SAFETY

Note from Maj. Gen. Polly Pryor Warner, Warner Robins Air Force Base Commander: I invite all of you to read Colonel Berry’s words which follow. Since taking command in August, I have been distressed by the number of suicides at Warner Robins. After a year, the numbers remain too high. What I think about each time I see the families, the co-workers, the friends who are affected by suicide I think about and wonder what we, as commanders, supervisors, and friends could have done to help. All of you matter — Team Robins cares.

BY COL. WARREN BERRY

Two days after Capt. Andrew Scott landed in Afghanistan for a one-year tour, he suddenly found himself facing an unexpected challenge with the lives of a group of strangers on the line.

Captain Scott is an instructor at the Air Force Reserve Officers’ Training Corps at the University of Georgia, which is attached to the 78th Force Support Squadron here. In June 2007, he deployed to Operation Enduring Freedom on a Joint Expeditionary Tasking, in which Air Force personnel are assigned duties that would ordinarily be performed by the Army or some other branch.

He was stationed at Camp Blackhorse, a Marine base also used by the AFOSI and other coalition countries. He was serving as a senior battle captain in the 1st Transportation Support Group attached to the 78th Expeditionary Sustainment Command.

Two days after his team landed, a small group of Afghan soldiers on the line. The unit was not only surrounded and under fire by anti-coalition militants, but in a low area that inhibited their ability to fight back. They couldn’t make contact with a nearby unit that would have been able to help them.

He and his team, assembled just prior to deployment, were trained in logistics. The situation at hand was outside their area of expertise, but only one city was at the back line of command of the situation, so the task fell on them to save the town.

“For us, they fought and died in places like Concord and Gettysburg, and plowed the hard earth. For us, they toiled in sweat and tears and worked till their hands were raw. For us, they endured hunger, cold, and plowed the hard earth.”

The main difference is that they felt many respects just like you and me. This is why we have plenty of preventive powers, and that is why we need your help. Because suicide prevention starts with you. Those members of our base family who chose to commit suicide were in many respects just like you and me.

President Obama has had the misfortune of being called upon to deal with a tragic scenario very similar to the one described above eight times last year. Even more alarming is that our suicide rate is four times the national average. It doesn’t have to be this way. We can’t afford to have it this way, because it affects us all — military, civilian, contractor, family members. And that’s why we need your help. Because suicide prevention starts with you.

Barack Obama is sworn in as the 44th president by Chief Justice John Roberts Jr. in Washington, D.C., Jan. 20.

“President Obama pledged a “prudent use” of military power as he addressed the nation today. An estimated 2 million people crossed the National Mall and surrounding area to hear his address. The use of these principles will allow America to develop greater understanding of other nations and greater cooperation against common threats from them.

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WHAT TO KNOW ABOUT SUICIDE

Suicide is the leading cause of death for persons ages 15-44 years. However, if every person engages in a ‘quick guide’ on what to do when you suspect someone is at risk, you can help prevent suicide. There are several ways we can all work together to ensure that our Team Robins members who may be at risk for suicide receive this critical message.

First, encourage those in your organization with stress and get the right help from our support agencies (see more), second, educate yourself.

An excellent source for suicide prevention information is the Air Force’s suicide prevention website at https://www.af.mil/1erpagina

The Robins Integrated Delivery System (www.robins.af.mil/library/int dig/index.html) is also a programming device to assist dedicated and motivated individuals in organizing across the base to develop understanding, recognition, and skills to proactively engage those at risk for suicide.

Stress will increase the probability that difficulties will result in the development of serious behavioral or physical health problems.

The most common stressors that lead to a person contemplating suicide as an option are: difficulty in romantic relationships, legal problems, financial issues, substance abuse, emotional and physical problems.

Be aware of increased alcohol use.

Many people who use alcohol are often used by people to self-medicate their stress or pain, as alcohol use increases impulsivity and reduces good decision-making. Substance abuse, family violence and self-harm are among the most common issues seen in one area, it is important to take questions about the other areas.

The duty section/unit plays an extremely important role in supporting its people.

