

ROBINS REV-UP

SEPT. 29, 2017

SUCCESS HERE = SUCCESS THERE!



NBA Cares

Atlanta Hawks player gives back with Robins visit

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SUCCESS HERE = SUCCESS THERE!



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John Collins, Atlanta Hawks rookie player, and his mother are met by Col. Sarah Christ, 78th Air Base Wing vice commander, at the Base Fitness Center. Collins was at Robins for a meet and greet with Team Robins members and to film a public service announcement for NBA Cares. For more photos, see page 6 and 7. (U.S. Air Force photo/ROLAND LEACH)

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.

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Triple Ribbon Month

Team Robins to host educational events during October

BY HOLLY LOGAN-ARRINGTON
Robins Air Force Base Public Affairs

October is a busy time for Robins. The month is designated as Triple Ribbon Month, highlighting three important causes: Breast Cancer Awareness (pink ribbon); Domestic Violence Awareness (purple ribbon); and Drug Abuse Violence (red ribbon).

The month is designed to bring awareness and foster prevention to each of the causes through different activities at the base and in the community, said Marita Radloff, Team Robins Health Promotions registered dietitian/nutritionist.

"When base helping agencies and local community counterparts combine, it creates a greater awareness for everyone in Middle Georgia to pay attention to these causes that are affecting millions across the nation," she said.

Domestic Violence

According to Radloff, one in four women and one in seven men in the U.S are victims of physical abuse from an intimate partner at least once in their lifetime, a statistic that reflects the need for prevention and education in today's society.

"Each day, three women lose their lives as a result of domestic violence, and millions more live with domestic violence but don't voice their fears," she said. "Children who grow up in domestic abuse households are 15 times more likely to be victims of child abuse. Domestic violence costs the nation billions of dollars annually in medical expenses, police and court costs, shelter and foster care operational expenses, sick leave, absenteeism and non-productivity, and accounts for 15 percent of all violent crime."

Only community involvement and awareness will put a stop to these heinous crimes and create an environment that supports safe, healthy relationships, Radloff said.

Breast Cancer

Another focus of October is awareness and prevention of breast cancer.

"Breast cancer is the most common cancer in women, regardless of ethnicity, and the second leading cause of cancer death in women, following only lung cancer," Radloff

said. "The chance of developing invasive breast cancer in a woman's lifetime is one in eight.

"In 2014, 236,968 women were diagnosed with breast cancer, and 41,211 women died in the United States from breast cancer," she added. "However, death rates from breast cancer have steadily declined, which is attributed to be the result of earlier detection and improved treatment, related to increased education and community outreach."

Drug Abuse Violence

Radloff said while drugs and alcohol abuse have been a problem in society for years, there has been an uptick in opioid drug abuse.

"Alcohol and drug abuse have reached epidemic proportions in the United States, calling for action from preventative education and community efforts to stymie the growing problem in America, particularly opioids," she said. "More than six out of 10 drug overdose deaths involve an opioid. Since 1999, the number of overdose deaths from opioids, such as prescription opioids and heroin, has quadrupled."

Between 2000 and 2005, more than half a million people died from drug overdoses, and 91 Americans die every day from an opioid overdose, said Radloff.

Scheduled Events

October's events kick off with the **Triple Ribbon Proclamation Signing** Sept. 29 at 10 a.m. in the Central Georgia Technical College Auditorium.

There, mayors of Warner Robins, Centerville and Perry — along with the Houston County Commission and the 78th Base Wing commander — will host a public ceremony at Central Georgia Technical College and proclaim October 2017 as Triple Ribbon Awareness Month, by signing the Proclamation for Houston County and Robins Air Force Base.

Community vendors will also be there for free health screenings and education. Location: 80 Cohen Walker Drive, Warner Robins, 31088. POC: Health Promotions, 478-327-8480

The **annual Color Run 5k** will be on Oct. 6 at 8 a.m. on the newly renovated 5k trail on base. The color run 5k is free and open to anyone with base access. No registration is required. Arrive at the parking lot across from Health Promotions Bldg. 827 between 7:40 and 7:55 a.m. prior to the race.

The first 500 people who check in at the

race will receive a commemorative pin.

