

INSIDE

Time's running out to get your Air Force Ball tickets. While there will be a formal portion to honor the Air Force's 69th birthday and Robins' 75th birthday, there will be plenty of time for great music, dancing, food and fun. See your unit POC today. For more information, see Page A2.



Lighter Fare
Feel the Shockwave at
Thunder Over Georgia
Air Show

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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

September 9, 2016 Vol. 61 No. 36

'75 Years of Power Projection'



9/11

We haven't forgotten; our resolve is intact

BY COL. JEFF KING
78th Air Base Wing commander

It's been 15 years. Fifteen years since a group of terrorists used four commercial airliners to attack some of America's most iconic buildings, killing thousands of innocent people in the process.

They set out to destroy what they saw as symbols of American wealth and power. They hoped to shake our foundation as a nation, but instead, they steeled our resolve.

September 11th, 2001, was one of the darkest days in American history, but those horrific events didn't unravel us ... they united us. Following the attacks, American patriotism was on display everywhere. It still is.

We grieved, we mourned ... then we did what Americans always do. We dusted ourselves off and got back to the business at hand, albeit with a heightened sense of vigilance. And here we are, 15 years later, still taking the fight to those who would do us harm.

We have not forgotten - We remain stalwart and resolute.

We Airmen, the men and women of Team Robins, are united around a single purpose - the mission. We provide vital, unwavering support for the deterrence of aggression, ongoing combat operations, and humanitarian relief efforts around the globe.

We know that Success Here = Success There. We support the fight through power projection, each of us in our own way, and together as a team. That's what we do, and we're darned good at it. We should be ... we've been doing it for 75 years.

As we solemnly remember the events of 9/11, we renew our sense of unity, strengthen our resolve, and sharpen our focus on the mission. We are ever mindful of the past in order to better shape our future.

THE TIMELINE:

8:46 a.m. - Terrorists aboard American Airlines Flight 11 crash into floors 93-99 of the North Tower of the World Trade Center, killing everyone on board and hundreds inside the building.

9:03 a.m. - Hijackers crash United Airlines 175 into floors 75-85 of the North Tower of the World Trade Center, killing everyone on board and hundreds inside the building.

9:37 a.m. - Hijackers aboard Flight 77 crash the plane into the western façade of the Pentagon in Washington, D.C., killing 59 aboard the plane and 125 military and civilian personnel inside the building.

10:07 a.m. - After passengers and crew members aboard the hijacked United Flight 93 contact friends and family and learn about the attacks in New York and Washington, they mount an attempt to retake the plane. In response, hijackers deliberately crash the plane into a field in Somerset County, Pennsylvania, killing all 40 passengers and crew aboard.

See page A3 for some of Team Robins members' memories of 9/11.



SECOND FRONT

Robins embraces heritage, diversity with celebrations

Robins is always looking for ways to celebrate and embrace diversity, and this month two special observances will allow the base community to do just that.

Hispanic Heritage Month kicks off Thursday and runs through Oct. 15.

Hispanic artifacts will be on display outside the Base Exchange Thursday to kick off the cultural observance.

The Hispanic Heritage subcommittee will also be providing brief Hispanic culture presentations at several Houston County Schools throughout the month.

The group will end the observance by hosting a Hispanic food tasting and Cultural Picnic on base at Gator Park Oct. 15 from 11 a.m. to 2 p.m.

Ed Armijo, Robins Hispanic Heritage Observance chairman, said the month is dedicated to celebrating people of Spanish, Hispanic or Latino origin and recognizing their contributions to the community.

“It will be an opportunity for sharing and learning more about each other and our diverse workplace,” he said.

For more information, contact Marisol Soto at 478-926-5331 or via e-mail at marisol.soto@us.af.mil.

While Hispanic Heritage is one of several observance months recognized here, numerous other observances are held throughout the year – one of which is Robins Air Force Base Diversity Month.

“One of the things the diversity council encourages is to learn more about other cultures and their contributions to society and the U.S. Air Force,” said Armijo who is also the diversity council vice president.

The diversity council is made up of military and civilian members at Robins.

Open to everyone on base, the diversity luncheon will be held Sept. 20 from 11 a.m. to noon at the Heritage Club. Cost is \$13 for a sandwich, side and



beverage. Cash and checks are accepted.

The keynote speaker for the event will be Georgia House of Representatives Rep. Shaw Blackmon.

For more information or for tickets, contact Armijo at 478-222-3785.

“What we’re looking for is to learn to embrace each other. We see each other as one family for Robins Air Force Base, working together for a stronger workforce,” Armijo said.

– Angela Woolen and Holly Logan-Arrington
contributed to this story

NEWS BRIEFS

Chapel drives to support Louisiana flood victims

The Robins Chapel will host the Red Cross and Catholic Charities USA who will be conducting drives Sunday to help victims of the recent Louisiana floods.

Donations given during the 8 or 11 a.m. Protestant Services will be given to the American Red Cross.

Donations given during the 9:30 a.m. Catholic Mass will be given to Catholic Charities USA.

For more information, call the Chapel at 478-926-2821.

