

Daylight Saving Time

The return to Daylight Saving Time will occur Sunday at 2 a.m.

Employees on a shift when DST goes into effect will be credited with the actual number of hours worked.

The hour lost due to the time change will be charged to leave or leave without pay, as applicable. Any time worked in excess of eight hours will be paid at the appropriate overtime rate and/or



compensatory time earned.

For more information, contact your servicing human resource specialist at 472-0601.

402nd MXW names new deputy director

Doug Keene has been named the new 402nd Maintenance Wing deputy director.

Keene was the former High-Velocity Maintenance Program product lead.



Doug Keene

General gets second star

Brig. Gen. Thomas Moore, assistant adjutant general for the Georgia Air National Guard, will pin on his second star in a ceremony Saturday at 10 a.m. at the Museum of Aviation.



Brig. Gen. Thomas Moore

ROBINS REV-UP

March 11, 2011 Vol. 56 No. 10

Commander assesses state of AFMC

FROM AIR FORCE
MATERIEL COMMAND
PUBLIC AFFAIRS

Continued focus on the command's five priorities remains paramount in 2011, Air Force Materiel Command commander Gen. Donald Hoffman told his senior leaders in a recent memo.

According to the memo, AFMC's top priorities for 2011 are largely unchanged from 2010.

Continue to Strengthen AFMC Role in the Nuclear Enterprise

2010 saw increased inspections and inventory control. With strides in those areas, "modernization efforts across our

strategic nuclear forces will be key in 2011," Hoffman said.

Implement Effective and Efficient Integrated Life Cycle Management

AFMC transformed its Product and Sustainment Centers, Arnold Engineering Development Center, and Air Force Security Assistance Center from a wing/group/squadron to a directorate/division/branch construct in 2010, creating 11 new Program Executive Officers.



Gen. Donald Hoffman
AFMC commander

The general encouraged the command to "continue to aggressively target life cycle efficiencies in 2011."

Recruit, Train and Retain a High Performing Workforce

Hoffman emphasized the command's focus through the year "will be to continue hiring highly-qualified personnel of diverse backgrounds, training our personnel with standardized processes, and meeting the needs of our workforce as we excel in our mission."

Nurture and Protect our People and Families

AFMC's safety and health program remained a top concern, and the frequency of mishaps within the command was sig-

nificantly reduced in 2010.

"In 2011, we will focus on resiliency, suicide awareness, and continual self-improvement," General Hoffman said.

Be Good Stewards of Government Resources

Efforts in energy awareness and facility energy will continue in 2011, and the command will implement more process and organizational efficiencies throughout the year.

In 2010, AFMC activated the Enterprise Sourcing Group, to reduce redundant goods and services acquisition, and developed the Air Force Science and

► see AFMC, 2

First MSG-3 production bird returned to nest

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

The C-5 Galaxy enterprise at Robins reached an important milestone recently in its transition to a different way of performing programmed depot maintenance.

When C-5B Tail No. 86-0015 was declared ready to return to its home at Travis Air Force Base, Calif., it marked the first production C-5 PDM to be completed here using Maintenance Steering Group 3 inspection concept.

Patterned after methods commercial airlines have used for decades, MSG-3 is a dramatically different way of performing PDM which reduces downtime while still keeping aging planes flying reliably and safely.

As is the case with other C-5s, work on Tail No. 86-0015 was a team effort of the 559th Aircraft Maintenance Squadron, the C-5 program office in the Aerospace Sustainment

Directorate, the Warner Robins Defense Logistics Agency, the 402nd Commodities Maintenance Squadron, the 402 Aircraft Maintenance Support Squadron, and the 638th Supply Chain Management Group.

The aircraft was finished on time and flew an operational mission only 55 hours after returning to its base, added 559th AMXS director David Nakayama.

That shows confidence in the work of the team, said Nakayama, because users usually like to first run the planes on short training missions after PDM to make sure there are no problems.

The second production aircraft, and the first C-5M model, Tail No. 86-0013, was completed on time shortly afterward.

As a part of MSG-3 implementation, a close study was done of all maintenance inspections performed through

► see C-5, 6

MADE IN AMERICA

Manufacturing flight combines old, new technology for mission success

BY GARY LISTER
569th EMXHG

Employees around Robins are continuously searching for new and better ways of doing things, including acquiring the latest equipment and tools, but sometimes the old way still works best.

The Braiding Team in the 402nd Electronics Maintenance Group's Manufacturing Flight is using one machine which has been in service for 50 years and is still going strong.

The machine, along with three others just like it plus a new one, braid a fireproof covering over wiring harnesses used in aircraft. The shop's braiding team of Dorothy Ross, Willie Shennett, Andrew Bemby, Jeremy Mobley, and Harold Ingram collectively has nearly a century of experience performing the rare but important task.

Ross first saw the oldest machine in 1966 when she went



U.S. Air Force photo by TOMMIE HORTON

Dorothy Ross, with the 402nd Electronics Maintenance Group's Manufacturing Flight, prepares to mechanically braid a fireproof covering over a wire harness.

to work for what was then called the armament shop.

She said it has needed repair only one time, when workers were moving it and dropped it.

