

# ROBINS REV-UP

DECEMBER 1, 2017

SUCCESS HERE = SUCCESS THERE!



*Not your average briefing*

Exercise offers hands-on training for Defenders



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**SUCCESS HERE = SUCCESS THERE!**



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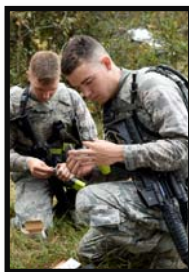
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## ON THE COVER

Senior Airman Jackson Griffith (left) and Airman 1st Class Taylor Anderson, 78th Security Forces Squadron, load their weapons for a dismounted operations exercise at Gator Base training area here. The training which was intended to reinforce training given to all security forces personnel at technical school, combined dismounted operations, foot-patrol formations, improvised explosive device attacks and building-clearance tactics. (U.S. Air Force photo/TOMMIE HORTON)

## 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](mailto:78abw.pa.office@us.af.mil)

Submissions should be of broad interest to the base populace. For information, call 478-926-2137.

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Failing to stop at the gates or following Security Forces directions, can lead to the security gates being triggered, which can sometimes lead to unintended consequences like damage to vehicles.

**T**hinking about driving through the gate without stopping? Think again.

Failing to stop or follow directions of Security Forces personnel at the Robins' installation entry control gates will now result in an automatic 30-day suspension of base driving privileges.

The change to the base driving instruction was made in mid-May.

The updated traffic guidance addresses incidents in which individuals fail to stop at the gate or ignore the directions of security forces and continue driving into the installation.

The driving suspension applies to all individuals – regardless of status.

If base driving privileges are suspended, employees would not be permitted to operate a privately owned or government vehicle on Robins Air Force Base.



(U.S. Air Force photos/RAYMOND CRAYTON, JR.)



# *Not Your Average Briefing*



## Exercise offers hands-on training for Defenders

By **TOMMIE HORTON**  
Robins Public Affairs

To ensure airman readiness during deployments, the 78th Security Forces Squadron recently tied field training into a dismounted operations exercise at Gator Base here.

The training instructors said planned scenarios were designed with realism in mind, and according to those who participated, it was time well spent.

The situations featured support by the 116th Explosive Ordinance Disposal Flight, and were intended to reinforce training previously given to all security forces personnel at technical school. It's also expected to better prepare defenders for additional training they will receive before deployment.

The event, which took place Nov. 11 in the wooded areas and open training fields of Gator Base at Robins, combined dismounted operations, foot patrol formations, improvised explosive device attacks and building clearance tactics among several other lessons.

"In the event of a no-notice or short-notice deployment, this type training helps our people to stay ready," Staff Sgt. Bryan Trumet, 78th SFS training instructor, said.

The objective of the exercise scenario of the day was to gather intelligence on enemy troops and afterwards, locate and ultimately save a hostage. It would be no easy feat for the students who were mostly security forces newcomers.

While walking through the woods towards a compound in search of the hostage, the students were confronted by direct enemy gunfire, missile mortars and IEDs.

Throughout the day, they were continuously forced to make split-second decisions on whether to push forward, take cover or neutralize a threat. In real-world situations their decisions could be the difference

between the success or failure of a mission and possibly even the loss of life or limb.

Instructors keenly observed their reactions to each encounter.

"The idea is that placing them in these situations during training helps build muscle memory and reactionary skills which will help them to instinctively know what to do in real-world situations," Trumet said.

Along the way, they passed an artificial IED that posed a major threat to the group.

Although the device was very well hidden in the ground, there were indicators present that vigilant eyes might discover. Instructors pointed out what those indicators were to help improve the student's ability to recognize them and avoid coming into dangerous contact.

The group of airmen came under heavy gunfire attack as they approached the compound where they would soon have to use their building-clearing experience to find and rescue the hostage. The squadron conducts building-clearance training throughout the year because no two buildings are the same, and they must remain prepared for the unexpected.

