

The 78th Medical Group's baseline performance index recently registered No. 1 in Air Force Materiel Command and No. 4 throughout all Air Force "Patient Centered Medical Home" sites. The ranking is based on metric scores measuring items such as continuity of care, customer satisfaction, health prevention and management, and cost containment.



## Making strides



PAGE 10

## Election dos and don'ts



PAGE 2

# ROBINS REV-UP

March 16, 2012 Vol. 57 No.11

## Center gains new Coast Guard missions

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

A new aircraft customer has arrived at Warner Robins Air Logistics Center.

The first of six C-130s from the U.S. Coast Guard is here for center wing box replacement and programmed depot maintenance. This is exciting news for the Robins mission and its vision of being a world-class center of acquisition and sustainment excellence.

"It is certainly exciting to witness the

fruition of the horizontal integration of the entire aircraft maintenance team, which spans across the Center and its mission partners" said Col. Evan Miller, 402nd Maintenance Wing commander. "The entire team has made vast improvements over the past year, and this workload is a testament to the customer confidence that is earning Robins a reputation for sustainment excellence across the Department of Defense."

The Coast Guard had originally requested only center wing box replace-

ment, but later contacted Robins to add programmed depot maintenance in conjunction with the center wing replacement, according to Denise Bryant, Workload and Analysis chief.

The first HC-130 arrived Oct. 15, 2011 and went in for service Oct. 26.

► see MISSION, 14  
U.S. Air Force photo by SUE SAPP  
**A Coast Guard C-130 undergoing maintenance here.**



## NEWS

### YOU CAN USE

#### Cyber inspection begins Monday

Robins will welcome a team from the Defense Information Systems Agency as part of a Command Cyber Readiness Inspection on Monday.

The CCRI team visit, which runs through March 23, will include network scans and technical evaluations. It will also grade facility compliance cultures.

#### Robins Air Force Base Air Show update

The start time for demonstrations at the April 28 and 29 Air Show has changed to 11:30 a.m. to accommodate all the performers. Gates will still open at 10 a.m.

The U.S. Navy Blue Angels Demonstration Squadron is the featured performer.

Attendees can also look forward to a host of displays, including the F-22 Raptor, the Museum of Aviation's F-15 cockpit simulator, the Perry Tennis Association's mobile tennis court, and a Lincoln Electric welding truck from AirGas USA.

Also making an appearance will be a host of community groups, including: the Macon-Bibb County Emergency Management Agency mobile command post; Central Georgia Med Reserve Corps; Perry Flight School; Air Force Reserve; 78th Civil Engineer Group's Earth Day committee; and the Middle Georgia Mounted Search and Rescue Group (without animals).

A fleet of 10 motorcycles from Georgia's Rolling Thunder Chapter 3 will also be on display, along with information on POW/MIA and veterans' issues.

Exhibits will take place indoors and outdoors. To get information on having an exhibit, call Cynthia Smith at (478) 926-2409. To learn more about the show, visit [www.robins.af.mil](http://www.robins.af.mil).

#### AFAF campaign raises thousands in first week

As of March 9, the Robins 2012 Air Force Assistance Fund campaign has raised \$36,275.96. This year's installation goal is \$85,361.

The AFAF includes four charities: the LeMay Foundation, Air Force Enlisted Village and the Air Force Villages Charitable Foundation and the Air Force Aid Society, which provides assistance through the Airmen & Family Readiness Center.

In 2011, the Robins AFAS office awarded \$124,560 in emergency assistance through loans and grants, as well as community programs and education opportunities.



U.S. Air Force photo illustration by SUE SAPP

**Staff Sgt. Jonathan Leon is one of the many Security Forces Squadron Airmen responsible for ensuring the safety of motorists at Robins. Violators will receive a notice to appear in U.S. Magistrate Court in Macon and could face monetary fines.**

## RULES OF THE ROAD

*Base vehicle violations can lead to fines*

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

If you're caught talking on a cell phone while driving at Robins – you'll pay for that conversation to the tune of \$75.

That's because one year ago, Robins began using a new type of traffic citation policy for moving violations – U.S. District Court Violation Notice DD Form 1805.

Since March 2011, there have been 422 citations written – resulting in more than \$30,000 in fines.

The 78th Security Forces Squadron enforces all traffic laws on base, which

includes the prohibited use of handheld cell phones and other communication devices while operating a motor vehicle.

Hands-free phones are allowed.

Security Forces Airmen are trained to recognize and respond to moving violations, including driving recklessly, following too closely, failure to yield, and seat belt and child restraint violations. When a Team Robins driver is pulled over, if he or she is found in violation, a citation is issued.

The most common citations written are for prohibited cell phone usage and failure to stop at a stop sign.

