

INTEGRITY FIRST, SERVICE BEFORE SELF, EXCELLENCE IN ALL WE DO

ROBINS RevUp



Southern comfort
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Robins Air Force Base, Ga.

Viruses present new kind of warfare

By Lanorris Askew
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A new series of attacks is wrecking havoc on computer systems around the world including those used by the Department of Defense.

In an effort to safeguard the base, the Robins Information Assurance Office urges continued vigilance against this technological threat.

Bob Coleman, computer security specialist, said the base is continually being inundated with attempts to infiltrate its computer systems, and

the future doesn't look to be any different.

"From what we're seeing now, this is going to be a part of the way we do business," he said. "These viruses aren't going away."

Coleman said news reports will continue to inform us of new viruses or worms.

"Whether they come from hackers or adversaries to our country, this is a new type of warfare," he said.

The IA cyber warriors protect Robins against this new type of warfare by busily working to clean up

attacks that reach the base and preventing others with the base's triple defense mechanisms including a firewall, a virus wall, and the final levels of defense, servers and workstations equipped with anti-virus software.

All base employees play an active role in helping to safeguard the base from this new menace. By taking the necessary precautions on home computers and on servers here many attempts may be stopped.

"Base personnel should install antivirus software on their home computers and ensure their systems

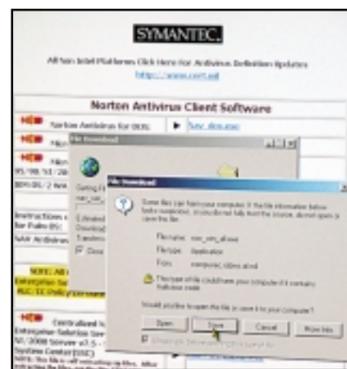
are patched with the latest updates if they work at home," he said.

Coleman said it is also important to be vigilant while using government-owned workstations.

"When using a disk from home or on base, scan it for viruses prior to use on base," he said.

He also asks that users report anything that looks suspicious or out of the ordinary.

For users who continue to receive messages stating they have infected



U.S. Air Force photo illustration by Sue Sapp
All base computer users have the most current virus signature available. Software may be obtained through the IA office.

Please see **VIRUSES, 2A**

Thunderbirds flock to Robins



U.S. Air Force photos by Sue Sapp



Above: Members of the U.S. Air Force Thunderbirds flying team wait to meet with local media after landing at Robins Tuesday.

Left: Lt. Col. Richard G. McSpadden Jr. is the commander of the team. Spectators will be able to see the team's power, pride and precision as they headline the Robins Open House and Air Show this weekend. The Thunderbirds, known for their daring aerobatics, will thrill the crowd flying upside down in high speed inverted passes, numerous aileron rolls and picture perfect formation flying powered by 100,000 pounds of engine thrusts.

For more information on the Open House and Air Show, see the special Air Show supplement inside.

ALC garners Air Force Organizational Excellence Award for 2002

By Roland Leach
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The Warner Robins Air Logistics Center was recently awarded the Air Force Organizational Excellence Award for exceptional meritorious service from Jan. 1 through Dec. 31, 2002.

The award recognizes the productivity, war fighter readiness, customer support, and systems management carried out by the members of team Robins. During a period of austere budgets and force draw downs, the Center was able to provide outstanding logistics support to the Air Force mission.

What to know

Anyone assigned or attached to the Center during the award timeframe with questions concerning the award can contact Charles Drake at 926-0722.



Air Force Organizational Excellence Award service ribbon

And Brig. Gen. Darryl Scott, Center vice commander said the recognition was well deserved.

"This award is an outstanding honor," he said. "It's recognition of the hard work that all the folks here at the Warner Robins Air Logistics Center have been doing here ever since Sept. 11."

Scott continued, saying Center employees have been performing at peak performance since the terrorist attacks, and there hasn't been any sign of letting up.

"We've been on our wartime footing since Sept. 11, and we're still supporting the warriors each and every day," he said. "We've got folks who are supporting deployed operations; we still

Please see **AWARD, 2A**

Troops send thank you 'note' to community

By Lisa Mathews
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There's a lot to be said about giving - just ask the folks who work in the Maintenance Directorate.

So far, the people in MA have spent about \$4,500 to send 224 boxes of care packages weighing nearly 3,650 pounds to the troops overseas in support of Operation Iraqi Freedom and the global war on terrorism, said Allen Sampson of the directorate's Resource Management Division.

There's a lot to be said about receiving as well - just ask the troops who recently sent the directorate a photo of themselves

holding up thank you signs in the Middle East.

The program began with Kathy Wilner, then of MA and now at Hill Air Force Base, Utah.

"My son-in-law is in the Air Force's Special Operations Search and Rescue Team," she said. "It has been a practice of mine for many years to send what I have always called care packages to my children. When my son-in-law was deployed to Afghanistan I thought that sending him his own special care package would let him know that he was loved and supported by his family."

When Wilner learned that some of the troops stationed with her son-in-law were

not receiving care packages from home, she took matters into her own hands. She also enlisted the aid of others within the directorate.

"I tried to send as many goodies as possible to the brave men and women in his squad; however, I knew that I couldn't reach all of our brave war fighters myself so in November I turned to the MA Employee Team for help."

The team went to work immediately sending out e-mails to MA employees asking them to donate goods to be sent. Employees were also asked if they had family or friends serving in Afghanistan

Please see **THANK YOU, 2A**



Courtesy photo

Troops pose for the picture they sent to the Maintenance Directorate to say thank you for the care packages they have received as a result community efforts.

Robins 3-day forecast
Courtesy of 78th OSSI/OSW

Today
Mostly cloudy with chance of t-storms



86/72

Saturday
Mostly cloudy with a.m. showers



86/69

Sunday
Mostly cloudy with a.m. fog



87/68

What's inside

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Maintenance training comes to Robins

By Lanorris Askew

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The vision of turning Detachment 6 of the 373rd training flight into a mega-maintenance training ground for depot maintainers has come to fruition.

Providing Air Education and Training Command style courses in-house, the establishment of this new \$450,000 facility, which opened Aug. 15, makes Robins the first air logistics center to provide on base training to its civilian maintainers.

According to Dave Burger, 373rd training squadron instructor, the mission of the facility is to provide formal aircraft systems training to more than 6,000 employees at Robins.



Burger

"We provide hands-on, formal training," he said. "Knowledge-based training is done in the classroom, and eventually we go out to the aircraft where the instructors show the students how to do the tasks they've learned."

An added bonus to this in-house training is cost savings. It will decrease temporary duty expenses and eliminate the need for contract-training courses.

Where it began

About three years ago, Detachment 6 held strategic planning meetings to decide what role it would play in the 21st century.

"It was decided that we wanted to be Robins' first stop for formal aircraft maintenance training," Burger said. "Already hosting JSTARS, we decided to expand our customer base to the Directorate of Maintenance."

Around the same timeframe Air Force Materiel Command main-

What to know

Instructors will be conducting courses on multiple aircraft systems such as crew chief transition, hydraulics, electro-environmental, landing gear and fuel systems on the C-5, C-130 and F-15 aircraft platforms. All of the students will be aircraft maintainers, including support personnel such as schedulers, planners and quality assurance specialists from Robins.

AWARD

Continued from 1A

have people deployed in support of those operations, and then, of course, we've got our people back here in the depot turning out airplanes, components, managing the supply chain. Each and every day they come in and put in 110 percent and I think this is recognition by the Air Force of just how well they've done that job."

According to Charles Drake, an ALC management analyst, all people assigned or attached to the Center during the timeframe for the award receive an individual award.

"Civilians are allowed to wear a lapel pin designation," he said. "The director of their organization - or their representative - will present the awards."

The lapel pin is purchased with organizational funds.

Drake said the award has

already been placed in the personnel files of military people.

"They are allowed to wear a ribbon for the designation," he said.

The Center has received the organizational excellence award twice in the past - once in 1990 and again in 1992.

This is an accomplishment that everyone can take pride in, as Robins continues to raise the standard of excellence, in delivering quality support to the war fighter.

VIRUSES

Continued from 1A

or been infected by a virus, they should contact their work group manager or computer security manager who will relay the problem to the IA office if needed.

Coleman said most such messages have already been stripped of any harmful virus.

THANK YOU

Continued from 1A

or Iraq whom they thought would like to receive a care package.

Sampson said at first the group sent some care package boxes to Wilner's son-in-law.

It wasn't long before the project grew larger than just an MA event. Soon community groups and businesses were making donations to add to the care packages.

"I was thrilled when Frito Lay began sending in their

donations of all kinds of chips," Wilner said. "If I could give all involved a big hug, I would."

Sampson added that, following Wilner's move to Utah, the Dublin Rotary Club also made a donation of 300 pounds of peanuts to send to the overseas troops.

"From there it just blew up," Sampson said. "Wow, next thing we knew, we needed a warehouse to store all the items MA, the base and Middle Georgia gathered to send to the troops."

Collection boxes were

located in each division and employees brought in the goodies. They ranged from snacks to books, and anything else that would make a deployed service member feel a little closer to home.

"MA immediately started fund raisers to earn money to send the packages over to the troops," Wilner said. "That was the biggest obstacle of the project. But, the MA employees and supervisors responded to our e-mails and the money came rolling in through monetary donations and burrito breakfasts."



U.S. Air Force photos by Sue Sapp

Robert Miliush, F-15 aircraft maintenance instructor, teaches using a 'smart board' in his state-of-the-art classroom. Below: Mike Jordan, a C-5 instructor for depot level maintenance, accesses maintenance manuals on a computer.

nance training instruction was being rewritten to make AETC training courses the primary source for aircraft systems training.

"AETC instructors are not only highly experienced on aircraft systems, but an added bonus is they weave Air Force core values, safety and operational risk management into all facets of instruction," said Burger. "With the mandate of the new instruction, it gave the Center and the AETC the green light to proceed with the process of building a training partnership."

That partnership's charge has been led by the Center's maintenance directorate by building a premier training facility that offers the latest technology in the classroom and employs eight AETC instructors.

Burger said MA's support included providing \$215,000 to help with such startup items as fur-

niture, computer systems and state-of-the-art equipment.

"Hill and Tinker are following suit with the same concept," said Burger. "Once fully operational, our instructors will provide Aircraft Systems Training to more than 300 students annually."

In addition to the latest state-of-the-art technology in the classroom, the new facility boasts 160 years of aircraft experience in its instructors.

"Most of our instructors are former military and have 20 years or so of service and are now civilians," said Burger. "It's going to be a real treat for us to teach these civilian maintainers out there."

Each of the instructors have designed their own personal teaching style to teach standard maintenance procedures in a way that all students can understand.

"Instead of repeating everything



out of the Technical Order, your personalization gives students what they will expect from you or what they will absorb," said

Bob Milush Detachment 6 373rd FTS training instructor. "Getting down to their personal level helps them retain it longer and better."

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Air Force Chief of Staff talks uniforms, ops, tankers

By Airman Christie Jurgens

92nd Air Refueling Wing
Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. — Air Force Chief of Staff Gen. John Jumper talked to airmen here about upcoming changes in the Air Force during a visit to the base Aug. 22.

He shared his thoughts on the new fitness program, the new uniform, deployment issues and the acquisition of new tankers.