After successfully rescuing the hostage – simulated by a 200-pound, dead-weight dummy – the students faced the challenge of carrying the hostage on a stretcher 1,500 feet to safety while taking fire from yet another relentless attack.

At the after action review, student performance was critiqued by instructors at the end of the day. They pointed out mistakes, missed opportunities and bad decisions while also recognizing the good ones.

Student course feedback was overwhelmingly positive. The majority expressed interest in expanding on the training in the future.

"There's a PowerPoint for everything these days," Trumet said, "but any time we can get out and conduct this type of hands-on training, it's the students who benefit."

— See additional photos on Page 5.





U.S. Air Force Photos/TOMMIE HORTON





# Ability One to take over uniform issuance January 1

By HOLLY LOGAN-ARRINGTON  
Robins Air Force Base Public Affairs

**T**he way Airmen will get their uniforms is changing.

Currently, service members receive their uniforms from the Individual Equipment Element within Base Supply.

It's an arrangement that sometimes leaves military members without their Operational Camouflage Pattern uniforms before deploying because uniforms are not currently kept on hand at the center.

Beginning Jan. 1, Ability One — one of the largest sources of employment on federal contracts for individuals who are blind or have significant disabilities in the United States — will take over uniform issuance at Robins.

It's a change that brings two-fold benefits to the base and those workers issuing the military clothing.

"The changeover represents a great day for Team Robins," said David Burton, 78th Logistics Readiness Squadron Materiel Manage-

**"The changeover represents a great day for Team Robins ... This conversion puts us in line with most continental U.S. military installations and will provide better overall support for the warfighter and Team Robins."**

— David Burton

78th Logistics Readiness Squadron Materiel Management Flight chief

ment Flight chief. "Some installations converted to Ability One-run base supply centers more than 20 years ago.

"This conversion puts us in line with most continental U.S. military installations and will provide better overall support for the warfighter and Team Robins," he added.

There is currently an Ability One representative onsite who is working to establish accounts for customers.

"This will ensure there is a smooth transition and uninterrupted service to our customers," Burton said.

The change is occurring to provide better support to team Robins, Burton added.

"The Ability One-run Base Sup-

ply Center will not only support the installation with uniforms, it will also be a source for administrative supplies that are currently being purchased using organizations' Government Purchase Cards online," he said.

The Ability One Program is administered by the U.S. Ability One Commission, an independent federal agency with assistance from National Industries for the Blind and Source America.

Currently, Ability One operates more than 150 Base Supply Centers on military and government installations.

Robins' local Ability One Store, located in Bldg. 255, will be operated by the Alabama Industries for the Blind.

# 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



# 78th Safety Break



A system of non-lethal, sound-producing cannons, like this one pictured at Andersen Air Force Base, Guam. The system is designed to scare birds away from Robins' runways 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/SENIOR AIRMAN BENJAMIN WISEMAN)

## New flight hazard tool to be tested next week

By KAT BLAKELY  
78th Air Base Wing Safety Office

**B**eginning Monday, the 78th Air Base Wing is implementing new methods to mitigate flight hazards and potential damage to aircraft and airfield equipment at Robins.

The 78th ABW is teaming with a United States Department of Agriculture Wildlife Services Airport Biologist to address the many diverse habitat and

wildlife challenges here.

Base safety office personnel want to make everyone on base aware of activities around the Robins flight line beginning Dec. 4.

One part of the program is using a non-lethal cannon system to disperse birds and other wildlife with loud bangs.

During the week of Dec. 4 through 8, the cannon system is being installed and tested. Be aware you may hear loud bangs on and off throughout the week.

Please call the safety office at 478-926-6271 if you have questions or concerns. Thank you for your understanding as we continue to improve Team Robins safety.



# 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

### 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-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

Maj. Gen. Michael Plehn, Air Force Special Operations Command deputy commander, listens to a briefing in Bldg. 91 Tuesday. The general visited Robins to thank the workforce here for their exceptional work on the accelerated AC-130 program. (U.S. Air Force photo/ED ASPERA)