flexible, responsive personnel system that rewards employee contribution and provides managers with greater authority over personnel actions.

should contact their training manager for class enrollment.

The preliminary dates are still in coordination at AFMC and are subject to change – training man-

agers will be advised.

Employees will be notified with a letter through their supervisors and advised of their Position Requirements Document assignment.

PRDs will identify the career path, broadband level, position tier and pay pool assignment.

The PRD takes the place of the GS Standard Core Personnel Document or Personnel Document.

The informational sessions will be provided by officials at centers and complexes.

The sessions will provide an AFMC AcqDemo overview, detail AFMC business rules and provide for question and answer sessions.

– From staff reports

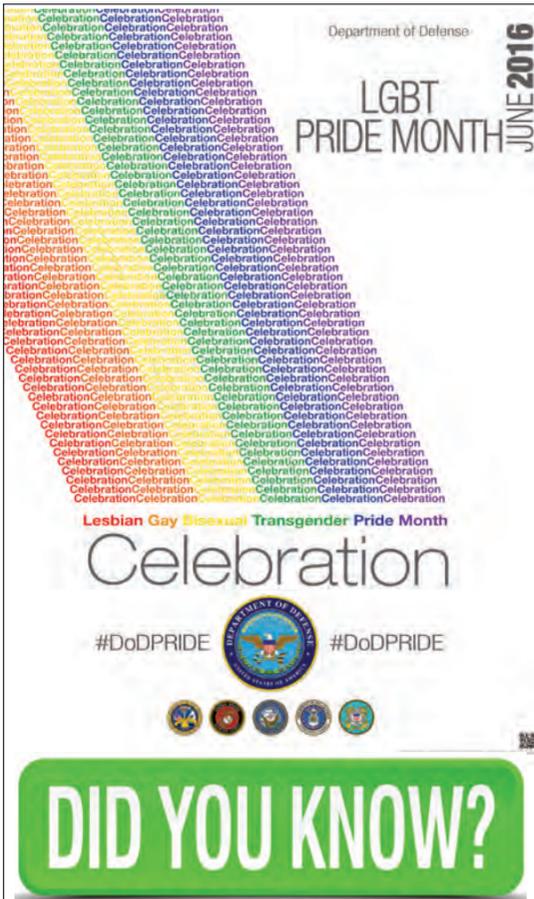
Robins Training Dates:

The following dates, times and locations are scheduled:

- ▶ Wednesday and June 21 from 8 a.m. to noon and 12:30 to 4:30 p.m. at the Scott Theater;
- ▶ Thursday, June 20, 22 and 24 from 8 a.m. to noon and 12:30 to 4:30 p.m. at the Base Theater;
- ▶ June 23 from 8 a.m. to noon and 12:30 to 3 p.m.

For additional information on AcqDemo:

- ▶ Within AFMC, contact HQ AFMC/A1KA, (937) 257-0112, DSN 787-0112
- ▶ Department of Defense Civilian Acquisition Workforce Personnel Demonstration Project: <http://acqdemo.hci.mil/>
- ▶ AFMC AcqDemo Public Affairs Link: www.afmc.af.mil/library/featuredtopicarchive/acqdemo.asp



On June 26, 2012, the Department of Defense held its first ever LGBT Pride Month event at the Pentagon, commending the service and sacrifice of gay and lesbian service members and LGBT civilian personnel. The event followed the full implementation of the “Don’t Ask, Don’t Tell” repeal, and it included a panel discussion on The Value of Open Service and Diversity.

In celebration of LGBT Pride Month the Team Robins Diversity Council will host a showing of the movie “The Out List” Thursday at the Base Theater from 5 to 7:30 p.m.

There will also be a showing of "The Imitation Game" at the Base Theatre June 23 from 5 to 7:30 p.m.

AROUND THE AIR FORCE

New C-130J contract to save DOD millions

BY BRIAN BRACKENS
88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – The Air Force Life Cycle Management Center's Mobility Directorate signed a multi-year contract with Lockheed Martin to procure 78 C-130J Super Hercules with the option to buy up to 83 over the next five years.

The agreement is the second multiyear contract for the C-130J and it saves the Defense Department about \$680 million and provides the Air Force, Navy and Coast Guard with important airlift capabilities.