All of these changes were brought on by the transition to a more expeditionary Air Force, Jumper said. The transition to a new fitness program gets back to the basics with a 1.5 mile run, push-ups and sit-ups.

“We can run, do push-ups and sit-ups anywhere; it’s not practical to bring a bicycle with you on a deployment,” he said. “I don’t think there’s a person out there who actually likes the bike test. I know I don’t.”

Jumper also talked about new physical training gear to be introduced in January.

“We are going to try to take advantage of some of the new moisture-control fabrics without having them cost too much,” he said. “What we are trying to do is make them part of the kit (airmen) get when they come out of basic training, but when you go to replace them, I don’t want you having to pay \$40 for a shirt.”

Another major change in the fitness program will be to place responsibility on the chain of command to ensure physical standards are met.

“I want the squadrons to help each other take the test,” Jumper said.

Another change the Air Force is researching is a replacement for the current battle dress uniform.

“Anyone who wears the current uniform knows the first time you take it to the dry cleaners that will be the last time any air passes through it. And a lot of times we find ourselves out on ramps in 115-degree temperatures,” he said.

Researchers are experimenting with the same materials the Marines use in their new uniforms.

“With the borrowing of the material, we also borrow the durability and wash-and-wear characteristics, which saves our people money,” said Jumper.

“Right now we are still in the test stages,” he said. “We are still playing with the different camouflage patterns.”

Three hundred uniforms are being tested in hot and cold conditions, and the people doing the testing and suggesting the improvements are airmen doing their jobs out in the field, Jumper said.

“All I ask is that you give (them) a try, and then decide if you like them or not,” he said. Both of these changes are

designed to make deployments more comfortable for airmen and increase productivity, Jumper said.

Jumper said a return to the normal air and space expeditionary force cycles is in sight.

“We have two 120-day cycles that are planned right now,” he said. “That should get all of our reconstitution done, give people time to catch their breath, and then we should start back into the normal cycle in March.”

He added that there would be modifications to the current procedures, but generally the changes are going to continue to make life easier for airmen.

Another change senior leaders are studying is how the service branches can better work together, Jumper said.

“It’s a matter of taking a conscious look at what the real requirements and the real threats are, and responding to those,” Jumper said.

Addressing the proposed

lease of new aerial refueling aircraft, the general said if the deal is closed, he is confident the transition will be quick.

Air Force officials selected, and the Defense Department has approved, the Boeing 767 as its tanker candidate.

The new aircraft will be able to deliver 20 percent more fuel than the 43-year-old KC-135E model.

It can be refueled in flight and has the capability to refuel Air Force, Navy, Marine

and allied aircraft on every mission.

“We should be able to do the same mission with fewer airplanes, and we don’t take away the crews, so the crew ratios will be higher,” he said. “If you have a higher crew ratio, you get an airplane that is more reliable (and is) available more of the time, and we should be able to make this job easier even if the ops tempo stays high,” Jumper said.

The new fitness program, the new uniform, the potential integration of the newest tanker into the fleet and other changes in the forecast shows the Air Force is continually improving itself for its airmen, Jumper said.

“We have proven in our recent battles that we are the world’s greatest Air Force,” he said. “And, while it may be tough to constantly improve the best, the Air Force continues to do so.”

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CORRECTION

The Bronze star honors story that appeared in the Aug. 28 edition of the Rev-Up (page 8B) incorrectly explained the significance of the Bronze Star Medals awarded to Col. Thomas R. Moore and Mark A. Weber of the 116th Air Control Wing. The Bronze Star Medal recognizes acts of heroism performed in ground combat if they are of lesser degree than that required for the Silver Star. It also recognizes single acts of merit and meritorious service if the achievement or service is of a lesser degree than that deemed worthy of the Legion of Merit; but such service must have been accomplished with distinction. The Rev-Up apologizes for the error.

Thanks that hits the spot

MA Employee Committee shows gate guards appreciation with cookout

By Holly J. Logan
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What to know

Saying a word of thanks may suffice for some, but the Maintenance Directorate's employee team went a step further in showing their appreciation for Robins' gate guards.

The team, whose goal is to improve the quality of life for Robins' work force, held a hot dog cookout just outside Building 263, Aug. 27, to honor the people who conduct 100 percent identification checks of more than 14,000 vehicles and 23,500 workers on a daily basis.

Evelene Wallace, team chairwoman, said the cookout gave her directorate a chance to do something nice for the men and women who serve as the base's first line of defense.

"We want to show our appreciation for the outstanding job these men and women are doing to support Operation Enduring Freedom - past and present," she said. "I'm just happy the team could do something for the men and women who so honorably and professionally serve this military installation every day."

As a token of appreciation, commanders of the two military units were each presented with MA Directorate coins and certificates of appreciation.

Lt. Col. Mark Papen, 78th Security Forces Squadron commander, said he is appreciative of the gratitude extended to his squadron members and those assigned to assist them in protecting the base.

"These people work in tough conditions," he said. "I'm glad they're being recognized by such a large, busy organization. It feels good to be noticed."

Spc. Michael Maltese,

Forty-three service members are currently assigned to the 78th Security Forces Squadron's gate guard section. More than 60 additional 78th SFS and 1177th Transportation Company members serve with the security forces flight at Robins. The 1177th Transportation Company, a U.S. Army National Guard unit from LaGrange, has been assisting Robins with base security since February.

with the 1177th Transportation Company, said he couldn't have asked for a better place to serve.

"We really appreciate this," he said. "We get a lot of support from the Air Force, and they have been incredibly hospitable to us. This was a nice break, after working 10 hours in the sun."

Staff Sgt. Matthew J. Woody, with the 78th SFS, said he feels the two military units have worked to make a successful security force team.

"Robins is very supportive of what we do here," he said. "I think the Army is doing a great job learning how the Air Force handles things - and obviously, Robins is noticing that."

Master Sgt. Myles Arnold, noncommissioned officer in charge for 78th SFS gate section, agreed.

"This has been a great morale booster for everybody, especially the Army individuals who are deployed away from their families," he said. "It makes our job even more worthwhile to have this kind of appreciation shown to us."

"We want to show our appreciation for the outstanding job these men and women are doing. ... I'm just happy the team could do something for the men and women who so honorably and professionally serve this military installation every day."

Evelene Wallace,
Maintenance Directorate's
employee team chairwoman



Above, members of the 1177th take a look at the certificate of appreciation presented by the MA employee team. MA also presented a certificate to the 78th Security Forces Squadron. Right, a group digs into some hot dogs with all the trimmings. Below, Ron Hoppel, software engineer with MAS, cooks some hot dogs.

U.S. Air Force photos by Sue Sapp



Lt. Col. Mark Papen, foreground, and WR-ALC Maintenance Director Jim Culpepper welcome and praise the men and women of the 78th Security Forces Squadron and the 1177th Transportation Company.

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sun retail
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sushi
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backyard
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Looking Back: MOB sets up comm at Prince Sultan

By Staff Sgt. Adam Stump
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A little more than seven years ago, the site where American forces would operate at Prince Sultan Air Base, Saudi Arabia, was a piece of barren land.

One of the first teams on the ground were members of the 5th Combat Communications Group, who were tasked with laying communications to turn a patch of sand and rocks into a thriving hub of air-power operations.

When PSAB closes in a few weeks, members of the 5th will be the last communicators out.

Two of the first people to leave Robins for the Saudi of Saudi were Gerry McGowan and Billy Keith. Now civilians with the group, McGowan at the time was a senior master sergeant and Keith was a master sergeant. They left during the first week of August 1996 along with security forces, arriving at the Saudi base with their communications gear.

They were tasked to set up a new base following the bombing of Khobar Towers. The Air Force needed a safer location to operate in Saudi Arabia and chose the remote airstrip, about 50 miles south of Riyadh.

Keith was the first to arrive and vividly recalls starting to set up communications.

"I was standing there with Capt. Jim Brouse (a site engineer), looking at a big open area. He looked at me and said, 'Well, let's get started.'"

The 5th airmen did several site surveys and put up the first TTC-39 van Aug. 23.

The TTC-39 is a metal box a little larger than a Humvee that houses electronic circuit boards and other hardware to provide telephone service. Although the base was starting to get more civilized, the airmen weren't following along as quickly.

"When we first got there, we did whatever we wanted," said Keith. "Cutoff T-shirts, bandanas, you name it. We looked like a bunch of pirates. But, as time went by, we got more civilized."

One of the moments that sticks out for Keith was a trip to the base exchange.

"They had just set up a shelter at the BX and our team went over and bought some Snapple Ice Tea," he said. "We were limited to one each. We brought them back, and we all sat in the Humvees and drank them. It felt like heaven."

Eventually, the sprawling patch of sand started to look like a base, thanks to some late nights.

"We worked at night because it was cooler," Keith said. "People would wake up in the morning and the place would look different. It was a lot of work. I remember one night Gerry and I worked all day and all night. At 3 a.m., we couldn't go any longer and fell asleep in a Humvee."

With the first TTC-39 van up, the combat communicators built Ops Town around it. Civil engineers built a tent city a bit away,



Courtesy photos

Top, TRC-170 radars sit at Prince Sultan Air Base, Saudi Arabia. The TRC-170s are point-to-point microwave communication radars that are bounced off the troposphere. Above left, Gerry McGowan and Billy Keith, above right, take a break setting up comm gear.

which forced people to walk back and forth between the two, according to McGowan. Eventually, he said the path got a nickname – using the famed Vietnamese "Ho Chi Minh Trail" – that has stuck through the years.

Within 45 days, Ops town was built, communications went from nothing to high tech and the first aircraft touched down.

"Seeing it go from nothing to a built up base gave us a sense of accomplishment and a good feeling," said McGowan. "The building of the site was the best part."

PSAB had moved from a primitive facility to state of the art. An example was cable TV. In 1996, it wasn't exactly wide spread.

"The commander there had to send someone over to Oscar Site (a weapons storage area separate from the base) to watch CNN," Keith said. "Eventually we set up a dish and put a TV at the base of it. At night, we'd gather around it. We looked like a bunch of moths around a light."

By 1998 when Keith returned, every tent had a TV. And that wasn't the only change.

"It was a lot more permanent," he said. "We were living and working in tents and trailers. By 1998, they had hardened, more permanent facilities."

"Seeing it go from nothing to a built up base gave us a sense of accomplishment and a good feeling."

Gerry McGowan

Former senior master sergeant, 5th Combat Communications Group

Looking ahead: 5th Mob to close PSAB

By Staff Sgt. Adam Stump
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In a matter of weeks, five airmen from the 5th Combat Communications Group will wrap up the last communications work at Prince Sultan Air Base, Saudi Arabia.

The combat communications gear deployed in 1996 has returned, or is on its way back, to the U.S. And the five combat communicators remaining are part of a Deployable Independent Communications Element, or DICE, team.

The DICE team provided communications for the 363rd Air Expeditionary Wing until Aug. 27, when the unit deactivated.

The DICE team is now providing the last communications for the remaining airmen closing the base down.

"Serving as the command post and communications focal point, we have directed calls ranging from Red Cross to airflow confirmations," Dee said. "With 16 laptops and 8 phone lines we will keep this base communications capable to the very last second when they shut down the last two generators."

