



# ROBINS RevUp

Robins Family Support Center thanks families with Family Day 2002.



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Robins Air Force Base, Ga.

## Why are you thankful?



**Airman 1st Class Pang Chang**  
78th Civil Engineering Squadron  
"I'm thankful for having a roof over my head and food to eat."



**Ellen King**  
116th Civil Engineering Squadron  
"For my husband and the freedom to worship the way we believe."



**Delores James**  
retired  
"I'm very thankful this year for my health and my family."



**Senior Master Sgt. Gerald Brunson**  
Contracting Directorate  
"That I have eternal life. I also have a loving wife and three beautiful kids. I'm very blessed."



**Senior Airman Keith Lucas**  
116th Maintenance Squadron  
"I'm thankful for being alive and for my family."

## Macon committee helps local squadron

By Staff Sgt. Adam Stump  
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Airmen and families from the 51st Combat Communications Squadron have a little something extra to be thankful for this year thanks to the Macon Military Affairs Committee.

The committee donated 10 turkeys, 10 hams and all the trimmings to the 51st for their Thanksgiving feast today at Luna Lodge. They're even going as far as providing more than a

dozen volunteers to prepare and serve the meal to the squadron.

The squadron asked the base public affairs office if they could find someone to donate food for a feast, according to Staff Sgt. Andrea Campbell, a personnel specialist with the 51st.

The public affairs office linked the squadron with the Macon Military Affairs Committee, who readily accepted the opportunity.

"The married people from the 51st

wanted to do something for their single airmen, and we were looking for somebody to help," said Chip Cherry, president of the Macon Chamber of Commerce. "This is a small thank you for what these airmen are doing for us."

Cherry said a majority of the food came from donations by chamber members. The military affairs committee pitched in money from its budget to buy food to round out the meals.

"They have spent a lot of resources to help enhance the morale of our airmen," said Senior Master Sgt. Bobby Gregory, 51st first sergeant. "Their involvement with preparing activities for the base goes a long way in feeling appreciated by the local community. We as freedom fighters depend on the support and patriotism of our local community. The chamber of commerce deserves a lot of credit for being willing to donate a lot of their time in assisting the base."

## What a bird!



U.S. Air Force photos by Sue Sapp

Teachers and students at Robins Elementary School got into the Thanksgiving spirit with Turkey artwork and autumn expressions of thanks.

At top right, students and faculty wrote what they were thankful for on paper leaves and other cutouts. They were then placed on the wall at the front entrance.

Above, Caremma Williams, Patrick Halcome and Ashley Barry, third graders, check out the giant turkey welcoming visitors and students to Robins Elementary.

At right, Sarah Booth, kindergarten, shows off her turkey art made from paper plates and cardboard.



## Beating the holiday blues

Life skills, chapel offer tips for combating holiday depression

By Lanorris Askew  
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The holidays are supposed to be a time of celebration – a comfortable time filled with good will, family and friends. But what about those who can't get into the holiday spirit because they are away from those they love?

Capt. Jeffrey McLean, Life Skills Support Program chief, said people tend to believe that most people are happy during the holidays, but it is not unusual for people, especially in the military, to feel sad or lonely.

"When we are away from family and friends the holidays can be difficult for us,"

he said. "Holiday blues are a normal response to certain stressors."

Capt. McLean said holiday depression may occur at any holiday or vacation time, but most commonly happens during the November and December months when, it may seem, just about everyone in the world is celebrating in some way.

Some signs of holiday blues are headaches, inability to sleep or sleeping too much, changes in appetite, tearfulness, agitation and anxiety, excessive or inappropriate feelings of guilt and decreased interest in pleasurable activities.

"There are many causes for holiday blues, and the symptoms may mimic clinical depression," said Capt. McLean.

Some of the causes of holiday blues include the inability to be with family,

## Buy stuff, get cash with convenience

Debit card program in effect at Robins

By Holly J. Logan  
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Tammie Bocook said the new debit card program, implemented by the Army and Air Force Exchange Service Oct. 28, saves her time shopping on Robins Air Force Base.

Bocook, a military spouse, said she enjoys the privilege of using her debit card at the commissary and base exchange because it saves her from the worry of having enough money.

"I use my debit card 99 percent of the time because I can get money at almost any store, and it saves me from having to go to the bank," she said. "Checks take too long to write and clear the bank. With my debit card, I don't ever have to worry about whether or not I have enough money on me."

Linda Henderson, operations manager at the main exchange, said the new AAFES-sponsored program offers people the same convenience afforded at commercial retailers and service stations without leaving the base.

"I think more people are utilizing this program at Robins because of its convenience," she said. "I think people are hardly ever writing checks anymore, except to pay for bills. ATM and debit cards are widely used and accepted at most places."

Henderson said those eligible to shop at the main exchange,

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Courtesy photo

Tech. Sgt. Kenneth Trimmins will showcase his ability to play two trumpets at once on The Tonight Show Thursday.

## Trumpeter to give 'double performance' on Tonight Show

Air Force Reserve Command News Service

Tune in to The Tonight Show with Jay Leno Thursday to see and hear Tech. Sgt. Kenneth Trimmins showcase his talent for playing two trumpets simultaneously.

Trimmins is the superintendent of musical resources for the Band of the U.S. Air Force Reserve and the noncommissioned officer in charge of the ceremonial band section. The Band of the U.S. Air Force Reserve is assigned to Headquarters Air Force Reserve Command at Robins Air Force Base.

"The thing I like most about being in the Air Force is that I can serve my country while doing something I truly love," Trimmins said.

He began playing the trumpet 28 years ago, and discovered his ability to play two trumpets at the same time while "clowning around" in high school.

Trimmins completed Air Force basic training in 1985 and went on to perform with the Band of the Golden West at Travis Air Force Base, Calif. In 1995 he joined the Band of the U.S. Air Force Reserve as a member of the concert band and the jazz ensemble.

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## Blues

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increased stress, fatigue, unrealistic expectations, memories of past holiday celebrations, the loss of a loved one, change in diet, change in daily routine and over commercialization.

“While they may be intense and uncomfortable, holiday blues are usually short-lived, lasting for a few days to a few weeks prior to or just after the holiday,” he said. “The good news is, holiday blues usually subside after the holiday season is over and daily routines are resumed.”

There are other agencies on Robins Air Force Base intent on helping those who need it.

Chaplain (Capt.) Jamie Braswell said for those who feel they need someone to talk to, a chaplain is on duty 24-hours a day, seven days a week and can be reached by calling the command post.

“We are always available for any type counseling,” Braswell said.

### The DON'Ts of managing holiday blues:

- Don't drink too much alcohol.
- Don't overindulge in holiday foods, especially those that are high in sugar and fat.
- Don't have unrealistic expectations of yourself or others.
- Don't practice negative, defeating self-talk.
- Don't dwell on the past.
- Don't focus on what you don't have.
- Don't spend money you don't have.
- Don't isolate yourself from people.

He also said for those who may not have any other activities to attend, the Dec. 5 Christmas tree lighting ceremony at the base chapel is a great time to come out and share in the fellowship.

### The DO's of managing holiday blues:

- Do follow the three basics for good health: eat right, exercise regularly, and get plenty of rest.
- Do set realistic goals: organize your time, make lists, prioritize and make a budget and follow it.
- Do let go of the past and create new or different ways to celebrate.
- Do be aware of your thoughts and what you are saying to yourself. Self talk greatly influences our emotions. Say realistic, positive things to yourself.
- Do allow yourself to feel sad, lonely or melancholy — these are normal feelings, particularly at holiday times.
- Do reach out to others during the holidays-you can provide fellowship to someone who is lonely and experiencing the blues.
- Do enjoy activities that are free such as enjoying lights, decorations, children's plays and talking.
- Do spend time with people who care about you.
- Do practice your spirituality. Accept you are human and you have made mistakes (as we all have!)
- Do talk about your thoughts and feelings- seek professional help if you would benefit.

## ROBINS BRIEFS

### POV storage availability

Military members who are sent to a temporary duty assignment on a contingency operation for more than 30 days are entitled to store a privately owned vehicle at government expense if the temporary duty assignment orders state “POV Storage Authorized” in the remarks section.

