Freedom has a price

CLOSE UP, 1B

CENTER LEADERS MEET TO TIE PLANS TO ACTIONS

INSIDE, 5A

ROBINS Rev-Up

Team Robins Plus

50 years CELEBRATING

Vol. 50 No. 21 | Friday, May 27, 2005 | Robins Air Force Base, Ga.

News you can use

Services Memorial Day holiday hours

OPEN

Bowling Center, - open Monday from 1 - 6 p.m.

Fitness Center, open Monday from 8 a.m. - 2 p.m.

Flight Line Kitchen will remain open

Golf Course, normal hours and tee times

Honor Guard/Mortuary Affairs/Readiness, normal hours

Lodging, normal hours

Wynn Dining Facility, normal hours

CLOSED

Aero Club, administration and sales closed Monday

Auto Skills Center, closed Sunday and Monday

Base Library, closed Monday

Base Restaurant, closed Monday

CDC East & West, closed Monday

Civilian Recreation, closed Monday

Enlisted Club, closed Saturday through Monday

Equipment Rental Center, closed Monday

Family Child Care, closed Monday

Flight Line Dining Facility (fast food), closed today and Monday

Food Service office, closed Monday

Human Resource office, closed Monday

Information, Tickets and Travel, closed Monday

Marketing, closed Monday

Nature Center, closed Monday

Officers' Club, closed Monday

Pizza Depot, closed Saturday through Monday

Resource Management office, closed Monday

Robins Japanese Grill, closed Monday

Skeet Range, closed Monday

Skills Development Center, closed Monday

Smith Community Center, closed Saturday through Monday

Teen Center, closed Saturday through Monday

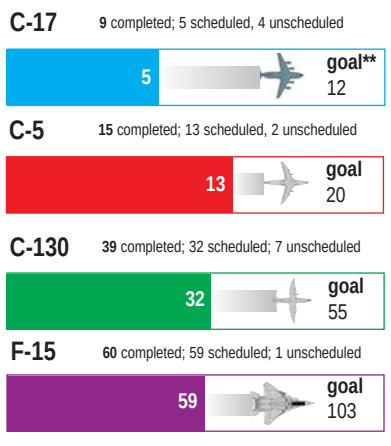
US Veterinarian Services, closed Monday

Wood Hobby shop, closed Monday and Tuesday

Youth Center, closed Saturday through Monday

Aircraft Maintenance Output

The information below reflects Robins' progress toward maintenance goals for fiscal 2005 as of May 10.

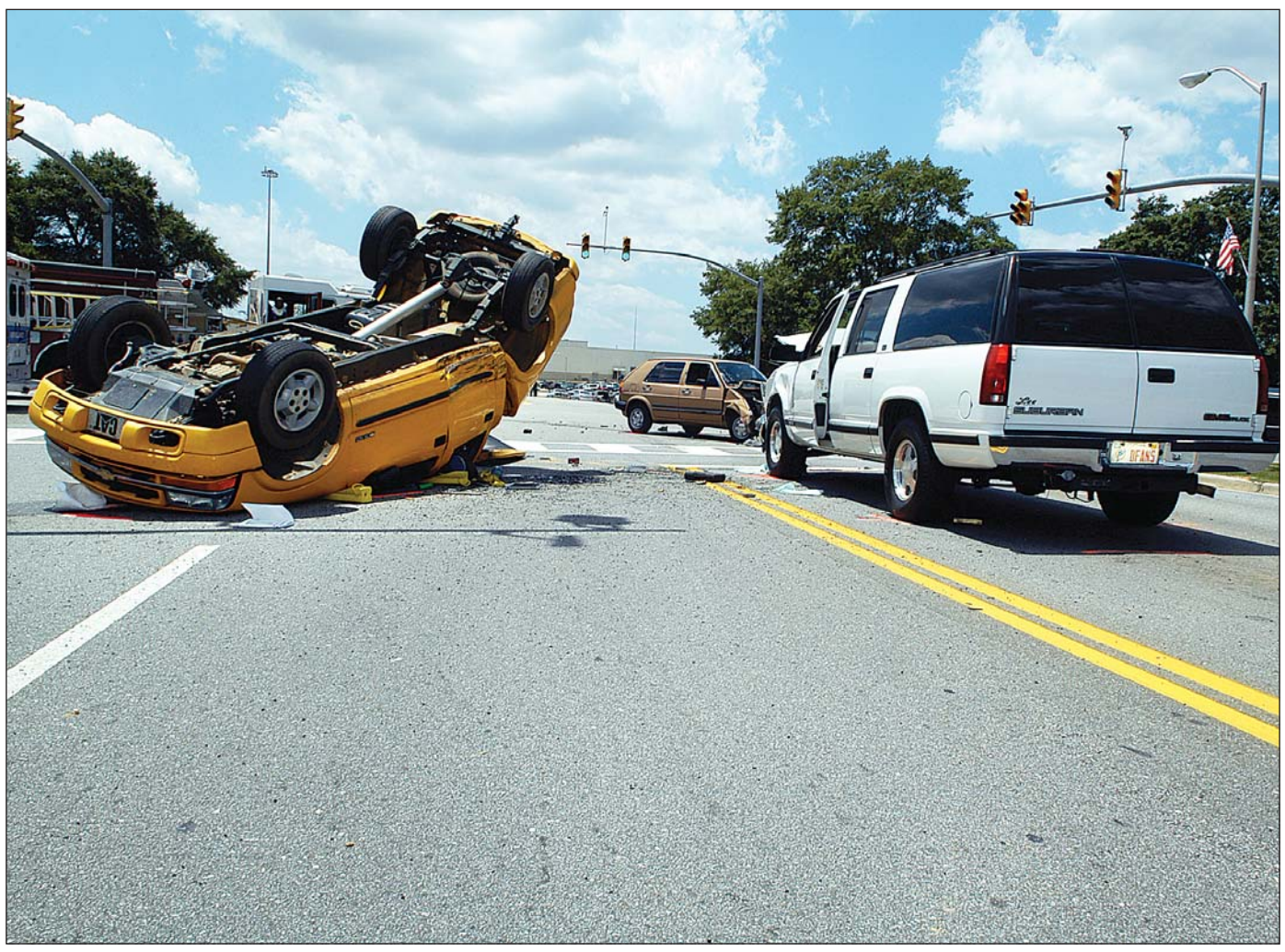


**Goal is for scheduled maintenance on-time delivery only; unscheduled aircraft don't count toward fiscal year goals.

Source: Doug Clark Jr., depot maintenance workload analyst, 402nd Maintenance Wing

U.S. Air Force graphic by Angela Trunzo

Seat belts save lives



U.S. Air Force photo by Tommie Horton

A multi-car accident happened Tuesday at the corner of Ninth Street and Robins Parkway. Passengers in all vehicles were wearing seat belts and were able to walk away from the accident. The 101 Critical Days of Summer begins Monday.

101 Critical Days of Summer safety campaign kicks off this weekend

By Tech. Sgt. Bart Craven
19th Air Refueling Group Safety Office

A multi-car accident that happened on base Tuesday, serves as a vivid reminder of the importance of buckling up.

The 101 days between Memorial Day and Labor Day is a time when military branches experience an increase in the number of injuries and fatalities resulting from mishaps.

This year, Jamie Wilkins, an electronics worker with the 402nd Maintenance Wing's Cable Shop, learned the importance of safety firsthand, when a seat belt came between him and a near-fatal outcome.

"To tell you the truth, that seat belt is what saved my life," he said. "It kept me from slinging out of my car when it was rolling that day."

LisaBeth Braswell, who is Mr. Wilkins' immediate supervisor, said after seeing the accident scene, she was amazed the maintenance worker walked away from the accident without injury.

Tech. Sgt. Randall Burton, 78th Security Forces Squadron's A Flight chief, who responded to the accident, said the incident was a

Please see **SAFETY, 2A**

Gen. Gregory S. Martin, Air Force Materiel Command commander, gives the Bronze Star recipients, Master Sgt. Michael S. Stanton, Master Sgt. Kim Harper, and Master Sgt. Robert C. Tavalero, a coin Wednesday.

U.S. Air Force photo by Sue Sapp

Martin awards Bronze Stars

Center Office of Public Affairs

Three members of the 78th Logistics Readiness Squadron received Bronze Star medals in a special ceremony officiated by Gen. Gregory S. Martin, Air Force Materiel Command commander, Wednesday.

Master Sgt. Michael S. Stanton, Master Sgt. Kim Harper and Master Sgt. Robert C.

Please see **STARS, 5A**

Airman pleads guilty

Sergeant receives 18 year sentence, could serve 10

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

U.S. Air Force Judge Lt. Col. Donald Plude sentenced Staff Sgt. Matthew W. Gladue to 18 years military confinement for his role in an attempted murder-for-hire scheme Wednesday, but a pre-trial agreement between the sergeant and Maj. Gen. Mike Collings, Center commander and convening authority, means he will serve no more than 10.