"It's still going real well," she said of the device, as she and co-workers prepared to

► see BRAIDING, 2

Energy efficient facilities

BY TECH. SGT. VANN MILLER
Base Public Affairs

As winter comes to a close, engineers at Robins are working on plans to make facilities more energy efficient.

The Robins Energy Office and 78th Civil Engineer Group are taking a look at a number of buildings on base and are working with facility managers to improve the heating and cooling systems.

Bldg. 350 is one example. Though the building was constructed in 1957, many energy-saving features have been added such as an efficient chiller and electronic thermostats, which are used to scale back the HVAC units when the building is unoccupied.

Still, recent energy audit on the 110,000 square foot warehouse space and 55,000 square feet of administrative space identified more opportuni-

ties where savings can be achieved.

Looking back on the previous summer, Robins experienced 83 days of temperatures greater than 90 degrees and 1 day greater than 100 degrees. With that in mind, a new look into the heating ventilation and cooling system was a priority. The modifications to Bldg. 350 are an example of how Team Robins structures may be transformed in the future.

"The changes being made here are proof energy efficiency and energy independence are not just temporary fixes—they are a permanent change to the way we do business," said Dave Bury, base energy manager.

The intent, according to Jeane Paris, Robins Energy Office, requires a major culture change. "All base employees are reminded to focus daily on conserving energy," she said



Integrated Delivery System

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

Robins has a number of free resources to help civilian and military members who are struggling with personal issues.

Through the Integrated Delivery System — an Air Force-wide initiative created in 1996 — the base offers an array of services to help people struggling with money problems, work stress, family issues, substance or sexual abuse, and thoughts of suicide.

"We (the installation IDS) meet monthly to discuss and develop prevention activities based on four dimensions of wellness — spiritual, social emotional and physical — and together, we develop action plans," said Maj. Colin Burchfield, director of psychological health at Robins. "Unfortunately, few know what the IDS is."

A Rand Corp. survey conducted at

Robins and other AFMC bases in 2010 confirmed that fact. It found a notable lack of awareness among civilian employees and military members about the helping agencies and services available on each of the installations.

Stuart Bapties, Health and Wellness Center director and Integrated Delivery System chair,

said supervisors can contact him to arrange for someone to come to their work area and talk about the services available at Robins. He can be reached at 472-6907 or via email at stuartbapties@robins.af.mil.

Burchfield added that among the services being offered here is peer support training, which teaches people how to watch out for others in their work area and identify signs someone may be having personal challenges.

He encourages anyone interested in the training to call his clinic at 497-8398.

See box on page 5 for a complete list of helping agencies.

THINK SAFETY



Days without a DUI: 2
Last DUI: 12 ACCS
— courtesy 78th Security Forces

AADD
To request a ride, call
222-0013.

TWO-MINUTEREV

National Prayer Luncheon tickets on sale

Team Robins' annual observance of the National Prayer Luncheon will be April 19 from 11:30 a.m. to 1 p.m. in the Museum of Aviation's Century of Flight Hangar. Guest speaker will be former Atlanta Falcons and Denver Broncos head coach Dan Reeves.

Tickets may be purchased at the Base Chapel during normal duty hours. Cost is \$10, or \$5 for E-5 and below. Individuals may purchase up to five tickets.

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Page Two

BRAIDING

Continued from 1

braid a harness. "It's one of the best ones we have."

Braiding machines were invented in the late 1700s and, other than power and automation advances of the 1800s, remain largely unchanged. But the equipment is crucial to keeping modern aircraft flying.

Braided outer coverings provide additional protection to aircraft wires and cables in harsh environments.

In addition to shielding wires and cables, the 569th Manufacturing Flight also performs a number of other important functions.

The flight produces circuit boards, a precursor to the much smaller circuit cards used in today's modern electronics, for weapons systems such as F-16s, HH-60 helicopters, MC-130H



U.S. Air Force photo by TOMMIE HORTON

This braiding machine is helping to keep modern aircraft flying.

Combat Talon II aircraft, and UH-60J Search and Rescue helicopters used by Japan.

It also makes semi-rigid radio frequency cables for various weapons systems, troubleshoots failed parts and systems, and reverse

engineers and builds prototypes of other parts and systems.

Clearly, it's doing its part to make the Warner Robins Air Logistics Center a "World Class" Center of Acquisition and Sustainment Excellence.

People Spotlight



Senior Airman Jamie Vansickle

TITLE: 78th Security Forces Squadron commander's support staff

BACKGROUND: In May, Vansickle will have served in the Air Force for four years, all at Robins. Her duties include in and out processing for the squadron, and handling enlistment performance reports and awards. She was recently named the WR-ALC Airman of the Quarter.

HOMETOWN: Newark, Ohio

"I like everything about my job. I really like the environment I work in. I like working with leadership and having a lot of responsibility. I will become a staff sergeant in June."

"When I came to Robins it was the first time I had lived outside of Ohio. I really like it here because the weather is gorgeous; it's always warm, and it rarely snows."

"I was very excited to win the Airman of the Quarter Award. I was shocked."

"I like to run. I ran a half marathon in January. I'm not sure if I want to try a full marathon...that's a long way. I like to run because it's an individual sport and it gives me time to think. I like the endurance it takes and drive it takes to be a runner. Running regularly has helped me a lot with my fitness test. I made a 93 on my last test. I am also on the squadron bowling team."