If so, the member may store one privately owned vehicle, owned or leased by the member and/or dependents for personal use, at government expense. Insurance, registration and licensing on the vehicle remains the responsibility of the member while the vehicle is in storage.

Storage is authorized for the duration of the contingency.

However, if for some reason the vehicle is removed from storage it cannot be returned to storage at government expense under the same orders. For more information contact the transportation management office at 926-2133.

### Military diesel fuel service hours

Due to fuel system repairs, the fuels flight will be maintaining temporary operating hours for diesel fuel. The station will be open from 6 a.m. to 6 p.m. daily.

For emergency fuel requests contact the resource control center at 926-4403 ext.2

### Make-up State of the Center Address

Maj. Gen. Donald Wetekam, Warner Robins Air Logistics Center commander, is planning to hold one last makeup session for the State of the Center Address. It is currently scheduled to take place in the base theater 1:30-2:30 p.m. Dec. 3.

This final session is intended to reach anyone who has been unable to attend thus far.

Individual attendees will be responsible for their transportation to and from the event.

Each organization must provide an estimated number of personnel attending.

Seating is limited to approximately 500 people. Contact Capt. Michael R. Hackman, WR-ALC logistics career broadening officer, by Monday, at 926-3826, with number of people attending.

### Cyclists need to take class

Notice to military personnel, Department of Defense Instruction 6055.4, DOD Traffic Safety Program: E3.2.3. Before operation of any motorcycle, personnel shall successfully complete an approved rider or operator safety course.

This training requirement excludes those operating motorcycles with attached sidecars and three-wheel motorcycles.

The above statement out of the DODI means military personnel are not authorized to operate a motorcycle on- or off-base, on- or off-duty, even if their driver's license has a motorcycle endorsement from the state, if they have not completed an approved Motorcycle Safety Foundation course. To otherwise operate a motorcycle will put you in violation of the DODI and subject to a line of duty determination should there be a mishap.

### Energy day hours

The base will exercise limited gate hours for “energy-day” Friday. Only gates 2 and 14 will be open for normal hours of operation. The Main Gate is open 24 hours and the Russell Street Gate (Gate 14) will open from 5 a.m. until 1 a.m. Saturday. Pass and Registration will not be open Friday. Pass and ID will close at 11:45 a.m., Wednesday for weekly training. The office will reopen Monday at 7:30 a.m.

### Military personnel flight hours

The MPF will be closed Dec. 5, from 2 – 6 p.m. for a squadron function. For emergencies, contact Master Sgt. Britt or Tec Sgt. Peston at 327-7361.



U.S. Air Force photo by Sue Sapp

Teresita Palms scans a debit card at the base exchange.

## Debit

Continued from A-1

Shopette, Class Six, service station, the military clothing store and any other AAFES facility may use their Visa or MasterCard debit or ATM card to obtain cash from their checking accounts.

"We are happy to serve our customers the best way we can," she said.

"We're glad to have the opportunity to be able to offer the latest technology to help make life more convenient for our customers."

According to Teena Standard, commissary store director, her store has offered the convenience of debit card usage since the implementation of the Point of Sale Program in 1998.

"The debit card program offers an additional payment option aside from using one's credit card, cash or writing a check," she said. "It's a lot more convenient not having to keep up with check stubs."

Commissary customers can withdraw up to \$25 cash when making purchases using their debit cards.

Standard said along with the convenience of using debit cards, people's concerns of identity theft are also quieted.

Bocook echoed Standard's comment by saying the debit card program helps ensure customers' privacy at the cash register.

"Checks give a thief all your personal information, like your name, address, social security number, driver's license number, etc.," she said. "It's safer to use my debit card."

Customers making purchases with their debit cards at AAFES facilities will also be able to receive cash back, up to \$100, in main stores and up to \$50 cash back in other retail facilities, depending on availability of funds. All U.S.-issued debit cards will be accepted.

Previously, debit cards used in AAFES facilities were processed as credit card transactions that carry higher processing fees as compared to fees for online debit card transactions.

The debit card program will result in lower processing fees for AAFES, which will translate into higher dividend payments to the 78th Services Division.

The debit card program was implemented Department of Defense-wide Nov. 4 at AAFES facilities. With the exception of remote locations, the debit card program should be in place at all AAFES facilities by Thanksgiving.

## ■ Team Robins reaches out to the community for the holidays

By Holly J. Logan  
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'Tis the season for giving; and Robins' employees are giving to the surrounding community in a big way.

From food drives to providing Thanksgiving and Christmas cheer for families, the people of Robins can help answer the needs of the less fortunate this holiday season.

### C-5 System Program Office

The C-5 is holding several fund-raisers to support their "adoption" of a less fortunate family in the community. They hosted a luncheon Nov. 22, collecting two canned food items per person. They hosted a bake sale Monday and will host a hot dog luncheon Dec. 5.

Each Tuesday through Dec. 17, the office will host a taco breakfast. All proceeds support the purchase of groceries and Christmas gifts for the "adopted" family.

### 116th Air Control Wing

The 116th ACW is already hard at work on its Family-2-Family project. There are two wing families needing help in addition to 23 families with 66 children who applied to the 116th

through the Houston County School system and the Department of Family and Children Services.

The standard gifts are as follows:

Each child individually should receive two complete outfits, underwear — briefs for boys/panties for girls, socks, shoes and at least one age-appropriate toy.

Each family household will receive a box of food provided by the wing food drive.

Those who can't afford to sponsor a family can make a cash donation to help buy the listed items.

Written receipts will be provided. Any office, flight or squadron that would like to sponsor a family or families should contact Eileen Byrd at 926-6687 or Maj. Gwendolyn Taylor at 327-4141.



U.S. Air Force photo by Sue Sapp

Bryant Douglass, Kai Villanueva and Valeria Kerhin, fourth grade student council members at Robins Elementary School, fill a shopping cart with staple goods. The three were part of a group of students who collected food to give to the United Methodist Food Bank. They have finished collecting for Thanksgiving. Some time in December they will collect for Christmas.

### Robins Elementary School

The Robins Elementary School Student Council held a food drive Nov. 12-22 to benefit less fortunate families in the surrounding community. For more information, contact Betsy Steed at 926-5003.

### The 19th Air Refueling Group

The 19th ARG is holding a toy drive

for Toys for Tots. First sergeants will be responsible for placing collection boxes in each of their squadron areas. Those wishing to make a contribution should contact the 19th ARG at 327-2961. Monetary gifts are also being accepted. Checks may be made out to Toys for Tots. Donations should be made by Dec. 13 to ensure timely delivery.

### Maintenance Directorate

The Warner Robins Air Logistics Center Maintenance Directorate will be sponsoring a less fortunate civilian and military family at Robins.

### 78th Mission Support Squadron

The 78th MSS held its Thanksgiving luncheon Tuesday. They are also taking names of civilian and military families in need. For more information, contact Master Sgt. Annie Dowlen at 327-7333.



U.S. Air Force photo by Sue Sapp

Al Fatkin, C-5 System Program Office deputy director, wraps presents with the help of C-5 SPO employees.

# Volunteers serve to take museum to new heights

By Holly J. Logan  
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Volunteers at the Museum of Aviation make a personal connection with the public while helping visitors learn more about aviation history.

Judye Blackburn, director of protocol and volunteer services at the Museum of Aviation, said volunteering at the museum helps people learn about the past while investing in the education of America's future generations.

"It's giving back to the community and showing appreciation for what the Museum of Aviation provides to the public through history and education," she said. "It also creates a deeper appreciation for the men and women who were a vital part of establishing and protecting freedom and justice for all of us."

According to Museum of Aviation records, there are currently 41 retired military members, six active duty military members, and 39 civilians volunteering on a weekly basis for the museum. Six teen-agers are continuing their volunteer service after the conclu-



U.S. Air Force photo by Sue Sapp  
Frank Chandler, museum volunteer, talks to students during a tour of the Museum of Aviation.

