VETERANS DAY HOLIDAY HOURS INSIDE!

VOLUME 62<u>, ISSUE 44</u>

ROBINS REV-UP

NOVEMBER 10, 2017

SUCCESS HERE = SUCCESS

Protective Instinct

Robins aircraft painters put out fire, saving lives and money

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

THE WORLD LOVES A QUITTER

The Great American Smokeout is Nov. 16, are you ready to stop using tobacco?

Page 5

CEASE THE GREASE

Stormwater Straight Talk takes a look at the damaging effects of pouring grease and oil down the drain.

Page 7

WORKLIFE4YOU

Team Robins celebrates National Native American Indian Heritage Month. Page 8

STANDING TOGETHER

Team Robins celebrates National Native American Indian Heritage Month. Page 9



ON THE COVER

Aircraft Painter Thomas Dokey explains where a fire occurred during painting operations on an F-15E combat aircraft. Dokey and a fellow painter were awarded the Air Force Civilian Achievement Award for their quick actions extinguishing the fire on April 13. See page 3 for more. (U.S. Air Force photo/ JONATHAN BELL)

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



Protective Instinct Robins aircraft painters put out fire, saving lives and money



(U.S. Air Force photos/JONATHAN BELL) Thomas E. Dokey, 661st AMXS aircraft painter, explains how a fire occurred during painting operations on an F-15E combat aircraft. Dokey and a fellow painter were awarded the Air Force Civilian Achievement Award for their quick actions extinguishing the fire.

By **JONATHAN BELL** Robins Air Force Base

It's not every day that someone has to put out a randomly started fire, and it's even more rare that a random fire would break out on a multi-million dollar combat aircraft.

A paint team from the 561st Aircraft Maintenance Squadron, who work in the Warner Robins Air Logistics Complex F-15 paint facility not only witnessed, but successfully extinguished a fire on an F-15E fighter plane.

During a routine work shift on April 13, an aircraft mechanic was in the cockpit of the plane to adjust the vari-ramp so that paint could be applied to the fuselage where the ramp prevents proper paint application.

While he was in the cockpit the mechanic inadvertently turned on the landing light, which in normal operations can be seen almost a mile away.

Because the light was on the plane's nose gear and covered by tape and paper no one immediately knew it was on.

Thomas E. Dokey, aircraft

painter explained, "by the time any of us knew the light was on it had come through the paper and caught it on fire and made its way to the area we had just painted with fresh paint and it just accelerated from there."

While they train for, and have the equipment for the possibility of a fire, in this case Dokey's protective instinct took over as he worked to save his coworker in the cockpit by smothering the fire with his hands.

"I figured the fire would be up there on top of him before I could get over and get back with the fire extinguisher," said Dokey as he recalled his actions the day of the fire.

Dokey and Wayne Sadler, a fellow Aircraft Painter, pulled the surrounding paper and other flammables from the landing gear assembly and continued to extinguish the flames on the plane.

Dokey and Sadler's actions saved the Air Force millions of dollars by preventing injury to personnel, and catastrophic damage to the aircraft and paint facility.

Paying tribute to generations of veterans

Fellow Airmen,

Veterans Day is a time to honor and remember our nation's Veterans. Each year we set aside this special day to remember and reconnect with those who have served in our uniformed Armed Forces.

From those brave service members who fought and died in the trenches of World War I, to those who are fighting on the ground, at sea, and in the air today, we owe them our deepest respect and gratitude.

Veterans Day originally began after World War I as Armistice Day.

World War I, known as "the Great War," officially ended on June 28, 1919, when the Treaty of Versailles was signed outside of Versailles, France.

However, the fighting had actually stopped seven months earlier with an armistice between the Allied nations and Germany.

The armistice - a cessation of hostilities - went into effect on the eleventh hour of the eleventh day of the eleventh month...1100, 11 November 1918.

The following year, in 1919, President Wilson proclaimed Nov. 11 as the first commemoration of Armistice Day.

He stated: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

Armistice Day was originally observed in the United States with parades, public meetings and a brief suspension of business beginning at 11 a.m.

However, in 1938, Congress approved Nov. 11, "Armistice Day," as a federal holiday and dedicated it to the cause of world peace.

In 1954, after World War II and the Korean War, in response to urging by veterans' service organizations, Congress replaced the word Armistice with Veterans to commemorate a day to honor veterans of all wars.

This is an important day to recognize and remember the sacrifices of our veterans and their families to keep our country safe and safeguard our way of life.

From World War I to the current campaigns in Iraq, Afghanistan, Syria, and beyond, our veterans have an experience to share, and we should take the time to listen, to learn and to remember.

Their important stories are interwoven into the fabric that shapes our country and strengthens the bond between our families and our citizens.

