ROBINS Rev Up

Vol. 49 No. 3 | Friday, January 23, 2004 | Robins Air Force Base, Ga.

WHAT'S INSIDE

Macon Trax military appreciation night

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NEWS YOU CAN USE

ORI countdown: 111 days

It's not just about the cops! Most people think the major area evaluated during Operational Readiness Inspection is primarily about the 78th Security Forces Squadron's Force Protection Condition exercises.

Actually, an FPCON exercise is just one of many possible scenarios to be evaluated. Other elements of force protection which could be evaluated include resource protection, major accident response, fire protection, aircrew extraction, confined spaces rescue, natural disasters, weapons of mass destruction, nuclear weapons transport emergencies, aircraft arresting system rewind, and command, control, communications, and computer systems support. See AFMCI 90-202, Pages 67-82 for a complete list of rated items.

Checklists. Planners and subject matter experts have developed procedures and checklists for each of the scenarios. These documents need to be available in every unit control center, facility, and work center on the base. If you need help building your work center "contingency" library, call the Plans Shop at 926-6693. Additionally, your library should include operating instructions and procedures unique to your organization.

Training. Now that you have gathered all your references and checklist, you need to make sure everyone knows their role in using them. There is much more to FPCON changes, for example, than just changing the sign on the door. Key personnel need to be familiar with the checklists, know which specific steps apply to them, and know what action to take if the checklist is implemented. Take advantage of planned local exercises, such as the one Feb. 16-28, to practice, but don't limit your training to this opportunity. Practice situation response at squadron, flight, or work center level with well developed and evaluated scenarios or just with table top exercises.

Command and control. Finally, once your checklists are organized and available and your people are trained on required actions, you need a solid command and control mechanism for two-way communication. The Command Post, the Readiness Operations Center, and Operational Battlestaff are the major command and control nodes for the base. They communicate command direction through battlestaff directives, BSDs, e-mails, faxes, and telephone calls. Each unit must have robust means to pass information both to and from these major nodes and the lowest level of every organization on base.

– Lt. Col. Kevin A. Foley

Martin lauds C-5 team effort

Center Office of Public Affairs

Gen. Gregory S. Martin, Air Force Materiel Command commander, made a brief visit to Robins Wednesday to personally thank the Center Maintenance Directorate's C-5 torque deck team for completing repairs on a C-5 torque deck in record time.

The work on the C5's torque deck, the primary structure responsible for holding the tail section of the aircraft together, included replacing damaged panels that had dents, punctures, fluid entrapment and corrosion. That type of repair has taken up to 49 days to complete at other facilities, but Robins mechanics did it in only 12.

After presenting the team with coins, Martin took the time to answer questions about some of the work being done at Robins.

Q. The C-5 is a proven workhorse with unmatched capabilities, and at the same time, unmatched problems because of its size and complexity. What can you say about the challenges the command, and this air logistics center, face in keeping this vital airlift asset "in the game," especially in light of Air Mobility Command's desire that the C-5 achieve a 75 percent mission capable rate?

A. This Center and the C-5 program office are absolutely critical to our ability to sustain a major part of our airlift

Please see **MARTIN, 2A**

Home again

U.S. Air Force photo by Ms. Sue Sapp

Members of 653rd Combat Logistics Reafiness Squadron return to Robins Wednesday evening from Baghdad with the C-5 Galaxy that was damaged during an in-flight emergency Jan. 8.

Damage docs return with wounded C-5

U.S. Central Air Forces-Forward Public Affairs

COMBINED AIR OPERATIONS CENTER, Qatar - Aircrews and maintenance experts from the United States and several air bases supporting Operation Iraqi Freedom achieved a possible first in C-5 aviation history early last week.

In a total team effort, specialized maintenance crews performed emergency repairs before a specially trained aircrew flew a battle-damaged C-5 Galaxy on three engines to another location in the Persian Gulf region, where it underwent more extensive repair and returned to Robins Air Force Base Wednesday to undergo depot level repair.

Air Force historians are trying to determine if the takeoff on this special one-time ferry flight is the first intentional three-engine takeoff in the C-5's history.

Recovery of the damaged aircraft began immediately after its wheels touched down from its aborted flight after being hit in an apparent Jan. 8 in-flight hostile attack just after takeoff at Baghdad International Airport.

The planning eventually led to a four-step strategy. The first three – assessing the damage, assembling the needed maintenance expertise and material, and flying the damaged aircraft to a more efficient repair location, all took place within the theater of operations. The final step will now take place at Robins, where the aircraft will be completely repaired before returning to normal flight status.

Based on the initial assessment, a decision was made to send the 653rd Combat Logistics Support Squadron's Aircraft Battle Damage Repair team specialists from Robins to Baghdad.

Their job was to fix the huge airlifter to the point it could safely fly the three-engine ferry flight to a more efficient repair location within the theater, then on to Robins.

19th ARG earns 5th Outstanding Unit Award

By Ms. Holly J. Logan
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The 19th Air Refueling Group has garnered its fifth consecutive Air Force Outstanding Unit Award.

Lt. Gen. William Welser III, 18th Air Force commander, presented the award in Coats Hall during his visit to Robins Jan. 15.

Col. Raymond Rottman, 19th ARG commander, said it was an honor to have General Welser present the award he calls, "a testament of Black Knights' achievement, both past and present."

The award came as a result of the group's actions from July 1, 2002 through June 30, 2003.

During that time, the group accomplished 49 Operation Noble Eagle missions, 139 Operation Enduring Freedom combat missions and 293 air refueling missions in support of Operation Iraqi Freedom.

In addition, the 19th Maintenance Squadron excelled in record C-5 production output, repairing an average of more than 1,800 discrepancies per aircraft, while eliminating more than 4,700 aircraft downtime hours.

"It's tremendous for any unit to achieve an award like this," the group commander said. "But to have achieved it five consecutive times is an amazing feat."

Master Sgt. Tracy Bivins, 19th Aircraft Maintenance Squadron's first sergeant, said the group's achievement proves she is part of the best of the best.

"Awards are earned by

Please see **19TH, 2A**

U.S. Air Force photo by Ms. Sue Sapp

Lt. Gen. William Welser III adds the unit award to the 19th Air Refueling Group's guidon Jan. 15 as Col. Raymond Rottman, 19th ARG commander, looks on.

U.S. Air Force photo by Ms. Sue Sapp

Representatives from Robins participate in Joint Service Installation Pilot Program trainging Tuesday.

JSIPP training readies Robins, community

By Ms. Holly J. Logan
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Representatives from many of Robins' major agencies, local emergency management and others trained in Warner Robins this week on the ins and outs of the Joint Service Installation Pilot Program.

The training - running from Monday through today - is a scenario-based exercise to help representatives from Robins, local emergency agencies, Tyndall Air Force Base, Fla., the Pentagon, and Texas Agriculture and Mechanics University learn how JSIPP, a four-part biological and chemical warfare detection system can protect communities.

"The purpose of this training is to (ready) base and local exercise evaluation team members in procedures and considerations in building a weapons of mass destruction exercise at Robins Air Force Base," said Master Sgt. Kevin Treas, 778th Civil Engineering Squadron superintendent of Readiness Operations at Robins. "This training involved all phases of JSIPP equipment and possible scenarios

Please see **JSIPP, 2A**

What to know

Robins is one of nine installations Defense Department-wide and the first Air Force base to receive the complete Joint Service Installation Pilot Program – a four-part biological and chemical warfare defense program, equipped with detection capabilities. Robins' major agencies, local emergency management, as well as other representatives throughout DoD and the private business sector trained with JSIPP this week, sharpening skills for combating weapons of mass destruction.

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

Today	Saturday	Sunday
Partly cloudy	Partly to mostly cloudy	Warmer with chance of rain
53/27	62/32	65/47

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MARTIN

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force. Both the C-5A and the C-5B are absolutely essential to the Air Mobility Command and the fleet of strategic airlift aircraft that our entire nation depends on in order to move people, equipment and sustainment supplies in and out of areas where our troops are in harm's way.

