

THE ROBINS REV-UP

PROUDLY SERVING THE COMMUNITY SINCE 1954

Robins Air Force Base, Ga.

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Robins sergeant receives Bronze Star for service in Iraq

BY AMANDA CREEL
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A Robins Airman received an overdue honor Wednesday morning when he was presented a Bronze Star for his service during a deployment that ended more than eight months ago.

Tech. Sgt. Christopher Littlejohn, NCO in charge of refueling maintenance for the 78th Logistics Readiness Squadron, was presented a Bronze Star for his service while deployed to Camp Slayer in Baghdad, Iraq. The sergeant, who was deployed with the Army's 354th Civil Affairs Brigade, returned home in October after a sixth-month deployment.

The award was presented to Sergeant Littlejohn by Maj. Scott Hall, commander of the

78th LRS, during the squadron's commander's call. "It is a great honor to be able to present such a distinguished award to such an outstanding individual," Major Hall said.

The Bronze Star Medal is awarded to any person who, while serving in any capacity in or with the Army of the United States after Dec. 6, 1941, distinguished himself or herself by heroic or meritorious achievement or service, not involving participation in aerial flight, in connection with military operations against an armed enemy; or while engaged in military operations involving conflict with an opposing armed force in which the United States is not a belligerent party.

The certificate accompanying the decoration noted his "exceptional meritorious serv-



U.S. Air Force photo by SUE SAPP

Tech. Sgt. Christopher Littlejohn (right) salutes Major Scott Hall, 78th Logistics Readiness Squadron commander, after receiving his Bronze Star.

ice during Operation Iraqi Freedom. His outstanding dedication to duty during combat operations in Iraq contributed to the overwhelming success of

the command's mission. His actions are in keeping with the finest traditions of military service and reflect great credit upon himself, multi-national

outstanding and this is just further recognition of that."

Sergeant Littlejohn said although he knew the 354th Civil Affairs Brigade had nominated him for the medal, he never expected to be awarded the decoration.

"It's an honor. This is a once in a lifetime deal. I never thought it would happen to me," Sergeant Littlejohn said.

His supervisors and the leadership of his squadron agreed Sergeant Littlejohn was a deserving recipient.

"It's well deserved. He always exemplifies his job and takes a challenge head on," said Master Sgt. Mitchell Moody, supervisor of vehicle management.

Master Sgt. Brad Cooley, the squadron's first sergeant said, "Chris's work has always been

outstanding and this is just further recognition of that."

However, Sergeant Littlejohn said he would have been unable to complete the mission at hand without the support of his wife, Cheryl, and his four children, Whitney, 15, Kiersten, 10, Amber, 6, and Hunter, 2.

Sergeant Littlejohn said the hardest part of the deployment was not being able to share his experiences with his family.

"It was really hard not to tell (my wife) what was going on," he said.

However, the sergeant said his wife has learned more about his duties while deployed in Iraq since she found out he was receiving the Bronze Star and some of the knowledge has been a bit overwhelming, yet she is proud of his accomplishment.

Face time with the workforce



U.S. Air Force photo by SUE SAPP

Lt. Gen. Michael Wooley, commander of Headquarters Special Operations Command, Hurlburt Field, Fla., shakes hands with Chuck "Tex" Hannah, C-130 sheet metal lead mechanic, July 5. The general thanked all the C-130 support workers and congratulated them on the excellent job they are doing in support of Special Operations Command.

In June, Robins returned a MC-130 H Combat Talon II aircraft 53 days early after receiving a new center wing box and program depot maintenance.

The center wing box replacement was the first one for a Combat Talon II. The aircraft was returned to the 1st Special Operations Wing, part of Air Force Special Operations Command and immediately flew new missions. The Combat Talon II center wing box replacement also signaled the end of the first phase of the C-130 center wing box replacement program, which will continue to bring workload to Robins including aircraft such as the HC-130P and HC-130N, both of which are combat search and rescue versions of the C-130 Hercules.



U.S. Air Force photo by SUE SAPP

David Higgs, 11, gets advice from Keith Brady on his swing during the golf clinic.

Youth take a swing at golf during clinic

BY AMANDA CREEL
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You won't encounter too many elephants on the golf course, but some young golfers -- much like the pachyderms who never forget -- will forever recall an unforgettable lesson on the links.

The golfers are recent graduates of the Learn to Play Golf for Kids class taught by Keith Brady, teaching pro at Pine Oaks Golf Course and the lesson is courtesy of a teaching technique he uses to help the young golfers perfect their swing.

The golfers envision their chest as an elephant's head and the club as their trunk to help them develop an accurate golf swing.

"I didn't know to keep my clubs at

a back distance. I didn't know I had to hold it (the club) straight and I was swinging it way back before I hit it," said Lauren Hughes, 8.

Lauren was just one of several students who said Mr. Brady's method helped them improve their golf swing.

Youth who participated in the golf class had the opportunity to learn about how to do more than just perfect their golf swing, but also learned additional skills such as improving basic techniques for chipping and putting.

"Kids for the most part haven't learned it the wrong way, so we are trying to teach them the right way from the start," Mr. Brady said.

Youth who participated in the golf class agreed it was a great way to learn

► see GOLF, 2A

Construction contract awarded for new Robins commissary

BY HOLLY L. BIRCHFIELD
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The Defense Commissary Agency recently awarded a \$15.8 million contract to Caddell Construction Company for the building of a new commissary at Robins. The contract was awarded to the Montgomery, Ala.-based company July 2, officially starting the clock on the 15-month construction project.

