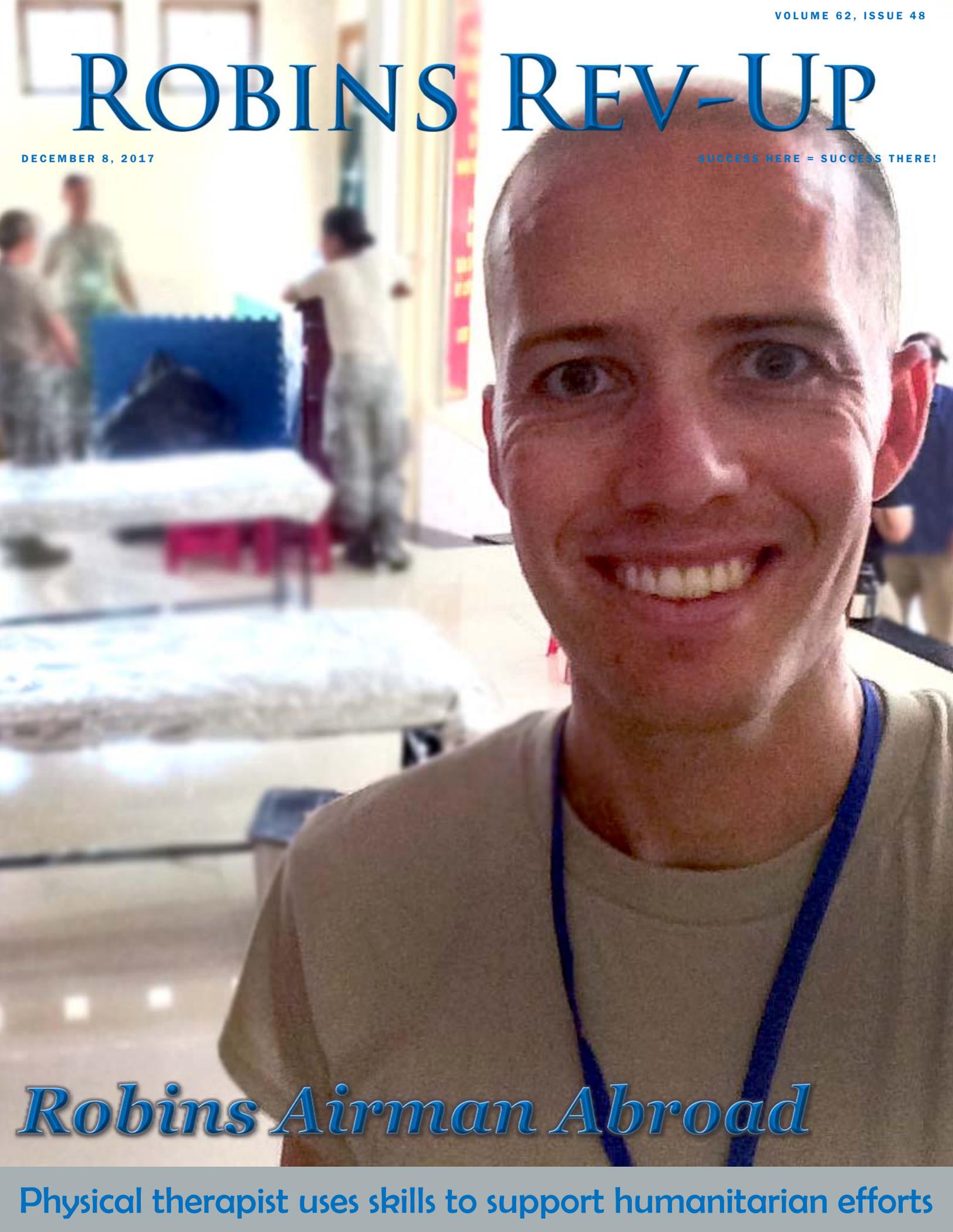


ROBINS REV-UP

DECEMBER 8, 2017

SUCCESS HERE = SUCCESS THERE!



Robins Airman Abroad

Physical therapist uses skills to support humanitarian efforts

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!