► see RULES, 2

## Robins commits to implementing MRSP for four weapons systems

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

High velocity maintenance at Robins experienced a significant development during a one-week Maintenance Requirements Supportability Value Stream Analysis event March 5 through 9.

A strategic team which included mission partners from across the base met for its third lean event, which concluded with a signing ceremony, to signify the team's commitment to fully implement a Maintenance Requirements Supportability Process for four weapons systems: C-5, C-130, F-15 and C-17.

"It's about standard work and good processes, as well as up front planning to a level of detail that we never did before," said Marian Fraley, Aerospace Sustainment Directorate deputy director and MRSP event co-leader.

MRSP is a process which achieves horizontal integration across the value stream and is executed by a collaborative, cross-functional team. It was born out of developing the HVM process at Robins two to three years ago. HVM has four tenets: Know the condition of the aircraft, supportability, standard work and man-loading – all to improve productivity and to put more aircraft in the hands of the warfighter.

MRSP was conceived to improve up-front planning by gaining greater knowledge of aircraft condition, defining requirements to a greater level of detail and performing in-depth supportability

► see MRSP, 2

## AF adds prescriptions to drug testing program

BY JON STOCK

Air Force Surgeon General Public Affairs

**WASHINGTON (AFNS) –** The Air Force and other military services will expand drug testing May 1 to include commonly-abused prescription drugs.

The Secretary of Defense gave a 90-day advance notice of the coming expansion Jan. 31, to encourage those abusing prescription drugs to seek treatment before official testing begins.



EXPANDS DRUG TESTING

"Abuse of prescription drugs is the fastest growing drug problem in the United States, and unfortunately, this trend is

reflected in the military services," said Maj. Gen. Thomas Travis, Deputy Air Force Surgeon General. "While pain medications are highly effective in alleviating suffering from injuries, they're dangerous and potentially addictive when used outside medical supervision."

Prescription medications should only be taken for the purposes they were prescribed and at the proper dose and frequency. Additionally, Airmen are

reminded never to take a medication prescribed to someone else.

"Members who need help discontinuing use of these drugs are encouraged to seek care at a military treatment facility immediately," said Travis.

In accordance with Air Force guidance and existing law, the knowing use of any prescription or over-the-counter medications

► see DRUG, 11

## THINK SAFETY

Days without a DUI: 7  
Last DUI: 78th LRS

— courtesy 78th Security Forces

### AADD

To request a ride, call 222-0013.



**Safety slogan: "YOU are the key to Safety!"**

*Did you know that of the 89 board certified Occupational Medicine physicians in Georgia, four of them work at your Occupational Medicine Services clinic?*

## TWO-MINUTEREV



Robins Air Force Base on Facebook, Twitter

Check out Robins on Facebook or follow the base on Twitter. Get regular news updates and other base information. Visit [www.robins.af.mil](http://www.robins.af.mil) and click on the Facebook and Twitter links.

# Page Two

**Dos and Don'ts:**

## Election season in full swing

BY DONNA MILES

American Forces Press Service

**WASHINGTON (AFNS)** – With election activity steadily picking up, defense officials are in the process of issuing regular election-year guidance to remind military and Defense Department civilians that they're subject to rules regulating their involvement in political activities.

Several sets of rules help to protect the integrity of the political process, DoD officials said. DoD Directive 1344.10 applies to members of the armed forces, whether they serve on active duty, as members of the reserve components not on active duty, as National Guard members in a nonfederal status, and military retirees.

In addition, the Hatch Act applies to federal civilian employees, and employees also are subject to widely published DOD guidance that discusses participation in political campaigns and elections.

The rules are designed to prevent military members' or federal civilian employees' participation in political activities which imply – or even appear to imply – official sponsorship, approval or endorsement, officials said. The concern is that actual or perceived partisanship could undermine the legitimacy of the military profession and department.

That's not to say, however, that military members and civilian employees can't participate in politics. In fact, DoD has a longstanding policy of encouraging members to carry out the obligations of citizenship. DoD encourages



### WHAT TO KNOW

**For more information, contact Paul Davison at the Robins Legal office at paul.davison.1@us.af.mil or 472-0571.**

its military and civilian members to register to vote and vote as they choose, it said.

Both groups can sign nominating petitions for candidates and express their personal opinions about candidates and issues.

However, they can do so only if they don't act as – or aren't perceived as – representatives for candidates and express their personal opinions about candidates and issues.

However, they can do so only if they don't act as – or aren't perceived as – representatives of the armed forces in carrying out these activities.

Beyond that, the list of dos and don'ts differs depending on whether the employee is a member of the armed forces, a career civil service employee, a political appointee or a member of the career Senior Executive Service, officials said.

