

ROBINS REV-UP

APRIL 28, 2017

SUCCESS HERE = SUCCESS THERE!



'Loud & Clear'

AFSPC Commander impressed with Team Robins, community

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!



EDITORIAL STAFF

COL. JEFF KING

78TH AIR BASE WING COMMANDER

FAYE BANKS-ANDERSON

78TH ABW PUBLIC AFFAIRS DIRECTOR

GEOFF JANES

COMMAND INFORMATION CHIEF/EDITOR

PHOTOGRAPHERS

RAY CRAYTON
TOMMIE HORTON
ED ASPERA
MISUZU ALLEN

STAFF WRITERS

HOLLY LOGAN-ARRINGTON
TECH. SGT. KELLY GOONAN

IN MY DEFENSE ...

The 78th Security Forces Squadron offered self-defense classes as part of the many events designed to bring about awareness of sexual assault.

Page 5

ANGER MANAGEMENT

Don't lose your head! The base Family Advocacy Program is offering an anger management class for those with base access.

Page 7

MEAL PREPPING

Want to know a secret about losing weight? Check out this article from the base dietician.

Page 8



ON THE COVER

Gen. John Raymond, Air Force Space Command commander, visited Robins this week. While here, he visited the 5th Combat Communications Group, the Warner Robins Air Logistics Complex and attended a social with local civic leaders. See pages 3 & 4 for full story. (U.S. Air Force photo/ED ASPERA)

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 ABW Safety Office — 478-926-6271 or DSN 468-6271

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 478-926-2137.

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.

The appearance of hyperlinks, does not constitute endorsement by the Department of Defense, Department of the Air Force.

HOW TO CONTACT US

Robins Public Affairs , Bldg. 270

Robins Air Force Base, Georgia, 31098

Fax 478-926-9597

Phone: 478-926-2137

Email: 78abw.pa.office@us.af.mil

Loud & Clear'

3

AFSPC commander impressed with units, community

By GEOFF JANES
Robins Public Affairs



(U.S. Air Force Photos/ED ASPERA)

Gen. Jay Raymond, Air Force Space Command commander, receives an immersion briefing at one of the 5th Combat Communications Group training areas during his two-day visit to Robins Monday and Tuesday. During his visit, he toured the 5th CCG, the Warner Robins Air Logistics Complex, hosted an all call with the 5th Mob and attended a social with local community leaders at the Museum of Aviation.

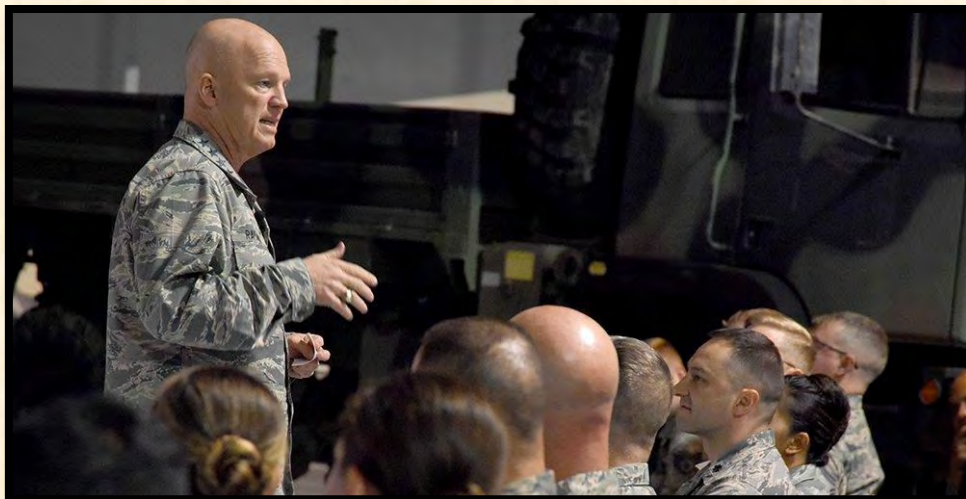
G

en. Jay Raymond, Air Force Space Command commander, got a good look at Robins Air Force Base in a very short period of time – and he liked what he saw.

The general, whose first visit to Robins was in 1982 as an ROTC cadet, said his visit included tours with the 5th Combat Communications Group, the Warner Robins Air Logistics Complex and a social with local community leaders. He further commented that it was both impressive and informative.