Dee added the team feels honored to be a little piece of history.

"It's nice to be a part of history, the final chapter of a epic adventure," he



Courtesy photo

The communications squadron building is beginning to look like a ghost town

said. "PSAB stood out as the juggernaut of Middle East bases, supporting the no fly zones, Operation Enduring Freedom, Operation Iraqi Freedom and a host of other operations."

"The base has gone from supporting tens of thousands of troops with a comm squadron of 130-plus troops to a tactical unit of five people," he added. "The hustle and bustle that used to be PSAB now mirrors a ghost town that you would see in a old western movie."

Until the very end, 5th Combat Communications Group airmen will stay on, ending the communications link they set up more than half a decade ago.

'Building Tomorrow's Leaders Today'

Mary Therese speaks at the annual Women's Equality Day luncheon

By Holly J. Logan
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Seize opportunities and make your lives better.

That was the message Mary Therese, WMAZ channel 13 news anchor, shared with about 90 people at the Federal Women's Committee annual luncheon at the

Enlisted Club Aug. 26.

The Women's Equality Day luncheon, "Building Tomorrow's Leaders Today," celebrated Congress' designation of Aug. 26 as Women's Equality Day. The date marks the 1920 passage of the Constitution's 19th Amendment - known as the suffrage amendment - which

gave women the right to vote.

This year marks the 83rd anniversary of its passage.

Therese, a woman with deep roots in Middle Georgia, said Robins will always hold a special place in her heart.

"Robins Air Force Base is very near and dear to me because my dad worked here, my husband and my brother work here - it's the reason why I'm here," she said. "It's hard for me to ever say 'no' to the Air Force. Robins is home for me."

Her father's Air Force career moved Therese and her family to Middle Georgia in 1982, and she has been active in supporting its troops and community ever since.

"There is really a tight-knit community at Robins," she said. "It's obvious that they really do believe that there is no 'I' in 'team.' I think I've always known that, but today was a reinforcement of that belief."

Armed with anecdotes of her broadcast career and a cordless microphone, Therese made her way through tables of attendees, spreading the message of women's leadership.

Audrey Schmitz, management assistant in the Special Operations Forces Combat Forces Search and Rescue System Program Office, said she is glad a male friend offered her his ticket.

"One of the most important things I learned is to not be afraid to get involved and make something happen," she said. "I'm so glad I came. I've got to call my friend and thank him."

Liane Beniot, Maintenance Directorate budget analyst and long-time high school friend of Therese, said attending the luncheon made her want to continue her involvement in future FWPC activities.

"It's been about four years since I've come to one of these luncheons," she said. "It's a nice way to break up the day. I told the ladies at



U.S. Air Force photos by Sue Sapp

Mary Therese speaks with Steve Davis, WR-ALC executive director, during the Federal Women's Committee annual luncheon.

my table that I'm going to have to start coming to these events more regularly."

Jeanette McElhane, 78th Communications Squadron records manager, and FWPC manager, said the response was positive.

"(Therese) is a great role model for women," she said. "She has done so much for Robins through special projects with the base and community in support of the installation and the surrounding community. I think

everyone in attendance today benefited by coming."

McElhane said she hopes by bringing speakers like Therese to these luncheons women will be inspired to do great things.

"We try to bring in women with different ethnic and career backgrounds," she said. "By hearing these women speak of their experiences, they can see that with work and determination, you can be a successful woman in a man's world."

Mary Therese speaks at the Women's Equality Day luncheon Aug. 26. Women gained the right to vote on that day 83 years ago.



The day the lights went out in New York City

Sutton says blackout brought Americans' strength to light

By Holly J. Logan

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What seemed like a routine temporary duty in New York City ended up being an experience Duane Sutton said he won't soon forget.

Sutton, computer specialist for the Armaments and Specialized Management Directorate, was in downtown Manhattan for training when the massive power outage struck the Big Apple, Aug. 14.

Sutton, a Robins employee since 1988, decided to stay after training for a quick conversation with the instructor. It was a decision that kept him out of a precarious situation.

"It was luck that I had stayed behind," he said. "I had been taking the subway to and from class. If I had left like everyone else, I might have been stuck on the subway or in an elevator."

Being in New York with the three-year anniversary of 9/11 approaching, some might fear terrorism played a part in the event, but the 38-year-old Middle Georgia native said his only concern was for his wife, Mala, staying on the 31st floor of a hotel near Times Square.

"All I could think of was that I needed to get to her," he said. "I didn't know how long this (power outage) would last. I tried to call her, as other people on the street were attempting to call people on cell phones, but all I got was a fast busy signal."

So, Sutton trekked down 11 flights of stairs to begin the 4-mile journey through the city.

"There were people everywhere, and surprisingly, everyone was perfectly calm," he said. "It was quite interesting, especially since the World Trade Center site was right there. People were making comments about the similarities with 9/11, as far as the transportation structure shutting down."

Overcrowded streets didn't weaken the helpful attitudes of most New Yorkers, Sutton said.

"Everyone was so nice," he said. "People would walk along and talk to each other...helping each other find where they were going."

Meanwhile, Mala, a client supports manager for First Data Resources in Macon, Ga., sat in a dim and increasingly hot hotel room, concerned for her husband's safety.

"When the power went out, I was watching TV in my room," she said. "I just thought the cable had gone out, but when I looked out the window and saw everyone out on the street, I began to wonder what happened."

Mala tried to call her husband's cell phone. But when she received no answer, she feared he was stranded in the subway.

"I was a little panicked at first," she said. "Here I was...stuck in my room with no news of what's happening. I had no idea he was hiking across Manhattan."

Once Sutton reached his hotel, he climbed 31 flights of stairs to reach his room and alleviate his wife's concern for his whereabouts.

The Suttons opened win-



Courtesy photo

Duane Sutton stands in Times Square. Sutton, computer specialist for the Armaments and Specialized Management Directorate, was in downtown Manhattan for training when the power went out in the Big Apple. This photo was taken the day after the power failure.

dows for air circulation and tried to make do with the uncomfortable climate by drinking pricey soft drinks from the room's small complimentary refrigerator.

Even though their situation wasn't ideal, they counted themselves blessed when noticing others staying in a hotel across the way were forced on the streets by complications of the power outage.

After five hours of no power and even longer without hot water, Sutton's adventure continued as he and his wife attempted to go home.

Due to flight delays caused by the power outage,

the Suttons couldn't get a flight out of New York City's LaGuardia Airport until late Sunday evening. But when they reached their home in Bolingbrook, Ga., they said it was a welcomed feeling.

"After it was all over, I

thought to myself, 'wow, this is a big event - and I was right there to witness it firsthand,' he said. "It showed me that once again, when Americans of all backgrounds are faced with crisis, they unite and overcome it."

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Lessons from baseball, football, and NASA

By Col. Dave Nakayama
WR-ALC/LE



Nakayama

How good is good enough? Have you ever asked yourself that question? Have you ever been asked that question by others? It's an important question, because self-examining goals and standards we set for ourselves and our organizations as well as continually pursuing them to achievement, and periodically "raising the bar" are all keys to improved performance.

Have you ever heard someone say "That's close (or good) enough for government work?" It's more frequently used in some organizations than others. Quite frankly, I've never liked it and wonder what "close (or good) enough" really means to those making the comment. What standards have they set for themselves, for their organizations? What level of performance are they satisfied with? What if personnel working on ejection seats, packing parachutes, maintaining our nuclear arsenal, or providing medical care had a similar,

minimalist attitude?

I was tasked to support the Columbia accident investigation board in early March of this year as one of two Air Force maintenance representatives. On my occasional returns to Robins during the last six months, I was frequently asked about the investigation. As with all investigations, I wasn't able to comment and will not do so here. I'll leave that to the board.

However, I will relate some observations and, hopefully, leave you with food for thought on how they apply to the business we're in as members of the United States Air Force, Air Force Materiel Command and the Warner Robins Air Logistics Center.

One of the first things I learned as I "ramped up" on NASA's space shuttle program was its tremendous success. In 20 years of operations, there have been 113 launches and 111 safely completed missions - a 98.2 percent success rate and a statistic that, by itself, would earn the envy of almost any individual or organization on the face of this planet. By comparison, in the world of professional baseball, the all-time leading batting average, set by Ty Cobb, is only .366; Ted Williams had only a .344, and Babe Ruth only a .342! How about pro football? The

number one ranked quarterback (leading lifetime passers), Kurt Warner, completed only 66.7 percent of his passes; one of my favorites, Joe Montana, is ranked third with only 62.2 percent! You say these pro athletes have tough jobs?

Consider the job NASA's shuttle program personnel have to accomplish. The assembled shuttle stack (orbiter, external tank and solid rocket boosters) is comprised of approximately 2.5 million parts and weighs about 4.5 million pounds. To get it into space, the two solid rocket boosters and three shuttle main engines must produce nearly 7 million pounds of thrust and accelerate the orbiter to 17,400 mph in 8.5 minutes; working at peak efficiency, the engines yield only a few percent more than the required design minimum; engine components must withstand temperatures ranging from minus 420 degrees associated with the liquid hydrogen fuel to over 6,000 degrees in the combustion chambers. Returning to earth, the shuttle must decelerate from Mach 25 to its landing speed of slightly over 200 mph. Reentry air temperatures in the immediate vicinity of the wing leading edges can reach 10,000 degrees Fahrenheit, with airframe temperatures nearing 3,000 degrees - enough to melt most materials on the

orbiter, except for its thermal protection system, which is comprised of reinforced carbon-carbon panels (in areas encountering the highest temperatures), more than 24,000 thermal tiles, and more than 2,300 flexible insulation blankets ... yes, fabric blankets! Making sure everything works as designed requires approximately 450,000 work hours and installation of somewhere around 30,000 parts in a "flow" (conceptually, the equivalent of combining "basic post flight" and "preflight" actions for one of our military aircraft). Columbia's last "flow" consisted of 16,500 work authorization documents and 3.9 million steps documented on 600,000 pages. An orbiter major modification, the equivalent of an Air Force Programmed Depot Maintenance, requires on the order of 1.5 million work hours. By comparison, the most extensive inspection a Boeing 747-400 goes through, known as a "D-check," requires about 22,000 work hours. Amidst all these work hours on the shuttle, what could possibly go wrong? Lots! To ensure processing actions in a "flow" are performed exactly as required, there are about 65,000 designated inspection points performed by contract personnel, and another 8,500 points performed by NASA inspectors; by

contrast, a 747-400, in its entire maintenance cycle, has approximately 1,800 inspection points. All of this results in approximately 4.5 million pages of shuttle forms documentation annually. Does NASA get it right? They sure do, at the rate of 98.2 percent, as previously mentioned. But are there mistakes? Is 98.2 percent good enough? The answer to the second question is clear, based on the tragic loss of two shuttles and 14 astronauts.

Now, back to the original question and title of this article, "How good is good enough?" That's for each of us, individually and organizationally, to determine and strive for. We should NEVER be content with where we are - whether it's a .366 batting average, a 66.7 percent pass completion rate, or even the shuttle program's 98.2 percent - NASA isn't, and we certainly can't afford to be.