Military members, for example, may attend political meetings or rallies only as spectators and not in uniform. They're not permitted to make public political

speeches, serve in any official capacity in partisan groups or participate in partisan political campaigns or conventions.

They also are barred from engaging in any political activities while in uniform. Most civilian DoD employees, whose political activities are governed by the Hatch Act, are permitted to be active in and speak before political gatherings and serve as officers of political parties or partisan groups, officials said. Those activities, however, cannot involve fundraising.

Civilian employees also are permitted to manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate.

There are, however, exceptions to this, including but not limited to Senior Executive Service.

While the dos and don'ts concerning political activity may vary, the basic tenets hold true for all DoD employees.

The bottom line is to steer clear of activities that may be viewed as associating DoD or the military with a partisan political activity.

## Safety – Gap analysis results: Robins has come a long way

BY JENNY GORDON

jenny.gordon.ctr@robins.af.mil

Results of a gap analysis performed in January by Georgia Tech Research Institute and Mainstream GS consultants have been completed revealing a better culture of safety.

Two weeks of interviews were performed by 25 to 30 members of to gain an overall picture of the current state of safety systems across the installation.

The goal is for a formal safety and health management system to be put in place which will unify, standardize and enhance existing safety and health processes for all workers.

The idea behind the initial survey was to address any gaps and to move forward with a plan.

A follow-up meeting to discuss those results was conducted in mid-February. Moving forward, a list of priorities was also made regarding safety.

For example, some of those priorities

included management and employee accountability, fall protection, dust contamination and decontamination procedures, and producing standard workplace food and drink policies.

Tom DuPriest, 573rd Commodities Maintenance Squadron Process Flight deputy director, was optimistic about the future.

In general, analysis results were not surprising, added DuPriest.

Moving forward, there are still buildings that were not reached from the initial gap analysis.

Visits and interviews will continue in the next few weeks, and the information will again be reviewed.

Through continued involvement in the Occupational Safety and Health Administration's Voluntary Protection Program, employee feedback and management involvement, the Robins culture of safety is thriving.

"We have come a long way – a long way with safety," DuPriest said.



### MRSP

Continued from 1

analysis, all before the aircraft arrives at Robins for depot maintenance. The MRSP team consists of experts from across organizational boundaries, from program office engineers and program managers, to maintenance planners, as well as Global Logistics Support Center and DLA supply chain management resources.

HVM started with the C-130 weapons system as a prototype. The long process of requirements needed for depot maintenance of the aircraft included such things as identifying requirements, skill sets and documenting standard work. The process has since expanded to include C-5s and F-15s. Most recently, C-17s joined the MRSP team, though they are already a benchmark for doing something very similar to MRSP.

"This is all about making sure we have planned up front to get the mechanic what he needs to produce aircraft – to do it better, faster, cheaper than we've ever done it before," added

Fraleley. "We're already seeing very positive results, but we believe we can get even better. We don't know how far we can go with this because we are still on the journey; however, we believe this MRSP process will make us become world-class."

On implementing requirements, the team has a May 1 deadline that all weapons systems should meet for initial operating capability. The next goal is to achieve full operational capability, with training requirements achieved and processes institutionalized by the end of the calendar year.

"We want to make sure that we have this codified and instituted so that those who come behind us have a clear process to follow," she said. "This can help us achieve greater performance than we've ever seen in aircraft delivery and availability to the warfighter."

Maj. Gen. Robert McMahon, Warner Robins Air Logistics Center commander, attended Friday's summary briefing.

"There is nothing more important than succeeding in being world-class," said McMahon. "No one else does what you do or can understand this creative integration. And no one can support a weapons system and create the capability and availability of the level of cost that you all can. It is absolutely remarkable."



Fraley

### RULES

Continued from 1

What kind of dent to the wallet can violators expect?

A few examples include a \$50 fine for failure to obey a traffic control device, which includes not stopping at a red light or stop sign. Depending on location, speeding fines can range from \$50 to \$275.

Another example is driving with an expired registration, which results in a \$75 fine. No license? \$175.

Driving with a revoked license? A fine of \$1,025.

Seatbelt violations are \$40, while failure to change lanes when approaching a law enforcement officer on the scene of a traffic stop or accident can result in a \$525 fine.

Violators can follow

instructions on the back of a citation to pay the fine directly by mail to a Central Violations Bureau.

Depending on the situation, a notice to appear in court may be required which takes place at the U.S. Magistrate Court in Macon.

All money collected is not received by Robins, but is deposited through the CVB into the U.S. Treasury.