A person’s social support is commonly drawn from the friends they have at work, and their relationship allows their willingness to openly communicate. Problems that may lead to depression can sometimes be noticed.

People who are experiencing suicidal thoughts often fear seeking help will impact their career.

People mistakenly believe seeking help will affect their career. They fear negative impact their career, yet by putting off getting professional help their job performance can be negatively impacted. It is not helping those who need it in career-negative impact; it is the person who fails to impact their career because they are too afraid to get the help they need that occurs when someone is so hobbled by other important aspects of their health, career, and life.

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In order to address some of the questions related to suicide prevention, implementing a "quick guide" on what to do when you suspect someone is at risk, you can help prevent suicide. There are several ways we can all work together to ensure that our Team Robins members who may be at risk for suicide receive this critical message.

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The Robins Integrated Delivery System (www.robins.af.mil/library/int dig/index.html) is also a programming device to assist dedicated and motivated individuals in organizing across the base to develop understanding, recognition, and skills to proactively engage those at risk for suicide.

As the number of people who attempt suicide each year grows, so do the numbers of people who manage to survive without professional assistance and the recognition that suicide can happen to anyone.

Suicide is a permanent solution to a temporary problem.

When someone is suicidal they are not thinking clearly because their ability to problem-solve is impaired. People who are suicidal want to get help, but they need others to help them access the help that they need. Most people don’t really want to die, what they want is for their life to take another direction that will make them feel better.

Ignoring an invitation by another person to talk about suicide will not make the person stop thinking about it.

The biggest mistake you can be making is thinking that bringing someone seriously who they talk about wanting to kill themselves or "end it all" finding their behavior, being judgmental, and "using your psychology" to convince individuals that they are not suicidal will not help anyone. Instead, it will likely cause them to shut down and be less likely to seek professional help.

A person who is intent on committing suicide has a plan to do so should never be left alone.

Do not leave this person alone. It is your responsibility to stay with this person. The plan is not just a statement of intent, it is a statement of certainty. It is difficult to get help if they are already committed to the act. Then too many patients refuse help. It is far better to prevent the act if possible. If that is impossible, the best a person can hope for is a hope for a second chance. To help, try to prevent the act before it is too late. The first step is to talk to the person about suicide.

Greater awareness plus greater access to mental health care will help prevent suicide.

America today must continue this journey, he said. It is time for hard decisions and difficult actions that are not always the easiest. It is time to act with courage and conviction to ensure that America continues to thrive.

Ask about suicide.

Many people fear that they might “say the wrong thing” when inviting someone who is suicidal or very upset. While it is possible to say the wrong thing, it is more likely that you will say the right thing. Be honest and open. The simple phrase, “YOU MATTER!” and when you say it, it comes to being vigilant in suicide prevention.

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Greater awareness plus greater access to mental health care will help prevent suicide.
Celebrating the dream

The Robins Cheer, under the direction of Kerri Russell, sings a special anthem titled “Come” during the Martin Luther King Jr. commemorative worship service at the Banta Chapel Jan. 18. The service began with a slide show in remembrance of Dr. King and included a performance by the Robins Prato Dance team, special musical selections and guest speaker Rev. Frankie Rivers, Oak Level Missionary Baptist Church associate pastor. Rev. Rivers’ message was titled “Dreams do come true.”

Commander’s Call questions answered by Center commander

Editor’s Note: The Rev-Up will print questions and answers obtained from comment cards given at the November Commander’s Call.

Maj. Gen. Polly Peery, commander of the Warner Robins Air Logistics Center, will respond to questions.

Q: Can you please leave the lights on next time after your speech so that we can see what we are writing and maybe read it?
A: Thank you for your recommendation in this matter. My staff has added this to their “lessons learned” and will work diligently to have lights stay on for a longer period to allow adequate lighting for persons writing questions and comments.

Q: Are the education programs open to all Robins personnel or military only? If so, are you (the ALC commander) standing behind these programs?
A: In short, the answer is yes to both questions. The education programs are open to all Robins personnel and civilians. There are many programs available and a summary on each program can be found in the “Warner Robins Air Logistics Center, Centralized Education and Training Office” Brochure and Installation Training Guide. If you require additional assistance, please contact the Education and Training Office at 222-3693.

