

## Base drinking water safe

Despite rumors to the contrary, the drinking water on Robins Air Force Base is completely safe.

Two of five routine water samples taken here in September did test positive for Coliform bacteria. However, the sample readings were later proven to be false. This was confirmed by additional tests by our Bioenvironmental Engineers at the sites where the two samples were collected.

More detailed information about our drinking water and testing processes is available on the base Web site at [www.robins.af.mil](http://www.robins.af.mil).

Center commander recounts battle with breast cancer, page 5A



# ROBINS REV-UP

October 9, 2009 Vol. 54 No.40

## Robins home to first AF combat communications wing

BY WAYNE CRENSHAW

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689th Combat Communications Wing.

The wing will be headquartered here, bringing with it approximately 40 new positions. The wing is about 6,000 personnel strong, made up of active-duty, reserve and guard units around the country. The 5th Combat Communications Group at Robins is part of the wing.

The 689th CCW's mission is to train, deploy and deliver expeditionary and specialized communica-

tions, air traffic control and landing systems for relief and combat operations.

The wing is under the newly formed 24th Air Force, and it will be the first combat communications wing in the Air Force. Col. Theresa Giorlando was installed as the first commander of the wing.

"We are going to be the pathfinders that lead the way," said Giorlando, who previously served as direc-



U.S. Air Force photo by RAY CRAYTON

Col. Theresa Giorlando is the first commander of the new 689th Combat Communications Wing.

▶ see STANDUP, 2A

Labor, management initiative aims to help Center focus on common goals, realize vision

## Bridging the gap

BY RICK BREWER

Director of Public Affairs

A few blocks east of the Warner Robins Air Logistics Center headquarters building, and a few hundred yards north of the administrative offices of three of the Center's four wings, in the hangars, shops and facilities that house the 402nd Maintenance Wing's largest unit – the 402nd Aircraft Maintenance Group – a seven-person team of managers and employees has been slowly but steadily implementing an action plan aimed at helping the ALC move a bit closer to achieving its vision – 'Be recognized as a world-class leader for development and sustainment of warfighting capability.'

What the team has been doing is working to get employees and managers in the unit to understand each other's roles



and responsibilities and keep lines of communication open, and encouraging them to find simple solutions to simple differences they have with one another.

"Our goal is to get everyone back to solving problems at the lowest level ... employees and middle management together," said Elaine Varnadoe, an F-15 mechanic in the 561st Aircraft Maintenance Squadron who also serves as the 402nd

MXW's VP of AFGE Local 987.

"Managers and workers are trying to get to the same place. They have a better chance of doing that if they bridge the gaps between them," added Doug Keene, a lead manager on the ALC's High Velocity Maintenance team.

Varnadoe, Keene and the other members of team, along with WR-ALC Commander Maj. Gen. Polly A. Peyer and

AFGE Local 987 President Tom Scott, share the belief that every minute employees and managers spend working in opposite directions is a minute they're not working in the same direction to help the ALC deliver on its promise to the warfighter and our nation to 'win wars.' It's something the center needs a lot less of, especially if it ever hopes to be recognized as "world-class."

But they also say they've identified four root causes of the problem, and are confident the action plan they're implementing to tackle those will reduce the number of labor/management-related administrative actions in the 'pilot' unit, and eventually across the ALC, by as much as 50 percent.

The root causes: Military, civilian and union leaders not

▶ see INITIATIVE, 2A

## First duty assignment proves fruitful for Robins engineer

BY KENDAHL JOHNSON

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Despite being new to the Air Force, one young lieutenant is already making a name for himself.

1st Lt. Nicholas Battle recently won the Air Force Outstanding Engineer award. He won in the junior military category.

"It's a prestigious award and I feel blessed to receive it," Battle said. "The recognition also needs

to go to the guys I've worked with.

They are the true winners. I was just lucky to be part of a great team."

Battle, along with more than 30 other top scientists, engineers and research teams, was honored at the Air Force Science, Technology, Engineering and Mathematics Awards banquet Sept. 23 at the



1st Lt.  
Nicholas Battle  
is a Robins  
engineer

U.S. Air Force Academy in Colorado Springs.

Robins is Battle's first assignment. He spent most of his time here with the 330th Aircraft Sustainment Wing as an engineer for C-130, Global Hawk and other aircraft, but is now an executive officer in the 560th Aircraft Sustainment Group. He worked on structural,

system and electrical repairs.

"If an aircraft component failed, I designed the repairs to return it back to a full-operational aircraft," he said.

He also recently deployed for about six months to Afghanistan, Iraq and Southwest Asia as a depot liaison engineer, where he said he was involved with the Air Force's first combat destruction team.

▶ see ENGINEER, 2A

### THINK SAFETY



Days without a DUI: 14  
Last DUI: 78th SFS

— courtesy 78th Security Forces

To request a ride, call

222-0013, 335-5218,  
335-5238 or 335-5236.

