

BASE GIVES STRONG PERFORMANCE DURING UNIT EFFECTIVENESS INSPECTION

During the last two weeks of July, Team Robins people and organizations were able to demonstrate their commitment to compliance during the intense scrutiny of the Unit Effectiveness Inspection.

Robins pulled down nearly 100 Outstanding Performer and Team awards collectively during the inspection visit from July 18-29. While the official report isn't due for a few weeks, Robins' leaders believe that the base did extremely well.

Robins received a note of support from Lt. Gen. Lee Levy, Air Force Sustain-

ment Center commander, saying that he was proud of Team Robins and their performance. Levy further praised the Air Force Materiel Command inspectors for their professionalism and appreciation for giving Robins a comprehensive, fair and detailed inspection.

More than 100 AFMC inspectors focused on the Warner Robins Air Logistics Complex, Air Force Life Cycle Management Center, 78th Air Base Wing and 638th Supply Chain Management Group.

ROBINS REV-UP

'Team Robins - Performing to Our Potential'

August 5, 2016 Vol. 61 No. 31

'75 Years of Power Projection'



U.S. Air Force photo by TOMMIE HORTON

Maj. Gen. Eldon "Al" Joersz, retired pilot, front, and Lt. Col. George "GT" Morgan, retired reconnaissance systems officer, sit inside the cockpit of the SR-71 aircraft they flew when setting the world absolute speed record for jet-powered aircraft on July 28, 1976. The two were at the Museum of Aviation for the 40th anniversary of the historic flight.

MISSION:POSSIBLE Pilots, crew relive absolute speed record

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil



U.S. Air Force photo by RAY CRAYTON
Col. Buz Carpenter, foreground, and Col. Joe Kinego, both retired SR-71 pilots, sit in the cockpit of the C-5 simulator located in Bldg. 229 during a tour here July 29.

In 1976, it was a different time. The Cold War with the Soviet Union was in full swing and Americans were standing in line to buy gas.

That year was also the country's bicentennial birthday.

To celebrate, officials decided to attempt to break some records with an aircraft known as the Lockheed SR-71 Blackbird.

On July 28, 1976, with a breakfast of steak and eggs, retired Maj. Gen. Eldon "Al" Joersz, pilot, and retired Lt. Col. George "GT" Morgan, reconnaissance systems officer, set the world absolute speed record for jet-powered airplanes with a speed of 2,193 mph.

The record still stands today.

"We never dreamed, I guess we never gave it much thought how long the record would last," Joersz said.

The very plane that holds the record, with tail No. 61-7958, sits in the Robins Air Force Base Museum of Aviation Century of Flight Hangar.

For three days, the museum played host to not only Joersz and Morgan, but 12 other crew members and pilots who were part of the SR-71 program.

"The way we look at it, we represent the crew force, we represent the airplane and we really represent America," Joersz said.

The two fastest men alive were able to get back in the cockpit of their famed aircraft for a while during their visit to the museum.

There were only 85 pilots and RSOs who were trained to fly the SR-71 operationally. Another 40 or

► see SR-71, A4

Focus on Resiliency: On-call clergy now available for crisis counseling

BY JENNY GORDON
jenny.gordon.ctr@us.af.mil

A sign of strength is asking for help. When it comes to taking care of people and saving lives, it's understood this mission is a top priority across the Air Force.

Comprehensive Airman Fitness focuses on targeted programs and activities that build and sustain a thriving and resilient Air Force, which includes the four pillars of mental, physical, social and spiritual fitness - all essential to the resiliency of airmen.

For military members stationed at Robins and

across the Air Force, programs in all four pillars are offered to help airmen remain resilient as they accomplish their mission.

However, for the thousands of Title 5 civilian airmen accomplishing the mission at Robins, one pillar - the spiritual fitness pillar - was devoid of resources until now. As of Monday, administrative leave is now authorized for all civilian employees here for time off to seek spiritual care during a time of personal crisis.

When a civilian airman experiences a crisis, and would like to seek a spiritual care provider of his/her choice, a period of 1.5 hours has been allowed as authorized health and wellness leave to participate in

spiritual care and/or counseling, whether it is faith-based crisis counseling, crisis pastoral care with a member of the clergy or participation in a crisis intervention program - such as a new program offered by American Federation of Government Employees Local 987. The excused time includes travel time to and from the provider.

Authorized leave is available to all federal employees - bargaining and non-bargaining unit civilian employees - who would like to specifically visit with a pastor or other member of a faith-based group

► see CLERGY, A3

FRIDAY FLYBY: *Black Daggers* to perform at Thunder over Georgia Air Show, Page B1

IDS Tip of the Week

Be decisive. Need help gaining this skill? Military members can call 478-327-8398 or Defense Department civilians can call the Employee Assistance Program at 1-800-222-0364 for help.



