

Robins Rev-Up

APRIL 2018

SUCCESS HERE = SUCCESS THERE!



SEE SOMETHING, SAY SOMETHING

Protecting the base is everyone's responsibility, Page 3

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!

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ON THE COVER

If you see something suspicious, report it. It's all of Team Robins' responsibility to keep Robins Air Force Base safe. To find out more, see page 3. (Shutterstock image)



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

The Robins Rev-Up is published electronically the last Friday of each month. Submissions must be received by 4 p.m. Wednesday, the week prior to publication. They should be emailed to 78abw.pa.office@us.af.mil.

If a more timely submission is needed, it will be posted on the official Robins Air Force Base website at www.robins.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

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Robins Air Force Base, Georgia, 31098
Fax 478-926-9597
Phone: 478-926-2137
Email: 78abw.pa.office@us.af.mil



See Something, Say Something

It's everyone's responsibility

The Air Force Office of Special Investigations has anonymous tip lines that allow submissions from the Internet, via SMS (texting) or using a smartphone application. **For urgent matters, local to the Robins Air Force Base area, call the Base Defense Operations Center at DSN 468-2187, or if calling from off base, dial 926-2187.**

To submit a tip, use one of the following options.

1. Go to <https://www.tipsoft.com/index.aspx> and select the "Submit a Web Tip" button on the right side of the page.

2. Individuals can find the app in both the Android and Apple store as TipSubmit Mobile.

3. Text tips to 847411 and start the message with AFOSI followed by your tip information.

Remember, it's everyone's responsibility to report suspicious activity on and off base. When reporting suspicious activity remember the term SALUTE.

S - Size – This simply means means the size of the group of people whether it's one person or more.

A - Activity – What are they doing? What is

the suspicious activity?

L - Location – Where is it happening?

U - Uniform – What are they wearing?

T - Time – What time did you see the suspicious activity?

E - Equipment – Were they looking at the base using binoculars? What type of vehicle were they in? Were they carrying anything?

Using SALUTE along with the tools mentioned above allows everyone to give OSI a completely anonymous tip on everything from illegal surveillance, theft and terrorist activities to potential insider threats.

These are categories of suspicious behavior:

Surveillance: Someone recording or monitoring base activities. It could include the use of cameras, taking notes, drawing diagrams, marking on maps, using binoculars or other vision-enhancing devices.

Elicitation: People or organizations attempting to gain information about military operations, capabilities or people. Elicitation attempts may be made by mail, fax, telephone, or in person. Examples include being approached at a gas station and asked about what's happening at the base; getting a fax, email or a phone call asking for troop strength numbers... or the number of airplanes on base... or deployment procedures...

Tests of security: Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures in

order to assess strengths and weaknesses.

Examples: a person grabs the base fence and shakes it and sees how long it takes for police to respond; a driver approaches the front gate (without ID and/or car sticker) and pretends to be lost or to have taken a wrong turn, just to learn the procedures of how he is dealt with and how far into the gate he can get before being turned around.

Acquiring supplies: Buying or stealing explosives, weapons, ammunition, detonators, timers, etc. Also includes acquiring military uniforms, decals, flight manuals, passes or badges.

Suspicious persons out of place: People who don't seem to belong in the workplace, neighborhood, business establishment or anywhere else. This category is hard to define, but the point is that people know what looks right and what doesn't.

Dry run: Putting people in position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but it can also pertain to bombings.

Deploying assets: People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs. Look for people loading up vehicles, or people in military uniforms (who don't look right) approaching the installation or people who seem out of place standing at a certain location as if waiting for something to happen.

Remember, it's everyone's responsibility.

OPIOID PAIN MEDICATION



Talk with your physician about the risks and benefits of prescription opioids. If you or someone you know is struggling with opioid pain medications, confidential consultations and referrals are available for AF civilian employees, members of the military, and their family members. Services are available 24 hours a day, 7 days a week.