If any of us is content with the status quo, then chances are the downhill slide has already begun, and we just haven't noticed it. It doesn't have to be ejection seats, parachutes, nuclear weapons, or medical treatment -- no matter what our product line, we need to commit to reaching the bar, then to raising it and striving to reach it again, and again! We should never be willing to accept anything less.

Why I give to Combined Federal Campaign

By Geoff Janes
Rev-Up editor

Pocket change. That's what it costs me to help save lives. And the amount of change I dig out of the couch each month has been enough to help prolong one very special life in particular.

I've known Lisa since she was 13 years old. I met her when I was 15, and our friendship has grown stronger over the years.

She and her sister had their horses at the same place as I did back then, and we rode all over the 100-plus acres adjacent to that old wooden barn near Stone Mountain, Ga. It wasn't long until her sister Laurie became my girlfriend, and I ended up spending an awful lot of time at their house.

Their parents were the type of people who always made you feel welcome. Their house was the place where all the kids met and hung out - there was always a crowd.

But it was more than just a place to congregate. They had a way of making everyone feel like they were family.

Over the years, Laurie and I grew closer and in 1988, we married.

Lisa had always been around, as little sisters and brothers tend to do, and she had always been part of our relationship.

When I joined the Army, my wife and I moved to my first duty station in Indiana. Lisa was about 20, and we heard she had met Henry, a new boyfriend. He was a nice enough guy, but he had a few secrets.

And he wasn't telling. One morning the phone rang. It was a phone call that would change everything.

Lisa and Henry were in the hospital. The doctors didn't seem to know what was wrong with them. It looked like hepatitis, but they wouldn't be sure until the tests were final.

A couple of days later, it turned out to be worse - much

worse.

Lisa had tested positive for HIV.

At that time, very little was known about HIV. There were stigmas about it, and for the most part those who did have it only lived for about five years.

We were all heartbroken and confused. Lisa wasn't the promiscuous sort, she wasn't a druggie. She had been dating Henry for more than six months. It just didn't make sense to any of us - except Henry.

He had known. He knew he was HIV positive. His first wife had died from AIDS. But he wasn't telling. And now, the one person he should have told had it too.

We all struggled with it. And I became obsessed with knowing everything I could about the disease. I couldn't find the words to quell my wife's tears. I couldn't say anything that would help anyone feel better.

After all, the old "everything happens for a reason"

line just doesn't work when your sister-in-law is infected with something that will eventually end her life.

That Christmas, when we came home on vacation, Lisa and I talked for a very long time. As my two-year-old son played on the floor in front of us, Lisa talked to me candidly for the first time.

She told me about the 25 or 26 pills she had to take every day. About how some days she was so sick that she couldn't even keep water down.

There was nothing I could say, but I listened. I listened and I hurt. She talked about how it was a good thing she wouldn't be able to have children as she looked longingly at my little boy.

"I don't think I could handle changing all those diapers," she said with a laugh that was so transparent I had to turn away to keep from crying.

"And as for marriage," she continued as the tears started to flow, "I don't think I could

ever find someone I want to spend the rest of my life with anyway."

That did it, we cried together, and we hugged for what seemed an eternity.

It was one of the saddest Christmases I've ever had.

When I got to work one morning, the CFC packet was lying on my desk. I had thrown it away the previous year, but this time it was different.

There were a number of organizations doing research into HIV and AIDS. As a private first class (E-3 for those who don't know), I scrounged every dime I made. But suddenly it was worth it to give up some money. I only had to give up \$1, but I chose to give up \$10 a month.

It doesn't seem like much now, but it did at the time - and it was what I could do. Suddenly I was wondering why I hadn't given to CFC in the past - the fact that I hadn't known anyone who needed help just didn't hold water anymore.

Over the years, the research and treatments have gotten nothing but better. I've seen Lisa go through some very aggressive treatments. At one time, she had a port put in her chest so that all of the shots wouldn't tear up her veins.

First five, then ten years passed, and Lisa was still doing well. She turned 33 this year, and she's still doing well.

In fact she called me the other day to say the results from her blood work had been good.

So good, in fact, that her levels were nearly normal. I know she's still a part of our lives because of all the advances in medicine. But those advances don't come for free. Luckily, there's a CFC that'll take a little pocket change.

Lisa is getting married Sept. 13, and you can bet my wife and I will be there with bells on.

And when the CFC packet hits my desk, you can bet I'll be reaching for a pen.

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



Col. Tom Smoot, Jr.
Commander,
78th Air Base Wing

Commanders' Action Line

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



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, Bellsouth etc.), use action.line@robins.af.mil.

Readers can also access Action Line by visiting the Robins Air Force Base homepage. 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.

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| Civil engineering..... | 926-5657 |
| Public Affairs..... | 926-2137 |
| Safety Office..... | 926-6271 |
| Fraud, Waste and Abuse hotline..... | 926-2886 |
| Housing Office..... | 926-3776 |

When can we make catch-up contributions?

There is no current information from the Air Force about the catch up contributions. With only nine pay periods left in the year, some forthcoming information would be helpful for those that are considering participation. Thanks for any info you can provide.

Gen. Wetekam replies: Your inquiry comes at the perfect time. The Benefits and Entitlement Service Team (BEST) at the Air Force Personnel Center (AFPC) has just announced that

Thrift Savings Plan (TSP) Catch-Up Contribution enrollment began Aug. 25 and the Robins Rev-Up ran a story about the plan in the Aug. 28 issue. You can read about it online at <http://www.robins.af.mil/pa/revup-online/index.htm>.

Catch-Up contributions are additional tax-deferred contributions, separate from regular TSP contributions. The maximum TSP Catch-Up Contribution for 2003 is \$2,000 and certain eligibility requirements apply. For more information on Catch-Up Contributions and the eligibility requirements, visit the BEST home page at www.afpc.randolph.af.mil/dpc/best/menu.htm.

You may enroll through the BEST automated phone system by dialing 1-800-997-2378. At this time it appears the web-based Employee Benefits Information System (EBIS) will not

be ready to accept catch-up enrollments. This is unfortunate, but they hope the kinks will be worked out of the program in the near future.

Watch the BEST homepage for notice of when EBIS will become available. Please remember, catch-up contribution enrollment is not tied to open seasons the way regular TSP contributions are. Therefore, you may submit elections at any time to start, stop, restart catch-up contributions, or to change the amount of your contribution. Enrollments submitted through Saturday will be effective Sept. 7, with the first deduction taking place on pay date Sept. 26. Elections submitted on or after Sept. 7 will be effective at the beginning of the following pay period. Thank you for your inquiry.



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News from around the Air Force

AFMC welcomes new commander

By Tech. Sgt. Carl Norman
Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Air Force Materiel Command's new leader officially accepted command Aug. 22 during a ceremony at the Air Force Museum here.

Gen. Gregory S. Martin assumed command from Gen. Lester L. Lyles who held the position since April 2000. Following the change of command, Lyles retired after 35 years of service.

Martin served more than three years as the commander of U.S. Air Forces in Europe at Ramstein Air Base, Germany. He also commanded Allied Air Forces Northern Europe and the U.S. European Command Air Force component.

During the ceremony, Gen. John P. Jumper, Air Force chief of staff, cited many of Lyles' accomplishments and the fact that he's been honored formally many times.

"What's great is not the formal awards, but how he invests himself personally," Jumper said. "Les has been a champion from the very beginning."

Jumper welcomed Martin to the command and said he looks for-



U.S. Air Force photo

Air Materiel Command's new leader, Gen Gregory S. Martin, speaks at the change of command ceremony Aug. 22. Martin accepted command from Gen. Lester L. Lyles, shown in the background.

ward to great work continuing at AFMC.

"Wherever he goes, he brings energy and leadership," Jumper said of Martin. "He brings a great depth of operational experience and experience in the acquisition community."

After receiving the command flag, Martin said he accepted the responsibility with pride, honor and humility.

"There's pride in joining one of America's greatest teams, honor in guiding this command into the next level of innovation and humility in

"There's pride in joining one of America's greatest teams, honor in guiding this command into the next level of innovation and humility in following in the footsteps of an Air Force giant."

Gen. Gregory S. Martin
Air Force Materiel Command commander

following in the footsteps of an Air Force giant," Martin said.

In a pre-ceremony interview, Martin said he intends to be just as enthusiastic a supplier as he was a customer.

"I recently was the beneficiary of the work this command does, and there wasn't a day that went by I didn't appreciate that," he said. "I hope to add enthusiasm from a satisfied customer's perspective, but more importantly, from a guy who has a deep and abiding trust and belief in the people who are doing something behind the scenes that is so incredibly valuable to our Air Force."

"In the last four years we have fought in three major wars and have been absolutely dominant on the battlefield because of capabilities produced by the people in this com-

mand and the acquisition community," Martin said. "I think the changes that have been announced recently (to the acquisition structure) are the kinds of changes that reflect a maturity and willingness to do even better."

An emotional Lyles thanked many people for their inspiration, faithfulness, mentorship and other influences on his life and career.

"I'll never have the opportunity to do this again while wearing an active duty uniform," he said. "I'd like to salute the men and women of the United States Air Force, particularly from Air Force Materiel Command, for your outstanding service."

With that, the former commander put his right hand to his brow and accepted returned salutes from all military members attending.

U.S. military recruiting, retention outlook good

By Jim Garamone
American Forces Press Service

WASHINGTON – Despite predictions to the contrary, Americans are continuing to volunteer for the military, and those already in are re-enlisting at a vigorous rate.

Early in the war on terrorism, many critics predicted the United States would have to return to the draft to man the

forces. But in this 30th year of the all-volunteer force, the military continues to meet recruiting and retention goals.

"It's really too early to see what effect Operation Iraqi Freedom will have on recruiting, but the most recent statistics are encouraging," said Maj. Sandy Burr, a Pentagon spokeswoman. Burr said the Department of Defense is making all quality and quanti-

ty goals. "We are exceeding the DoD benchmark for percentage of high school graduates and the percentage of people in the upper half of the (armed forces entrance exam)."

Service officials point to hard work by recruiters as the key to the success, but they also say increased patriotism as a result of the war on terror and a bleak economic picture

in many areas also may play a role in attracting young people to the military.

The Army, Navy, Air Force and Marine Corps are all on course to make year-end recruiting goals. The Air Force made its recruiting goals for fiscal 2003, enlisting 37,000 new airmen. This was the fourth year in a row it met its goal.

Retention also is up across

the services. This is true especially of servicemembers making the choice to re-enlist following their first term in the service.

Air Force "first-termers" re-enlisted at a 60-percent rate. Service officials were shooting for 55 percent.

Complicating the retention picture, however, is the end of the Stop-Loss program. The program, which stops separa-

tions and retirements in critical specialties during war or crisis, has been lifted. However, Air Force spokeswoman Jennifer Stephens said the service has not seen the mass departure many predicted when Stop-Loss ended.

In all cases, military leaders are not taking anything for granted. They continue to push to get the best, most qualified people in the service.

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Identity theft lands airman in confinement, punitive discharge

By Air Force Materiel Command News Service

KIRTLAND AIR FORCE BASE, N.M. — A 377th Security Forces Squadron airman was discharged from the Air Force, given 14 months confinement and reduced to airman basic after being convicted of several identity-fraud related crimes during a recent general court-martial.