"It was great to be back," he said. "I tell you, the reception that I received, the Airmen I met, the professionalism I observed throughout my visit has just been spectacular."

The general first visited the 5th Combat



Communications Group, where he received a mission brief before touring and receiving immersion briefings from the Combat Communications Training and Integration Complex and the Combat Communications Engineering and Integration Center.

He also visited the Combat Readiness School.

"I've heard about combat comm my whole career, but I've never had the opportunity to visit," he said. "The thing that stands out loud and clear when you visit this organization is their professionalism, their joint warfighter spirit, the camaraderie and just the absolute mission focus that's necessary to bring

— Continued on next page

Continued from previous page.

(communications) down to the tactical edge of warfighting ... which is a huge advantage for our nation."

The general met with the group's officers prior to hosting an all call with the unit at the Museum of Aviation. Following the all call, the general attended a social with local community leaders in the Century of Flight hangar at the museum.

"The one thing I heard repeatedly, whether I was visiting the Combat Comm Group, or the ALC, is just how wonderful the relationship is with the downtown community," he said. "Our Combat Communications Group has a high deployment tempo. They can only deploy and do their jobs as well as they do when they know that their families and loved ones are taken care of back here.

"It's obvious that the local community provides outstanding support to

our warfighters and their families. That support comes through loud and clear and I appreciate it," he said.

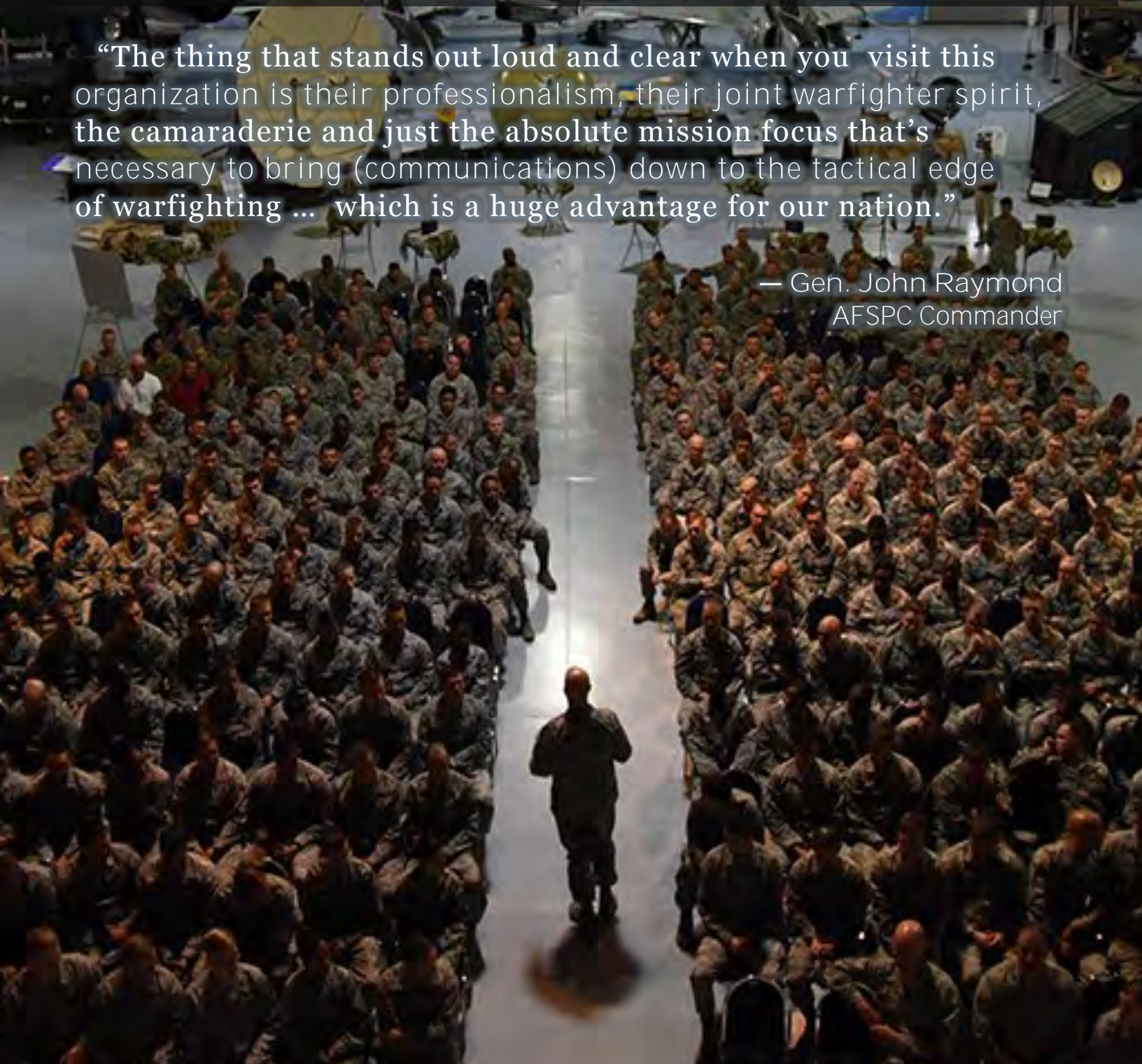
His final stops during his whirlwind visit to Robins included several stops at the WR-ALC. Raymond met with Brig. Gen. John Kubinec, WR-ALC commander, before visiting the 402nd Aircraft Maintenance Group, the 560th Aircraft Maintenance and 561st Aircraft Maintenance squadrons where he toured the C-130 and F-15 maintenance lines.