The race starts at 8 a.m. Strollers, walkers and runners are welcome.

After the race, the **Team Robins Resiliency Fair** will host community and base vendors and have free prizes, raffles and health screenings.

The Resiliency Fair will be from 8 a.m. to noon in the old gym, Bldg. 827. Enter through Health Promotions doors.

The fair is open to everyone with base access and is free.

Health Promotions and community agencies will be at the **International City Farmer's Market** on Oct. 12 from 1 to 4 p.m., providing educational information and prizes.

Other events include the **Komen Race for the cure** on Oct. 7 at Mercer University. More information is available at http://www.info-komen.org/site/TR/RacefortheCure/MCN_CentralGeorgiaAffiliate?pg=entry&fr_id=6962 (not affiliated with the base. No federal endorsement implied).

The **22nd Annual Pink Picnic** at the Museum of Aviation will be Oct. 26, from 11:30 a.m. to 1 p.m.

Community agencies and the Health Promotions team will also be hosting **road shows** along the base, providing prizes and education at different locations. These will occur from 11 a.m. to 1 p.m. on Fridays.

"Bringing the community and Robins Air Force Base together to raise awareness and foster prevention for each of these causes is imperative to decreasing the rising deaths and helping those afflicted by these causes," Radloff said.

"By combining the ribbons, we bring a greater awareness to the problems millions of Americans face every day.

"Each ribbon signifies a unique struggle that can be lonely and isolating. It's time for Middle Georgia to stand with those people suffering from any of these causes and tell them they are not alone.

"Bringing light to these issues will hopefully help those in the area feel less alone and help prevent others from being afflicted in the future."

Editor's note: For more information about the Color Run, call the Fitness Center at 478-926-2128 or Health Promotions for Color Run and Resiliency Fair information at 478-327-8480. For more information, please see the Health Promotions Facebook page or call at 478-327-8480.



In times of crisis

(U.S. Air Force Photo/TOMMIE HORTON)

Capt Danelle McGinnis, the Special Victims' Counsel at Robins, recently met with Denise Atkinson, a Crisis Line & Safe House of Central Georgia nationally certified Sexual Assault Nurse Examiner, or SANE, to discuss better ways to help victims of sexual assault at Robins.

Atkinson provides forensic exams to survivors of sexual abuse and has trained nurses across the state to become SANEs who use their training to care for sexual assault patients. She was instrumental in establishing SANE programs in both Houston and Peach counties, and is now working with the Crisis Line & Safe House by establishing Sexual Assault Centers in Bibb and Houston counties where exams can be conducted outside of a hospital setting. The Crisis Line & Safe House is slated to open its onsite Sexual Assault Center in January.

McGinnis is a Judge Advocate who is authorized to provide independent legal representation to eligible victims of sexually-related offenses. During their meeting, McGinnis and Atkinson discussed ways their organizations could work together to provide better services to survivors of sexual abuse at Robins.

Atkinson educated McGinnis about how a forensic examination conducted by a SANE can contribute to the collection of

evidence in a sexual assault case and ensure that a victim receives medical care for any injuries he or she may have suffered.

During a forensic exam, patients are informed about each part of the examination. A patient has the option to participate in all, some, or none of the examination procedures provided. Atkinson said that it is ideal if victims seek medical attention soon after their assault, but they should not be discouraged from inquiring about a forensic exam at any time.

The Crisis Line & Safe House of Central Georgia's mission is to provide community crisis intervention as well as safe shelter, comprehensive support and recovery services for victims of sexual assault and domestic violence, and to educate the community about the cycle of violence and its prevention. Robins' office of the Special Victims' Counsel's mission is to uphold the United States Air Force's commitment to deliver victim-centered advocacy that is comprehensive and independent for survivors of sexually-related offenses.

Editor's Note: To report a sexual assault and receive information about a forensic exam or medical treatment, please contact the Robins Air Force Base Sexual Assault Prevention and Response (SAPR) office at (478) 327-7272 (SARC).

HISPANIC HERITAGE MONTH

Hispanic or Latino

Team Robins Airman explains why it makes a difference

By **TECH. SGT. RUBEN HERNANDEZ**
78th ABW Dental Clinic

Hispanic Heritage month is celebrated from the 15th of September to the 15th of October, so here is some food for thought about the words we use to refer to many people in the US and across the world.

