

ROBINS REV-UP

VOLUME 62, ISSUE 2



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SUCCESS HERE = SUCCESS THERE!



It's Your Year

Page, 5

Military Justice

July — September, Page 8



HOT TOPIC!

Emerging Supervisor Development
Program Briefings scheduled **Page 4**

Parting Shots

CE mechanics keep fire signals transmitting, employees safe — Page 9

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!



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GREEN DOT

Robins is now seeking Green Dot facilitators

Page 4

THIS IS YOUR YEAR

Make those resolutions stick with help from the Health Promotions Office. There are numerous classes to facilitate your desired changes.

Page 5

MILITARY JUSTICE

UCMJ actions for the months July through September 2016

Page 8



ON THE COVER

Jeff Cheek, 78th Civil Engineering industrial mechanical controls mechanic, repairs a fire signal transmitter on an antennae outside Bldg. 270. The transmitter sends signals to first responders on base that help pinpoint problem areas in the event of an emergency. See more photos on page 9. (U.S. Air Force photo by Tommie Horton)

COMMANDER'S ACTION LINE

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.**

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

Household Goods – 478-222-0114 or DSN 472-0114

Inspector General Complaints – 478-222-0818 or DSN 472-0818

Inspector General Inspections – 478-327-5523 or DSN 497-5523

Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272

Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be emailed to 78abw.pa.office@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Geoff Janes at 472-0802.

Contents of the Robins Rev-Up are not necessarily the official views of, nor endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

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Success Here = Success There!



Rivers Foreman, 571st Commodities Maintenance Group aircraft painter paints a C-130 and C-17 aileron inside an enclosed paint booth at the organization's paint/depaint facility. Three newly installed paint booths in Bldg. 180 have helped the organization drastically reduce production times, work hazards, health hazards and environmental impact simultaneously. (U.S. Air Force photo by Tommie Horton)

By TOMMIE HORTON
Robins Public Affairs

Three newly installed paint booths at a 571st Commodities Maintenance Group paint/depaint facility have helped the organization to drastically reduce production times, work hazards, health hazards and environmental impact simultaneously.

The paint booths in Bldg. 180 are enclosed structures used for painting large assets from various military aircraft.

The temperature-controlled enclosures allow paint to be applied to surfaces at the ideal temperature. Once painting is complete, the temperatures inside the booths are raised to force curing of the applied paint. The force cure process on average cuts production time in half.

For some workloads, production time has gone from three days down to only one.

"We're very pleased to have incorporated a process that enables us to return assets to our mission partners faster," said Kenneth Jones, 571st CMXG paint/depaint supervisor.

The booths are equipped with an air flow and filtering system that draws paint away from the painter during spraying, greatly cutting risk of exposure to the painter.

"Our personnel really appreciate that the closed booths also prevent paint from airing outside to other workers in the shop," said Jones.

The air pulled from the booths goes through a three-stage filtering process before being released into the atmosphere, minimizing impact to the environment. Proper functioning of the filtering system is monitored by an electronic control panel and analog gauges on the unit's exterior.

The brightly illuminated interiors further improve work safety by rendering the worker better able to see and avoid trip hazards.

The largest of the three booths is 50-feet deep by 30-feet wide and will eventually be outfitted with robotic lifting devices to aid in maneuvering heavy assets. The first booth began operation in October.



Parking lot project slated to run from Feb. 6 to 17

The parking lot on the north side of Bldg. 221 will be partially closed for resurfacing from Feb. 6 through 17.

This construction will be completed in three phases.

There are six handicapped parking spaces affected. Those spots will be temporarily relocated to the south side of Bldg. 221. Although the construction is projected to take 15 days, it could take longer depending on weather or other unforeseen circumstances.



Did You Know?

The 561st Aircraft Maintenance Squadron at Robins replaces about 27 miles of wire in each F-15 aircraft!

ESDP Program Briefings Scheduled in February



By **TODD FOGELMAN**
78th Force Support Squadron

Robins is gearing up to embark on the fiscal 2017 cycle of the Emerging Supervisor Development Program with a series of informational briefings beginning Feb. 1.

ESDP is a highly competitive AFSC initiative used to develop future first-level supervisors who possess technical expertise and have demonstrated leadership competencies.

The program affords high-potential employees the opportunity to obtain formal and experiential leadership training prior to placement into a supervisory role.