"It's the first time I've ever had the opportunity to visit an ALC," he said. "The challenges we put into the hands of those dedicated Civilian Airmen is pretty spectacular. The aircraft that are going into those depot level maintenance lines are extremely old.

"They just tear 'em down to bare bones and build them back up to bring combat power for our nation," he added. "It's really impressive what they do for our Air Force and our nation."

"The thing that stands out loud and clear when you visit this organization is their professionalism, their joint warfighter spirit, the camaraderie and just the absolute mission focus that's necessary to bring (communications) down to the tactical edge of warfighting ... which is a huge advantage for our nation."

— Gen. John Raymond
AFSPC Commander





In My Defense

Team Robins members learn protective measures and techniques during a self-defense class taught by the 78th Air Base Wing Security Forces Squadron. The recent class was offered as one of the many events set up on base to bring awareness to sexual assault prevention. (U.S. Air Force photos/TECH. SGT. KELLY GOONAN)



Clothesline Project



T

he Clothesline Project is a program started in 1990 to address the issue of sexual assault violence. It is a vehicle for survivors to express their emotions by decorating a shirt. Above left: Anera Harrel, volunteer victim advocate, paints a T-shirt for the Clothesline Project April 13 at the SARC office. Above right: Airman Inga Clark shows off her improvised tie-dye T-shirt design she made for the project.





ANGER

Have you ever struggled with out-of-control anger, either your own or someone else's? Can you remember times in your life where anger may have used you?

Anger belongs to everyone and learning to manage it is a challenge faced by all at some point. If you would like to learn more about how to manage anger, the Family Advocacy Program is offering a free program to those with base access.

This is a five-session program (participants are asked to attend all sessions) being held from 11 a.m. to 1 p.m., at the 78 Medical Group, Bldg. 700, in the Mental Health/Family Advocacy Conference Room. Class dates are every Wednesday, May 3 through 31. Participants are encouraged to bring their lunch.

To register, or learn more about the upcoming Anger Management class, contact FAP at 478-327-8398 or ROBINS.FAP@US.AF.MIL. Seating is limited.



MANAGEMENT



Want to lose Weight?

FIVE REASONS YOU SHOULD LEARN TO MEAL PREP!

By MARITA RADLOFF

Base dietician

If your goal is to lose weight, your second goal should be to learn how to meal prep. If you find yourself eating out often or settling for less than satisfying healthy food, you aren't setting yourself up to be successful in your weight loss journey.

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

Saves money!

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.

You might find yourself driving 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.

It doesn't take long to create a grocery list for the week, so you have a plan and don't dread the question, "What's for dinner?"

It also reduces the temptation to eat out, saving you calories and money!

Healthier Choices and Less Indulgences!

When you eat out or make something on a whim, you tend to follow your stomach versus your weight loss or health goals.

That could lead to unhealthy choices, since planning ahead is the hallmark of a healthy and well-balanced diet. When you're at the store trying to wrangle the kids in the cart and make dinner before 8 p.m., you don't want to think about which vegetable is healthi-

est, but what's fastest and cheapest. We've all been there! But that mindset won't help you reach your goal.