Base POW/MIA recognition events begin Wednesday

Team Robins will remember and honor the sacrifice of America’s prisoners of war and those missing in action during the Robins POW/MIA organization’s annual recognition ceremony Thursday at 3 p.m. in the Museum of Aviation’s Hangar One.

The ceremony’s guest speaker will be former POW and retired Chaplain (Col.) Robert G. Certain. Certain was a B-52 Stratofortress navigator flying more than 100 missions during the Vietnam War. He was shot down on Dec. 18, 1972. He was later released March 29, 1973, after being held as a POW for 100 days.

A 24-hour Vigil Run will kick off at 3 p.m. Wednesday at the museum.

Time slots are currently available for the run, which invites participants to sign up in 15-minute or longer increments. The goal is to keep the baton/flag moving for the entire 24-hour period of time leading up to the ceremony.

For more info, contact Tech. Sgt. Neil Smith at niel.smith8.mil@mail.mil.

To sign up for the run contact Staff Sgt. Denea Fayall at denea.fayall@us.af.mil.

Munitions Operations Office Closure scheduled

The munitions operations office will be closed for business Thursday and Friday for a semi-annual wall-to-wall inventory of the munitions stockpile.

Only emergency issue requests, submitted in writing and approved by a group commander, will be accepted during this time.

Volunteers wanted

Volunteers are needed for the 25th Annual Ocmulgee Indian Celebration Sept. 17 and 18 at the Ocmulgee National Monument in Macon.

Volunteers are needed to direct visitors at the information booth, assist with children’s programs, prepare for the arrival of crowds and more.

While volunteers are asked to donate at least four hours on Saturday and Sunday, they’re welcome to work more.

Shifts will be from 9:30 a.m. to 1:30 p.m. or 1 to 5 p.m. Saturday and Sunday. On Friday volunteers are needed from 8:30 a.m. to 1:30 p.m.

More than 200 native dancers, singers, musicians and artists will be on hand to share their culture and talents.

For more information email Angela Bates at Angela_Bates@nps.gov.

69TH Annual Air Force Anniversary Ball
September 17, 2016

Social Hour Begins at 6 p.m.
Heavy Hors d'oeuvres
Amazing Door Prizes
Music by DJ Lee

\$25 For E6 and Below
\$35 For All Others

Tickets Available
See your Unit Rep Today OR
Purchase tickets Thursdays,
10:30 a.m. - 1 p.m.
Heritage Club lobby

Unit AF Ball Ticket POCs

78 FSS – A1C Benjamin Wilson, at DSN 497-7359 or Benjamin.wilson.24@us.af.mil and SrA Jamie Duncan at DSN 497-3438 or jamie.duncan.5@us.af.mil

461st MXG – SSgt Vanessa Barron, at DSN 241-5568 or vanessa.barron.2.mil@mail.mil; SSgt Jean Cenat, at DSN 241-5542 or jean.r.cenat.mil@mail.com and SSgt Donald Speller, at DSN 241-5526 or Donald.d.speller.mil@mail.mil

461st MXS – SSgt Sean Guy, at DSN 241-3453 or sean.w.guy.mil@mail.com; TSgt Joseph Manczka, at DSN 241-3681 or joseph.d.manczka.mil@mail.mil and TSgt Sara Parmenter, sara.m.parmenter.mil@mail.mil

JSTARS – TSgt DJ Bace, at DSN 241-5083 or david.bace@us.af.mil

78th CEG – TSgt Terri Adams, at DSN 497-8889 or terri.adams@us.af.mil

78th MDG – TSgt Christina Williamson-Haupt at DSN 497-8001 or christina.williamsonhaupt@us.af.mil

HQ AFRC – MSgt Charlotte Hudlin, at DSN 497-1016 or charlotte.hudlin@us.af.mil

5th CCG – SSgt LaToya Parks, at DSN 468-1709 or latoya.parks@us.af.mil

78th SFS – SSgt Feldorcia Humphrey, at DSN 472-1990 or feldorcia.humphrey@us.af.mil

REMEMBERING

SEPT. 11

“I was a college freshman living in Daphne, Alabama, and I’d gotten up to have breakfast with my dad. He turned on the TV and the incidents were all over the news. We were confused and thought that it had to have been a hoax or something.

“I kept thinking about how unreal the situation was. I could remember the Oklahoma City bombing from when I was young, but it didn’t resonate with me like the World Trade Center attacks did that day. In the following months, we had military recruiters constantly in our classes, and I remember that about 15 of my friends left school to enlist in one service or the other. That’s when it really sunk in that I was part of a nation going to war.”



Maj. Michael D. Salyer
78th Bioenvironmental Engineering Flight

“I was at work sitting at my desk when the alarm blared so loudly from the television it startled me ... I jumped and then froze. Reporters talking, it seemed, all at the same time; numerous crawls of what was confirmed as a terrorist attack in New York and D.C. – the sight of massive destruction in my country and not far from my family members.

“What remains so vivid to me about that day is the look of shock and fear on my co-workers’ faces ... the look of vulnerability that was, until that day, inconceivable for them ... and me. I am currently retired from the Air Force Reserves; however, during that time I was in the active USAFR, and I felt it was my responsibility to comfort and confirm for them that this situation would be very quickly brought under control and to not walk in fear. Our country was not going to collapse and would successfully withstand further attacks if need be.”