### TWO-MINUTE REV

#### Temporary gate opening

Gate 15, the Air National Guard gate, will be open to out-bound traffic only for a trial period from Oct. 19 - 30. The gate will be open Monday through Friday from 2 to 5 p.m.

Traffic will exit the gate through a single lane and drivers will be required to navigate through a serpentine decelerator zone. Due to safety concerns, traffic will only be allowed to merge into the northbound lanes of traffic on Highway 247.

#### Fire Alarms

The new fire alarm system recently installed in Bldg. 301 will undergo testing next Tuesday - Friday. The tests will be conducted from 5:30 to 11 p.m. Alarms will be repetitive and loud.

### SAFETY



Chute

Control tower staff trains for emergency escape, 1B

### PERFORMANCE



Musical delight

Robins team member performs at Carter Museum reopening, 3B

### HOLIDAY



78th FSS

What's open and what's not for Columbus Day, 2B

**STANDUP**

Continued from 1A

tor for communications at Headquarters Air Education and Training Command at Randolph Air Force Base in Texas. "Ladies and gentleman, we are going to be a force to be reckoned with."

Maj. Gen. Richard E. Webber, commander of the 24th Air Force, also spoke at the ceremony. The 24th Air Force is part of the Air Force Space Command and plans and conducts cyber operations to "extend, maintain and defend the Air Force portion of the information grid," according to a release.

"Today is a historic day because this is the time when that consolidation of our cyber capabilities under a single operational warfighter really comes to fruition," Webber told the audience.

Also at the ceremony was Gen. Robert Kehler, commander of Air Force Space Command. He,



U.S. Air Force photo by RAY CRAYTON

**Flags are unfurled at the standup of the 689th Combat Communications Wing Monday.**

Webber and Giorlando gave a press conference to local media following the ceremony.

"Through 24th Air Force, our service will present a full spectrum of cyber-space capabilities that are vital to the joint warfighters," Kehler said.

The initial focus of the 24th Air Force, he said, is to defend computer networks.

"The U.S. is vulnerable to cyber attacks by relentless adversaries, attempting to infiltrate our networks at work and at home millions

of times per day," he said. "Through the activation of the 24th Air Force, we have begun a deliberate and focused effort to improve our cyber defenses."

The 689th CCW headquarters will occupy the first-floor offices of the current 5th CCG headquarters at Robins. The 5th CCG headquarters will move to the second floor of the building.

In addition to the 5th CCG, the wing will include the 3rd Combat Communications Group at Tinker AFB, Okla.

## 5th CCG gives high-profile guests look at how it prepares for deployment

BY WAYNE CRENSHAW

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When the 5th Combat Communications Group deploys, its primary mission is to set up communications, not to seek out and kill the enemy.

Sometimes, however, the enemy may force the 5th "Mobsters" to transition from technicians into fighters.

On a rainy Monday morning, the 5th CCG, also known as the 5th Mob, demonstrated its combat skills training for a group of prominent visitors. In the exercise, enemy forces attacked a mock base, and 5th Mob troops had to defend it.

### LEGAL NOTICE

Any person having a claim against the estate of Tech. Sgt. Timothy Gale Bowman should contact Capt. Gary Suttles at 327-7686 immediately.

### THIS IS AFSO21 COUNTRY

**INITIATIVE**

Continued from 1A

demonstrating the attributes of good leaders – in particular, non-union leaders communicating messages vastly different from their union counterparts, and vice versa; supervisors placing "Mission Always" before "People First"; lack of management and labor training in 'soft' or 'people' skills; and failure by both management and labor to communicate openly and honestly with one another.

The solution? Unified messages to the workforce from military, civilian and union leaders; joint training for management and labor in 'soft' or 'people' skills; development of avenues for management and labor to openly and honestly communicate, and resolve issues at the lowest possible level; and rewarding those who welcome, employ and champion the

changes.

One reason the team is confident is because the actions it's initiating mirror those taken by similar-sized organizations which have had success bettering employee-management relations within their ranks.

It's also confident because it's witnessed some early successes, largely managers and employees in the AMXG who are both embracing the initiative and promoting its merits to their peers or, what the team likes to call 'Changing the way we do business and building positive relationships for years to come.'

Many of these individuals are on tap to receive a FLIP coin from Peyer and Scott, which the team created to reward those who connect with their efforts. FLIP is an acronym for 'Foster Leadership In People.'

Meanwhile, the team, which also includes management reps Ashley

Hightower of the WR-ALC Directorate of Personnel and Mark Johnson of the 402nd MXW, and labor reps Rusty Adams of the 78th Air Base Wing's Civil Engineering Group, Allen Hammond of the 562nd AMXS, and Jeanette McElhaney of the 78th's Communication Directorate, is rolling out a marketing plan it developed to introduce its efforts to "Foster trust, confidence and respect through positive labor/management relations" to the rest of the base, and the local community.