We proudly salute our warfighters who made a commitment to uphold the constitution and defend our nation from all enemies.

I ask that you join me in paying tribute to generations of veterans on this Veterans Day. Thank you for your service.

> Your fellow Airman, — Lt. Gen. Lee Levy, II Air Force Sustainment Center commander

THE WORLD LOVES A QUITTER

By STUART BAPTIES

Robins Health Promotions

ave the date! The Great American Smokeout is right around the corner! Grab a quit buddy or two and commit to quitting tobacco, even if for just one day, on Nov. 16, 2017.

The Great American Smokeout is an annual event, sponsored by the American Cancer Society encouraging folks to stop smoking even if it's just for 24 hours.

This year Robins will support tobacco users to quit by encouraging them to stop by the Health Promotions Flight at Bldg. 827, or visiting one of our Civilian Health Promotions staff at the Occupational Medicine Clinic in Bldg. 207 through Nov. 16.

Those wishing to quit can pick up a free quit kit by taking the pledge to be Tobacco Free on Nov. 16 and find out information on how to be tobacco free for life. Those who have a friend, family member or co-worker they want to encourage and support, should stop by and pick up information for them and pledge to support them. Even though it's just one day, that one day could be all someone needs to begin a commitment to finally give up smoking.

Need more motivation?

Find out how much money you'll save when you quit. Did you know the average smoker spends more than \$1,900 per year on cigarettes? What could you do with an extra \$1,900?

Whether you've struggled through multiple quit attempts or just decided it's time to make it happen, the Great American Smokeout is the perfect day to take the first step toward a healthier, tobacco-free life. Get through one day smoke free, and you'll quickly improve your health, save money and make your friends and family proud.

Employees and their dependents at Robins, using Tricare or any of the existing Federal Employee Health Benefits Plans, are 100 percent covered for Tobacco Cessation Programs to include counseling services and the use of medications at no cost to themselves.

Call Health Promotions at 478-327-8480 to find out how to access these services. Robins employees and family members can take free tobacco cessation classes right here on base through the Health Promotions Flight at Bldg. 827 simply by calling 478-327-8480 to enroll.

Don't have time to stop by? Then call either the Tri-Care QUITLINE (1-877-414-9949) or the Freedom Quitline (1-844-I-AM-FREE) - a telephone quit line that provides free nicotine replacement therapy.

Tobacco users who enroll with the Health Promotions Flight during the November and December will receive a support package during the program. Editor's Note: For more information and other options for being tobacco free, call Stuart Bapties at the Health Promotions Office at 478-327-8480.

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

Grease

Stormwater Straight Talk Oils and greases don't belong down the drain

ils and grease should never be disposed of down the drain for any reason. That includes fuels, motor oil, lubricating oil, hydraulic oil, cooking oil, or animal derived fats (such as bacon grease) that may be used at home or on base.

Those materials can cause backups in the pipe system within your home, at the wastewater treatment plant or anywhere in between.

And, that's a lot more serious than it may sound.

Pipe backups lead to reduced sewer capacity, increased maintenance costs, shortened infrastructure lifespan, treatment plant upsets, facility closures, harm to fish and plants, odors, human health hazards and fines levied against the base.

So, what happens if the pipes back up?

Back-ups in pipes can lead to floods inside or outside your house. Back-ups in the environment allow oil and grease to be washed into stormwater runoff systems which eventually lead to our ponds, lakes, creeks and rivers!

Only a small amount of oil or grease is required to contaminate a large body of water. A release of oil and grease into a waterway can also result in environmental fines against the base. Backups cost significant time and money to repair.

Why can't the Industrial Wastewater Treatment Plant or Sanitary Treatment Plant treat oils and greases? At Robins, the industrial plant pre-treats metals from wastewater before it enters the sanitary plant. At the STP, an essential biological process requires microorganisms to break down organic material in the water.

Oils and greases kill those microorganisms so the treatment plant can't properly treat the wastewater. That may lead to plant closure which could result in mission delays.

What should I do instead?

Used fuel, motor oil, lubricating oil, and hydraulic oil from domestic or official functions should be disposed of at an appropriate location.

For example, oils can be recycled at an oil change business or at a certified hazardous waste facility — Bldg. 359 is a certified hazardous waste facility on the base.

Contact your local environmental, health, or solid waste agency for household hazardous waste disposal off base. Be sure to label containers with disposal information.

Cooking oils should be poured into a container and disposed of in the trash. Base restaurants are equipped with edible oil tanks for recycling.

Spill kits should be used to help clean up spills that could occur in the workplace. Soiled rags and other contaminated materials should be containerized and disposed of at Bldg. 359.