So, I think the people here have a very fine understanding of that need. They're working the issues very hard, and they're making tremendous progress.

In the last year we produced 23 aircraft, the highest we've ever done; Travis Air Force Base, (Calif.) reported no need for a (cannibalized C-5) for the first time in anyone's memory.

We've sent repair teams over to Central Asia, to Iraq, to fix aircraft that have been damaged, combat damage. And the best I can tell, this group of people understands the importance of that aircraft and its support to national priorities.

I'm very proud of what they're doing here, and now I think the focus has to be on determining if we've figured out most of the areas that cause us problems. Can we fix them a little bit faster, a little bit more effectively, so that ultimately, we return the aircraft to the fleet faster?

An example of that was part of the reason I was down here – to thank the team that had worked on the upper deck torque boxes.

They were able to cut 37 days out of a repair action and deliver that aircraft in 12 days.

That's combat capability back to war fighter faster, and that's the type of thing that gets your (mission capable) rate up to where Air Mobility Command needs it.

U.S. Air Force photo by Ms. Sue Sapp

Gen. Gregory S. Martin, Air Force Materiel Command commander, made a brief visit to Robins Wednesday to personally thank the Center Maintenance Directorate's C-5 torque deck team for completing repairs on its first C-5 torque deck in record time.

Q. How do the accomplishments with the C-5 translate to the customer?

A. When you consider in total that we have 126 C-5 aircraft, and that we've retired nearly all of our C141s and the number of C-17s has not yet grown to cover the same number of C141s, you find that our overall airlift fleet has fewer tails, or fewer numbers of aircraft, to move around the world to different places. We send, on any given day, our AMC aircraft to over 120 different nations.

So every tail matters. When it comes to delivering supplies, humanitarian relief, combat munitions, combat support equipment, personnel, all around the world, much of our equipment will be shipped by civilian carriers because our airlift system does not have all the aircraft it needs by itself. We have to contract with our civilian partners. Every aircraft that is in depot is a tail and a capability that is not available to the war fighter.

So, the faster we can put it through, the more effective our fixes and repairs, the more capability the war fighter has.

I can't overemphasize how important it is for people to continue the Lean initiatives here, to continue the kinds of what I consider to be aggressive and focused approach at reducing flow days and turning aircraft around as fast as possible to the war fighter.

Q. What has been the feedback from the field regarding overall depot support this ALC provides?

A. We've gotten several very complimentary letters, e-mails and notes from Gen. (John) Handy - not only the commander of Air Mobility Command, but also the combatant commander for the U.S. Transportation Command.

We've gotten notes from Army sergeants, notes from Air Force NCOs and junior officers that have talked about when they needed something, the system delivered it, and the people at Robins turned that aircraft out faster than they thought. Let's not say we're perfect, we've got work to do, but in the end, there are many important military members out there who are gaining a greater appreciation and understanding of how dependent we are on a robust airlift force.

Q. Looking ahead as the Air Force buys more C-17s and retires the remaining C-141s, what do we need to do to position this ALC and the command to continue the role as the centers of choice for depot repair of strategic airlift assets?

A. Well first of all, you're doing all the right things already. As we transitioned out the C-141, we already have a significant amount of work going into the C-17. It's just exactly the type of thing that we had hoped for. And as I think many people know, we're working very closely with the Boeing Company to review partnership arrangements where we can share with them the responsibilities for the overall sustainment of the C-17 fleet.

I think we've made great progress there. They are a very, very important part of our overall production and sustainment chain for the C-17. It's our intention to do the Air Force work that needs to be done on the C-17 here, where we have really the Center of excellence for our mobility sustainment. We're modifying hangars and we have aircraft that are already here.

We're beginning to build a cadre of people who understand that system and how to work it. I see that as very important progress and I think it bodes well for the future relationship with Boeing and relationship of Robins with the C-17.

Q. Is there anything you'd like to say about the C-5 torque deck team?

A. I had an opportunity to see some great workers here who had taken on a job that they had not done before. They didn't shave time off, they cut the time down to about one third of what we've been spending before. They're a proud group of people who I think understand the value of what they're doing.

And, it's just one small group, of a larger Center that is full of great Americans who are making a difference to our military forces. I'd just like to thank them, and I'd like to say thanks to the whole team here that is making a difference to the Air Force and bringing great credibility and pride to the Air Force Materiel Command.

JSIPP

Continued from 1A

that might incorporate it."

The five-day training session took place in a former department store location on North Houston Road - where more than 60 people received classroom and hands-on training.

Sergeant Treas said JSIPP is a precursor to the Air Force's future biological and chemical warfare defense system, the Guardian, scheduled to arrive at installations within the next five years.

Capt. Charles Fletcher, 778th Civil Engineering Squadron commander, said the exercise gives Robins a chance to set an example for others to follow.

"This training is pertinent to enhancing our skills in this area," he said. "This is a pilot program where we're the forerunners. Others will follow our lead."

Lt. Col. Joe Ballard, 778th Civil Engineering Squadron commander, said he's proud of Robins' success with JSIPP.

"Robins is one of the Defense Department's leaders," he said. "Robins has proved it's one of the top bases, by performing very well in the program. Our base is safer as a result of having this equipment."

U.S. Air Force photo by Ms. Sue Sapp

Mr. Dan Russell of Defense Group Inc. leads a session concerning detection systems Tuesday.

19TH

Continued from 1A

individuals all the time," she said. "But when a unit comes together and earns an award, that's outstanding. The fact that we have a high (operational tempo) and still made it speaks volumes about our group."

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Contracting offers students a leg up in job market

By Ms. Lanorris Askew
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Ten students from two local state universities will soon have major raises in their spending allowances, thanks to a new Contracting Directorate Co-op program here.

The students, juniors and seniors at Fort Valley State and Macon State universities, were chosen from a pool of 49, who will work 20 hours a week spending billions of dollars a year.

Mrs. Patsy Reeves, Contracting Directorate director, said the program – a partnership among PK, civilian personnel and the universities – is a great opportunity for the students to learn from the ground up.

"I remember being a senior in college and having the fear of not being able to get a job," she said. "These folks will get to try out a new job, see the environment and learn the pros and cons. When they graduate, if they say 'this isn't for me,' there's no penalty."

Mrs. Reeves

Mr. Williams

The PK director said it also gives leadership the chance to see if the students are potential employees.

"It's a trial run for both groups," she said.

The students who began work Jan.12 will continue to attend school full time and maintain a 3.0 grade point average, a prerequisite for selection.

What to know

Participants in the PK Co-op program are:

Macon State University

Jill Armstrong, Leon Castellano, Sonia Cervantes, Jennifer Cook, James Davidson, Patti Jackson and Danielle Johnson

Fort Valley State University

Fred Sterdivant, Lorraine Bell and April Ford

For more information on the Co-op program, contact Deb Hall at 926-5020 or deb.hall@robins.af.mil.

According to Mr. Robert Williams, chief of the Civilian Personnel Office resource management branch, though programs of this sort have been done at Robins before, this is the first time one has been done with local schools in the administrative areas.

"Right now roughly 40 percent of our work force is eligible to retire," he said. "It's through opportunities like this that we can bring in individuals early in their educational careers and indoctrinate them in processes and practices of, in this case, the procurement world.

"It's a wonderful opportunity for Robins, Macon and Fort Valley."

Ms. April Ford, 21, said she is excited about trying out a career.

"I think this program is a great opportunity for all of the students involved," she said. It's going to help us be more involved with the base, and it's a good way to get federal positions. It's very hard in the work field today."

The Fort Valley State senior said she knows several students who have graduated and are still unemployed, and it's a good feeling to know that she has this chance while she is still in school.

U.S. Air Force photo by Ms. Sue Sapp

Ten college students arrive at Robins Jan. 12 to start part-time contracting positions as part of the first Contracting Directorate Co-op program.