You're more likely to stick to your list if you planned ahead. And, if it's not in your house, you can't eat it!

Save Time!

Not only will you save money by meal prepping, but you'll save valuable time. When you meal prep on the weekend, you won't be rushing home trying to make dinner. 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 after dinner, which is a huge plus.

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.

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.

Learning to meal prep your 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. When you're in control of what you put in your body, you're getting more nutrition because you're eating primarily unprocessed, unrefined, whole foods.



Put Your Hands Together ...

The "Put your hands together ..." feature is a recurring installment to the Robins Rev-Up.

Due to the overwhelming number of awards people at Robins receive, we just aren't able to cover them all. This feature is our way of ensuring we give credit where we can.

PYHT will run in the last issue each month.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpgs to 78ABW.pa.office@us.af.mil.

For more information, contact Geoff Janes at vance.janes@us.af.mil or by phone at 468-6386.

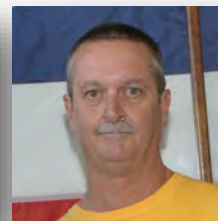
2016 Air Force Sustainment Center Company Grade Officer of the Year

Brig. Gen. John Kubinec, Warner Robins-Air Logistics Complex commander, presents Capt. Jeremy Phifer with the AFSC Company Grade Officer of the Year Award.



SETM Awards

The Air Force Sustainment Center held its 2017 Science, Engineering and Technical Management awards presentation. Award recipients from Robins Air Force Base are Roger Cain from the 402nd EMXG, and Glenn Hobbs and Ray Vines (not pictured) both from the 579th Software Maintenance Squadron. Accepting for Vines is 402nd Software Maintenance Group Director, Alphonso Thomas. (U.S. Air Force photos/RAYMOND CRAYTON, JR.)



Thank you for your service

Brig. Gen. John Kubinec, Warner Robins Air Logistics Complex commander, recently presented 30-year service pins to WR-ALC military and civilian employees. From left to right, they are: Cheryl R. Anderson – Office of Management & Budget; Gary T. Dale – 559th Aircraft Maintenance Squadron; Charles B. Turner, Jr. – 559th Aircraft Maintenance Squadron; J. Karl Harris – 559th Aircraft Maintenance Group; and Dale H. Parnell – 402nd Maintenance Support Squadron. (U.S. Air Force photos/RAYMOND CRAYTON, JR.)



ROBINS AIR FORCE BASE EMERGENCY MANAGEMENT

Emergency Management Flight
775 Macon Street, Bldg. 1555,
Robins AFB, GA

DSN: 497-8885

COMM: 478-327-8885

Page 1

America's PrepareAthon!

About America's PrepareAthon!

- America's PrepareAthon! campaign offers easy-to-implement resources to help individuals, organizations, and communities practice simple, effective actions.
- The campaign increases the number of individuals who understand which disasters could happen in their community,
- We encourage you to explore the Americas PrepareAthon [site](#) where you'll find access to free resources.

PrepareAthon event Today

We have recently received notification from AFMC/AFIMSC that America's PrepareAthon!, the grassroots campaign for action to get families, organizations and whole communities better prepared for emergencies usually held in April will now be held in September in conjunction with National Preparedness Month. However, with the recent severe weather we have experienced, it is imperative to prepare yourself and your families now.

To assist you with your preparations, the 778th CES Emergency Management Flight is hosting an event at the Base Commissary on April 28 from 11 a.m. to 1 p.m.

We will be providing emergency preparedness pamphlets and assistance in developing family emergency plans. Come on out and let us help you and your family get prepared and to "Be a Robin"! If you don't have time to come by the commissary, you can get preparedness information and guidance at <https://community.fema.gov>.

You Are The Help Until Help Arrives

- During an emergency you may need to provide life-saving aid
- The people nearest in proximity to someone with life-threatening injuries are best positioned to provide first care.
- First care focuses on five essential actions, including moving someone away from ongoing danger, stopping life-threatening bleeding, positioning the injured so they can breathe, keeping them warm, and providing comfort.
- Find out more information on how you can be better prepared to help save a life by clicking [Here](#).



Nominations Due Today!

78th ABW IG Vacancy Announcement

Attention Team Robins Colonels

The 78 Air Base Wing's O-5 Inspector General active duty position will become vacant this summer.