The purpose of the marketing plan is simple, according to Capt. Nick Moore of the 402nd MXW, who helps facilitate the team's work.

"What we want to show everyone is that our focus is not on management/labor differences but on this partnership and how we're positively dealing with those differences," he said.

represents the Air Force in an exceptional manner," Wilson said. "He's smart, driven, and sets the example. This recognition is well deserved and a great accomplishment."

Battle, a native of Shreveport, La., earned a bachelor's degree in mechanical engineering from the University of Texas and a master's degree in industrial technologies from Texas A&M.

He will likely get a new assignment in February or March. He said he's enjoyed his time at Robins and is grateful for the neat opportunities working here has provided him.

"I've had a wonderful time here. Robins has been a great experience," he said. "The people here are amazing. I think of everyone here as a family. I will take many memories from this base and cherish them for the rest of my career."

Battle's advice for other young officers just coming into the Air Force?

"Don't take your job for granted and don't think that as a young Airman you can't make a difference," he said. "Work hard and treat your NCOs with the utmost respect. They are the ones who will groom you for future success."

# A HELPING HAND

## Robins EAP offers help to civilian employees in crisis

BY WAYNE CRENSHAW  
wayne.crenshaw.ctr@robins.af.mil

When speaking to a group of Robins employees recently, Jamie Tillit asked how many of them had heard of the Employee Assistance Program.

She didn't see many hands go up.

With the time of year at hand when a rash of suicides occurred in 2008, Tillbit wants people to know that there is free help available for civilian employees or their immediate family members who may be having personal issues.

Tillbit is one of two licensed therapists in EAP. The other is Lynn Irvine. Although they have both been busy lately, they want to make sure everyone knows they are there if anyone needs help.

"Even though we are swamped, if there is anyone out there who needs our help, we want them to call us," she said.

Contact with them is strictly confidential.

EAP is provided by Federal Occupational Health, which offers health services exclusively to federal employees. In addition to individual counseling, it also provides financial and legal services, education and training, supervisor and risk management consultation, and critical incident response.

In one example of the training it provides, Tillbit said that after a couple of workers got into a heated argument recently, she and

### No Tricare co-pays for certain health services

Section 711 of the National Defense Authorization Act of 2009 encourages eligible TRICARE Standard beneficiaries to use preventive health services by waiving all cost shares for certain types of these services.

These services include screenings for colorectal cancer, breast cancer, cervical cancer and prostate cancer; immunizations; and well-child visits for children under 6 years of age.

Also, for all beneficiaries over 6, when a visit to a health care provider includes one or more of the benefits above, the cost share for the visit is waived. However, other services provided during the same visit are subject to cost shares and deductibles.

The cost share waiver applies to non-Medicare eligi-

**EMPLOYEE ASSISTANCE PROGRAM**  
Jamie Tillit – 327-7577 or 926-6104  
Lynn Irvine – 327-7683.

Employees can call 1-800-222-0364 from anywhere in the U.S. for immediate assistance.

Visit the Web site [www.foh4you.com](http://www.foh4you.com) for information on dealing with personal issues.

Irvine were called in to give a conflict-resolution class.

Most of what they do, however, involves short-term individual counseling. Those who need additional counseling are referred to other community agencies.

The most common problem they see, she said, is relationship issues. That has been cited as common thread in the eight suicides here last year.

Another common problem is substance and alcohol abuse, which often intertwines with relationship issues.

Tillbit said it's hard to measure the success rate of counseling, but she said overall most people who come in benefit from it.

"I think I help a lot with some people," she said. "The person who comes in is the one who has to do the work, and some people really don't want to change. They want other people to change."

Despite how busy they have been, she said anyone who calls needing help can

expect to have an appointment within a week. If it's an emergency, she said, they will make time to meet with that person the same day.

EAP is one of several organizations on base that are a part of the You Matter anti-suicide campaign at Robins. The campaign kicked off this year after Robins' suicide rate spiked in 2008. Most of the suicides occurred from August to December. This year three base employees have committed suicide.

Tillit said she isn't sure if the recent uptick in clients is related to the You Matter campaign and the additional awareness of the services offered. She hasn't seen many people who specifically expressed thoughts of suicide, but depression is a common problem among the people she sees.

She also urged anyone who believes that a co-worker needs help to encourage that person to call EAP. Signs to look out for, she said, include changes in habits and routine, such as someone who usually gets to work on time, but starts to come in late, or someone who is usually friendly, but begins to withdraw.

She puts it in simple terms when explaining why people who may be reluctant to seek help should call her or Irvine.

"It's a confidential service provided free of charge and it can help you," she said.

# Legal Office gives SCRA trial run, wins case in tenant, landlord dispute

BY KENDAHL JOHNSON  
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A Virginia landlord fought the law and the law won.