"This contract is significant because it provides the taxpayer with the best bang for their buck and allows our customers, including the Marine Corps, Coast Guard, Air Force Special Operations Command, and Air Force Mobility Command, to save money and use it for other requirements," said Joseph Fountain, a supervisory contract officer with the Mobility Directorate and lead negotiator on the contract with Lockheed.

Acquisition experts from the Mobility Directorate



U.S. Air Force photo by 1ST LT. STEPHANI SCHAFER
Seven C-130J Super Hercules taxi after landing during the Joint Forcible Entry exercise on Creech Air Force Base, Nev. negotiated for three years to finalize the details of the contract which will provide new aircraft to replace legacy C-130H models and add to the J models currently in the Air Force fleet.

The J model is an improvement on previous models in that it brings enhanced avionics and propulsion systems to the fight, providing additional aircraft

range, higher maximum speed and shorter takeoff distance.

According to Fountain, the benefit of multiyear contracts versus year-to-year contracts is that they provide stability and cut costs. It allows Lockheed to sign long term supplier agreements and commitments, and invest in new equipment to produce the aircraft.

The contract also funds an affordability program in which Lockheed receives \$35 million up front and agrees to \$65 million in labor reductions over the life of the contract, which according to Fountain will allow the company to assemble the aircraft more efficiently.

Kevin Buckley, the program executive officer for the Mobility Directorate, said that the contract is an example of the directorate's commitment to providing the warfighter with vital airlift capabilities at an affordable cost.

"The men and women on our team are motivated by the fact that the work we do directly impacts the warfighter," Buckley said. "I'm extremely proud of the team and I know we will continue to provide war-winning weapon systems."

In Air Force News

Forced distribution driving more promotions for top performers

WASHINGTON (AFNS) – Results of the first promotion board using the forced distribution process were released May 25, highlighting a close connection between commander recommendations and those selected for promotion.

"These results are achieving the intended purpose of the new evaluation and promotion systems we previewed to our enlisted force during last year's roadshows," said Lt. Gen. Gina Grosso, the deputy chief of staff for manpower, personnel and services. "Performance assessment, along with input from supervisors at all levels, is helping identify and promote our top performers."

Nominations sought for 2016 Sijan Award

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – The Air Force Personnel Center is currently accepting nominations through Aug. 31 for the 2016 Lance P. Sijan U.S. Air Force Leadership Award. The award recognizes the accomplishments of total force officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of

This week in Air Force History



On June 10, 1969, Air Force Systems Command presented its number-one X-15 hypersonic, rocket-powered manned research aircraft to the Smithsonian Institution, Washington, D.C., for display.

their duties and personal conduct.

Nominees will be rated in several areas to include their scope of responsibility, professional leadership and leadership image. The award categories are senior officer, junior officer, senior enlisted and junior enlisted.

Search for eligibility and application procedures on myPers with the keyword "Sijan." For more information about Air Force personnel programs go to the myPers website.

Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website.

New unit activated to better train elite combat Airmen

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) – On June 2, for the first time in its history, the Air Force activated a unit solely dedicated to train the service's ground component at Joint Base San Antonio-Lackland.

The unit addresses the growing need for "fifth-generation warriors" who integrate air and ground operations on the joint battlefield.

"Our mission at the Battlefield Airmen Training Group is to select, train and mentor Airmen for global combat operations," said Col. Ronald Stenger, the group's inaugural commander and special tactics officer. "We will breed quiet professionals, infused with a warrior ethos and fueled by scholarship and innovation."

Members of the group will consolidate and streamline training for the Air Force's conventional and special operations ground forces. These ground forces include combat controllers, pararescuemen, special operations weathermen and tactical air control party airmen.



U.S. Air Force photo by ROLAND BALIK

Port Arms

Dover Air Force Base Honor Guard member Airman 1st Class Andrew Des Marias stands at the position of port arms prior to the start of a command ceremony on Dover AFB, Delaware.