## Become a volunteer

- Call Judye Blackburn or Lillian Kurth at 926-4242 for an appointment.
- Interview to discover area of interest
- Complete official Air Force volunteer application
- Sign the Museum of Aviation Ethics Statement.
- Set up tour of facilities
- Schedule training session

sion of the summer teen program, and 45 active duty military members volunteer as their schedules permit.

Volunteers are a valuable part of the Museum of Aviation, giving of their time without the expectation of something in return, said Blackburn.

"Our volunteers are wonderful and valued individuals," she said. "When they choose to become part of the Museum, they also choose to act in recognition of need, with an attitude of social responsibility and without concern for monetary profit."

According to Blackburn, people from all over the world visit the Museum of Aviation – the fourth largest aviation museum in the United States.

"Volunteering at the museum actively involves one in the community," she said. "It's a great opportunity to meet people from all walks of life."

Volunteers for the Museum of Aviation echo Blackburn's sentiment on the benefits of this service to others.

Seventy-four-year-old Roland "Ron" Kurth has accumulated nearly 4,000 hours of volunteer service in the eight years he has served at the Museum of Aviation and said the best part is human interaction.

"It's fun to talk to all the different people that come to visit the museum," he said. "It's a great chance to meet people and share with them the history of the 90 or more aircraft we have here."

The Museum of Aviation welcomes volunteers of all types, even four-legged ones.

Kim Ledford and his guide dog, Thumper, a 2-year-old Hungarian Vizsla, provide tours of the Museum of Aviation and greet visitors upon arrival. Thumper has been assisting Kim at the museum since Sept. 3 and even has his own volunteer ID badge.

"Originally, it was just a way for me to get out of the house," he said. "I'm now meeting people from all over the world. I especially like the kids and they like my dog."

Ledford is no stranger to the idea of volunteering in the community. He also volunteers with the Georgia Youth Science and Technology Center as a part-time science and technology consultant, teaching disability awareness and speaking about different technologies used to assist the visually impaired.

With nearly 200 hours of volunteer service donated to the Museum of Aviation, Ledford said this is his way of serving his country.

"Due to medical reasons, I wasn't able to



U.S. Air Force photo by Sue Sapp

Kim Ledford and his guide dog, Thumper, sit in front of one of the airplane exhibits at the Museum of Aviation.

serve in the military," he said. "Since Sept. 11, I've really been looking at why I volunteer. The way I look at it is that our military men and women, no matter what branch, are serving our country overseas and at home to ensure our freedom, life, liberty and the pursuit of happiness. I feel volunteering is my way of serving our country."

Ledford said everyone seems to enjoy touring the museum, and now he has even found a way for the visually impaired to observe the vastness of the aircraft.

**See VOLUNTEERS ... Page A-5**

# Volunteer gives attic facelift

By Lanorris Askew  
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"A place for everything, and everything in its place," should be the new theme of the Robins Air Force Base Airman's Attic. That's because super volunteer Stephanie Valarino used her interior decorating skill to turn the attic into a "neat" place to visit.

"She is so versatile," said Diane Thielemann, family services coordinator and volunteer resource program manager. "She can do everything from teaching computer literacy to putting together office furniture."

It was that versatility and spirit which sparked Valarino to encourage Stella Gustafson and Evonie Fowler, two other volunteers, to help her turn the once crowded facility into an organized unit.

"We have such a small area to work in that before we did the reorganization, items we had available could not really be seen because it was so cramped," said Valarino.

Seeing this as a problem that could readily be fixed, the trio went to work organizing the facility. Three hours later there was order where once there had been chaos.

The three organized uniforms into one space, toys into another and then they created a mock living area complete with a furnished living room and kitchen. All items set on display are items available to the customers.

"I think people are really happy with it," she said. "People who didn't want to buy things before are now buying them. It's just a lot more presentable."

Valarino, who is the wife of a senior airman here, said they have been here for more than two years, and she really enjoys volunteer work.

"I love meeting new people and



U.S. Air Force photos by Sue Sapp

Above, super volunteer Stephanie Valarino uses her interior decorating skills to set up a mock living room at the Airman's Attic.

At right, Valarino and other volunteers organized the attic by product like these children's items.

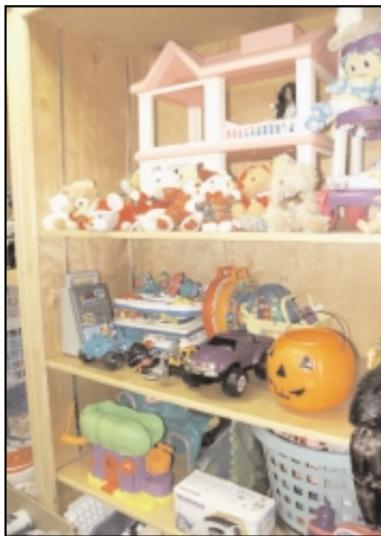
helping people," she said.

In addition to working in the Airman's Attic, Valarino also works in the Loan Closet.

Her next project is helping to implement a barcode system for the attic, which will enable much faster service for customers.

The Airmen's Attic program supports junior enlisted members who are establishing a household. Senior airmen and below are encouraged to screen and use items in the attic to help defray the cost of setting up an apartment or home. Items usually available include kitchenware, small appliances and decorative items. The attic also receives and provides children's clothing, toys and military uniforms.

Large items are passed on to junior enlisted members by way of a wish list.



All E-4s and below are encouraged to visit the attic and list their needs on the wish list.

For information on becoming a volunteer anywhere on base, contact Thielemann at 926-6648.

## Volunteers

Continued from A-4

"When kids from the Academy for the Blind in Macon came to tour the museum, I wanted to come up with a way to show them the planes," he said. "I use my seeing-eye cane as a tool to guide the ones who are totally blind around the airplanes so they can get an idea of the size of these enormous aircraft."

The Museum of Aviation is always in need of volunteers and all it takes is a willingness to give of your time.

"We always need volunteers," Ledford said. "It's a matter of finding what you enjoy and digging in."

Blackburn said volunteers are a strong supporting element of ensuring the success of addressing today's important issues, and that support is evident at the Museum of Aviation.

"Volunteers were founders of just about every profession and institution we have today, and remain the pioneers work-

ing on cutting edge causes and issues that many aren't ready to address," she said. "Our volunteers put their energies where their beliefs are and show that participatory democracy works."

For more information on becoming a volunteer for the Museum of Aviation, contact Blackburn or Lillian Kurth at 926-4242.

# Squadron helps orphanage

By Staff Sgt. Adam Stump  
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Although Christmas is still a month away, people from the 52nd Combat Communications Squadron invoked the giving spirit, collecting and shipping more than 1,000 pounds of educational material to children overseas.

The effort, dubbed Project Share Education, is helping four orphanages at a location where airmen from the 52nd are deployed, according to Laura Miller, who headed up the cause.

She said the deployed airmen, including her husband, visited the orphanages "and told me about the poverty situation over there and the need for supplies.

"The donations came in from all over," Miller added. "The base and the Warner Robins community really pitched in to help."

The bulk of the items were children's books written in English, crayons and pencils. The orphanages specifically requested beginning English books to teach their children a new language. However, there were some interesting items shipped in the boxes, including disinfectant spray, toothbrushes and toys from fast food restaurants.

Robins Elementary School was one of the main contributors in the effort, according to Miller. She said the schools put up boxes to collect donations, and some



U.S. Air Force photo by Staff Sgt. Adam Stump  
Stacie Wilcox and Kiki Villanueva pack school supplies for shipping to an overseas orphanage.

of the children wrote letters to the children on the other end. The reason for the effort was simple.

"We love children," Betsy Steed, the school's secretary, said.

"We appreciate what the parents of our children are doing for the free world, and we wanted to help."

She went on to say the entire school — teachers, staff and children — pitched in to get the supplies.

The total cost for shipping the 1,172 pounds of supplies was \$1,183.05 — all paid for by base chapel offerings.

"Laura, who is active in the Protestant Parish, recommended that this would be a worthwhile project outreach for the chapel," said Chaplain (Maj.) Dennis Hutson. "She asked if we wanted to participate. We readily accepted. This is a way to make a difference in our world."