When the landlord failed to return prepaid rent and security deposits to Col. Deborah Bean, 78th Air Base Wing vice commander, she was in violation of the Servicemembers Civil Relief Act. The landlord was prosecuted by the Department of Justice, becoming the first-ever lawsuit involving a landlord-tenant matter brought by the DoJ under the SCRA.

"The SCRA gives a lot of protection to servicemembers, and the federal government has shown they will enforce it," Colonel Bean said. "People should really be encouraged by that and should know their rights and fully understand what their protections are."

Colonel Bean initially brought the case to Debby Stone of the Legal Office's civil law division.

## WHAT TO KNOW

For legal assistance, visit the Civil Law Division of the Staff Judge Advocate, Bldg. 708.

To schedule an appointment call 926-9276 daily or walk-in Tuesday and Thursday from 8 to 10 a.m.

When an official letter to the landlord went ignored, Stone began seeking other avenues, eventually persuading the Justice Department to take the case.

"Her persistence was unbelievable – never taking no for an answer, always finding another door to knock on," Bean said. "It was very impressive."

What made Bean's case so attractive to the DoJ were the meticulous records that were kept.

"The big learning point for anyone who rents is to do everything you can to document communications," Bean said. "At the end of the process when the landlord elected to break the law and keep our secu-

rity deposits, then we had all communications saved."

Stone agreed the Beans were "model clients" because they kept perfect records. But she said she'd work just as hard for anyone whose rights were violated.

"We've always gone above and beyond," she said. "We've always tried to do as much as we can for our clients. It's really great when we get a client we are able to help and who is willing to pursue it, to fight for their rights."

The SCRA provides certain protections to active-duty servicemembers who must terminate residential leases to comply with military orders for a permanent change of station or for deployment.

"I think landlords do this all the time just because they think they can get away with it," Stone said. "Thank heavens we have the Justice Department that can step in and protect our servicemembers."

the coat stems from the demand of cold weather gear outweighing current supply of the new ABU coat.

According to a message released by Air Force Manpower, Personnel and Services officials, "The No. 1 concern is the well-being of our Airmen."

In an earlier message, Air Force officials gave authority to major command leaders to authorize wear of the BDUs Gore-Tex and field

jacket with the ABU when other approved cold weather options were unavailable or unserviceable.

Supply of ABU cold weather garments is affected by delivery trends of the private industry sector.

For any questions regarding this policy, please address them through your chain of command or by calling the Air Force Personnel Center at 1-800-525-0102 or DSN 665-5000.

## IN BRIEF

### OFFICIALS AUTHORIZE BDU COLD WEATHER ITEM TO WEAR WITH ABUS

Air Force officials have extended the "mix and match" policy which authorizes Airmen to wear the battle dress uniform cold weather Gore-Tex and field jacket with the current airman battle uniform until May 1, 2010.

The decision to authorize

# Energy Awareness Month

## Robins explores conservation conversation with expo Oct. 20

**BY WAYNE CRENSHAW**  
wayne.crenshaw.ctr@robins.af.mil

Why should the average worker at Robins be concerned with National Energy Awareness Month and efforts to conserve energy use on base?

Col. Debra Bean, vice commander of the 78th Air Base Wing, has plenty to say when asked that question.

"It's the law, it's a lot of money and it's the right thing to do," said Bean. "There are all these federal mandates to reduce our energy. It's going to take levels of effort - individual conservation, projects to increase the efficiency of our systems, and finally some large-scale projects that will fundamentally alter the way we produce and consume energy."

The base's energy bill, she said, is at \$28 million annually with the amount of consumption growing 2.5-percent while the cost

is increasing 8 to 11 percent each year. That means in five years, if nothing at all is done, the base's annual power bill would top \$50 million.

"It will break the bank if we get to \$50 million," she said. "The amount of money in play is just staggering, but if we can do some things to not increase our consumption, and maybe get some decreases, then we can alter that whole path."

October has been recognized as National Energy Awareness Month since 1991, but this year

Robins is doing more than ever to mark the occasion. On Oct. 20, the base is having its first ever Energy

Expo so that key people on base involved with energy choices can learn about the latest products available.

The Expo is geared toward commercial, not residential energy use, , said Jeane Paris, Robins' energy awareness program manager.

Approximately 600 architects, engineers and facility managers have been invited to the event. It will be held from 10 a.m. to 2 p.m. in the Heritage Club ballroom.

Paris said it's a way to let people know the latest developments in the fast-moving area of energy conservation products.

"It will let them know what's going on in industry," she said. "There is more on the market every day."



U.S. Air Force graphic by HARRY PAIGE

### ► IN BRIEF

#### CENTER COMMANDER'S GOLF TOURNAMENT

The annual WR-ALC Commander's Trophy Golf Tournament has been rescheduled for Oct. 23 at Pine Oaks Golf Course with shotgun starts at 7:30 a.m. and 1 p.m. The tournament package includes golf cart, green fee, range balls, continental lunch at 11 a.m. and beverages at a cost of \$45 for members of Pine Oaks Golf Club and \$50 for guests. For more informa-

tion and to sign up, please contact Senior Airman Joshua McCarty at 222-1980.

