

VOLUME 62, ISSUE 1

# ROBINS REV-UP

JANUARY 13, 2017

SUCCESS HERE = SUCCESS THERE!



**Now that's green**

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*Success Here  
Equals Success There!*

WR-ALC completes LAIRCM installations on Navy aircraft, Page 2



## ROBINS REV-UP

## Success Here = Success There!



## ■ WR-ALC completes LAIRCM installations on Navy aircraft

By TIM KURTZ

Warner Robins Air Logistics Complex

**T**ake a group of Team Robins C-5 maintainers fresh from a C-17 project. Team them with C-130 maintenance professionals and what do you get?

**Success for the U.S. Navy ... in the sky.**

Thanks to the partnership of two 402<sup>nd</sup> Aircraft Maintenance Group squadrons, nine Navy airlifters now have state-of-the-art missile protection.

Robins got the project to retrofit Large Aircraft Infrared Countermeasures, or LAIRCM Advanced Threat Warning Systems, onto the Navy C-130Js in fiscal 2016.

It was completed ahead of schedule in early fiscal 2017 through the combined efforts of the 559<sup>th</sup> Aircraft Maintenance Squadron, the unit that performs depot-level maintenance, repair and modification for all C-5 aircraft, and the 560<sup>th</sup> Aircraft Maintenance Squadron, which does the same for the C-130.

LAIRCM is a defensive system for large transport and rotary-wing aircraft that combines a missile-warning system and an infrared laser jammer countermeasure system to protect an aircraft from infrared-guided threat missiles.

The last of the Navy C-130Js that received the LAIRCM retrofit at WR-ALC was flown off the Robins flightline by a Navy aircrew on Dec. 29.

**"This was a great partnership between the 559<sup>th</sup> AMXS and 560<sup>th</sup> AMXS," Jim "J.R." Russell, 560<sup>th</sup> AMXS director, said. "We accomplished Gate 1 and Gate 4, while they accomplished Gate 2, the mod work gate, and Gate 3, the outgoing systems ops gate."**

David Johnson, 559<sup>th</sup> AMXS director, said much recognition is due **"these incredible teams"** that got the job done on the Navy LAIRCM workload.

**"I am very proud of both teams that worked jointly to provide a critical aircraft system to keep our troops safe,"** Johnson said. **"This is the first workload the 559<sup>th</sup>**

has produced for a sister service, but we look forward to more in the future as we continue to increase capacity at WR-ALC."

The 559<sup>th</sup> used technicians coming off a C-17 LAIRCM modification project that ended in fiscal 2015.

Having workers trained and recently experienced on LAIRCM mods paid big dividends on the speed and quality of the Navy project, Russell said.

**Keith "L.K." Hamilton, the 559<sup>th</sup> AMXS team leader** for the project, said the Navy LAIRCM job was accomplished at a rate of 4,500 hours per modification. The work was contracted for 90 days, but was produced in an average of 60 days.

The 22-member 559<sup>th</sup> team worked a three-shift operation responsible for mod installation and operational checks. The 560<sup>th</sup> team accomplished induction, pressurization and outgoing preflight operations.

The nine aircraft contracted for Robins were all completed ahead of schedule – seven in fiscal 2016 and two in early fiscal 2017.

Two more Navy C-130s received the LAIRCM retrofit in conjunction with scheduled programmed depot maintenance at Ogden Air Logistics Complex, Hill Air Force Base, Utah.

Russell said the combined Navy LAIRCM mod team produced all nine aircraft an average of 26 days early to the overall customer requirement date.

**"That equates to 231 days of increased aircraft availability for the Navy and Marine warfighters,"** he said.

LAIRCM automatically detects a missile launch, determines if it is a threat and activates a high-intensity laser-based countermeasure system to track and defeat the missile, according to information from Northrup Grumman, the corporation that develops and produces the system.

The Robins project stemmed from a Navy requirement to install infrared countermeasures on all U.S. Marine Corps airlift planes.

The Navy LAIRCM Advanced Threat Warning System is the latest generation of directed infrared countermeasure systems and traces its origin to the Air Force LAIRCM program.