Faith Ford-Palmer
78th Civil Engineer Group

“I was in the Navy on the west coast, which meant that it happened while I was getting ready for work. I don’t ordinarily watch TV in the morning, but a friend emailed me and said to check the news.

“The first tower was already burning. I saw the image of the second airplane hit, but don’t remember if it was live or taped. It is one of those things like seeing Jack Ruby shoot Lee Harvey Oswald that I will never forget.

“I most vividly remember that security was immediately increased to the maximum to get on base, making the time to get on as much as several hours.”



Mark Gelinas
Retired Navy

“I was stationed at Langley Air Force Base, Virginia. I was going through Airman Leadership School, and that morning we were discussing terrorism and the effects it has had on the military and deployment tempo. We went on our normal break, and that’s when we saw the first plane hit the towers. Shortly after the second plane hit the second tower, the alarms on base went off, and we had to leave ALS and report to our units. I then learned that, as a medical asset, I would be leaving in five hours in support of the events that happened on 9/11. We were bussed to McGuire Air Force Base, New Jersey, that evening due to all planes being grounded, and we were there for six days.”

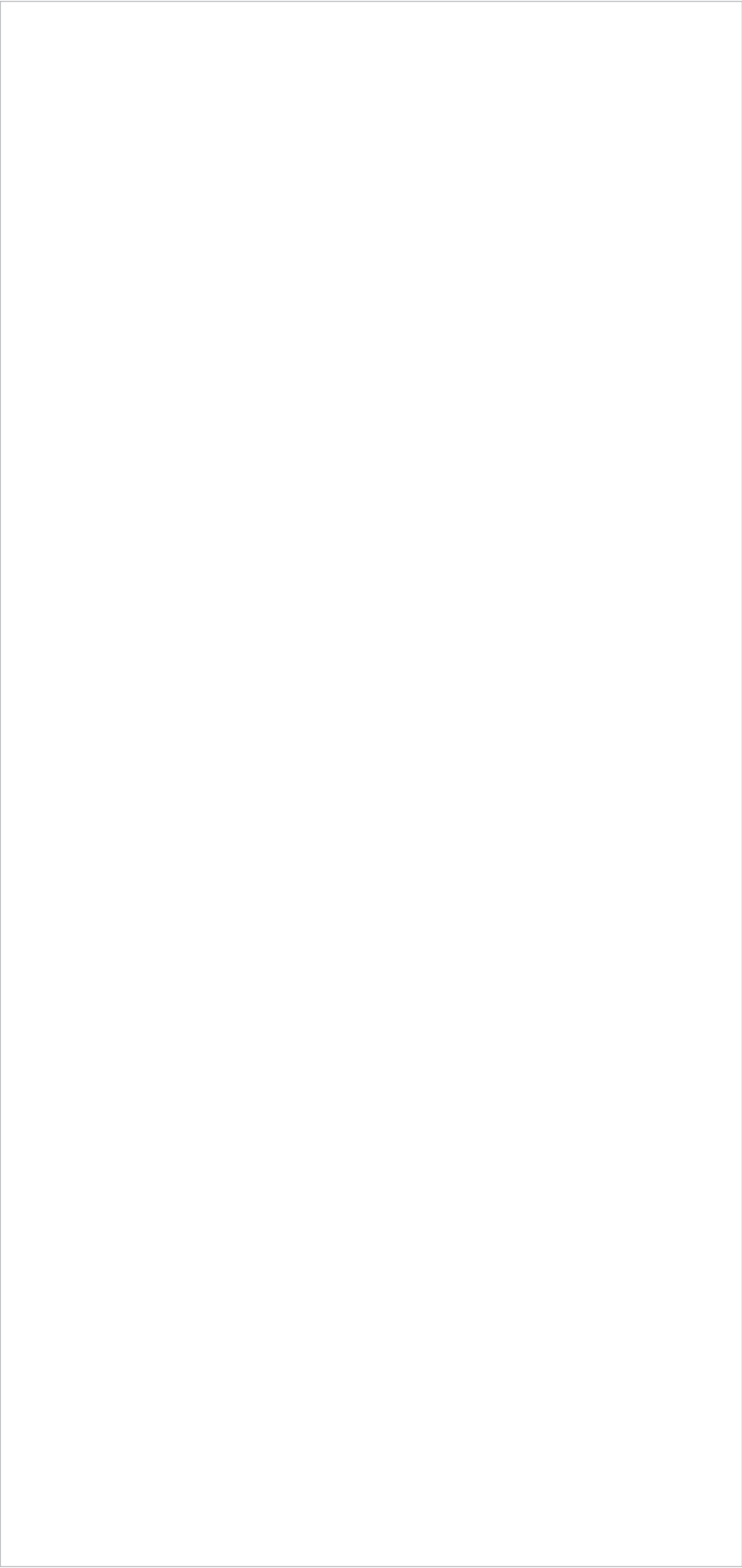


Master Sgt. Nicole Griffin
78th Medical Support Squadron

“I was on a conference call at my office in Biloxi, Mississippi. I worked for a government contractor and our office was off base. One of my coworkers was taking the call from her hotel room in Pensacola, Florida. Her husband was with her and was watching CNN. All of a sudden she started screaming that a plane had just hit one of the towers, and we all assumed it was a small private plane that had accidentally crashed. She said, no, it was a commercial airliner. There were several seconds of silence, and the big boss in Louisville, Kentucky, said what we were all thinking, ‘That was no accident.’ It was eerie.”