WR-ALC Change of Command ceremony Tuesday

Brig. Gen. Walter Lindsley will relinquish command of the Warner Robins Air Logistics Complex to Col. John Kubinec at 10 a.m. Tuesday at the Museum of Aviation Century of Flight Hangar.

Kubinec, who will pin on his first star Monday, was a former Warner Robins Air Logistics Center vice commander who left Robins in 2011 to assume command of the 377th Air Base Wing at Kirtland Air Force Base in New Mexico.

Lindsley will be assigned to the Pentagon as director of logistics, Deputy Chief of Staff, Logistics, Engineering and Force Protection, Headquarters U.S. Air Force.



Kubinec

Weekend Weather

Friday
91/73



Saturday
94/73



Sunday
94/73



Make safety your first thought, not an afterthought.

SECOND FRONT

Pitching it forward

U.S. Air Force photo by ANGELA WOOLEN

Chief Master Sgt. Emilio Hernandez, 78th Air Base Wing command chief, showed off his skills on the mound Sunday, as he delivered the ceremonial first pitch at the North Carolina vs. Tennessee Little League Southeastern Region Softball Tournament game.

North Carolina won the game 9-2 and went on to win the championship game against Virginia to advance to the Little League Softball World Series.

The Little League Southeastern Region Baseball Tournament begins today.

For more information, visit <http://www.eteamz.com/llbsouth/news/index.cfm?cat=894070>.



Volunteers needed for air show exercise

In preparation for the upcoming air show, Team Robins will be conducting an air show Major Accident Response Exercise on Thursday. Volunteers are needed to play air show crowd and moulage victims to add realism to the exercise.

Contact Master Sgt. Vincent Heath, 497-4871 or Tony Purtee, 468-4735 if you'd like to volunteer.

Voluntary Leave Transfer Program

The following leave recipient has been approved through the Voluntary Leave Transfer Program:

Shari L. Boulay of WR-ALC/FMB. Contact Janice Gorham at 468-4936.

Between the lines:

Exercising email etiquette can save embarrassment, other problems

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Sometimes it's not what you say, but how you say it that can make the difference between a good or bad response from others.

Just as the spoken word can't be unsaid, an opened email can't be unread.

Once a message is sent, the fate of it is out of the sender's control, but its impact is still the sender's responsibility.

"So, using the 'If/Then' approach in emails concerning deadline-oriented projects might be best," said Wendy Myers, a security specialist in Agile Combat Support for the Air Force Life Cycle Management Center's Electronic Warfare and Avionics Division.

"If you need a document back by a certain time, try saying 'If you are done with the project, please let me know,'" she said. "Continue by saying 'If not, then please let me know when you expect to be finished.'"

Myers said using one's manners is always good.

"Please and thank you go a long way in an email," she said. "Also, use spell check and make sure you read your email before hitting send. Spell check may find your spelling errors but it cannot tell that you should have used the word 'they' instead of 'the'."

Grammar and polite wording only scratch the surface of responsible email communication.

Hefty penalties await violators of the AFIs.

In the electronic communication era, exercising email etiquette could save not only embarrassment, but one's career.

Myers said people must know what they're sending.

"Are you sending any Privacy Act or For Official



Use Only information?" she asked. "If so, then you must ensure that you properly mark and encrypt your email. You must identify, using paragraph/portion markings, which lines contain the PII or FOUO data.


"It is not enough to just simply select the email buttons for Privacy Act or FOUO before hitting send," Myers said. "If you have an attachment that contains FOUO or PII information, you must ensure that you name the email appropriately – (FOUO) Alpha Roster.doc)."


Air Force Instruction 33-332 and Department of Defense Memorandum 5200.01, Volume 4, provides a detailed guidance on email communication.


"Since email has become such a large part of how we communicate with each other on a daily basis, I would recommend that we view our email like a phone call," Myers said. "We would never answer the


phone with, 'NO, I'M NOT DONE WITH THAT REPORT YET. I DON'T KNOW WHEN I WILL BE FINISHED.'"


Here are some things to keep in mind before you hit send:


 Air Force email policies state that users should only reply to electronic messages that absolutely require a response and minimize the use of the Reply to All function.


 Consider that if one person forwards a message to 10 people, and each of them forwards it to 10 people, by the sixth generation, more than a million emails would've been sent, along with all the network use, time and money spent reading. Send messages only when absolutely necessary.

 Never reply to an email when you are angry. You are a representative of your organization and the Department of the Air Force.

 Never reply or send an email in all CAPS. It means you are shouting.

 Be careful with your tone. Sarcasm can be misunderstood.