WORKLIFE4

Care for Yourse

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 stay in good health. Your overall wellness is essential to your ability to keep take a lot out of you. Sometimes you may be left feeling rundown or sick. Work- providing for those you care for. Life4You 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

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 Work-Life4You today for expert guidance and resources that can help you take care of yourself.

WorLife4You is a voluntary and confidential employee benefit available to you and your family at no cost. Contact a work/life expert today.

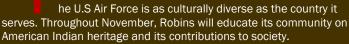
Connect with us 24 HOURS A DAY (800) 222-0364 TTY: (888) 262-7848 WorkLife4You.com Registration Code: usaf

STANDING, TOGETHER

PIESTEWA PEAK

N 2008 SQUAW MOUNTAIN WAS RENAMED TO HONOR SPECIALIST LORI PIESTEWA FIRST AMERICAN INDIAN WOMAN TO DIE IN COMBAT ON FOREIGN SOIL

> BY HOLLY LOGAN-ARRINGTON Robins Air Force Base Public Affairs



Reginald Fitzpatrick, American Indian Heritage Month Committee lead, said it's important to reflect on how the American Indians played a role in making American what it is today.

"It's no secret that the military is very diverse," he said. "So, Native American heritage is just one piece of the pie that makes up our multi-cultural work force. It's important to stop and appreciate the additions of the culture and to understand how it plays a part in what makes America great."



The month-long observance kicked during the Fall Bash Nov. 4 at Robins Park.

Other activities will include observance tables in the main areas of the Base Exchange and the Heritage Club Nov. 14 and 15. And, on Nov. 22, from 11 a.m. to 1 p.m., there will be an American Indian Heritage Celebration at Luna Lodge.

"You can look for us to have pictures and paintings, native dances, songs and food samples," Fitzpatrick said. "I think it will be an event that no one will want to miss."

Native Americans are people who belong to one of more than 500 federally recognized distinct Native American tribes within the country's modern boundaries.

Just over half of them are associated with one of the country's Indian reservations.

Editor's note: To learn more about Robins' events for American Indian Heritage Month, call Reginald Fitzpatrick at 478-201-1132.

What's Happening

78th FSS

Robins Skeet Range

Today Noon – 6 p.m. \$20 Includes 50 targets and lunch Robins Skeet Range - 478-926-4733

Turkey Shoot Today and Saturday \$5 per Shot Noon – 6 p.m. Robins Skeet Range - 478-926-4733

Six Flags over the Georgia Saturday 9 a.m. – 9 p.m. Active duty and up to three dependents free admission; retired military and reservists 50 percent off at the gate; transportation provided courtesy of Recharge 4 Resiliency Outdoor Recreation - 478-222-1107 or DSN 472-1107

Lush Art Experience

Tuesday 5:30 – 9 p.m. Paint with us, you are a beginner or just want to learn something new! Call Arts & Crafts for pre-registration Arts & Crafts - 478-926-5282-7864 or DSN 468-5282

Customer Appreciation Day

at the Base Restaurant Thursday 11 a.m. – 1 p.m. Turkey, Dressing, Potatoes, Green Beans, Dinner Roll and 16 oz. Drink \$3.95 At the Base Restaurant Bldg. 166 - 478-222-7827 or DSN 472-7827

Canned Turkey Trot 5K

Nov. 17 7:30 a.m. Main Fitness Center Main Fitness Center – 478-926-2128 or DSN 468-2128

Give Parents a Break/ Hourly Care

Saturday, Nov. 18 1 – 5 p.m. CDC East/SAP - 478-926-5805 or DSN 468-5805

Midnight-in

Nov. 18 5 p.m. 12 a.m. Ages 9 – 18 (in high school) \$5, Drinks and food will be served Youth Center - 478-327-6836

Membership Dinner

Nov. 20 Members & Family Only 5 to 7 p.m. Country Dinner Heritage Club Ballroom Chicken Fried Steak, Fried Chicken, Mashed Potatoes and Gravy, Vegetables, Tossed Salad & more Heritage Club - 478-926-2670 or DSN 468-2670

Kids Bowl Free

Nov. 20 Ages 17 and under bowl two games free (rental shoes do not apply) Bowling Center - 478-926-2112 or DSN 468-211

Dollar Day

Nov. 21 All games are \$1 all day Bowling Center - 478-926-2112 or DSN 468-211

Movie Day at the Robins Lanes

Nov. 22 2 to 4 p.m. Movie: "Cars" \$6 per person includes three games of bowling, rental shoes and popcorn! Bowling Center - 478-926-2112 or DSN 468-211

Family Day Bowling Special

Nov. 24 Rent a lane for only \$10 per hour Bowling Center - 478-926-2112 or DSN 468-211

Black Friday Special

Nov. 24

Play 18 holes of golf for a coupon rate of \$25 include golf cart and show golf receipt, receive 20 percent discount on any golf shop purchase! Pine Oaks Golf Course - 478-926-4103 or DSN 468-4103