Senior Airman David A. Daniel was charged with larceny, forgery and wrongfully intercepting mail from another military member. Charges were based on incidents dating back to September 2001, according to Capt. Tiffany Dawson, Kirtland staff judge advocate office.

Dawson said Daniel wrongfully obtained the driver's license and government travel card of a fellow security forces member who was deployed in the aftermath of the 9-11 terrorist attacks.

With another security forces member's help, Daniel obtained a post office

mailbox to receive and intercept mail from his victim, Dawson said. He also used this mailbox to obtain a fraudulent credit card and convenience checks in the victim's name.

Daniel's fraudulent purchases included a DVD player for his vehicle valued at \$2,600, as well as a \$3,300 diamond engagement ring for his fiancée, according to Dawson.

Daniel pleaded guilty to 10 specifications and elected to be tried and sentenced by a military judge alone. Dawson said that during his guilty plea, Daniel admitted to stealing various luxury items from local merchants and placing the financial responsibility on a fellow cop while that member was deployed overseas.

The prosecution recommended a bad conduct discharge, 30 months confinement, and reduction to the lowest enlisted rank, Dawson said. However, during sentencing arguments, defense lawyers asked the military judge to forego a long sentence because of the lengthy elapsed time period and

because restitution has since been made to the victims.

The military judge sentenced Daniel to a bad conduct discharge, 25 months confinement and reduction to airman basic, Dawson said. But under the pre-trial agreement where Daniel agreed to plead guilty in front of a military judge alone, the general court-martial convening authority agreed to limit Daniel's confinement to 14 months.

"This was a classic case of violation of the sacred trust that one military member puts in other comrades in arms," said Capt. Mark Trujillo, trial counsel in the case. "Our Security Forces members put their safety on the line every day and should not have to worry about being financially assaulted by one of their own while they are deployed overseas defending our freedom."

"The sentence in this case demonstrates that there is no room in the Air Force for those who lack the fundamental values of honesty, trustworthiness, and integrity."

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Muslim picture dedication



U.S. Air Force photo by Sue Sapp

A framed photo of the Masjid Al Haram in Mecca was presented to the base chapel Tuesday by the Muslim base community in recognition of the base's Islamic community and the chapel's multi-faith support. The photo was brought back from Saudi Arabia by Yasar Rushdan. The Masjid Al Haram is the most holy place for Muslims. Pictured are Staff Sgt Braderick Adams, Lt. Col. Daniel Nigolian, 78th Air Base Wing Chaplain, Abdul Luqman, Airman 1st Class Tabitha David, Capt. Merrick Green, Rashad Abdul-Azeem, resident Iman at the chapel, and Maj. Tim Oldenburg. "The photo will be part of a display of art work from all religions to give people more of a feel for the different religions rather than depending on just doctrine," Chaplain Nigolian said. Ramadan will begin October 25. It is a month of fasting from dawn to sunset.

ACC releases F-15E accident report

LANGLEY AIR FORCE BASE, Va. - Air Force investigators have determined a major flight control malfunction caused the pilot to lose control of an F-15E, which forced him to eject during a training mission June 4, 2003, about 25 miles west of Seymour Johnson Air Force Base, N.C.

The mishap crew - comprised of a pilot and instructor pilot - ejected safely and were recovered by the local volunteer fire rescue team. The crew sustained minor injuries as a result of the ejection.

The aircraft landed in an unpopulated wooded area and was destroyed upon impact. The cost of the accident is estimated at more than \$40 million. The aircraft was assigned to the 334th Fighter Squadron, 4th Fighter Wing, Seymour Johnson Air Force Base, N.C.

Typically, an F-15E crew is comprised of a pilot and weapons system officer; however, since this Basic Fighter Maneuvers flight was part of a training syllabus for the pilot, there was an instructor pilot in the back seat.

According to an Air Combat Command Accident Investigation Board report released today, investigators determined a defective right stabilator actuator caused the accident. The defect caused the aircraft to depart controlled flight and rendered the aircraft unrecoverable.

- Air Force Print News

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HONOR ROLL

James G. Katsekis, deputy chief, operational contracting division, Contracting Directorate, received the Air Force Civilian Achievement Award as a



Katsekis

result of his efforts in awarding the Air Force Structural Degradation and Corrosion Control Indefinite Delivery Indefinite Quantity Corporate Contract.

Ella R. Williams, deputy chief, operational contracting division, Contracting



Williams

Directorate, received the Air Force Exemplary Civilian Service Award as a result of her efforts in carrying out the day-to-day operations in direct support of the director of Contracting and the Operational Contracting Division.



Odum

Mike Odum, sheet metal mechanic foreman, structural repair branch, received the MAN Supervisor of the Month award for July 2003.

Chad Cagle, sheet metal mechanic, F-15 Wing section, received the MAN Employee of the Month for July 2003.



Cagle

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ROBINS BULLETIN BOARD

Thunderbirds visit local schools

Members of the United States Air Force Thunderbirds will visit Houston County schools today. Each school will be visited by a pilot who will perform in the air show and a crew chief who maintains one of the F-16s. The Thunderbirds will visit the following schools:

- Houston County Crossroads, 8 to 9 a.m.
- Feagin Mill Middle School, 8 to 9:30 a.m.
- Perry High School, 8:30 to 9:30 a.m.
- Houston County High School, 8:45 to 9:45 a.m.
- Northside High School, 9:45 to 10:45 a.m.

The Thunderbirds will perform at the Open House and Air Show Saturday and Sunday. For more information about the Thunderbirds, go to www.nellis.af.mil/thunderbirds.

Thunderbirds' practice

The Thunderbirds will be practicing today from 4 to 5 p.m. Traffic will not be allowed to enter or exit on Beale Road. All traffic will be directed to the west side of the runway (Gate 1 and Green Street). Beale Road will also be closed for certain periods Saturday and Sunday during their Air Show performance. If you have any questions, contact Master Sgt. Edward L. Glover or 1st Lt. Keith Quick at 926-6410.

Toyland grand opening

The Toyland grand opening will be Saturday. There will be an appearance by Sponge Bob Square Pants from 10 a.m. to 4 p.m. There will also be a moonwalk, face painting and giveaways.

ASMC luncheon

American Society of Military Comptrollers Middle Georgia Chapter September luncheon will be Wednesday

Celebrate Hispanic Heritage month

Espectaculo Hispano!

Espectaculo Hispano!, a picnic under the stars, sponsored by the Hispanic Heritage Committee, will be Sept. 13 beginning at 7:30 p.m. at the Museum of Aviation amphitheater. Non-perishable food will be collected to benefit Meals on Wheels and Macon Rescue Mission.

Hispanic Heritage Month Observations luncheon

The Hispanic Heritage Month Observations luncheon will be Sept. 16 from 11 a.m. to 12:30 p.m. at the Enlisted Club. Retired Lt. Gen. Leo Marquez will be the keynote speaker. For more information, call Joshua Peacock at 926-5485.

Hispanic heritage symposium

The "Orgullo Hispano" - Our Proud Hispanic Heritage Informational Symposium will be Sept. 23 at 9:30 a.m. in the Smith Community Center ballroom. The symposium will feature Dr. Gabriel Rincon-Mora, senior design engineer, inventor and author; Liz Garcia, Director of the Georgia Music Hall of Fame; Hector Hernandez, chief engineer, Avionics Management Directorate/ Avionics System Engineering Division; and Master Sgt. John A. Maldonado, chief, maintenance support, Leo Marquez Award winner.

at 11:30 a.m. at Luna Lodge. Cost is \$5.50 for members, \$6.50 for non-members. Lisa Evans from Lifeway Nutrition will discuss "Leading a Healthy Lifestyle." For tickets, contact Kathy Piper at 327-1410; Janet Herndon at 926-6713 or Betty Enge at 926-5485. Tickets must be purchased by Monday.

Operation Save-A-Child program

The 11th annual Operation Save-A-Child program will

be Tuesday from 9 a.m. to 2 p.m. at Robins Elementary School. For more information, call Capt. Justine Tompkins at 327-8080 or Diane Betz at 327-8053.

Troops to Teachers information session

You may be eligible for up to \$5,000 in federal assistance

from the Troops to Teachers Program to assist you in getting certified. Or you may qualify for a one-time bonus of up to \$10,000 for teaching in a high-needs school. Bill Kirkland, program manager for the Georgia Troops to Teachers Program, will be at the Robins Education Center in Building 905 Sept. 16 from 10 to 11 a.m. to meet with interested military personnel. For more information, visit www.proudtoserveagain.com. For additional information, members may contact Fran Sheridan, guidance counselor, at 327-7325.

POW/MIA Recognition Ceremony

The Robins Air Force Base 2003 POW/MIA Recognition Ceremony will be Sept. 18 at 3:30 p.m. at the NCO Academy flag staff area. In the case of inclement weather, the ceremony will take place at the NCO Enlisted Club. Retired Brig. Gen. James Sehorn will be the guest speaker for this year's recognition ceremony. The program will include opening remarks by Chief Master Sgt. Kathy Mast, WR-ALC command chief master sergeant, and closing remarks

by Brig. Gen. Darryl Scott, WR-ALC vice commander.

Officers' Hail and Farewell

A standup Officers' Hail and Farewell, conducted by Maj. Gen. Donald J. Wetekam, Center commander, will be Sept. 19 at 4 p.m. in the Officers' Club ballroom. For more information, contact Capt. Bernabe F. Whitfield at 926-3703, or by e-mail at Bernabe.Whitfield@robins.af.mil.

FMA golf tournament

The Federal Managers'

Association will host its' annual golf tournament at Waterford Golf Club Oct. 3 at 1 pm. Cost of participation is \$40 per player and includes green and cart fees, lunch and prizes. Entry deadline is Sept. 29. To sign up or for more information, contact Tena Dominy at 926-0793.

Girl Scouts leaders needed

Girl Scouts of Robins is in need of leaders and co-leaders. The troops meet on base. All interested persons should contact Alyson Dreer at 329-8099.

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Southern Comfort

Coming and going, 16,768 Army troops get red carpet treatment at Robins



By Chris Zdrakas

chris.zdrakas@robins.af.mil

Apprehension, fear, excitement, joy, tears. This year, they've seen it all on the Robins flight line, 16,768 times over since last fall on the faces of Army troops boarding planes that would fly them into war zones or coming back to the place that for months they had seen only in memory – home.

Witness to all of it was a Robins team that took changing flight schedules, late hours and sheer numbers of missions in stride. In all, they fielded the arrival or departure of 291 aircraft in operations that included at least as many surprises. The team took care of business, but kept its complex processes in perspective. The people they were serving were first.

Music, flags, hugs, food, soft drinks, showers, billeting, plane tickets home, even a late-night trip to Wal-Mart to buy civilian clothes to wear on commercial planes became parts of an unusual and unpredictable mission.

The troops were from the 3rd Brigade from Fort Benning, and Fort Stewart, Ga., as well as other Army posts, Reservists and National Guardsmen. Robins became their point of embarkation and debarkation because airfields at two nearby Army bases are undergoing new construction and modernization.

The Army-Air Force operation presented unique sets of circumstances that changed from mission to mission. Multiple units bound for different locations, frequent time changes – some in the middle of the night – and a combination of military and commercial aircraft provided challenges and questions that even the best contingency plans left unanswered.