The Air Force's Air Education and Training Command's DeCA Contracting Support Flight made the award under the Streamlined Construction Improvement Program

and will administer the contract through the end of August 2007 when contracting functions will transfer to the U.S. Army Corps of Engineers, Kansas City District. DeCA's Design and Construction Division at Lackland Air Force Base, Texas, will provide technical support. The Parsons Corporation of Pasadena, Calif., will provide construction inspection.

A preconstruction conference was held Thursday at the existing commissary where the notice to proceed with the project was issued.

Terry Landreth, Design Branch chief for the 778th Civil Engineer

Squadron, said plans were in the works for the store, which will be located across 11th Street and face the existing Base Exchange on Macon Street, about two years ago.

Scott Sisson, an architect and project manager for DeCA, who is located at Lackland, said original plans for construction on the new 70,000-square-foot store suffered a setback though when funding problems arose. But, as it stands now, the project is back on track.

"It's going to be a phased project, so it's going to be about 15 months (before

► see COMMISSARY, 2A



courtesy graphic

Above is an artist's rendering of what the new Robins Commissary will look like. The 15-month construction project is expected to be complete in the fall of 2008.

THINK SAFETY



To request a ride, call 222-0013, 335-5218, 335-5238 or 335-5236. Total rides given this year: 404

Days without a DUI: 9 Last DUI: 78th Medical Operations Squadron - courtesy 78th SFS Reports and Analysis Section



THE TWO-MINUTEREV

78th MSS closure
Due to an official function, the 78th Mission Support Squadron will be closed today. Appointments should be scheduled accordingly. In an emergency, call 478-954-2774.

78th ABW Quarterly Awards
The 78th Air Base Wing's 2nd Quarter Awards Ceremony will be July 20 at 8 a.m. in the enlisted

club ballroom. Outstanding Wing civilian and military performers will be recognized. Commanders, supervisors, family members and friends are encouraged to attend. Show your unit's pride and congratulate the troops for their stellar achievements. For more information, call Master Sgt. Evelyn Porcher at 926-0792.

INSIGHT



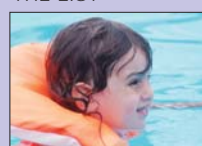
Summer fun for youth at Robins
Robins offers a variety of activities for the vacationing child, 1B

SPORTS



Former Globetrotter teaches Robins youth
Michael Douglas brings basketball clinic to Robins youth center, 3B

THE LIST



Water safety class scheduled
Listing of 78th Services Divisions events and activities, 2B

WEATHER FORECAST

TODAY 9/7/1	
SATURDAY 9/7/0	
SUNDAY 9/2/1	



U.S. Air Force photo by SUE SAPP

Children ages 6 to 15 got into the swing of things with golf lessons in June at Pine Oaks Golf Course. The week of lessons were taught by Keith Brady.

GOLF

Continued from 1A

more about the sport and improve their golf skills.

Lauren said her favorite thing about the class is that she learned things she had never been told about golf before.

"It was cool because I learned putting. At first I wasn't very good at it, but then she taught me how to aim," she said.

Joseph Dankosky, 14, said learning more about the different types of golf clubs and what they are used for was helpful.

"I learned what irons and woods meant and to only use a driver when you are taking off," he said.

Mr. Brady said he really likes teaching the younger players about golf because they are so enthusiastic about learning. The students said Mr. Brady's patient teaching method and willingness to repeat lessons when needed made it easier to pick up all the skills he was teaching.

Ean Crawford, 13, said "He's nice he doesn't get mad he just keeps working with you even if you don't get it."

Ean said the class was valuable because it helped him prepare for his favorite part of the week-long class, the finale tournament. "The swinging motion he taught us and chipping helped me out a lot for the tournament," he said.

He added the class helped equip him with the skills required to take first place in the nine-hole tournament.

Along with learning the skills to improve golf scores, members of the class were also able to learn proper etiquette on the links.

For those who missed out on the class in June, there is another chance to join Mr. Brady in a golf clinic July 23-27. The class is open to youth ages 6 to 15. The class costs \$60 and includes lunch, trophies, and a nine-hole tournament to allow the youth the opportunity to test what they've learned.

Classes are Monday through Thursday from 9 to 10 a.m. for children 6 to 8 years old 10:15 to 11:15 a.m. for children 9 to 11 and 11:30 a.m. to 12:30 p.m. for children 12 to 15. Sign up at the Pine Oaks Golf Course pro shop. For more information call the golf course at 926-4103.

Golf league provides competitive match play

BY KENDAHL JOHNSON
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It was a battle for the ages – the Slackers versus the Big Dogs in the final match of regular season competition. The winner would advance to the playoffs and the loser would sit at home and think about the next season. While it may not have the drama of the Masters or the Ryder's Cup, the Pine Oaks golf league has been full of intense competition and drama, just at a smaller level.

The drama was at its peak July 2, the final evening of regular season for the Monday golf league, when a playoff spot would be determined on the last stroke of the final hole. The Big Dogs needed to sink a putt and make birdie to keep the team's playoff chances alive. Three players had a chance at the putt, but each missed, including the final putt that rimmed the hole, and the team was sent packing, while the opposing team, the Slackers, earned the final playoff spot.

The league, the first officially sponsored by Robins' golf course, is the brainchild of golf course manager Clay Murray. He said while there are other "unofficial" leagues that use the course for league play, Pine Oaks had never officially sponsored a league. He thought it

was time it did.

"It was a way to promote the course and build interest and keep people playing regularly," Mr. Murray said. "Leagues are a good thing to do because the players know every week they are going to play and it keeps golf interest up. Plus, it keeps the course filled with patrons in the afternoon which is good business."