Sharon Gray
Air Force Life Cycle Management Center



Life is about balance ...
Remember to take time for yourself



AROUND THE AIR FORCE

Every airman plays a role in suicide prevention

BY J.D. LEVITE

Air Force Surgeon General Public Affairs

The Air Force is determined to prevent suicide, but an airman doesn't need to be a specialist or doctor to do that. Sometimes all it takes is starting a conversation. Everyone has a role to play. That's a key part of the Defense Department's #BeThere campaign, which encourages making a difference through every day connections.

"We're sending the message that it's OK to have problems and it's OK to talk about them. Having problems and talking about them with people you work with openly is a sign of strength, not weakness," said Maj. Joel Foster, chief of Air Force Deployment Health who supports the suicide prevention program with annual training. "The fact that everyone can intervene is part of the messaging we're trying to promote. Every airman is a censor."

He said airmen should look out for certain red flags, like changes in mood or behavior, substance abuse, indications of problems at home or domestic violence. Problems like these can lead to thoughts of suicide, but a person is only going to notice if they're paying attention.

For this reason, supervisors, commanders, first sergeants, and peers need to get to know their airmen more personally because they're the ones airmen should feel comfortable turning to for help.

"Supervisors and commanders really need to get involved with their airmen and get to know them personally so they can identify when things are not going well," Foster said. "They can see subtle changes in their behavior, and in their personality and in their work productivity, so they can intervene early and help that airman get the tools and the right resources that they need."

Commanders have a huge role to play in preventing suicides because they have such a large amount of influence, Foster said.

"They have the influence to create an environ-



Courtesy of the Defense Suicide Prevention Office

ment that is conducive to help-seeking behavior, to promoting a healthy lifestyle and encouraging a sense of balance in life," Foster said. "If we have all of those factors operating, then airmen will feel a sense of connectedness. They'll have a strong support system to buffer against the stressors of life."

There are already a number of resources for airmen in need, such as Wingman Online or Military One Source, and the Air Force is introducing new initiatives all the time. For example, airmen always have access to mental health clinics on base when they need help. Plus, they can always find military and family life consultants at Airman and Family Readiness Centers.

Something new the Air Force is doing is embedding military and family life consultants directly into the squadrons. MFLCs don't replace mental health or medical services, but they do provide access to a short-term counseling service. Airmen with embedded MFLCs will have increased access

to this service at the point where they need it.

"We're decreasing the barriers, decreasing the stigma, increasing availability and increasing the use of services," Foster said. "They know the culture of the squadron they're a part of and that makes it easier for airmen to trust them and feel like they can go to them."

He said by catching things early or referring airmen to the appropriate care at the right time, MFLCs could help airmen in all four areas of Air Force resilience by keeping them physically, emotionally, psychologically and spiritually fit.

"The bottom line here is if you have your life well-ordered, and you are engaged in all four domains of airmen fitness, suicide is not something you would resort to," he said.

The Air Force is also collaborating with chaplains, who have 100 percent confidentiality when airmen need someone to talk to about the troubles they're facing. Foster said they're working with the chief of chaplains to give chaplains the tools to enhance their ability to assess suicidal risk.

"We're hoping to give them the tools to be more effective in evaluating the level of risk of airmen," Foster said. "Then they can use that information to inform airmen about the next steps to take and what they need to do to get the right services."

Foster said recent studies have shown when one person commits suicide it can impact up to 100 other people that they knew and worked with, and eventually those numbers can impact productivity and readiness. If one suicide can impact that many people, then it's important for an organization, like the Air Force, that values its people, to develop concrete ways to prevent it.

"Every airman matters and every single airman has a role to play and makes a difference," Foster said.

Airmen should think about all the different ways they can #BeThere for friends, family, fellow service members, and veterans. Other helpful resources are the Wingman Toolkit and the National Suicide Hotline at 1-800-273-8255.

Air Force celebrates 60 years of the KC-135

FAIRCHILD AIR FORCE BASE, Wash. (AFNS) – The Air Force celebrated the 60th birthday of the KC-135 Stratotanker Aug. 31.

The first Stratotanker flew in August of 1956 and was later delivered to the Air Force in June 1957.

The first KC-135 was delivered to the 93rd Air Refueling Squadron, which was assigned at Castle Air Force Base, California, at the time, but has since been relocated to Fairchild AFB.

The aircraft was originally used to support bombers of the Strategic Air Command. The midair refueling capabilities allowed fighter missions to spend hours on the front lines, rather than a few minutes, which was usually due to the limited size of fuel tanks in the fighters.

"In short order, KC-135s became the backbone of SAC, enabling our bomber force to maintain the peace because of its deterrence capability," said Jim O'Connell, a 92nd Air Refueling Wing historian.

SAC had the KC-135 in service from 1957 to 1992. Following the inactivation of the command in 1992, most KC-135s were reassigned to the newly created Air Mobility Command.