Staff Sgt. Matthew W. Gladue will serve time in military confinement for his role in an attempted murder-for-hire scheme.

The sentence handed down by Colonel Plude of Bolling Air Force Base, Washington, D.C., came a day after Sergeant Gladue pleaded guilty to criminal conspiracy to commit murder, solicitation to commit murder and other related charges. The judge's sentence also included a dishonorable discharge, total forfeiture of all pay and allowances and a reduction to the lowest enlisted grade, E-1.

Charges against Sergeant Gladue stemmed from an attempt to hire a hit man to kill a witness who was set to testify against him in a case where he threatened to kill two of his supervisors and brought a firearm on base. The hit man was later identified as an undercover police officer.

Although the military judge has had his say, a pretrial agreement between the defendant and the government could ultimately mean less jail time for Sergeant

Please see **AIRMAN, 2A**

Civilians embrace exercise tubing, more on the way

By Holly L. Birchfield
holly.birchfield@robins.af.mil

Deborah Daniels said finding time to stay in shape isn't as hard anymore.

Ms. Daniels, an equipment specialist for C-5 structures with the 330th Aircraft Sustainment Wing, recently received a Gym in a Bag during one of the Health and Wellness Center's many traveling fitness fairs at the base. She said the light-weight, portable equipment has helped her get back into the good habit of exercise.

"It helps you to stay pretty fit," she said. "Sometimes muscles we don't use as often tend to end up weakened. This way you can help get those muscles strengthened, which helps when you have to walk so far to the parking lot."

More than 600 kits have been assigned to civilian employees since late April, with more to come in the near future, said Bridget Zimmerman, Health and Wellness Center director.

"This is the first round of bags to go out," she said. "The bag comes with exercise equipment made of specially designed tubing used for strengthening exercises. It also comes with a card that tells you how many repetitions you have to do of each exercise per day for a month. The next month, you increase it to two reps per exercise each day and the next month you do three."

After three months, Mrs. Zimmerman said the HAWC staff will reassess employees' vital signs again to measure each person's health improvement.

"People can use these kits for their excused absence to build their overall body strength," she said. "This is just another tool to help them get to where they want to be with their fitness goals."

John Enterman, Fitness Center director, agreed.

"The bag is a great tool that can be

Please see **GYM, 2A**

What to know

The Health and Wellness Center began distributing Gym in a Bag kits to civilian employees in late April as part of the Civilian Fitness Program. The bags include exercise tubing equipment for resistance training. More than 600 bags were given out at recent traveling fitness fairs on base. The HAWC expects to distribute about 1,400 more bags in the near future. Read the Robins Rev-Up for more information or contact the HAWC at 327-8480.

U.S. Air Force photo by Sue Sapp

Jamie Martin instructs Linda DeRosa on how to use the exercise tubing.

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

Today Partly sunny 88/58

Saturday Partly cloudy with chance of thunderstorms 83/62

Sunday A.M. rain, then partly sunny 85/64

What's inside

Governor Sonny Perdue stops by Robins 3A
Hydration important when exercising in heat 8A
It's never too early to teach kids about fire prevention 4B
Put Your Hands Together For... 5B

AIRMAN

Continued from 1A

mean less jail time for Sergeant Gladue.

According to Maj. Lachandra Richardson, Center deputy staff judge advocate, the pretrial agreement called for a maximum sentence cap of 10 years.

"That means the accused will get the benefit of his bargain and will only serve the maximum 10 year sentence," she said. "He will also receive credit for pretrial confinement of over 300 days."

Pleas have been made and a sentence dealt, but the wheels of justice do not stop there.

"As part of our judicial process the sentence today (Wednesday) will undergo review," said Major Richardson. "Sergeant Gladue will be appointed appellate defense council, and the appellate court will review the case. Once the sentence passes that muster General Collings, the convening authority, will be able to take final action on the case."

The deputy staff judge advocate said she hopes this case carries a lesson.

"We hope this sends a very positive message because as it was stressed in the trial itself – in the sentencing hearing, this particular matter was extremely prejudicial to good order and discipline and the effectiveness of our military," she said. "Anytime you have a fellow co-worker threatening the supervisor, work is pretty much at a stand still, so I think this will send a very strong message to Robins Airmen and beyond that this type of activity won't be tolerated."

During the two-day proceedings witnesses for the prosecution took the stand including the witness Sergeant Gladue conspired to kill, his wife and the jailhouse informant who helped foil the murder scheme.

"I still consider him (Sergeant Gladue) a friend to this day," said Staff Sgt Jeremy Green. "I just hope he gets the help that he needs."

Witnesses for the defense included Sergeant Gladue's mother and a psychotherapist he has seen three times.

Until accommodations are made at a military jail, Sergeant Gladue will remain at the Houston County jail in Perry, Ga. The military facility he will be confined to is not yet known.

"We're definitely concerned with justice and treatment for all of the parties involved including Staff Sergeant Gladue," said Major Richardson. "I'm sure the military will do whatever is in its power to ensure that he receives the help needed."

Case in review

- Sergeant Gladue and his wife Jessica were arrested Oct. 13 by the Houston County Sheriff's Department for criminal conspiracy to commit murder and criminal solicitation to commit murder.
- Charges were formally preferred Oct. 15 by the Air Force against a Robins sergeant accused in an alleged murder for hire scheme.
- Pretrial Article 32 hearing held on Oct. 29.

"Anytime you have a fellow co-worker threatening the supervisor, work is pretty much at a stand still, so I think this will send a very strong message to Robins Airmen and beyond that this type of activity won't be tolerated."

MAJ. LACHANDRA RICHARDSON
Center deputy staff judge advocate

SAFETY

Continued from 1A

real-life lesson in how seat belts save lives.

"It's extremely important to wear your seat belt any time you get in your vehicle, no matter how long or how short your trip is," he said.

Sergeant Burton said he believes the use of a seat belt saved Jamie Wilkins' life.

Historically, more Air Force people and their family members are injured or killed during this time of the year than any other period. On average, 40 Air Force members will die in off-duty mishaps during the 101 Critical Days. The leading cause of mishaps will be traffic-related fatalities. The second leading cause will be drowning.

Other causes will include poor judgment, alcohol abuse and lack of self-discipline.

The 101 Critical Days of Summer campaign is a concerted effort to reduce mishaps and fatalities by heightening awareness for all Air Force members and their families.

Here are some tips to help you enjoy this time of year safely.

Driving

- Allow yourself adequate time to make the trip, don't rush.
- Get plenty of rest prior to taking a long trip.
- Plan your trip to include unexpected delays such as road construction.
- Ensure the automobile is mechanically sound.
- Take frequent rest breaks while driving.
- Wear your seat belt.
- Obey speed limits.
- Be on the lookout for construction zones.
- If you drive, don't drink; if you drink, don't drive.

Swimming

- Never swim alone.
- Know your physical limits.
- Attempt to find out about the area where you intend to swim.
- Check the area in which you intend to dive before diving.
- Be aware of underwater currents.
- If you get caught in a riptide swim with the current and angle towards the shore; don't panic.

Boating

- Don't overload or over power your boat. Pay attention to the manufacture's data plate for load and horsepower limitations.
- Ensure all required Coast Guard equipment is on board to include a paddle or oars, signaling device, air horn, fire extinguisher, a flashlight or boat lights if required.
- Wear approved personal floatation device.
- Follow established Coast Guard boating safety procedures.
- Limit boating to charted water with the above and below water hazards identified.
- Do not operate your boat under the influence of alcohol.
- Let someone know your intended route on waterways and lakes or notify the harbormaster of you intended route heading if you intend an ocean trip.

Personal watercraft

- Wear an approved personal floatation device.
- Wear goggles to protect you eyes against glare and spray.
- Lanyard-emergency shut-off (dead man switch) must be attached to the operators and to the vessel.
- Whistle used for a signaling device.
- Foot protection deck shoes or tennis shoes to help avoid injury.
- Gloves to help maintain grip in wet situations.
- Wet suit to protect you from cold water temperatures.

Motorcycles

- Know you bike, environment and adjust accordingly.
- Possess a valid motorcycle license.
- Complete the basic/experienced rider's course.
- Use common sense.
- Helmet (DOT and Snell Foundation approved only).
- Impact Resistant Goggles or full-face shield.
- Brightly colored vest (reflective at night).
- Long sleeve shirt and pants.
- Full fingered gloves.
- Sturdy footwear boots no tennis shoes or flip-flops.

Biking

- Wear approved safety equipment (bike helmet).
- Always ride on the right hand side of the road.
- Obey traffic signals, signs and lane markings.
- Signal in advance of a turn.
- Yield to pedestrians.
- Never wear headphones.
- Wear brightly colored clothing.
- At night have a light attached to the bike for visibility as well as reflectors.

I hope these tips will let you and your loved ones have a safe and enjoyable summer. Ensure you use risk management in all your activities during the 101 Critical Days of Summer and let's make these 101 Critical Days of Summer the safest yet.

Editor's Note: Holly L. Birchfield, 78th Air Base Wing Public Affairs, contributed to this article.