U.S. Air Force photo illustration by SUE SAPP

**Staff Sgt. Jonathan Leon, 78th Security Forces Squadron, writes a traffic citation. One year ago, Robins began using a new type of traffic citation policy for moving violations. Since then, more than 400 citations have been issued.**

**THINK CONSERVATION!**  
Turn off the juice when not in use

# ViewPoints

“Dignity consists not in possessing honors, but in the consciousness that we deserve them.”  
— Aristotle

## WR-ALC VISION

A “World-Class” Center of Acquisition and Sustainment Excellence

## WR-ALC FOCUS

- ▶ Exceed Warfighter and Customer Expectations
- ▶ Lead DoD in Cost Management
- ▶ Re-energize and Sustain Continuous Process Improvement

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## 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** and  
**vance.janes@robins.af.mil**

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

## DELIVERY

To report delivery issues, call Geoff Janes at 472-0802.

## ONLINE

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

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## Leave your shell behind; the lesson of the lobster

BY LT. COL. OLIVER LEEDS  
92nd Air Refueling Squadron Commander

**FAIRCHILD AIR FORCE BASE, Wash. (AFNS)** – As a child growing up in New York City, I didn’t have much, but I did have a pet lobster and an early philosophy lesson (OK, it was actually a crayfish, but in my youth I didn’t know the difference).

Every morning when I woke, the first thing I did was run to the fish tank to see my “lobster.” One morning, a rather appalling sight greeted me: a hollow shell. It looked like the lobster, but it had become transparent, it lacked tentacles, and it was definitely not moving.

My father reassured me that he wasn’t dead and gone; he had shed his shell and was watching us from behind a rock. But why was he hiding? My father explained the lobster was vulnerable without his shell, and he hid to seek safety.

I don’t remember how old I was when this happened, but I found fault with that explanation: “If the lobster needs to be safe and he’s safe inside his shell, then why would he ever leave his shell?” In answering that question, my father sprung my first philosophy lesson on me: “If he never leaves his shell, he never gets any bigger.” Throughout my life, the number of times I’ve reflected

on that lesson is astounding.

Safety is essential, but it’s not our purpose. We are programmed for growth; it’s in our DNA. People from all walks of life face frequent choices between these two imperatives: to leave our “comfort bubbles” and dare something new, or to play it safe? Tragically, many choose to deny themselves life’s challenges in order to play it safe and, like Shakespeare’s cowards, they “die many times before their deaths.”

This is not to suggest we should be anti-safety. Safety is a mindset that serves us well – especially when we “leave our shells” – but pursued as an ulti-

mate end, results in nothing. Like the lobster, we ought to think of growth as the given assumption and safety as a way to manage all the vulnerabilities that go with it.

The Air Force term for growth is “professional development.” That kind of growth requires us to change jobs, take new assignments and even live in new countries. In each new environment, we listen more, and we learn fast. We harden our shells with the confidence of new knowledge and, at the end of the process, we are “bigger” in our minds and safe, too. We thrive, we lead.

Until the itch to leave our shells begins again.



## Airman lives his American dream

BY AIRMAN 1ST CLASS MADELYN OTTEM  
60th Air Mobility Wing  
Public Affairs

**TRAVIS AIR FORCE BASE, Calif. (AFNS)** – The 60th Logistics Readiness Squadron fuels flight commander is in the process of accomplishing his own definition of “the American dream.”

Through hard work, perseverance and a bit of luck, Capt. George Okorodudu made his way from a poverty-stricken village in Nigeria to a commission in the U.S. Air Force.

The youngest of nine children, Okorodudu grew up in Lagos, Nigeria.

Hunger was prevalent and the education system was severely undeveloped, he said.

“After 12 years of school, I did not have the ability to form words with the alphabet,” Okorodudu said. “My sisters had a huge Oxford dictionary. I would wake up with it and fall asleep with it until I had learned how to form words.”

When he was about 23 years old, an opportunity arose that changed his life. He applied for a U.S. visa through the National Diversity Visa Program. Though “coming to America seemed like an unreachable dream,” he was one of 300 people in Nigeria selected to go through a screening process before being sent to the U.S. with green cards in 2000.

Okorodudu joined the Air Force soon after, enlisting on April 25, 2001. He said he joined the Air Force rather than another service because it fit with him being a strategic thinker.

“The Air Force gave me everything,” Okorodudu said. “My military training has made me a better citizen. The Air Force has enabled me to positively affect several lives, and I am very grateful.”

Though he is proud of his Air Force service, he said his proudest moment occurred two years later.

“The greatest thing that happened to me occurred Aug. 21, 2003,” he said. “That’s when I received my citizenship; it was a



“The Air Force gave me everything. My military training has made me a better citizen. The Air Force has enabled me to positively affect several lives, and I am very grateful.”

**Capt. George Okorodudu**

remarkable moment.”

He distinguished himself as an enlisted Airman, being recognized as an Airman of the Year, earning senior airman below the zone, and being awarded the Leadership Award and John L. Levitow Award at Airman Leadership School, among many other accomplishments.