Q: What is your policy on the exercise program?
A: The civilian fitness program at Robins directly supports our AFMC-wide goal of maintaining a safe, healthy, fit and ready workforce. This program allows civilian employees to use up to three hours per week for fitness leave. The three hours includes time for changing clothes, showering and travel to and from the exercise location. On base facilities are required to be utilized for fitness leave. Employees must provide a physician certification to their supervisor prior to beginning the use of fitness leave. Please direct additional questions concerning the civilian fitness program to your servicing Employment Relations Specialist at 926-6677 or 926-5682.

Expression of appreciation for our troops

We’d like to offer a special thank you to 2009 and here is proof. Each day as those who have chosen to serve America in various capacities sit up for their support and defense, there are many others who say a silent word of thanks for their service. Whether donning the uniform of the day as an active-duty member or civilian attire as a civil service member or contractor, the day-to-day missions of all who serve are vital and letters like the following show there are people who care. — Maj. Gen. Polly Peery, Warner Robins Air Logistics Center commander

“Thank you for your service, please enjoy a couple of tickets for our annual events and for your families, please enjoy our 20% discount on merchandise in our store. From all of us at Warner Robins, we wish you all the best in your life’s endeavors!”

— From Mr. and Mrs. "John Smith"
By Wayne Crenshaw

Senior Airman Thomas Henderson joined the Air Force in part because of his love for traveling.

But when he ended up stationed at Robins, it didn’t exactly fulfill his desire to work in exotic locations around the world. However, he found a way to scratch his travel itch quite a bit by joining Tops in Blue, a group of all active-duty Air Force personnel who travel the world performing a variety show for military members and the general public.

After visiting such locales as Korea, Germany, Italy and even a small, remote island off Alaska, Airman Henderson is returning home this weekend for a performance of Tops in Blue at the Warner Robins Civic Center.

The free show starts at 7 p.m. Sunday, with doors opening at 6:30 p.m. The arena typically fills up for the show, so those attending might want to get there early.

That’s also probably the only time they will get a glimpse of Airmen in their weekday attire as they have vastly improved their technical skills for such work over the years.

Senior Airman Henderson

Tops in Blue "is a blast," he said. Although working in Tops in Blue might seem like an easy gig, Airman Henderson said otherwise. The 27-member crew typically works 18-hour days, seven days per week, because everyone in the show is also responsible for tear down and set up of the stage.

“A lot of people think it’s like a vacation but I’ve never worked so hard in my life,” he said. All 11 shows they usually perform only one show in a day, by the time the set is torn down, loaded on a truck and moved to the next location for set up, it makes for a long day.

When there is an occasional day off, he said, the first inclination is to stay home and rest, but he usually takes advantage of it to tour the area when he can.

His one-year stint with the group began in March of last year. They did a 3-week tour in Iraq, but Airman Henderson missed out on that trip because he was asked to stay home and do some redesign on the set.

“Tops in Blue, an all active-duty Air Force special unit made up of talented amateur performers will showcase their talent Sunday at the Warner Robins Civic Center. Showtime is 7 p.m.”

BY WAYNE CRENSHAW

Air Force special unit made up of talented amateur performers...
Felicia Meadows had planned to take the day off Tuesday to watch the inauguration of President Barack Obama, but a meeting on the schedule meant that duty called. She was delighted, however, when she showed up for work and got an e-mail invitation to watch the inauguration on a projection screen in the 402nd Maintenance Wing’s command center. Ms. Meadows, a depot maintenance activation planning specialist, ate her lunch as she watched history unfold in the command center. “I think about those in the past who struggled, the ones who gave their lives for this day,” she said. “It means a lot to know that all things are possible, and to never tell someone what they can’t do. I see us coming together as a people where race is not seen, and it means a lot.”