President Bush signs Servicemembers Civil Relief Act

By Capt. Christy Kisner
Center Legal Office

Out with the old, in with the new! No, I'm not referring to the New Year, I am referring to new legislation signed by President Bush.

You may be familiar with The Soldiers' and Sailors' Civil Relief Act (SSCRA) of 1940, but Dec. 19, 2003, the president signed the Servicemembers' Civil Relief Act. The SCRA is a comprehensive restatement of the SSCRA with much-needed improvements that amount to greater protection and benefits for all servicemembers.

This new law helps servicemembers who are active duty, as well as Guard and Reservists who are called to active duty, better-manage their personal financial and legal obligations and alleviate some hardships that may arise due to an active duty service commitment.

Here's a brief summary of the new improvements:

■ **Automatic stay of proceedings:** The SCRA provides for an automatic, nondiscretionary 90-day stay of civil proceedings upon application of the servicemember. (The application does not constitute an appearance.) Previously, under SSCRA, all stays were discretionary with the courts. Additionally, the new law may even allow servicemembers to reopen default judgments rendered against them when failure to appear was caused by military service.

■ **Six percent interest rate cap:** The 6 percent interest rate cap for obligations and liabilities of servicemembers incurred before military service results in reduction of monthly payments. Any interest in excess of the cap is forgiven. (Under the SSCRA, there were ambiguities in the language, which resulted in inconsistent interpretation.) Under the SCRA, the new language clarifies that the six percent cap is mandatory and that any interest amounts in excess of the cap are forgiven.

■ **Protection against eviction:** A servicemember who enters a lease for $2,400 or less a month cannot be evicted without a court order. Previously, the maximum rent for eviction was $1,200 per month.

■ **Right to terminate residential leases:** An active duty servicemember who has received PCS orders or who is being deployed for not less than 90 days may terminate a housing lease within 30 days written notice.

■ **Right to terminate automobile leases:** Any active duty servicemember who has received PCS orders or who is being deployed for not less than 180 days may terminate an automobile lease. The member must provide written notice of termination to the lessee and return the vehicle within 15 days of the written notice. Previously, there was no right to terminate automobile leases.

■ **Installment contract protection:** Motor vehicles fall within the umbrella of installment contract protections. If a military member falls behind on car payments, the lessor must obtain a court order before repossessing the car. Previously, no court order was required for repossession.

■ **Life insurance:** Level of coverage of life insurance for protection against the lapse of life insurance policies when an individual enters military service or deploys is increased from $10,000 to $250,000 or the SGLI maximum, whichever is greater.

■ **Residence for tax purposes:** A tax jurisdiction may not use the military compensation of a non-resident servicemember to increase tax liability imposed on other income earned by that of the non-resident servicemember or spouse subject to the tax jurisdiction. Previously, multiple jurisdictions attempted to tax military pay.

■ **Income tax protection:** The collection of income tax on the income of a servicemember falling due before or during military service shall be deferred for a period not more than 180 days after termination of or release from military service if a servicemember's ability to pay such income tax is materially affected by military service. No interest or penalty shall accrue for the period of deferment by reason of nonpayment on any amount of deferred tax. The servicemember must notify the IRS and/or the tax authority of the state that he or she is unable to pay as a result of military service.

If you have specific questions regarding this new legislation, contact the Center Legal Office at 926-3961.

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ROBINS BULLETIN BOARD

AFA recruiting kickoff meeting

The Air Force Association will be hosting its recruiting kickoff meeting at 11 a.m. today at the Robins Conference Center.

For more information, contact 2nd Lt. Christine Ladrido at 926-3015.

Officer's Hail and Farewell

There will be a standup Officer's Hail and Farewell, conducted by Maj. Gen. Donald J. Wetekam, Warner Robins Air Logistics Center commander, today at 4 p.m. at the Officers' Club ballroom. Spouses are invited to attend the event and fellowship.

For more information, contact Ms. Amy Daniel, WRALC/ENR, at 926-6451 or amy.daniel@robins.af.mil.

78th ABW Enlisted Promotion Ceremony

The 78th Air Base Wing Enlisted Promotion Ceremony, hosted by Col. Tom Smoot, 78th ABW commander, will be at 3:30 p.m. Jan. 30 at the Smith Community Center main ballroom. Those being recognized will be notified by their respective first sergeants. Commanders, supervisors, family members and friends are encouraged to attend. Show your unit's pride and spirit; come and join us in congratulating our new promotees.

For more information, contact Senior Master Sgt. Editha S. Garcia or Staff Sgt. Jessica Jackson at 926-0792.

Logistics Officers Association luncheon

The Middle Georgia Chapter of the Logistics Officers Association will have a membership lunch meeting Jan. 30 from 11:30 a. m. - 12:30 p.m. at the Officers' Club atrium. The Eglin Air Force Base Emerald Coast Chapter will be the guest and will provide a mission brief. Current members and interested new members are encouraged attend. Military retires who wish to be active in the chapter are a valued asset and are welcome.

For more information, call Maj. Michael Mistretta at 926-4079.

Museum art exhibit

The Museum of Aviation will feature Georgia artist Mr. Marc Stewart in the final art exhibit celebrating the anniversary of the Centennial of Flight in the Eagle Building art gallery. The exhibit, entitled A Celebration of Heroes, features over 30 general aviation themed pieces. The exhibit will be on display through March 12.

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 Ms. Alyson Dreer at 329-8099.

Robins Thrift Shop

The Robins Thrift Shop is taking donations on consignment. Everything from baby items to weight equipment can be sold. The shop is located on Page Road, Building 288, just inside gate 5. Store hours are 10 a.m. to 1 p.m. Wednesdays and Fridays and the shop will be open Saturday.

Also, the thrift shop is looking for volunteers to fill various positions. If you have any questions, call 923-1686.

Base Tax Center opens its doors Monday

By Ms. Lanorris Askew
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If your New Year's resolution was to stop procrastinating, then Robins Tax Center is a great place to start.

Opening its doors for the 2003 tax filing season Monday, the center will help thousands of military personnel, retirees and their immediate family members get ahead of the curve by providing free filing services.

According to Tech. Sgt. Angela Johnson, noncommissioned officer in charge of the tax center, a staff of 35 volunteers will man the center this year.

U.S. Air Force photo by Ms. Sue Sapp

For more information about the Base Tax Center, call 926-2391/2635.

"The volunteers include active duty military personnel, military retirees and civilians - many of whom have previous experience in tax filing," she said.

Located in Building 905, the center will accept clients Mondays through Thursdays from noon - 5 p.m. until April 15. After April 15, extensions will be handled by appointment only.

Prior to the cutoff date, clients can walk in beginning at noon and sign up for same day service on a first-come, first-served basis. Tax preparers will begin seeing filers at 1 p.m.

Sergeant Johnson said last year, the tax center processed 2,924 returns consisting of different filing status categories and since the service is free, the center saved clients approximately $351,668.

"The number of clients we see each day will vary depending on the number of volunteers we have that day," she said. "Wait times will also vary so we ask everyone to be patient."

Robins Tax office opened it service in 1986 and since that time has saved millions of dollars in tax filing fees for its clients, according to Sergeant Johnson.

General tours Black Knights' facilities

U.S. Air Force photos by Ms. Sue Sapp

Lt. Gen. William Welser III, 18th Air Force commander, greets members of the 19th Maintenance Squadron Jan. 15. The general toured the 19th Air Refueling Group's facilities, prior to presenting the group with its fifth consecutive Air Force Outstanding Unit Award.

General Welser, left, examines an ice scraper removal tool for a C-5 leading edge slat as Maj. Jon Claunch, 19th Maintenance Squadron commander, looks on. The 18th Air Force is Air Mobility Command's warfighting numbered air force and is responsible for tasking and executing all air mobility missions. It consists of 12 AMC wings, three AMC groups, two Expeditionary Mobility Task Forces, four Air Mobility Operations Groups and the Tanker Airlift Control Center.