In lieu of a formal Air Force Personnel Command fill request, we would first like to solicit your organization's recommendations and nominations for a local fill. Should your unit have an O-5 that's interested, please submit your nominee's name, unit, contact info and nomination documents to:
78abw.ig.workflow@us.af.mil.

NOMINATION REQUIREMENTS:

CC's nomination letter, SURF, last 5 OPRs. SUSPENSE: **TODAY**

DUTY DESCRIPTION:

Serves as the commander's principal advisor on AF Complaints Resolution and Fraud, Waste and Abuse programs. Performs other duties as defined in AFI 90-201, Chapter 5 and AFI 90-301.

DESIRED:

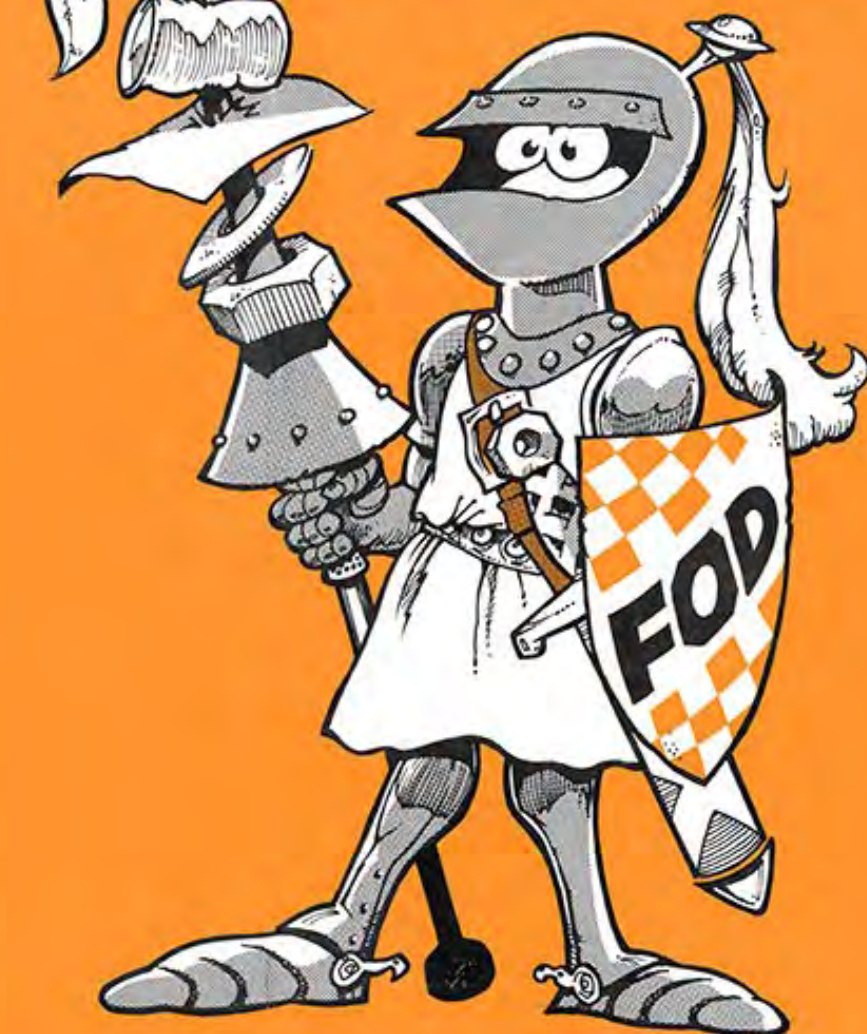
Candidates previously serving as squadron level commanders that have at least 18 months retainability.

Report No Later Than July 30, 2017

Nominees must meet the criteria established in AFI 90-201, paras 9.1 - 9.1.6.

For more information or questions concerning this request, send them to:
78abw.ig.workflow@us.af.mil.

BE A FOD FIGHTER



**JOIN
THE
CRUSADE NOW!**



WORKLIFE4YOU

Civilians - Simplify Your Life

Call Toll-Free for Expert Guidance

No matter what life brings, our experts can help you understand your options.

Get Personalized Matches

Specialists will help you find child care, senior care, fitness centers, schools, adoption resources, home improvement, pet care and much more – ***all with confirmed availability.***

Request Free Educational Materials

Read up-to-date info on child care, parenting, pregnancy, adoption, elder care, fitness, weight loss, budgeting, relocation, college, pet care, balancing home/work life, and much more.