AFMC

Continued from 1

Technology Strategy, to focus current and future investments.

Hoffman ended his memo with a note of thanks:

"AFMC's capable and professional workforce continues to execute the mission with resolve and excellence, and I thank each of you for your tremendous contributions to the United States Air Force."

Air Force Assistance Fund

At each base in our command, volunteers will offer you an opportunity to contribute to the AFAF. Unlike other programs, the AFAF is run by Airmen, for the benefit of our Airmen, Air Force retirees, and their families.

Your generosity last year was overwhelming. Collectively, the men and women of AFMC contributed over \$187,000 to AFAF charities.

That was truly a significant achievement, particularly in these tough economic times. For those who plan to contribute, I would like to say thank you for helping to make a difference in the lives of your fellow Airmen and their families. For those who may still have questions about this campaign, please contact your unit project officer for information.

I appreciate your support!

*Gen. Donald Hoffman,
Air Force Materiel Command commander*



402nd MXW

Tech. Sgt. Michael Reid, 468-9906
Staff Sgt. Bryce Schubert, 468-1810

WR-ALC

Maj. Demetrius Brown, 472-1036
Tech. Sgt. Denise Alvarez, 468-1913

78th ABW

Master Sgt. Ericka Hoskin, 479-7555
2nd Lt. Suzanne Kelley, 497-3427

WR-ALC/GR

2nd Lt. Randy Rogers, 497-9493
1st Lt. Kyle Larson, 472-3151
2nd Lt. Philip Closson, 472-7639

HQ AFRC

Senior Master Sgt. Chris Mozingo, 497-1094
Master Sgt. Leroy Jackson, 497-1670
Senior Master Sgt. Celia Henderson, 497-2003

638th SCMG

Master Sgt. Jackie Horsley, 497-3756

689th CCW

Staff Sgt. Timothy Gordon, 472-1454
Senior Master Sgt. Terrence Jones, 468-1452

116th ACW

1st Lt. Jacob Parr, 201-1875
Capt. Christopher Horsfall, 241-2611
Staff Sgt. Demond Bush, 241-4369

The AFAF campaign runs through March 18 at Robins.

STRAIGHT TALK HOT LINE

Up-to-date information
during base emergencies
472-0815

CONGRATULATIONS CAPTAIN PROMOTEES

Evan Hanks	Ryan O'Neil
Michael Saylor	Jeffrey Mickelsen
Christopher Broner	Michael Palmer
Patrick Polowichak	Taylor Fischer
Jacob Forst	Devan Lynch





11th Annual Travel Show
March 17
10 a.m. - 1 p.m.
 Heritage Club Ballroom
 Bldg. 956
 (Down the hallway from Pizza Depot)

*Prizes
Prizes
& more
Prizes*

Visit over 25 information booths

For more information,
call 468-2945



DRINK RESPONSIBLY

CONGRATULATIONS SENIOR MASTER SERGEANT PROMOTEES

Crystal French	Robert Rose
Michael Sloan	DeWanna McKinney
Brett Arrington	Brian Norris
Richard Cobb	Patrick Nutt
Brian Cornett	Adam Rising
Lance Kagele	Nathaniel Kiser
Julie Delaney	William Wheaton

There will be a promotion celebration March 18 at 4 p.m. at the Heritage Club.



WINGMEN WANTED

ASIST – 468-2821;
497-8480

EAP – 497-7683;
468-9516

AIRMAN AGAINST
DRUNK DRIVING –
335-5218; 335-5236;
335-5238

THINK OPSEC:

IF YOU DON'T WANT IT READ...

SHRED INSTEAD

ViewPoints

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”
– William Arthur Ward

Leaders and Continuous Process Improvement

BY CHAPLAIN (MAJ.)
MIKE NEWTON

Base Chaplain

Maj. Gen. Robert McMahon, WR-ALC commander, has asked every member of the Center to be fully engaged with continuous process improvement. Essentially, we should know what we're supposed to do, how effective we are at doing what we're supposed to do, and have a concrete way of validating that.

Everyone, particularly leaders, should have a CPI mindset, and consider how he or she can make continuous process improvements.

To be a CPI-type leader in today's world, you need to be innovative. Times are challenging, and every one of us needs to think differently to solve today's complex issues.

There are four basic elements in becoming more innovative.

The core of innovation is imagination. Do you think of yourself as an imaginative person? When you look at a horse pasture, do you see fertilizer or do you something else? It is easy for imagination to drift away from our leadership skill set. Often, our thinking gets too comfortable. We lose our ability to imagine new ideas.

Albert Gyorgyi said, “Discovery consists of seeing what everybody has seen but thinking what nobody has thought.” The times demand



imagination and new ways to solves old problems ... not just more hard work.

A second step toward innovation is the pursuit of knowledge. Creative people make the pursuit of knowledge a priority. They study the important questions of life, and compile a reservoir of knowledge for instant access. Eric Hoffer said, “In a time of drastic change, it is the learners who inherit the future. The unlearned usually find themselves equipped to live in a world that no longer exists.”