EDITORIAL STAFF

COL. LYLE DREW

78TH AIR BASE WING COMMANDER

FAYE BANKS-ANDERSON

78TH ABW PUBLIC AFFAIRS DIRECTOR

GEOFF JANES

OPERATIONS CHIEF/EDITOR

PHOTOGRAPHERS

RAY CRAYTON
TOMMIE HORTON
ED ASPERA
MISUZU ALLEN

STAFF WRITERS

HOLLY LOGAN-ARRINGTON
JONATHAN BELL

HOLIDAY SAFETY TIPS

Here are a few tips to ensure your family's well-being is wrapped up for Christmas

Page 4

FLU SHOTS

It's the sniffing, sneezing, coughing, achy head time of the year again

Page 5

BE A GOOD WINGMAN

Base Mental Health pros offer suicide prevention tips

Pages 7



ON THE COVER

Physical Therapist, Maj. (Dr.) Cody Butler, 78th Medical Group Clinical Medicine Flight commander, poses in the makeshift clinic set up in the government community center in Tam Ky, Quang Nam Province, Vietnam. Butler was in Vietnam as part of a team seeing patients and building relationships with local physicians during the humanitarian assistance engagement Operation Pacific Angel Vietnam 2017. For more, see page 3. (Courtesy photo)

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

Maj. (Dr.) Cody Butler, 78th Medical Group Clinical Medicine Flight commander, poses with other members of his engagement team in Tam Ky, Quang Nam Province, Vietnam. Dr. Butler was in Vietnam as part of a team seeing patients and building relationships with local physicians during the humanitarian assistance engagement Operation Pacific Angel Vietnam 2017.



Robins Airman Abroad

By JONATHAN BELL
Robins Public Affairs

A Team Robins physical therapist, was one of 50 U.S. team members who recently spent more than two weeks in Tam Ky, Quang Nam Province, Vietnam, seeing patients and building relationships with local physicians.

“Each day we bused out to a government community center where we provided family health, pediatric care, and physical therapy assistance and dental care,” Maj. (Dr.) Cody Butler, 78th Medical Group Clinical Medicine Flight commander, said. “We would start seeing patients at about 7:30 in the morning and ran all day long.”

His efforts were part of Operation Pacific Angel Vietnam 2017 – the last of four humanitarian assistance engagements that made up PACANGEL 17.

The program – which has been going on for a decade now – ensures that the militaries of various countries in the Pacific region are able to work together should a humanitarian assistance need arise. One of Team Robins’ own physicians was given the opportunity to take part in the program, which is typically only attended by members of Pacific Command.

“I saw between 50 and 100 patients a day,” he said. “To put that in perspective, I see about 10 to 15 a day while working at Robins.”

The overall goal of PACANGEL was to try and build international relationships with the people of Vietnam. In addition to medical care, the team was able to go on a few evening excursions and experience the country outside of the treatment areas.

“It was interesting to see things like memorials and Viet Cong

“I saw between 50 and 100 patients a day ... To put that in perspective, I see about 10 to 15 a day while working at Robins.”

Maj. (Dr.) Cody Butler
78th MDG Clinical Medicine Flight commander



tunnels from their standpoint, where everything was ‘The war against the Americans.’ So it was interesting seeing this communist country with statues and pictures of their leader Ho Chi Min everywhere as we’re trying to break the ice with these people.”

Another interesting experience for Dr. Butler was being able to interact with some of the local Vietnamese physicians.

“In Vietnam, physical therapy is not well utilized – people can’t afford it,” he said. “So, being able to teach these physicians some techniques and tricks of my trade, and then seeing them try it on patients, it was really neat to see them now have another option of care to provide to their patients.”

PACANGEL 17 conducted humanitarian assistance engagements in Bogo City and San Remigio, Northern Cebu Province, Philippines; Northern and Western Divisions, Fiji; and Gorkha, Nepal.

Butler said that by participating in humanitarian missions such as this, the Air Force is able to reinforce its capabilities to deliver assistance to areas that need it.

“You typically think of the pilots or launching satellites as making the difference,” he said. “But even us medics, we’re there to soften the hearts of the people and provide a service that only we could offer.”