Employee Assistance Program

(AF civilian employees and family members)

1-800-222-0364

FOH4You.com

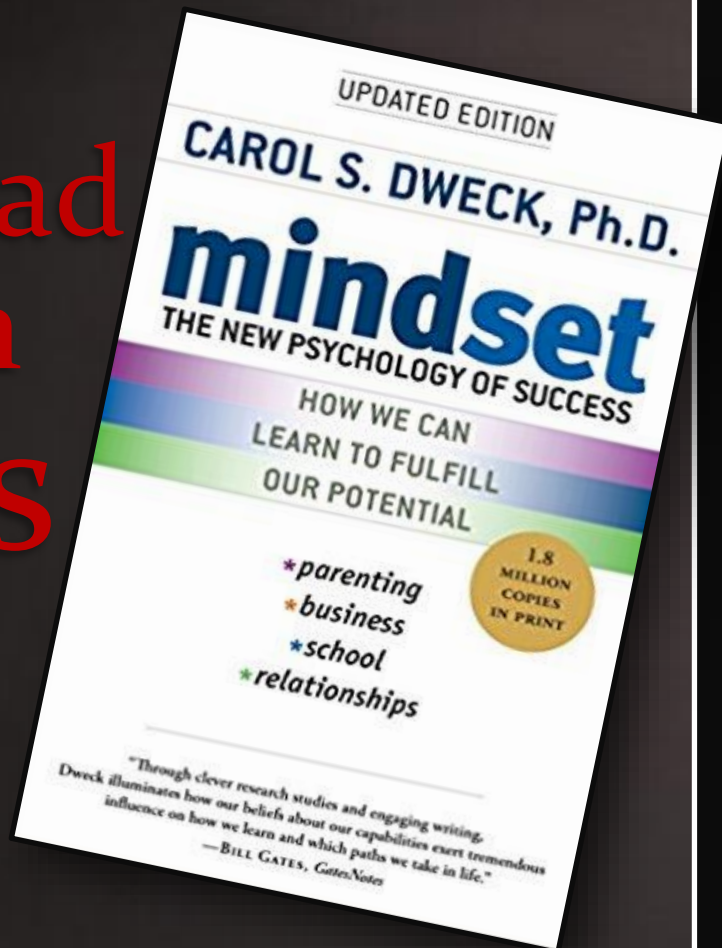
Military OneSource

(members of the military and family members)