The complex is not funded for more Navy LAIRCMs in fiscal 2017, but there is a potential for up to 40 additional aircraft to be retrofitted by the complex between fiscal 2017 and fiscal 2020.

## FRIDAY FLYBY

# 2017

Section of Beale Drive to close Monday

A section of Beale Drive, adjacent to Bldg. 2090, is scheduled to close Jan. 16.

Due to this closure, motorists need to use Perimeter Road/Joint Stars Road around the north end of base to access buildings on the east side of base.

The construction will involve paving as part of the Hydrant Fuel System replacement project. Construction is expected to take one day, but in the event of unforeseen issues, the road will be closed from 9 a.m. to 3 p.m. on Tuesday and Wednesday.



## Did You Know?

**The C-5 has an upper deck with accommodations for 75 troops, crew of five, and rest area for 15 personnel.**

**In the lower deck, the C-5 can transport assorted vehicles, cargo, weapons, or other aircraft!**



# This GRASS is always greener

By HOLLY LOGAN-ARRINGTON  
ROBINS PUBLIC AFFAIRS

**R**obins Air Force Base's new track and field was built to keep pace with the crowd.

The new setup, located directly across the main Fitness Center on 8th Street, offers a six-lane, 400-meter regulation track and artificial turf that will now allow year round playability, creating multiple avenues for fitness training with minimal maintenance.

John Enterman, 78th Force Support Squadron Fitness and Sports manager, said the update was part of a field renovation project to replace worn out natural turf.

**"Inlaid in the turf is a regulation soccer field, seven-per-side soccer field and a regulation football field which will allow our Intramural Sports leagues and Varsity Sports leagues to expand. It also allows the youth teams a state-of-the-art field for soccer games," he said. "This turf is the most used manufacturer of NCAA Division 1, 2 and 3 fields with artificial turf surfaces and the Robins now has is the same turf as the Detroit**

Lions and the Indianapolis Colts. The 2.5-inch HD Classic slit film turf along with the patented three-layer fill system the field provide the maximum in safety and performance with 9.2 pounds per square foot of infill — the **safest in the industry."**

The new track is a non-porous prefabricated vulcanized rolled rubber surface as opposed to the old track which was a granulated rubber and latex mix that was porous and would wear out constantly with the amount of usage the track gets on a daily basis.

Since 2004 the track has had two granulated surfaces put down and undergone four repair jobs. Until recently, the first two lanes **were shut down by Robins' Safety Office,** Enterman said.

**"The new track won't wear out like the granulated surfaces we have had in the past," he said. "Also, it's warrantied with use of spikes and alternate foot wear such as boots, cleats and other tennis shoes.**