What do you pursue on a regular basis? Whatever it is, it defines you. The choice is yours. Choose to grow by pursuing knowledge. To the extent you do, it will prepare you for meeting the constant changes around you.

The third dimension to an innovative mindset is a well-rounded intellect. Some of the most interesting people are those with widespread interests and talents.

Microsoft founder Bill Gates was asked during an interview with a British newspaper how he stays ahead of technology and trends. He said, “I try to make time for reading each night. In addition to the usual newspapers and magazines, I make it a priority to read at least one newsweekly from cover to cover. If I were to read only what intrigues me – say, the science and business sections – then I would finish the magazine the same person I was when I started. So I read it all.”

Last, innovation is a byproduct of exploration and serendipity.

Exploration is the root of innovation. Innovative mindsets are always looking for new ways or paths to go down in order to meet their goals.

Serendipity is the unintended consequences when we explore. It is the happy surprises, the synergistic blossoms which occasionally arise from exploration – the genius we stumble upon as we explore.

How do you rate yourself as an innovator?

If you did well with these four dimensions of innovation, you are well on your way to being a continuous process improvement-type of leader.

Perhaps equally important, you're also on your way to a sound way of living and growing as a human being.

WR-ALC VISION STATEMENT
A “World-Class” Center of Acquisition and Sustainment Excellence

WR-ALC MISSION STATEMENT
Deliver and sustain combat-ready air power ... anytime, anywhere.

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Note: Unless otherwise noted, numbers listed in the Rev-Up are DSN numbers. If calling from a commercial or off-base phone, dial prefix 222 if listed as 472; 327 if listed as 497; or 926 if listed as 468.

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be e-mailed to lanorris.askew@robins.af.mil.

Submissions must be in a Word document. They may not exceed two pages, double spaced. They must be typed in Times New Roman font, 12-point type, with 1-inch margins. All submissions will be edited to conform to Associated Press style.

Submissions should be of broad interest to the base populace. If there are further questions, call Lanorris Askew at 472-0806.

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 Kendahl Johnson at 472-0804.

ONLINE

To read articles online, visit www.robins.af.mil.

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‘Our History is Our Strength’

BY KIMBERLY MLINAZ

Robins Legal Office

March is Women's History Month.

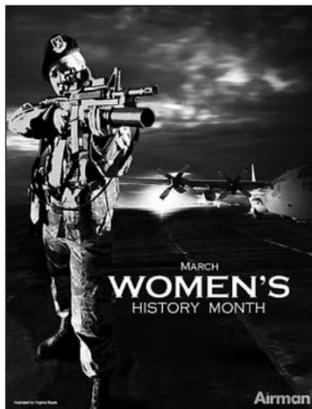
This year's theme is “Our History is Our Strength.” It is our chance to honor the amazing women who pave the way for future generations. It reminds us our future success depends on what we put forth in every important role in our lives – whether it is wife, mother, worker or warrior.

Women have always contributed to American military might. During the Civil War, women posed as men for the chance to fight for their cause. Later, in World War II, women served in diverse ways, from nursing to calculating bomb trajectories.

Today, women are almost fully integrated into the fighting force.

During the past several years, women have made great progress in establishing themselves as formidable warriors.

In 2008, Army Gen. Ann E. Dunwoody became the first four-



star general in the United States military. 2010's Army Soldier of the Year was Sergeant Sherri Gallagher, the first female to win the Army's Best Warrior competition. And closer to home, while serving in Iraq, Senior Airman Courtney Beard became the first female Airman to complete the U.S. Army III Corps' Spur Ride, a grueling 18-hour test of physical and mental strength.

Women continue to excel off the battlefield as well. According to the Pew Research Center, they outnumber men not only in col-

lege graduation rates, but in earnings growth.

When then-President Carter introduced the first national observance of women's history, he pointed out that “men and women have worked together to build this nation.” It is in working together that we can achieve our best.

Examples of cooperation are all around us. Beard credits the encourage of male participants in the Spur Ride for helping her to victory.

The guest speaker at this year's Women's History Month Luncheon, Vivien Scott, took over ownership of her husband's company, so he could serve his district as a U.S. Congressman.

Despite this tremendous success, we need to do more. According to the Women's Legislative Network, women are 40 percent more likely than men to be poor, and more than two-thirds of women feel they lack even a basic knowledge of financial products and services.

As an attorney, I see many women who rely entirely on their

spouses to manage their finances, and many others who do not fully understand their own legal rights.

By working together to educate our community, we can lessen these problems. The base legal office has several great handouts to help people understand their legal and financial rights.

As you think about the women who have made a difference in your life, please join us in celebrating Women's History Month. On Wednesday, you can help women “blaze into the future” by running or walking a 5K.

The week of March 14, will provide you the opportunity to read to children about the importance of women's history.

And if you'd like to hear more about Scott's experiences, she will be the featured speaker at our annual Women's History Month luncheon March 22.

For more information on the 5K event, contact Master Sgt. Jennifer Nesbitt at 497-9988. Contact Kimberly Mlinaz at 468-0631 for details about the luncheon.

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 responsible organization. This gives the organization a chance to help you, as well as a chance to improve its 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 also not be processed.

Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

For more information, visit <https://www.mil.robins.af.mil/actionline.htm>.