# You've got to have heart

## ■ New Heart Link program enhances readiness by strengthening military families

By Lanorris Askew  
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When a couple is joined by the holy bonds of matrimony, their lives change forever. And when one of them is a member of the military, they enter an entirely new world.

A new workshop conducted through the Robins Family Support Center's Family Outreach Program has the goal of making that transition a little easier. Known as the Heart Link Program, the workshop is intended for military spouses married within the last five years.

"It's going to be a great opportunity for spouses new to the military family to learn what services are out there and available to them," said Cindy Graver, Robins Family Support Center's family, work and life consultant.

Graver said the first session will be held Dec. 13 from 8 a.m. to 2 p.m., at the base chapel annex.

Program coordinators said the objective of the Heart Link Program is to enhance

mission readiness by strengthening military families.

The program goals are to increase spouse awareness of the Air Force mission, customs, traditions, protocols and available resources and services. Achievement of these goals should help enhance personal and family readiness and increase retention.

"None of this was available to me when I first joined the military family," said Graver. "I had to learn a lot from the school of hard knocks. Not understanding rank and procedure or correct courtesy caused a few faux pas."

Graver said this is a wonderful opportunity to make sure that today's spouses don't have to go through what their counterparts of 20 years ago went through.

She said this workshop will enable spouses to capitalize on the availability of on- and off-base community resources.

"The workshop will help spouses acclimate and feel they are an important part of the Air Force community," she said. "It will also help them put names and jobs with faces. In all it will help families be physically, emotionally and spiritually healthier."

Call 926-1256 to make reservations, or for more information.

## Take readiness personally

By Chief Master Sgt. Timothy Dickens  
12th Flying Training Wing Command  
Chief Master Sergeant

There has been a lot of talk about readiness since the tragic events of Sept. 11, 2001.

Expeditionary readiness requires each of us to be prepared at all times to execute our respective missions with the hallmark of excellence that sustains this great nation and its national security.

Having recently returned from a deployment to Pakistan, I know first hand how important every man and woman was to ensuring the mission was accomplished, and this experience leads me to share five personal areas I feel are important as you ready yourselves to support our ongoing requirements in an unpredictable world.

First, ensure your personal affairs are in order. That includes everything from wills, powers of attorney and checking accounts to knowing who will assist your family when emergency situations arise. Having your affairs in order will give you the peace of mind necessary to focus on your responsibilities in the deployed location. You must take the time prior to your departure to ensure your family can maintain during your absence, because 90 days may quickly turn into something a little longer than expected.

Second, personal preparation is essential to ensuring you are the whole person. Being fit for duty is more than satisfying your professional responsibilities. It also includes making sure that all aspects of your life have been addressed, resolved and that you are mentally, physically, emotionally and spiritually ready for the chal-

lenges to come.

Third, personal accountability not only means completing all of required training and attending the appropriate briefings, but also knowing, understanding, remembering and being able to perform when necessary. Your small arms and nuclear-biological-chemical warfare training should be second nature to you, because you may be required to respond without notice.

Fourth, a positive personal attitude can make all the difference in the outcome of your experience. You must deploy knowing you are important and the skills you bring to the fight will spell success for any organization you are assigned to. If you do not know how your job fits into the bigger Air Force picture, talk with your supervisor, first sergeant or commander. It should be your personal goal to become an immediate asset to the unit upon your arrival and to leave it in better shape than you found it.

Finally, it is your personal responsibility to be ready to deploy anywhere, at anytime. In an unstable world with unpredictable enemies, deployment requirements continue to grow. Based on world events, our forces are occupying many locations throughout the world, and there is a very good possibility of more being added. This is the Air Force we belong to and the commitment we have made to our country.

Do not wait until the last minute to take care of the things necessary to better prepare you for deployments. Visit the many agencies on your base that stand ready to assist in your deployment preparation and ultimately make you a well-trained, well-prepared warrior in our Air Force.



DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS AIR FORCE MATERIEL COMMAND  
WRIGHT-PATTERSON AIR FORCE BASE OHIO

### MEMORANDUM FOR ALL AFMC PERSONNEL

1. The Holiday Season is supposed to be joyous; however, historical data tells us our Air Force family will suffer injuries and some may also die as a result of inadequate risk management. Simple activities like hanging holiday lights, chopping firewood or shoveling a snow-covered driveway present special risks to our well-being, but none presents as many serious hazards as operating a motor vehicle.

2. Last year the Air Force suffered 82 non-aviation fatalities, 72 involving motor vehicles. The root causes haven't changed much over the years.

a. **ALCOHOL (and other drugs):** Alcohol dulls reaction time, impairs and divides attention, and slows information processing of visual cues, perceptions, and psychomotor skills. Alcohol use was involved in 40% of fatal Air Force traffic mishaps this year. Obviously, our message has not gotten through to everyone. Designated driver and ride share programs are viable options. Bottomline: When you drink, don't drive!

b. **SEATBELTS:** Seatbelts are designed to restrain you so your vehicle absorbs most of the damage. Seatbelt non-use was a factor in 29% of Air Force fatalities this year. Coping with the additional traffic will be a challenge; even a quick trip to the corner store could pose a major risk. Stay alert, buckle up, and drive defensively to avoid an accident. If you are involved in an accident and not wearing a seatbelt, you're five times more likely to die. Bottomline: Seat belts work—use them!

c. **FATIGUE:** Like an intoxicated driver, a fatigued driver performs poorly, too. If you're planning a trip over this holiday season, plan for the worst weather and allow adequate time to reach and return from your holiday location. Get plenty of rest/sleep before the trip and make frequent stops. Pushing yourself is inviting a disaster. Bottomline: Drive alert and arrive alive!

d. **SPEED:** Exceeding posted speed limits or driving at an unsafe speed for road conditions or visibility is the most common driver error in fatal accidents. Be conservative and manage the risk by slowing down. Bottomline: Speed kills!

3. Let's make the holiday season joyous for our family and friends by taking a few extra minutes to keep safety in mind. Bottomline: Safety is everyone's business on and off duty.

LESTER L. LYLES  
General, USAF  
Commander



Col. Bonnie Cirrincione  
Commander 78th Air Base Wing

## Commanders' Action Line

Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live. Please remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 day or night, or for quickest response e-mail to one of the following addresses: If sending from a military e-mail system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account (AOL, AT+T, CompuServe, Earthlink, etc.), use action.line@robins.af.mil. Readers can also access Action Line by visiting the Robins AFB homepage on the World Wide Web at <https://wwwmil.robins.af.mil/action-line.htm>.

Please include your name and a way of reaching you so we can provide a direct response. Action Line items of general interest to the Robins community will be printed in the Rev-Up. Anonymous Action Lines will not be processed.

Maj. Gen. Donald Wetekam  
Commander  
Warner Robins Air Logistics Center



### Early lunch times at base restaurant

**Q:** Why doesn't the Base Restaurant open the service line at 10 a.m. so workers on early lunch schedules can get something to eat, not just fast food?

**A:** Col. Cirrincione responds: Thank you for your interest and comment regarding dining options at the base restaurant. We opened dining areas earlier this past year and they did not receive the support required to continue the extended hours. We open our sandwich line at 10:15 a.m. for limited service.

As always, our goal is to meet all of the dining needs of Team Robins members, but we must also meet our financial goals in doing so. We will continue to monitor this situation in the future to see if customer demand/support warrants extended serving hours.

As an alternative, we do offer our daily hot plate specials in the snack bars and on our mobile chef trucks for those who cannot travel to the main cafeteria for a hot lunch. We thank you for the opportunity to serve

you and look forward to continue serving you in the future.

### Illegal parking near Bldg. 125

**Q:** I am a Robins employee working off base. I drop my husband off at Bldg. 125 every morning and pick him up in the afternoon. For more than a month now there have been cars parked in the pick-up area in front of Bldg. 125 with no one in them. I've noticed people come from the flight line area and get in these vehicles and drive off. They appear to be employees who are parking their cars there for convenience, rather than in the parking lot where they belong. There are two cars in particular that are always there. I don't have a problem with people sitting in cars while waiting for someone; I have a problem with people who park in the waiting area. This is a pick-up/drop-off point, not a parking area. Thanks for your help in this matter.