Ten teams participated this year. Teams paid a \$50 entry fee, which will be used towards prizes for the league winners. Although teams could field many members, play was limited to three players competing each week. Teams would play a scramble format and would compete against other teams in a match play format.

"The league was well received and the participants really enjoyed it," Mr. Murray said. "It was very competitive and that helps."

In the first round of the playoffs, top seeded Squealers advanced to the finals and will face WR-ALC, the playoff's number two seed.

The Squealers, anchored by Tech. Sgt. Chris Danko, Tech. Sgt. Chris McIlwain, Mike Shutter, Zoey Shutter and Staff Sgt. Shannon Lampo, defeated the WR-ALC during the regular season and the teammates feel confident about their chances of

winning it all.

"I believe we have a very good chance in the final but the key to scrambles is making putts," Sergeant Danko said. "We defeated (WR-ALC), but they only had two guys show up and we barely beat them so it will be a fun match to play."

The sergeant said the women on the team have been phenomenal on the green and have helped the team go undefeated during the regular season.

"Shannon, one of the women on our team played golf for the first time during this league and did quite well draining putts for the team. And Zoey is like a machine on the greens as well," he said.

The WR-ALC, whose regulars were P.J. Vasquez, John Fatkin and Bruce Hart, aren't about to be intimidated and is seeking to defeat the team that handed them one of just two regular season losses.

"Our team is dedicated to doing our best in the finals," Mr. Fatkin said. "We are going up against a well-honed undefeated team and will need to be at the top of our game to even stay on the same golf course with them."

Everyone agreed the league was well organized. Sergeant Danko said the golf course has made "tremendous strides to improve the course conditions" and the improvements played a major factor in the enjoyment of the league.

Mr. Murray said due to the success of the summer league, Pine Oaks will likely sponsor another league in the fall.

COMMISSARY

Continued from 1A

the project is complete)," he said. "They're going to start adding temporary parking to the existing parking area. The new parking area will be constructed to the front of the store."

Mark Craddock, a civil engineer in the 778th CES, said the facility's new parking lot will provide space for about 314 patrons and Commissary employees.

Mr. Sisson said patrons will have a bit farther to walk, but the

store's improved amenities will make it worth the trek. New lighting and a new state-of-the-art deli and bakery are just some of the features that will woo customers.

"There will be a lot more frozen and refrigerated items," he said. "You'll probably have a bigger produce area."

Mr. Craddock said customers will also enjoy a 40 percent larger general sales area and grab-and-go section as well as wider aisles and a ground-level entry.

Robins can expect to see the early stages of construction on the store in October, with the

new facility's completion set for sometime in fall 2008, Mr. Sisson said.

"We expect it to go very smoothly and finish on time," he said.

Mr. Sisson said with the ongoing operation of the existing commissary, customers won't have to deal with the inconvenience of a temporary closure of the store like some construction projects call for.

However, patrons will have to park across from the store for a time while the new parking lot is being established northeast of the existing store.

STRAIGHT TALK HOT LINE

For up-to-date information in the event of a base emergency, call 222-0815.

"We're continuing Force Shaping initiatives that move the right number of Airmen into the right jobs to relieve stress in critically manned AFSCs. Rest assured, we are doing all we can to ensure the Air Force is properly shaped to optimize our contributions to the joint fight, and to ensure our Airmen are equipped to dominate air, space and cyberspace. Thank you for your service, commitment, and dedication to our Air Force and Nation during these challenging times"

— **Secretary of the Air Force, Michael W. Wynne**

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Submissions must be received by 4 p.m. the Monday prior to the requested Friday publication. They should be e-mailed to lanorris.askew@robins.af.mil. Submissions should be of broad interest to the base populace. If there are further questions, call Kendahl Johnson at (478) 222-0804.

DELIVERY

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Armed and ready to go



U.S. Air Force photo by 1ST LT. SHANNON COLLINS

Airmen 1st Class Mark Drennen checks an AIM-120 missile on an F-16 Fighting Falcon June 27 at Balad Air Base, Iraq, before a combat mission. Airmen Drennen is a weapons leader with the 332nd Expeditionary Aircraft Maintenance Squadron and deployed from Misawa Air Base, Japan.

A military spouse talks about the ones left behind

War is not something that penetrates the thoughts of most Americans every waking moment, even though we have been at war for more than five years now with the war on terrorism.

To us, it seems to be this distant event unfolding in a far-away place, therefore not affecting any of us directly. We catch a glimpse of it on the evening news or Internet.

For the men and women who serve in the armed forces, this is a part of everyday life. Our servicemembers are doing a courageous job of serving and protecting our country. They willingly give up their time, family, freedom and even their own lives, so we can continue to go about ours.

Most people don't realize that when you sign up for the armed services, it is not just a career or full-time job you are accepting, but a way of life. You ultimately become the entity of that branch in every sense of the word. They can tell you where to live, what career you are suited for and where to serve. The men and women in the armed forces sacrifice many of the freedoms that others take for granted every day.

During war though, it is not only that member who sacrifices, but their families as well.

The ones left behind are not often thought of as sacrificing or suffering, but most do. Americans are only privy to the tearful goodbyes or warm-hearted welcome backs they see on the evening news. The spouse, who is accustomed to having a partner there, is left to take care of the children, the house, pay bills and even juggle a career. The tasks at hand are not difficult. Ask any single parent who has mastered this intimidating balancing act. But

with this comes the emotional battles you fight every day that your loved one is gone.