#### GEORGIA NATIONAL FAIR PATRIOTIC DAY

Military personnel will be admitted free with ID cards to the Georgia National Fair at the Agricenter in Perry on Monday. Family members will be required to pay gate fees. For more information, visit the fair Web site at [www.georgianationalfair.com](http://www.georgianationalfair.com).

#### ASMC LUNCHEON

The American Society of Military Comptrollers will host its monthly luncheon Wednesday in the Horizons Club ballroom at 11:30 a.m.

The topic will be "Opening shock: how to survive, then thrive in times of change"

Cost is \$10 for members or \$11 for non-members. All interested parties must RSVP with a ticket representative by Tuesday.

For more information call Staff Sgt Kerstin Haase, at 201-1227.

# Commentary

"I do not think that there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature."

— John D. Rockefeller

## WR-ALC VISION STATEMENT

Be recognized as a world class leader for development and sustainment of warfighting capability.

## WR-ALC MISSION STATEMENT

Deliver and sustain combat-ready air power ... anywhere, anywhere.

### HOW TO CONTACT US

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### SUBMISSION GUIDELINES

Stories and briefs must be submitted as a Word document. They may not exceed two pages, double spaced. They must be typed using the Times New Roman font, 12-point type, with 1-inch margins. All submissions will be edited to conform to Associated Press style. Submission does not guarantee publication.

Submissions must be received by 4 p.m. the Monday prior to the requested Friday publication. They should be e-mailed to **78ABW.PARevUp@robins.af.mil**. Submissions should be of broad interest to the base populace. If there are further questions, call Lanorris Askew at (478) 222-0806.

### DELIVERY

The Robins Rev-Up is published 50 times a year on Fridays, except when a holiday occurs during the middle or latter part of the week and the first and last Fridays of the year. To report delivery issues, call Lanorris Askew at (478) 222-0806.

### ADVERTISING

For advertising information, call The Telegraph advertising department at (478) 923-6432.

### CLASSIFIEDS

To place a classified ad, call The Telegraph at (478) 744-4234.

### ONLINE

To read articles online, visit [www.robins.af.mil/library/rev.asp](http://www.robins.af.mil/library/rev.asp)

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## Commander's Action Line

The Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to work and live.

The most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

Please include your name and a way of reaching you so we can provide a direct response.

Anonymous action lines will not be processed. Discourteous or disrespectful submissions will not be processed. Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

For more information on the Action Line, visit <https://wwwmil.robins.af.mil/actionline.htm>.

To contact the Action Line, call **926-2886** or for the quickest response, e-mail [action.line@robins.af.mil](mailto:action.line@robins.af.mil).

► Security Forces	327-3445
► FSS (Services)	926-5491
► Equal Opportunity	926-2131
► Employee Relations	926-5802
► Military Pay	926-4022
► IDEA	926-2536
► Civil engineering	926-5657
► Public Affairs	926-2137
► Safety Office	926-6271
► Fraud, Waste, Abuse	926-2393
► Housing Office	926-3776
► Chaplain	926-2821

### ADULT MAGAZINES IN PUBLIC VIEW:

I was saddened to see the last issue of Vibe magazine displayed at the checkouts at both the Class Six store and the BX at a child's eye level with no brown cover.

The cover showed a man standing behind a woman who was naked from the waist up. The man had his arm around her breasts. I am not suggesting that this magazine should not be sold. I am only suggesting that it sends the wrong message to our children who frequent the checkout lines of both stores to display such a photo at their eye level. There once was a time when such a photo would warrant a brown cover and would be out of reach of children.

### COL. BUHLER RESPONDS:

Thank you for your input. We passed your question to AAFES and they've since updated the racks near the registers where "Vibe" magazine was previously

stocked. In addition, the magazine in question is no longer carried by AAFES. The POC for this matter is the Robins AAFES general manager, Chris Holifield, who is available at 327-9436.

### TRAFFIC SAFETY CONCERN:

I'm writing to find out if something can be done about a safety concern on base. On the corner of Ninth Street and Page Road is the small branch of Robins Federal Credit Union.

To the left of the building, as you're facing it, is a one way exit from the parking lot in front of Bldg. 645.

The markings on the road are faded. There is one sign there but it is not enough to prevent vehicle traffic from entering the exit only.

There have been a lot of near misses at this exit. With the base being involved with VPP and safety being a priority, can something be done to that area to help reduce the near miss-

es? Repainting the exit and putting up more and bigger signs may help. The entire parking lot/driveway surface should be marked as a one way.

### COL. BUHLER RESPONDS:

Thank you for bringing this to my attention. This area did require remarking in an effort to prevent traffic problems. On Sept. 3, the 78th Civil Engineering Group re-painted the existing arrows and added additional arrows to the exit/driveway to clearly mark the direction of travel. However, the location of the bus shelter prevents us from painting additional signs, as they would confuse drivers. Although the existing sign did meet traffic standards, it was faded and we replaced it, as well.