Okorodudu’s tenacity and positive attitude has been a major factor in his educational success as well. He finished his bachelor’s degree and was later commissioned as an Air Force officer Jan. 18, 2008. The captain, who didn’t learn to read for the first 17 years of his life, also acquired his master’s degree with a 3.9 grade point average in 2010. His most recent accomplishment occurred in January, when he pinned on the rank of captain.

The crime, poverty and illiteracy that threat-

ened to hold Okorodudu back while he lived in Nigeria was no match for his sheer will and determination.

Because of his background, he has been able to form a positive perspective of the opportunities America and the Air Force have provided him.

“To me, my life has improved so greatly all because of the Air Force, and it has provided so many opportunities,” Okorodudu said. “It’s just a question of applying oneself, and you can have it all.”

– This commentary is part of the “Through Airmen’s Eyes” series on AF.mil. The stories and commentaries focus on a single Airman, highlighting his or her Air Force story.

## 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.

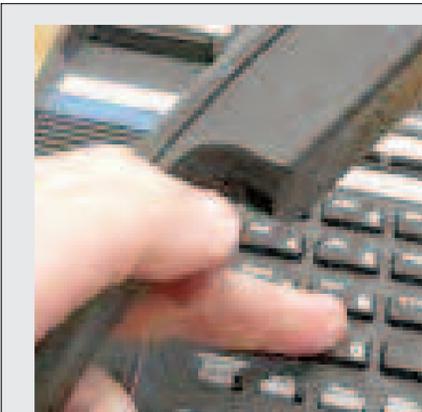
Commander’s Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

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 Engineers      | 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 |



## STRAIGHT TALK HOT LINE

Up-to-date information during base emergencies  
**222-0815**

# On the Fly

## Center annual award winners

Congratulations to the following award winners:  
 AMN – Airman 1st Class Trisha Gilman  
 NCO – Staff Sgt. Bryce Schubert  
 SNCO – Master Sgt. Sonya Harper  
 CGO – 2nd Lt. Andrea Demelo  
 First Sgt. – Master Sgt. Robert Wolfe  
 Civ Cat 1 – Loretta Giordanela  
 Civ Cat 2 – Perlita Walds  
 Civ Cat 3 – James Minton  
 Civ Cat 4 – Michael Bedwell  
 Civ Cat 5 – Larry Harrell  
 Civ Cat 6 – Jeffrey McClain

## Upcoming

**The munitions operations office will be closed for business through March 30** for a wall-to-wall inventory of the munitions stockpile. Only emergency issue requests, submitted in writing and approved by a group commander, will be accepted during this time.

**The Military Personnel Section will close early March 23.**

Career Development, Customer Support (including ID cards), and Force Management Operations customer service hours will end at 1 p.m. rather than 3:30 p.m.

The Warner Robins Air Logistics Center Aerospace Sustainment Directorate has been selected to coordinate the

**2012 Women’s History Month observance.** With an emphasis on role models and the importance of women from all backgrounds, Team Robins is celebrating Women’s History Month. Historical women who have and are making a difference are the focus for the observance.

►Volunteers will visit local schools Monday through Thursday as part of a reading to youth program.

To volunteer, call Sharita Winn at 497-7197.

►A luncheon is scheduled March 28 at 11:30 a.m. at Horizons.

Col. Theresa Humphrey, 402nd Electronics Maintenance Group commander, will be the guest speaker.

The cost for the event is \$12. Call Jeanette McElhaney at 468-3857.

**Central Georgia Marine Corps League Detachment #1373** will meet Thursday at 7 p.m. at Flint Energies off Highway 96, between Sun Trust Bank and Houston County High School.

Bring your DD-214 or retired I.D. card and \$35. A short application will be provided.

For more information, call John Harmon at 472-0853.

The 2011 **Team**

**Robins Annual Awards Banquet** will be conducted April 12 at 6 p.m. in the Museum of Aviation’s Century of Flight Hangar.

Cost is \$25 and includes London Broil served with roasted new potatoes and a vegetable medley.

The theme is Lights, Camera ... Action! “Honoring Excellence, Celebrating Extraordinary.”

Sign up with your unit ticket POC by April 1.

The following **leadership classes are scheduled for March:**

►Rick McClelland will present “Inspire Trust” Wednesday from 2 to 4 p.m. in the Aerospace Sustainment Directorate’s conference room in Bldg. 301.

►Ches Rehberg will present “Empowerment Core Competencies” Thursday from 2 to 4 p.m. in Bldg. 905, Room 141.

►Col. Evan Miller will present “Promote Collaboration and Teamwork, Problem Solving” March 29 from 2 to 4 p.m. in Bldg. 905, Room 141.