653rd earns Commander's Trophy for Excellence

By Ms. Holly J. Logan
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The 653rd Combat Logistics Support Squadron scored big points, by scoring the lowest mishaps.

The 653rd CLSS, recently earned the 2003 Commander's Trophy for Excellence in Safety, an award presented to units with the lowest on-job and off-job mishap record.

Master Sgt. Elijah Waring, 653rd CLSS unit safety manager, said the award is a testament of our unit's hard work.

"The entire squadron had a hand in earning this award, by exercising good safety practices and making safety a part of our lives every day," he said.

The Charleston, S.C., native said earning the base-level award came as a surprise to his unit.

"We go (on temporary duty) a lot and are constantly on the road in different environments," he said. "For us to obtain this award, it shows that we really have a lot of true professionals. As long as we continue putting safety first, I'm sure we can achieve this again."

Maj. Gen. Don Wetekam, Center commander, said he was happy with the unit's achievement.

U.S. Air Force photo by Ms. Sue Sapp

Staff Sgt. Eric Speelman safely saws through wood to be used for special packaging.

"The entire Air Force wins when we save lives and conserve resources through mishap prevention," he said.

Lt. Col. Paul Wood, 653rd CLSS commander, said increasing safety awareness enhances mission readiness and keeps the war fighter ready for the fight.

"This was a real team effort, led by Master Sgt. Waring and involved NCOs at all levels and all members taking on the responsibility of working and playing safely," he said.

U.S. Air Force graphic by Mr. Phil Rhodes

The mishap rates in blue are based on the following formula: 50x1-on-duty+military reportable off-duty injury rates/50. The industrial factor is based on level of 'industrialization' with the maximum point value of 20. The 653rd CLSS received 68.23 out of a possible 100.

Seatbelt saves officer's life

By Mrs. Chris Zdrakas
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The bad news was his BMW was totaled. The good news was Lt. Col. Kevin Foley wasn't.

Colonel Foley, 78th Air Base Wing director of staff, was driving north on U.S. Highway 41 two days before Christmas, headed to drop off the family dog before leaving with his family for Panama City, Fla. The Foleys were going to visit relatives for the holidays.

Driving about 55 mph on the two-lane undivided road, Colonel Foley noticed a vehicle coming from the other direction and another vehicle behind it. Without warning, the vehicle turned to cross into a convenience store on the colonel's side of the road.

"In my mind, it's a blur as to whether he had his turn signal on, was stopped or just slowing down," he said. "I saw him, and I thought he was waiting to turn into the convenience store. Then he started turning as if he didn't see me. I remember feeling the impact - a big jolt. I felt the collision, but at the time I didn't feel the pain. It hurts after you stop."

Colonel Foley was able to walk away, battered and bruised, the memory of the dust from his deployed airbag clouding the air. The dog, which was sitting on the floor of the car's passenger side, also survived the accident.

The colonel was taken to the hospital with a bruised left forearm, a small cut on his right thumb, neck strain and blunt trauma to his chest, which he said he can still feel. He and his family made it to Panama City for Christmas Eve.

Capt. Rueben McGhee of the Houston County Sheriff's Department said he "could not believe how the BMW took the impact" and that the driver wasn't seriously injured. Like Colonel Foley, Captain McGhee knows from personal experience that seatbelts save lives. Captain McGhee was wearing his when he was in a serious accident in 1989 and again several years later when he was in another accident.

Colonel Foley said he can't remember a time he didn't wear a seat belt, but that he can say for sure he has used his consistently since he joined the Air Force 22 years ago.

Courtesy photo

The front end of Lt. Col. Kevin Foley's BMW sustains major damage. The colonel, who was wearing a seatbelt, and his dog walked away from the accident.

"My advice to everyone is wear your seatbelt. You never know what the other guy is going to do."

This holiday season, the Center Safety Office reported no major motor vehicle accidents among Robins' military and civilian family for the reportable period Dec. 24 through Jan. 4.

Lieutenant manages checks and balances of flight safety

U.S. Air Force photo by Ms. Sue Sapp

Second Lt. Brandon Franklin, an airfield operations flight systems officer for the 78th Operations Support Squadron, stands in front of the Robins Air Control Tower.

By Ms. Holly J. Logan
holly.logan@robins.af.mil

The BIG picture

Second Lt. Brandon Franklin thinks fast on his feet so Robins' aircraft can stay safe in the air.

Lieutenant Franklin, an airfield operations flight systems officer for the 78th Operations Support Squadron, is charged with coordinating communications among local airports, the Atlanta Air Traffic Route Center (in Hampton, Ga.) and base air traffic controllers, ensuring flight safety for Robins' aircraft.

Keeping thousands of flying airplanes separated is only one part of the lieutenant's task list. When he's not answering dozens of phone calls about flight line construction projects and other issues, Lieutenant Franklin is busy ironing out letters of agreement and working other coordination efforts, ensuring the skies stay friendly for pilots.

From informing pilots about weather conditions and potential in-flight obstacles through the Automatic Terminal Information and Notice to Airmen systems to staying updated on regulations and other procedures to manage air traffic control, the 31-year-old Warren, Pa., native works eight hours a day behind the desk and in the air traffic control tower helping airmen safely fly missions.

"I'm constantly in the books, constantly in training to learn my job," he said. "If an airplane is coming in and there's an emergency, I need to know exactly what to do right then, right there."

The stress of sustaining another's safety at 30,000 feet may cloud the brains of some; but Lieutenant Franklin said he enjoys the adventure.

"It's a challenge, but I like it," he said. "Not just anybody can go out and be an air traffic controller. It takes a lot of nerve, confidence and the ability to anticipate things before they happen."

Lieutenant Franklin is currently training to obtain his Control Tower Operator's License - a certification he hopes to have within the months ahead.

In an area where mistakes could be fatal, he said there's always someone there to provide a safety net.

"We always have a senior controller on the line who oversees everyone at one time," he said. "This person listens to what is said and done, and can talk to planes directly if we (were to) make some type of mistake."

While his part of the war fighting mission is essential, this Air Force officer said he knows defending our nation is not a job done alone.

"Safety is a huge area of concern," he said. "We have to have positive control of aircraft to make sure they make it to their intended destinations. We're here to ensure safety and separation of planes so the mission can be a success."

Employees zap wasteful government spending

Be a partner with the Air Force in reducing tax payers' expense by participating in the Zero Overpricing Program.

The program aims to reduce overpricing in acquisitions and serves as a way for material users to participate in the efficient utilization of funds. If the current catalog price for an item is incorrect and may reflect an overprice submit an AF Form 1046 to WR-ALC/PKPB, Attn: ZOP Monitor, 235 Byron St., Robins AFB, GA 31098.Partnership benefits are recognition and a cash award.

If you have any questions, or need additional information, contact Ms. Cassandra Tharpe, WR-ALC/PKPB, at 926-7118 or visit http://pkec.robins.af.mil/pr/pkpb.htm.

auntzelda
59267301

armed forces
58609001

Last hoorah not possible without family

By Chief Master Sgt. Robert Schmidt
379th Expeditionary Operations Group superintendent

Thursday I completed 29 years of active-duty military service, and today is the first day into my 30th year of serving our country and the United States Air Force.

I can still remember the early morning hours of Jan. 16, 1975, when I kissed my mother goodbye and rode off with my father to the military entrance processing center in Coral Gables, Fla.

Since my first enlistment, I have had eight stateside assignments, two remotes and one overseas tour. But, before I retired, I wanted one last hoorah.

Some of you are probably thinking, "What? Is this chief nuts?" Think again.

Where else can you go where so many deployed people can come together in one location and make the mission happen in just a few days?

Although the faces and uniforms have changed in the last 29 years, two things haven't changed: We are still an all-volunteer force, and the people are the same. It is the people who made me want to have one last hoorah in the desert even though it means being away from my family one more time.

Before I stepped up to the plate for my last deployment, I sat with my wife of 27 years and discussed what issues we needed to work before I left. My departure for the last big hoorah was harder than all the others because she is by herself. Being an old guy, my children are older; one has flown the coop and the other is in college.