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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COMMAND INFORMATION CHIEF
Geoff Janes

EDITOR
Lanorris Askew

PHOTOGRAPHERS
**Ray Crayton
Tommie Horton
Misuzu Allen**

STAFF WRITERS
**Jenny Gordon
Angela Woolen
Holly Logan-Arrington**

COMMANDER
Col. Jeff King

HOW TO CONTACT US

Robins Public Affairs
620 Ninth Street,
Bldg. 905
Robins AFB, GA 31098
478-926-2137
Fax 478-926-9597

UEI

Continued from A1

According to Air Force Instruction 90-201, the purpose of inspections is “to improve, with an effort to evaluate an organization, function or process by way of special visits, surveys, interviews, assessments, technical evaluations, exercises and audits or other means deemed necessary by the commander.”

A cornerstone of AFIS, the ongoing Commander’s Inspection Program includes a self-assessment component with the use of the online Management Internal Control Toolset. Information contained in MICT provide “critical data to leadership about the adequacy of policy, training, manpower, funds, equipment and facilities.”

Under AFIS, commanders can receive an independent assessment of a unit’s ability to prevent fraud and abuse, minimize waste, as well as to find, report, analyze and fix deficiencies.

“The inspection system is basically an opportunity to identify and fix any problems,” said Matthew Quilliams, 78th Inspector General Inspection System Administrator.

The wing’s last UEI in 2014 resulted in a highly effective rating.

CHANGES

Continued from A1

and community amenities.

Under the new policy, the utility allowance will still be determined by the average consumption rates of homes assembled in “like-type” groups at Robins Family Housing, and will still be carved out of basic allowance for housing.

The new policy still supports the rebate system. However, the rebates will only go to those users who fall below the average user rate and a bill will be generated for those who exceed the average user rate.

Air Force wide, it’s estimated that 75 percent of residents will be within \$8 of the allowance.

Angela Johnson, Robins Housing Assistance Program Manager, echoed Air Force officials’ comments.

“The new policy empowers residents in privatized housing to manage their energy consumption, much like their off-base counterparts, and rewards those who are more energy conscious,” she said. “The intent has always been to promote

energy conservation by rewarding residents with less-than-average energy consumption through rebates. The new policy allows the Air Force to better meet that intent.”

Robins Phase I housing is located one mile from base and is metered. Utilities are billed directly for gas and electric.

Georgia Power and the city of Warner Robins manages and collects electric and gas bills respectively based on personal consumption. Since those homes are metered, residents will retain a portion of their BAH to pay utilities directly.

The utility allowance is determined based on the estimated average utility cost (gas and electric) for each unit type.

At Robins Phase II located on base, homes in the community are metered and rent will include a utility allowance within the full BAH amount.

The more energy residents conserve, the more money they will keep in their pocket.

Editor’s note: For more information about your utilities in Privatized Housing, please contact Robins Family Housing Property Management Office at 478 929-8988 or 478 225-9374.



PHYSICAL FITNESS IS A KEY COMPONENT OF RESILIENCY



*Buckle up.
It’s the law.*



U.S. Air Force photos by ED ASPERA

MARINES

Continued from A1

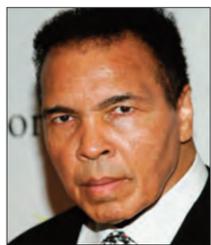
military special operations throughout the U.S., including the Air Force Joint Attack Terminal Controller School at Hurlburt Field, Florida.; Army JTACs at Fort Benning, Georgia; and Marine training operations in Barstow, California, New Orleans, Louisiana, Pensacola, Florida, and along the East Coast.

The last few weeks have been busy here for members of HMLA-773. Along with packing office areas and equipment, some of the squadron's remaining 10 air-

craft, specifically two of its AH-1W Super Cobra attack helicopters, began to depart Robins this week.

Under the command of MAG-49, Det A, which is part of the 4th Marine Aircraft Wing, its active duty and Reserve units train at Marine Corps Air Ground Combat Center at Twentynine Palms, California, where the aircraft were headed this week. While personnel will continue to move during the next several weeks, an element of the unit will remain behind to support various requirements before closing shop for good in December. The unit relocated to Robins in July 2010 from Dobbins Air Reserve Base, Ga.