GYM

Continued from 1A

used at work that gives people many exercises they can do to stay in shape."

Mr. Enterman said the bag includes the Versa-Tube and the Versa - O Tube, which can be used for upper and lower body strength training, and exercise instructions.

"It's an exercise tool that can be incorporated anywhere," he said. "They can do it at their desk since minimal space is needed."

Mr. Enterman said civilians who are issued the bags must complete the exercise cards included in the bags and return them to the HAWC in order to keep the kits. If civilians have not completed their cards within three months, Mr. Enterman said they may re-checkout the bags at the HAWC for continued use. Those who don't complete the workout goals must return the kit to the HAWC.

Mrs. Zimmerman said the fitness program, including traveling fitness fairs that enabled civilians at Robins to take life-saving actions to correct health problems, such as high blood pressure, has been a success so far this year. According to Mrs. Zimmerman, the base will be receiving 1,400 more Gym in a Bag kits in June to distribute at future traveling fitness fairs.

Load 'em up

U.S. Air Force photo by Sue Sapp

Middle Georgia law enforcement officers gathered May 20 at the Warner Robins Police Department firing range for a firearms match. The event concluded National Police Week. Above, Airman 1st Class Joseph Ronchetto and Tech. Sgt. Robert Rose, both 78th Security Forces Squadron members, load clips between shooting.

Governor takes aim

U.S. Air Force photo by Lt. Col. Mike Pierson

Governor Sonny Perdue stopped by Robins Saturday for a brief visit. While he was here, he visited the small arms range and tried his hand at firing military weapons. Tech. Sgt. Kevin Terrill, left, is a 78th Security Forces Squadron combat arms instructor.

Remembering those who fight for freedom

Maj. Gen. Mike Collings is the Warner Robins Air Logistics Center commander.

Among the rows of headstones that line Arlington National Cemetery, there's an inscription that reads, "Not for fame or reward, not for place or for rank, not lured by ambition or goaded by necessity, but in simple obedience to duty as they understood it, these men suffered all, sacrificed all, dared all, and died."

There are more than 290,000 graves at Arlington – a testament to the courage and sacrifice of the American people. Among them stands a gold-lettered memorial headstone unveiled just a few weeks ago. It belongs to Operation Iraqi Freedom Medal of Honor recipient Army Sgt. 1st Class Paul Ray Smith, who was killed in a firefight with Saddam Hussein's forces in April 2003. He is credited with saving the lives of more than 100 fellow soldiers. He received a Medal of Honor for his sacrifice – the nation's highest award for valor in combat. His was the first Medal of Honor awarded for service in Operation Iraqi Freedom and the Global War on Terror.

In a letter written to his parents, but never mailed, Sergeant Smith said that he was prepared to "give all that I am to ensure that all my boys make it home." And that's just what he did. Five days later Baghdad fell, Saddam Hussein's regime crumbled, and millions of Iraqi people were liberated.

As of Monday, more than 1,813 people have died and more than 12,972 people have been wounded in the war on terror. And though we may not know them personally, we owe every one of them a debt of gratitude, not only for defending our freedom, but also for giving people half a world away the opportunity to experience something most of them have never known – freedom.

Ronald Reagan once said, "Freedom is a fragile thing and is never more than one generation away from extinction. It is not ours by inheritance; it must be fought for and defended constantly by each generation."

Another generation has been called to fight for freedom; and another generation bears the cost. I hope this Memorial Day you'll take the time to remember those who have given their lives so that we could live ours as free people. And please don't forget the men and women who are serving our country today – let them know how much you appreciate the sacrifices they are making.

Don't be an unsuccessful risk taker, always ask 'what can go wrong?'

By Rick Jones
542nd Automatic Test Sustainment Group chief engineer

It's obvious that Center employees are taking more risks than they should - the evidence is plain, including high injury rates, lost workdays, even a death and another serious, permanent disabling injury.

When individuals choose to take risks, the collective, accumulated higher risk exposure yields increased actual mishaps, via the simple laws of probability.

What isn't so clear, however, is why our workers are choosing to take risks and expose themselves to possible injury.

Actually, our great nation was founded and built by risk takers. Our basic society values and rewards successful risk taking. It's why so many of us invest in the stock market, for example.

Statistically, every day most of us take the biggest risks we normally face in life, simply by driving to work. Taking risks cannot be the whole problem, it has to be something more.

People take risks when they perceive that the potential reward justifies it -- nothing wrong with this theory. However, successful risk taking depends on an accurate evaluation of the risks and potential benefits, as well as actions to mitigate the risk as much as possible - before the act, not after.

There is probably no better example of this than movie stunt actors. Those folks do some risky things to entertain us, but they don't just "go out and do it". They plan everything about the stunt in meticulous detail, always asking and re-asking the same question - "what can go wrong?" Only when they have satisfied themselves that they have dreamed up everything that could possibly go wrong and taken action to mitigate those things, do they actually perform the stunt.

We have all seen examples of people performing a risky action, and when the mishap occurs, exclaiming that they "didn't realize" what could happen.

Most of the time, that occurs because the individuals simply didn't take the time to think through their course of action to identify things that could go wrong.

Other times, people believe that they are more proficient or more adept at performing a risky action, and their proficiency will keep them from getting hurt.

That's the old "I've done it that way many times before and never got hurt" approach. What they fail to realize is the basic laws of probability dictate that the more times a human being performs a risky act, the odds of a mishap increase all the time.

And we all know how the odds can catch up with you -- even a simple act like crossing the street to get to the flight line, instead of using the overpass walkway.

People decide to assume that risk because if they succeed, the reward is immediate - getting across the street quicker with less effort. They may feel that they are proficient enough at avoiding vehicles to do it safely. Again, they fail to acknowledge that they are human and prone to making mistakes - all of us are. They may even depend on the drivers of the cars looking out for them. But they are human also.

Wearing personal protective equipment is another example of accurately evaluating risk and taking action to mitigate the major cause of mishaps: human error. This tilts the risk/reward balance equation in your favor. This can occur at home as well as on the job. Some major companies are starting to realize this and are providing certain protective equipment to their employees and allowing them to take the equipment home with them, encouraging them to use it there also. It's all about compensating for human error and those laws of probability.

Nothing, however, will ever be as effective in preventing mishaps as just asking that simple question, "What can go wrong?" This is the essence of the official United States Air Force policy called Operational Risk Management, or ORM. Military operations are almost inherently more risky than general population activity, so it is easy to see why this policy has been mandated. Military planners think through their operations many times, using all available resources to identify potential risks. Then they weigh these risks against the objectives of the operation in order to make the necessary risk management decisions.

But the ORM concept can easily be applied to nearly any activity, reducing the level of risk exposure and therefore, actual mishaps. Movie stunt actors use ORM every day, although they may not call it that. Even then, they sometimes get hurt. Being human also, they may not always be successful in identifying everything that could go wrong.

Safety professionals are established in organizations to help everyone answer the basic question "what can go wrong", but it is everyone's job to ask the question - before the activity, not after. "To err is human," goes the old saying, "forgiveness is divine". ORM is the salvation.

Commander's Action Line

Col. Greg Patterson
Commander, 78th Air Base Wing

Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live.

Please remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 day or night, or for quickest response e-mail to one of the following addresses: If sending from a military e-mail system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account (AOL, AT+T, CompuServe, Earthlink, etc.), use action.line@robins.af.mil.

Readers can also access Action Line by visiting the Robins AFB homepage at https://wwwmil.robins.af.mil/actionline.htm. Please include your name and a way of reaching you so we can provide a direct response.

Action Line items of general interest to the Robins community will be printed in the Rev-Up. Anonymous Action Lines will not be processed.

Security Forces.....327-3445
Services Division.....926-5491
EEO Office.....926-2131
MEO.....926-6608
Employee Relations...926-5802
Military Pay.....926-3777
IDEA.....926-2536
Base hospital.....327-7850
Civil engineering.....926-5657
Public Affairs.....926-2137
Safety Office.....926-6271
Fraud, Waste and Abuse hotline.....926-2393
Housing Office.....926-3776

Gratitude

Please forgive the lateness of this. My father, retired Master Sgt. Jimmie G. Nall, passed away suddenly Dec. 28. He was laid to rest Dec. 30. I did not choose pallbearers, for I thought the funeral home could do it as they had offered. I was so touched, surprised – I truly do not think there is a correct adjective to use to convey what I felt – when we pulled up to the mausoleum where my father was to rest beside my mother and the Air Force Honor Guard was waiting to help take him to his resting place. All of us were in a state of shock and glorious amazement. It was truly beautiful. I thank all the Honor Guard present and the service men and women who have gone on in my father's place to do their duty. You made a difficult time an amazing home going for him. He would have been so proud and honored as I was. I cannot express the deepness to which this touched me.