The constant worry for their safety, the feelings of being alone and overwhelmed, the struggle of communication -- that comes in the form of choppy e-mails, brief intermittent phone calls and packages sent via the mail -- can permeate a person so deeply that it is hard to snap out of it at times. But with that comes the reality that there are people depending on them as well: Their children, family, co-workers and friends. So, they drag themselves out of bed each day and go through the motions of taking care of everything, business as usual.

Since May 8 the harshness of war has become very real to me and my family. It is not some event happening in a far-away place, but one happening right here, right now.

My husband is deployed to Balad Air Base, Iraq, for a four-month tour. He is not fighting on the front lines, so I am told he is in a safe place, if there is such a thing in war. This consolation does not take away from the endless worry I have for his safety. I pray for him each night before I go to bed and each morning when I wake up. I struggle daily with anxiety, stress, fatigue and being alone. Even though I know I have people here who care about me and want to help me, it is not the same as my husband being here with me.

My children are most devastated by this whole process. The oldest understands what war is but, like me, constantly worries about her father's well-being. Our 4-year-old is full of endless questions about when her daddy is coming home and doesn't understand why the plane we just saw overhead is

not bringing her daddy back. They both try to be brave. But at night, when it is time for bed, the tears usually start to come and sometimes flood through the bed sheets.

I try to comfort them, but it is hard when you are an emotional wreck yourself. I wonder if my 1-year-old realizes his daddy is gone or if he has already slipped from his tiny memory. We look at pictures every day and we watch a DVD my husband sent home of him reading books and talking to us. But I don't know if he is making the connection of "Dada" being on television, or if it is just a word he has learned to say.

Without a doubt, this is the hardest thing I have ever had to do in my whole life.

For those of you who are coping or suffering, there are plenty of resources at hand to help you and your family through this difficult period. At your local base, there is the Airman and Family Readiness Flight Center that offers family-oriented events, programs and counseling for family members of deployed Airmen. There are also several unofficial support groups you can find on the Internet, as well as books like, "While They're at War," by Kristin Henderson. The most important thing is to get a network of friends and family onboard before your spouse deploys, to help out in those times of crisis or when you just need a break.

Don't be afraid to ask for help. Remember to take time for yourself. If you do not take care of yourself, you will take care of your kids?

Communication is your main line of defense during this arduous affair, so plan special time with your kids to work on projects for your spouse. For

example, making cards, baking cookies, sending e-mails, or film your children performing or reading to him or her. Also, make a calendar for the time your spouse is going to be deployed and record special family events. Each day let one of your children mark that day off, so they can visualize the days left before your loved one will return.

Anything from home is a welcome sight to servicemembers separated from their families. As my husband told me several weeks back, "Thoughts of home are the only thing that get me through the day."

Remember that they need us supporting them as much as we need support.

War is a terrible, tragic event that occurs way too often in our world. Not only does it destroy and devastate the lives of the people in that country or region and the servicemembers fighting in it, but also the family members left behind.

I am trying to be brave, because that is what a military spouse is supposed to do. But none of this is easy. So, each day I get up and do what all parents across the world are doing. I take care of my children, clean house, take out the trash, pay bills and try to act as if it is business as usual.

But, yes, the horrors of war are penetrating my every thought.

— *This commentary was written by Rochelle Chambers. Her husband, Tech. Sgt. Juan Chambers, is currently deployed from the 59th Medical Wing at Lackland Air Force Base, Texas, to Balad Air Base, Iraq where he works in the physical therapy/occupational therapy clinic at the 332nd Expeditionary Medical Group hospital.*

Letters from home mean the world to deployed Airmen

People often ask deploying Airmen, "What can I do to help?"

Most Airmen say, "Nothing. We're fine."

Asking for things is hard, and we can get almost everything we need at the base exchange.

It's not until I get a package from a loved one that I realize how much these little pieces of home really mean to me. Often I don't know that I'm missing Gummi Bears until they come in the mail, looking battle-hardened from traveling halfway around the world.

Sometimes just a short, quick card can brighten my outlook. And every once in a while, you hit the jackpot. After a long, tough day, there's nothing

like returning to your workspace and realizing you have a package waiting for you on your desk. It's almost like Christmas.

Packages are great. Gifts and candy are always shared with others. In fact, co-workers and hut mates often get excited for each other when we get mail and many times we'll be on the lookout for our friends' names while we're at the post office.

Regardless of how odd the gift may be, it's important because it tells me people are thinking of me while life continues to go on at our home station. My favorite package to date was the one I received from my office back in the states. They sent me a couple of

our base's newspapers, and it was really fun catching up on the goings on at F. E. Warren Air Force Base.

I don't mean to knock e-mails. They have their positive points: They are instantaneous, easy and free. But in my opinion they don't make up for being able to hold a letter in your hand. Knowing someone took the time out of their busy day to write down their thoughts and let you know they were thinking about you. It's just a good feeling.

Now I know this is a two-way street, and I'm a bit of a hypocrite because I don't normally write many letters, but since I've been here I've written 15 letters. Most of the time I just tell people what my day is

like. It may not seem that exciting to me, but for people back home it gives them a window into our lives. My goal is to write a letter to everyone in my address book before I leave Bagram Air Base. It's a lofty goal for a writing-challenged person, but one that is completely possible.

Recently I saw a quote from an unknown author and it really hit home. It said, "What a wonderful thing is the mail, capable of conveying across continents a warm human handclasp." When you think about it that way, how can you not write a letter?

— *This commentary was written by Capt. Nora Eyle 455th Air Expeditionary Wing Public Affairs.*



Col. Theresa Carter
78th Air Base Wing
commander

Commander's Action Line

Too many meetings

The O-5 and GS-14 and up leaders are swamped with one meeting after another. The 78th Air Base Wing recently went through an AFSSO21 process to combine five quarterly meetings into one. This is a benchmark for all the periodic meetings the leaders must and do attend, and thus lends itself to AFSSO21 considerations as a problem-solving application.