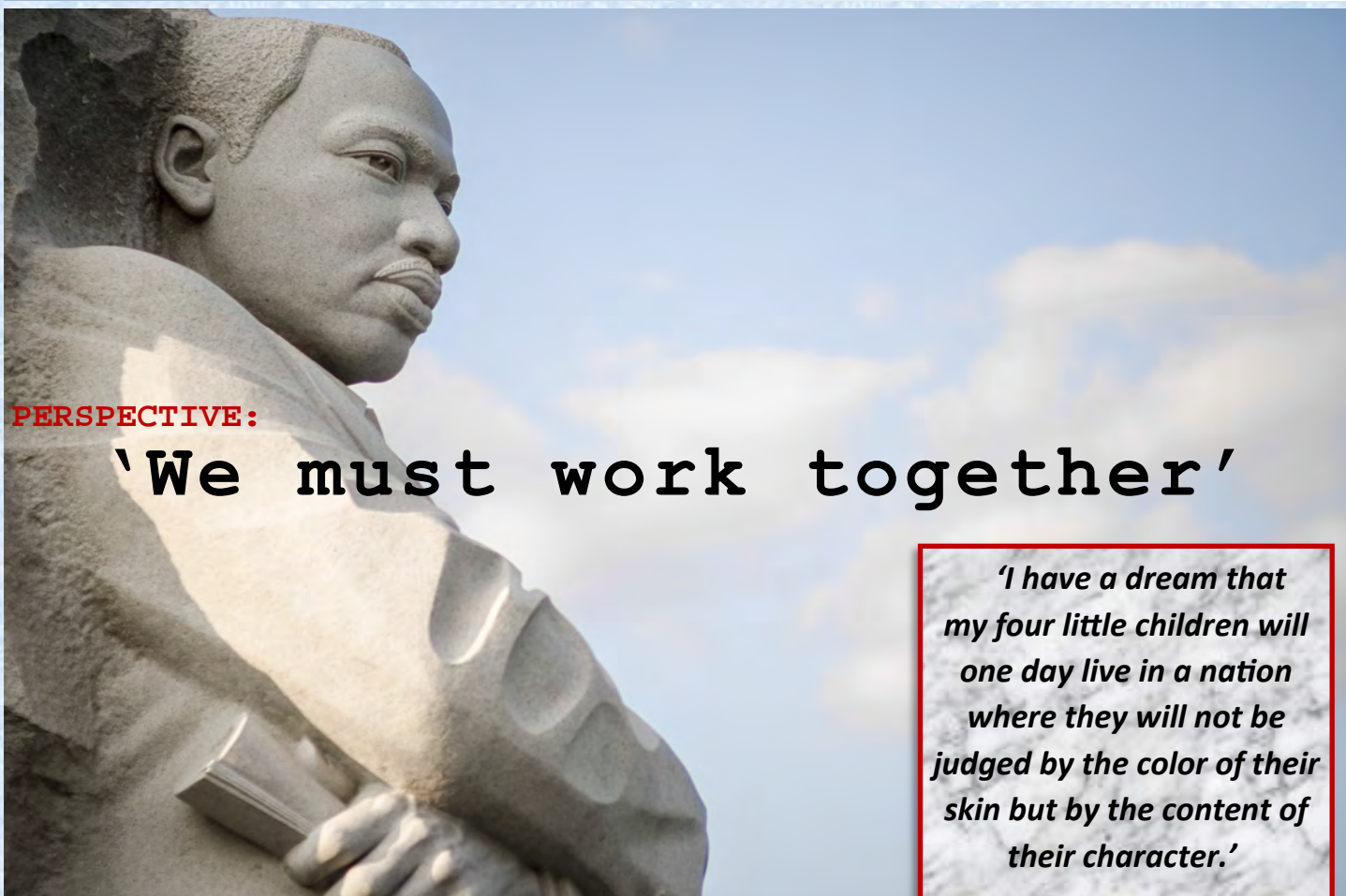
The new track also contains antibacterial properties to help eliminate the spread of Staph, MRSA and bacteria, Enterman explained.

**"Our old surface was a porous product that held bacteria, especially in our high-humidity climate," he said.**



***"Robins now has the same turf as the Detroit Lions and the Indianapolis Colts."***





**PERSPECTIVE:**

**'We must work together'**

*'I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.'*

**— Dr. Martin Luther King**

**By LT. GEN. LEE LEVY III**

*Air Force Sustainment Center commander*

**T**his month we honor Dr. Martin Luther King Jr., a civil rights leader, a courageous patriot and a man of integrity who espoused peaceful actions to obtain equality for African Americans in this country.

Our nation's founding fathers enshrined the idea of equal rights for all Americans in the Declaration of Independence: "We hold these truths to be self-evident, that all men are created equal ..."

Dr. King envisioned a country that truly embraced that declaration, and he courageously fought to make equal rights for all Americans a reality.

There are many examples of Dr. King's

leadership and courage, but he may be best known for his powerful "I Have a Dream" speech at the Lincoln Memorial in Washington D.C. in 1963.

In that speech, he famously stated, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

Dr. King reminded all of us that the character inside of a person is more important than appearance on the outside.

In other remarks, Dr. King emphasized that "the time is always right to do what is right," and he stated that "everybody can be great, because anybody can serve." His eloquent words should still guide our thoughts and actions today.

In 1964, Dr. King received the Nobel Peace Prize for combating racial inequality through nonviolent means. In 1983, President Ronald Reagan signed a bill establish-

ing a U.S. federal holiday in honor of Dr. King. This month we remember his brave stand for what is right and the very special place that he has in our nation's history.