To contact the Commander's Action Line, call **468-2886** or e-mail action.line@robins.af.mil.

▶ Security Forces	468-2187
▶ FSS (Services)	468-5491
▶ Equal Opportunity	468-2131
▶ Employee Relations	497-8253
▶ Military Pay	468-4022
▶ Civil Engineering	468-5657
▶ Public Affairs	468-2137
▶ Safety Office	468-6271
▶ Fraud, Waste & Abuse	468-2393
▶ Housing Office	468-3776
▶ Chaplain	468-2821
▶ IDEA	497-7281

CARPPOOL GATE

A few weeks ago I noticed the northernmost gate was open. I usually use the Air National Guard gate or, if that one is not open, the Green Street gate. So, I tried to get in what was called the Carpool gate. Of course, the guard told me to turn around since the gate was for cars with two or more riders, which I did not know until that time.

I work in the Outback and am always appreciative of a shorter drive to get here. So, coming down 247 and entering at the Carpool gate would save me 2.5 miles by not using the Air National Guard gate and about 5.5 miles by not using the Green Street gate. Both of those distances are one-way.

Since the base has a big emphasis on reducing traffic at all gates and air pollution, it would make sense to open the Carpool gate to southbound drivers like myself who work in the Outback.

COL. BUHLER RESPONDS:

Thank you for your inquiry about Robins' mass transportation initiatives, specifically about allowing all vehicles to use the Carpool gate (Gate 12) off North Davis Drive.

We monitor all of the installation's gates in an attempt to make sure they meet work-force needs and mission requirements. Because of extremely low use, we've closed the Carpool gate and shifted the mass transit functions which used the entrance - vehicles with 2 or more occupants, including cars, vanpools and BiRD (Buses into Robins Daily) shuttles - to the Air National Guard gate.

We appreciate your concern for reducing air emissions and suggest you further consider the benefits of the existing car/vanpool programs; there are two programs which provide qualified participants some financial

compensation/rewards.

First, qualified employees can benefit from the Transportation Incentive Program, which reimburses them for the expense of participating in vanpools and for riding BiRD.

Additional information may be obtained from the TIP program manager at 468-0945.

The second option would be for you to check with the Clean Air Campaign to find riders close to your residence with whom you can carpool. Riders can benefit from this program by enrolling in the Clean Air Campaign's Rewards Program at www.cleanaircampaign.org.

Should you have any additional questions about the program, our local Clean Air Campaign point of contact may be reached at 497-8287. If you have further questions regarding base access, please contact John Pugh at 472-1005.

SUSPICIOUS ACTIVITY? CALL 468-EYES

On the Fly

BiRD passes now sold here

Those interested in riding Buses into Robins Daily, or BiRD, can now buy 10- or 20-day passes at the two Robins Federal Credit Union locations here, as well as Macon Transit Authority offices in Macon.

A 10-day pass is \$30 and a 20-day pass is \$60, and the cost is 100-percent reimbursable to all Robins employees – military and civilians – enrolled in the Transportation Improvement Program. To reach TIP, call 468-7199.

Upcoming

There will be a **Women's History Month 5K run/walk** on Wednesday. Those wishing to participate should meet at the Health and Wellness Center at 2:45 p.m. There is no cost.

The **Team Robins annual awards banquet** will be March 19 at the Museum of Aviation's Century of Flight Hangar.

A social will begin at 6 p.m., followed by dinner at 7 p.m. The cost is \$25 and will include sliced London broil au jus, roasted new potatoes, salad and green beans.

For tickets, contact your first sergeant by Thursday or contact Tech. Sgt. Brenda Baxter at 468-0194.

A **Women's History Month luncheon** will take place March 22 at 11:30 a.m. at the Heritage Club.

The guest speaker will be Vivien Scott, wife of

Congressman Austin Scott. Cost is \$10. Dress is uniform of the day for military and business attire for civilians.

To purchase tickets, contact Karen Albin at 472-1028 no later than Thursday.

The Air Force Institute of Technology will offer the course **"Life Cycle Risk Management"** here April 12-14.

To register for a seat in this course (SYS 208), visit the AFITNow website at <https://www.atrrs.army.mil/channels/afitnow/>.

For more information, contact Teresa Thomas at 785-7777, ext 3222, or Richard Sugarman at extension 3247.

Registration is now open for the 2nd Annual **"Tour de Moose" Bike Ride** on Robins. The event, sponsored by the Georgia Air National Guard and the Museum of Aviation Foundation, is a 7-, 15-, 30- or 45-mile ride around the base May 21.

For more details, visit www.active.com or www.museumofaviation.org, or contact Mary Lynn Harrison at 478-923-6600.

Etcetera

The Directorate of Personnel's **Injury Compensation Office will be closed** Fridays to prepare for the upcoming transfer of the injury compensation workload to the Air Force Personnel Center.

Staff will not schedule appointments or accept walk-in customers and phone calls.

For more information, call 497-9801.

Dependents of active-duty and reserve servicemembers are **eligible for the Tricare Dental Program**.

When servicemembers change stations permanently within the United States, their TRICARE dental program goes with them.

To make the transition easier, servicemembers can request a copy of their family members' dental records prior to departure. When at a new location, they can then visit www.TRICAREdentalprogram.com and click "Find a Dentist" to help locate a local dentist for their dependents enrolled in United Concordia.