One concern I have seen is due to the clogged schedules many group and squadron leaders are often required to cancel their own weekly staff meetings at times to attend last-second-notice meetings called by their bosses. These staff meetings are valuable savers of time to share information and track metrics that require management attention and action. When the staff meetings are preempted it either costs many more hours to catch up on and deal with the current issues or causes important milestones to get missed that could have been prevented through discussions at the staff meetings. Therefore, I believe it is critically important to ensure the leaders are able to have their staff meetings as scheduled.

An easy way to ensure the integrity of the scheduled times is to set aside two time slots each week that are "sacred" for staff meetings. No other called meetings can be scheduled during those time slots. For example, say the Air Logistics Center sets aside 9 to 10:30 a.m. every Tuesday and Thursday for these slots. The leaders will alternate picking one time or the other as they go down the organizational charts. If the ALC commander picks the Tuesday slot, then his wing and staff offices pick the Thursday slot. The next level of group and staff offices then use Tuesdays, and so forth down to the first-line supervisors.

This will ensure leaders and managers can count on meeting with their staffs at the scheduled times, will save many wasted hours trying to catch up when their meetings are preempted, and will help avoid complications and crises due to missed opportunities to brief critical metrics and situations at the staff meetings.

Colonel Carter's Response:

The leadership of this Center is committed to eliminating waste and increasing efficiency. This includes an ongoing effort to either streamline, reduce or eliminate meetings at the ALC level while simultaneously enhancing information flow to our 14,000 team members. For example, using Lean techniques, two significant meetings, the Sustainment Program Review and Executive Management Review, have each been reduced from monthly to quarterly, a 75 percent reduction that has freed up many hours. Another example, the Chief of Staff Review, has been scaled back from monthly to semi-annually, an 85 percent reduction. These reductions do not include the countless hours saved that used to be spent collecting data, building and dry running briefings.

Additionally, we have, as you've suggested, standardized when meetings are held, and this predictability has enabled the wings and staff organizations to better align their follow-on meetings. For example, the ALC Executive Council meets every Tuesday, and the ALC staff meeting occurs every Thursday, both at 9 a.m. How follow-on meetings at subordinate levels are scheduled is left to the discretion of organizational commanders and staff directors.

While there will always be situations that cause interruptions due to emergencies or contingencies, such instances reflect the dynamic and critical nature of our mission, and we try to minimize those situations as much as possible. We appreciate your interest in trying to make Center operations more effective and efficient.



Cooking has widely been deemed as an art in society. No brush, canvas, or paint is needed. Just the right ingredients and taste for good flavor are all it takes for the culinary artist to create a masterpiece of a meal.

Chinese, Italian, Mexican, All-American, and good old down-home southern style cuisine are all possible selections on the menu.

In the coming weeks, several cooking professionals at Robins will share their favorite recipes in the Rev-Up, to keep people in the base neighborhood eating good.

If your taste buds are screaming for something different, pull up a chair and get ready for a healthy serving of recipe ideas.



U.S. Air Force photo by SUE SAPP

When not making pizza pies for the Pizza Depot, Martha Newton loves to bake her famous German chocolate cake.

Pizza Depot's Newton shares her German chocolate cake recipe

BY HOLLY L. BIRCHFIELD
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Martha Newton's German chocolate cake is one of her charms that hooked her husband, James' affection a little more than 42 years ago.

The moist, dark dessert is something the 57-year-old Casar, N.C., native learned to make early on in her nearly 50 years of cooking experience.

"I was a baker," she said. "I baked for my mother. You had to have cakes and pies made for every Sunday lunch, and every dinner through the evenings, my dad wanted his dessert. So, I always made German chocolate cakes."

Mrs. Newton learned to cook in the confines of her mother's kitchen at age 10. As one of 13

children, making sure the family was fed was one of her many jobs as a young girl.

"You first start out with the biscuits and the gravy," she said. "Then, you go to meat loaf, to cube steak, to wilted lettuce, and crackling cornbread."

But out of all the dishes she has made, her German chocolate cake is what won her love, in more ways than one.

"Everybody likes sweets," she said. "Even though I'm a diabetic and can't eat them, everybody likes sweets. I get lots of compliments on it."

The Pizza Depot manager said cooking is something that should never be feared.

"It's just trial and error," she said. "I mean, if you make a mistake, it's not the end of the world."

Recipe:

- 1 bar of German chocolate
- 5 eggs
- 3 cups of flour
- 3 cups of sugar
- ½ teaspoon of baking powder
- ½ cup of butter
- touch of vanilla

Mix the sugar and butter in a bowl. Add in eggs one at a time. Add in melted chocolate, flour, and a cup of milk. Mix well. Bake at 350 degrees for 40 minutes if making cake in layers. If using a pound cake pan, bake at 350 degrees for 50 minutes.

Icing – Mix 1 cup of milk and 1 cup of sugar. Boil until thick. Add in flake coconut and pecans. Mix well. Spread evenly over the cake.



► IN BRIEF

HEALTHY START SCREENINGS

The 78th Medical Group will provide Healthy Start School Screenings for newly assigned family members and current students from pre-k through 12th grade Saturday and July 28 from 8:30 a.m. to noon. No appointment is necessary. The children will have their vision and hearing tested and a dental exam performed, both of which are required by the Georgia school system. In addition, your child's height, weight and blood pressure will be checked and a scoliosis screening exam will be performed. Immunizations will be available if needed. The 78th Security Forces Squadron will be providing finger printing services if interested. The Georgia school forms 3300 and 3231 will be available and completed at the event. For more information call Staff Sgt. Kenena Johnson at 327-8219.