"Despite being called the 'B-52s Flying Fuel Station,' the KC-135 has made an impact locally as well as on the world stage," O'Connell said. "The first KC-135 to be assigned to Fairchild (AFB) arrived on Feb. 21, 1958, and went on to make its mark on the world by establishing eight world records that September."

In Air Force News

This week in Air Force History



On September 10, 1944, the C-82, the first airplane designed in World War II to carry cargo exclusively, first flew at the Fairchild aircraft plant in Hagerstown, Maryland.

Updated EPME reenlistment, promotion eligibility policy takes effect in January

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – The Air Force's updated reenlistment and promotion eligibility policy, which goes into effect Jan. 1, 2017, requires Airmen to complete their enlisted professional military education distance learning course within 12 months of the date they are notified by Air Force Personnel Center or automatically be rendered ineligible to reenlist, extend or promote until the requirement is met.

Airmen are encouraged to highlight their notification date and plan out their time in order to meet the requirement.

The Air Force began transitioning to a time in service, blended learning

model of EPME in 2014, beginning with an updated Senior NCO Academy Distance Learning Course and a revamped in-resident "Advanced Leadership Experience" at the SNCO Academy. Last year, the NCO Academy transitioned to a distance learning course followed by an in-resident "Intermediate Leadership Experience." The blended learning model is designed to provide a higher level of professional education to the enlisted force.

"The in-resident portions build on what Airmen learn in the distance learning model," said Chief Master Sgt. of the Air Force James A. Cody. "It goes beyond the books and the tests. It builds on the roots planted in the distance component by combining scenarios, exercises and interaction with fellow airmen...it's not duplicative. It's designed to be a leadership experience."

Nomination window open for 2017 Spirit of Hope Award

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – Nominations for the 2017 Spirit of Hope Award will be accepted by the Air Force Personnel Center through Feb. 20.

The award, named after comedian and actor Bob Hope, recognizes a military member, former military member, civilian or organization that epitomizes his values of duty, honor, courage, loyalty, commitment, integrity and selfless dedication.

Organizations and base-level personnel must contact their major command, combatant command, field operating agency or direct reporting

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PUBLIC AFFAIRS DEPUTY DIRECTOR
Faye Banks-Anderson

COMMAND INFORMATION CHIEF
Geoff Janes

EDITOR
Lanorris Askew

PHOTOGRAPHERS
Ray Crayton
Tommie Horton
Misuzu Allen

STAFF WRITERS
Jenny Gordon
Angela Woolen
Holly Logan-Arrington

ROBINS REV-UP



COMMANDER
Col. Jeff King

HOW TO CONTACT US

Robins Public Affairs
620 Ninth Street,
Bldg. 905
Robins AFB, GA 31098
478-926-2137
Fax 478-926-9597

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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This commercial enterprise Air Force newspa-



Become part of a winning team

Robins is currently hiring multiple selectees for the following position. Please visit the link below.

<https://www.usajobs.gov/GetJob/ViewDetails/445574200/>

For more information on navigating USA jobs, watch the video on Youtube by copying and pasting this link: www.youtube.com/watch?v=8BicxsWEY6c&feature=share in your browser. To search for other jobs, visit www.usajobs.gov.

READ THE REV-UP ONLINE AT
<http://www.robins.af.mil/library/rev.asp>

Standalone/Enclave IT Computer Announcement

All Air Force expenditures must be documented and approved. The Chief Information Officer is required to maintain oversight of information technology hardware and software on Robins Air Force Base.

A stand-alone system/enclave is defined as a single device, a single computer, a single system or collection of systems that are not connected to the Air Force network. The systems/enclaves are all physically connected and contained within the facility – the same room, lab, building or adjacent building.

Standalone systems/enclaves may request the use of an Internet Service Provider connection, but only if a critical mission need exists.

Since the system isn't connected to the Non-secure Internet Protocol Router Network or the Secure Internet Protocol Router Network – hence the name standalone or enclave – there's no visibility of the system's existence on the network. The system program manager must identify the standalone/enclave to the Base Information System security manager.

The program manager must document the system by registering it in the Enterprise Information Technology Data Repository database. Once the system has been documented, a Certification and Accreditation package must be entered in the Enterprise Mission Assurance Support Service database and approved by the Air Force Authorizing Official.

The Wing Cybersecurity Office initiated a data call to have all stand-alones/enclaves listed on its SharePoint site. This is the first step to ensure the base CIO has knowledge of the systems under their purview.

For more information contact the WCO at DSN 468-8523 or via 78th ABW Information Assurance email address, 78abw.ia@us.af.mil.

PRIVATE
INFORMATION
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KEEPING
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Protect Your Personal Information

Change passwords often

Lock your computer

Cybersecurity is up to you!

SNAPSHOTS

Special Olympics Georgia Masters Bowling Tournament

For the seventh consecutive year the Robins Bowling Center played host to the Special Olympics Georgia Masters Tournament. The event took place Aug. 26 through 28 with an estimated 1,200 SOGA athletes and unified partners competing at Robins Lanes and the Gold Cup Bowling Center on Russell Parkway.