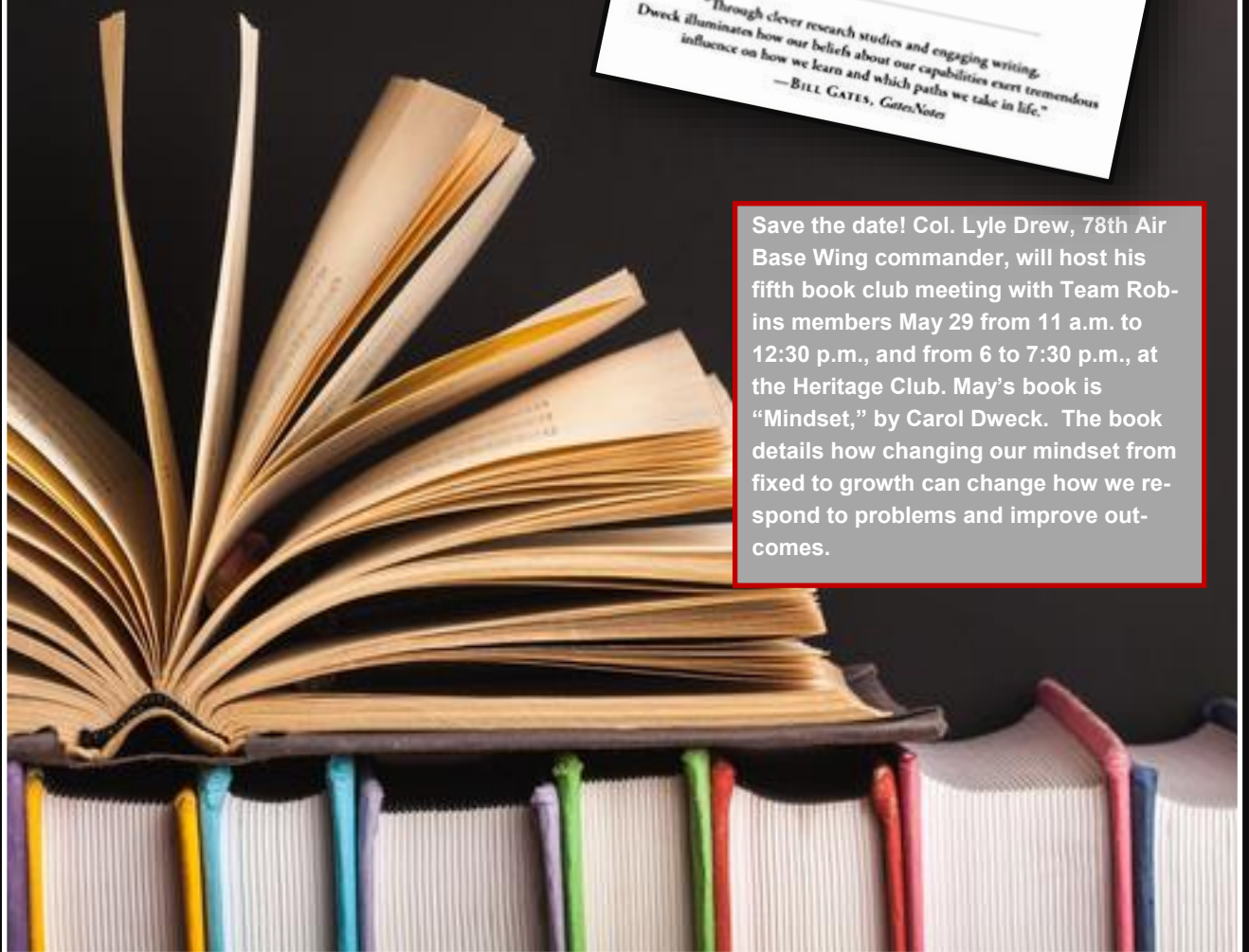
1-800-342-9647

militaryonesource.mil

Getting a good read on Success



Save the date! Col. Lyle Drew, 78th Air Base Wing commander, will host his fifth book club meeting with Team Robins members May 29 from 11 a.m. to 12:30 p.m., and from 6 to 7:30 p.m., at the Heritage Club. May's book is "Mindset," by Carol Dweck. The book details how changing our mindset from fixed to growth can change how we respond to problems and improve outcomes.





Police Week '18

In 1962, President Kennedy proclaimed May 15 as National Peace Officers Memorial Day, and the calendar week in which May 15 falls, as National Police Week.

Established by a joint resolution of Congress in 1962, National Police Week pays special recognition to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others.

Within this week, the 78th Security Forces Squadron will be working side-by-side with our Middle Georgia law enforcement partners to commemorate the lives of the law enforcement professionals in Georgia who we lost this past year.

Many of the events scheduled will display the state of training, teamwork, pride, strength and unity of the community in support of the airmen of the 78th SFS and the officers of the Middle Georgia law enforcement

agencies.

The 78th SFS is also set to commemorate the United States Air Force' fallen defenders lives with a memorial in their honor at Bldg. 263, the 78th SFS.

This initiative is one of many made throughout our Air Force to honor the security forces "Defenders" who gave their lives supporting combat operations overseas and their families.

Law enforcement professionals, inside and outside this installation, are important aspects of our daily lives.

Please join us this week for the many events we have planned within Team Robins and the Middle Georgia community to honor them.

Lt. Col. Jose A. Lebron
78th Security Forces Squadron commander



Deadline approaching for AF program

Robins Air Force Base Public Affairs

Just three more days to take advantage of this great opportunity for Air Force civilians. The application deadline is May 1

The Air Force is showing it values its workforce by offering and expanding developmental opportunities. Participation in an associate degree program opens up additional educational opportunities such as, but not limited to, Bachelor's Degree and Air Command and Staff College. The Air Force recognizes education is very valuable, so this great opportunity can be accomplished at little to no cost for eligible Air Force civilians. The Air Force will provide funding for online classes provided by Air University.