Ashe-Gay

The team took all the uncertainties and turned them into opportunities to say, "welcome home." Rosalind Ashe-Gay, a war and contingency planner with the 78th Air Base Wing Plans and Programs Office, and Sheree Evans, deputy chief of the 78th Logistics



U.S. Air Force photos by Sue Sapp

Top left, Sheree Evans, deputy chief of the 78th Logistics Readiness Squadron's Readiness Flight, makes sure troops are greeted by the flag and patriotic music. Above, the 78th Logistics Readiness Squadron unloads bags for the 3rd Brigade soldiers.

Readiness Squadron's Readiness Flight, have been insiders in the extraordinary missions since their inception.

In fielding the back-and-forth traffic, they and scores of others went far beyond what was expected, adding touches of home and family for Army troops – those coming back after experiencing war, and those leaving to confront freedom's battlefield an ocean away.

Army: 'Made us feel at home'

Army Capt. Ray Bolar, logistics officer for the 3rd Brigade, stationed at Fort Benning, had high praise for the Robins team.

"Just let me say for myself as well as the entire 3rd Brigade Combat Team that we have been

truly impressed by the professionalism, competence and sense of teamwork displayed by the work force at Robins Air Force Base," Bolar said. "Everyone we worked with made us feel at home, met every need and went beyond the call of duty over the last year. No matter the time of day, weather conditions or tight timelines, we knew we could count on the Robins team to come through for us. We honestly feel that they are part of the Sledgehammer Brigade and the 3rd Infantry Division." "Sledgehammer" is the nickname of the Third Brigade.

"Excellent" is the way Jose Hernandez, movement coordinator for Fort Benning, described the Robins' team.

"You have a super staff," he said, "and it's unreal the things you have done for us."

'Shooting from the hip'

Ashe-Gay, a native Philadelphian and Centerville resident, said her background – master's degree in public administration – helped to prepare her for the deployments and redeployments of the past 11 months.

"Most of the time I just had to shoot from the hip," she said. "There are times when a degree and brains all go out the window. You do what you got to do.

"They were all very anxious to get home to their families," she added. "We worked as a team to make that happen. The team expedited inspections and inprocessing, made sure the troops had food and drinks. For extra measure, they often handed out hugs and smiles of encouragement."

The special touches

Among the little and not-so-little things:

- The 3rd Brigade's battle song, "Dog-Faced Soldier" playing on a public address system

- An American flag placed so that it would be within sight when the troops arrived.

- A "Welcome Home Third Brigade" sign erected at the flight line. Base graphics produced the sign the day after it was requested.

- Refreshments for all arriving flights and commanders on the flight line serving refreshments over the July 4th weekend.

- Making travel arrangements with the Traffic Management Office to fly troops directly home.

- A middle-of-the-night trip with a group of troops to Wal-Mart to buy them clothing for their flight home on a commercial airline; a pass-the-hat collection that made some of the purchases possible.

- Pre-daybreak bus trips to the base physical fitness center so the troops could shower.

Late flights could turn out to be "interesting," Ashe-Gay said. One day, Robins had about 1,000 troops on the ground at the same time because of flight delays.

Long nights and weekends a way of life

Working nights and weekends has become a way of life for those tasked with handling the details of

Please see **COMFORT, 3B**

Emily Walker, from the Flight Kitchen, assists members of the 3rd Brigade with refreshments on their stop here July 10.



LEAVE/ TRANSFER

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

■ Robert C. Hawthorne, PKOE. Point of contact is Debra Lomax at 926-5020.

■ Cheryl K. Peace, PKOS. Point of contact is Debra Lomax at 926-5020.

Employee-relations specialists 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 Angela Trunzo by fax at 926-9597, or e-mail at angela.trunzo@robins.af.mil. Submissions run for two weeks.

ROBINS CLUBS

Calling all Robins clubs. The Rev Up needs your input. To have your club or group's information included here, submit it to Angela Trunzo by e-mail at angela.trunzo@robins.af.mil or by fax at 926-9597.

STREAMING VIDEO



FULL STREAM AHEAD*

To view streaming video, go to <http://www.robins.af.mil/pa/stream/index.htm>

- Gyro Shop produces small components that form heart of an aircraft flight system
- Gov. Sonny Perdue gets an F-15 orientation flight
- The Combined Federal Campaign begins

*Videos are best viewed with the latest version of Windows Media Player (version 9).

ROBINS REPORT

News from around base — Watson and Cox Channel 15
Friday — 8 p.m.
Sunday — 1:30 p.m.
Monday — Noon

CHAPEL SERVICES

The Base Chapel will be open Thursday from 7 to 11 a.m. for prayer and a memorial display for the victims of 9/11. There will also be a special memorial service from 11 to 11:30 a.m.

Catholic Masses are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., and on Holy Days of Obligation at noon and 5 p.m. and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m.

Protestant General Services take place every Sunday at 11 a.m. This service includes some traditional and contemporary worship styles in music and in format. **Protestant Inspirational Services** take place every Sunday at 8 a.m. **Protestant Contemporary Services** take place 11 a.m. each Sunday at the Base Theater. This service is very informal, with a praise team assisting in singing and includes both traditional and contemporary styles of music and worship.

Jewish service time is each Friday at 6:15 p.m. at the synagogue in Macon.

Islamic Friday Prayer (Jumuah) is each Friday at 1:30 p.m. in the chapel annex Rooms 1 and 2.

The chapel helps with any spiritual needs that arise. For further information, call the chapel at 926-2821.

MOVIE SCHEDULE

Friday
7:30 p.m. — **Lara Croft Tomb Raider: The Cradle of Life** — Angelina Jolie, Gerard Butler

This time around, archaeologist and explorer extraordinaire Lara Croft journeys to a temple, sunken underwater, that leads to a sphere that contains the mythical Pandora's Box, only to have it stolen from her by Chen Lo, the leader of a Chinese crime syndicate, who's in league with a bad guy named Reiss who wants to use the Box as a doomsday weapon.

Rated P-13 (action violence and some sexuality) 110 minutes

Saturday
7:30 p.m. — **Pirates of the Caribbean** — Johnny Depp, Geoffrey Rush

Set in the Caribbean Sea in the 17th century, this is the story of a gentleman rogue of a pirate, Jack Sparrow, who teams up with the daughter of a governor to stop the evil plan of a ship of dangerous pirates who are trying to reverse an ancient curse that leaves them stuck between life and death, with the light of the moon revealing their skeletons, like some kind of undead monsters. Rated PG-13 (action/adventure violence) 143 minutes



FAMILY SUPPORT CENTER

Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel and their eligible family members. The FSC is located on Ninth Street in Building 794. For additional information, or to make a reservation, call 926-1256.

Training Day

The FSC is undergoing a transformation process to better serve customers. In order to become proficient, the FSC will be closed for routine business every Thursday from 11:30 a.m. to 3:30 p.m. In case of emergencies, there will be someone at the front desk in Building 794, or at 926-1256 to take your information and pass it to the appropriate FSC staff member. If you have concerns or questions, call FSC Director Christine Parker at 926-1256.

Heart link

A Heart Link seminar is today, 8 a.m. to 2:30 p.m., Base Chapel annex. Heart Link is designed for people who have been Air Force spouses for five years or less. Experience a full day of fun and activities while learning how the Air Force works and your role in fulfilling the Air Force mission.

Sponsorship training

The Center's Relocation Assistance Program will offer training for both beginner and experienced sponsors Tuesday, 9 to 10:30 a.m., Building 945, FSC Annex. The training provides information on what types of information to send to the PCSing member and where to obtain it; different ways to communicate with the inbound member; and sponsors are given vital information regarding his/her responsibilities to the newly assigned member and their family, if applicable.

Smooth move

The next Smooth Move workshop is Wednesday, 8:30 to noon, in Building 905, Room 240. This program is designed for Air Force members on the move. It is three and 1/2 hours of information on how to get from here to there with the least amount of hassle, frustration, and stress. Representatives from Military Personnel Flight, Transportation Management Office, Accounting and Finance, the Housing Office, Legal Office, TRICARE, Family Advocacy, and Air Force Aid Society will be on hand to provide pertinent moving information and answer questions.

Salary negotiation class

A salary negotiation class will be Thursday, 1:30 to 3:30 p.m., Building 905, Room 123. The average person looking for employment presumes salary offers are predetermined and not negotiable. Because they may be uncomfortable talking about money, or unsure when or how to do so, the first salary offered is usually accepted. One concept discussed will be how and why inaccurately reflecting your qualifications and value to the employer affects salary offers. This session is designed to assist you in an overview of how to determine your worth and know if the salary is negotiable, including how to and when not to factor in benefits packages. Strategies and tips are provided to assist in overcoming your discomfort and empower

applicants in gaining a better salary.

TAP workshop

The next three-day Department of Labor sponsored Transition Assistance Program Workshop is Sept. 15 through 17, 8:30 a.m. to 4:30 p.m. each day, Smith Community Center ballroom. Personnel leaving the military within the next six months need to sign up as soon as possible. Spouses are encouraged to attend. Reservations are taken on first-come, first-serve basis. If you register for a session and find you can not attend, contact the FSC to cancel your reservation — there is a waiting list.

Community tour

The FSC is sponsoring a Community Tour for all Team Robins members and their eligible family members, Sept. 17, 8:30 a.m. to 1 p.m. Meet at the FSC. The tour includes a "windshield" view of Macon's downtown and residential historic district with commentary on the history of Macon and its people, past and present.

Federal job class

Federal employment uses a different hiring system than the civilian sector. The "How to Apply for a Federal Job" class helps to increase hiring possibility by educating personnel about the variety of federal jobs, the qualifications and the classification process, and the steps involved in applying for these jobs. The next federal jobs class is, Sept. 17, 9 to 11 a.m., in Building. 905.

Resume construction workshop

The Transition Assistance program is offering a workshop on Resume Construction, Sept. 19, 9 a.m. to noon, Building 905, room 137. To attend this workshop, participants must have attended the resume research and writing class. A hands-on approach is used for those who are struggling with the mechanics or having difficulty getting started. Participants bring prior job information to draw from, as they are walked through the steps; the objective is to have a draft completed by workshop's end.

Personal financial fitness

FSC introduces the multimedia, interactive CD-ROM training package on personal financial management. The Personal Financial Management Training Series materials have been developed to educate military personnel, their spouses and youth on financial issues relevant to their day-to-day lives. This self-paced series will provide you with the basic financial tools to function in today's complex society.

The following lessons are covered in this six-CD package:

- ☛ Principles of Personal Finance
- ☛ Using Credit Wisely
- ☛ Large Purchases
- ☛ Fixing Financial Problems
- ☛ Saving and Investing
- ☛ Consumer Scams, Bad Habits, and Getting Help
- ☛ Getting Insurance
- ☛ Pay, Allowances, and Benefits
- ☛ Banking and Checking Accounts
- ☛ Planning and Budgeting
- ☛ Relocation

Call the FSC at 926-1256 for a computer time to check out this program and begin working on your financial plan.