Staff Sgt. Mike Mathew, who works in the command center, said he had a busy schedule Tuesday but he still took time to watch the ceremony. “I think it’s very significant for everybody as far as Americans go and people working for the government,” Sergeant Mathew said.

Many people in the Base Restaurant were watching intently as President Obama began taking the oath of office. One of those was Mark Livingston, a contractor in the 584th Combat Sustainment Squadron. “It means a new beginning,” he said. “A lot of people paved the way for Barack to get to where he is today. To me, as an African American, it proves that with good hard work and education, anything is possible in this great nation. This is something I didn’t think I would see in my lifetime. America has moved forward.”

What are your thoughts on the Presidential Inauguration?

- Caroline Waters
  560th ACSG
  "It’s a great day to be an American."

- Diane Wright
  402nd MXW
  "If I feel it’s a new beginning for the United States."

- Felicia Meadows
  402nd MXW
  "It’s a momentous occasion for all—a chance for unification to get back on track."

- Keith Brinley
  JSTARS contractor
  "It’s an overwhelming feeling."

- Larry Brooks
  574th CMMX
  "We’ve all got the same agenda this time. Let the economy work its magic in all of the same boat."
AFPC Spread the Word teams to brief Robins

An Air Force Personnel Center (AFPC) representative will be brief of briefs on July 22 at 9 a.m. and 2 p.m. All Airman and civilians are encouraged to attend.

Two representatives from the AFPC team will be available to answer any questions about work and what we can do to improve. Our AFPC team will be available to answer your questions.

VA benefits briefing

The Veterans’ Administration and Airman & Family Readiness Center Transition Assistance Program is offering a briefing on VA benefits on Wednesday, 2 to 4:30 p.m. Bldg. 794.

Participants receive information on medical records review for VA claim filing, the Dual-Eligibility Transition Assistance Program and VA benefits through the Veteran’s Administration.

VA DPAT briefing

The Veterans’ Administration and Airman & Family Readiness Center Transition Assistance Program is offering a briefing on VA benefits on Wednesday, 9 a.m. to 1 p.m. Bldg. 794.

Participants receive information on medical records review for VA claim filing, the Dual-Eligibility Transition Assistance Program and VA benefits through the Veteran’s Administration.

Financial workshop

The Consumer Credit Counseling Service of Middle Georgia, a non-profit organization funded by the United Way, will conduct a free “Money and Credit Management” workshop on Jan. 29, 1 to 4 p.m., Bldg. 794.

A comprehensive workshop is provided to all attendees. Information on credit management, debt reduction and consumer rights will be presented at this workshop. Assistance will be provided in the development of spending and savings plans so that financial goals may be realized. This workshop is open to all Team Robins members.

Military & family life counseling

Need to talk? Military & Family Life Consultants are here to listen. MFLCs are available to help service members, spouses, family members, children and staff address deployment, transition, issues, marriage and relationship issues, parenting, military and family issues, communication challenges, stress and anxiety, depression, grief and loss, and daily life issues.

Consultations and trainings are free and anonymous. No records are kept. Scheduling an appointment is easy, just call 230-2887.

Pre-deployment briefings

Pre-deployment briefings continue to be conducted weekly in Bldg. 122, 123, 124, 125 and 126. There are 7:30 a.m. to 4:30 p.m. for the Robins Military Personnel Center and 1 to 2 p.m., Wednesday, Bldg. 127. The Robins Chief’s Office of Personnel Management will brief all personnel at 794 on Friday, 1 to 2 p.m.

Court dates affecting federal employee’s benefits


If there is a court order in effect naming a specific person or persons to receive life insurance benefits (upon the death of the insured), or CSRS/FERS benefits (upon the death of the insured or retirement) or both, the benefits will be paid to the individual or persons named in the court order, instead of according to the order of precedence.

To qualify for a person to receive a certified copy of the court order must be received by the appropri- ate office on or after July 22, 1998 and before the date of the insured.

FEGLI Court Orders

If the insured is an active employee the court order must be submitted to the employing agency (WRLAC) for filing and the court order must be directed to file certified court orders directing payment of FEGLI benefits in employee’s Official Personnel File. If the insured is an annui- tant the court order must be submitted to U.S. Office of Personnel Management.