PLEASE RECYCLE THIS PAPER



Thought for the Day

"It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe."
 — Muhammad Ali



What's inside

- Prevention is key, B2
- Getting to know you, B3
- Services Events, B4

Lighter Fare

THE ROBINS REV-UP ■ JUNE 10, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Splashing the day away

U.S. Air Force photo by ED ASPERA

A family has fun and cools off at the splash pad area near the Heritage Club. The splash pad, which opened last year, features water bubbling up from the ground and water spouts inside a completely fenced off area with its own filtration system. There is also a seating area in two places for parents to watch their children.



U.S. Air Force photos by KENYA ASKEW

Clockwise from top, eight-year-old Elizabeth Costello stays afloat as she enjoys the water.

Katie Cart, 78th Force Support Squadron Recreation aid and lifeguard, watches over people swimming at the Horizons pool.

Mark Denney Jr. does a cannonball into the Horizons pool.

The Horizons Club pool held its grand opening Saturday. The pool, which is free to valid base ID card holders is open Mondays through Fridays from noon to 6 p.m.; Saturdays and Sundays from 11 a.m. to 6 p.m. and will be closed on Wednesdays. For more details on the pool or the Splash Pad, call DSN 468-4001 or 478-926-4001.

What to know

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. The American Red Cross offers these important swimming safety tips:

- ▶ Swim in designated areas supervised by lifeguards.
- ▶ Always swim with a buddy; do not allow anyone to swim alone.
- ▶ Never leave a young child unattended near water and don't trust a child's life to another child; teach children to always ask permission to go near water.
- ▶ Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- ▶ Maintain constant supervision.
- ▶ Avoid distractions when supervising children around water.

A BETTER YOU

SPOTLIGHT ON PREVENTION

Robins to focus on men's health awareness throughout June

BY ROBINS PUBLIC AFFAIRS OFFICE

Robins is encouraging men to take better care of themselves as part of National Men's Health Month.

"It's a perfect opportunity to encourage the men and boys in our lives to seek regular medical advice and early treatment for disease and injury," said Stuart Bapties, Health and Wellness Center Flight chief.

According to the Centers for Disease Control and Prevention's latest data, the two leading causes of death among men in America of all ages and ethnic backgrounds are Heart Disease and Cancer.

"Both are largely treatable when detected early, but we have to make sure men are doing things to ensure prevention and early detection," Bapties said.

Men can make their health a priority by doing some small things every day to keep themselves healthier and stronger. Here are some tips:

- ▶ Go for a walk.
- ▶ Take a bike ride.
- ▶ Toss a ball.
- ▶ Eat less salt.
- ▶ Try more fruits and veggies.

Men can follow these additional tips to stay healthy.

GET GOOD SLEEP

"Insufficient sleep and fatigue is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression," Bapties said. "It's also responsible for motor vehicle and machinery-related accidents leading to substantial injury and disability each year."

While sleep needs change as people age, in general, adults need between seven and nine hours of sleep, according to the National Sleep Foundation.

TOSS OUT THE TOBACCO

"It's never too late to quit," Bapties said. "Quitting tobacco has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease and other smoking-related illnesses."

Call the HAWC or your primary care manager for more information on options to quit tobacco.

Tobacco cessation treatment – including counseling and medication – is completely free for TriCare beneficiaries and employees with Federal Employee Health Benefits.

"Avoid being around secondhand smoke because inhaling other people's smoke can cause health problems similar to those of smokers have," Bapties said.



Wear a blue shirt or blue dress on June 17, for Robins' National Wear Blue Day to support the men and boys in your life and show them how much their health means to you.

For more information contact the HAWC at 478-327-8480.

JUST MOVE

Adults need at least two and a half hours – about 150 minutes – of moderate-intensity aerobic activity, such as brisk walking, weekly. They also need muscle strengthening activities that work all major muscle groups, including legs, hips, back, abdomen, chest, shoulders, and arms, on two or more days a week.

"You don't have to do it all at once, and you can start by spreading your activity out during the week and breaking it into smaller chunks of time during the day," Bapties said.

EAT HEALTHY

"Eat a variety of fruits and vegetables every day to provide your body with vitamins, minerals, and other natural substances that may help protect you from chronic diseases," Bapties said. "Limit foods and drinks high in calories, sugar, salt, fat and alcohol. And, choose healthy snacks."