For many Hispanics there is a very different meaning to the words Latino and Hispanic.

The Iberian Peninsula had many different names over the years, the Roman Empire called it Hispania. That is the origin of the term Hispanic, referring to those born in the Iberian Peninsula.

The term evolved to include the people of the new world as Spain colonized countries in what would eventually be called Latin America. This new meaning included all those who spoke Spanish and had a similar culture to that of Spain.

In contrast to Hispanic, Latino has a different meaning.

According to the Royal Spanish Academy, the word Latino describes people coming from countries in Europe and the Americas



that speak languages derived from Latin.

The most popular languages that fall under this category are Spanish, French, Italian, Portuguese, and Romanian. The word Latino in this respect refers to people from many different countries in Europe, Africa and the Americas.

In the U.S. most people use Latino (short for Latinoamericano, Spanish for Latin American) interchangeably with Hispanic without realizing there is more to each word.

You don't have to change the way you speak or write but it is always good to be aware of the meaning of the words you use.



Atlanta Hawks rookie John Collins visits Team Robins, videos public service announcement

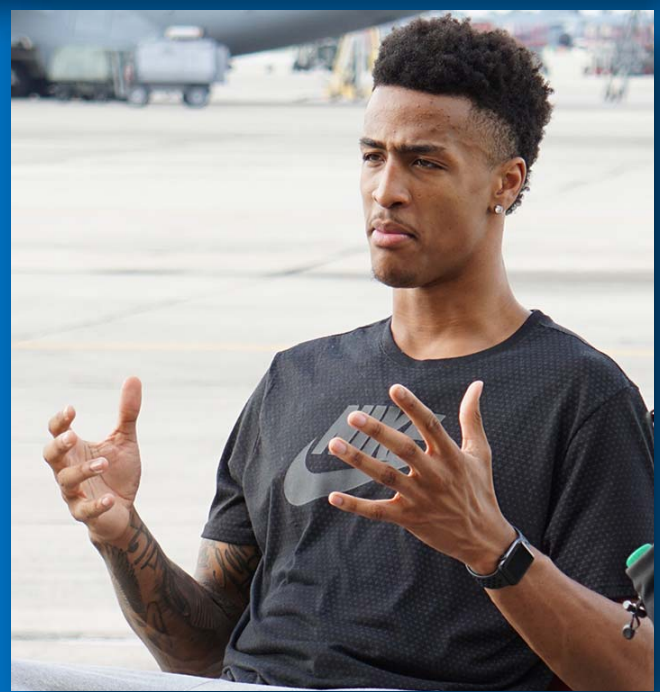
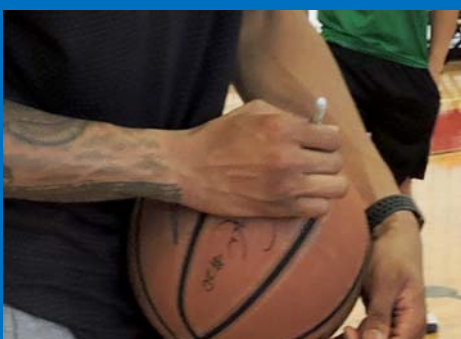
John Collins, Atlanta Hawks rookie player, visited Team Robins for a meet and greet with troops and their families and videoed a public service announcement for NBA Cares.

NBA Cares is the league's global social responsibility program that builds on the NBA's mission of addressing important social issues.

NBA Cares programs and participants have provided more than 3.9 million hours of hands-on service and created more than 1,080 places where kids and families can live, learn or play in communities around the world. The NBA also engages more than 12 million youth annually, inspiring play and teaching the values of the game.

NBA Cares works with internationally recognized youth-serving programs that support education, youth and family development, and health-related causes, including: Thurgood Marshall College Fund, Special Olympics, YMCA of the USA, Boys & Girls Clubs of America, UNICEF, the Make-A-Wish Foundation, Share Our Strength and GLSEN.

—See more photos, next page.