Thanks again for your note and for giving us the opportunity to make Robins a safer place. If you need additional assistance, please contact Paul Kelly, 78th CEG customer service, at 926-5657.

## "Attitude is everything when facing adversity" Center commander discusses her battle with breast cancer

Most of you know October is breast cancer awareness month. Statistics are that one in eight women will develop breast cancer in their life.

This used to be just a statistic for me, but five years ago my 87 year old mother was diagnosed with breast cancer. Now at 92, she is a survivor.

And yet, one in eight remained just a statistic until May 29 this year when I also became a "statistic."

After years of routinely doing self exams and having annual mammograms, this year was different. It started with a call to return to the clinic for a second mammogram and quickly proceeded to a round of doctor appointments, surgery in June, and then 30 radiation treatments in late July and August.

That is now past and for three reasons I'd like to use this experience to help others.

First is to say attitude is the key to facing adversity.

A positive attitude complemented with faith can and does give you strength you never thought you'd have.

When the first blush of "I can't believe it" sinks in, the best you can do is resolve yourself to deal with what may



**Maj. Gen. Polly A. Peyer**

WR-ALC commander

come through thinking positive thoughts.

After my diagnosis came, I also decided to keep the situation a private matter as I did not want it to interfere with work. But now with this behind me, I want to share it so that others can benefit.

Second, we say it many, many times, but again I say "take care of yourself."

After being diagnosed with breast cancer, I called my two younger sisters (and their two daughters) to make sure they get annual exams.

As happens many times, there are excuses of not enough time or money, but these excuses are hollow in light of the potential consequences. In most cases,

early detection makes breast cancer highly curable, but if not detected the consequences can be deadly.

The other part of taking care of yourself is to eat right and exercise. Many people warned me to expect fatigue and/or joint pain during radiation, but I was determined to combat these side affects and I actually increased my exercise routine to be longer and more frequent.

Also I went back to basics on nutrition with fruits, vegetables, and low fat intake. By doing this, I strengthened my body and never did suffer the joint or fatigue effects.

Third, the support of family, friends, and medical experts can never be undervalued. I noticed time and again, the medical professionals treated all their patients with much compassion and understanding. I am eternally thankful to Cindy, my secretary and Bill, my executive officer for showing me how schedules can be adjusted and for protecting me without "babying" me. Most importantly, the support of my family has been a treasure. My husband Brian, who helped me remember life's priorities and my sisters who constantly sent sweet notes and called.

What this experience taught me is that having breast cancer is not the end of the world but rather a new beginning.

Now back to the statistics. As I said, one in eight is a message with new meaning for me. But the number eight becomes even more special. Since my diagnosis in May, I called on three friends who are breast cancer survivors for their advice, I learned of three other friends who are currently undergoing treatment, and I found two women at work who are breast cancer survivors.

What a support group!!

I've been blessed. My cancer was detected early, found to be small, resulted in minor surgery vs radical, and treated with radiation only, no chemotherapy. My prayers continue for those not so fortunate. In 2009, 192,000 new cases were diagnosed and 40,000 women died from breast cancer. But there are 2 1/2 million breast cancer survivors in the U.S.

As we recognize October as breast cancer awareness month, I ask everyone to join me in encouraging women to take care of themselves. I also ask you to give your caring thoughts to survivors and those in or facing treatment.

What this experience taught me is that having breast cancer is not the end of the world but rather a new beginning.

**OFF THE CUFF!**  
What is your favorite energy savings tip for work?



**Commander Kill-A-Watt**  
Robins energy mascot

"Plug everything except your computer into a power strip. Make it easy to turn everything off that uses power at the end of the day."



**Allan Trumbull**  
DLA/DCE

"Shut the lights off. We have separate offices so we can keep our own lights off when not in use."



**Jeannie Cowan**  
802nd MXSS

"I have a routine to turn off my monitor and any non-essential electronic devices at the end of the day when I leave."



**Kevin Shanahan**  
802nd MXSS

"No more individual refrigerators, microwaves and printers. Consolidate whenever possible."

## ► IN BRIEF

### PARKING LOT CLOSURE

Half of the parking lot on Perry Street next to Bldg. 222 will be closed beginning Oct. 21.

The closure, which will last for eight months will result in the loss of 68 parking spaces.

The closure will provide an area to store materials and equipment during a construction project to upgrade the storm water drainage system along First Street.

For more information call Russell Thornbury at 327-8908.

### LANE CLOSURE

The eastbound lanes on First Street will close between Perry Street and Milledgeville Street Oct. 28. The closure will last approximately four months to allow major upgrades to the

storm water drainage system and repaving of the road.

During the closure, the two westbound lanes of First Street will be divided to accommodate two-way traffic. Motorists will still be able to cross the eastbound lanes at the intersections of First Street and Byron Street and First Street and Cochran Street.