Stay Safe for the holidays

Many are already decking their halls in anticipation for a merry Christmas. Here are a few things to keep in mind to keep your holiday safe.

Water your natural Christmas tree daily. A dry tree is an unsafe one.

Keep your Christmas tree away from heat sources.

Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.

Some lights are only for indoor or outdoor use, but not both.

Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.

Use clips, not nails, to hang lights so the cords do not get damaged.

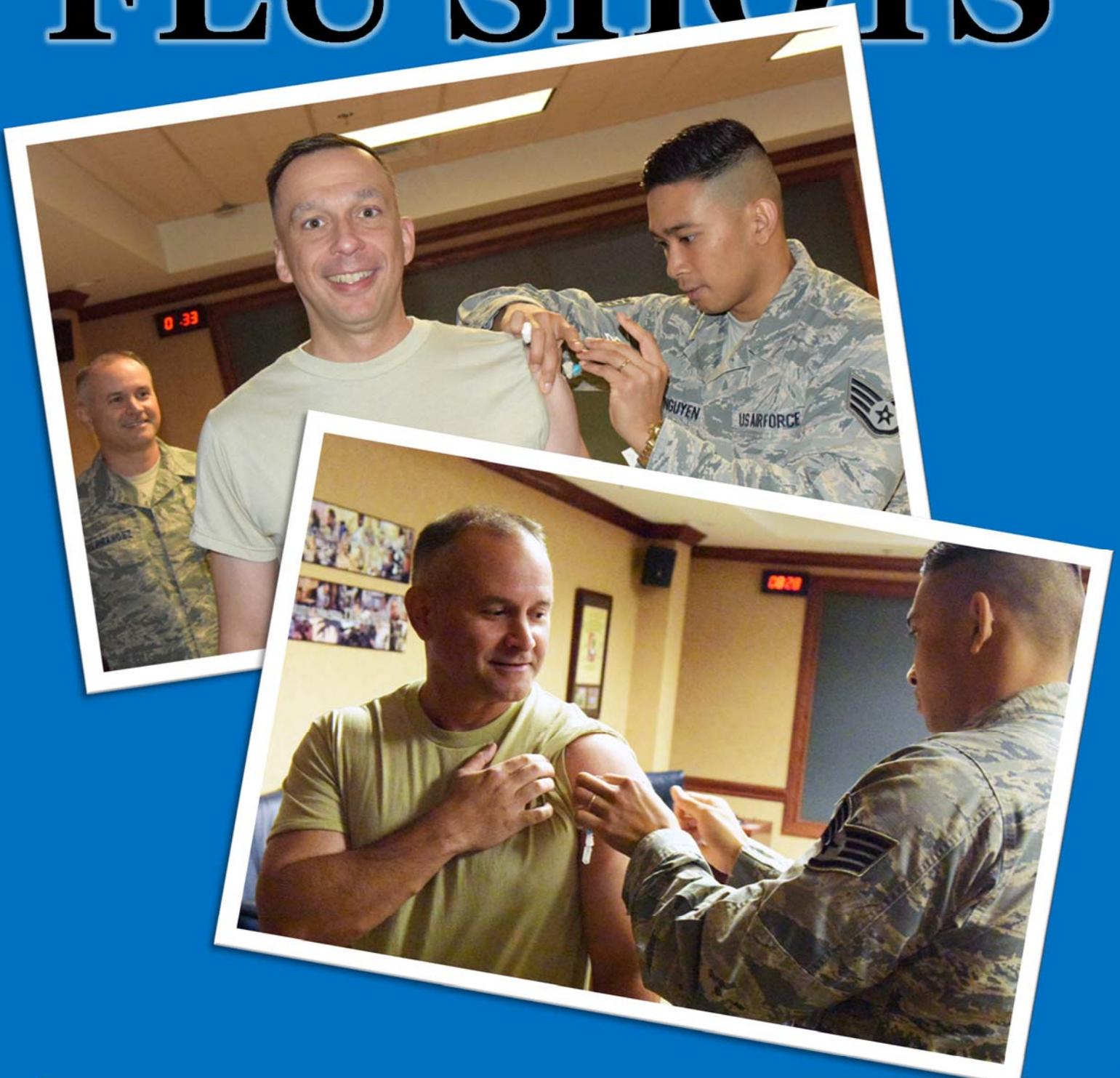
Keep decorations away from windows and doors.