 Be careful with using "reply to all." If everyone doesn't need the answer, just simply reply.

 Use your signature block. Make sure you have all your contact information, but avoid the "personal slogans." Personal slogans are sometimes nice and thoughtful, but your email is not private. AF Manual 6.4.2.3. states, "Do not add slogans, quotes, or other personalization to an official signature block."

"We are all professionals," Myers said. "Remember that. This is not personal. It is business and we are representing the Department of the Air Force."

CLERGY

Continued from 1A

specifically in a time of crisis, defined as an acute, distressing issue that is interfering with the individual’s personal safety, ability to perform their job, or more importantly, is leading to self-destructive behavior.

Absences for health and wellness activities such as this are considered a benefit and therefore authorized, in accordance with Air Force Instruction 36-815 Absence and Leave. This leave period will be deducted from any available physical fitness leave.

ON-CALL CLERGY CRISIS TEAM

Following a 2015 Clergy Day Summit - a pilot program at Robins to further strengthen relationships between the base and local clergy and community faith-based organizations - the Robins Ministerial Alliance was formed in a grassroots effort of local civilian clergy desiring to offer Robins employees a network of spiritual opportunities in support of the spiritual fitness pillar of CAF.

Because the Air Force Chaplain Corps is only able to provide spiritual counseling for military members and their authorized dependents, it was seen as equally important to also identify and find ways to offer spiritual care opportunities for civilian members at Robins.

The resulting gap in resources for care between military and civilian airmen became the primary working issue for the RMA. Discussion led to action and what resulted was a partnership between the RMA and AFGE Local 987.

In a voluntary program offered in partnership between AFGE Local 987 and the RMA, the union is now offering a program for crisis spiritual care counseling through the availability of an On-Call Clergy Crisis Team.

The program is just one more referral resource available to civilian airmen who in a crisis, wish to seek spiritual care and counsel, further broadening existing CAF pillars for mental, physical, social and spiritual fitness.

“It is spiritual fitness for those who do not want to go to mental health care, and prefer to speak with a clergy person or spiritual adviser of their choice, and find a spiritual resolution to their crisis,” said Chaplain (Lt. Col.) Jonathan Wade, installation chaplain.

For supervisors who may be aware of employees who are in acute, intense, distress with thoughts of suicide or other self-destructive behaviors, or perhaps an inability to perform work where safety becomes an issue, this is an additional voluntary resource made available to those looking for spiritual assistance in a safe, neutral environment.

“If someone chooses a certain religious background, we have a vetted number of people we can choose from that will suit their needs,” said Bryant Aaron, AFGE Local 987 union trustee.

“It’s about the wingman concept and has to be addressed in a serious manner. We want to put traction to the program to make sure we have everything civilian airmen need in a time of trouble,” added Bryant, who is also a pastor of Mount Pleasant Baptist Church in Byron, Georgia.

This week’s on-call clergy crisis pro-

WHAT TO KNOW

► Civilian employees are approved for a brief absence from normal work duties, without loss of pay or charge to leave, to participate in spiritual care activities that respond to a personal crisis. An on-call clergy team is now available to provide crisis spiritual care for civilian federal employees Monday through Friday from 7 a.m. to 7 p.m.

► A total of 1.5 hours is authorized for these counseling sessions, which includes travel to and from location (this can be coded as LN, subcode PF, in leave system). Absences for health and wellness activities such as this are considered a benefit, in accordance with AFI 36-815 Absence and Leave.

► Requests by supervisors can be made by calling AFGE Local 987 at 478-733-8740. If busy or no answer, call the base chapel at 478-926-2821.

► Counseling will take place privately at the base chapel or other areas as needed.

► Any bargaining unit and non-bargaining unit federal civilian employee at Robins has the option to participate.

► Supervisors may request from individuals proof of appointment upon return.

gram began with about a dozen clergy who have been fully vetted and trained, and will be available for counseling from 7 a.m. to 7 p.m. Monday through Friday.

Once a call is made to the union’s on-call clergy team for assistance, response time is 30 minutes. Private rooms for civilian airmen and on-call team members to talk are available at the base chapel or other locations as needed.

Rev. David Brighton, on-call clergy team lead and pastor of Mount Calvary Lutheran Church in Warner Robins, recalled last year’s clergy summit that drew dozens of local clergy members. He was excited to see visible signs of outreach to the base from the community.

“There’s an interest in taking care of our people,” said Brighton, the program’s first clergy to be on call this week. “As pastors we are in the business of providing spiritual care, of connecting people to a power bigger than themselves so that they have help in those intense crisis times. That is my desire to provide that help – we don’t want anybody to harm themselves or others.”

With the overarching goal of preventing suicides in the work force, one message resonated, that if one life is saved, then it is worth it.