SERVICES BRIEFS

Child Development Centers East 926-5805 and West 926-3080

An old fashion picnic will be held Sept. 12 at both CDCs. Parents are welcome to join their children: infants and pretoddlers 11 a.m., toddlers and preschoolers 11:30 a.m. Cost for parent's lunch is \$1 per person.

Civilian Recreation

922-4415

Register by Wednesday for singles and doubles fall tennis leagues will begin Sept. 15. Leagues are open to anyone 16 years old and older, including active duty, retired, reserve military, DoD civilians, contractors and immediate family members. Cost is \$10 per person. For more informa-

tion, call Lynne Brackett at 922-4415.

There will be movies in the park Sept. 19 at 8 p.m. or when dark. Bring your lawn chairs and blankets and watch "Snow White and the Seven Dwarfs." Cost is free, and concessions will be available. For more information, call Lynne Brackett at 922-4415.

Enlisted Club 926-4515 Officers' Club 926-2670

Get a chance to win cold hard cash now through Oct. 31. Join either club and receive six months of free membership. New members can have a chance to win \$2,000, \$1,000 or \$500.

Information, Tickets and Travel 926-2945

The monthly yard sale at the Smith

Transition assistance

The Transition Assistance Program has in place a four-step job search program for use in ensuring active duty personnel are fully prepared to separate from the military. The program begins with:

1. Attending a Pre-TAP information program 18 to 36 months prior to separation;
2. Attending a resume and writing class around the 10 month point;
3. Attending the 3-day Department of Labor TAP workshop at the 6-month point; and
4. Attending an interviewing program at the 5-month point.

These programs are offered throughout the year. Additionally, personnel approaching separation should schedule Pre-Separation and Individual Transition Plan counseling appointments with a TAP representative.

Relocation assistance program

The Relocation Assistance Program at the FSC has base brochures on many Air Force, Navy, Army, Marine Corps and Coast Guard bases. They also have base videos on many Air Force installations around the world available for checkout.

A variety of services are available for Team Robins and their eligible family members on all aspects of relocation including: brochures on many Air Force bases and other service branches; base videos on many Air Force installations; Smooth Move Workshop; Jr. Smooth Move for children 6-12 years old; auto maps; civilian and military sponsorship training; sponsor, welcome and TDY packages; self-help resources; child care for PCS (Active duty Air Force), local school/community information, as well as a base and a community tour. Members should also take advantage of Air Force Crossroads, www.afcrossroads.com, which provides essential information, giving you first-hand knowledge, of military installations and their local surroundings.

RAP also has a Standard Installation Topic Exchange Service program that has information on all military installations worldwide. In order to better serve our customers, call 926-3453, to order a SITES booklet. Base videos and brochures may be checked out for 48 hours.

For additional information contact the Relocation Assistance program at 926-3453.

Morale call program

Standard morale calls are conducted over the DSN with a regular telephone. The military member provides the DSN number, where he/she is located, to the family member. The family member calls the FSC at 926-1256 to receive a control number. The standard telephonic morale calls may be conducted at home after the control number is received. Once a convenient time for both the military member and the family member is chosen, the family member calls the base operator at 926-1110 to make the morale call. Choose a time when both parties can complete the entire 15-minute conversation within one call. The videophone morale call must be conducted at the FSC. Videophone Morale Calls are made using the VIATV system.

Community Center, Building 767, has changed to Sept. 13 from 8 a.m. to 1 p.m. due to the air show. Cost of tables is \$7 each and should be paid for by the Saturday prior to the event. Tables can be set up beginning at 7 a.m. To make reservations, visit the ITT office.

Outdoor Recreation 926-4001

Enjoy a gambling getaway in Biloxi, Miss., with Outdoor Adventure Nov. 9 through 12. The cost of the trip includes double occupancy with two free breakfasts and one dinner for \$175. Transportation departs Nov. 9 at 9 a.m. and returns Nov. 12 at 6 p.m. A \$50 non-refundable deposit is required. Register by Oct. 10. For more information, call 926-6527.

COMFORT

Continued from 1B

the Army deployments and redeployments. The first of the largest groups arriving home on July 4th weekend was particularly compelling for Ashe-Gay:

"They came off the planes, complete with desert camouflage, helmets and guns and shaking the dust from their shoes. As they came around the corner to building 127, they began to hear patriotic music. It was a very emotional time. You could hear some saying 'God, I'm glad to be home.'"

"It made me appreciate the military more," she said. "I always worked with the Air Force and appreciated the fly guys on the other side. This was my first major contact with the Army. Now I have Army family. The 3rd Brigade lost more than I wanted to hear about in the fighting. It's made me more aware that freedom is not free. I have cried several times, and I don't cry easily."

'A pleasure to bring them back'

The 78th Logistics Readiness Squadron, which monitors the Global Decision Support System that tracks worldwide troop movements, is usually first to know when Army troops are scheduled to arrive at Robins. Sometimes Ashe-Gay or the logistics squadron may get a heads up from the Army. In addition, base ops – the 78th Operations Support Squadron – gets word through its system. The contact who first receives the word informs the others.

She has worked closely with Evans, deputy chief of the 78th Logistics Readiness Squadron's Readiness Flight, which usually is the first contact the Army makes concerning a deployment or redeployment. Evans said the many hours she and the other squadron members have put into the operation hold their own rewards.

"I never tire of seeing the troops come home. It's a great feeling," she said. "I was real proud to be part of it all. It's my job to send them over there, but it's my pleasure to bring them back. When you look at everything they did for us, I realized we needed to do everything we could for them."

Evans, a Warner Robins native who has been in the transportation business for 10 years, recalled once or twice troops kissing the ground when they got off the airplanes. Others commented on the humidity – something they didn't experience in the desert.

"You get lots of hugs from the troops," she said. "They are really thankful to be home and so appreciative of the little things we did, which we considered to be nothing."

"We have been pretty much a 24-hour operation since September of 2002, with maybe six or seven weekends off," Evans continued. "But nobody's complaining. We are not only doing our jobs, but also we are taking an active part in the making of history."

She said everyone involved with the troop

movements has learned to take nothing for granted. The "routine" isn't routine, and surprises abound.

For example, an incoming group of 500 troops included 100 who were not taking buses back to their home bases. They needed airline tickets home. Evans said the men and women were "freedom flyers" coming home from Iraq for medical, personal or emergency reasons; and those who were separating or permanently changing stations.

Made your heart swell

Willie Hardeman, 78th Logistics Readiness Squadron's cargo deployment officer, said it was "wonderful to see all the buses filled with brave troops who made it back."

"I would tell them when they left we would see them when they got back," he said. "Some came off the plane hugging us, just like they did when they got on. It just made your heart swell up to see them – just like seeing your own family."

He and his staff of quality assurance evaluators have performed a variety of mission-related tasks like checking aircraft for cleanliness and serviceability, determining that seats are as near full as possible and handling baggage – up to 285 passengers for large deployments. They also provided escorts to and from gates for buses, baggage and ammo trucks, airline personnel, and aircraft cleaning and servicing personnel.

Southern hospitality

Gary Knickerbocker of Warner Robins, food services officer for the 78th Air Base Wing's Services Division, and his staff have been a steady presence during the deployments. He said the prime vendor for the base, Mike Beck of U.S. Food Service, Atlanta, made sure the base was stocked with snacks and even trucked them to Robins. One of about 30 donating snacks, Beck also has given doughnuts and beverages to security personnel working the gates.

Knickerbocker said Paula McCollum and other staffers from the flight kitchen delivered food and greeted troops, mostly on their own time.

McCollum is somewhat of a legend among flight crews because of her outgoing nature and the personal attention she pays to their comfort.

She credited the flight kitchen workers and their team spirit with making possible the numerous trips to set up refreshments tables for the troops.

"You see the troops coming off the plane, and you get a real proud feeling," McCollum said. "I am very grateful to them. I had a feeling of pride just being in their midst, and I wanted to cry a little bit. They were saying 'thank you' to us. Why, when they had done so much for us?"

USO on the go

Robins' USO Director



Signs welcome the 3rd Brigade on their stop at Robins on their way home from a deployment in Support of Operation Iraqi Freedom.

U.S. Air Force photo by Sue Sapp

Becky Anderson has been on the scene with thousands of "care packages" containing music CDs, phone cards, magazines, books, snacks disposable cameras, calling cards, suntan and hand lotions, baby wipes, candy, lip balm, bug spray and other personal items.

OSS on the job

Jim Anderson, 78th Operations Support Squadron deputy airfield manager, said OSS' role was to issue landing permits and to notify the Robins team of inbound planes.

Once the troops landed, the squadron's transient alert truck led the planes to their parking spots, provided crew transportation, weather briefings and flight plans to departing aircrews.

"All the people would go beyond normal operations to ensure aircraft got in and out on time. We did whatever it took to get them in and out, giving them priority over all but alert aircraft. What this really boils down to, though, is that we were doing our job," Anderson said.

Serving drinks at 3 a.m.

Among those who volunteered to come out July 4th weekend was Lt. Col. Karon Uzzell-Baggett, commander of the 78th Mission Support Squadron.

"My task of handing out water, coffee and punch was simple, but I willingly embraced it because of the surprising reactions of these troops at 3 a.m. They were thrilled to be able to taste clear, cool, odor-free water, something they missed during their deployment," she said.

"I was honored to be in the midst of those who had actively ensured the operational and tactical success of Operation Iraqi Freedom and allowed American citizens like myself to celebrate another year of freedom," Uzzell-Baggett said.

Awesome to witness troops' return

Tech. Sgt. Darrin Smith, 78th Security Forces Squadron military customs inspector, said the number of inspectors has gone from 10 to 50 as they began working nights, early mornings and spur-of-the-moment details. Their job is to inspect the troops' bags for contraband – drugs, war souvenirs and weapons other than service weapons.

Smith, too, witnessed troops kissing the ground at arrival.

"To me, it's awesome to be there to welcome them back home and as a customs

inspector, to be sure all things are being done properly. It makes you feel really good to be a part of the process."

Snakes, snails, no puppy dogs' tails

Tech. Sgt. William King of the 78th Civil Engineer Group was one of the agricultural inspectors detached to check the incoming aircraft for parasites from fruits, vegetables and plants. Inspectors also look for dirt, make sure troops' boots are clean and ensure trash has been emptied from the aircraft. The inspectors board the planes before the troops leave, give them a briefing and determine whether

troops have carried in any living things not allowed into the U.S.

The inspectors also search the planes for brown tree snakes, snails, slugs, sand, minerals and shells.

Reservationist Rosalind Morris from the 78th Service Division's lodging staff said she and other lodging employees have "stayed late lots of days" to make reservations and room assignments.

"We always made them as comfortable as we could," she said. "My heart went out to all of them because I know it had to be difficult leaving family and friends and not knowing whether they were coming home or not."

armed forces 57555301

Scholarship application deadline Oct. 3

Retired Maj. Gen. Cornelius Nutgeren Scholarship applications are being accepted for the academic year 2003-2004. The scholarship was established in 1998 by the Middle Georgia Affairs Committee to honor the service of Nutgeren as commander of the Warner Robins Air Logistics Center. A scholarship for \$750 will be awarded to a military or civilian employee of Robins Air Force Base. To be eligible, the individual must be enrolled in one

of the educational programs conducted on-base. Applications are available at the base college offices and the Education and Training Office. Applications must be completed along with supporting documentation and submitted to the Education and Training Office by Oct. 3. For more information, contact the Base Education and Training Office, Building 905, Suite 113, or call 327-7304.