78TH MDG HEALTH CARE COUNCIL TO MEET

Col. James E. McClain, 78th Medical Group commander, will host the quarterly 78th MDG Health Care Council July 24 at 10 a.m. at the Robins Enlisted Club. Everyone is invited to attend this open forum which will provide first hand information about current medical processes and future endeavors. Commanders, First Sergeants, Unit Health Monitors, enlisted, officers, civilians and all others with MDG concerns or positive feedback are encouraged to be part of this informative meeting. For more information, call Tech. Sgt. Roberta Sykes at 222-1574.

653RD CLSS CHANGE OF COMMAND

The 653rd Combat Logistics Support Squadron will hold a change of command ceremony July 26 at 10 a.m. at the Museum of Aviation's Century of Flight Hangar. Maj. Paul Kanning will relinquish command to Maj. Michael H.M. Egbalic.

78TH MEDICAL SUPPORT SQUADRON CHANGE OF COMMAND CEREMONY

The 78th Medical Support Squadron will hold a change of command ceremony Thursday at 2 p.m. in the Museum of Aviation's Hangar One. Lt. Col. Arthur Davenport Jr. will relinquish command to Lt. Col. Thomas Hunter. Colonel James McClain, 78th Medical Group commander, will be the officiating officer.

USAF TEST PILOT SCHOOL SELECTION BOARD TO CONVENE

The next annual USAF Test Pilot School selection board will convene Oct. 29 - Nov. 2, at the Air Force Personnel Center. The USAF Test Pilot School is the world's preeminent fixed-wing test pilot school. Graduates of TPS are in high demand in an era of increasing technology advancements on the battle field. Graduates have a profound influence on the designs of future combat capabilities and ensure mission suitability for use in the field. TPS trains pilots, navigators and engineers to develop, test and evaluate the newest aircraft and weapons systems. The pilot selects will fill positions in the fighter, multi-engine or helicopter categories. The navigator selects will fill positions in the fighter, multi-engine, or unmanned aerial vehicle categories. In addition, USAF TPS conducts exchange programs with the U.S. Navy, United Kingdom, and French test pilot schools to train fixed and rotary wing pilots and flight test engineers. Rotary wing pilots and engineers will be assigned to conduct testing on the latest rotary wing systems to include CV-22 and Special Ops assets. Applicants from all aircraft types and backgrounds must have strong academic and technical experience and a desire to help develop the next generation of air force weapons and weapons systems. For information visit the TPS Web site at <https://www.edwards.af.mil/LIBRARY/FACTSHEETS/FACTSHEET.ASP?ID=6467>.

Got news to share?

Contact a member of the Rev-Up staff

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arts & crafts! sports! camps! movies! swimming!

Summer fun at Robins

horseback riding! story time! make believe!

Robins keeps children busy this summer with full calendar of fun

BY HOLLY L. BIRCHFIELD
holly.birchfield@robins.af.mil

Robins has a calendar full of summertime activities to keep children from crying "I'm bored!"

Whether spending time at the base swimming pools or making friends at the Youth Center's summer camp, the base has something for children of any age to enjoy.

Brianne Wentworth, an administrative assistant with 78th Services' Outdoor Recreation, said Robins offers swimming lessons for children of all ages to learn the basics.

"The biggest activity we're offering is the swim lessons," she said. "We've got the Mommy and Me classes for the children from 0 to 3 years old. It's a lot of fun for the little ones to get out in the water and splash around. They get on the kickboards and they can sing and play in the water. It's called Mommy and Me, but it's for dads too - whichever parent wants to do it."

Ms. Wentworth said swim classes are also available for children 4 to 14 years old and for adults.

The two-week classes, which start again Tuesday, are \$30 for the 'Mommy and Me' class and \$40 for the youth and adult swim classes, Ms. Wentworth said.

"They just come up here and we'll get them all set up," she said. "It's a real quick, easy process."

Outdoor Recreation, which is open from 8 a.m. to 5 p.m. Monday through Friday and 8 a.m. to 2 p.m. Saturday, also offers several ways for children to get out and have fun as well.

On July 21, Outdoor Recreation's Outdoor Adventure program will take to the water in Milledgeville, Ga., with a kayak adventure. Parents can register their children who are 10 and up for the trip for \$130.

The Outdoor Adventure Program will also help older children who get out and enjoy summer with its Tree Climbing Adventure in Pine Mountain, Ga., on Aug. 11. Each kid, 10 and up, can register for the trip for \$58.

For those that have some pent-up energy to get out, Outdoor Recreation will offer target paintball on Aug. 24 from 4 to 8 p.m. Youth ages 10 to 17 may participate with adult accompaniment. The cost is \$28 per person.

If your plans carry you off base, Robins' Outdoor Recreation has the tools for summer fun.

"We rent baseball equipment like bats, gloves and bases," Ms. Wentworth said. "If the children want to go with their mom or dad one day, we've got the kayaks and the canoes. They can go down to Luna Lake on base and go canoe."

Outdoor Rec offers fishing licenses and rents boats, tents and other camping equipment to help make families' summer vacations more fun.

Families can get away from everyday hassles without having to go far from home with the base's Family Camp area. The area offers barbecue grills, a park and a lake where

people can relax and enjoy family togetherness.

Ms. Wentworth said getting the right tools for recreation is easy.