“The bottom line is we are going to do our best to save lives. If you are thinking of hurting yourself, ask for help now, and help will be provided,” Wade said. “It’s a sign of strength.”



Sometimes everyone needs a little help ...

**Chaplain – 926-2821
EAP – 327-7588
Suicide Hotline – (800) 273 TALK (8255)**



U.S. Air Force photos by ED ASPERA

Crew members and pilots who were part of the SR-71 program take the stage at the Museum of Aviation Saturday. The group was greeted by a crowd of about 300 people who came out for the public event commemorating the 40-year anniversary of the aircraft's record-setting flight.

SR-71

Continued from 1A

so were trained to fly test flights for the plane, said Buz Carpenter, former SR-71 pilot who is now a docent or guide at the National Air and Space Museum, the Steven F. Udvar-Hazy Center, in Chantilly, Virginia.

In its 30-plus years of operation, the SR-71 never had a fatality.

"There's a mystique about this airplane," Carpenter said.

The words "mystique" and "magical" were used several times during the course of the three days among pilots and crew members to describe their time with the Blackbird.

The magic of the SR-71 drew a crowd of about 300 to the museum Saturday morning for the public event commemorating the 40 year anniversary of the record-setting flight.

People lined up to get signatures from the SR-71 attendees. The audience brought books, programs and airplane models. Some just wanted to meet those who made the mission possible.

Local mayors also signed a proclamation naming July 30, 2016 as Blackbird Day in Houston County.

Tom Joyce, an instrument and inlets technician on the SR-71, was able to sit in the cockpit as well for a few moments.

One of his fondest memories was hearing the aircraft crank with its start cart containing two 450 cubic inch engines.

Joyce, who worked on the SR-71 from 1975-88, remembered the first time he went out to see the Blackbird.

"It was amazing. It doesn't look like an airplane and then they put astronaut suits on the pilots," he said with a smile.

Most of the missions the spacecraft-looking Blackbird flew are still classified.

"Those reconnaissance operations are what brought peace and what gave some teeth to the American front during that Cold War ... Thank you from a country that could not have won the Cold War without your efforts," said Col. John Cooper, 461st Air Control Wing commander during the July 30 event.

The SR-71 came to Robins in 1990, with more than 2,885 hours of air time in its career.

"It's as impressive to me now as when I first saw it and flew it. Every time I flew it was my favorite memory," Morgan said.



Above, attendees line up for autographs Saturday during the commemoration of the 40-year anniversary of the record-setting SR-71 flight. The audience brought books, programs and airplane models. Some just wanted to meet those who made the mission possible.

Below, Patrick Topp and four-year-old son, Colin, assemble a model SR-71 at a Blackbird Day symposium at the Museum of Aviation July 30, celebrating the 40th anniversary of the world absolute speed record.



U.S. Air Force photo by TOMMIE HORTON

ROBINS REV-UP



COMMANDER
Col. Jeff King

HOW TO CONTACT US

Robins Public Affairs
620 Ninth Street,
Bldg. 905
Robins AFB, GA 31098
478-926-2137
Fax 478-926-9597

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

DELIVERY

To report delivery issues, call 472-0802. The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga.

This commercial enterprise Air Force newspa-

per is an authorized publication for members of the U.S. military services.

Contents of the Robins Rev-Up are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, or Department of the Air Force.

The appearance of advertising, including inserts or supplements, does not constitute endorsement by the Department of Defense, Department of the Air Force, or The Telegraph.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

PUBLIC AFFAIRS DEPUTY DIRECTOR
Faye Banks-Anderson

COMMAND INFORMATION CHIEF
Geoff Janes

EDITOR
Lanorris Askew

PHOTOGRAPHERS
Ray Crayton
Tommie Horton
Misuzu Allen

STAFF WRITERS
Jenny Gordon
Angela Woolen
Holly Logan-Arrington

USAF Motorcycle Safety Program ... Who is responsible?

BRANDON MITCHELL

78th Air Base Wing Safety Office

The USAF Motorcycle Safety Program is a very important program with specific responsibilities. The responsibilities are written in AFI 91-207; The U.S. Air Force Traffic Safety Program.

Below is a summary of those responsibilities:

A unit MSP is only required when there are active duty riders in a unit. The unit commander should appoint an experienced active duty rider as functional manager or motorcycle safety representative. The rep is responsible for coordinating the MSP, Motorcycle Unit -Safety Tracking Tool, training, licensing and registration information.