As we continue to work together to deliver combat power for America, we must also continue to work together to embrace the rights and liberties of all people, to value each person's unique contributions, and to treat every person with dignity, respect, and kindness. Our diversity of cultures, backgrounds, and origins is a strength that makes each of our organizations better. To that end, I have attached the link to the full text of his famous oratory for your reflection. <https://www.archives.gov/files/press/exhibits/dream-speech.pdf>

It is an honor serving with each of you. Your skill, dedication, and professionalism are vital to our nation's defense. Thank you for your continued service to our great country.



# Get Connected!



- ◆ Free mobile app geared toward informing airmen and families about force support squadron MWR events happening at Robins.
- ◆ Users can select Robins AFB or multiple locations. After selecting a base, the app will open the main menu which lists food options, fitness centers, family events, entertainment, a GPS locator to provide listings around you, and a "Force Support" option, which lists activities, events and specials geared toward Air Force living.
- ◆ Integrates the non-appropriated fund job listing which allow users to search for available jobs by facility.
- ◆ Users can rate facilities.
- ◆ Save contact information directly to their contact list or phone book, and call or email facilities by clicking on the link.



## Know On The Go!

Introducing MyAirForceLife Mobile App



- Hours
- Phone numbers
- Events
- Specials
- Reviews
- Maps
- Jobs

Food, Fitness, Family & Fun at your fingertips.




Download for FREE today!



## Base Finance Relocating

The 78<sup>th</sup> Comptroller Squadron, Base Finance, will be moving from Bldg. 301 to Bldg. 376 beginning Jan. 23. According to 2<sup>nd</sup> Lt. Joseph Watts, FMS deputy flight commander, the move will require the organization to close Jan. 23 and 24. Customer Service will resume normal hours – 8:30 a.m. to 3:30 p.m. – in the new location Jan. 25. For emergencies, contact Maj. William Rosado, 78<sup>th</sup> CPTS commander, at 478-926-3825.

## SERVICES

### Ultimate Thunder Alley

January 13  
7 to 11 p.m.  
Four Hours of Cosmic Bowling  
Adults \$15 / Child 12 & Under \$10  
Bowling Center - 478-926-2112 or DSN 468-211

### Beginners Golf Class

January 18 through March 1  
Every Wednesday 4:30 to 5:30 p.m.  
\$195  
*Five hours of lessons;  
One walking round of golf;  
One punch card with 25 tokens for the practice range;  
One set of clubs to include bag, clubs and putter*

Pine Oaks Golf Course  
478-926-4103 or DSN 468-4103

### Field Trip to Tubman Museum

January 21  
11 a.m.  
\$8 (bring money for lunch)  
Youth Center - Comm. 327-6831 or DSN 497-6831

### Winter Fun Days-Big Bingo

January 25  
With Larger Prize Payouts  
6:15 p.m.  
Heritage Club Bingo Room - Comm. 478-926-4515 or DSN 468-4515

### Family Movie Night

January 27  
6:30 to 8:30 p.m.  
Kung Fu Panda 3  
\$2 per person covers Popcorn & Drink  
Base Theater  
Outdoor Recreation  
478-926-4001 or DSN 468-4001.



**SCALING BACK:**

# Health Promotions Office shares ways to maintain healthy weight

By HOLLY LOGAN-ARRINGTON  
Robins Public Affairs

**W**eight loss is always a hot topic at the beginning of the New Year.

While maintaining a healthy weight is a popular goal, determining what that means can be confusing.

Marita Radloff, a dietitian/nutritionist in Robins Air Force Base Health Promotions, said one of the easiest ways to determine if a person is at a healthy weight is **to determine the person's Body Mass Index, or BMI.**

**"BMI is a person's weight in kilograms divided by the square of height in meters," she said. "A high BMI might be an indicator of high body fat percentage, and a low BMI can indicate low body fat percentage. The normal, or Healthy Weight range, is 18.5 to 24.9."**

Radloff said BMI, however, **doesn't take into consideration muscle mass since it just uses your overall weight and doesn't distinguish between fat and muscle.**

**"Health Promotions has a body composition tool that breaks down your body fat percentage, muscle mass, how much fat and muscle you have in each limb, and recommends how much weight you need to lose in order to be in a healthy weight range," she said.**

**A person's waist size is a good**

measure to go by as well, Radloff said.

