

Robins Rev-Up

MARCH

SUCCESS HERE = SUCCESS THERE!



F-15 EAGLE GETTING NEW NEST

402nd MXG moves long-standing Robins landmark

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

MISUZU ALLEN
ED ASPERA
TOMMIE HORTON

STAFF WRITERS

HOLLY LOGAN-ARRINGTON
JONATHAN BELL

A TALK WITH THE BOSS

Gen. Ellen Pawlikowski, Air Force Materiel Command commander, visits with Team Robins

Page 3

'TALK LIKE TED'

Col. Lyle Drew, 78th Air Base Wing commander, to host fourth book club meeting April 23.

Pages 5

PUT A LID ON IT!

Keeping waste out of storm water

Page 6

ON THE COVER

Airmen from the 402nd Maintenance Group remove the F-15 from its pedestal in front of Bldg. 215. See pages 8, 9 for more photos of the historic occasion. (U.S. Air Force photo by Misuzu Allen)



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 DSN 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

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



A talk with the boss



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

Top, Gen. Ellen Pawlikowski, Air Force Materiel Command commander, speaks with 561st Aircraft Maintenance Group mechanics during a visit to Robins on March 22, 2018.

Above, Pawlikowski meets with engineers at the 402nd Maintenance Squadron during her whirlwind visit.

Right, Pawlikowski discusses F-15 maintenance with Donald Brock, 561st Aircraft Maintenance Group sheet metal mechanic.



Strides in Excellence



Left, Gen. Ellen Pawlikowski, Air Force Materiel Command commander, presents the Air Force Outstanding Unit Award to Col. Lyle Drew, 78th Air Base Wing commander, for the men and women of the 78th ABW. (U.S. Air Force photos by Tommie Horton)



Right, Pawlikowski presents the Air Force Organizational Excellence Award to Kevin Stamey, Air Force Sustainment Center executive director, for the men and women of AFSC.



Left, Pawlikowski presents the Air Force Organizational Excellence Award to Ellen Griffith, Warner Robins Air Logistics Complex vice director, for the men and women of WR-ALC.

how to give a kick-butt presentation." – Daniel H. Pink,
#1 New York Times bestselling author of *To Sell Is Human* and *Drive*

Journal
Bestseller

TALK
THE 9 PUBLIC-SPEAKING SECRETS
LIKE
OF THE WORLD'S TOP MINDS
TED
CARMINE GALLO

Col. Lyle Drew, 78th Air Base Wing commander, will host his fourth book club meeting at the Robins Heritage Club on Monday, April 23 (in the brick room next to Pizza Depot). This month's book is "Talk Like Ted." There will be two meeting times, 11 a.m. to 12:30 p.m., and 6 to 7:30 p.m. The book club is open to all Robins employees and their families.



Put a lid on it: Keeping waste out of stormwater

Dumpsters, hoppers and roll-offs can contain a variety of substances including household waste; construction debris; metal shavings; and hazardous substances.

Uncovered dumpsters, roll-offs, and hoppers are exposed to precipitation from rain events. That rain water can wash contaminants out of a waste container and into the stormwater collection system.

The stormwater system then discharges untreated, contaminated water directly to surrounding streams, lakes and rivers.

Providing a cover for a waste container may be the easiest way to prevent the release of potentially contaminated stormwater.

The Georgia Environmental Protection Division has recently reissued the Industrial Stormwater General Permit and is in the process of finalizing an update to the Construction Stormwater General Permit to include controls for dumpster, hoppers and roll-offs that can contaminate stormwater.

The final 2017 Industrial General Permit states, ***"Keep all dumpster lids closed when not in use. For dumpsters and roll off boxes that do not have lids and could contaminate stormwater, ensure that discharges have a control."***

The draft Construction General Permit states, ***"For building materials, building products, construction wastes, trash, landscape materials, fertilizers, pesticides, herbicides, detergents, sanitary waste and other materials present on the site, provide cover (e.g. plastic sheeting, temporary roofs) to minimize the exposure of these products to precipitation and to stormwater, or a similarly effective means designed to minimize the discharge of pollutants from these areas."***

Covers may include, but are not limited to, a lid, tarp or canopy with tie down straps. Tarps can be a simple temporary solution; however, they can be removed by wind if not tied down properly.

Additionally, tarps easily sag with the weight of water and therefore require frequent adjusting.

Containers can also be located under shelters or placed in existing secondary containment areas, and should always be placed downgradient of stormwater inlets, where possible.

Covering waste containers may have additional benefits including: elimination of moisture from waste containers reduces the overall weight of the waste, which may result in cost savings on landfill tipping fees. Additionally, lids may prevent illegal dumping and may reduce the amount of wind-

blown trash around a dumpster.

Tips for managing waste containers with respect to stormwater:

Keep sliding doors and top lids closed, except when filling or emptying;

Ensure tarps are properly secured over the container and inspect following rain events;

Locate waste containers downgradient of storm drains;

Inspect waste containers for holes, rust, or leaking liquids;

Do not place liquids in waste containers;

Properly dispose of hazardous waste and cooking grease; and

Place uncovered waste containers under an existing cover or provide a cover.

Editor's note: For more information, call DSN 472-8411.



Great opportunity for AF civilians

Robins Air Force Base Public Affairs

Check out this great opportunity for Air Force civilians.

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.

402ND MXG TAKES F-15 EAGLE TO NEW NEST



The F-15 displayed in front of the Bldg. 215 was removed from its pedestal and transported by the 402nd Maintenance Group to the Air Logistics Complex for repainting, March 24, 2018. Georgia Highway 247 was blocked to allow movement of the jet to a base painting facility. Once repainted, the aircraft will reside next to the Robins Airman's Memorial at the Museum of Aviation. See more photos, next page. (U.S. Air Force photos by Misuzu Allen)





WORKLIFE4YOU



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



SAVE A
LIFE

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

By **GEOFF JANES**
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 no-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.

12

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

AFMC WELLNESS SUPPORT CENTER

Wellness is an Attitude



Spring Into Shape Challenge



**Foam Roller
Enrollment Award**

CHPS

Civilian Health
Promotion Services

An AF and FIC Partnership

Sign up begins March 20th at AFMCwellness.com
Federal Civilians and Active Duty are eligible to participate

Robins Air Force Base

2017

Economic Impact Statement

NOW ONLINE AT WWW.ROBINS.AF.MIL