Commanders: (in addition to above)

- Ensure AD riders attend commander’s initial motorcycle safety briefing within 30 days of arrival to the unit, identification as an AD rider or purchase of a motorcycle
- Ensure riders attend annual/pre-season motorcycle riders briefing
- Ensure training is completed as outlined in Table 4.1. of AFI 91-207
- Take appropriate administrative action/disciplinary action for those failing to attend training
- *Requirements are in reference to on road riding

Motorcycle Safety Representatives:

- The focal point for training, licensing and registration

- Ensure unit riders have a MUSTT account and use MUSTT to track AD riders only
- Review Unit MUSTT data monthly
- Assist commander in conducting initial briefing within 30 days of arrival
- Assist commander with annual/pre-season motorcycle riders briefing
- Ensure identified AD riders receive training outlined in Table 4.1. of AFI 91-207

Individual Riders:

- Know and communicate with your Unit MSR
- Create a MUSTT account and ensure accuracy
- Attend all required training IAW Table 4.1. of AFI 91-207 (Below is a breakdown of that training)

INITIAL TRAINING

- Must have prior to operation of a motorcycle. Pending completion of initial training, commanders may authorize operators who possess a valid motorcycle license, endorsement or riders permit to ride subject to any restrictions imposed by such license, endorsement, or permit
- Must meet Motorcycle Safety Foundation® Basic Rider CourseSM or State-approved course in lieu of DOD initial training

INTERMEDIATE TRAINING

- Ideally within 60 days but no later than 1 year after completing initial training
- Must meet or exceed requirements for initial training

MSF BRC-2, Military Sportbike Riders CourseSM, Advanced Riders CourseSM, Air Mobility Command Sport Bike, or DOD Component defined training

- Sport bike riders shall attend the MSRC, ARC, AMC Sport Bike or a DOD Component defined training (sport bike focused)

REFRESHER TRAINING

- Must complete at least every 5 years
- Must meet or exceed requirements for intermediate training
- DOD Component defined training. Installation or unit organized rides, IAW AFI 91-207 Attachment 4
- Comply with AF, state, local traffic laws and Personal Protective Equipment requirements

PPE TRAINING

- Department of Transportation approved helmet
 - Full-fingered gloves made of leather or abrasion-resistant material
 - Long-sleeved shirt or jackets*
 - Long trousers*
 - Eye protection (goggles, wrap around glasses or full-face shield) Must meet ANSI Std. Z87.1
 - Foot protection (sturdy over the ankle footwear to protect feet and ankles)
 - *Jackets, pants constructed of abrasion resistant materials (Kevlar/Cordura) containing impact absorbing padding is strongly encouraged
- For more details, call the 78th Safety Office at 468-6271.



Thought for the Day
“Age wrinkles the body. Quitting wrinkles the soul.”
– Douglas MacArthur

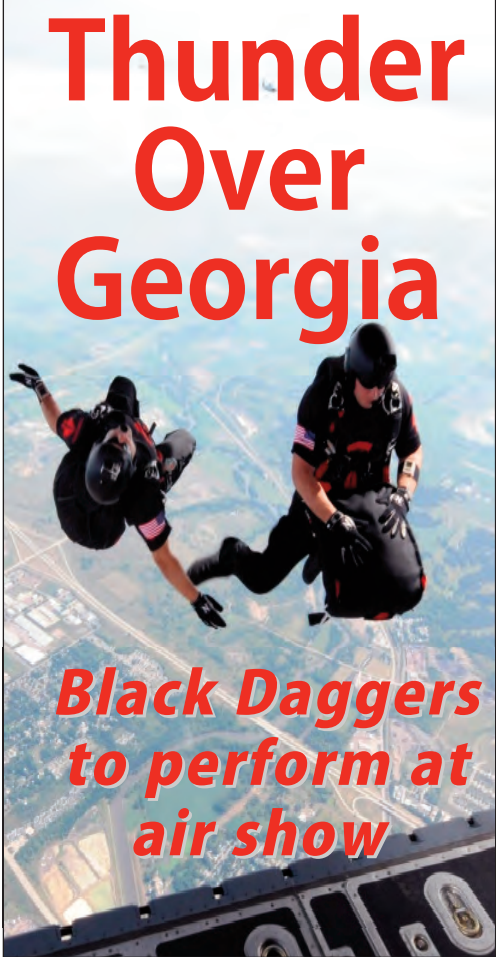


What’s inside
Freezer recipes for back to school, B2
Getting to Know You, B3
Services Events, B4

Lighter Fare

THE ROBINS REV-UP ■ AUGUST 5, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



National Guard photo by
MASTER SGT. CHRISTOPHER STEWART

Above, members of the U.S. Army Special Operations Command Parachute Demonstration Team, the Black Daggers, exit a U.S. Air Force C-130 Hercules during a performance at the Sioux Falls Air Show in Sioux Falls, South Dakota.