Call the HAWC to register for one of the free nutrition classes or multi-session programs offered.

TAME STRESS

Sometimes stress can be good.

However, it can be harmful when it's severe enough to cause people to feel overwhelmed and out of control, Bapties said.

"Take care of yourself and don't let stress fester," he said. "Avoid drugs and alcohol. Find support. Connect socially. Stay active."

Robins has resources to help manage stress.

Call the Employee Assistance Program at 1-800-222-0364, the Military & Family Life Consultants at 478-538-1732, or the Mental Health Clinic Resources at 478-327-8398.

STAY ON TOP OF YOUR HEALTH GAME

See your provider for regular checkups.

"Certain diseases and conditions may not have symptoms, so checkups help diagnose issues early or before they can become a problem," Bapties said.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination.

"If you have these symptoms, see your provider right away," Bapties said. "Don't wait and assume they'll just go away."

Bapties said people should know their blood pressure, blood glucose, cholesterol, body mass index and any other personal health numbers.

"If your numbers are high or low, your medical provider can explain what they mean and suggest how you can get them to a healthier range," he said. "Be sure to ask what tests you need and how often you need them and stop by the Health and Wellness Center in Bldg. 827 or the Occupational Medicine Clinic in Bldg. 207 to pick up your free men's health tests and screening passport to record and track your numbers."

GET VACCINATED

"Everyone needs immunizations to stay healthy – no matter how old you are," Bapties said. "Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history."

Vaccines can protect you, your loved ones, and your community from serious diseases like: influenza; shingles; pneumococcal disease; human papillomavirus infection; and tetanus, diphtheria and pertussis, commonly known as whooping cough.

Other vaccinations you may end up needing include those that protect against hepatitis A, hepatitis B, chickenpox (varicella), measles, mumps, and rubella. Ask your medical provider which vaccines you need to stay healthy.

Throughout June, anyone with base access can stop by the HAWC or OMS to pick up a free Men's Health Tests and Screenings Passport along with other men's health educational materials.

For more information contact the HAWC at 478-327-8480.

Safety saves lives. Start your savings account today.



GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: 573rd Commodities Maintenance Squadron

JOB TITLE: Work leader, Composite/Plastic Shop

TIME IN SERVICE: 11 years

HOMETOWN: Warner Robins, Ga.

What does your work involve at Robins? "I work closely with technicians performing programmed depot maintenance on C-130, F-15, C-5 and C-17 radomes; C-130 spinner rears, fronts, after bodies and brackets. I ensure all technicians have the necessary parts and assets needed to complete their work in a timely and correct manner. I am responsible for assigning all daily work, and ensuring all assets are returned to the warfighter at a quality level."

How does your work contribute to the Robins mission? "On a daily basis, our shop produces parts not only being returned to active units, but also to the PDM line at Robins."

What do you enjoy most about your work? "I enjoy working with people each and every day to support the group's mission. It's very comforting to go home at night knowing that I, along with the other employees, have returned quality parts to the warfighters."

What prompted your interest in your current career field? "Past experience in the automotive body repair business."

What is an accomplishment you are most proud of? "Becoming a work leader in the CMXG Composite/Plastic Shop."