Servicemembers should also ensure their information is up to date in the Defense Enrollment Eligibility Reporting System.

For more information, contact Staff Sgt. Mandy Williams at 497-8057.

Government employees should **contact the WR-ALC Office of the Staff Judge Advocate** if they receive notice of any type of civil process as a result of their government employment.

Air Force Instruction requires any legal document delivered to an Air Force employee be sent to the staff judge advocate for review immediately upon receipt. This does not include any legal process involving a personal matter or which is not directly connected to work as a military member or government employee.



U.S. Air Force photo by TOMMIE HORTON

Dental Conference

Col. Chris Lauritzen, 78th Dental Squadron commander, discuss dental products with a vendor at a recent conference hosted by Robins at the Museum of Aviation. About 170 dental professionals, both military and civilian, attended the event.

Air Force workers can find help here

Finances & Work-Life Balance	Airman & Family Readiness Center	468-1256
Health and Wellness Education	Health and Wellness Center	497-8480
Health Screenings	Civilian Health Promotion Services	497-8030
Work, Personal or Family Issues	Employee Assistance Program	(800) 222-0364
Work Stress, Psychological Issues	Organizational Consulting Office	497-9803
Mental Health & Substance Abuse	Houston Healthcare	(478) 922-4281
Unplanned Pregnancy	Houston Healthcare	(478) 922-4281
Suicide Prevention	National Suicide Prevention Lifeline	(800) 273-8255
Sexual Assault & Victim Advocacy	Sexual Assault Response Coordinator	468-2946
Crime Victim Advocacy	Victim Witness Assistance Program	497-4584

AFMC Wellness Support Center — www.afmcwellness.com

Note: Unless otherwise noted, numbers listed in the Rev-Up are DSN numbers. If calling from a commercial or off-base phone, dial prefix 222 if listed as 472; 327 if listed as 497; or 926 if listed as 468.

A legal document could include a court order, a notice to appear as a witness, a notice to participate as a party, or a subpoena for information. These documents could come from state, federal, or interna-

tional courts, or from an attorney involved in a court case.

If you are not sure whether a document qualifies for this requirement, contact the legal office's Civil Law Division at 468-

9276 to verify what action should be taken.

To have the name of an approved leave recipient printed in the Rev-Up, e-mail Lanorris Askew at lanorris.askew@robins.af.mil.



U.S. Air Force photo by SENIOR AIRMAN AMANDA GRABIEC

C-5 Galaxies sustained here have received a mission boost with the help of MSG-3. MSG officials estimate aircraft availability to be increased seven times.

C-5

Continued from 1

the life of the aircraft, including isochronal field inspections and PDM inspections.

The isochronal inspections, which include major and minor inspections done between PDM, are somewhat similar to PDM but on a smaller scale.

Nakayama explained the study found work being duplicated through the two inspections. To streamline the process, MSG-3 shifts some work done in isochronal inspections to PDM and vice versa.

The shift not only improves efficiency, and means for C-5B models the aircraft will go from need-

ing PDM every six to every eight years.

“The MSG-3 effort gave us the opportunity to build an even better partnership with our program office in the Aerospace Sustainment Directorate and our supply chain,” said Col. Randall Burke, commander of the 402nd Maintenance Group. “Without that strong partnership, this effort would not succeed.”

Nakayama said two C-5s currently at Robins for service are being completed under the previous PDM method because those were started prior to the implementation of MSG-3. However, after they leave, work on all C-5s here will be completed under MSG-3.

Robins Airman helps Iraqi troops communicate

BY ARMY SPC. JOSEPH VINE

305th MPAD

As the Iraqi Security Forces continue to grow and improve their ability to conduct operations, one Robins Airman is part of a team helping the ISF ensure reliable communications are always available.

Servicemembers are teaching Iraqi Soldiers network and server management skill, so they may increase communication capabilities.

“We are training the Iraqi soldiers so they can go out and perform all the necessary network and server management,” said Airman 1st Class Arthur Burney, an information management officer with the 151st ESB, and an instructor at the Iraqi Ground Forces Command Signal University.

“We want to be able to give the Soldiers of the IGFC the knowledge and skills to be network managers themselves,” he said.

The 151st Expeditionary Signal Battalion and Iraqi Soldiers recently held a ribbon cutting ceremony to celebrate the start of the first Signal University courses at Camp Iraqi Hero.

The four-week class takes place at a satellite campus on the Iraqi Camp. Signal University, the school where U.S. communicators attend their courses, is on Camp Victory, said Maj. Jeff



courtesy photo

Airman 1st Class Arthur Burney (right) helps an Iraqi Army sergeant navigate a simulated network at the Signal University at Camp Iraqi Hero. Burney, a member of the 78th Communications Directorate at Robins when not deployed, is an information management officer assigned to the 151st Expeditionary Signal Battalion.

Heaton, the executive officer for the 151st ESB.

“It’s important to conduct the training in their environment; this is their home, and this is their university,” he said.

The class instructors — three service members attached to the 151st ESB — are teaching Iraqi officers and sergeants crucial computer skills which will increase the efficiency of the Iraqi defense network.