**A:** Col. Cirrincione replies: Thank you for addressing this issue. You are correct; the area you describe is a passenger-loading

zone only. Security forces has been writing citations for parking in this location and will continue to do so. We will step up enforcement and will ask the ID checkers at Gate 31/Flight Line Gate to kindly advise people to move their vehicles. If motorists are non-compliant, the ID-checker can contact the law enforcement desk and a patrol will be dispatched. Please remember requests for law enforcement support are prioritized and a response by a patrol may not be immediate.

### Base theater movie previews

**Q:** My wife and I frequent the base theater with our five children, four of which are age 11 and younger. Twice, recently, we took our children to see a children's movie and the previews were inappropriate for small children. These movies were Ice Age and Spy Kids. The previews shown during these movies scared the children.

We realize the previews are rated for all audiences but that does not mean they are appropriate for small children. During Ice

Age a preview for Panic Room was shown, and during Spykids a preview for Four Feathers was shown. All of our children were affected by these previews. Would it be possible to stop showing these types of previews during children's movies? We always expect better screening from an activity sponsored by the base.

**A:** Col. Cirrincione responds: We certainly appreciate your patronage of the Army and Air Force Exchange Service theater and apologize for the unpleasant experience your children recently had while viewing our featured presentations.

The previews shown in our facility are selected by the motion picture industry, and AAFES has a contractual obligation to show the previews provided. However, we are sensitive to your concerns and forwarded them to the senior director of motion pictures at AAFES headquarters. We will request that special consideration be given when selecting previews to be shown during family-oriented feature presentations. Thank you for sharing your concerns with us and for allowing us an opportunity to better serve you.



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## All in the family

■ *Family Support Center offers Team Robins a chance to have fun, learn about base services*

By Lanorris Askew  
lanorris.askew@robins.af.mil

Celebrating family in a fun and educational atmosphere was the goal of the Robins Air Force Base Family Support Center's Family Day 2002. Complete with games, clowns, food and prizes the FSC's effort to bring families together for some quality down time was a success.

Master Sgt. Ernest "E.J." Jackson, Family Support Center superintendent, said the goal of family day is to provide information about the FSC and other Robins organizations.

"A lot of families aren't aware of other programs available on base," he said. "This gives them the opportunity to learn about us as well as them."

"It's fun," said Shelley Baty. "It's nice to have something to do that's fun and safe."

Baty's 3-year-old son Zachary enjoyed the day making jewelry and jumping around in the moonwalk. McGruff the Crime Dog and Sparky the Fire Dog also made appearances.

Other activities included displays set up by the American Red Cross, the Robins Health and Wellness

Center, Family Advocacy, and other base and community organizations.

Those organizations offered education and prizes to boot.

E.J. said he has big dreams for the event, and hopes that it will continue to grow in the future.

"We've come a long way since the beginning of family day," he said. "It used to be inside and very small. That is very good news."

Queen Ficklin, family life educator, said she too has hopes for future family day events.

"We want everyone to take a couple of hours out to come and enjoy family day," she said. "A lot of time and effort goes into preparing for family day. The staff has really worked hard to put this together. It was like a family getting ready for company."

The Dixie Express, a unit of the Band of the U.S. Air Force Reserve, provided musical entertainment for the event.

Hope Rutledge, mother of Jenesis Rutledge said the day's activities offered her a break from her regular routine.

"It's nice to have a place to go for stay at home moms," she said.



Above, Kassandra Garza, 4, makes a sun visor at Robins Air Force Base Family Support Center Family Day 2002.



At right, Staff Sgt. Jim Mangette plays drums with Staff Sgt. Bill Granger on Tuba. Entertainment at the event included games and music.



At top, "Gomer," Phil Booth of the 78th Communications Squadron, plays with Stephen Brown at family day.

At left, Emily Baty shows off the button she made with her father's picture.

Below, Alexis Solorzana and Alena Vazquez, both 2, show each other their balloon dogs.



## TV SCHEDULE

Note the new show times on Sundays.

These shows will air on Cox Cable channel 15 and Watson Cable channel 15.



### Friday

**Robins Report:** 8 p.m. – News from around base.

**Around Robins:** 8:30 p.m. – There will be a feature piece on the Museum of Aviation's 18th anniversary and Smithsonian exhibit. Money Matters with Gene Kirkland, base financial counselor, discusses the Thrift Savings Program. Local coverage of the Tops in Blue concert.

**Inside Robins:** 9 p.m. – Interview with Lt. Col. Sheri Andino, chief of safety for the Warner Robins Air Logistics Center. Lt. Col. Andino talks about injuries at Robins, how they can be prevented and safety education. She also talks about site surveys and how to make the work environment safer for employees.



### Sunday

1:30 p.m. - Robins Report  
2 p.m. - Around Robins  
2:30 p.m. - Inside Robins

### Monday

Noon - Robins Report  
12:30 p.m. - Around Robins  
1 p.m. - Inside Robins

## MOVIE SCHEDULE

All shows begin at 7:30 p.m.

Tickets are \$3 for 12 and older, \$2 for ages 5-11. Visit the movie schedule online at <http://www.robins.af.mil/services/Events/TheaterSched.htm>.



### Friday — White Oleander (PG-13)

Starring Alison Lohman and Michelle Pfeiffer.

Astrid is a young teenager who journeys through a series of foster homes after her mother goes to prison for committing a crime of passion. Astrid struggles to become her own person, moving from foster home to foster home, and meeting foster mothers who try and help her. (mature thematic, dysfunctional relationships, drug content, language, sexuality and violence)

### Saturday — Jonah – A Veggie Tales Movie (G)

Show time starts at 2 p.m.

Animated  
The veggie gang set sail on a whale of adventure in Jonah. The story of Jonah and the whale as you've never seen it before – a story where everyone learns that one of the best gifts you can give or get is a second chance.



### Nov. 30 – Barbershop (PG-13)

Starring Ice Cube and Cedric the Entertainer.

Calvin has inherited the barbershop from his father but always thought it was a waste of time. But after selling it to a loan shark, he begins to see the business as something more. (language, sexual content and brief drug references)



## This week in history

At Robins Air Force Base Nov. 26, 1991 – The F-15 Production Division, along with local businesses, provided an early Thanksgiving meal to a group of 150 needy Warner Robins residents. Eleven members of the division prepared and served the traditional Thanksgiving meal which was served at the First United Methodist Church in conjunction with their ecumenical community outreach program which feeds needy people every Tuesday and Friday.



## Around the Air Force

Native Americans who have served our country in the military are:

- Ira Hayes, a full-blood Pima Indian, one of the Marines who raised the US flag on Mount Suribachi on Iwo Jima
- Tyonajanegen, an Oneida woman who fought at her husband's side in the Battle of Oriskany during the American Revolution

Contributing to increased risks to personal safety during this end-of-year holiday season are:

- Mission
- Weather
- Travel
- Distractions caused by family separations

## SERVICES ANNOUNCEMENTS

### Aero Club 926-4867

During the month of December the aero club will be having its Christmas Light Flights.

Qualified commercial pilots will be flying the planes; so, children can come along and enjoy the flight.

Cost is \$60 for up to three people. Reservations are required. For more information, call 926-4867.

### Breathe Easy

Beginning Dec. 1, all 78th Services Division facilities will be smoke free to be in compliance with Executive order 13058, mandated throughout the Air Force. Outdoor break areas will be available at the bowling center, enlisted club and officers' club for patrons who wish to smoke.

### Customer Feedback Survey 926-5492

The annual Air Force Customer Feedback Survey will be delivered soon to Robins Air Force Base and given randomly to individuals.

The survey is used to measure customer satisfaction, quality of service, quality of facilities, quality of equipment and materials, value for price paid, and an overall assessment of at least 20 of the division's major programs.

This survey is easy to complete, has a self-addressed envelope and requires no postage. Customers who take the time to answer the survey provide input that will have a major impact on future services programs.

The survey data is presented in a software program and by using it, managers are able to enhance programs, improve service and make optimal use of their resources to benefit services customers. Customers wanting more information on the survey may call services marketing at 926-5492.