One thing that helped is that my wife is used to my being gone. Our marriage started off right with the Air Force. One hundred and thirty-six days into our marriage, I was sent on a one-year remote tour to Iceland.

After I departed for Iceland, she realized what she was getting into. To make sure she understood, the next four years included a lot of temporary duties and another remote - this time, to Alaska.

We still haven't stopped being apart. There have been countless TDYs, deployments and missed family events. But, like every military family, my wife and children made sacrifices to enable my career to grow. They have batted an eye and a few tears have flown down their cheeks, but, in the end, they knew this is what their husband and father loves to do.

I truly love deploying to a location with airmen from all over the Air Force. By people coming together and establishing themselves in an area of responsibility within hours and making the mission happen, it proves how great the Air Force is. Yes, there are a few whiners, but there are those who would whine if we were staying in a five-star hotel.

Every section I have visited to conduct business has supported the mission 100 percent. I know I wasn't getting special treatment because I noticed the lower-ranking airman that walked in right behind me got the same type of courtesy and help.

Living conditions have improved since the last time I deplyed to the Middle East, and they improve more each day.

Once again though, the one thing that hasn't changed is the people deployed here.

The only complaint we had two years ago after the Sept. 11 terrorist attacks is nobody knew when we were going home. But, that did not affect the mission.

My time here is growing short and so is my last deployment. It has been a fun time, and I have met a lot of great airmen.

All I can ask is that you keep up the outstanding work you are doing for this air expeditionary wing and any other unit you come in to contact with.

It is you who makes this place so great, and why I wanted to have one last deployment.

When you get back home, think about what you have missed with your families.

It isn't about you; it is about your family and what they need from you.

I have never regretted making the Air Force a career. When it was time to reenlist I signed the paperwork and continued on.

I am not in the Air Force for the money but for the people. That is why I am here in the desert with you for my last hoorah.

Living Dr. King's dream in the 21st century

By Col. Jimmy McMillian
91st Security Force Group commander

MINOT AIR FORCE BASE, N.D. – It is not my intent to recite Dr. Martin Luther King Jr.'s entire biography. I will not give you a guilt trip about the sins of our ancestors, and I will not pretend we have achieved the vision of Dr. King. While I would agree we as a nation have made tremendous strides in race relations, there is still much more we can do to fulfill the legacy of Dr. King.

If I had been charged with giving the holiday – celebrated Monday – a theme it would have been "Living the dream today." Some may believe the dream has been fulfilled, others may believe the dream will never be realized. Whatever your position, we should all share one common theme, and that is, to live the dream. This requires a sincere collective effort to always do what is right for mankind, not self.

Here's what I think it means to "live the dream."

Often, people are products of non-productive environments, seeming to endure disappointment after disappointment. They walk around wondering if life will ever be kind to them. Then doubt begins to control their thoughts, and there is a natural tendency to give-up, give-in and quit.

Living the dream does not give you the option to quit. When you consider what Dr. King endured, quitting does not allow you to assume responsibility for your own freedoms; giving up robs you of your future and it denies freedom to the neighborhoods and nation in which we live.

Dr. King's life should give each of us courage to do what is right, the strength to overcome life's obstacles, and the energy to initiate new beginnings.

When you are suffering from failures or denied opportunities, there are two ways you can respond to your situation. One is to react with bitterness and blame everyone. The other is to transform the suffering into a creative force. I decided long ago to follow the latter course, because when situations knock me on my back, I'm reminded of a quote from abolitionist and author Frederick Douglass which says, "If you can look up, you can get up."

Another aspect of living the dream means you must give back. We all must make a commitment to the African proverb, "each one, teach one." I challenge you to mentor someone who does not look like you, spend some time mentoring or tutoring young people who are from dysfunctional homes or situations. I guarantee you there are people in our mist who need a positive role model they can talk with on a regular basis regardless of age, experience or social status. Living the dream requires us to seek those people out.

Living the dream means working to understand and appreciate the differences in others. I have decided that understanding another person is one of the most difficult things for man to do. Understanding another human demands a degree of energy most of us cannot muster. Trying to understand someone requires you to approach the table of brotherhood devoid of all pre-conceived notions and ideas about that person. We have to strip ourselves of the media's depiction of another race, look for the positive in people, and judge them by their actions and morality, not the color of their skin. You have achieved some understanding of another being when you don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Living the dream means individuals must rise above the "narrow concepts of individualized concerns, to the broader concerns of humanity." If we all make a sincere effort to work harder every month in our communities to combat prejudices and discriminations it will give us the opportunity to make a significant difference in the world.

Living the dream also suggests you must see yourself at the head and never at the tail. Some people will always want you to feel inferior and come in last place. Your focus must remain on bettering yourself, because a man's capacity to better himself provides inspiration and confidence in the future of the human race. When the human race is on the same accord, then all people benefit from the abundance of our great nation.

I challenge you to live the dream each day as though it is your last day. Remember, yesterday is history, let's not forget it, but don't be shackled by it. Tomorrow is a mystery, therefore prepare for it but don't worry about the trials it will bring. And today is a gift; that's why we call it the present – enjoy it in appreciation of each other.

Commander's Action Line

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

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

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

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

Col. Tom Smoot
Commander,
78th Air Base Wing

Security Forces.....327-3445
Services Division.....926-5491
EEO Office.....926-2131
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

Energy closure leave policy clarified

I have a question about this policy, and it seems to come up every year, but here goes. As an observation, this seems like an unfair labor practice which discriminates against those who have accumulated annual leave, but I am no employee relations or labor expert.

Why are people who do not have annual leave and do not request LWOP afforded the opportunity to come to work when those of us who have annual leave must take the annual leave? People who use annual leave prudently are told to take leave while those who have used their leave in a more liberal manner are accommodated during these times of energy closure.

I have been told about annual leave being a privilege, but it is also a benefit, by U.S. federal law, of being an employee of the U.S. government and the U.S. Air Force just as sick leave is part of our benefits.

In my mind, the issue comes to when you can use personal leave. I prefer to use my leave during different times of the year when weather is better or to go home, out of state, for Christmas with family. I believe the intent of the mandatory policy is to spend time with family during the holiday season, along with conservation of energy, but when family is not in the local area, one day does not provide additional quality time with family. It does give additional time to dwell on and be depressed about not being able to be with family and friends.

I have requested to work on Nov. 28th and Dec. 26th and have been given the formal Mandatory Energy Closure Policy information. I do not wish to take leave, and I do not wish to take LWOP. I plan on taking leave the week of Dec 28 through Jan 2 to visit family and friends out of state. If people without leave and not requesting LWOP can be accommodated and provided a place to work, why can't someone in a situation as myself be accommodated as well during this and future holiday seasons?

I have work that can be accomplished on those days to make the day profitable, but I am not being afforded the opportunity because I have annual leave on account.

I have contacted Ms. Tina Miller, Civilian Personnel, Leave Expert, about this matter, but I believe the issue to be one that requires review by higher authority. I have given instance of my personal situation, but there are other employees who have shared concerns over this issue.

General Wetekam replies: Thanks for your question concerning the mandatory leave usage policy on designated energy closure days. The scheduled energy closure days for leave 2003 were Nov. 28, Dec. 26 and Jan 2. Energy closure days have been scheduled for many years to assist in achieving cost savings in support of our energy goals. They are scheduled during the times of the year when leave usage is traditionally high and therefore, we have the greatest potential for reducing energy costs.

Energy closure dates are announced at the beginning of the leave year in order to permit employees to plan their annual leave schedules for the entire year by Jan. 31. Employees must take into account the designated energy closure days in planning this scheduled annual leave.

According to AFR 40-630, Absence and Leave, the commander, for planned managerial reasons, may close all or part of an activity for short periods of time. In doing so, employees should be notified no less than one full work shift in advance and be required to take annual leave, unless leave without pay is requested. Employees may also be advanced annual leave to cover such an absence.