	Holiday Nov. 10	Nov. 11	Nov. 12	Nov. 13
Fairways Grille	Closed	7 to 10:30 a.m.	7 to 10:30 a.m.	Normal
Golf Course	7 a.m. to 5 p.m.	7 a.m. to 5 p.m.	7 a.m. to 5 p.m.	7 a.m. to 5 p.m.
Bowling Center	11 a.m. to 11 p.m.	11 a.m. to 11	1 to 8 p.m.	11 a.m. to 8 p.m.
Library	Closed	p.m. Closed	Closed	Normal
CDC West	Closed	Closed	Closed	Normal
CDC East	Closed	Closed	Closed	Normal
Youth Center	Closed	Closed	Closed	Normal
Main Fitness Center	8 a.m. to 4 p.m.	8 a.m. to 4 p.m.	8 a.m. to 4 p.m.	Normal
Annex Fitness center	(24 Hr Access)	(24 Hr Access)	(24 Hr Access)	(24 Hr Access)
MPS				
Heritage Club	Holiday Nov. 10	Nov. 11	Nov. 12	Nov. 13
Lounge	Closed	Closed	Open	Open
Bingo	Closed	Closed	Open	Open
Pizza Depot	Closed	Closed	Open	Open
Pool Snack Bar Heritage Pool	Closed	Closed Closed	Closed Closed	Closed Closed
Outdoor Rec	Closed	Normal	Closed	Normal
FamCamp	Closed	Closed	Closed	Normal
Skeet Range	Normal	Normal	Normal	Normal
ITT	Closed	Normal	Closed	Normal
Arts & Crafts	Closed	Normal	Closed	Normal
Aero Club	Closed	Normal	Normal	Normal
NAF AO				
Marketing	Closed	Closed	Closed	Open
NAF HRO	Closed	Closed	Closed	Open
A&FRC	Closed	Closed	Closed	7:30 a.m. to 4:30 p.m
Civilian Personnel Customer Service	Closed	Closed	Closed	Normal
Education and training	Closed	Closed	Closed	Normal
Vynn Dining Facility	Holiday Nov. 10	Nov. 11	Nov. 12	Nov. 13
Breakfast	Brunch 6 a.m. to 1 p.m.	Brunch 6 a.m. to 1 p.m.	Brunch 6 a.m. to 1 p.m.	6:30 to 8:30 a.m.
Lunch	Brunch 6 a.m. to 1 p.m.	Brunch 6 a.m. to 1 p.m.	Brunch 6 a.m. to 1 p.m.	11 a.m. to 1 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6:30 p.m.	4:30 to 6:30 p.m.	4:30 to 6:30 p.m.
		-	-	1



Veterans Day

	Nov 9	Holiday Nov. 10	Nov. 11	Nov. 12	Nov. 13
After Burner	5:30 to 10:30 a.m.	Closed	Closed	Closed	Normal
Cafeteria	Closed	Closed	Closed	Closed	Normal
Fast Food (Limited)	6 a.m. to 12:30 p.m.	Closed	Closed	Closed	Normal
Mobile 2	Closed	Closed	Closed	Closed	Normal
Mobile 3	Normal	Closed	Closed	Closed	Normal
Mobile 4	Normal	Closed	Closed	Closed	Normal
Mobile 5	Normal	Closed	Closed	Closed	Normal
Mobile 6	Normal	Closed	Closed	Closed	Normal
91	Closed 1 p.m.	Closed	Closed	Closed	Normal
91 Nights	Closed	Closed	Closed	Closed	Normal
645	Closed	Closed	Closed	Closed	Normal
640	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal
376	Closed	Closed	Closed	Closed	Normal
125	Closed 1 p.m.	Closed	Closed	Closed	Normal
125 Nights	Closed	Closed	Closed	Closed	Normal
300 Hallway	Closed	Closed	Closed	Closed	Normal
301	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal
140	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal
300 Foyer	Closed 1 p.m.	Closed	Closed	Closed	Normal
210	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal
QUICK TURN	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal



Parting Shots

U.S. Air Force E-3 Sentry AWACS aircrew members from the 964th Airborne Air Control Squadron, 552nd Air Control Wing, Tinker Air Force Base, Oklahoma, return from a mission at Robins, Oct. 26, 2017. The 964th AACS, along with aircraft maintainers from the 552nd AMXS and security forces Airmen from the 552nd ACW, flew out of Robins AFB while supporting Exercise Bold Quest. The exercise gave the 964th a chance to test new software and integrate with the E-8C Joint STARS platform. (U.S. Air National Guard photos/SENIOR MASTER SGT. ROGER PARSONS)