This degree is awarded by Air University and accredited by the Southern Association of Colleges and Schools.

What

Application to the Associate of Applied Science in Air Force Leadership and Management Studies Program

Program Description: The program consists of a 60 credit hour program which is designed to be completed in two years via fully online format. Each student will be required to take 10 core classes through AU and 10 elective/general education curriculum completed through funded credit by exam or transfer credit. Assignments vary from scheduled live classes, reading, and other assignments. Students will be required to participate in

scheduled webinar sessions. Class times will vary from before, during and after duty day. Please note, this could also vary by geographic location.

Who (Criteria for Applications)

Applicants must have:

- Status as a permanent full-time appropriated fund Air Force civilian in any grade level.
- Two years Federal civil service by the application deadline.
- Acceptable rating on most recent performance appraisal.
- High school diploma, GED or equivalent (May have some college credit, but must not have been awarded a post-secondary degree from a regionally accredited 2- or 4-year institution).
- Supervisor coordination with agreement to provide access to a government computer and up to 3 hours per week of duty time for class attendance (subject to mission requirements).

When (Announcement Dates)

The window of application is through the annual year 2019 Civilian Development Education notification that was sent to all employees on March 1, 2018. The closing date of the application window will be May 1, 2018.

Why is this important?

Receiving an Associate of Applied Science in Air Force Leadership and Management Studies program benefits both the Air Force and the employee. It offers the chance for the employee to advance to higher levels

of learning and leadership positions and the AF benefits from the knowledge the employee receives.

How (Application Process)

Interested applicants should submit the following through the myPers website under Force Development during the application window (March 1 - to May 1):

- AF Form 4059. (Section 2: AAS in AF Leadership and Management. Section 3b need not be filled in.)
- Applicant Worksheet
- Resume (see myPers for example of format)
- Learning Agreement signed by employee and supervisor

When submitting application in myPers, please choose "CADP" as the program name.

Application forms can be found on myPers - https://mypers.af.mil/app/answers/detail/a_id/33547
Trifold for civilian Associate Degree program - http://www.airuniversity.af.mil/Portals/10/AFPPDS/documents/Associate%20Degree%20Tri-fold_10%20Feb%202017.pdf?ver=2017-03-01-093131-480

Frequently Asked Questions

<http://www.airuniversity.af.mil/Eaker-Center/AFPPDS/Associate-Degree-FAQs>

For more information about the course as well as how to apply, those interested can access the course fact sheet here: www.airuniversity.af.mil/Eaker-Center/AFPPDS/Display/Article/1088474/

For details, call A&FRC at 478-926-1256.

Civilian Airmen Resource Exchange

This is an AFGE 987 Union Program in partnership with the Robins Ministerial Allegiance. An On-Call team member will meet with you within 30 minutes at the base chapel for private, confidential counseling.



Use a QR reader to connect directly to the site.



C.A.R.E

C.A.R.E

Civilian Airmen Resource Exchange

Need Help?

Call 478-352-1190 for

On-Call Clergy Crisis Intervention Team
Monday - Friday 0700-1900 hours
Use your Wellness Time for Spiritual Fitness

Visit the C.A.R.E. community, faith based resource site:

www.21stcenturypartnership.com/care/

Passport to Parenthood — held the third Tuesday of each month by the Family Advocacy Program in Bldg. 700 — is being offered to all Team Robins new and expectant parents.

The class is held from 8:30 a.m. until noon.

Covered topics include: Pros and Cons of Breast Feeding; Baby and Mom Oral Hygiene; Post-Partum Depression; New Parent Support Program; Car Seat Safety; Tricare Referrals; WIC enrollment; and more.