Col. Jarvis Baker, 78th Mission Support Group commander and Warner Robins Mayor Randy Toms spoke during opening ceremonies Aug. 2. About 258 coaches were on hand to help make the tournament a success.

The Masters Bowling Tournament is the third of the five State Games hosted by Special Olympics Georgia each year.



U.S. Air Force photos by RUSSELL BLANKENSHIP





Thought for the Day

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

– Colin Powell



What's inside

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THE ROBINS REV-UP ■ SEPTEMBER 9, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Courtesy photos

SHOCKWAVE TO HIT THUNDER OVER GEORGIA



BY TANNYR WATKINS
tannyr.watkins@us.af.mil

Have you ever seen a Semi Truck race an airplane? Well here's your chance.

The most powerful truck in the world will be reaching speeds of over 350 mph while drag racing aircraft at the Thunder Over Georgia Air Show Oct. 1 and 2.

The Shockwave Jet Truck is a custom built race truck equipped with three huge J34-48 Pratt and Whitney jet engines originally out of the USA Navy T2 Buckeye. These three jet engines generate a combined horsepower of 36,000!

Not only is Shockwave the most powerful truck in the world, it also holds the speed record for Semi Trucks at 376 mph.

Chris Darnell of Darnell Racing Enterprises is the fearless driver of this fire breathing monster.

During his performance, spectators will feel the heat as flames emerge from the three afterburning jet engines, awakening senses with the intense heat and deafening noise.

One Thunder Over Air Show per-

WHAT TO KNOW

For more information about the Thunder Over Georgia Air Show, visit <http://www.robins.af.mil/Airshow> and <https://www.facebook.com/Robins-Air-Show-2016-304047656310401/>.

former who has accepted Shockwave's racing challenge is aerobatic rock star Patty Wagstaff.

Wagstaff will take on the jet truck in her German built EXTRA 300S which has a climb rate of 4,000 feet per minute and a roll rate of 420 degrees per second.

This show stopping performance is definitely one you will never forget.

Headlining this year's air show are the sharply choreographed U.S. Air Force Thunderbirds.

The air show lineup will also include performances by the Army Black Daggers, several vintage military aircraft, plus other civilian performers.

A number of aircraft maintained at Robins will also be on display.

For more information about the Shockwave Jet Truck, visit <http://www.shockwavejettruck.com>.

THUNDER

OVER GEORGIA AIR SHOW

Oct. 1-2, 2016
ROBINS AIR FORCE BASE

FEATURING
USAF
THUNDERBIRDS

FREE AND OPEN TO THE PUBLIC

GATES OPEN AT 9 A.M.
OPENING CEREMONY AT 11 A.M.

For more information
www.robins.af.mil/airshow
478-222-7469

U.S. Air Force graphic by TOMMIE HORTON

A BETTER YOU

September is National Childhood Obesity Awareness Month

BY STUART BAPTIES
Robins Health and Wellness Center director

Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height.

The number of people affected by obesity has risen rapidly during the past 30 years and has led the World Health Organization to proclaim obesity as a global epidemic.

Our children haven't escaped it.

The obesity rate in America has doubled in children and quadrupled in adolescents during this time and according to the Centers for Disease Control, one in six children in America is obese and more likely to become obese adults.

Obese children are more likely to have pre-diabetes, Type 2 diabetes, high blood pressure, high cholesterol, asthma, and are at an increased risk of developing sleep apnea, bone and joint problems.

The CDC estimates that one of three children born in 2000 or later will suffer from Type 2 diabetes at some time in their lives if these trends aren't reversed.

When we factor in overweight, nearly one in three children in the U.S. are overweight or obese and have been shown to have lower self-esteem, miss more school days and have poorer academic outcomes than their normal-weight peers.

Georgia's current obesity rate for children ages 10 to 17 is 16.5 percent, and for 2- to 4-year olds it is 13.2 percent.

To address the issue on base, the Robins Health and Wellness Center has teamed up with the 78th Medical Group Pediatric Flight to offer the CATCH Kids Program during school holidays and at special events



WHAT TO KNOW

If you would like to learn more information on childhood obesity, you can go to the following page <http://www.helpguide.org/articles/diet-weight-loss/weight-problems-and-obesity-in-children.htm> or talk to your pediatrician or family practice provider and check with the HAWC at 327-8480 to learn more about our CATCH Kids Club opportunities.

throughout the community. CATCH Kids stands for Coordinated Approach to Child Health, and is the most proven program to help prevent childhood obesity by encouraging kids and communities to adopt healthier lifestyles.

So what's going on? Fast food consumption and a lack of physical activity are just a couple of the causes of childhood obesity. Other things contributing to the increase in childhood obesity include: increased consumption of foods high in sugar and fat, increased consumption of sugary beverages, increased screen time at televisions and smart devices and increased

time engaged in other sedentary activities.

A great way to help ensure your child stays healthy and stave off obesity is to teach and encourage the Healthy Life Countdown while setting a good example and following it with them. The Healthy Life Countdown targets how we live, work and play and provides tips on how you can incorporate the principles into your family's lives to impact the health of all family members.