Right, a soldier with the Black Daggers Parachute Demonstration Team free falls onto a landing zone as part of the festivities at the Airborne and Special Operations Museum, Fayetteville, North Carolina, in celebration of National Airborne Day.

Below, the U.S. Army Special Operations Command Parachute Demonstration Team, the Black Daggers - is comprised entirely of volunteers from throughout the Army Special Operations community. They have diverse backgrounds and various military specialties. The team represents the professionalism and dedication of Special Operations Forces.



U.S. Army Special Operations Command photo by SGT. MARCUS BUTLER



BY TANNYR WATKINS
tannyr.watkins@us.af.mil

Plummeting from the sky at 12,500 feet, traveling nearly 120 miles per hour, the U.S. Army Special Operations Command Parachute Demonstration Team, known as the Black Daggers, will be touching down at Robins Air Force Base during the Thunder Over Georgia Air Show Oct. 1 and 2.

“We are very fortunate to have a special operations team with such an awesome mission participate in our air show,” said Maj. Jim Jackson, air show director. “In our early planning efforts we knew we had to ask the Black Daggers to join our lineup and we can’t wait for people across the southeastern region to see them do what they do best!”

For almost three-quarters of a century, Army soldiers have been inserted behind enemy lines to disrupt the movement of enemy troops and supplies to the front lines. These brave soldiers have frequently used parachutes as a means to infiltrate without being detected.

WHAT TO KNOW
Gates open at 9 a.m.
Admission and parking are free.
For more info on the Black Daggers, visit <https://www.army.mil/article/29318/TheBlackDaggersGlobalwarriors>.

The Black Daggers’ mission is to perform live aerial demonstrations and represent the professionalism and dedication of the Army special operations forces. The team is made up of a diverse group of volunteers throughout the Army special operations community.

These global warriors have fostered positive community relationships through their demonstrations and have inspired many to join the U.S. Armed Forces.

The Black Daggers continue to impress hundreds of thousands of spectators at events all over the country and are guaranteed to wow at the Thunder Over Georgia Air Show.

The show will also include the one and only Air Force Thunderbirds, war-bird aerial acts and other civilian performers.

THUNDER

OVER GEORGIA AIR SHOW

Oct. 1-2, 2016
ROBINS AIR FORCE BASE

FEATURING
USAF
THUNDERBIRDS

FREE AND OPEN TO THE PUBLIC

GATES OPEN AT 9 A.M.
OPENING CEREMONY AT 11 A.M.

For more information
www.robins.af.mil/airshow
478-222-7469

U.S. Air Force graphic by TOMMIE HORTON

A BETTER YOU

HAWC offers quick, easy back to school freezer recipes

This month, the HAWC is bringing you easy and healthy recipes you can make ahead and freeze for those crazy back to school weeknights. When you’re running between soccer, gymnastics and helping the kids with homework, pop one of these meals into the oven for a dinner that’s ready in minutes. These meals are full of the nutrition your family needs to fuel up for back to school madness. Prep these easy meals on the weekend to save extra time.



Chicken Broccoli and Brown Rice Casserole

A tasty, quick meal that can be frozen and thawed for weeknight enjoyment without any hassle.
(Recipe adapted from <http://www.wellplated.com/chicken-broccoli-rice-casserole/>)

INGREDIENTS

- 1 ¾ cups low sodium chicken stock
- 2 cups instant rice (preferably brown rice for more fiber, calcium and potassium!)
- 1 lb chopped broccoli
- 1 lb chopped cooked chicken
- 1 teaspoon extra virgin olive oil
- 3/4 teaspoon salt
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- 2 tablespoon all purpose flour
- 2 cups milk
- 1/3 cup plain Greek yogurt
- 1 ½ cups shredded cheddar cheese

RECIPE DIRECTIONS

1. Bring chicken stock to a boil in a large pot, then add the rice. Return to a boil, then cover, reduce heat to low, and let cook 5 minutes. Remove from heat and add broccoli to the top of the pot, let sit covered, for an additional 5 minutes. Most of the rice liquid should be absorbed.
2. Meanwhile, heat the extra virgin olive oil in a large deep pot over medium-high. Add the chicken, 1/2 tsp salt, ½ tsp garlic powder, and 1/4 tsp black pepper. Sauté until cooked through and no longer

- pink in the center, about 4 to 6 minutes, then remove to a plate. Being careful not to burn yourself, wipe the pot clean with a paper towel. You can also skip this step and use a rotisserie chicken instead!
3. Reduce heat to medium. In a small bowl, whisk together the flour and 1/2 cup milk. Pour the mixture into the pan, then add remaining 1 1/2 cups milk. Cook, stirring constantly until thickened, 7-10 minutes. Remove from the heat and whisk in the remaining 1/4 tsp salt, 1/2 tsp garlic powder, and 1/4 tsp black pepper. Stir in the Greek yogurt and 1 cup of the shredded cheese until smooth.
 4. Add the rice and broccoli mixture and the reserved chicken to the cheese sauce, stirring gently to coat.