CSRS/FERS Benefits

In Brief

The Robins Tax Center will close April 23. Please be sure to bring all required documents. A list of required documents can be found at www.robins.af.mil/finance/122/125/65. For more information, call the Robins Tax Center at 327-7591.

Middle Georgia Air Force Association

The Robins Chief’s Office of Personnel Management will brief all personnel at 794 on Friday, 1 to 2 p.m.
SUNDAY

Watch WWE “Royal Rumble.” Jan. 28. Heritage Hall. The action begins at 8 p.m. Cost is free for members and $5 for nonmembers. All ranks and grades welcome. For more information call the Heritage Hall at 222-2016.

MISSIONARY

TUESDAY

FUNDRAISER

A family night bingo on Jan. 26 costs $1 for bingo tickets or $14 for a family package. Bingo starts at 3 p.m. in the Heritage Club. The bingo will be activated. For more information call the base theater 926-2216.

UPCOMING

SUPERBOARDS OF ALL TIME

It is just over a week until the Superbowl XLIII will play in Tampa. I am a big fan of football, and the Superbowl is my favorite part of the season. It is always a great day to enjoy with friends and family. I look forward to the games and the excitement that comes with them. Enjoy the day and I will see you at the game.

TOP FIVE

Super Bowl XLIII: NY Giants vs. Arizona Cardinals

Super Bowl XLII: NY Giants vs. New England Patriots

Super Bowl XXXVII: Tampa Bay Buccaneers vs. Oakland Raiders

Super Bowl XXXVI: New England Patriots vs. St. Louis Rams

Super Bowl XXXV: St. Louis Rams vs. New England Patriots

DONATE YOUR LEAVE

The following have been approved as a leave recipient: Suzanne McGuire Milbro, 5874 SMSX. POC is Randy Ford 222-0486. Terri Elena Walden, 5844 CBSS. POC is John McCord 222-3026.

Chapel Services

Catholic

Ash Wednesday services are at the chapel each Saturday-Sunday beginning at 9:30 a.m. Location: Chapel. Obligation of time and p/vigil the day before, and time through Friday at noon. The Sacrament of Reconciliation is Saturday from 4-6 p.m.

Protestant

The traditional service meets Sunday, the Chapel at 11 a.m. featuring hymns, anthems, and scripture. The service will be held at 3 p.m. in the chapel sanctuary, singing the music of the church in the service. The service begins at 11 a.m. and concludes at 1 p.m. at the chapel, praising God with responsorial psalms and prayers. More information located at 500-9320.

Israelic

Jewish service is Friday at 6:30 p.m. at the Jewish Community Center.

Orthodox Christian

St. Michael of All Angels Church service is at the chapel on the second Tuesday of each month at 5 p.m.

Protestant

The traditional service meets Sunday, the Chapel at 11 a.m. featuring hymns, anthems, and scripture. The service will be held at 3 p.m. in the chapel sanctuary, singing the music of the church in the service. The service begins at 11 a.m. and concludes at 1 p.m. at the chapel, praising God with responsorial psalms and prayers. More information located at 500-9320.

Sunday Feb. 23, 2009

The land of chamars is filled with the scent of the most fragrant flowers. The masters of the sky, the most talented. The luchers, who Artmolens the power of science come to be. The land of Chamers, a Noah's Ark of technology. The rules, a Noah's Ark of technology. The leachers, a Noah's Ark of technology. The museum, a Noah's Ark of technology. The robins, a Noah's Ark of technology. The library, a Noah's Ark of technology. The department, a Noah's Ark of technology. The book, a Noah's Ark of technology.

Missionary

Station Chief Davie 2009 with the 78th Civil Engineer Group program for aviation equipment maintenance Jan. 4

Missionary

SUNDAY

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Andrews officials launch tactical fitness center

BY STAFF SGT. JENNIFER REDENTE
316th Wing Public Affairs

Base leaders at Andrews Air Force Base, Md., took a groundbreaking new stride in combat fitness training capa-

bility Jan. 15 with the ribbon-

cutting of the Andrews Tactical Fitness Center.