### Enlisted Club 926-4515

The Press Box is open for express lunch Mondays through Fridays from 11 a.m. to 1:30 p.m. and for dinner 6-9 p.m. every Friday and Saturday with two-for-one



prime rib for \$16.95.

The Press Box will be closed today and Thursday.

Dec. 6 and 7 the Press Box special is fried catfish for \$8.95. Reservations are welcome but not required.

### Information, Tickets and Travel 926-2945

Wild Adventures Theme Park, Valdosta, season tickets will be available at ITT or Expressions Tuesday from 10 a.m. to 1 p.m. for \$49. Save \$19.95 plus tax on these tickets for ages 3 and older for one day. Wild Adventures will be opening a water park next year and the ticket will be good for all activities except go-carts.

### Officers' Club 926-2670

New Year's Eve tickets go on sale Friday at a cost of \$30 per person. Enjoy the sounds of Tommy West and the Sensations from 8 p.m. to 1 a.m. and Total Sound Productions in the main lounge from 8 p.m. to midnight. For your convenience, 20 rooms will be available at lodging. Reservations are made through the cashier.

### Outdoor Adventure

926-6527 or 926-4001

Go holiday shopping at the Chelsea Premium Outlet Mall of Dawsonville Dec. 7. Cost is \$25 and includes transportation to and from the mall.

Transportation will leave at 8 a.m. and return by 8 p.m. Register by Dec. 5. For more information, call Michelle North at 926-6527.

Register by Dec. 10 to see the Atlanta

## FAMILY SUPPORT CENTER

Robins Air Force Base Family Support Center-sponsored classes, workshops and seminars are open to all Team Robins Plus personnel and their eligible family members. Absences from duty sections to attend FSC offerings are the responsibility of the employee to coordinate with his/her supervisor. Because room assignments are subject to change, specific room numbers will be confirmed at the time of registration.

The FSC is located on Ninth Street in Bldg. 794, across the street just before the Robins Enlisted Club. Hours are 7:30 a.m.-4:30 p.m., Monday through Friday. For additional information, or to make a reservation, call 926-1256.

### Center closed

The Robins Family Support Center and Family Services loan closet and Airman's Attic will be closed Thursday and Nov. 29 in observance of Thanksgiving. Normal services will resume Dec. 2 at 7:30 a.m.

### Pre-TAP briefing

A Pre-TAP briefing will be conducted Dec. 3, 1-3 p.m., Bldg. 905, Room 139. The Transition Assistance Program is offering a briefing for personnel and their spouses who are within one to three years of separation or retirement. This session is designed to help individuals get a head start on long-range retirement and separation planning, benefits and other information. To register, call the center at 926-1256.

### Small business workshop

A business consultant from the Small Business Development Center will conduct a starting a business workshop Dec. 4, 9 a.m. to noon, Bldg. 905, Room 245.

Information covered will include developing business ideas, putting a plan on paper, acquiring finance, legal requirements, license and tax information and resources available for use. Anyone considering a business venture will gain information to help get started. Call 926-1256 for reservations.

### Base tour

The center is sponsoring a base tour for all Team Robins Plus members and their eligible family members Dec. 4, 1-3 p.m., starting at the enlisted club. The tour is designed to help newcomers become acclimated with the base. To make reservations, call 926-1256.

### Marketing self for new career

Retired Army Col. Jerry Crews, from the Retired Officers' Association will conduct a seminar "Marketing Yourself for a

Second Career," Dec. 5, 9-11 a.m., at the base theater. Target audiences include officers and senior noncommissioned officers who plan to leave the military in one to five years.

Crews, an expert on career transition from military to civilian, will discuss the realities of competition in the civilian job market; perceptions civilian employers have of military personnel; job search planning; resume strengthening tips; networking; preparing for and conducting a successful interview; salary negotiations; and benefits packages. For additional information, call 926-1256.

### UNISERV TSP briefing

The personal financial management program is offering a briefing on UNISERV Thrift Savings Plan Dec. 6, 1-2:30 p.m., Bldg. 905, Room 127. All base employees are encouraged to investigate this investment opportunity. To educate individuals, the booklet "Summary of the Thrift Savings Plan for the Uniformed Services" is being distributed through the units.

### TAP workshop

The next three-day Department of Labor-sponsored Transition Assistance Program workshop is Dec. 9-11, 8:30 a.m. to 4:30 p.m. each day at the Smith Community Center ballroom. Personnel leaving the military within the next six months need to sign up as soon as possible. Spouses may attend.

Reservations are taken on a first-come, first-serve basis within the appropriate separation or retirement dates. To make a reservation for this workshop, call 926-1256.

### Sponsorship training

The center's Relocation Assistance Program will offer training for both beginner and experienced sponsors Dec. 10, 9-11 a.m., in Bldg. 945, Robins Family Support Center annex.

The training provides information on what types of information to send to the member making a permanent change of station and where to obtain it; different ways to communicate with the inbound member; and information regarding responsibilities to the newly assigned member and their family.

Advance registration is required.

### Community tour

The center is sponsoring a community tour for all Team Robins Plus members and their eligible family members, Dec. 11, 8:30 a.m. to noon starting at the center. The tour includes a "windshield" of Macon's downtown and residential historic district with commentary on the history of Macon and its people, past and present. To make reservations, call 926-1256.

## Air Force taking wrestling applications

By Staff Sgt. Patrick W. Bennett  
NCOIC, Air Force Sports

The all Air Force Wrestling team is currently seeking wrestlers, both men and women, interested in participating in the upcoming All Air Force Wrestling Training Camp March 2 through May 15 at Mountain Home Air Force Base and Colorado Springs, Colo.

The Air Force would like to have a great showing in 2003 as it is hosting the Armed Forces Wrestling Championships.

Interested applicants must submit an AF Form 303 by Jan. 30. The team will be making selections at the end of the first week in February (normally 25-30 athletes).

It's all about timing. Invariably, the team gets numerous late applicants who end up finding all the slots filled.

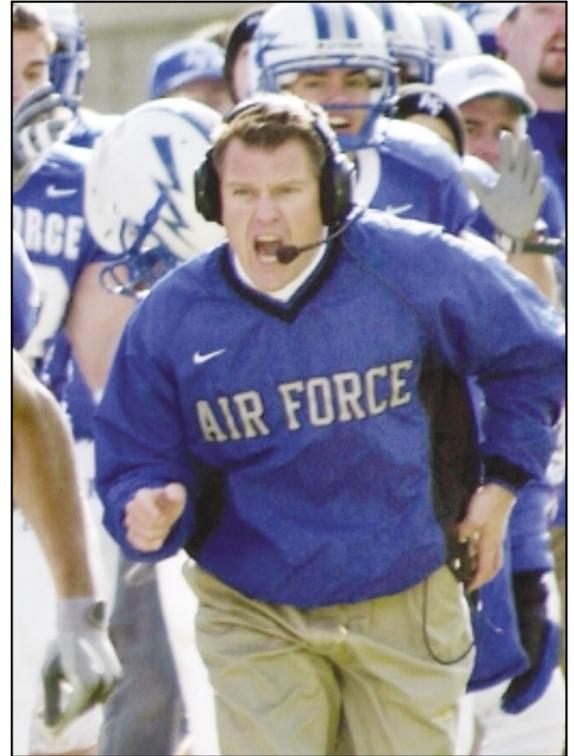
The team is looking for applicants in all seven men's weight classes - 121, 132, 145, 163, 184, 211 and 264.

There are four women's weight classes - 105, 114, 138 and 147. Since this would be the first year for Air Force women, the team is looking for athletes

with a background in wrestling, Judo or other martial art.

Anyone wishing to contact Coach Richard Estrella, personally, may reach him via e-mail at: Fivestarfam@juno.com.

The Air Force has a strong tradition in the Olympic movement. Wrestling has been and will continue to be an integral part of that movement. In fact, the Air Force team was the National Team runner-up in 2001 and 2002. The Air Force had an Olympian in 1996, and expect numerous wrestlers to be vying for Olympic slots on the 2004 Team.