It helps focus on the areas that affect obesity and encourages children to do the following every day:

- ✓ Eat **five** or more servings of fresh fruits and veggies.
- ✓ Drink at least **four** glasses of water.
- ✓ Have at least **three** good laughs a day.
- ✓ Limit screen time to **two** hours or less.
- ✓ Engage in at least **one** hour of physical activity.
- ✓ Drink **zero** cups of soda or sugar-sweetened drinks.

What else can you do to help your child adopt the countdown?

- ✓ Offer new fruits and vegetables and encourage your child to take at least three bites.
- ✓ Visit the local farmers market and let your child sample fruits in season when they taste best.
- ✓ Keep the TV and video games out of your child's bedroom and encourage them to use their own imagination while playing and to be physically active.
- ✓ Take a family walk after dinner.
- ✓ Encourage your child to drink more water or low fat milk.
- ✓ If you are allowing treats from vending machines, limit the treat to the labeled "Fit Pick" selections.
- ✓ Discuss treatment or lifestyle changes with your child's medical provider if he or she is obese.

Fruits and Veggies: More Matters!

MARITA RADLOFF




Robins HAWC registered dietitian nutritionist

September is Fruits and Veggies – More Matters Month, which brings the focus on eating more fruits and vegetables all year round. More than 90 percent of both adults and children don't eat the recommended amount of fruits and vegetables.

The Dietary Guidelines for Americans recommend five cups (or servings) of fruits and vegetables per day for adults and children aged 14 to 18, and 2.5 servings for children aged 4 to 8, and 4.5 servings for children aged 9 to 13.

If you're unsure about what a cup of fruits or vegetables actually looks like, use your hand as a guide. A fist is about 1 cup, and a cupped hand is roughly ½ cup. See the table at right for examples of 1 cup of fruits and vegetables.

One of the best ways to remember how much to eat is to fill half your plate with fruits and vegetables. This ensures that the nutrient-rich foods aren't crowded out by less healthy foods, like refined and processed carbohydrates (looking at you, white bread!). You can include fruits and vegetables in all forms: fresh, frozen, canned or dried! When buying fresh, looking for produce with the brightest color and no signs of wetness or mold. Frozen is almost always fresher than buying fresh produce, since it's typically flash-frozen on site, sometimes even in the field after it's been picked. Frozen can also be more economical and you won't have to throw it out if you remember you bought it weeks later. When buying canned, be sure to look for low-sodium

Examples of 1 cup		
		
1 small apple	1 large banana	1 medium grapefruit
		
1 large orange	1 medium pear	1 small melon wedge
		
2-3 medium plums	8 large berries	1 large bellpepper
		
1 medium potato	2 celery stalks	1 cup cooked, 2 raw greens
		
12 baby or 2 carrots	1 large sweet potato	1 large ear of corn

and avoid words like, "seasoned" or "salted." Dried fruit and vegetables are an easy portable snack option. Just know that the serving size is ½ cup!

Since September is Fruits and Veggies- More Matters month, the HAWC will be highlighting an in-season fruit and vegetable each week this month with an easy recipe that will please even the pickiest of eaters. This week, we're going to focus on cauliflower. Cauliflower is fat and cholesterol free, high in vitamin C, and is a good source of folate and potassium. Cauliflower is a versatile vegetable that is tasty roasted but can also serve as a substitute for starchy dishes like rice and mashed potatoes! Choose cauliflower with compact, creamy white curds and bright green attached leaves, and store in a plastic bag in the refrigerator for up to seven days.



Buffalo Cauliflower Bites

Love Buffalo Wings? Try these Buffalo Cauliflower Bites for that game-day taste without all the calories and fat.

This recipe was adapted from <http://www.wholelivinglauren.com/new-blog/2015/9/15/buffalo-cauliflower-bites>

INGREDIENTS

- 1 head cauliflower, chopped into bite sized pieces
- ¾ cup whole-wheat flour
- ¾ cup water
- 1 teaspoon garlic powder
- Pinch of salt
- 1 tablespoon butter, melted
- ½ cup hot sauce

RECIPE DIRECTIONS

1. Preheat the oven to 450°F. Grease a non-stick baking sheet or line with tin foil.
2. In a small bowl, whisk together flour, garlic powder, water and salt until combined. This should look similar to pancake batter – not too thick

but thin enough that the batter falls off the cauliflower. Add more flour or water as needed.

3. Coat cauliflower pieces in batter and place on baking sheet.
 4. Bake for 10 minutes, then flip with a spatula and bake for another 5 minutes.
 5. While baking, whisk together buffalo sauce and melted butter.
 6. When the cauliflower is finished, take a plastic pastry brush and evenly brush hot sauce mixture onto cauliflower.
 7. Bake coated cauliflower for an additional 10 minutes, or until sauce is crispy and absorbed.
- Serving suggestion:** Serve with bleu cheese dressing.



Courtesy photo

Members of the 78th Medical Group here recently donated more than \$1,000 worth of school supplies to local students.

78th MDG donates school supplies to help area kids

BY HOLLY LOGAN-ARRINGTON
holly.logan-arrington@us.af.mil

Some folks in the 78th Medical Group recently loaded up on school supplies – but it wasn’t for their kids. The group collected more than \$1,000 in book bags, pens, pencils, crayons, colored pencils, markers, paper, glue, scissors, pencil boxes, Kleenex, wet wipes and notebooks to benefit students at C.B Watson Primary School in Warner Robins.