Turn off all light strings and decorations before leaving home or going to bed.

Keep children and pets away from lit candles.

Test your smoke alarms and tell guests about your home fire escape plan.

It's that time again ... FLU SHOTS



Staff Sgt. Tam Nguyen, 78th Medical Group Immunization Clinic noncommissioned officer in charge, and Technical Sgt. Sean Striggles, 78th MDG flight chief, administer flu shots to Col. Lyle Drew, 78th Air Base Wing commander, top, and Chief Master Sergeant Emilio Hernandez, 78th ABW command chief. The Influenza vaccine is here and available for all TRICARE beneficiaries. The goal is to have 90 percent of the active duty and Reserve population vaccinated by Dec. 15. Group commanders and first sergeants will coordinate with the immunization clinic to schedule a point of distribution to administer the vaccine within their groups. There is no need to schedule an appointment, walk-ins are accepted in the immunization clinic, Mondays through Fridays from 7:30 a.m. to 4:30 p.m. (U.S. Air Force photos/RAYMOND CRAYTON, JR.)

WORKLIFE4YOU

Care for Yourself

Caring for an ill, injured, or disabled loved one can be both rewarding and exhausting. For family caregivers who are already juggling many priorities, it can take a lot out of you. Sometimes you may be left feeling rundown or sick. WorkLife4You can help you take care of yourself as you care for others. Here are five tips for avoiding burnout:

Learn about the condition or illness affecting the person you care for. Learn as much as possible about the condition and how it could change over time. This can help you be better prepared.

Having an idea of what to expect can lower your stress level.

It will help you plan for future medical needs. It might also give you time to learn skills you will need later.

Some health problems may cause your loved one to act out, say harmful things, or not even remember who they are. Staying educated about the illness can help you understand when this is a symptom and not act negatively toward it. Remember, sometimes your loved one is not sure how to deal with it either.

Do not be afraid to ask for help. Think positively about the hard work you do, but remember that it is OK to ask for help.

Make a list of tasks you would like help with and people you can call.

Ask a trusted neighbor to pick up some items for you from the store.

Ask family members to assist with household chores, paperwork, or research. You might be surprised at how willing they are to help.

Contact your local area agencies or volunteer groups for assistance. Many groups offer meal delivery, transportation, and respite care. WorkLife4You specialists can connect you to these services and other resources.

Take breaks. Find some time each day when you can safely step away — for example, when you have respite care or a trusted friend or family member visiting. During your break you can:

Go outside for a walk.

Go for a bike ride.

Read a book.

Listen to music.

Chat with a friend.

Schedule weekly or monthly respite care to give yourself breaks.

Even if you only have a few free minutes, give yourself a much-needed breather.

Take care of your health, too! To give the best care possible, you need to stay in good health. Your overall wellness is essential to your ability to keep providing for those you care for.

Eat healthy meals and snacks.

Engage in daily physical activity. It can help lower stress, increase your energy, and help keep your heart healthy.

Get regular health and dental checkups, and any health screenings you may need annually.

Make sure you get your annual flu shot and other appropriate immunizations.

Try to maintain regular sleeping patterns as much as possible.

Connect with other caregivers who may be going through the same thing. Your mental health is important too.

Stay positive! Be realistic about what you can and cannot do. This can help you keep a positive attitude, which can lighten the duties of caregiving.

Even if the person you care for is not able to show happiness or appreciation, you can feel good about the care you are giving and the love he or she is receiving. You may not be able to make the person you care for better, but you can protect his or her dignity and do your best to help them feel safe and loved. There are many things you cannot control, but you can control your actions. Learn to recognize the things you cannot control, and do not lose time worrying about how you cannot change them.

Being a family caregiver can be challenging; there is no doubt about it. You are there to support your loved one, and we are here to support you. Call WorkLife4You today for expert guidance and resources that can help you take care of yourself.

WorkLife4You is a voluntary and confidential employee benefit available to you and your family at no cost. Contact a work/life expert today.