For more information call Russell Thornbury at 327-8908.

### UPDATE DEERS WHEN

#### MILESTONES OCCUR

It is important for families to keep their Defense Enrollment Eligibility Reporting System records up to date.

For Tricare beneficiaries, keeping DEERS records current means uninterrupted access to Tricare's health care.

DEERS is the worldwide computer database of uni-

formed servicemember sponsors, their family members and others eligible for military benefits.

Mistakes or outdated information can cause problems with a Tricare beneficiary's claims.

Along with changes of address, other life events that can affect DEERS records include additions to the family, either through births or adoptions; changes in a sponsor's status such as marriage or divorce; becoming entitled to Medicare; or the death of a sponsor or family member.

Sponsors are automatically registered in DEERS, but it is critical they register their eligible family members as well. To register family members and receive an ID card, the family member and sponsor must bring documentation to a military ID card issuing facility.

### Did You Know:

Mandatory use of Standardized Core Personnel Documents and Standard Position Descriptions is required by Air Force if the local work situation fits. For more information and to view available SCPD/SPDs posted, log onto the Air Force Manpower Agency website on the Air Force Portal.

Click on "AFMA/LI Classification Oversight and Standardization."

Then click on "Welcome to the SCPD/SPD Library." Navigate through the list of FWS, GS, and NSPS standardized documents available.

If you need assistance reaching the AFMA website, contact your organization's resource advisor.

A direct link is also available via the DP homepage at <https://org.eis.afmc.af.mil/sites/FOWRALC/dp/default.aspx>.

# Oh Chute



U.S. Air Force photos by SUE SAPP  
Members of Robins Fire Department secure the Baker Life Chute after it is deployed from the top of the control tower.

## Control Tower tests emergency egress system

BY WAYNE CRENSHAW  
wayne.crenshaw.ctr@robins.af.mil

Airman 1st Class Shantelle Small stood on the catwalk outside the Robins control tower and studied the device that would soon take her on a seven-story drop to the ground.

She didn't like what she saw.

"Oh my God," she said. "That does not look fun at all."

Small was looking at a Baker Life Chute, a device intended to help people escape burning buildings when they can't use stairs. Small is an air traffic control apprentice, and like everyone else who works in the tower, she has to use the chute at least once each year as training in the event it is ever needed in a real emergency. The exercise on Oct. 1 was her first time using the chute, along with several of her co-workers.

The chute works like a long, nylon-mesh tube sock. After it is dropped to the ground, firefighters hook it to their truck and back up some so that it creates an angle like a playground slide. If necessary, it can also be used without being hooked up to anything at the bottom.

The user climbs in from

the top, feet first, and starts sliding down. The rate of decent can be slowed by spreading the feet. People can either go down very slow or very fast, but a fast decent can create a rope-burn effect and possibly a twisted ankle if a boot gets caught in the nylon.

Robert Harvey, a watch supervisor in the tower, has gone down the chute many times. He was on the catwalk giving tips to those who were trying it for the first time. He tried to reassure Small.

"Once you do it, you will probably want to come back up and do it again," he told her.

"I assure you I won't," she replied.

But she put her reservations aside, got in and did it.

"It was easier than I thought it would be," she said after getting to the ground. "But I don't want to do it again."

Several of the Airmen, however, did come back up and do it again. Most thought it was pretty fun.

"Once you get in and start moving, you realize it's not too bad," said Airman Scott Decker, also an air traffic control apprentice.

Some of the control tower workers did it on

Oct. 1 and others on Oct. 2. One of those who went down on the second day was Senior Master Sgt. Scott McCloth, the tower chief controller.

He has done the training many times in the past, but this was his first time doing it at Robins. He said it's not nearly as scary as it might look.

"In general, air traffic controllers love to do it," he said.

The chutes are a common egress method in Air Force control towers, he said. The chutes can be used to escape from any tall building, and one model can be deployed with a helicopter. The chute used at the Robins control tower is mounted there permanently, with weather protection.

In a fire, controllers would come out on the catwalk and unfurl it to the ground while the fire department is en route.

The chute has a tensile strength of 84,000 pounds,

and strands at the top are sent off periodically for strength testing.

Although only one person at a time was using it in this training, in a real emergency people can get it in one right after another.

"It's really a safe way to get out of a building," McCloth said.



Robins firefighters wait for the next person to come down the Baker Life Chute .



Airman 1st Class Kyle Hutton completes a slide down the Baker Life Chute during training.



# Robins member performs at Carter Presidential Museum reopening

BY LANORRIS ASKEW

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Cindy Shelton has probably sung Happy Birthday hundreds of times during her life, and though each time was special in its own way, none really stand out in her memory.

Last week, however, the song took on a whole new meaning as she and her band "The Medicine Men" performed it for former U.S. President Jimmy Carter—live on stage at the reopening of the Carter Presidential Museum where he celebrated his 85th birthday.