To freeze: Let mixture cool 10-15 minutes. Divide into two ziptop freezer bags and seal tightly. Freeze flat.

To serve from frozen: Thaw overnight (or for 8 hours) in the refrigerator. Dump into a lightly greased deep, 9-inch square baking dish or a 3-quart casserole dish. Sprinkle with additional cheese, if desired. Bake at 350 degrees for 25-30 minutes, or until heated through and bubbly. Each freezer bag serves 4 to 5 people.

Recipe courtesy Marita Radloff, Robins Health and Wellness Center registered dietitian nutritionist

It’s World Breastfeeding Week

BY TRICARE.MIL

Did you know the first week in August is known as World Breastfeeding Week? Take some time this week to learn about the benefits of breastfeeding and what you can do to support breastfeeding as a key component to sustainable development.

Breastfeeding is one of the most important contributors to infant health and provides a range of benefits for the infant’s growth, immunity, and development. In addition, breastfeeding contributes economic benefits to the family, health care system, and workplace and improves maternal health (e.g., faster weight loss, reduced risk of breast and ovarian cancers).

According to worldbreastfeedingweek.org, the World Breastfeeding Week 2016 theme “Breastfeeding: A Key to Sustainable Development” emphasizes how breastfeeding is a key element in getting us to think about how to value our wellbeing from the start of life, how to respect each other and care for the world we share.

Last year, TRICARE revised its breast pump policy to ensure that mothers with a desire to breastfeed have the pump, pump supplies, and lactation counseling to be successful. TRICARE expanded coverage to a standard or manual breast pump and pump supplies at no



cost for new mothers, including mothers who have adopted. The intent of this policy was to allow beneficiaries to purchase a standard breast pump of their choice as prescribed by their TRICARE-authorized provider. An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network..

You can read about upcoming changes for the military regarding maternity leave, child care and lactation rooms in the Secretary of Defense’s Force of the Future Report.

For more information on World Breastfeeding Week, visit their website. For information on TRICARE’s breast pump policy visit TRICARE.mil.



Non-perishable food items needed

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

The Feds Feed Families campaign, which is designed to help local food banks, is in full swing. This Department of Defense program started in 2009 to help stock the shelves for needy families in the local communities and runs until Aug. 31.

Last year the program donated nearly 17.9 million pounds to food banks across the U.S., according to a USDA press release.

At Robins, there were almost 9,000 pounds of non-perishable food donated to the community, said 2nd Lt. Benjiman Jennings, 78th Medical Logistics Flight commander.

Jennings and Master Sgt. Felipe Perez, 78th Communication Directorate governance division supervisor, are the POCs for this event.

Jennings hopes to break the mark set last year and receive 10,000 pounds of donations.

“This is an outreach for the community. It shows that as much as you care for us, we care for you,” Perez said.

Donations can be dropped off at one of 40-50 collection points throughout the base which include the chapel and medical logistics in Bldg. 701.

Items that will be accepted include canned goods, condiments, hygiene objects, baking goods and pre-packaged meals.

For more information on how to help, call Jennings at 478-327-8318 or Perez at 478-327-7281.



Safety saves lives. Start your savings account today.



GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: 402nd Maintenance Support Group

JOB TITLE: Facilities Maintenance & Repair program manager

TIME IN SERVICE: 15 years

HOMETOWN: Davao City, Philippines

What does your work involve at Robins? “I manage the Facility Maintenance and Repair and Real Property Alterations programs, and serve as the point of contact with civil engineering and the Consolidated Sustainment Activity Group.”

What do you enjoy most about your work? “Being able to interface with different disciplines and individuals to accomplish projects.”

How does your work contribute to the Robins mission? “I ensure that the facilities M&R and RPA projects are properly developed and executed in a timely manner to meet customer requirements. I develop appropriate actions to resolve shortfalls and limitations, and prepare convincing rationale for recommended courses of action to minimize disruption to our maintenance customers and support to the warfighters.”

What prompted your interest in your current career field? “It was a different field and I needed a change. My first love was accounting and it helps with programming and engineering aspects of my current position.”

Who has influenced your life? “My parents. They were very hard working and I learned good work ethics from them. Always give whatever you do 101 percent. Always do your best – especially when your name is attached to it.”

What is the best advice you’ve learned? “The golden rule.”