By flashing base identification cards and paying a nominal fee, Ms. Wentworth said families can be well on their way to a family vacation.

Robins' Youth Center is also doing a lot to keep children entertained.

Debra Bargie, director of youth programs at Robins, said the Youth Center's Summer Camp Program helps children make friends and make the most of their break from school.

"We do arts and crafts," she said. "The children go swimming twice a week at the pools on the base. They go bowling."

Children also go on field trips to places like the Atlanta Zoo, the Foam Factory in Atlanta, Pine Mountain Safari, and Fort Discovery in Augusta, Ga.

The eight-week camp, which started the first week of June through the first week of August, is open to children 5 to 12 years of age. Five-year-olds must have finished kindergarten this year to participate in the camp program, Ms. Bargie said.

The day camp opens at 6:30 a.m. and ends at 6 p.m. each weekday evening.

While registration for the camp started in early March, the youth programs director said parents can still register their children by contacting the youth center.

"We still have a few openings for some weeks," she said. "Parents basically choose what weeks they want the children to come."

About 144 children are now enrolled in the summer program, Ms. Bargie said.

The youth center also runs a specialty camp for children 11 to 14 years old whose parents don't want to leave them home alone.

Each week, the camp focuses on different activities like art, wood working, water aerobics and other fun themes, Ms. Bargie said.

The youth center is also offering a fitness camp as part of the specialty camp. The fitness portion will run from July 16 to 20.

The center will host a horseback riding camp and tennis camp will be held at Robins July 30 to Aug. 3.

Ms. Bargie said parents of children 9 to 12 can pay \$3 per month or \$25 a year for their children to enjoy billiards, TV, basketball, foosball, the climbing wall, and other youth center amenities under adult supervision from 3 to 7 p.m. daily.

"We just have a good time here in the summer," she said. "We have a lot of children, a lot of good people. Many college students come in with good ideas and are willing to work with (the youth). We just have a good time in the summer."

For more information, people can come by the Youth Center in Bldg. 1021 on Hawkinsville Street or contact the center at 926-2110.

Robins' Community Center is bringing back the drive-in



Blanchella Casey, supervisory librarian, reads the book, "Big Smelly Bear" to preschool children at the library July 2 as part of the summer reading program for children.



Above, Tammi Cartwright, center, helps her son Michael make a patriotic wreath at the library July 2. The summer reading program will continue each Monday through July 24.



movie feel with its Movies in the Park program to give family members something they can enjoy together.

Lawn chairs, picnics and coolers are all welcome at the movie extravaganza held in Robins Park, located at the corner of Warner Robins and Macon streets. Families can enjoy free admission to family-friendly movies shown on an 18-foot by 23-foot inflatable screen.

Lynne Brackett, Community Center director at Robins, said the next movie to be shown will be "Cinderella" Aug. 17, with the show starting at dark, which will be around 8:30 p.m.

The Colossal Cookie Challenge, to be held in the community center ballroom Aug. 23, is another fun event the family can get involved in.

Amateur bakers will compete with cookies made from original, unpublished recipes in five categories, including no-bake, cookie maker special, healthy cookie, holiday

and special occasion cookies.

Mrs. Brackett said base winners will compete at the Air Force Materiel Command level. The AFMC winner will compete at Air Force-level for a chance to have their recipe printed in the Colossal Cookie Challenge Cookbook as well as other prizes.

Families are welcome to come out and see the cookies on display; however, spectators can't taste the competing cookies, Mrs. Brackett said.

Robins' Enlisted Club in Bldg. 956 hosts its Family Bingo Night the last Monday of each month. The next event will be July 30.

The cost is \$4 per pack, which includes all 10 games. Participants play for toys, like walkie talkies, transformers, keyboards and other entertaining items. Doors open at 5 p.m. and games start at 6 p.m.

So, whether it's swimming or making your own fun with friends and family, Robins is definitely the place to have fun this summer.



Top, young people work to build a rocket at Rocket Science Academy, a two-day camp at the Museum of Aviation.

Center, Cameron Owens, 4, shows off the jewelry she created with beads at Princess Camp at the Museum of Aviation.

Bottom, Alana Wooten, 11, and Dariyn Johnson, 12, get plenty of exercise playing "Dance Revolution" at the Robins Youth Center.

Former Harlem Globetrotters score big with Robins youth, while promoting fitness

BY AMANDA CREEL
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“H-U-S-T-L-E, hustle, hustle, hustle down that court.”

The words might be simply parts of a cheer, but the cheer was a state of mind for 75 boys and girls as they took to the youth center basketball court this week.

The scene was part of the Shoot for the Stars Basketball Camp, where youth ages 7 to 14 had the opportunity to learn some fundamental basketball skills from a pair of former Harlem Globetrotters and several former professional basketball players.

The Michael Douglas Youth Foundation developed the Shoot for the Stars Youth Basketball Program to teach youth to shoot down discouragement, rebound from poor self-esteem, handle peer pressure and keep family values above the rim, according to its Web site.

The group of 75 could be found run-

ning up and down the court throughout each morning practicing their passing, dribbling and shooting skills. When they weren't running the courts the group was working on ball control.

“We get to shoot some hoops and they teach us how to do some tricks like how to air dribble,” said Landon Byrd, 8.

Along with teaching valuable life lessons the camp also focuses on the

importance of good physical fitness and the fundamentals of the game of choice for Mr. Douglas is basketball. Mr. Douglas said as the world has begun to focus more attention on the issue of obesity in children and youth, the camp has focused more on finding a fun way for them to stay fit.

“We want to help their bodies for life,” Mr. Douglas said.