U.S. Air Force photo by Tech. Sgt. Ken Wright



The Rev-up has searched high and low to find a handful of football nuts, worthy of calling themselves football experts. Each week during the football season these so-called "experts" will use their knowledge to take a shot at picking the winner in five featured professional football games and one college game. Throughout the football season, the Rev-up will keep a running total of the wins and losses for each expert.

## SPORTS BRIEFS

### Robins Lanes

926-2112

Participation pays off for Thunder Alley junkies. Bowl to the lights, sounds and colors of Thunder Alley for \$13 per person and receive a punch card. Earn 11 punches and receive a glow-in-the-dark zoom bowling ball.

### Youth Center

926-2110

The youth center is looking for a piano instructor. Anyone interested in teaching classes may contact Nancy Hinds or Malinda Camp at the center.

### Fitness Center

926-2128

Letters of intent for intramural and over-30 basketball are ready for pick-up at the fitness center. The deadline for returning the letters is Monday.

### Falcons fall 38-34

Offensive coordinator Chuck Peterson cheers during the Falcons' final regular season game. Despite great offensive play, the Falcons lost the game 38-34 Nov. 23 against San Diego State University. Wind gusts of 11 to 18 mph played havoc with the kicking game, sending punts astray and contributing to a missed extra point and field goal.

## INTRAMURAL STANDINGS

2002 Intramural flag football standings as of Nov. 20.

Team	Win	Loss	Pct
19th ARG	8	1	0.889
78th SFS	7	1	0.875
78th MSG	8	2	0.8
93rd ACW	8	2	0.8
93rd MXS	7	3	0.7
5th CCG	6	4	0.6
78th LG	4	4	0.5
78th CES	3	6	0.333
93rd CSS	3	7	0.3
78th COMM	2	5	0.286
116th BW	1	5	0.167
12th ACCS	1	7	0.125
93rd OG ARMY	0	11	0

### Who's on top?

Player	W	L	T
Kurtz	36	29	1
Fidler	34	31	1
Haines	32	33	1
Smith	32	33	1



Airman 1st Class Tiara Smith



Tim Kurtz



Capt. Paul Fidler



Senior Airman Mark Haines

### This week's games

Dolphins vs. Bills  
Bears vs. Packers  
Falcons vs. Vikings  
Titans vs. Giants  
Rams vs. Eagles  
Notre Dame vs. USC

### My picks:

Dolphins  
Packers  
Vikings  
Giants  
Eagles  
Notre Dame

### My picks:

Bills  
Packers  
Falcons  
Giants  
Eagles  
Notre Dame

### My picks:

Dolphins  
Packers  
Falcons  
Titans  
Eagles  
USC

### My picks:

Bills  
Packers  
Falcons  
Titans  
Rams  
Notre Dame

### Last week's results

This is shaping up to be a tight race. Only four wins separate first place from last place. Something went terribly awry this past week. Somehow the No. 1 player, Kurtz, bombed miserably at 1-5, Fidler and Haines weren't much better at 2-4 each. The man who seems to like it at the bottom, Smith, surpassed all with a meager 3-3 showing. Good luck this week and have a happy Thanksgiving.

# All in a day's work

■ Luis Matos  
 ■ Engineer  
 ■ C-5 System  
 Program Office

"We provide engineering support for technical issues dealing with maintenance and modernization of the C-5 aircraft. I love airplanes and I know we're doing a very important job here.

"I transferred here from Puerto Rico in July to take this job. I'm single, so my family is in Puerto Rico. I miss them and I'm going home for Christmas. The people I work with are friendly and warm. Every Wednesday we go to lunch together. I've only been to Warner Robins, Macon and parts of Atlanta since I've been here. I have more to discover here in the next few years."



U.S. Air Force photo by Sue Sapp

## LEAVE/TRANSFER

The following people have been approved as participants in the leave transfer program.

• **Carl L. Long**, Maintenance Directorate. Point of contact is Bernard Ward, 926-2303.

• **Diane W. Whittle**, Special Operations Forces System Program Office. Point of contact is Linda S. Bozeman, 926-2819.

• **Kimberly J. Stewart**, Support Equipment and Vehicle Management Directorate. Point of contact is Nancy Garrison, 926-7697.

• **Christopher J. Phillips**, Maintenance Directorate. Point of contact is Frank M. Parham, 926-5955.

• **Tom. M. Parrish**, Maintenance Directorate. Point of contact is Janice Williams, 926-1542.

• **Mary Glenda Owens**, Special Operations Forces System Program Office. Point of contact is Linda Bozeman, 926-2819.

• **Ilene I. Leslie**, F-15 System Program Office. Point of contact is Richard F. Askew Jr., 926-0514.

*Employee-relations spe-*

*cialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave.*

*To have an approved leave recipient printed in the Rev-Up, directorates should send information to Rebecca Yull via fax at 926-9597, or e-mail at rebecca.yull@robins.af.mil. Submissions run for two weeks.*

# Turkey tips Cooking the perfect bird

By Senior Airman Michelle Carter  
 Public Health Flight

It's that time of year again and here are a few tips to help keep the holiday turkey safe and enjoyable.

Turkey must be kept at a safe temperature during the thawing process. As soon as it begins to defrost, any bacteria that may have been present before freezing can begin to grow again. To prevent possible food-borne illnesses, follow one of the three safe ways to defrost and thaw the turkey — in the refrigerator, cold water or the microwave.

When thawing a turkey in the refrigerator, the refrigerator temperature should be at least 40 degrees. Also remember that it takes approximately 24 hours of thaw time for every 5 pounds of turkey.

Some areas of the refrigerator may keep food colder than others. If placed in the coldest part, it may take longer to thaw.

If thawing the turkey in cold water, be sure its package is leak proof. If it isn't leak proof, the surrounding bacteria could be introduced into the food. Immerse the entire turkey in cold tap water. Ensure the water stays cold and is changed every 30 minutes until it is completely thawed. It takes about 30 minutes of thaw time per pound of turkey.

If thawing the turkey in the microwave, be sure to follow the microwave oven manufacturer's instructions. Cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving.

Holding partially cooked food is not recommended because bacteria would not have been destroyed.

Along with proper thawing, safe cooking should also be practiced. Whether the turkey is being roasted or deep-fried the temperature should reach 170 degrees in the breast and 180 degrees in the thigh. When roasting a turkey the cook times may vary. This depends on the size of the turkey and if it is stuffed or not.

If deep-frying a turkey, there are several

### Cooking the bird

Roasting a turkey at 325 degrees for not stuffed and stuffed turkeys:

Not stuffed	Stuffed
8-12 pounds 2 ¾ to 3 hours	8-12 pounds 3 to 3 ½ hours
12-14 pounds 3 to 3 ¾ hours	12-14 pounds 3 ½ to 4 hours
14-18 pounds 3 ¾ to 4 ¼ hours	14-18 pounds 4 to 4 ¼ hours
18-20 pounds 4 ¼ to 4 ½ hours	18-20 pounds 4 ¼ to 4 ¾ hours
20-24 pounds 4 ½ to 5 hours	20-24 pounds 4 ¾ to 5 ¼ hours
24-30 pounds 5 to 5 ¼ hours	24-30 pounds 5 ¼ to 6 ¼ hours

safety measures to follow before and during the deep-frying process.

A few pieces of equipment, such as a 40- to 60-quart pot with a basket, burner and a propane gas tank are needed. Use a candy thermometer to measure oil temperature and a meat thermometer to determine doneness of the turkey.

For added safety, have a fire extinguisher and potholders.

Frying should take place outdoors on level dirt or grassy areas. Never fry a turkey indoors or in any enclosed area.

For an 8- to 10-pound turkey use approximately 5 gallons of oil, and more for larger ones. Season it to taste. Ensure the oil reaches 1 to 2 inches above the entire turkey. Heat the oil to 350 degrees for about 45 minutes to an hour. Whole turkeys require about three minutes of cook time per pound. Use a meat thermometer to check the doneness on all turkeys, regardless of how they are cooked.

Do not stuff turkey that is being used for deep-frying.