On energy closure days only minimum essential personnel necessary to provide support of services will be required to work. Under certain circumstances, employees without annual leave, who do not request LWOP, will be provided with work in facilities that will be open that day to prevent loss of pay.

While I understand your situation, energy closure days have been successful in allowing Robins to achieve cost savings in support of our energy goals. The use of annual leave for these closure days is mandatory, and employees were advised to schedule this time off. Should real world circumstances make it necessary to cancel one or more of the energy closure days, we will provide as much notice as possible to facilitate leave planning.

Again, thank you for your question. It has allowed me an opportunity to clarify the requirements and entitlements concerning the leave policy during energy closure days. If you have further questions about this issue, contact your servicing Employee Relations Specialist at 926-0677 or 926-5802.

ROBINS Rev-Up

Published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga., of the Air Force Materiel Command. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Robins Rev-Up are not necessarily the official views of or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

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Editorial content is edited, prepared and provided by the Public Affairs Office at Robins Air Force Base, Ga. All photographs are Air Force photographs unless otherwise indicated. News copy, photographs and art work should be sent to the Office of Public Affairs, Robins Air Force Base, Ga. 31098-1662, phone (478) 926-2137, no later than 4 p.m. four days before the publication date for that week. All news copy must be submitted on a diskette in a Microsoft Word format. The Rev-Up is published on Fridays, except when a holiday occurs during the middle or latter portions of the week. For advertising information, write: P.O. Box 6129, Warner Robins, Ga. 31095-6129, or phone the advertising department at (478) 923-6432.

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Robins makes tracks

to Macon for hockey and Military Appreciation night at the Centreplex

U.S. Air Force photos by Ms. Sue Sapp

The Macon Trax skated to a 4-1 victory over the Jacksonville Barracudas in front of 2,542 fans at Military Appreciation night Saturday. The Trax wore special patriotic jerseys in honor of the military. During pregame events a sign was unveiled in honor of members of the 376th Air Expeditionary Wing Expeditionary Medical Group(376AEW/EMDG) deployed to Manas Air Base, Kyrgyzstan. Some of their family members were present for the unveiling. The sign will remain in place throughout the hockey season. For more information about the Macon Trax, including schedule and tickets, visit www.macontrax.com.

Macon Trax coach Tommy Stewart, right, presents 78th Air Base Wing Commander Col. Tom Smoot with a Macon Trax jersey. Mrs. Tammy Smoot accompanied her husband.

An Army honor guard stands at attention while their rappel team drops from above the ceiling scoreboard with flags during the national anthem, performed by Staff Sgt. Frances Wright, of the Band of the Air Force Reserve.

Nicholas Frey, 13, from Robins donned the Robby the Robin mascot costume and hit the ice at the game.

Robins service honors life of slain civil rights leader

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

Rev. Jesse Truvillion's message to the dozens gathered at the Robins Chapel last week was clear … Dr. Martin Luther King Jr. lives.

Though shot down by an assassin's bullet 36 years ago, his dream, his ideals and his platform continue to thrive.

"You can't kill the kind of ideal that comes from God," he said. "Ideals that are divine you can't shoot with a rifle or put in a tomb in Atlanta and forget about. We only lost the body of Martin, the spirit is here."

The Texas native and close friend of Dr. King delivered a rousing address to a full house during the Center's commemorative service for the slain civil rights leader.

"Today we are honoring the Rev. Martin Luther King Jr.'s 75th birthday, but it's really about the personhood of each of us being judged by the content of our character and not the color of our skin or our ethnic origin," he said. "Dr. King sacrificed his life as an affirmation of the American ideals of freedom and justice and opportunities for everybody."

The San Antonio, Texas, pastor said Dr. King was a man who made nonviolence more powerful than armies, empires or myths - a man who made love a believable principle and peace an urgent mandate.

"Dr. King lives," he repeated.

Recounting the night he heard the news of Dr. King's death, the Reverend

U.S. Air Force photo by Ms. Sue Sapp

Rev. Jesse Truvillion, guest speaker at the Base Chapel commerorative service Jan. 16, speaks on the topic 'Dr. King lives.'

described it as devastating.

"It was a sad night, but it was a triumphant night," he said. "It was triumphant in the sense that the ideals that he taught us were going to live on after him."

Rev. Truvillion said being able to look out on the congregation of all races was unimaginable 40 years ago.

"I think that Martin would have liked it today and he'd say amen," he said.

He told the congregation they can't sit down and wait for freedom to come in the mail.

"You must walk together America until you reach the summit of freedom's habitat," he said.

One couple in attendance said they felt blessed to have been able to hear the day's message.

"We came out to remember Dr. King," said Mrs. Pearl Reid. "But Rev. Truvillion was such a blessing, and his message was so inspiring too."

Though too young to remember anything concrete about Dr. King, Mrs. Reid said she remembers the stories her parents told her about him and the pictures of him she grew up with on her wall.

"Our parents made sure that we remembered the struggle we had to go through to get where we are today," she said. "We try to teach our children this same lesson and to continue to love no matter what the situation."

The central appointments keeper for the 78th Medical Group said she and her husband Chief Master Sgt. Fermon Reid, Air Force Reserve Command supply functional manager, make sure they attend a commemorative service yearly no matter where they are.

"This service was wonderful," she said. "It is just another way for us to never forget where we came from."

INSIDE

Black History Month events

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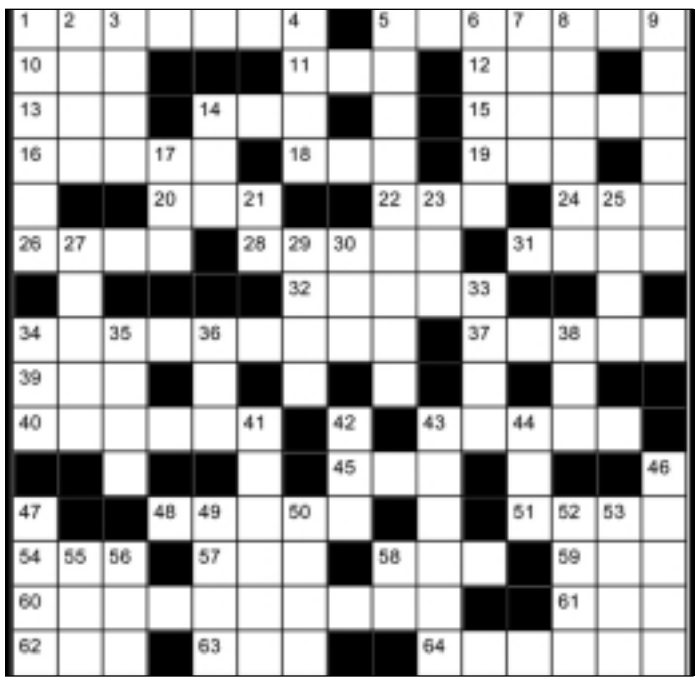
CROSSWORD PUZZLE



Hometown USAF (Vol. 2)

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. Maryland AFB home to 113th WG; a/c tail marking of DC
5. Alaska AFB home to 354th FW; a/c tail marking of AK
10. ____-jay Carson Daly
11. Sick
12. Aloha gift
13. Current space project (abbrev.)
14. City in south central Germany
15. Place to rest
16. From the Orient
18. See
19. Founding of a company (abbrev.)
20. Never
22. Nation wide radio (abbrev.)
24. Inventor Whitney
26. South Korean AB home to 51st FW; a/c tail marking of OS
28. Military trenching tool
31. Greek god of love
32. Worship
34. Colorado AFB home to 50th SW
37. Illinois AFB home to 375th AW
39. Car repair organization (abbrev.)
40. Nebraska AFB home to 55 FW; a/c tail marking of OF
43. California AFB home to 9th Recon Wing; a/c tail marking of BB
45. Neither's partner
48. Slang for 1K
51. Statement given during enlistment/commissioning
54. Stock offer (abbrev.)
57. Lyrical poem
58. Military commander's place of responsibility (abbrev.)
59. School in Carbondale, Ill. (abbrev.)
60. Arkansas AFB home to 314th AW
61. Everything
62. Lord of the Rings character
63. California Army fort
64. Try (as in eating)