Commander's reply: First of all, let me offer our condolences for the loss of your father. Although a difficult time for your family, we are pleased we were able to provide a memorable tribute to the sacrifices made by your father and his family during his time in the military. It is gratifying to hear your praise of our Base Honor Guard; they work very hard and are devoted professionals who proudly wear the uniform of ceremonial guardsman. It was their honor to be present at your father's service to recognize him for his dedication and commitment to the Air Force. Thank you for taking the time to let us know that you and your family were pleased with their performance of military funeral honors for your father. God bless.

Military Justice

During the period of May 16 through 22, two members of Robins Air Force Base received non-judicial punishment under Article 15 of the Uniform Code of Military Justice.

■ A senior airman was charged with theft of property from the Base Exchange. Punishment: a suspended reduction to airman first class, 15 days extra duty, forfeiture of $100 for one month.

■ A senior airman failed to go to work at the appointed time. Punishment: a suspended reduction to airman first class, forfeiture of $361 for one month.

There were no administrative discharges under the rapid airman discharge program for this time period.

-- 78th Air Base Wing Legal Office

Remember to slow down

There have been

274

speeding tickets issued calendar year to date.

How the points add up

Accumulating 12 traffic violation points within a year may cause drivers to lose base driving privileges for up to 6 months. Speeding violation points are based on the number of miles over the posted speed limit.

10 miles = 3 points
11 - 15 miles = 4 points
16 - 20 miles = 5 points
21+ miles = 6 points

Source: AFI 31-204

Airmen Against Drunk Drivers is a 24-hour-service that provides rides to those who have consumed alcohol and need transportation home.

The program is run by volunteers from across base, and those who use the service aren't subject to adverse action.

To request a ride, call: 335-5218, 335-5238 and 335-5236.

Best metro format newspaper in the Air Force 2003, 2004 and Best metro format newspaper in Air Force Materiel Command 2002, 2003, 2004

ROBINS Rev-Up

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Editorial staff
78th Air Base Wing
Office of Public Affairs

Commander.....**Col. Greg Patterson**
PA director.....**Capt. Tisha Wright**
Editor.....**Geoff Janes**
Associate editor .....**Angela Trunzo**
Photographer.....**Sue Sapp**
Staff writers.....**Lanorris Askew, Holly L. Birchfield**
.....**and Chrissy Zdrakas**
Contributing writer.....**Lisa Mathews**
Graphic artist.....**Staff Sgt. Brian Bahret**

Center leaders meet to tie plans to actions

By Lt. Col. Mike Pierson
Director of Public Affairs

Warner Robins Air Logistics Center senior leaders left the Robins Conference Center Wednesday morning with a clear understanding of what they will do to help the Center reach its goals.

One of their most important jobs is to make their people understand their roles in the larger plan for the Center.

Center Commander Maj. Gen. Mike Collings told the group, "I want to be able to go up to any person who works in the air logistics center and have him or her tell me: What their supervisor expects from them, what governances apply to their jobs, what their professional goals are and what they are doing daily to improve themselves, their safety, and the mission of this organization."

When people can articulate all of that, General Collings said, "all of our metrics, goals and strategic plans will fall into place."

General Collings gathered together his four wing commanders and directors, Center Executive Director Steve Davis, staff agency leaders and many of the Center's group commanders for two and a half days to develop concrete plans to tackle six "action themes."

Those themes address: Creating an Air Force culture through Operation Risk Reduction, improving training and information flow within the Center, increasing the amount of time leaders spend on leading innovation and improvement, and improving pricing accuracy and cutting costs while providing capability to Center customers.

The action themes define the Center's priorities for the upcoming fiscal year, but they don't limit other initiatives, said Lee Alves of Simpler Consulting Inc., who is helping guide the Center's Lean transformation efforts.

"Many other very important efforts are now underway or will begin over the next year that will drive the Center toward its goals," Mr. Alves said. "These six themes, however, are the ones that Center leaders have agreed are the most important for the entire Center."

The group also reviewed the metrics that leaders use to determine if the Center is on the right track. "Metrics can drive good or bad behavior," Mr. Alves said. "We wanted to be sure that the metrics we use drive the right behaviors to help achieve the Center's goals and vision."

The themes and metrics are part of a Lean transformation effort that has been going on at Robins since 1999, Mr. Alves said. He and General Collings applauded the Center for the scope and progress of the transformation thus far.

"What we have done at this Center is remarkable," General Collings said.

On the other hand, he cautioned, the Center reorganization and other transformation initiatives have made people uneasy so it is important that these initiatives show results.

"We will have a strategic plan for this Center that drives behavior," he said. "We will have process owners who are accountable. We will have metrics that are meaningful and useful for guiding this organization."

The Center's goal remains: 'People First…Mission Always': to becoming a more valued team member of the world's most respected Air and Space force by meeting or exceeding customer expectations for our outputs and creating an Air Force culture through our entire work force."

STARS

Continued from 1A

Tavalero, who were assigned to Detachment 1058, 732nd Expeditionary Logistics Readiness Squadron received medals for exceptionally meritorious service in support of Operation Iraqi Freedom.

Sergeant Stanton, Alpha Flight sergeant, deployed as part of an Air Force team tasked to fill critical Army shortfalls. He led 38 combat Airmen conducting convoy security and cargo movement operations for Multi-National Corps-Iraqi forces. He was one of 12 Airmen certified as a convoy commander. Sergeant Stanton's flight conducted more than 170 convoy missions, covering 140,000 miles, with safe delivery of more than 5,000 truckloads of critical supplies.

Sergeant Harper, Bravo Flight leader, planned and supervised advanced training for 27 gun truck commanders on the precision lightweight Global Positioning System receiver needed to determine the convoy's location and navigate routes. Sergeant Harper and his flight responded to numerous explosive devices, rocket propelled grenades, small arms fire and mortar attacks.

Sergeant Tavalero, Charlie Flight leader, trained his flight on gun truck tactics, techniques and convoy procedures. His convoy traveling on a main supply route was attacked with an explosive device. Sergeant Tavalero sent his first and second gun trucks ahead to secure the convoy. He then ordered his recovery vehicle to move the damaged vehicle while the remaining two gun trucks provided security ensuring the safety of the convoy.

The 78th LRS received the AFMC Logistics Readiness Squadron of the Year, and was accepted by the former commander, Lt. Col. Thomas Schneider.

Maj. Jerame Cohen received the AFMC Logistics Readiness Field Grade Officer of the Year award.

Tech. Sgt. William L. Geiger received the AFMC Transportation Noncommissioned Officer of the Year award.

Senior Airman Nila Hay received the AFMC Transportation Airman of the Year award.

John Depew received the AFMC Logistics Readiness Supervisor/Senior Civilian Manager of the Year award.

"Not only am I proud of the fact that these individuals demonstrated courage and valor under very dangerous circumstances, but they're doing it assisting another service," said General Martin. The AFMC commander said he was honored to present the Bronze Stars.

"I can't tell you how proud I am of how our leadership and Airmen respond to the task they are given and bring credit not only upon themselves, but upon the entire United States Air Force as we engage with our brothers and sisters in other services to do the very challenging work that's being brought about by the global war on terrorism," he said.

The commander added that he was equally proud to present the AFMC awards.

"Nothing gets done without the right LRS folks. Robins is a wonderful location and you're doing wonderful work," he said. "A lot of your reputation lies on how well depot maintenance and the aircraft support goes, but none of that happens without the incredible support that each of you provide to the entire operation here."

On another stop while here, General Martin presented Staff Sgt. Emily Hoagland, 78th Mission Support Squadron Airman's Leadership School instructor, with a step promotion to technical sergeant.

Hydration important when exercising in the heat

By Holly L. Birchfield
holly.birchfield@robins.af.mil

Proper hydration is the key to ensuring a healthy workout during hot summer months, base health officials said.

While drinking enough water is important for maintaining normal hydration, it's essential for avoiding heat-related illnesses, such as heat exhaustion and heat stroke – life-threatening conditions that occur when the body expels more fluids than it takes in.

Jamie Martin, fitness program manager at the Health and Wellness Center, said getting the right amount of fluids could make a difference in exercise performance and overall health.

"You want to make sure you're drinking plenty of fluids," he said. "Depending upon the longevity of exercise, it could be water or if greater than an hour, then you want to have (a sports drink) – something with electrolytes in it, so you'll remain hydrated throughout your exercise duration."

Mr. Martin recommends people drink 16 ounces of water before beginning their exercise routine, followed by drinking 8 ounces of water every 15 minutes throughout the workout.

"Any time you work out at a higher intensity for a longer duration, you're going to increase your metabolism and sweat more, which can accelerate the dehydration process," he said.

Nathan Hamman, a dietician at the HAWC, said maintaining proper fluid intake is important.

"People can get dehydrated really easily when it's hot and even when it's not," he said. "People need to drink 10-12 8-ounce glasses of water a day to stay hydrated."

Wearing the proper clothing is also important to helping the body remain cool, Mr. Martin said.

"You want to make sure it's loose-fitting and light-colored, because dark colors tend to absorb heat," he said. "You don't want to wear shirts with collars, because you want air to be able to circulate easily. You want to stay away from clothing that causes profuse sweating, as that can lead to heat exhaustion."