Connect with us
24 HOURS A DAY
(800) 222-0364
TTY: (888) 262-7848
WorkLife4You.com
Registration Code: usaf

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 — 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

What's Happening

78th FSS

College Football

Saturdays

3 to 10 p.m.

Bar & Food Specials (Burger, fries & drink)

Wings Lounge

Heritage Club Lounge - 478-222-7897 or DSN 4472-7897

NFL Sunday Ticket

Sundays

Doors open at Noon

Bar & Food Specials

Wings Lounge

Heritage Club Lounge - 478-222-7897 or DSN 4472-7897

Ladies Day at the Pine Oaks

Every Wednesday

9 a.m. & 4 p.m.

Members pay their regular rate

Non-Members Ladies golf for \$12 – 9 Holes or \$24 – 18 Holes

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

Friday Special at the Base Restaurant

Fried Catfish, Hush Puppies, Vegetable and Cole Slaw or Potato Salad \$6.50

Base Restaurant Bldg. 166 - 478-222-7827 or DSN 472-7827

Daily Lunch Special at the Base Restaurant

Spicy Breaded Chicken Sandwich with Fries \$3.50; Half Sandwich or Sub with Tomato

Soup \$4; Mushroom & Swiss Burger with Fries \$3

Base Restaurant Bldg. 166 - 478-222-7827 or DSN 472-7827

Thunder Alley

Friday Nights

Family Night 9 to 11 p.m.

Adults \$10 / Child 12 & Under \$5

Saturday Nights

Glow in the Dark 9 to 11 p.m.

\$10 per person

Bowling Center - 478-926-2112

or DSN 468-211

Pizza of the Month at the Pizza Depot

The Big Kahuna

18-inch Pizza \$11

Pizza Depot - 478-926-0188

or DSN 468-0188

Sub of the Month at the Pizza Depot

Manwich Sub \$7.25

Roast Beef, Ham, Turkey, Salami, Pepperoni, Lettuce, Tomato, Onion, Cucumber and Green Peppers

Includes Fries and 16 oz. Fountain Beverage

Pizza Depot - 478-926-0188

or DSN 468-0188

Monday Specials at the Pizza Depot

11 a.m. to 1 p.m.

Steak & Fries Lunch with tea or fountain drink \$7.50

Pizza Depot - 478-926-0188

or DSN 468-0188

Wednesday Specials at the Pizza Depot

11 a.m. to 1 p.m.

Pancit & Egg Rolls \$7.95

Pizza Depot - 478-926-0188

or DSN 468-0188

Thursday Specials at the Pizza Depot

11 a.m. to 1 p.m.

8-inch, one-topping pizza with tea or fountain drink \$4

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

Friday Special at the Pizza Depot

11 a.m. – 1 p.m.

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

Pizza Depot - 478-926-0188

or DSN 468-0188

Curbside Dinner to Go

Call in your order by noon each day and pick up between 3:30 to 6 p.m. at the drive-through in front of club.

12-Piece Mixed Chicken with Large Mash Potato & Gravy and green Beans \$21.95

Eight Chicken Fried Steaks with Large Mash Potato & Gravy and green Beans \$19.25

16-inch Meat Lover Pizza with Pasta & Marinara Sauce and 6 Pieces Garlic Bread \$19.95

Pizza Depot - 478-926-0188 or DSN 468-0188, or 478-926-2670 or DSN 468-2670

Join Us For Story Time!

Every 1st & 3rd Wednesday of the Month

Base Library - 478-327-8761

or DSN 497-8761

Karaoke & Club Mug Night (Club Mug Only)

Every Thursday

5 to 8 p.m.

\$1 Domestic Draft Beer

Heritage Club Lounge - 478-926-2670

or DSN 468-2670



Parting Shot

A new Bird Cannon System is up and running at Robins Air Force Base. One of the cannons – which is part of a system of non-lethal, sound-producing cannons – sits at one end of the Robins runway as a base aircraft takes off in the background. The cannon is one of 24 devices located around the Robins airfield in an effort to minimize loss of Air Force resources and personnel from potentially hazardous wildlife populations around the runway. (U.S. Air Force photo/JONATHAN BELL)