DOWN

1. Italy AB home to 31st FW; a/c tail marking of AV
2. Untouchable Elliot ____
3. Lucy's partner
4. Alike
5. Alaska AFB home to 3rd WG; a/c tail marking of AK
6. Bugs' nemesis
7. DiCaprio and Burmester
8. Tot watcher
9. Nevada AFB home to 57th WG; a/c tail marking of WA
14. Card game
17. Actress ___-Margaret
21. Secret clearance type (abbrev.)
23. Each
25. Pirate's bounty
27. Title for Hon. James Roche (abbrev.)
29. USAF helicopter MH-53J _____ Hawk
30. Summer drink
33. Italian family who governed Ferrara (13-16 century)
34. Type of military security officer (abbrev.)
35. Hoist
36. Football stat (abbrev.)
38. Car fluid
41. Someone who swaps goods
42. Finish
43. Texas AFB home to 311 HSW
44. Bother
46. Greenland AB home to 821st ABG
47. Arouse
49. Candy brand
50. Geek
52. Military for fast
53. Plow
55. Sewing item
56. Giants great Mel ___
58. Tail marking for aircraft assigned to 177th FW (NJ)

For puzzle solution, see Jan. 30 edition of the Rev-Up

Puzzle solution for Jan. 16

LEAVE/TRANSFER

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

Ms. Alanna Rucker, WR-ALC/MANMS. Point of contact is Mr. Nolan Herring at 926-4002.

Mr. Jon K. Bailey, MADWT. Point of contact is Mr. James Gillis at 926-8805.

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

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.

Home buyer's workshop

Ms. Mary Ussery, director of Education for Consumer Credit Counseling Service of Middle Georgia, a non-profit organization funded by the United Way, will conduct a free "Home Buyer's" workshop Jan 23, 1 - 4 p.m., Building 905, Room 127.

Bundles for babies & infant care

The Air Force Aid Society will conduct a Bundles For Babies & Infant Care class Thursday, 8 a.m. - noon, Building 827, (old base gym) Health and Wellness Center classroom.

This program is open to all Active Duty Air Force members and their spouses, who are expecting a child, regardless of rank or number of children in the family. Discussions cover early childhood development, attachment, infant care, practical preparation and financial preparation. At the end of the session, a bundle is presented, compliments of the Air Force Aid Society.

The spouse's connection

The Center's Relocation Assistance Program offers The Spouse's Connection, Thursday, 9 -11 a.m., in Building 945, FSC Annex. Get together for conversation, laughter, and a bit of fun and refreshments. Come and learn about the fun things there are to do in Middle Georgia and make a new friend in the process.

Financial workshop

The Consumer Credit Counseling Service of Middle Georgia, a non-profit organization funded by the United Way, will conduct a free "Money and Credit Management" workshop Jan. 30, 1 - 4 p.m., Building 905, Room 127.

A comprehensive workbook is provided to all attendees. Information on credit management, debt reduction and consumer rights will be presented at this workshop. Assistance will be provided in the development of budgets and savings plan so that financial goal may be realized. This workshop is open to all Team Robins members.

Black History Month events

February is the month in which Americans bear witness to the progress, richness, and diversity of African-American achievement.

The 2004 Black Heritage Observance Committee representatives invite everyone to the upcoming events the committee has planned.

More information regarding these events can be obtained at www.robins.af.mil/blackhistory. All proceeds will benefit The Black Heritage Observance Committee College Scholarship Fund.

Old School Dance, Saturday

The Old School Dance will be held Saturday, from 8 p.m. until 2 a.m. at the Robins Enlisted Club. Music, played by Roc Master D, will be comprised of favorite artists from the '60s through the urban hip-hop of today. Tickets are $10 and proceeds will support the Black Heritage Observance Committee scholarship fund in honor of Black History Month.

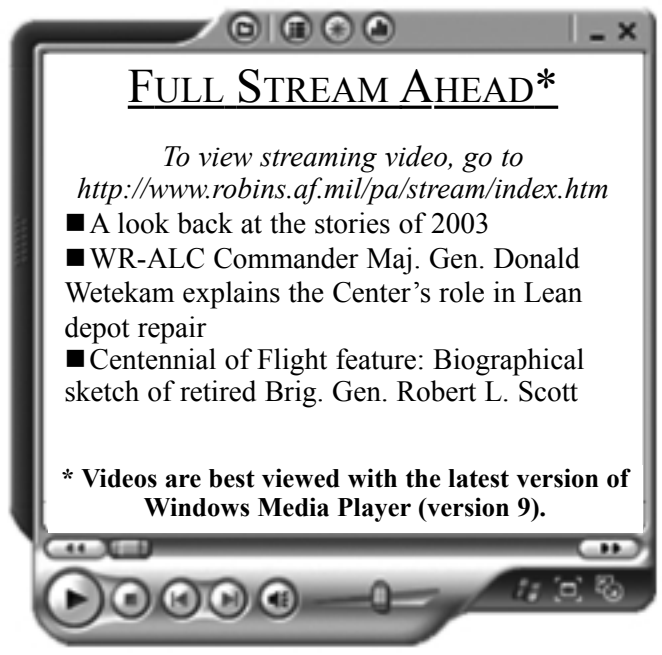
Golf Tournament, Jan. 30

Fore! The Black Heritage Observance Committee's Annual Golf Tournament will be held Friday at Pine Oaks Golf Course. Join us at 11:30 a.m. for lunch to be followed by a competitive round of golf.

Gospel Concert, Feb. 1

This Feb. 1 event will host a number of acts, including the Ultimate Choice, Men with Vision and the Middle Georgia Heritage Unity Choir, as well as praise dancers. It is scheduled to be held at the Base Chapel at 4 p.m.

STREAMING VIDEO



ROBINS REPORT

News from around the base –Watson and Cox Channel 15

Friday – 8 p.m.
Sunday – 1:30 p.m.
Monday – noon

MOVIE SCHEDULE

Friday

7:30 p.m. – Stuck on You – Damon and Greg Kinnear

Walt and Bob are conjoined twins, one of whom has dreams of making it big in Hollywood. When they arrive in town, they're cast on a TV show starring Cher. She's bummed about being relegated to TV until, that is, her show becomes a hit.

Rated PG-13 (crude and sexual humor, and some language) 119 minutes

Saturday

7:30 p.m. – The Last Samurai – Tom Cruise and Billy Connolly

Set in the late 1870s, this epic film depicts the beginnings of the modernization of Japan, as the island nation evolved past a feudal society, as symbolized by the eradication of the samurai way of life. We see all this happen from the point of view of an alcoholic Civil War veteran turned Winchester guns spokesman, Capt. Woodrow Algren, who arrives in Japan to train the troops of the emperor, Meiji. When Algren is injured in combat and captured by the samurai, he learns about their warrior honor code, which forces him to decide which side of the conflict he actually wants to be on.

Rated R (strong violence, battle sequences) 154 minutes

CHAPEL SERVICES

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 Macon synagogue. **Islamic Friday Prayer** (Jumuah) Fridays at 2 p.m. in the chapel annex Rooms 1 and 2.

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

SERVICES BRIEFS

CDC East and West 926-5805/3080

A pajama literacy day will be held at the Child Development Centers Jan. 30. Volunteers will read to children throughout the day. Children, teachers and volunteers may dress in their pajamas for the day.

Civilian Recreation 922-4415

All kids will receive a prize when they purchase a playing card at Family Night Bingo Monday at the Smith Community Center. Doors open at 5 p.m., and games start at 6 p.m. Participants can play for prizes. Cost is $3 per game pack, limit three packs per person.