He said it is important for children and youth to find an activity that will help them stay physically fit while having fun.

However, physical fitness and basketball skills aren't the only lessons learned during the camp; members are also encouraged to practice their math skills in a game called the “Battle of the Ball.”

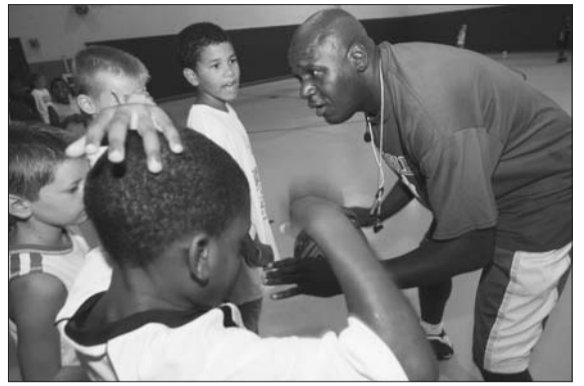
For many the highlight of the camp was learning about basketball from those who once played the sport on the professional level. Though many of the young basketball enthusiasts agreed their favorite instructor was former Globetrotter Larry “Shorty” Coleman.

“I love to see the smiles on the kids face as well as teaching them about basketball,” Mr. Coleman said.

Jessie Hughes, 13, was one of the many aspiring players who relished the opportunity to learn from Mr. Coleman, who could always be found rolling humor and enthusiasm into his court-side tips.

“He's funny and he likes to play around,” Jessie said.

However, participants agreed all of



U.S. Air Force photos by SUE SAPP

Former Harlem Globetrotter Michael Douglas, works with Robins' youth during basketball camp this week.

the camp instructors were great at explaining how to master the fundamental skills required for the game.

“They are nice and if you are doing it wrong they help you with it,” said Ansley Lamb, 14.

During the camp, participants had the opportunity to participate in all sorts of drills and exercises to prepare them to shoot some hoops. The group started each day by stretching out and then started drills which focused on ball-handling, shooting, passing, dribbling, and agility.

“The best part about this camp is being able to free shoot for a while,” said Malcolm Melvin, 8. He said he

also liked learning how to stretch and other basketball basics.

During the drills, Mr. Douglas repeated words of wisdom to help the aspiring basketball players perfect the drills and prepare to play the game.

Though there were tons of drills to choose from for many of the children and youth, the suicides, a drill where athletes run from one side of the court to the other, were a crowd favorite.

“My favorite is doing the suicides,” said Aubree Melvin, 11.

She said the best skills she picked up during the basketball camp were dribbling and the ability to sink a few shots.



Michael Douglas, former Harlem Globetrotter

Airman and Family Readiness Center classes

For more information on how to attend the following classes contact the Airman and Family Readiness Center at 926-1256. Hours are 7:30 a.m. to 4:30 p.m., Monday through Friday.

Bundles for babies Passport to parenthood

The A&FRC Family Advocacy program will conduct a Bundles For Babies Passport To Parenthood class Tuesday, 8 to 11 a.m., Bldg. 794.

Course is for all active-duty Air Force families preparing for a new baby. Discussions cover early childhood development, attachment, infant care, practical preparation and financial preparation. At the end of the session, a bundle is presented, compliments of the Air Force Aid Society. The bundle includes: a

thermal weave plaid cotton crib blanket, a hooded towel and wash mitten, a white knit crib sheet, a 2-pack printed cotton receiving blanket, a 4-pack cotton diapers, a 2-pack sleep-n-play, a 3-pack onesies and a pair of booties.

This program is open to all active-duty members and their spouses, who are expecting a child, regardless of rank or number of children in the family. Call Family Advocacy at 327-8398, to sign up.

Smooth move

A Smooth Move workshop will be held Wednesday, 8:30 a.m. to 12:30 p.m., in Bldg. 794.

This workshop is designed for Air Force members on the move. It is four hours of information on how to get from here

to there with the least amount of stress.

Representatives from military personnel flight, transportation management flight, accounting and finance, the housing office, legal office, TRICARE, family advocacy, and Air Force Aid Society will be on hand to provide information and answer questions.

Interview basics and preparation class

An Interview Basics and Preparation class will be conducted Wednesday, 9 to 11 a.m., Bldg. 794.

Interviews are the most important aspect of the job search process but often the scariest. This covers types of interviews; the purpose of each and what to expect from them.

ROBINS ELEMENTARY NOTICE TO PARENTS

The date of packet pick up for classroom assignments, purchasing lunch credits or completing an application for the free and reduced lunch program has been set for Aug. 3 from

8:30 a.m. to 3 p.m. If you miss this date you may still pick up the packets and classroom assignments on another day after Aug. 3. Lunch credits will not be available for sale after

Aug. 3 until school begins on Aug. 10. Please do not call the school for your child's assignment; because of privacy issues the information cannot be relayed over the phone.

Robins Patriot Guard Rider

U.S. Air Force photo by SUE SAPP



John Fisher, a logistics management specialist in the Warner Robins Air Logistics Center Plans and Program office, flies the American flag proudly on the back of his Suzuki Boulevard motorcycle. Mr. Fisher is a member of the Patriot Guard Riders, a national organization of riders whose mission is to show respect for those who risk their lives for America's freedom and security and to attend the funeral services of fallen American heroes as invited guests of the family. The organization began in 2005 with the American Legion Riders chapter 136 from Kansas. Mr. Fisher and other Patriot Guard riders attended the funeral of Airman 1st Class Jason D. Nathan in Macon June 30.

BE KIND TO THE EARTH. PLEASE RECYCLE THIS NEWSPAPER.