Due to upcoming events at the Centreplex, **parking for BiRD passengers will be located at the Georgia Music Hall of Fame** on the following

## 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](http://www.afmcwellness.com)

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dates: April 23 through 27; May 8, 11, 24 and 25; June 12, 13, 19, 20 and 22.

## Et cetera

**The following leave**

**recipient has been approved** through the Voluntary Leave Transfer Program: *Brent Hefty* of HQ AFRC. POC is Jack Culpepper, who can be

reached at 497-1323.

To have a leave recipient listed in the Rev-Up, email Lanorris Askew at [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil).

# Labor agreement takes effect April 1

A new master labor agreement will take effect April 1.

Scott Blanch, American Federation of Government Employees Council 214 president; and Gen. Donald Hoffman, Air Force Materiel Command commander, signed the agreement Feb. 2 after a record 15-day period of negotiations.

Last negotiated in 2002, the contract between AFGE Council 214 and AFMC governs matters affecting the working conditions of bargaining unit employees.

Employees who will be impacted by the new agreement are located throughout AFMC, including Robins; the Air Force Metrology and Calibration, Heath, Ohio; Arnold Air Force Base, Tenn.; Edwards Air Force Base, Calif.; Eglin Air Force Base, Fla.; Hill Air Force Base, Utah; Kirtland Air Force Base, N.M.; Tinker Air Force Base, Okla.; Wright-Patterson Air Force Base, Ohio; and employees of AFGE Council 214 Hurlburt Field, Fla.



## White House Communications Agency recruiting

U.S. Air Force photo by SUE SAPP

Tech Sgt. Justin Willis, White House Communications Agency/HR recruiting branch, briefs Robins Airmen on the opportunity to become a candidate to join their team Tuesday in Coates Hall. WHCA is a one-of-a-kind military unit dedicated to providing worldwide communications support to the President and his staff.

Selected agency members come from all services, with varied levels of experience and multiple specialties. Members provide direct service in Washington, D.C. or on a travel team in support of the president, vice president, first lady and others.

# Med c's message

AFMS - Robins - 78th Medical Group  
Like us on Facebook!

## PREVENTION AND INTERVENTION

### FAP offers expanded services to domestic abuse victims

The Robins Family Advocacy Program provides prevention and intervention to military families who have experienced domestic abuse.

The program has now expanded its services to adult victims by providing a domestic abuse victim advocate who is available 24 hours a day, seven days a week for help and support.

The DAVA provides comprehensive services and referrals which include safety planning and risk assessment, as well as prevention education. Adult victims who are military medical beneficiaries are offered extended, ongoing DAVA support services. All services are non-clinical, voluntary and free. Confidentiality is in accordance with Air Force policy.

In 2005, the Defense Department completed an assessment of domestic abuse victim advocate services after the pilot phase of the program ended.

According to feedback, victims who worked with an advocate reported they knew more about their rights and options; were more aware of community resources and services; developed a safety plan to use to prevent future incidents of violence; became more comfortable asking for help in the future; became more hopeful about their future; and felt less alone throughout the process of

seeking help.

Domestic abuse can take many forms and actions. It may include put-downs, controlling or dominant behavior, extreme jealousy or insecurity, explosive temper, isolation from family or friends, big mood swings, possessiveness, financial control, prevention from getting medical needs or any form of physical attack.

Domestic abuse affects everyone in the home including children.

Children living in a home where domestic abuse is present may show outward signs of their trauma. Infants may suffer from attachment disorders. Toddlers can suffer from sleep disturbances. Preschool children may regress developmentally. School-age children may be depressed or act out aggressively.

Adolescents are at risk for recreating an abusive relationship when they begin to date.

If you or someone you know has experienced domestic violence, you're not alone. Help and support is available. For more information, or to seek help, you may reach the Domestic Abuse Victim Advocate and the Family Advocacy Program at 327-8398. After hours, contact the victim advocate at 478-257-9071.

—Courtesy 78th Medical Group

# SUSPICIOUS ACTIVITY? REPORT IT TO 926-EYES



## Blues with a twist

U.S. Air Force photos by SUE SAPP  
Above, Doug Clark, center, manpower and workload chief, talks with (left) Pam Starks and (right) Renate Bittick, aircraft maintenance analysts.

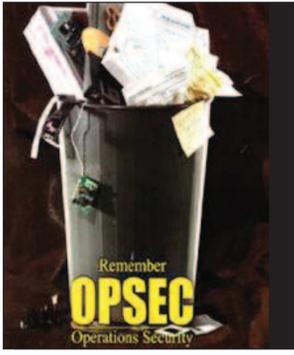
Right, 402nd Aircraft Maintenance Support Squadron Resource Flight employees dress in business and blue attire Mondays to show support for Airmen in uniform.