“This training is part of an overall effort by USF-I to augment existing institutional training programs for Iraqi Army signalers,” Heaton said.

“We need to be trained on the computers to be able to work on them independently without the assistance of the U.S.,” said 1st Lt. Sadq Thaph, the deputy commander of communications for the IGFC. “We will be able to increase productivity with the Iraqi Defense Network.”

The training also increases the knowledge base of signal leaders, better preparing them for the future.

“This training plays a role in continued development and strengthening of the Iraqi Army and its capability,” Heaton said.

Think twice, energy has a price.

WHAT'S NEW

Robins expo draws seasoned, novice techies for look at latest

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

Hundreds of Team Robins members came out Wednesday to see some of the latest technological applications.

Hosted by the 78th Air Base Wing Communications Directorate, the technology expo featured 20 vendors at Horizons displaying a wide variety of products.

Brittany Jackson of National Conferencing Services, which organized the event, said it helps save time by bringing the businesses to the customers.

"We just really want to get companies out to show the latest technology," she said. "It's a very time-efficient way for leadership to see what's available."

Many of the companies are already doing business with Robins, and the expo gives them an avenue to not only pursue new business, but to also answer any questions for existing customers, Jackson said.

Mark Janssen of Lind Electronics came from the company's Minnesota headquarters to attend the expo. The company makes



U.S. Air Force photo by TOMMIE HORTON

Aaron Caplan with GSA Service Company demonstrates the capabilities of the company's high-reliability soldering and desoldering work stations.

DC to DC adaptors to operate laptops and other electronic equipment in the field. The company's products are already widely used in the military, he said.

He said the expo is worth the trip.

"You meet the customers you already have, and if you have a new

product, you can show it," he said.

One of the most eye-catching booths at the expo was Digital Projection. The company sells projectors with resolutions as high as twice that of high definition TV. Some of its highest-end projectors are used in flight simulators to give

trainees the level of detail they need to get the best results from the training, said Richard Hill, a company representative.

He was using a \$40,000 projector to show an image on a big screen of the view from an aircraft taking off.

The expo has been held at Robins for the past 10 years.

EAP offers civilian employees free services

As an AFMC civilian employee, you and your immediate family members are entitled to the following Employee Assistance Program services, at no cost to you:

►In-person, confidential counseling with an EAP counselor, to help you with a broad range of personal issues. The counselor will help you identify and resolve specific issues within a limited number of counseling sessions.

If treatment is required beyond the session limit, the EAP counselor will refer you to an appropriate treatment or community resource.

To learn more or to connect to 24/7 crisis management services, call the EAP toll-free number (below).

►Legal consultation with a licensed attorney, followed by reduced-fee services, if required. You may choose to have a 60-minute phone or in-person consultation with a local attorney. Either way, the initial session is provided at no cost to you. After-hour services are available for emergencies.

►Financial consultation services. There are several avenues available to you, including professionals with experience in accounting, banking and insurance; all of whom are available to provide you with time and services to meet your needs.

Once you have determined the exact nature of your issue, simply call the EAP toll-free number to receive assistance in arranging a consultation with the appropriate financial re-source.

►ID Theft program, which provides comprehensive legal, financial and ID theft-resolution services.

You have one point of contact for all your ID theft resolution needs. These services can save you thousands of dollars in legal expenses and countless hours of your valuable time.

For more information on these and other EAP services, resources and tools visit www.foh4you.com or call 1-800-222-0364. TTY Users should call 1-888-262-7848.

— courtesy Employee Assistance Program

Fighting childhood obesity, one step at a time

FROM THE ROBINS HEALTH AND WELLNESS CENTER

In support of the Month of the Military Child, and Child Abuse Awareness and Volunteer months, the Robins Integrated Delivery System is sponsoring an event April 16 for the entire family.

It will take place at the Robins Youth Center and run from 10 a.m. to 2 p.m.

Families will have the opportunity to participate in a variety of educational mini-sessions, a health fair, family mini-Olympics, and a family obstacle course.

In addition, there will be many activities to keep the kids engaged and active, to include: an Easter egg hunt, face painting, bounce house, sports challenges, Zumba, and a toddler play area.

In addition to supporting monthly observances, sponsors also hope the event will raise awareness about childhood obesity.

According to Stuart Bapties, Health and Wellness Center director, childhood obesity rates have tripled in the past 30 years with one out of every three kids now considered overweight or obese. Compounding this problem is many kids are spending less time exercising and more time in front of computers, TVs and video games.

“While it is often overwhelming to think about the consequences, there are things you can do as a parent or grandparent to help prevent or reverse childhood obesity,” Bapties said.

The primary causes of childhood obesity, according to the

American Academy of Pediatrics, are what and how much kids eat, along with how little they exercise.

“These poor-health behavioral choices have long-term consequences. One out of every three children born in 2000 will be diagnosed with diabetes according to the CDC,” Bapties said.

People with diabetes and high blood sugar are likely to develop serious complications which include damage to their eyes, nerves, heart, blood vessels, and kidneys.

To learn more about proper portion sizes, how to read food labels, or to have a registered dietician point out some of the nutrients in fresh fruits and vegetables, visit the HAWC or call Bapties or Dani Lebovitz at 497-8480.