During the fiscal 2016 cycle, Robins had more than 250 employees from Air Force Sustainment Center and participating associate units self-nominate for this leadership development program.

After a dynamic rating, endorsement and interview process, 37 applicants were selected. Selectees have 12 months to complete all training requirements and are scheduled to graduate in August.

For fiscal 2017, AFSC and 461st Air Control Wing personnel have opted to participate in the program.

To ensure program requirements, processes and lessons learned are adequately socialized, there will be a series of supervisor and employee specific informational briefings.

Attendance is highly encouraged for supervisors because they may be required to participate in the endorsement process and

any employee who may be interested in self-nominating.

Editor's note: Complete program information can be obtained from AFSC 36-101, AFSC Civilian Leader and Supervisor Development Continuum.

Organizational points of contact have been appointed for each organization. For more information, contact the 78th Air Base Wing Force Development Flight program managers at DSN 497-4887 or DSN 472-3403.

Supervisor Briefings

(Bldg. 799 auditorium)

Feb. 1

8 a.m. — ABW, OLs and 461st ACW
10 a.m. — 448th SMCW & ABW
1 p.m. — WR-ALC Staff
3 p.m. — WR-ALC Swing Shift

Feb. 2

8 a.m. — ABW, OLs and 461st ACW
10 a.m. — 448th SMCW & ABW
1 p.m. — AMXG, SMXG, EMXG & make up
3 p.m. — AMXG, SMXG, EMXG & make up

Employee Briefings

(Base Theater)

Feb. 7

8 a.m., 10 a.m., 1 p.m., 3 p.m.

Feb. 8

9 a.m., 11 a.m., 2 p.m., 4 p.m.

ROBINS SEEKS GREEN DOT FACILITATORS

By **HOLLY LOGAN-ARRINGTON**
Robins Public Affairs

As the Air Force continues its efforts to prevent interpersonal violence through its Green Dot program, Robins Air Force Base is seeking volunteers to facilitate the training.

Green Dot is a tiered approach to interpersonal violence outreach and prevention Air Force wide.

Tandra Hunter, a specialist for Primary Prevention of Violence and the primary prevention subject matter expert for the 78th Air Base Wing, said Green Dot is proven to reduce interpersonal violence by focusing on the role of the bystander.

"We're looking for motivated personnel (enlisted, officers and civilians) with an interest in preventing interpersonal violence to become Green Dot implementers and coordinators," she said.

The ideal facilitator will be comfortable speaking in public and speaking about interpersonal violence and suicide prevention. They must be motivated to make a difference with this cultural change effort.

Potential Green Dot implementers and coordinators must complete an application and memorandum of agreement, to be signed by their supervisor and commander, in order to be considered for the role.

An interview will then be conducted with the Specialist for the Primary Prevention of Violence.

Hunter said those selected will join a great team of Green Dot implementers and coordinators at Robins.

Nominations will be accepted until Feb. 10.

For details, e-mail Tandra Hunter at: robins.resilience@us.af.mil

THIS IS YOUR YEAR!

Make those resolutions a reality



By **STUART BAPTIES**

Robins Health Promotions Office

The New Year is upon us, and the time is now to get moving on those resolutions to live a healthier lifestyle.

Whether it's giving up tobacco, losing weight, increasing fitness or getting a better grip on managing your finances, The Robins Health Promotions Office may have just the resource you need.

As we all know, the year starts out strong and with the best of intentions on making those resolutions stick but all too often events, lack of resources or lack of knowledge make it hard to make the resolutions last past the first couple of months.

The base helping agencies that make up the Integrated Delivery Sys-

tem offer assistance to base employees and their families in making the right choices for a healthy and productive 2017 by providing the knowledge to develop both meaningful goals and workable action plans.

Please review the attached Newsletter at this link: <http://www.robins.af.mil/Portals/59/documents/HAWC%20Telegraph/HAWC1Q2017.pdf>.

The office is staffed with nationally credentialed professionals providing health education and hands-on intervention programs to assist with a wide variety of health and wellness needs.

Classes and programs are available to Active Duty, Reservist/Guard, retired military, their dependents, DOD civilians and contractors at no cost and are focused on targeting and improving areas that will allow you to have positive control of your health and improve your resiliency.

Class sizes are limited and all classes require registration.

Resources are tight so review all the requirements for a class or program before signing up, and be sure to talk with your supervisor to ensure your schedule will allow maximum participation for best results.