Watch the movie "Grease" in the Smith Community Center ballroom Jan. 30 at 7 p.m. Moviegoers are invited to bring lawn chairs and blankets to this free event. Concessions will be on sale. For more information, call Ms. Lynne Brackett at 922-4415.

Enlisted Club 926-4515

Super Bowl XXXVIII comes to the club Feb. 1. Enjoy a dinner buffet, door prizes and many more surprises. Cost is free to members, $5 for guests and nonmembers.

Family Child Care 926-6741

The new Family Child Care Subsidy program is underway and will offer parents the opportunity to pay their FCC provider what they would pay if they were able to use the Child Development Center. The amount of subsidy depends on provider license and parent income category. Only full-time care is subsidized. For more information about this and other FCC programs, call 926-6741.

Information, Tickets and Travel 926-2945/0093

Explore and expand your horizons during ITT's Travel Show March 10, 10:30 a.m. - 1:30 p.m., in the Smith Community Center ballroom, Building 767. Representatives from Walt Disney World, Universal Studios, Alpine Helen, Jekyll Island, Sea World, Busch Gardens, Lookout Mountain Hang Gliding, Andersonville Trail Association and more will be on hand to share information. For more information, call ITT.

Officers' Club 927-2670

Super Bowl XXXVIII comes to the Wellston Feb. 1 at 6 p.m. Enjoy food and drink specials.

Skills Development Center 926-5282

The skills development center will hold monthly classes in acrylic painting Tuesday from 10 a.m. - noon, cost is $12.50; drawing Tuesday from 10 - 11:30 a.m., cost is $10; watercolor Tuesday from noon - 2 p.m., cost is $10; pen and ink Tuesday from 1 - 2 p.m., cost is $7; decorative stamping Tuesday from 6 - 8 p.m., cost is $12.50; oil painting Thursday from 10 a.m. - noon, cost is $12.50; and scrap booking Fridays from 12:30 - 2 p.m., cost is $12.50. Registration and payment is required for all classes. Class space is limited. and are subject to change. For more information, call 926-5282.

10 tips for sticking to fitness resolutions

By Ms. Courtney Campbell
5th Services Squadron

MINOT AIR FORCE BASE, N.D. (AFPN) – It happens every New Year. The gym fills up and aerobic classes overflow with new faces eager to make a change. Thousands of Americans will decide to get fit and lose weight, and what better time because the New Year is a time for new beginnings.

But by the time February rolls around, most of these New Year's "resolutionaries" will give up and wait to try it again next year. Why does this happen to so many people every year? We are a society that demands instant gratification and results, but deciding to make fitness a part of a New Year's resolution has to include a lifestyle change.

Sorry, but there are no short-term, get-fit-quick plans.

Here are some tips to help you fight the urge to give up on this resolution.

First, change your attitude about fitness. All too often, people think of exercise as punishment – painful, time consuming and obligatory. If this is how you feel, you have already set yourself up for failure. Instead, think of it as a chance to unwind from a stressful day; a little time all to yourself and a way to improve your quality of life.

If you are a beginner, start small. Try walking for 30 minutes three or four times a week. Take the stairs instead of the elevator and park in the back row of the parking lot.

10 tips

1. Change your attitude about fitness.
2. Start small.
3. Get an exercise buddy.
4. Schedule your workouts.
5. Use the facilities you have around you.
6. Set attainable goals and write them in a journal.
7. Reward yourself after attaining a goal.
8. Avoid getting on the scale every day.
9. Work out whenever you have time.
10. Learn healthy eating habits.

Aerobic programs on many bases also offer a "getting started" class. Once you are ready to increase your fitness level and need more of a challenge, pick a sport or activity that piques your interest. Try a kickboxing class, use a rock climbing wall, or train for a five- or 10-kilometer run.

Choose an exercise buddy who will hold you accountable and help motivate and encourage you. If your buddy can't make a workout session, you should still go. Stay the course and get your workout done. Experts say anything done for 21 days is habit forming and when done for six months, becomes part of your personality. And don't forget, you will be motivating and encouraging your buddy at the same time.

Schedule your workouts as you would any other appointment and commit to them. Make it a convenient time like when the kids have left for school or as soon as you get off work. If your job allows you time to work out during the day, take advantage of the time. You will go back to work feeling rejuvenated.

Use the facilities you have around you, like the base gym and its excellent equipment. There are always a variety of group fitness classes, including step aerobics, spinning, kickboxing, yoga and Pilates to pick from.

Set attainable goals for yourself and write them in a journal. Track your progress, workouts and meals in it. This gives you a visual record of your strengths and weaknesses and acts as a guide to show you where you need to work a little harder or make course corrections.

Reward yourself after attaining a goal. Buy a new pair of shoes for sticking to your first week of workouts, get a massage after you have lost your first 5 pounds, buy a new outfit for working up to 25 push-ups, take a vacation for dropping two clothing sizes. You deserve this.

If your goal is to lose weight, avoid getting on the scale day after day. Your weight fluctuates as much as eight pounds between morning and night. You may be retaining water or it may be that you have added on lean muscle mass, which weighs more than fat. Do an initial weigh in and taping, then repeat this every six weeks to check your progress. In between weigh-ins, depend on the mirror and the way your clothes fit to see if you are making positive strides.

Be prepared to work out whenever you have time. Keep a gym bag packed and readily accessible so you don't have to scramble before a workout. Pack your lunch to avoid the trip through the fast food drive through. If you get the munchies halfway though your day, load your office fridge with healthy snacks and water. Be prepared for minor setbacks that can hinder your workout and diet, like sickness or schedule changes. Make adjustments if you can, or simply pick back up where you left off.

Learn healthy eating habits. Eat at least five servings of fruits and vegetables and drink eight eight-ounce glasses of water a day. Switch to whole wheat and whole grain breads, rice and pasta. Also, eating a variety of healthy, natural foods helps the body to recover from workouts faster and allows you to train harder. Don't skip meals. It can slow your metabolism and hinder weight loss. Health and Wellness Centers have pamphlets on healthy eating.

Now it is up to you. Go check out what the gym has to offer, pick a couple of group fitness classes to participate in and stock your cabinets and refrigerator with healthy food choices. Don't be afraid to ask questions. If you are unsure about exercises or machines at the gym ask the staff for help. If you are not sure which aerobic class is for you, ask an instructor.

SPORTS BRIEFS

Bowling Center 926-2112

A pee wee bumper league will start Feb. 28. Cost is $22.50 per person for 10 weeks. Register is Feb. 21.

For more information, call 926-2112.

Fitness Center 926-2128

The 2004 Winter Sports Day will be Jan. 30. Events include swimming, table tennis, racquetball, walleyball, obstacle course, three-on-three basketball and a push, pull and dip competition.

ITT 926-2945

The Macon Trax hockey team will play against Jacksonville today and Saturday at 7:35 p.m. Cost is $6 for upper seats, $9 for lower seats and $12 for glass seats.

Paintball tournament

There will be a paintball elimination tournament Feb. 21 at the Robins paintball field behind Pave Paws. Cost is $100 per six member team and includes all equipment and 2,400 paintballs per person. The tournament is open to all base personnel, active duty, DoD civilians, family members and retirees. For more information call Equipment Rental at 926-4001 or e-mail derek.glisson@robins.af.mil.

Youth Center 926-2110

Robins Youth Center Soccer registration will be held Saturday through Jan. 31. Cost for returning players is $30 and for new players $55. Registration is conducted Monday through Friday, 3 - 6 p.m., and Saturday, 10 a.m. - 6 p.m. For more information call the center.

Robins Youth Center will be conducting baseball, softball, T-ball and micro T-ball registrations Feb. 21 - 28. For more information call Ron Hayes at the center.

Varsity basketball action times

Maxwell vs. Robins

Saturday
Women – 3 p.m.
Men – 5 p.m.

Sunday
Women – 10 a.m.
Men – noon

craig 59246401
lenn 59152002
alldolledup 59209403
laconsignment 59265801
kimskitchen 59266001
uniongrove 59151003
nationwide 59266501
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golds 59265901
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