Master Sgt. Johnny Freeze, 78th MDG first sergeant, said the donation drive was his unit’s way of giving back to the community which supports Robins families so well.

“The donations helped not only the students and teachers, but also relieved some stress and hopefully answered some prayers from the parents,” he said. “As military members we rotate from base to base, making each city our home. We, at the 78th Medical Group, want to ensure that the children within our community have the school supplies needed to reach their potential and have a successful school year.”

USDA Nutrition Program for youth at Robins

The Robins Child Development Program announces the sponsorship of the U.S. Department of Agriculture funded Child and Adult Care Food Program. The same meals will be available at no separate charge to enrolled participants at the centers listed below. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.

The Department of Agriculture, Food and Nutrition Services, Child Nutrition Programs – Income Eligibility Guidelines for Free and Reduced-Price Meals are used to determine the rate that the center will be reimbursed for meals served in this program.

For information regarding this program, contact Tommie Henson at 468-926-5805.

Airman & Family Readiness Center Classes, workshops & seminars

- | | |
|---|---|
| ► Transition Goals, Plan, Success (GPS) Workshop* – Monday through Sept. 16, from 8 a.m. to 4:30 p.m. | from 8 a.m. to 4 p.m. |
| ► First Term Airman Course: Finances* – Sept. 20 from 7:30 a.m. to noon. | ► VA Benefits Briefing* – Sept. 28, from 8 a.m. to 3 p.m. in Bldg. 905 Room 121. |
| ► Pre-Separation Briefing (separates)* – Sept. 20, from 8 a.m. to noon; | ► Educational Track* – Sept. 29-30, from 8 a.m. to 4 p.m. (Call Ron Smith 478-327-3410 to register). |
| ► Passport to Parenthood – Sept. 20 from 8:30 a.m. to noon at the HAWC. Call 478-327-8398 to register. | <i>Editor’s Note: All classes require pre-registration.</i> |
| ► Right Start* – Sept. 21 from 7:45 a.m. to 12:30 p.m. | <i>For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m.</i> |
| ► Career Technical Training Track* in Bldg. 905 – Sept. 21-22 | <i>* Denotes Military (spouses welcome)</i> |

HAPPENINGS/SERVICES

ON TAP

Family Movie Night

'Incredibles'
Today
6:30 p.m.
Base Theater
\$2 per person includes movie, popcorn and drink
For details, call DSN 468-4001.

Thunder Alley

Today
9 to 11 p.m.
Bowling Center
\$5 per person
Minimum four family members

per lane required
For details, call DSN 468-2112.

Grandparents' Day

Sunday
Bowling Center
Have a fun day with your grandparents
With each paid game, your grandparents' games are free.
For details, call DSN 468-2112.

Fit 2 Fight

Now through Oct. 30
11 am to noon
Fitness Center
For details, call DSN 468-2128.

Tips from the Pro

Tuesday
5 to 6 p.m.
\$5 for unlimited balls
Pine Oaks Golf Course
For details, call DSN 468-4103.

Air Force Birthday

Sept. 16
Heritage Club Lounge
3 to 7 p.m.
For details, call DSN 468-2670.

Paintball in Perry (Single Airman Only)

Sept. 17

Perry, Georgia
A \$15 refundable deposit is required.
For details, call DSN 468-2945.

Give Parents a Break Hourly Care

Sept. 17
6 to 10 p.m.
CDC East and School Age Program
For details, call DSN 468-5805.

Membership Pancake Dinner

Sept. 19
5:30 to 7 p.m.
Heritage Club Ballroom
Members Only
For details, call DSN 468-2670.

CHAPEL CONTRACT OPENINGS

The following Robins Chapel contract positions are open to new applicants. For Statement of Work or more information, contact Staff Sergeant Joshua Manglona or Staff Sgt. Jeff Rybold at 478-926-2821. Resumes must be submitted to the above sergeants by close of business Sept. 16 to be considered for a position. Qualified applicants will be scheduled for an interview. Contracts will be awarded on “Best Value” to the government.

Protestant Parish Coordinator: 30 hours per week. Responsible for Protestant Parish administrative functions at Robins, working closely with

the Senior Protestant Chaplain to ensure budgets, program schedules, publicity, and other required items are developed and implemented. Minimum of a Bachelor’s degree and 4 years experience directing a Protestant military chapel program are required. Upon award of contract, must receive a favorable criminal history background check.

Catholic Parish Coordinator: 20 hours per week. Responsible for Catholic Parish administrative functions at Robins, working closely with the Catholic Priest to ensure budgets, program schedules, publicity, and other required items are developed and implemented. Must be a practicing

Catholic in good standing with the church, and have experience working with Catholic liturgical law and sacramental records. Upon award of contract, must receive a favorable criminal history background check.

Catholic Deacon: Assists the Robins Catholic Priest with ecclesiastical duties as required in Statement of Work. Must be ordained by and have faculties from any Diocese in the United States and be able to receive faculties from the Archdiocese of the Military Services. Upon award of contract, must receive a favorable criminal history background check.