In addition, people should avoid wearing hats during workouts in hot conditions, because about 40 percent of the body's heat escapes through the head, said Dr. LaGary Carter, an associate professor and coordinator of the Exercise Physiology program at Valdosta State University.

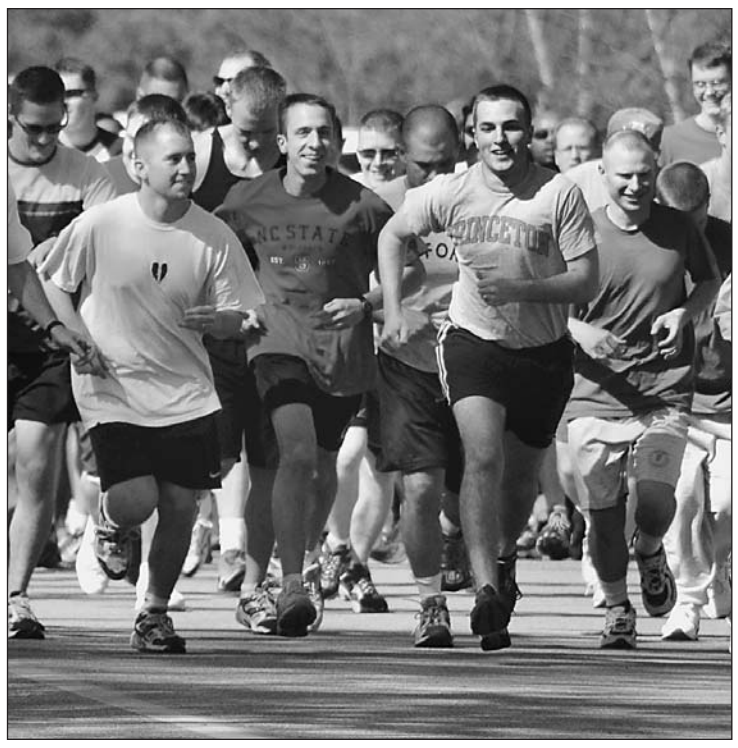
Those with heart conditions, diabetes, and other health conditions should consult their primary health care provider before starting an outdoor exercise routine, Mr. Martin said.

No matter what their health is, Dr. Carter said people should get their bodies ready for warmer weather well in advance of an outdoor exercise routine.

"In actuality, it takes about two to four weeks for someone to acclimate to the heat," he said. "If someone is not used to being outside and they want to start exercising outside because the weather is (nicer), they need to gradually expose themselves to heat to build their tolerance over time."

Even though some may feel they can withstand the heat, Dr. Carter advises people to avoid outdoor exercise from 10 a.m. - 2 p.m., a time that is considered the hottest part of the day.

Dr. Carter said most people can avoid the harmful effects of heat during their workout routine by exercising a little common sense.



U.S. Air Force file photo by Sue Sapp

Drinking enough water is essential for avoiding heat-related illnesses, such as heat exhaustion and heat stroke.

Hot tips

- People should drink 17-20 ounces of water before a workout, followed by 8 to 10 ounces of water for every 20 minutes of exercise.
- People should schedule vigorous cardiovascular exercise in the early morning, before temperatures increase.
- Health professionals recommend people work out with a friend to properly monitor health conditions.
- Exercise is discouraged when temperatures reach above 85 degrees, according to Air Force Instruction 10-248.
- Updated weather information and weather-related recommendations are available on the 78th Medical Group Web site or by calling 327-8246.

Too hot to handle

Warning signs of heat stress: headache, fatigue, nausea, dizziness, vomiting, low blood pressure, and elevated pulse. If these symptoms exist, call 911 immediately. Remove the person from direct sunlight. Remove clothing as much as possible, wetting and fanning the body to promote circulation. Rub the skin with bags of ice.

Sergeant's suggestion saves AF more than $40,000 a year

By Tech. Sgt. Beverly Isik
116th Air Control Wing
Public Affairs

Staff Sgt. Scott Dawes seems to be full of bright ideas. The last one really paid off – to the tune of $7,298 - courtesy of the Air Force's Innovative Development through Employee Awareness program.

The IDEA program is designed for employees to submit money-saving ideas to the government in exchange for a monetary award.

Air Force military members and civilian employees are eligible for the program.

Sergeant Dawes' suggestion changed the JSTARS E-8C technical data and supply system list. Now, instead of replacing the swiveling spotlight assembly on aircraft work stations at more than $2,300 a pop, maintainers repair the light assembly for about $20 -- plus an hour's labor. That's a savings of about $42,000 annually for the Air Force.

The JSTARS electro environmental systems instructor came up with the idea in summer 2004 while deployed to Southwest Asia.

"It was just a couple of wires and a light bulb," he said. "I never really expected it to be this big of a deal. I just thought as electricians, 'why don't we fix it instead of replacing it.'"

Thanks to Sergeant Dawes' idea, maintainers now repair the spotlights locally.

"Ninety percent of the time, the problem is broken wires or loose solder connections on the light socket," he said. "Electricians disassemble the spotlight by removing three small set screws and taking off the shutter. These are quick fixes that can be performed with basic hand tools and a soldering station in less than an hour."

The Ohio native submitted his idea through the IDEA Web site. But he warns, "Patience is a virtue when submitting an idea."

The approval process doesn't happen overnight and requires a lot of research, he said. But it definitely pays off.

"You have to be patient," he said. "Not because people are dragging their feet – it's just a thorough process."

Whether it deals with aircraft maintenance or auto mechanics, aerospace ground equipment or office administration, Sergeant Dawes said, "If you have an idea of a way to do something better, safer, faster or cheaper, the Air Force wants to hear about it."

The nine-year veteran has had several ideas approved. For one, he received the minimum cash payment of $200 a few years ago. Although he didn't receive money for other accepted ideas, his innovation and forward thinking led to several changes to technical data here and at other bases.

Although he plans to use some of the prize money for pleasure, as the father of a 2-year-old daughter, he said he plans to "invest wisely."

While not all ideas result in a tangible savings, Carol Norris, IDEA program manager, said if a suggestion falls outside a person's job, the Air Force awards $200 if it's accepted. When the idea pertains to someone's job and no tangible savings can be shown, the submitter receives a certificate of appreciation.

"That's really up to the individual's job description," she explained. "The maximum cash award for tangible savings is $10,000."

Got an idea?

The Robins IDEA program office has received 245 new submissions, and awarded more than $15,000. For more information, call the Robins IDEA program manager at 222-0750 or visit https://ipds.mont.disa.mil/pls/ipds/dv_new_home_page

U.S. Air Force photo illustration by Airman Paul Ross

Staff Sgt. Scott Dawes, JSTARS instructor for electro environmental systems, first came up with the winning idea last summer when he was deployed to Southwest Asia.

"If you have an idea of a way to do something better, safer, faster or cheaper, the Air Force wants to hear about it."

STAFF SGT. SCOTT DAWES
JSTARS electro environmental systems instructor

U.S. Air Force photos by Geoff Janes

Above, a family visits the Vietnam Memorial. Below left, a statue that is part of the Korean War memorial. Below right, the Lincoln Memorial faces the World War II memorial and the Washington Monument.

Freedom has a price

Trip to nation's capital drives home feelings of pride, loss and respect

Sometimes you just know when you're surrounded by something bigger than the sum of your life.

And when that happens, you question your worth, the value of your accomplishments and the cost of your failures.

And in some cases, it all becomes so crystal clear that there is nothing you can do but thank your God for giving you the ability to breathe, smile, think, live – and yes, even cry.

That happened for me last week during a visit to Washington – no, not the rainy place, but the capital of our nation.

As I stood in the confines of the WWII memorial on a cold, overcast day in D.C., it was me, my wife Laurie, our friend Staff Sgt. Brian Bahret and a camera. I took photos of the things I saw so I could always remember the trip.

It had started with driving over a hill on I-95 to see a stark white monument reaching high into the crystal blue sky a couple of days prior, and here it was ending with me standing in a cold, gray, concrete circle looking in one direction at the Washington Monument that had welcomed me to the heart of my homeland and looking the other way across what seemed to be an endless reflecting pond to several sets of stairs leading up to the Lincoln Memorial.

"I have a dream," I said softly to myself.

As Sergeant Bahret talked sweetly to his wife and children on his cell phone, and my wife talked to her parents on hers, we made our way along the shore of the pond.

I can't describe how I felt making that walk. Everything our men and women in uniform have sworn to protect, the things that we, as Americans, can so easily take for granted was right there.

And it hummed.

I know that may sound strange to some, but I could feel generations gone by in my surroundings.

And it was all stark white.

Pure.

And on every corner the flag of my country flew proudly, elegantly ... and everything but the cold air whipping through the red oaks that surround the area reminded me that the freedom I have, that my family shares, and that my fellow countrymen and women are fighting for half a world away isn't free. It never has been.