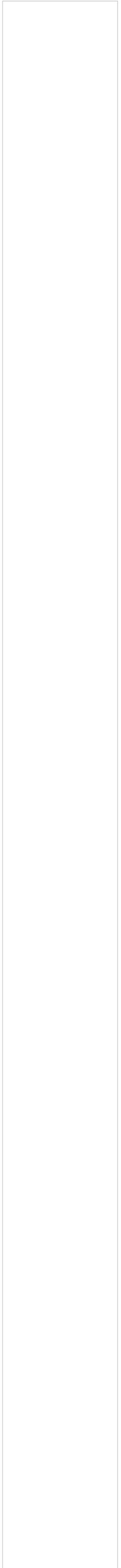
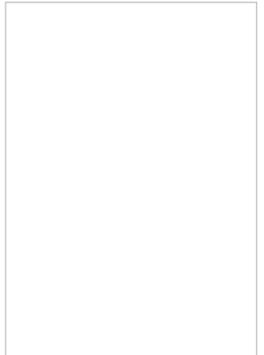
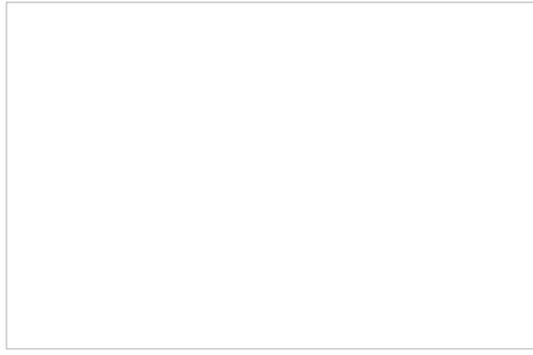
**ON  
ROBINS  
IT'S  
THE  
LAW**

### WINGMEN WANTED

ASIST – 926-2821;  
327-8480  
EAP – 327-7683;  
926-9516  
AIRMAN AGAINST  
DRUNK DRIVING –  
335-5218;  
335-5236; 335-5238



**THINK OPSEC:**  
**YOUR TRASH COULD BE  
AN ADVERSARY'S  
TREASURE**



# FROM ZERO TO HERO

## Unique fitness program gives struggling Airmen renewed hope

BY KENDAHL JOHNSON  
kendahl.johnson@robins.af.mil

Failing the Air Force fitness test multiple times has ended the budding careers of numerous Airmen, but thanks to a unique fitness program here, several careers in jeopardy like Tech. Sgt. Amy Moran's are back on track.

Moran, Band of the Air Force Reserve Public Affairs noncommissioned officer in charge, failed the fitness test four times before enrolling in the Total Force Fitness Program. A few weeks ago, she passed the test with a score of 87.

"The corrective exercise and fitness improvement program has made a world of difference," Moran said. "I have back problems that prevented me from scoring well on sit ups and push ups, but this program taught me how to train properly and maintain a strong level of fitness without hurting myself."

She said she is in the best shape of her adult life and is wearing the same size clothes she wore in high school.

The TFFP is the brainchild of exercise physiologist Greg Reynolds, who came to the Robins Health and Wellness Center in late 2010. He brought with him a vision of how he might help Airmen do better in physical fitness testing, which he had been unable to implement at previous duty assignments.

Reynolds' ideas are the basis of the TFFP, a program partnership between the 78th Medical and Mission Support groups.

The program helps Airmen who are struggling to pass the mandated fitness test. The program is anchored in helping those who may be struggling due to prior injuries, as well as the idea of preventing future injuries by teaching the proper way to train.

"With this program, Airmen are taught how to move before they are taught to move more and at a higher intensity," Reynolds said. "It's

about helping people progress with the proper techniques and in a systematic way."

Reynolds said there is an "injury epidemic" due to various factors like over training or imbalanced training programs. He sees the TFFP as a bridge between physical therapy and a fully-functional fitness regime, as well as a key component in reducing injury rates.

He became interested in proper training while studying to be an exercise physiologist in college. His professors saw him exercising and told him he was going to become injured. They encouraged him to change the way he was training.

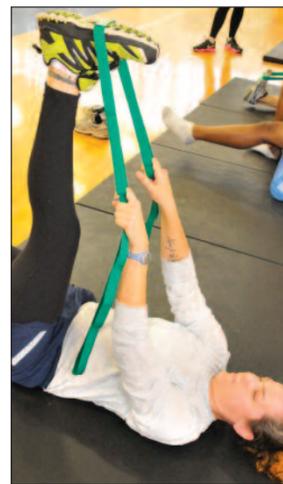
He shrugged it off, but after several injuries and knee surgeries, he went back to his professors to learn more. He has since become a strong advocate for preventing injuries by teaching proper training methods and techniques.