**"Another good way to know if you are at a healthy weight is to take your waist circumference," she said. "Excessive abdominal fat puts you at greater risk for chronic conditions, such as cardiovascular disease and Type 2 Diabetes. For men, aim for a waist circumference under 40 inches and for non-pregnant women, aim for less than 35 inches."**

Maintaining a healthy weight is critical for long-term health, Radloff said.

**"People who are overweight or obese are at an increased risk for many serious diseases and conditions, such as high blood pressure, Type 2 diabetes, coronary heart disease, stroke, osteoarthritis, some cancers, and sleep apnea," she said. "Being overweight or obese also puts you at an increased risk for mental illness and overall lower quality of life."**

Making small changes typically leads to longer-lasting change in the end, Radloff said.

**"Making small changes leads to big results and doesn't overwhelm you," she said. "You're also less likely to fail at your goal if you have one at a time."**

Robins' Health Promotions has a variety of programs and classes to help people reach and maintain their healthy weight.

Meal Prep on a Budget is a monthly lunchtime class that teaches people how healthier while staying on a budget.

Better Body Better Life is a 12-week weight loss program that is

## Watching portions key to maintaining balance

MARITA RADLOFF

Robins dietitian nutritionist

For participants in our weight loss programs, I always recommend first cutting back on sugar-sweetened beverages and juices.

When you drink thin liquids, the body doesn't detect them the same way it would with solid food, either because they leave the stomach too quickly or because they're not as filling, even though 8 oz. of orange juice has 120 calories or more.

That means you get the calories, but they don't keep you full and satisfied and won't suppress hunger. And, of course that means you will be hungry in 30 minutes.

One study gave normal-weight men and woman an extra 450 calories a day as either a liquid (three 12 oz. cans of soda) or a solid (45 large jelly beans) for four weeks, and found that those who ate the jelly beans ate less at other times, whereas those who had the sodas added more calories to their diet.

Cutting back on unnecessary sodas, juices, and sweetened coffee and teas is a huge way to lose weight and maintain it.

Another way is to always ask yourself, "How can I get a vegetable in this meal or snack?"

Vegetables are low in calories but filled with nutrients like vitamins, minerals and fiber, which keep you full longer.

When you're grocery shopping, always think about how you can plan to have a vegetable at lunch or dinner. If you're eating out, pick an entrée with a vegetable or order a side vegetable or salad. If you maximize your veggie intake, not only will you lose weight, but you'll also be filling your body with nutrients vital for energy and health.

Watching portions is truly the key to maintaining a balance.

Knowing your basic portion sizes will help you enjoy the foods you love without going overboard and making you want to fall off the wagon.

One cup is about the size of your fist, and this should be used for vegetables, fruits, pasta, rice cereal, and ice cream. Your palm is the size of 3 oz. of protein.

A cupped handful is a serving of nuts and pretzels. Your thumb can be used as one serving (one tablespoon) of peanut butter and cheese. Once you have the general portion sizes down, you can enjoy your favorite foods in moderation without feeling restricted.

three hour a week course which includes nutrition education classes once a week on Mondays and workouts twice a week on Tuesdays and Thursdays from 3-4 p.m.

Better Body Better Life classes cover a wide range of nutrition topics, such as reading food labels, setting goals, and healthy holiday eating. The January class is completely full, but our next class will start in April.

Finally, Performance Nutrition, a twice a month class that meets on Wednesdays from 8-9:30 a.m., covers metabolism, food groups,

and how to optimize your energy levels for performance, either workout wise or just every day.

Tricare beneficiaries who complete the class are eligible to complete the body composition machine, the In-Body, as described earlier.

Participants have the chance to sit down with Radloff and discuss any goals they have, like losing weight or sports nutrition questions.

For more information, call Robins Health Promotions at 478-327-8480.