The center supports the 316th Wing’s goal of “Airmen fit and ready to fight and win across the whole spectrum” with a new policy and capability

that will complement cur-

rent Air Force physical fitness training policy.

The TFC brings a flexible, gym-based capability to the Air Force’s most important weapon system, its Airmen, tailored to enhance current fitness levels and tackle

the realities of current combat operations, officials said.

“We are adapting our Air Force ‘Fit to Fight’ concept to the conditions that our Airmen must master in this current war,” said Col. Steven M. Steffes, 316th Wing com-

mander. “It is a non-war line in which accurate, engineers, security forces members, con-

voy drivers and our other personnel put their lives on the frontlines daily in extreme heat and cold, wearing 40 pounds

of protective gear, for more than 12 hours a day, and must be continually at their mental and physical best to win.

“This program builds the core strength and endurance that are fundamental to a superi-

or level of combat fitness, both as individuals and teams,” the colonel said. “It has only one standard, that crosses all of our other missions: everyone gives their best.”

The tactical fitness center project arose five months ago from inauspicious beginnings, after the multi-purpose room

of one of the base’s fitness cen-
ters was lost due to an electri-
cal fire.

Improvements to the (cen-
ter) offer customers the oppor-
tunity to enjoy new equipment

techniques as they main-
tain their physical fitness,” said Col. Stewart S. Price, 316th Munitions Support Group commander. “It’s another example of how Andrews (base personnel) support the chief of staff of the Air Force’s initiative to maintain a fit Air Force.

“Completion of the tactical fitness project was a top prior-

ity for both of the installation commander and the FSS,” said Lt. Col. Teresa Forest, 316th FSS commander.

Robins Intramurals

INTRAMURAL BASKETBALL

Regular season standings (through Jan. 16)

TEAM W L
78 LRS 3 0
116 ACR 2 0
316th MIOS 2 0
542 CBBG 3 1
402 EMXS 2 1
78 CG 2 1
78 SFS 0 2
78 MDG 0 2
5 CBCS #1 0 2
5 CBCS #2 0 3

UPCOMING SCHEDULE:
Jan. 26
78 LRS vs 542 EMXS
5 CBCS #2 vs 116 ACR

Jan. 27
515 SMXS vs 78 LRS
542 CBBG vs 78 SFS

Additional points are earned based on level of finish in the competition.

A mandatory coaches’ clinic will be Feb. 17 at 1 p.m. in the Heritage Club (Bldg. 566).

Commanders who want to enter their units should design-

ate a coach or team represent-

ative and complete the state-

ment of intent and return it to the Fitness Center, fax to 926-1767 or e-mail to Kenneth.Porter@robins.af.mil.

Organizations that do not enter a team but have personnel interested in participating, fax or e-mail name, rank, unit and duty phone for entry into the player’s pool.

INTRAMURAL RACQUETBALL

The Fitness and Sports Center is now organizing the squadron level racquetball program, set to begin March

3. The deadline to submit a statement of intent and return it to the Fitness Center, fax to 926-1767 or e-mail to Kenneth.Porter@robins.af.mil.

Organizations that do not enter a team but have personnel interested in participating, fax or e-mail name, rank, unit and duty phone for entry into the player’s pool.

INTRAMURAL SOCCER

Commanders and Sports Center is now organizing the squadron level soccer pro-

gram, set to kick off March 10. The dead-

line to submit a statement of intent for participation is Feb. 18.

This is a major team sport and your unit will receive points towards winning the Installation Commander’s Trophy for entering. Additional points are earned based on level of finish in the competition. A mandatory coaches’ clinic will be Feb 24 at 1 p.m. in the Heritage

Club (Bldg. 566).

Commanders who want to enter their units should designate a coach or team representative and complete a statement of intent and return it to the Fitness Center, fax to 926-1767 or e-mail to Kenneth.Porter@robins.af.mil.

Additional points are earned based on level of finish in the competition. A mandatory coaches’ clinic will be Feb.

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