TRY THESE TIPS ON FOR SIZE

1. Pay attention to portion size. If your kids are overweight, chances are they are eating way too much. If they expect a full plate, serve dinner on a smaller plate, and only allow seconds on vegetables.
2. Fuel up on fruits and vegetables. Have your child eat five or more servings a day and offer a varied selection. Make a game of it by researching with your children what nutrients are contained in different fruits and vegetables.
3. Read food labels. Check for healthy levels of fat, cholesterol, and sodium per portion size. Teach your kids how to read food labels.
4. Avoid soda, sugary juices, and caffeinated drinks. Water is best.
5. Limit fast-food meals. When you do opt for fast food, encourage the family to order the grilled chicken choices and share an order of fries. This will both reduce calories and the impact to your wallet. Suggest your kids drink milk or water.
6. Hide the salt shaker. Experiment with fresh herbs and spices. They add great flavor and have the additional benefit of not raising the risk of high blood pressure.
7. Rethink dessert. Make it fresh fruits.
8. Enjoy a family walk after dinner. Don't turn on the TV or allow computer play after dinner until everyone has had to walk, play, run, or jump as part of the day. Work up to 60 minutes a day.
9. Be a role model; kids often emulate adults. Eat well and get an hour of physical activity every day.

KEEP'EM FLYING AFSO21

78th FSS BRIEFS

ON TAP
Texas Hold 'Em
Saturday
2 p.m.
Heritage Club Lounge
For details, call 472-7864.

Pre-Preparation Briefings
Tuesday
1 to 2 p.m.
A&FRC, Bldg. 794
For details, call 468-1256.

Bundles for Babies & Passport to Parenthood
Tuesday
8:30 a.m. to Noon
Bldg. 794
For details, call 468-1256.

Travel Show
Thursday
10 a.m. to 1 p.m.
Heritage Club
For details, call 468-2945.

Dog Obedience Class
Begins Thursday
6:30 to 7:30 p.m.
Youth Center
\$50 for 10 weeks
For details, call 468-2110.

UPCOMING
3rd Friday Boss N' Buddy
March 18
4 to 5 p.m.
Heritage Club
For details, call 472-7864.

9-Pin No-Tap
March 19
6 p.m.
Bowling Center
Cost \$15
For details, call 468-2112.

UFC Fight Night PPV
March 19
9 p.m.
Heritage Club Lounge
Members \$10, guests \$20
For details, call 472-7864.

Federal Job Seminar
March 21
9 to 11 a.m.
A&FRC, Bldg. 794
For details, call 468-1256.

AFMC Family FunDaze
March 25
4 to 6 p.m.
Horizons
For details, call 468-2670.

Babysitting Class
March 30
Noon to 4 p.m.
Youth Center
Cost \$15
Must be 12 years or older
For details, call 468-2110.

AF Teen Aviation Camp
June 4-9
Colorado Springs, Colo.
Deadline to apply March 25
For details, call 468-2110.

Aire Force Services Teen Leadership Camp
July 11-15
San Antonio, Texas
Deadline to apply April 8
For details, call 468-2110.

ONGOING
60-mile Walk/Run and Three-Man Jam
Through March 31
For details, call 468-2128.

Bowling Birthday Parties
Through March 31
Bowling Center
\$30, includes extras
For details, call 468-2112.



U.S. Air Force photo by TOMMIE HORTON

Travel changes

Information, Tickets & Travel Office employee Preston Hoffman hands customer Katrina Garza a pamphlet. The ITT travel office, located in Bldg. 956, has changed its hours. It is now open Monday through Friday from 10 a.m. to 2 p.m. The ITT ticket office is open from 9 a.m. to 5 p.m. weekdays. For more information, call 468-2945 or 468-0093.

BASE THEATER — NOW PLAYING



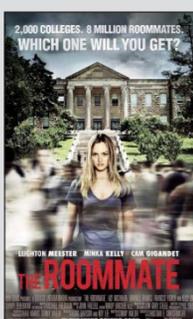
TODAY
7 P.M.
NO STRINGS ATTACHED
R



SATURDAY
6:30 P.M.
SANCTUM
R



MARCH 18
7 P.M.
THE EAGLE
PG-13



MARCH 19
6:30 P.M.
THE ROOMMATE
PG-13



MARCH 25
7 P.M.
JUST GO WITH IT
PG-13

TICKETS
\$4.50
adult;
\$2.50
children
(up to 11 yrs)

For details, call 468-2919.

78th FSS DIRECTORY

- ▶ FSS Administration . . . 468-3193
- ▶ Community Center . . . 468-2105
- ▶ Outdoor Rec 468-4001
- ▶ Base Chapel 468-2821
- ▶ Arts & Crafts 468-5282
- ▶ Horizons 468-2670
- ▶ Heritage Club 468-2670
- ▶ Library 497-8761
- ▶ HAWC 497-8480
- ▶ Fitness Center 468-2128
- ▶ Fitness Center Annex . . 472-5350
- ▶ Youth Center 468-2110
- ▶ ITT 468-2945
- ▶ Bowling Center 468-2112
- ▶ Pine Oaks G.C. 468-4103
- ▶ Pizza Depot 468-0188