All cooked turkey that is not eaten immediately should be refrigerated within two hours in shallow containers. Cooked turkey can be stored three to four days in the refrigerator and three to four months in the freezer.

If reheating the turkey, the meat should be pulled off the bone, unless it is the legs and wings. Be sure to reheat it thoroughly so that it reaches 165 degrees. Following these tips will help ensure safe and enjoyable holiday food.

# ROBINS BULLETIN BOARD

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## Flight training opportunity

The next undergraduate flying training board will convene at the Air Force Personnel Center April 15. This selection board will review applications for pilot, navigator and air battle manager training. Those officers with a birth date after Oct. 1, 1973, and a total federal commissioned service date after 1 Oct. 1, 1998, will be eligible to apply for undergraduate flying training. Applicants must send the completed application, post-marked by Feb. 28, to HQ AFPC/DPAOT3, 550 C St. West Suite 31, Randolph AFB, Texas 78150-4733. Applicants should advise commanders and supervisors providing AF Form 215 comments of the application deadline. Applications with incomplete or missing data may not be processed. All applicants competing for pilot training must also complete the basic attributes test. For more information on application procedures, contact the base formal training element at the military personnel flight.

## Christmas tree sale to begin

The Robins Chiefs Group will sell Christmas trees at the base exchange Dec. 6-24. The sale hours are as follows: 10 a.m. to 8 p.m. Saturdays and Sundays; and noon to 8 p.m. Mondays through Fridays. The proceeds will be used to support the RCG Scholarship fund, professional military education efforts, Robins enlisted members programs and various organizations throughout the base and local community. Stop by to help support this effort. If you have any questions, call Senior Master Sgt. Vincent Rush at 926-3010.

## White House has openings

The White House Fellowship Program is now taking applications. Annually, 11 to 19 U. S. citizens are selected to work full-time for one year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president. Application deadline is Dec. 6. Contact customer service at 327-7362 for application procedure.

## Troop needs volunteers

Robins Air Force Base Boy Scout Troop 220 is in need of volunteers. The troop holds Meetings 7-8:30 p.m.

Tuesdays at the Boy Scout Hut.

For more information, call Scoutmaster Dennis Collier at 953-8124.

## Here comes Santa Claus

The Robins Air Force Base annual Christmas Tree Lighting ceremony will be held in front of the base chapel Dec. 5 at 5 p.m. Santa will arrive via base fire truck; his reindeer are resting up for

the big holiday push. He will be bringing goodies and toys for all the children who attend. The Robins Elementary School children's chorus will sing carols; refreshments will follow. There will even be a mail drop for letters to Santa.

## Military liaison opportunities

The Military Liaison Team Program is an effort of national importance. MLTs

are composed of team members from all branches of the armed services and provide an opportunity for joint exposure and career broadening. Currently there are two openings for May for individuals in the ranks of master sergeant or senior master sergeant. One opening is in Moldova and the other in Macedonia. The MLT mission requires dealing effectively with senior officers in countries that have had few previous contacts with the

U.S. military. Therefore, MLT nominees must possess a high level of interpersonal skills, as well as exceptional maturity, flexibility and self-discipline. MLT nominees must meet all physical/weight and mental fitness standards as directed by the U.S. Air Force.

Nominations are due by Dec. 30. For more information about this exciting opportunity, contact military personnel customer service at 327-7361.

## Thrift Shop for holiday shopping

The thrift shop, located on Page Road, Bldg. 288, is the place to shop year round. Come shop Wednesday, Friday and the first Saturday of each month.

Remember, the thrift shop is the place to acquire and make room for holiday gifts. Consignments are taken from 10 a.m. to 12:30 p.m. For more information, call 923-1686.

# Keep Thanksgiving meal a healthy one

By **Lindy Kurtz**  
Base dietician with the  
Health and Wellness Center

The holidays are a time to give thanks and spend time with family, and no holiday reminds us better of that than Thanksgiving.

But every year, we are reminded of how many calories are in the standard Thanksgiving meal right down to the pumpkin pie. For those of you who haven't heard it before, it is 3,000 calories. And that doesn't include the days after Thanksgiving, where the large portions prepared the day prior are still leftover to feed the family.

The way to savor the holiday, but avoid overdosing on a high calorie Thanksgiving meal is to use the dual approach — moderation and healthier preparation.

First, start with "before" the meal. Appetizers are often extra calories that can add to an already calorie-filled day. So, if appetizers are being served, choose healthier items. Use light or fat-free sour cream or yogurt for dips, and serve veggies, baked pita squares or reduced-fat versions of favorite crackers such as Triscuits. Serve low-calorie beverages as well. The calories in soda, lemonade and sweet tea aren't included in that 3,000 calorie meal.

Second, increase the variety and color of the food offered at the Thanksgiving meal. Serve low-calorie options such as fruit and tossed salads, or steamed vegetables with grated parmesan cheese and herbs to compliment calorie rich favorites. If you prepare stuffing on the side, use fat-free chicken broth, fresh

## Low fat changes to Thanksgiving dinner

Use this list to find a lower-fat substitute for those common ingredients that can save calories in many favorite recipes.

<b>Recipe calls for</b> Whole milk	<b>Use instead</b> Equal amounts of 1 percent or 2 percent milk
Evaporated or sweetened condensed milk	Equal amounts of low-fat or fat-free evaporated or sweetened condensed milk
Eggs	Two egg whites in place of one egg or egg substitute per package instructions
Cream cheese	Reduced-fat cream cheese

herbs and nuts to increase the flavor. When preparing family favorites like casseroles and desserts, remember to substitute higher fat items with low-fat versions.

When the time comes to serve the Thanksgiving meal, keep everything in moderation. Be sure to savor a small portion of all the family favorites and only once. There will likely be leftovers that will provide ample opportunity to enjoy those foods.

## Tree lighting ceremony Dec. 5

The Robins Air Force Base Chapel will make the holiday season even more special by inviting everyone to celebrate with us as we light our Base Christmas Tree Dec. 5 from 5 to 7 p.m.

Maj. Gen. Donald Wetekam, Warner Robins Air Logistics Center commander, will speak and the Robins Elementary Chorus will perform.

Following the lighting of the tree, a famous visitor from the North Pole, better known as Santa Claus is scheduled to arrive with a gift for every child.

Refreshments will be provided during Santa's visit.



**Other chapel services include:**

### Ecumenical holiday programs

**Nov. 29-30**, chapel Christmas decorating, 10 a.m. to 1 p.m.

**Dec. 11**, Christmas caroling. 5:30-7:30 p.m.

### Protestant holiday programs

**Dec. 1**, no Sunday school

**Dec. 8**, combined worship, children's Sunday school, Christmas program at 11 a.m.

### Catholic holiday programs

**Nov. 28**, Thanksgiving Day mass at 9:30 a.m.

**Dec. 12**, Advent Parish Penance Service at 7 p.m.

## Testing program has money for 2004

Representatives from the Air Force Foreign Comparative Testing Program Office in the Deputy Under Secretary of the Air Force, International Affairs, will be at the Warner Robins Air Logistics Center, Dec. 4 at 1:30 p.m., to provide a Foreign Comparative Testing presentation.

The briefing will be held in Bldg. 215, Room 131. During the half hour briefing, a representative from the U.S. Air Force Foreign Comparative Testing Program office will explain how the process works and how a program manager can obtain from \$100,000 to \$2,000,000 for fiscal year 2003.

The principle activity of the program is to test and evaluate foreign defense equipment developed by U.S. allies and other friendly nations to determine whether it can satisfy U.S. armed forces requirements or correct mission area shortcomings.

The process is dependent on a world-class foreign item, user interest in the item, a valid requirement and good procurement potential.

Since 1980, 478 foreign comparative testing project evaluations have resulted in 221 successful tests. Of those, 133 projects have resulted in procurements worth more than \$5.8 billion in 2003.

With a foreign comparative testing investment of about \$835 million, the Foreign Comparative Testing Program has realized a research and development cost avoidance of \$4 billion.

After the briefing, there will be time for questions and answers, or attendees will break out into separate meetings with interested parties.

Editor's note: Information for this article was submitted by Clay Dewey, USAF FCT Program office.