Online Tools and Info

Access online tips and tools including articles, webinars, moderated discussion groups, educational guides and more.

1-800-222-0364

Worklife4You.com

Click on "Start Now" and enter the Registration Code: **AFMC**



"I was anxious to find a new nursing home for my father. WorkLife4You allowed me to focus on the nursing homes that met his needs. The program helped alleviate my anxiety, plus it saved me a lot of time." – Federal Employee

What's Happening

78th FSS

2017 Air Force Club Scholarship Program
Now through May 12
Visit MyAirForceLife.com/Clubs for eligibility,
essay or video topic, instructions and rules.
Good Luck!

Ultimate Thunder Alley

April 28
7 to 11 p.m.
4 Hours of Cosmic Bowling
Adults \$15 / Child 12 & Under \$10
Bowling Center - Comm. 478-926-2112 or DSN 468-211

Saturday's Brunch

10 a.m. to 12 p.m.
Pancakes, Waffles, Scrambled Eggs, Sausage,
Hash Browns, Chicken Tenders, Mac 'N Cheese,
Roast Beef & Vegetable
Members & Family \$5 per person
Non-Members \$7 per person
5 to 7 p.m.
Spaghetti & Meatballs and Pizza Buffet
Members & Family \$5 per person
Non-Members \$7 per person
Pizza Depot - Comm. 478-926-0188 or DSN 468-0188

2017 Air Force Photo Contest

Theme: Travel Destinations
Categories for adults and youth
Prizes: awarded in each category
For more information go to MyAirForceLife.com/photo-Contest

Month of the Military Child!

All military dependent children ages 17 and under
may bowl one FREE game per day in the month of
April, rental shoes included!
Bowling Center - Comm. 478-926-2112 or DSN 468-2112

Sunday Fun Day

Bowl till you drop
Sundays
4 to 8 p.m.
Bowling Center - 478-926-2112 or DSN 468-2112

Afterburner April Specials

Assorted Tazo Tea
Base Restaurant Bldg. 166
- Comm. 478-222-7827 or DSN 472-7827
Mondays through Fridays 5:30 a.m. to 1 p.m.

Friday Special at the Pizza Depot

Two Fried Catfish Filets, Hush Puppies, Vegetable
& Mac 'N Cheese \$6.95



Golf Cart Drive-In Movie (Pine Oaks Golf Course) "Zootopia"

Tonight at 7:15 p.m.

"Zootopia"

Cost \$5 Adults, \$3 Kids 5 & up
Includes 1 Golf cart per family & Refreshments. For details, call Outdoor Recreation - 478-222-1107.

11 a.m. to 1 p.m.

Pizza Depot - Comm. 478-926-0188 or DSN 468-0188

Daily Special at the Pizza Depot

Soup of the Day, Salad & Breadstick Combo \$6.25
Pizza Depot - 478-926-0188 or DSN 468-0188

On-Spot Café Special

Spicy Chicken Sandwich, Fries with Med. Drink
\$6
Bowling Center - 478-926-2112 or DSN 468-2112

Twilight Special Rates

Every day
4 to 7 p.m.
Play 18 holes with cart for \$20 per person
Play 18 holes walking for \$12 per person
Pine Oaks Golf Course - 478-926-4103 or DSN 468-4103

April Special Twilight

Every day
After 6:30 p.m.
Play as much as you can with cart!
\$15
Pine Oaks Golf Course - 478-926-4103 or DSN 468-4103

Swim Lesson Registration Begins May 9

Call Outdoor Rec - 478- 926-4001 or DSN 468-4001



TEAM ROBINS LIP SYNC

Are you ready to battle?

Join us for our first Lip Sync Wars!!

Teams of two to five people

Friday May 18, 2017

2 to 4 p.m.

Location: Base Theater



EVERYONE IS WELCOME! Airman, Civilians, Dependents!

For more information contact: Staff Sgt. DeMica McIntosh/ Staff Sgt. Jonisha Gibson

Demica.mcintosh@us.af.mil or jonisha.gibson@us.af.mil

Airmen

HELPING

Airmen



The Robins Air Force Base 2016 Air Force Assistance Fund campaign is in full swing and runs through May 5.