It wasn't free when my grandfather taught artillery officers in WWII; it wasn't free during Korea, or when my father and father-in-law served; it wasn't free when Vietnam hit; it wasn't free when I joined the Army during Desert Storm, or during the conflict in Bosnia.

It damn sure wasn't free when a handful of people brought this nation to its knees momentarily by hijacking and running three airliners into the buildings that were constant reminders of this powerful nation.

And it wasn't free for those airline passengers who took their captors' instrument of destruction crashing into a field in Pennsylvania. It costs lives, and blood and sweat and tears.

No, freedom didn't come to this country without a cost, and it's not free now.

Most of us have friends, family or acquaintances who are doing something to further our nation's cause. And, nothing has ever driven that home for me quite like visiting my nation's capital.

As we walked through the Korean War monument, I was hit by an overwhelming feeling of loss. As the statues celebrating those people's lives stood emotionally frozen forever in the fog of war, it was all I could do to keep from weeping.

The looks on their faces forever preserved. The ice-like projection of silent ghosts in the black wall that lined one side of the monument will forever be with me all of my days. Walking quietly along the path that led to the Vietnam Memorial, I was wondering what I would feel when I saw it.

What I felt was pride. What I felt was awe. It was so much longer than I thought it would be.

And as we walked along it, I felt an overwelming sadness. There were so many names ... the names were so much smaller than I thought they would be. So many brothers in arms, so many lives lost ... so many ...

There were notes written by families in front of the wall. There were flowers. And then I turned and saw them.

It was a family. Two young boys not quite knowing what to think of it all as their father sat in front of the wall staring at a name. His wife rubbed his shoulders, and I knew he was coming to some sort of peace with it all.

As his wife walked away, he opened his son's backpack, took out a piece of paper and pencil and began doing a rubbing of the name on it. I thought about it, snapped a picture unobtrusively, and planned to use it to show my own children the cost of war.

As we rounded the corner and headed toward the White House, I tried to imagine what the monument for our current war might look like.

My wife, who had been silent as we walked along the black stone wall, suddenly spoke in a trembling voice and said, "I didn't know it would make me feel like that..."

Sergeant Bahret and I shared her sentiment.

And so here we are, heading into Memorial Day weekend. And here I am thinking about my country, my friends, family and all of those serving their country. And somehow, I know that no matter how great we all may think we are, there is always something bigger than the sum of our own lives.

We just need to remember it.

This commentary was written by Geoff Janes, the editor of the Robins Rev-Up and the 78th Air Base Wing chief of internal information.

ROBINS BULLETIN BOARD

To have an item listed in the bulletin board, send it to Angela Trunzo at angela.trunzo@robins.af.mil by 4 p.m. Monday prior to the Friday of intended publication.

78th ABW Enlisted Promotion Ceremony

Col. Greg Patterson, 78th Air Base Wing commander, will host the monthly 78th ABW Enlisted Promotion Ceremony Tuesday, 3:30 p.m., at the Base Theater. For more information, contact Master Sgt. Sharon Ward at 926-0792.

CSS In-House Training Session

The 78th Mission Support Squadron Military Personnel Flight will host their monthly CSS In-House Training Session at 3 p.m. Wednesday at Building 905, Room 240 (MPF training room). The training topics will be new virtual record of emergency data procedures, career status bonus program and sponsorship program. For more information, contact Senior Master Sgt. Mike Hall at 327-7337.

Health fair

There will be a health fair Wednesday, 8 a.m.-4 p.m., and Thursday, 8 a.m.-3 p.m., at the Museum of Aviation Century of Flight Hangar One. Glucose and cholesterol screenings, sickle cell testing, glaucoma and blood pressure checks, eye exams, chair massages, and more will be offered at this event. For more information, call the Health and Wellness Center at 327-8480.

Found property

Seven bikes, one scooter, two wallets with contents, one set of ladies rings, book bag with contents, dog tags, decorative knife and a gym bag with contents have been found. To identify property, call Stacey Panozzo, found property custodian, 78th Security Forces Investigations, at 926-5271.

New sushi bar at Commissary

The Commissary now offers fresh sushi with the introduction of the new sushi bar located in the Deli. Come and try a variety of items made fresh daily. The sushi bar is open Tuesdays-Fridays, 9 a.m.-8 p.m.; Saturdays, 9 a.m.-6 p.m.; and Sundays 10 a.m.-6 p.m. For more information, call 926-3714.

SERVICES BRIEFS

Child Development Centers East & West

Give Parents a Break and Hourly Care will be available June 3 from 6:30 - 10 p.m. at the Child Development Center East and School Age Program. An advance $6 nonrefundable deposit is required by the prior Monday for hourly care. Cost is $3 per child per hour for children six weeks to 12 years old. New enrollees must have up-to-date shot records for their children and complete required forms prior to making reservations. For more information, call 926-5805.

Enlisted Club

Karaoke is scheduled every Tuesday starting in June from 8 p.m. - midnight with Bobbie.

Catfish on the curb will be offered Fridays from 5 - 7 p.m. starting in June at the club. To-go dinners include catfish, coleslaw or potato salad and hush puppies for $5.95.

A Texas Hold 'Em tournament will be held June 5 and 26 with a practice and warm-up sessions from 2 - 2:45 p.m., sign-ups starting at 2:45 p.m. and games starting at 3 p.m. The tournament is limited to the first 64 players. Cost is $5 for members and $10 for nonmembers.

Family Child Care

Individuals looking for a career with benefits such as free training, setting their own hours and pay, working out of their homes and taking advantage of equipment from the lending library, may want to consider a career as a Family Child Care provider. An initial FCC training class will be held June 6 - 8 from 9 a.m. to 4 p.m. in the FCC office, in the Smith Community Center, Bldg. 767, second floor. For more information, call Vera Keasley at 926-6741.

Information, Tickets and Travel

Yard sales will be held at the Smith Community Center, Building 767, from 7 a.m. - 1 p.m. June 4, July 9 and Aug. 13. Cost of tables is $7 each and should be paid for on the Saturday prior to the event. Tables can be set up beginning at 7 a.m. To make reservations, visit the ITT office, Bldg. 767.

The entire Robins community is invited to the Falcon Fun Fest June 10 at Robins Park from 4 - 8 p.m. to meet the players and cheerleaders for the Atlanta Falcons football team. There will be an autograph session, tours of the Falcons Mobile Museum, memorabilia and football games. Atlanta Falcon tickets will be on sale at 2:30 p.m. by Information, Tickets and Travel at Robins Park. Concession will be available at the park.

Officers' Club

Join the fun at Boss N' Buddy night June 8. Doors will open and 4 p.m. and trivia games will begin at 5 p.m. at the Wellston. This event includes prizes and appetizers.

Pizza Depot

Pizza Depot's 17th birthday party and the 50th Anniversary of the Rev-Up will be held June 7 from 11 a.m. to 1 p.m. Sample new pizza selections and other appetizers and have some birthday cake. Also complete a survey for a chance to win prizes such as two tickets to Music Mid Town, provided by radio station WEBL - FM 102.5 The Bull. No federal endorsement of sponsor intended.

Services Marketing

Airmen E-1 through E-4 who subscribe to the Services Cutting Edge between Monday and June 3, will receive a $25 AAFES gift certificate while supplies last. Simply print and bring a confirmation of subscription to Services Marketing in Building 983, Monday - Friday from 8:30 a.m. - 4:30 p.m. and show your military I.D. To subscribe go to www.robins.af.mil/services and click on the subscribe icon at the top of the page.

Skills Development Center

The center will hold classes in animals in acrylic Tuesday from noon - 2 p.m., cost $12.50; scratch board art June 17 and 24 from 6 - 7:30 p.m., cost $10; watercolor animals June 14 and 21 from 6 - 8 p.m., cost $10; calligraphy Tuesday from 10 - 11 am., cost $10; animals in acrylic June 15 and 22 from 6 - 8 p.m., cost $12.50; scroll saw June 11 and 25 from 6 - 8 p.m., cost $10; flowers in oil with Yon June 13 and 20 from 6 - 8 p.m., cost $12.50. Registration and payment is required for classes. Classes are subject to change and do not include supply and equipment costs. For more information, call 926-5282.

Auto shop safety and orientation is held every Wednesday at 6 p.m. and every Saturday at 11 a.m. free of charge.

Smith Community Center

Learn to Salsa beginning Wednesday from 6:30 - 8 p.m. with Juan and Julie Sanchez who won at the Air Force-level in the 2004 Family and Teen Talent contest. This seven-week course will be held Wednesdays in the community center ballroom. Cost is $105 or $15 per week for singles and $175 or $25 per week for couples. Students must pay a minimum of four weeks to register. Balance will be due before the third week of class.

Five-person teams are now forming for the sixth annual Bed Race to be held June 3 at 11 a.m. in conjunction with sports day. This is a 3C event. For complete details or to enter a team, call Lynne Brackett at 926-2105.