Programs fill up quickly and there is always a waiting list, so reserving a slot and not participating may deprive someone else who would have benefited from taking advantage of the Program.

Editor's note: *For more information/registration by the Health Promotions Staff please call 478-327-8480. The Health Promotions Office hours of operation are: 7:30 a.m. to 4 p.m. Mondays through Fridays; closed on weekends and federal holidays. Be sure to call 478-327-8480 to ensure that the staff member you need is there when you stop by as they are often teaching or briefing elsewhere.*

SCALING BACK:

ROBINS DIETITIAN SAYS MEAL PREP IS IMPORTANT INGREDIENT FOR WEIGHT LOSS SUCCESS

If you're among the 38 percent of Americans who make a New Year's resolution to lose weight, your second resolution should be to learn how to meal prep.

Eating out often or settling for less than satisfying healthy food are two ways people set themselves up for a weight loss fail.

"The phrase, 'Failing to prepare is preparing to fail,' is especially prevalent if you're trying to lose weight," said Marita Radloff, Robins Health Promotions' registered dietitian nutrition. "Make it easy on yourself to make good choices, and you won't be tempted by unhealthy foods."

Save Money, Calories

"If you tend to wing it each night, or make daily trips to the grocery store scrambling to come up with dinner, you could be saving money by planning out your meals for the week and going grocery shopping just once a week," Radloff said. "You might find yourself driv-

ing to and from the grocery multiple times and buying ingredients that can't be used for another meal and throwing them out at the end of the week after they've gone bad."

Investing a few minutes in making a weekly meal plan can save time and relieve the stress of last-minute meal decisions, Radloff said.

Make Healthier Choices and Indulge Less

"When you eat out or make something on a whim, you tend to follow your stomach versus your weight loss or health goals," Radloff said. "This could lead to unhealthy choices."

Radloff said people are more likely to stick to a list, avoiding unhealthy impulse purchases.

Save Time

"When you meal prep on the weekend, you won't be rushing home trying to make dinner," Radloff said. "Instead, you can enjoy your evenings and fill them with

exercise, relaxation, or catching up with your family after the workday. Plus, you'll have less dishes to do post-dinner, which is a huge win for everyone."

Learn Portion Control

One of the keys to weight loss is to learn portion control.

"When you prepare your meals in advance and portion them out for the week, you begin to translate that portion control into other places of your life where you can't meal prep, such as eating out," Radloff said. "Meal prep is ideal for learning what a true serving size of food is so that you can reach your healthy weight loss goals."

Learn to Love (and Enjoy!) Healthy Foods

"When you cook and prepare food for yourself and your family, it's made with love, but might not always be the best choice for your health," Radloff said.

Learning to meal prep favorite foods can show you

how to make them healthier, help you lose weight, and you will begin to crave healthier foods.

Healthy foods don't have to be boring.

"Meal prep is all about adding variety to your day without adding unnecessary calories," Radloff said. "When you are in control of what you put in your body, you are getting more nutrition because you're eating primarily unprocessed, unrefined, whole foods."

Meal prepping can mean different things to each person, so it's important to find a routine that works for you, Radloff said.

Join Health Promotions' new Meal Prep on a Budget class Jan. 24, from 11 a.m. to noon. This monthly class requires pre-registration. Call Health Promotions at 478-327-8480 for more information.

Editor's note: For more information, call 478-327-8480.

— *Courtesy of the Robins Health Promotions Office*

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.



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Base Finance Relocating

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

SERVICES

Field Trip to Tubman Museum

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

Membership Dinner

January 23
5 to 7 p.m.
Italian Buffet
Heritage Club Ballroom
478-926-2112 or DSN 468-211

January Special Twilight

Every day
After 4:30 p.m.
Play as much as you can with cart! Cost is \$15
Pine Oaks Golf Course
478-926-4103 or DSN 468-4103

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 covers Popcorn & Drink
Base Theater
Outdoor Recreation
478-926-4001 or DSN 468-4001.

Super Bowl Party

February 5
Prizes throughout game- Football
Pool – Halftime Buffet in Pizza
Depot
Members FREE!, Non-Members
\$10

Military Justice

July — September, 2016

The following airman was found guilty at a general court-martial:

A 461st Air Control Wing airman first class was found guilty by members of one charge and two specifications of attempted sexual assault of a child. The member was sentenced to 26 months 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:

A 78th Air Base Wing lieutenant colonel was drunk on duty. For this misconduct, the commander forced the member to forfeit \$4,438.00 pay per month for two months and reprimanded the member.