***Registration is required.**

Call: 478-327-8398/8417

Email: usaf.robins.78-mdg.mbx.fap@mail.mil

PASSPORT



WORKLIFE4YOU

A person is shown from behind, sitting in a yoga pose (Padmasana) on a sandy beach. Their arms are raised, and their hands are joined in a prayer position (Anjali Mudra) directly in front of the setting sun. The sun is a bright, glowing orb, creating a lens flare effect. The sky is a mix of orange, yellow, and light blue, with a few wispy clouds. The ocean waves are visible in the background, and the beach is wet, reflecting the light from the sun.

Avoiding Burnout

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



If you get in a bind, don't get behind the wheel

Robins Public Affairs

If you're going to drink, have a plan. Call a cab, stay the night or have a designated driver. It's just that easy. But ... plans sometimes fall through, and when that happens, Airmen Against Drunk Driving will be there to help. AADD is a non-retribution program designed to decrease the number of drunk driving incidents. There is a whole group of motivated airmen who volunteer to pick up intoxicated individuals when plans fall through.

AADD is available Thursdays through Saturdays from 10 p.m. to 3 a.m. They will pick people up anywhere from Macon to Perry, and the service is free.

So, who can take advantage of the service? Military, civilian employees and contractors with a DOD identification card are eligible.

The cost of a DUI will run you roughly \$6,000 to \$10,000, jail, probation, a suspended driver's license and an elevated insurance bill. It could cost a lot more. It could cost you your life and the lives of others.

Did we mention AADD is free? Did we mention it's a non-retribution program? If you get in a bind, don't get behind the wheel. Call AADD at 478-222-0013. It's a phone call you won't regret.

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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



Resilience Happens May 2018

Physical Fitness and Mental Health Awareness Month



Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
1	2	3	4	5	6	7
	CHPS Spring Into Shape: Get Up and Get Moving Bldg. 301 Gym Annex 1200-1300	CHPS Spring Into Shape: Get Up and Get Moving Bldg. 301 and 827: 0730-0830	CHPS Spring Into Shape: Get Up and Get Moving Class Bldg. 207, A121: 1000-1100			CHPS Screening Bldg. 301 and 207(C-119) 0730-0930
			CHPS Spring Into Shape: Get Up and Get Moving Class Bldg. 301 Gym Annex 1000-1100			CHPS Spring Into Shape: Get Up and Get Moving Class Bldg. 301 Gym Annex 1000-1100
8	9	10	11	12	13	14
	CHPS Spring Into Shape: Get Up and Get Moving Class Base Restaurant 1100-1200	CHPS Spring Into Shape: Get Up and Get Moving Class Bldg. 301 Gym Annex 1200-1300	CHPS Screening Bldg. 301 and 827 0730-0830			CHPS Screening Bldg. 301 and 207 (C-119) 0730-0930
15	16	17	18	19	20	21
Anger Management Class #1 1300-1500 Register with Family Advocacy: 327-8398	CHPS Spring Into Shape: Get Up and Get Moving Class Base Restaurant 1100-1200	CHPS Spring Into Shape: Get Up and Get Moving Class Bldg. 301 Gym Annex 1200-1300	CHPS Screening Bldg. 301 and 827 0730-0830	CHPS Spring Into Shape: Get Up and Get Moving Class Bldg. 207, A121: 1000-1100		CHPS Screening Bldg. 301 and 207(C-119) 0730-0930
National Police Week						
22	23	24	25	26	27	28
Anger Management Class #2 1300-1500 Register with Family Advocacy: 327-8398			CHPS Screening Bldg. 301 and 827 0730-0830			CHPS Screening Bldg. 301 and 207 (C-119) 0730-0930
29	30	31	World No Tobacco Day			
Anger Management Class #3 1300-1500 Register with Family Advocacy: 327-8398	Lighten Up! Is a comprehensive five to ten week program aimed at improving eating, sleeping, stress management and fitness habits. The program consists of information about nutrition, exercise, and behavior modification techniques that will help you create a lasting healthy lifestyle. Whether your goal is to lose weight or simply improve your eating or exercise habits, Lighten Up! will help you meet your health and lifestyle needs.					
To learn how to register for a class get more info, contact the Civilian Health Promotions Office at 478-327-8030 or visit the AFMC Wellness Site at https://afmcwellness.com/						