– From staff reports

Fitness experts: Start training now

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Air Force fitness experts say airmen must begin preparations now if they want to pass the new fitness evaluations in January.

"They need to start training today for year-round fitness to meet mission readiness. They must include running, push-ups and crunches into their program," said Sylvia Goff, an exercise physiologist at the Bolling Air Force Base, D.C., health and wellness center.

The new Air Force fitness evaluation program, which will replace the cycle ergometry test for most airmen, involves running, push-ups, crunches and a measurement of body composition.

Goff said the new fitness standard may cause concern for airmen who have not been to the gym for some time, or who may have never gone.

"There are several concerns," Goff said. "Some are afraid that they will not be able to meet the standard because many don't exercise on a regular basis. Others are concerned about injury they may receive from running."

Tammy DeCoux, the program manager for the Air Force Services Agency's fitness and sports office, said airmen do not need to be concerned about the safety of running -- if they do it correctly.

"Running is not an inherently dangerous activity," DeCoux said. "A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild injuries caused by running are often due to things such as inadequate warm up, cool down or stretching; improper technique; poor running shoes; and over-training."

Shin splints, a common ailment associated with new runners, is an inflammation of the tibia. Symptoms include pain in the front portion of the lower leg.



Above, the 5th Combat Communications Group participates in an early morning workout recently. Below, 2nd Lt. Steve Rodriguez does pushups. A new Air Force fitness program kicks off Jan. 1.

DeCoux said the injury is caused by overuse and the shock from running on hard surfaces.

"The harder the running surface, the greater the shock," she said.

Treatment includes rest and ice, if needed, DeCoux said.

Prevention involves varying your running surface, proper stretching, proper shoes and conditioning.

Airmen who are completely unfamiliar with physical training and conditioning, or with proper diet and weight-loss techniques, can find help on base.

Local health and wellness centers, as well as fitness centers, can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards, said DeCoux.

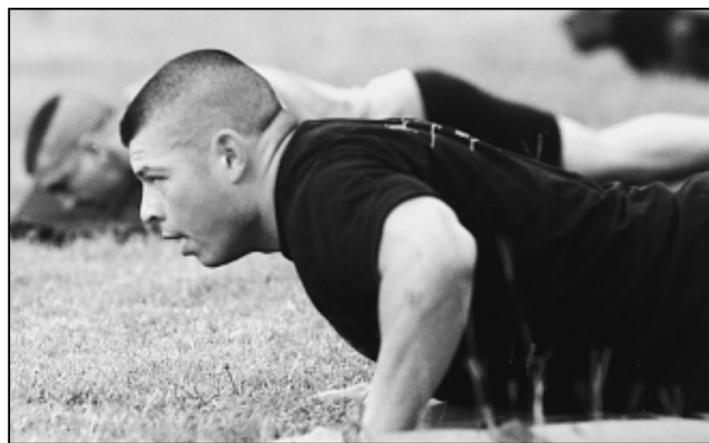
"It is the role of the (health and

wellness centers) to develop fitness programs for both individuals and for units," DeCoux said. "Base fitness centers can provide the equipment and guidance needed to carry out those fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one."

Goff said wellness centers also offer programs on nutrition, healthy eating, sensible weight loss, tobacco cessation, remedial strength and aerobic training.

For airmen who want to start preparing for the running portion of the fitness evaluation, Goff recommends combining walking and running.

"Alternate running and walking until you are able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain the



run, you want to increase your speed by no more than 10 percent per week."

People who have been sedentary for an extended period of time

or those who have health risk factors should obtain a physician's clearance before beginning an exercise program of any kind, she said.

What to know

The Health and Wellness Center, Building 827, is open from 7:30 a.m. to 4 p.m., Monday through Friday. The center offers: diabetic seminars, nutrition and weight loss education, cholesterol education, tobacco cessation classes, stress management, commissary tour, Fit Stop evaluation, hypertension education, fitness fundamentals, blood pressure screening and childbirth education.

For more information, call 327-8480.

The Fitness Center, Building 826, is open from 5 a.m. to 11 p.m., Monday through Friday, and 8 a.m. to 9 p.m., Saturday and Sunday. The center offers: free weights, 5K running trail, intramural sports, sauna and steam rooms, health and fitness seminars, cardiovascular and strength training equipment, fitness competitions and tournaments and tennis, racquetball and basketball courts.

For more information, call 926-2128.

SPORTS BRIEFS

Bowling Center 926-2112

Register for the youth bowling league Saturday from 10 a.m. to 2 p.m. Youth, 21 years old and younger, may join. Cost is \$21 per person.

No-tap bowling will be Sept. 19 from 6 to 9 p.m. A strike is counted when at least nine pins are knocked down. Bowl six games of no-tap for a chance to win special prizes. Cost is \$15 per bowler.

Bring your grandparents out Sunday for Grandparents Day to bowl for \$1 a game. If you are lucky enough to have your grandparents close by, then bring them out for an afternoon of bowling fun.

To celebrate self-improvement month, the bowling center is offering a chance to improve your social, financial and bowling skills. Save money and join your friends or meet new people when you take advantage of the lunch time special from 11 a.m. to 1 p.m. Cost is \$3 for 3 games.

Fitness Center 926-2128

A back screening will be conducted by Dr. Neil Schwartz Thursday from 11 a.m. to 1 p.m.

Golf Course 926-4103

Dogfight Thursdays are \$3 per person plus normal fees. For more information,

call the Pine Oaks Pro Shop at 926-4103 or 923-7334.

A 4-person ABCD scramble will be held Sept. 13. Cost is \$20 for annual green fee members and \$25 for guests. Includes green fee, golf car, range balls, lunch and prizes. Sign up at the pro shop.

A family range plan is in store with free tips from a golf pro Sept. 20. Cost is \$10 per family and includes 15 minutes of golf exhibition and one hour of unlimited range balls. If you do not have clubs, we will provide them for you. Times are noon to 1:15 p.m. and 1:30 to 2:45 p.m.

ITT 926-2945

NASCAR tickets are on sale at ITT for the Aaron's 312 Busch Race Oct. 25 and the Georgia 500 Winston Cup Race Oct. 26 at the Atlanta Motor Speedway. Cost for both races is \$45 per person.

Civilian Recreation 922-4415

Earn up to three free T-shirts with the walking program now underway through Civilian Recreation. Participants may call, write or e-mail Civilian Recreation for maps detailing different routes around their work area. Categories include "Walking to Macon" (20 miles), "Walking to Atlanta" (100 miles) and "Walking Across Georgia" (250 miles).

Falcons shut out Wofford, 49-0

By John Van Winkle
Air Force Academy
Public Affairs

U.S. AIR FORCE ACADEMY, Colo. — Fullback Dan Shaffer dove one yard to score the go-ahead points and give head coach Fisher DeBerry his 150th career win in a 49-0 shutout of Wofford College Aug. 30.

Shaffer returned from last year's season-ending knee injury to score a career-high three touchdowns, as the Academy Falcon fullbacks ran for 170 yards and five

touchdowns.

Junior fullback Adam Cole notched his second career touchdown, while freshman fullback Jacobe Kendrick crossed the goal line for his first career score and injured fullback Steve Massie got to douse his head coach with ice-cold water to celebrate the win.

DeBerry's 150th career victory came at the expense of his alma mater, where he played linebacker, flanker and defensive back during his collegiate years.

"I don't care whether you play the Sisters of the Poor

or you're playing in Podunk Holler, whoever you're playing, to shut a team out in modern-day college football ... says an awful lot about our defense," DeBerry said.

The academy defense limited the Wofford Terriers to 175 total yards, split evenly between their standard option-based running game and seldom-used passing attack.

The Falcons, looking to extend their national rushing title of last season, ran 74 times for 380 yards, and added 89 passing yards to their offensive production.

DeBerry said the team can improve in production of penalties. The Falcons had 26 yards marked off for two false starts and one clipping penalty in the game. The coach will have the team work on those two things this week as they prepare for their Sept. 6 game at Northwestern University, DeBerry said.

"They came in here last year, and we embarrassed them, so they've got revenge on their minds," DeBerry said.

Kickoff is noon CST at Ryan Field, in Evanston, Ill.

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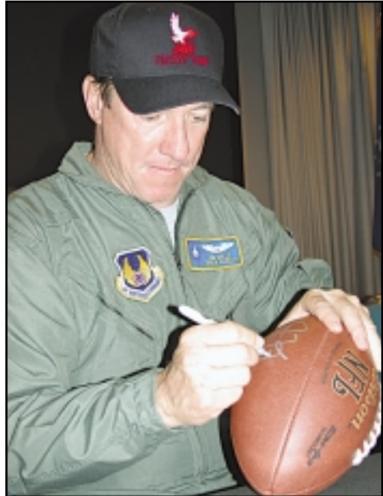
Hall of famer



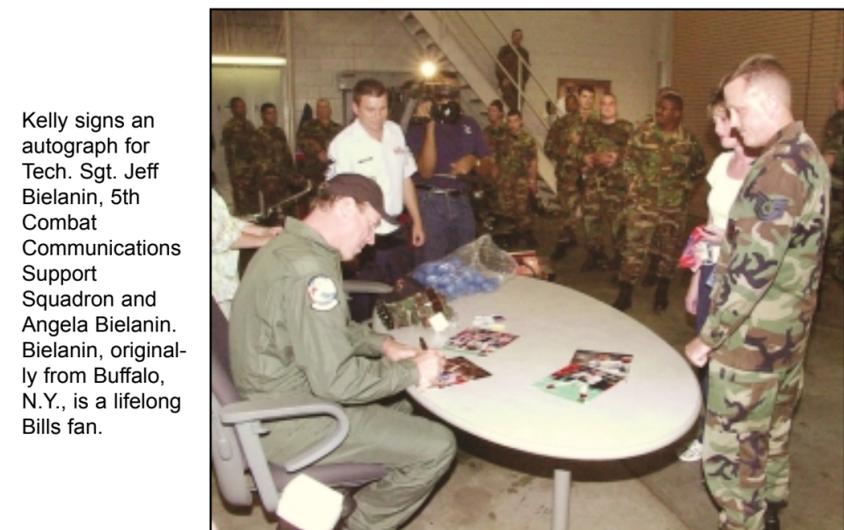
U.S. Air Force photos by Sue Sapp

Jim Kelly, Pro Football Hall of Fame quarterback formerly of the Buffalo Bills, shakes hands and signs autographs. Kelly visited the base Aug. 27 to get an F-15 orientation flight and sign autographs for members of the 5th Combat Communications Group and 116th Air Control Wing.

Morgan 58153801



Above, Kelly dons a 116th Air Control Wing cap Col. Tom Lynn, commander, provided for him. Left, the Hall of Famer signs a football for a fan. Below, Kelly shakes a fan's hand.



U.S. Air Force photo by Staff Sgt. Adam Stump

Kelly signs an autograph for Tech. Sgt. Jeff Bielatin, 5th Combat Communications Support Squadron and Angela Bielatin. Bielatin, originally from Buffalo, N.Y., is a lifelong Bills fan.



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