"I was thrilled to be part of this event," said Shelton, who serves as administrative assistant to WR-ALC commander Polly A. Peyer. "Not only was it a large event, it was a somewhat historical event, and it was truly an honor to be part of it."

According to Shelton, Danny Lee, the brother of one of the band's members, has been a part of the Carter administration since he was Governor of Georgia.

"When the committee

started looking for entertainment for the event, several bands submitted samples of their work," she said. "Danny was very familiar with our band and the type of music we play, and he felt we would be a very good fit for this event. He suggested us to the committee, and eventually we were selected."

According to a press release, the ceremony and ribbon cutting, which drew a standing room-only crowd, were held on the front lawn of the Carter Presidential Museum and included President Carter, former First Lady Rosalynn Carter, former Vice President Walter Mondale, Carter Library and Museum Director Jay Hakes, Georgia Governor Sonny Perdue, Atlanta Mayor Shirley Franklin, civil rights leader Rev. Joseph Lowery, and other dignitaries.

"I was not nearly as nervous as I thought I would be," said Shelton. "I think that was due to the fact that we actually started singing when there were very few



U.S. Air Force photo by PAULA MOORE  
Cindy Shelton, secretary to the WR-ALC commander, and musical group The Medicine Men perform at the reopening of the Carter Presidential Museum Oct. 1.

people there.

"As the morning went on, the crowd grew and I didn't really realize how large it was until the ceremony actually started, and I had a moment to take in the crowd."

She said the highlight of the day was when the official party arrived.

"It may not seem like a

big deal to some people, and even though I didn't actually get to meet him, I was in the presence of a President - that is probably a once in a lifetime opportunity and it was a big deal to me," she said.

Selections performed by the band included some familiar tunes and some maybe not so familiar.

"I sang 'Walking After

Midnight' and 'Stand By Your Man' but I was especially thrilled to sing 'Georgia,' as that was a special request song - I was told it is President Carter's favorite song," she said.

The Medicine Men band was formed in 2007.

A group got together to try to come up with a way to bring some life to downtown

Eastman.

Through that effort, The Magnolia Music and Medicine Show was formed and now takes place every other month at the old Magnolia Theater in Eastman. The next show is scheduled for Dec. 12. The show is patterned after an old fashioned radio show and therefore a house band was needed.

Thus, The Medicine Men were created.

"My family and friends have been just as excited as I was about my being a part of this event," said Shelton. "Some have teasingly asked me for an autograph because of all the coverage of the event. There were tons of TV cameras there, but I don't know if the band was actually shown on any broadcasts. There was also a live webcast that day."

The museum closed in April for a five-month, \$10 million renovation, funded by private donations. Only the replica of the Oval Office remains from the 23-year-old, 24,000-square-foot original museum.

## Air Force Reserve seeks to minimize H1N1 effects

Air Force Reserve Command is taking a more active role this year in preventing influenza-like illnesses, including the new H1N1 strain.

"The first line of defense is understanding how the disease is transmitted," said Lt. Col. Tim Bennett, AFRC public health officer.

The flu and the H1N1 strain spread from person to person by small droplets formed from a sneeze or cough. These droplets pass to uninfected people when

they shake hands, kiss or touch something recently touched by an infected person and then touch their face.

People can reduce their risks by frequently washing their hands and covering their faces or turning their heads when coughing or sneezing.

"A second defensive weapon in our armament is a new FDA-approved vaccine that is specific to the H1N1 strain," said Colonel Bennett.

Public health officials say

this new vaccine should be available in late October. If offered, the new vaccine can be given at the same time as the traditional seasonal vaccine.

In the near future, Air Force Reserve Command will ask supervisors to track workplace absenteeism due to confirmed H1N1 and influenza-like illness, said Colonel Bennett. Tracking the rate of absenteeism will help determine if more preventative measures are necessary.

A third defense is the practice of social distancing to reduce the spread of disease by increasing the space between people.

"This is the best way to sustain the mission while protecting the force," said Bennett.

Faced with significant absenteeism and possibly local school closures, supervisors may be directed to implement alternate work schedules, minimum manning, telecommuting and virtual meetings or other

arrangements that keep personnel from working in close quarters.

Symptoms do not always identify a particular disease, said Bennett. However, they can indicate when an individual has a transmissible disease such as influenza.

Symptoms to be aware of, outside of the normal cough and sore throat, include body aches, nausea and a fever of 100.5 Fahrenheit or higher that lasts several days or doesn't immediately respond to fever reducers. Officials at

Headquarters AFRC encourage units to recommend members not report to their unit training assemblies if they have influenza-like symptoms.

"Everyone should maintain a healthy lifestyle and take steps to protect the workforce and community," Bennett said. "By monitoring personal and family health, reservists can spot illnesses earlier and halt the chain of infection."

— Air Force Reserve Command News Service.