The community center will host the Missoula Children's Theater production of "The Jungle Book" June 20- 25. Between 50 and 60 children, entering first graders to twelfth graders, may participate in open auditions at the community center June 20 at 9 a.m. Children should be prepared to stay for two hours. The selected cast will rehearse throughout week, in daily two-hour sessions. Rehearsal schedules will be handed out to cast members after the auditions. Two performances are scheduled in the community center ballroom: June 24 at 2 p.m. and June 25 at 7 p.m. General admission tickets cost is $5 for adults, $2 for children and free for children 3 and younger.

MOVIE SCHEDULE

Adult tickets are $3.50; children (11 years old and younger) tickets are $2. For more information, call the Base Theater at 926-2919.

Today

7:30 p.m. – Sahara – Matthew McConaughey and Penelope Cruz

Master explorer Dirk takes on the adventure of his life when he embarks on a treasure hunt through some of the most dangerous regions of north Africa. Searching for what locals call "The Ship of Death", a long lost Civil War battleship filled with coins, Dirk and his wisecracking sidekick use their wits and clever heroics to help Dr. Eva Rojas who believes the ship may be linked to mysterious deaths in the very same area.

Rated PG-13 (action violence) 120 minutes

Saturday

7:30 p.m. – King's Ransom – Anthony Anderson and Leila Arcieri

Malcolm is a wealthy and arrogant businessman whose soon to be ex-wife has plans to take him everything he's worth in the divorce settlement. Determined to avoid losing his fortune to her, Malcolm plans his own kidnapping with the help of his dim-witted mistress and her ex-con brother. Unfortunately for Malcolm, he is not the only one with a kidnapping plot.

Rated PG-13 (crude and sexual humor and language) 95 minutes

COMING SOON

June 3 - Amityville Horror - Jimmy Bennett and Ryan Reynolds

June 4 - A Lot like Love - Ashton Kutcher and Amanda Peet

LEAVE/TRANSFER

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

John DeJean, WR-ALC/MANRSG. Points of contact are Van Hill at 926-4286 or Ginny Does at 926-5727.

Nicole L. (Rogers) Little, WR-ALC/LSELS (MASNS). Point of contact is Linda J. Matlock at 926-5948 or 926-5594.

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 at angela.trunzo@robins.af.mil. Submissions run for two weeks.

CHAPEL SERVICES

Catholic

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

Islamic

Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex rooms 1 and 2.

Jewish

Jewish service is Fridays at 6:15 p.m. at the Macon synagogue.

Orthodox Christian

St. Innocent Orthodox Church service is at the chapel on the second Tuesday of each month at 5 p.m.

Protestant

General services take place Sundays at 11 a.m. The service includes some traditional and contemporary worship styles in music and format. Protestant inspirational services take place Sundays at 8 a.m. Contemporary services take place 11 a.m. Sundays at the Base Theater. This service is informal and includes traditional and contemporary styles of music and worship.

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

SPORTS BRIEFS

Bowling Center

A Summer Peterson Point league begins Tuesday. Teams will consist of three persons.

Open bowling is back Mondays, $1.50; Wednesdays - Fridays after 5 p.m., $2.50 and Saturdays and Sundays, $2.50. Kids age 12 and younger bowl for $1.25 with paid adult.

Bowl three games for $3 from 11 a.m. - 1 p.m. in June at Robins Lanes.

A kids' fun league will begin June 8. Cost is $5 per week for eight weeks on Wednesdays. This league is non-sanctioned.

Fitness Center

May Fitness Month activities conclude with sports day June 3: Seniors Dance-O- Rama from 10 - 11 a.m. today; kids yoga instructed by Rhonda from 10 - 11 a.m. Saturday; food nutritionist seminar from 11 a.m. - noon Tuesday; shot gun golf at 8 a.m. Thursday. Sports Day will begin at 9 a.m. June 3 and includes 1-pitch softball, track and field events, swimming events, bowling, tennis, volleyball, 3-on-3 basketball, paddle- peddle-paddle relay, skeet shooting, racquetball, tug-of-war, bed race and parade. For a schedule of events call the center at 926-2128 or the Health and Wellness Center at 327-8480.

Five-on-five dodge ball is scheduled for June 18 at 11 a.m. Sign up at the fitness center.

Golf Course

Register now for the summer junior golf academy to be held Tuesday - June 3. Cost is $60 and includes four classes and weekly play days during the summer. Age groups consist of 7 - 8; 9 - 11; 12 - 14 and 15 and older. Class size is limited to the first 16 paid juniors. Register at the pro shop.

An annual green free membership night is scheduled for June 23. Enjoy food, games and prizes. Call the pro shop for details.

A Seniors Club Championship tournament will be held June 25 and 26 with individual stroke play and net and gross divisions. Entry fee is $30 for annual green fee players and $60 for guests. This event is open to all active duty and retired military 50 years of age and older. To register, call 926-4103.

Outdoor Recreation

Swim lesson registration is underway at Equipment Rental, Building 914, with lessons at the Crestview pool. Classes will be held June 7 - 17, June 21 - July 1, July 5 - 15 and July 19 - 29. Cost for "Mommy & Me" toddler class (ages 2 - 3) is $30 per child. For beginner, intermediate and advanced classes (ages 4 - 13) cost is $40 per child. All fees are due at time of registration.

Outdoor recreation is taking reservations for private swim parties at officers' club and enlisted club pools. For more information, call 926-4001.

Youth Center

Specialty camp registration is going on now. The camp will be held from 7 a.m. - 5 p.m. Monday - Friday beginning June 13. Activities include swimming classes, Missoula Theater, fine arts, science, bowling, basketball camp taught by former professional basketball players, karate and woodworking. The camp is for children ages 9 - 14 and will be held at the Teen Center, Building 942. Cost is $95 per week, per child. For more information, call 926-2110.

FAMILY SUPPORT CENTER

Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel. For more information or to make a reservation, call 926-1256.

Center closed

The FSC and Family Services loan closet and Airman's Attic will be closed Monday, in observance of Memorial Day.

TAP workshop

The next three-day Department of Labor sponsored Transition Assistance Program Workshop for people leaving the military within the next six months will be June 6-8, 8:30 a.m. - 4:30 p.m., in the Smith Community Center ballroom. Reservations are first-come, first-served within the appropriate separation or retirement dates.

Community tour

A community tour for Team Robins members and their eligible family members will be June 8, 8:30 a.m. - 1 p.m. Meet at the FSC.

Heart link

A Heart Link seminar, designed for people who have been Air Force spouses for five years or less, will be June 10, 8:30 a.m. - 3 p.m., at the Officers' Club.

Federal job search basics

The FSC will conduct a Federal Job Search Basics class June 13, 8:30 a.m.- 12:30 p.m., Building 905, Room 246. Advanced registration is required.

Salary negotiation class

A Salary Negotiation class will be conducted June 13, 1 - 3:30 p.m., Building 905, Room 137

Sponsorship training

The FSC will offer training for both beginner and experienced sponsors June 14, 9 - 10:30 a.m., Building 945, FSC annex.

Starting a business workshop

A business consultant from the Small Business Development Center will conduct a "Starting a Business" workshop June 15, 9 a.m. - noon., Building 945, FSC annex.

78th Security Forces Squadron tips

Operating a vehicle at Robins

By Staff Sgt. Jonathan M. Kennedy
78th Security Forces Squadron

Driving a privately owned vehicle on an Air Force installation is a privilege granted by the installation commander.

If you accept that privilege, you must comply with the laws and instructions governing motor vehicle operation and registration on the installation.

Consequently, everyone operating a motor vehicle on a military installation must produce, upon request from Security Forces, the following:

- Proof of vehicle ownership or registration if required by the issuing authority
- Valid state driver's license
- Proof of current vehicle insurance

Driving on base is no different than driving off base. There are traffic laws that must be obeyed and consequences for drivers who fail to follow the rules of the road.

Here at Robins Air Force Base, Security Forces issue DD Form 1408s, Armed Forces Traffic Tickets, that utilizes a point system that can lead to the suspension of your driving privileges on base.

The point system ranges from 1 point to 6 points depending on the offense. For example, if you're involved in a vehicle accident and at fault, you'll be assessed 1 point. Driving recklessly is a 6 point violation.

Accumulating 12 or more points within a consecutive 12 month period will lead to the suspension of your driving privileges.

In addition, accumulating 18 points within a consecutive 24 month period will lead to suspension.

Points assessed against a person remain in effect for point accumulation purposes for 24 consecutive months.

The 78th Security Forces Squadron's goal is not to write people tickets and get them suspended from driving on base. The goal is to ensure the safety of Robins and its most important asset – people.

So please follow the rules of the road and drive safely.

For further information regarding operating a vehicle or traffic laws contact Police Services at 222-1991/1992/1993 or DSN 472-1991/1992/1993.