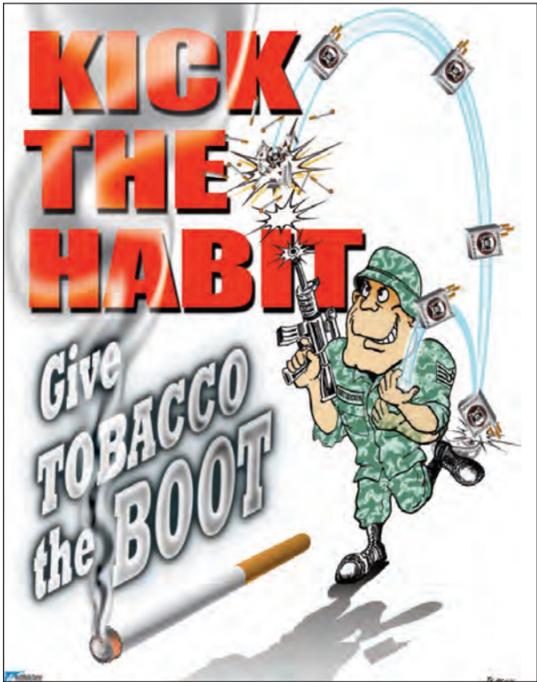
HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
10	11	12	13	14	15	16
<p>Family Movie Night "The Lion King" Today 6:30 to 8:30 p.m. Base Theater \$2 per person includes movie, popcorn and drink For details, call DSN 468-4001.</p> <p>Thunder Alley Today 9 to 11 p.m. Bowling Center 12 and younger \$5; 13 and older \$10 For details, call DSN 468-2112.</p> <p>Saturdays are Family Days Saturday Pizza Depot 8 to 10 a.m., \$3.95 breakfast buffet 5 to 7 p.m., \$5.95 spaghetti and pizza buffet. For details, call DSN 468-0188.</p>	<p>Bowling Movie Days Wednesdays 2 to 4 pm Bowling Center \$6 per person, includes 3 games, rental shoes, movie and popcorn For details, call DSN 468-2112.</p> <p>Education Fair Thursday 10 a.m. to 1 p.m. Heritage Club ballroom For details, call DSN 468-2670.</p> <p>Boss-N-Buddy and BFF's Night June 17 4 to 7 p.m. DJ from 8:30 p.m. to midnight Heritage Club Lounge For details, call DSN 468-2670.</p> <p>Missoula Children's Theatre Gulliver's Travels</p>	<p>Register now through June 21 Youth Center Camp date is June 27 through July 1 Auditions are June 27 at 10 a.m. For details, call DSN 468-2110.</p> <p>2016 Fall Soccer Register now through July 1 Monday through Friday from 9:15 a.m. to 4:45 p.m. Youth Center For details, call DSN 468-2110.</p> <p>Afterburner June Special 5:30 a.m. to 1 p.m. Base Restaurant, Bldg. 166 Honey Nut Latte For details, call DSN 472-7827.</p> <p>June Twilight Special Every day After 6:30 p.m. Pine Oaks Golf Course Play all you can with cart for \$15. For details, call DSN 468-4103.</p>				

PLEASE RECYCLE
THIS PAPER

Airman & Family Readiness Center Classes, workshops & seminars

- ▶ **Pre-Separation Briefing (retirees)*** – Tuesday and June 28 from 8 a.m. to noon; (**separates**)* – June 21 from 8 a.m. to noon.
 - ▶ **Key Spouse Training** – Monday from 8:30 a.m. to 12:30 p.m.
 - ▶ **First Term Airman Course: Finances*** – Tuesday from 7:30 a.m. to noon.
 - ▶ **Right Start*** – Wednesday from 7:45 a.m. to 12:30 p.m.
 - ▶ **Career Technical Training Track* in Bldg. 905** – Wednesday and Thursday from 8 a.m. to 4 p.m.
 - ▶ **Key Leaders' Orientation*** – Thursday from 7:30 a.m. to 12:30 p.m.
 - ▶ **Key Spouse University** – June 20 from 8:30 a.m. to 4:30 p.m.
 - ▶ **Passport to Parenthood (Call 478-327-8398 to register)** – June 21 from 8:30 a.m. to noon.
 - ▶ **VA Benefits Briefing*** – June 22 from 8 a.m. to 3 p.m. (Bldg. 905, Room 121)
 - ▶ **Higher Education Track*** – June 23 and 24 from 8 a.m. to 4 p.m. (Call Ron Smith 478-327-3410 to register)
 - ▶ **DAV Medical Records Review** – Appointments only. Call DSN 472-4146.
 - ▶ **Military and Family Life Counseling** – Mondays through Fridays from 8 a.m. to 8 p.m.
 - ▶ **PreDeployment Briefings*** – Tuesdays and Thursdays from 1 to 2 p.m.
 - ▶ **Survivor's Benefit Plan** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.
- Editor's Note: All classes require pre-registration. For more info, 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.*





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.

Now 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 sweepstakes winner will be drawn on or about July 14.

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