(U.S. Air Force photos/ROLAND LEACH)



Calling all Techies

The fall Tech Expo and Cyber Forum at Robins AFB will be held on Wednesday, Oct. 11 at the Museum of Aviation rotunda. All military, civilian and contractor personnel are invited to attend.

Vendors will be demonstrating their latest products and services at the Tech Expo from 10 a.m. to 2 p.m. Companies will feature innovative solutions in the areas of Cloud Technologies, IT Certifications and Training, Command and Control Solutions, Cyber Security, Information Assurance and much more!

The Cyber Forums will begin at 8 a.m. in the Scott Auditorium, Museum of Aviation. CEU's will be awarded for participation in the forums. There is limited seating available and pre-registration is required. To pre-register, visit www.federalevents.com/robinsafb, select the "Government/Military" tab and select "Register to Attend".


Benefits of attending:

- FREE Admission
- Save time and money – No travel needed
- Network with industry partners and satisfy your industry outreach goals
- Customize YOUR Expo – tell us what technologies YOU want to see!
- Share the experience by bringing a colleague!

Complimentary refreshments & giveaways will be available while supplies last.

For more information, please contact: Emilee Leichman, National Conference Services, Inc. event manager, at 443-561-2408 or by email at Leichman@ncsi.com.





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



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Frequently, it feels like your to-do list is never ending. Telling your circle of coworkers or friends that you are busy or stressed seems to have even become a status symbol — boasting about all of your projects or extracurricular activities. Somehow, having a chaotic schedule translates into being more successful.

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NOTE: To register for a WorkLife4You account, click “Start Now” and use Registration Code: AFMC.

What's Happening

78th FSS

Scotch & Cigar Night

Sept. 28

5 to 8:30 p.m.

\$5 per person and Pine Oaks will supply the Scotch with a cash bar and you bring your own Cigars

Open to all base personnel 21 years or older

Pine Oaks Golf Course - 478-926-4103 or

DSN 468-4103

Ultimate Frisbee Tournament

Sept. 30

Fitness Center - 478-926-2128 or

DSN 468-2128

Robins AFB Education Fair

Oct. 5

10 a.m. to 1 p.m.

Heritage Club Ballroom

Education Office 478-327-3884 or

DSN 497-3884

Ladies Day at Pine Oaks

Every Wednesday

9 a.m. & 4 p.m.

Members pay their regular rate

Non-Members Ladies golf for \$12 – nine

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 & Cole Slaw or Potato Salad \$6.50

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

Tuesday Special at the Base Restaurant

Grilled Steak or Chicken Breast, Baked Potato w/Sour Cream & Butter, Vegetable & Roll, \$8 478-222-7827.

Friday Special at Pizza Depot

Two fried catfish filets, hush puppies, vegetables & mac 'n cheese \$6.95

11 a.m. to 1 p.m.

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

Mondays Dinner Specials at Pizza Depot

16" Cheese Pizza \$7.95

After 6 p.m. and Dine-in Only

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

Curb Side Dinner to Go

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

nara Sauce and six Pieces Garlic Bread

\$19.95

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

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

Receive Giveaways, Discounts & Event Reminders

Text "Robins" To "87365"

Select as many or all of the

FSS facilities

FSS Marketing Office - 478-926-6559

or DSN 468-6559

Beginner Framing Class

Part 1: October 24

Part 2: October 26

6 to 9 p.m.

Two three-hour sessions

\$20 per person

Arts & Crafts - 478-926-5282-7864 or

DSN 468-5282

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 - Comm. 478-926-4103 or DSN 468-4103

Splash Pad Hours of Operation

Monday, Tuesday & Thursday through Sunday 10 a.m. – 8 p.m.

Wednesday Closed

Outdoor Recreation - 478- 926-4001





**KEEP
CALM
AND
AIRMAN
ON**



Parting Shot

Col. Lyle Drew, 78th Air Base Wing commander, provides a phone interview with Mary Therese, 105.9 The FOX radio personality, concerning Robins Air Force Base, which is scheduled to air Monday, Oct. 3 at 8:30 a.m. The colonel also spoke with V101.7 radio personality, Mama Mia, for her mid-morning radio show, which was broadcast Friday from 9 to noon. (U.S. Air Force photo/ROLAND LEACH)