This year's six-week campaign includes an installation goal of \$75,522, with the theme of "Airmen Helping Airmen."

The annual effort raises funds to provide support throughout the Air Force family, to include assistance with emergency needs, education, or to secure a retirement home for widows or widowers of Air Force members in need of financial aid.

"This is one of the rare opportunities to directly help our members. You can see your donations at work in your unit," said Master Sgt. Jason Clark, AFAF installation project officer. "It's a great program, and one I believe in."

As a flight chief with the 78th Security Forces Squadron, Clark is all about looking out for those around him, to include a team of over 150 military and civilian members.

"Our job is about taking care of people: people always," he said. "It's what we've got to do for our deployed and those put in difficult spots. We are going to need everyone's help to reach our goal... and our goal is to help people."

During the next several weeks, unit project officers will be making 100 per-

cent contact throughout the installation, to include nearly 5,000 Reserve, Guard and active duty personnel at Robins. They will be available to answer additional information about the charities, answer questions and offer the opportunity to contribute to this year's campaign.

AFAF affiliate charities, which support active duty, retirees, Reserve, Guard and dependents, include the Air Force Aid Society, which provides millions of dollars in direct assistance to Air Force members and their families.

That includes emergency assistance, such as interest-free loans, grants and other means of assistance; millions in education programs, such as merit scholarships, education grants for children and spouses, and loans and youth employment skills.

It also provides money to community programs, including child care, readiness and spouse and parenting programs.

The General and Mrs. Curtis E. LeMay Foundation awards grants to enlisted and officer retirees' surviving spouses; the Air Force Enlisted Village provides assistance in the form of a home in a safe, dignified and caring community; and the Air Force Villages Charitable Foundation/Blue Skies of Texas, cares for widowed spouses.

Retirees or civilians who would like to contribute may contact your organization's unit project officers for info.

Unit Project Officers are:

78th CEG

James Hanchett

78th ABW/SC

Master Sgt. Clinton Everling

Tech. Sgt. Kellie Roberts

78th ABW/WSA

Staff Sgt. Joshua Jones

A1C Pamela Ridley

78th MDG

Capt Winnie Odhiambo

Staff Sgt. Louise Sargent

Master Sgt. Ellis Coley

461st ACW

Master Sgt. Jeffery Grenfell

Tech. Sgt. Dustin Pennington

Master Sgt. Nicholas Billow

638th SCMG

Master Sgt. Aquincy Robertts

Lt. Ashley Houser

5th CCG

Lt. John Brautigam

Lt. Jennings Fairchild

Staff Sgt. Alacia Hatten

AFLCMC

Teresa Summers

Tech. Sgt. Joe Treece



Camellia Gardens Memorial Ceremony

Base officials will pay tribute to the living and deceased Team Robins members (military and civilian) at the annual Camellia Gardens Memorial Service in the Museum of Aviation Century of Flight Hangar on May 25, at 10 a.m.

A guest speaker will provide the memorial address and the Robins Honor Guard will deliver a 21-gun salute followed by taps.

Nominated individuals are eligible if Robins Air Force Base was their last duty station.

If you would like to submit a family member, friend or coworker to be recognized (Nomination Deadline: May 12), Use the following link:

<https://www.surveymonkey.com/r/S38H8HV>

For more information, contact the Chaplains office via email at 78abw.hcworkflow@us.af.mil or by phone at 478-926-2821.

No matter how hard the winds blow ...
No matter how tough the challenge ...

Like steel, I rise.

If you need help, it's only a phone call away

Finances & Work-Life Balance — 478-926-1256

Work, personal or Family Issues — 800-222-0364

Work Stress, Psychological Issues — 478-327-9803

Mental Health & Substance Abuse (Houston Healthcare) — 478-922-4281

78th MDG Mental Health Clinic — 478-327-8398

Suicide Prevention Lifeline — 800-273-8255

Sexual Assault & Victim Advocacy — 478-926-2946

Crime Victim Advocacy — 478-327-4584

Chapel — 478-926-2821

(U.S. Air Force graphic/GEOFF JANES)



Parting Shot

This Team Robins firefighter isn't just playing with fire. The base firefighters are constantly training to be prepared for any incident. To ensure they are all proficient, training tools like the mock aircraft and a smoke house (shown here) are used for the most realistic fire training possible. (U.S. Air Force photo/TECH. SGT. KELLY GOONAN)