RETIREMENTS

Retirements as of 4/29

James P. Beam
Charles L. Cofield
George E. Cyphers
Grace A. Davis
John D. Dent III
Leonard H. Dickerson Sr.
Alton W. Fleming
James W. Garnto
Alfonza Hall
Freddie Harris
Jackie H. Hood
Jacquelyn G. Keys
George R. Lewis
Ann B. (Sherryann) Logue
David A. Milam
Thomas J. Osterhoff
Louise M. Peterman
Joel E. Pfeil
Mary W. Pierce
Gloris A. Rahmaan
James E. Rybicki
Donnie M. Sheffield
Sheila C. Steele
Anthony Tassone Jr.
David L. Tomlin
David B. Williams
Ann M. Wynne

U.S. Air Force photo by Sue Sapp

David Chaplin, Base Fire Department fire inspector, helps his son Ross plan an escape from his room in the event of a fire. Mr. Chaplin said teaching kids about fire prevention through games helps young children learn the seriousness of the subject.

It's never too early to teach kids about fire prevention

By Holly L. Birchfield
holly.birchfield@robin.af.mil

Teaching kids the importance of fire prevention should start as young as possible, said Tommy Kennedy.

Mr. Kennedy, Robins Fire Department assistant fire chief, said statistics show that 5,000 people die in house fires each year – reason enough for parents to teach their children about the dangers of fire.

"You can mold kids' habits early," he said. "As they grow up, they will remember that 'this is wrong … we need to use a potholder to pick up hot things' or 'we need to watch out for steam burns.' You'd be surprised how much kids understand."

David Chaplin, a base fire department fire inspector, said teaching kids about fire prevention through games helps young children learn the seriousness of the subject.

"If you conduct fire escape drills with your kids two or three times a year, it's like a game to them, and they'll know what to do if a fire should happen," he said.

Mr. Chaplin, one of many firefighters at the base who uses the station's Fire Safety Trailer, a simulated home filled with real smoke, and cartoon figures like Sparky the Fire Prevention Dog and Smoky Bear, to give kids hands-on fire prevention education, said fire prevention is an easier lesson for children than adults.

"We can get 500 students out of Robins Elementary School in 30 seconds," he said. "But if you try to get the same amount of adults out of a building, it will probably take seven minutes."

While the base fire department does all it can to teach kids about the dangers of fire, Mr. Kennedy said education should start at home.

"Bring it up at the supper table," he said. "That's one of the best places to talk to your kids about important subjects like this, because you have all the family members present. You can throw out a subject like exit drills and ask the kids what they know. Most of the time, you'd be surprised what they know from things they've been taught at school."

What to know

The Base Fire Department offers a variety of pamphlets, brochures and handouts to help parents teach their children about fire prevention. For more information, contact the Base Fire Department at 926-2145.

Spring cleaning around the home, at work can help protect against fires

By Holly L. Birchfield
holly.birchfield@robins.af.mil

Cutting the clutter around your work space and home could cut your chances of having a fire.

Spring cleaning is something some think about this time of year. But David Chaplin, fire inspector for the Base Fire Department, said it's a necessary step in fire prevention around the home and office.

"Removing combustibles and fire hazards from the home and work area is the best way to prevent fire," he said." People need to remove things like excess pieces of wood, unwanted furniture, old magazines/newspapers and anything that can burn from the attic and home, so that there's not that potential for a fire to start."

In addition, items such as paint, paint thinner, insecticides and other household items should be properly stored and labeled in their original containers and kept clean in their proper place to safeguard against fire.

Byron Chamberlain, fire inspector for the Base Fire Department, said in addition to good housekeeping, ensuring furniture and other items are kept away from doors and windows is a good rule of thumb in case a fire were to break out.

Tommy Kennedy, assistant fire chief for the Base Fire Department, said keeping your work and home areas clean helps cut the risk of fire damage and injury.

"If you have unwanted items, they really shouldn't be in your attic," he said. "Keeping your attic as clean as possible helps significantly reduce the chances of a fire breaking out. The less combustibles you have, the less likely you are to have a fire."

Mr. Kennedy said housekeeping such as routinely cleaning the oven and other appliances in the house and making sure work spaces are free of excess paper and waste can significantly reduce the risk of fire in the home and office.

Fire officials recommend that people do a thorough cleaning of these areas at least twice a year.

Clear the clutter

- Remove weeds, dead trees, and bushes from the edge of homes, fences, and sidewalks
- Store paints, thinners, and other flammable/combustible liquids in their original containers, away from any heat sources. Contact your local Environmental Office for instruction on proper disposal of these items.
- Keep the attic free of combustibles.
- Discard all old newspapers and magazines.
- Check all exterior lights to make sure they are working
- Keep all work areas, custodial areas and garages in an orderly fashion.

For more information on ways to protect your home and work space from fire, contact the Base Fire Department at 926-2145.

Radio messages connect families to front lines

The Army & Air Force Exchange Service recently introduced its Patriot Family Connection program to help connect deployed military members with their loved ones back home.

The new program offers family members, friends of deployed service members and AAFES associates a chance to record their greetings, words of support and thanks. Messages can be recorded 24 hours a day, free of charge, and are forwarded to American Forces Network Radio, which is heard at locations overseas including those in Operations Enduring and Iraqi Freedom.

The Patriot Family Connection is one of several initiatives AAFES is using to help bridge the distance between the home front and the front lines.

Anyone can record a message by calling 1(800) 713-1302 and following the prompts. For more information, visit www.AAFES.com and click on the Patriot Family link.

– From wire and staff reports

PUT YOUR HANDS TOGETHER FOR ...

The "Put your hands together for…" feature is a monthly installment to the Robins Rev-Up. Due to the overwhelming number of awards people at Robins receive, we just aren't able to cover them all. This feature is our way of ensuring we give credit where we can. The installment runs in the last issue published each month.

To have an award included in the "Put your hands together for…" page, submit a brief write up of the award and the people who have earned it. Photos may also be submitted, but space is limited. Submissions should be sent either by e-mail or brought to the Rev-Up office, Suite 106, Building 215. Submissions that are brought to the office should be in Microsoft Word on a disk. Photos can be e-mailed or delivered to the office too. For more information, contact Geoff Janes at geoff.janes@robins.af.mil or Angela Trunzo at angela.trunzo@robins.af.mil. Either can be reached by phone at 926-2137.

U.S. Air Force photo by Sue Sapp

Firefighter Eric S. Danforth is the Firefighter of the Year.

>>> 2004 Firefighter of the Year

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

Eric S. Danforth loves what he does for a living and his recent win of the 2004 Firefighter of the Year award put icing on the cake.

The 778th Civil Engineer Squadron firefighter received the award at the public safety awards dinner sponsored by the Knights of Columbus April 30.

The ceremony, which was held at the Robins Officers' Club also served as an opportunity to salute the best of the best in local law enforcement, 78th Security Forces and fire response personnel.

Mr. Danforth said hearing his name called was a great honor.

He began his career as a firefighter when he was joined the United States Marine Corps in 1985. He served for four years after which he returned to his home in south Georgia.He applied here in November 1989 and started work right away.

The husband and father of three sons said he attributes winning the award to many things.

"I think it's probably my strong work ethic and just believing that what I do is important," he said. "Putting those two things together makes it easy to give 100 percent in everything you do."

In addition to his hard work he said enjoying the people you work with helps too.

"I like the people I work with," he said. "It's a great group of people. I work for a lot of good people also.

Although working grueling shifts of 24 hours on, 24 hours off from 7a.m. to 7 a.m. may not seem like the best of conditions to some, Mr. Danforth said the job fits him well.

"I really enjoy interacting with the people on base," he said.

>>> Keep on clapping

The Noncommissioned Officer Academy held graduation ceremonies for Class 05-4 May 12 at the Enlisted Club.

Distinguished graduates:

Tech. Sgt. Robert A. Dixon, 622nd CLSS

Tech. Sgt. Michael J. MacLean, 78th LRS

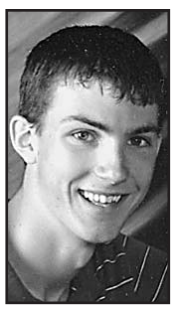
Tech. Sgt. William J. Zunino, 116th MXS

Tech. Sgt. Jeffrey P. Pelkey, 54th CBCS

Academic Achievement Award:

Tech. Sgt. Michael J. MacLean, 78th LRS

■■■



Stanley Cornelius

Stanley Cornelius from Warner Robins was selected from over 1,700 students worldwide to attend the United States Air Force Academy's Summer Seminar program for 2005. The academy uses a total person concept that is based on a student's academic achievement, athletic abilities, leadership skills, and desire to pursue a career in the Air Force. Summer Seminar includes academic workshops along with some military and physical training scenarios.

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Harold Feightner of the Avionics Maintenance Group received the Robins Air Force Association Local Quarterly Achievement Award for the first quarter of 2005. Mr. Feightner is a leader and a mentor, responsible for providing "spot-on" overhead support leading dynamic team pivotal to Avionics Support.

Harold Feightner

All smiles

U.S. Air Force photo by Sue Sapp

Staff Sgt. Leland Studebaker, 51st Combat Communications Squadron, puts a coat of fresh paint on 'Al Gator' in front of Building 948 May 12. The 5th Combat Communications Group provides mobile and transportable command and control communications and air traffic control systems worldwide.