Before cycling



Stay off roads when possible, and use approved bicycle trails

Always use a headlight and taillight when riding during periods of reduced visibility

Wear a reflective upper body garment

Always use a Consumer Product Safety Commission approved helmet

Do not wear headphones



Avoid busy streets

One of the biggest mistakes that people make when they start biking is to take the exact same routes they used when they were driving. It's usually better to take different streets with fewer and slower cars. Sure, cyclists have a right to the road, but that's a small consolation when you're hurt. Consider how far you can take this strategy: If you learn your routes well, you'll find that in many cities you can travel through neighborhoods to get to most places, only crossing the busiest streets rather than traveling on them.

Light up

Too obvious? Well, if it's so obvious, then why do most night-time cyclists ride without lights? Bike shops have rear red blinkies for \$15 or less. Headlights are just as important as rear lights. And modern headlights use LEDs so the batteries last ten times longer than old-school headlights.


HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
5	6	7	8	9	10	11
ON TAP First Friday Today Heritage Club Heavy hors d' oeuvres 4 to 5 p.m. \$100 Club Card drawing for members present at 7 p.m. Jazz Band 5 to 8 p.m. For details, call DSN 468-2670. Fall Yard Sale Saturday 7:30 a.m. to noon Pine Oaks Golf Course For details, call DSN 468-4103. Pallets & Pints Class Saturday 1 to 3 p.m. Arts and Crafts Center		\$30 per person For details, call DSN 468-5282. Give Parents a Break Saturday 1 to 5 p.m. CDC East and School-Age Program Take a break and relax. For details, call DSN 468-5805. Atlanta Falcons Preseason Thursday 7 p.m. Atlanta Falcons vs Washington Redskins \$45 per person, transportation and ticket. For details, call DSN 472-1107. Combat Cross Country Run Aug. 12 8 a.m.	Fitness Center For details, call DSN 468-2128. Family Movie Night Brave Aug. 12 6 to 8 p.m. Base Theater \$2 per person includes movie, popcorn and drink For details, call DSN 468-4001. Membership Dinner Aug. 15 5:30 to 7 p.m. Heritage Club Ballroom For details, call DSN 468-2670. Dog Days of Summer Bingo Aug. 17		6:15 p.m. Heritage Club Bingo Room For details, call DSN 468-4515. Heart Link Aug. 19 8:30 a.m. to 2:30 p.m. A&FRC For details, call DSN 468-1256. Kids Karaoke Night Aug. 19 5 to 8 p.m. Base Restaurant Contestant ages 3 to 12 \$10 for adults, \$7.50 for kids. Cost includes meal, drink and dessert. For details, call DSN 468-6972.	

Airman & Family Readiness Center Classes, workshops & seminars

- Pre-Separation Briefing (separatees)*** – Aug. 16 and 30 from 8 a.m. to noon. **(retirees)*** – Aug. 23 from 8 a.m. to noon.
 - Transition GPS Workshop*** – Monday through Aug. 12 from 8 a.m. to 4:30 p.m.
 - Key Spouse University** – Aug. 15 from 8:30 a.m. to 4:30 p.m.
 - First Term Airman Course: Finances*** – Aug. 16 from 7:30 a.m. to noon.
 - Passport to Parenthood (Call 478-327-8398 to register)** – Aug. 16 from 8:30 a.m. to noon.
 - Right Start*** – Aug. 17 from 7:45 a.m. to noon.
 - Career Technical Training Track* in Bldg. 905** – Aug. 18 and 19 from 8 a.m. to 4 p.m.
 - Key Leaders’ Orientation*** – Aug. 18 from 7:30 a.m. to 12:30 p.m.
 - VA Benefits Briefing*** – Aug. 24 from 8 a.m. to 3 p.m.
 - Tips on Writing a Federal Resume** – Aug. 25 from 9 to 10 a.m.
 - Educational Track*** – Aug. 25 and 26 from 8 to 10 a.m. Call Ron Smith 478-327-3410 to register.
 - DAV Medical Records Review** – Appointments only. Call DSN 472-4146.
 - Department of Labor** – Wednesdays, from 8 a.m. to 4:30 p.m.
 - Military and Family Life Counseling** – Mondays through Fridays, from 8 a.m. to 8 p.m.
 - PreDeployment Briefings*** – Tuesdays and Thursdays, from 1 to 2 p.m.
 - Survivor’s Benefit Plan** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.
 - CAPSTONE appointments** – Every Thursday afternoon at 1 p.m., 2 p.m. and 3 p.m.
- Editor’s Note: All classes require pre-registration.*
- For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m.*
- * Denotes Military (spouses welcome)*

READ THE REV-UP ONLINE AT <http://www.robins.af.mil/library/rev.asp>



Protect Your Personal
Information
Change passwords often
Lock your computer
Cybersecurity is up to you!



Want to hear
a bright idea?

Conserve
Energy