A 461st Air Control Wing senior airman failed to remain at his place of duty and left without authority. For this misconduct, the commander reduced the member to airman first class, with the reduction suspended, forced the member to forfeit \$300, restricted the member to the limits of Robins Air Force Base for 30 days, and reprimanded the member.

A 78th Air Base Wing senior airman wrongfully used controlled substances. The commander reduced the member to airman, with reduction below airman first class suspended, gave the member 14 days of extra duty, and a reprimand.

A 5th Combat Communications Group senior airman failed to report to his duty location on time. The commander reduced the member to airman first class, with the reduction suspended, forced the member to forfeit \$230 for two months, and reprimanded the member.

A 5th Combat Communications Group senior airman failed to report to work on time. The commander reduced the member to airman first class, with the reduction suspended, forced the member to forfeit \$300, and reprimanded the member.

A 78th Air Base Wing airman first class was derelict in the performance of his duties by negligently failing to ensure his hair was in compliance with grooming standards. The commander suspended the member's reduction to airman and reprimanded the member.

A 461st Air Control Wing senior airman failed to go to his appointed place of duty and was derelict in the performance of his duties by sleeping while on duty.

The commander suspended the member's reduction to airman first class and reprimanded the member.

A 78th Air Base Wing airman first class was derelict in the performance of duties by negligently failing to refrain from using his government travel card for unofficial purposes. The commander reduced the member to airman and reprimanded the member.

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

A 78th Air Base Wing staff sergeant was discharged for drug abuse and commission of a serious offense. The staff sergeant received a General service characterization.

A 78th Air Base Wing airman first class was discharged for minor disciplinary infractions. These infractions included failing to go to his place of duty at the time prescribed, failure to pay debts, discharging a firearm in the city of Warner Robins, Georgia, and dereliction of duty. The airman first class received a General service characterization.

A 78th Air Base Wing airman first class was discharged for failure to meet minimum fitness standards. The senior airman received an Honorable service characterization.

A 461st Air Control Wing airman first class was discharged for drug abuse and ADAPT failure. The airman first class received a General service characterization.

A 78th Air Base Wing airman basic was discharged for minor disciplinary infractions. These infractions included breaking restriction, disobeying a lawful order, underage drinking, being AWOL, reporting late to duty, false official statements, and dereliction of duty. The airman basic received a General service characterization.

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

A 461st Air Control Wing senior airman was administratively demoted to airman first class for failing his third fitness assessment test within a 24-month period.

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

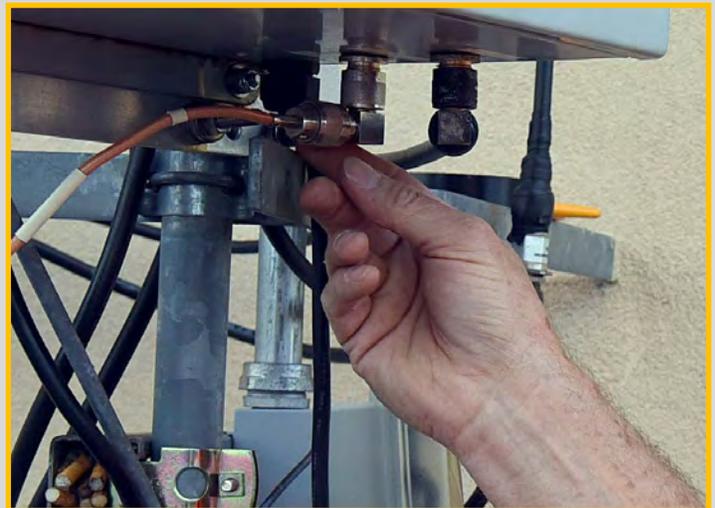
A 461st Air Control Wing staff sergeant was administratively demoted to senior airman for failure to fulfill the responsibilities of an NCO after an off-base DUI.

“... we must 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.”

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



**KEEP
CALM
AND
AIRMAN
ON**



Parting Shots

Bill Caskin (left) and Jeff Cheek, 78th Civil Engineering industrial mechanical controls mechanics, repair a fire signal transmitter on an antennae outside Bldg. 270. The transmitter sends signals to first responders on base that help pinpoint problem areas in the event of an emergency. (U.S. Air Force photos by Tommie Horton)