# Military Justice

May-June 2016

## The following airmen were found guilty at a general court-martial:

- A 461st Air Control Wing captain pled guilty to one specification of conduct unbecoming an officer and a gentleman. The member was found guilty of additional conduct unbecoming an officer and a gentleman and indecent conduct involving non-consensual sexual acts. The member was sentenced to 10 months confinement and dismissed from the Air Force.
- A 78th Air Base Wing second lieutenant pled guilty to five specifications of failure to go, three specifications of wrongful use of a controlled substance, one specification of wrongful possession of a controlled substance, and two specifications of soliciting another to commit a criminal offense. The member was sentenced to 8 months confinement and dismissed from the Air Force.
- A 78th Air Base Wing staff sergeant was found guilty of attempted sexual assault of a child. The member was sentenced to 5 years confinement, a reduction to E-1, total forfeitures of all pay and allowances, and a dishonorable discharge.
- A 78th Air Base Wing airman first class pled guilty to a violation of a lawful general order and possession of child pornography. The member was sentenced to 4.5 years confinement, a reduction to E-1, total forfeitures of all pay and allowances, and a dishonorable discharge.
- A 5th Combat Communications Group staff sergeant pled guilty to attempted sexual assault of a child. The member was sentenced to 1.5 years confinement, a reduction to E-1, total forfeitures of all pay and allowances and a dishonorable discharge.

The following airmen received nonjudicial punishment in accordance with Article 15, Uniform Code of Military Justice, and AFI 51-202 from May and June:

- An Air Force Reserve Command lieutenant colonel made a false official statement, committed conduct unbecoming an officer and a gentleman, and committed adultery. The member forfeited \$4,434 pay for two months and received a reprimand.
- A 461st Air Control Wing senior airman wrongfully used controlled substances. The commander reduced the member to airman first class and reprimanded the member.
- A 78th Air Base Wing airman first class failed to obey a lawful order and was derelict in the

performance of her duties. The commander reduced the member to airman basic, with reduction below airman suspended. The commander also restricted the member to the limits of Robins Air Force Base for 45 days and reprimanded the member.

- A 461st Air Control Wing senior airman failed to report to his duty location on time, failed to obey a lawful order, and was drunk and disorderly. The commander reduced the member to airman first class, gave the member 14 days of extra duty, and reprimanded the member.
- A 78th Air Base Wing airman first class wrongfully used marijuana. For this misconduct, the commander reduced the member to Airman Basic, with reduction below Airman suspended, and reprimanded the member.
- A 78th Air Base Wing airman wrongfully possessed and introduced controlled substances onto Robins Air Force Base. For this misconduct, the commander reduced the member to airman basic, with the reduction suspended, restricted the member to Robins Air Force Base for 30 days, and reprimanded the member.

The following airmen were administratively discharged in accordance with AFI 36-3208:

- A 5th Combat Communications Group senior airman was discharged for failure to meet minimum fitness standards. The senior airman received an honorable service characterization.
- A 78th Air Base Wing airman was discharged for drug abuse. The airman received a general service characterization.
- A 461st Air Control Wing airman first class was discharged for failure to meet minimum fitness standards. The airman first class received an honorable service characterization.
- A 78th Air Base Wing senior airman was discharged for drug abuse. The senior airman received a general service characterization.

The following airman was administratively demoted in accordance with AFI 36-2502:

- A 78th Air Base Wing senior airman was administratively demoted to airman first class for failing his third fitness assessment test within a 24-month period.

— Courtesy 78th Air Base Wing Legal Office

**“Our diversity of cultures, backgrounds and origins is a strength that makes each of our organizations better.”**

***Lt. Gen. Lee Levy,  
Air Force Sustainment Center Commander***



**KEEP  
CALM  
AND  
AIRMAN  
ON**

## CONTACT US

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**[Robins Air Force Base@RobinsPublicAffairs](mailto:RobinsAirForceBase@RobinsPublicAffairs)**

## COMMANDER'S ACTION LINE

**[ROBINS.ACTIONLINE@US.AF.MIL](mailto:ROBINS.ACTIONLINE@US.AF.MIL)**

**DSN 468-2886**

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to live, learn, work and play. The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization.

That gives the organization a chance to help you, as well as a chance to improve its processes. If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful submissions will not be processed. Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up 2.0.

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357

78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447

78th Force Support Squadron CC– 478-926-5023 or DSN 468-5023

78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475

78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212

Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601

Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776

Equal Opportunity – 478-926-2131 or DSN 468-2131