As of now, there are about 50 people enrolled in the program, a number that continues to grow every week. A unit fitness program manager can enroll an active-duty service member who has failed his or her fitness test twice. Those who have a fitness exemption can also be referred to the program.

Tech. Sgt. Derrick Lewis, 461st Operational Support Squadron, contributes his success in passing the fitness test directly to the program. He said he was amazed at how much he learned.

"Those who are expecting just a workout program will be surprised," he said. "They break things down on why and how working out and exercising affects your body. The program is balanced. It's not just focused on running or strength, but a good mix of both."

Lewis was in the program for eight weeks, but for most people, the full cycle is about 90 days. Reynolds said they customize the program to fit the individual, so duration varies. He said the key



U.S. Air Force photos by SUE SAPP

Tech. Sgt. Amy Moran stretches and warms up during a Total Force Fitness Program class.

factor in an individual's success is how much effort he or she is willing to put forth.

"As with any fitness program, success is contingent on the individual," Reynolds said. "Those who are more consistent and are

motivated do a lot better than those who are not. But we've seen a level of success among everyone who has been in the program, even outstanding results in many."

Reynolds hopes that eventually the program will be available to all military

members. Service members interested in the program can be enrolled through the Health and Wellness Center's Community of Practice by contacting their Unit Fitness Program Manager for proper screening and program placement.

# Local Brownie troop supports deployed JSTARS members

BY MASTER SGT. ROGER PARSONS  
116th Air Control Wing

Brownie Troop 60136 from Lake Joy Elementary in Warner Robins learned a valuable lesson in giving while Joint STARS flight crew members preparing to deploy were on the receiving end of 129 boxes of Girl Scout cookies.

What started as a Girl Scout service project in 1917 with the Mistletoe Troop in Muskogee, Okla., has become a tradition that Americans look forward to each year.

This year, Susan Allen, troop co-leader, decided to use the annual cookie sale to teach the girls what donating is really about.

“We’re trying to teach the girls about doing small things with great love,” said Allen. “One of the things we can do for our military men and women overseas is to give them these cookies. Hopefully, they’ll understand we care about them, and we hope they come home safely.”

Though the Brownies’ did the legwork during their annual cookie sales, the donated cookies were a result of community-wide support for the military.

During a two-week period where the troop went door-to-door and sold cookies at local supermarkets, people in the Warner Robins community were given the opportunity to purchase



U.S. Air Force photo by MASTER SGT. ROGER PARSONS  
Brownies from Troop 60136 and E-8 Joint STARS flight crew members unload boxes of Girl Scout cookies here March 6. The Brownie Troop donated 129 boxes of the cookies for JSTARS members.

boxes for deployed military personnel.

“Whenever someone said they couldn’t eat sugar or something, I said, well you can send some to the military,” shared Delia Allen, a third grader, whose father, Lt. Col. Walter Allen, is commander of the Joint STARS 16th Airborne Command and Control Squadron.

Their hard work paid off on March 6 when the Brownies were given the opportunity to tour an E-8 Joint STARS aircraft and deliver the donated cookies.

The girls completed their mission – to do something small with great love.

“We’re happy, to say the least,

to take the cookies over. We’ve all been on the other side of the Atlantic, and we’re always looking for something from home to make us feel a little better,” said Lt. Col. Konata “Deuce” Crumbly, a 116th Air Control Wing pilot. “Everyone has their favorite. I know mine are Do-si-dos.

“They’re really going to make a lot of people happy. I wish they could see the faces of the people who are going to get these cookies,” Crumbly added.

When asked if she would like to say something to the men and women who are going to receive the donation, Brownie Allen simply said, “I hope they like them.”

## DRUG

Continued from 1

in a manner contrary to their intended medical purpose or in excess of the prescribed dosage may violate the Uniform Code of Military Justice.

The Alcohol and Drug Abuse Prevention and Treatment Program provides limited protections under certain circumstances for voluntary disclosure of prior drug use or possession to unit commanders, first sergeants, a substance abuse evaluator or a military medical professional. Once an Airman has been ordered to provide a sample as part of the drug testing program, disclosure is no longer considered voluntary.

“There are no changes to procedures that will directly affect drug testing collection sites, and military members who are selected for testing,” said Lt. Col. Mark Oordt, Alcohol and Drug Abuse Prevention and Treatment and Drug Demand Reduction chief. “The changes will occur at the drug testing labs where the standard panel of substances each specimen is tested for will be expanded.”

### How to dispose of prescription drugs

“Patients are encouraged to dispose of prescribed medications once they are no longer needed for their prescribed purpose,” said Oordt. “The Drug Enforcement Administration prohibits pharmacies from taking back controlled substances. However, the services collaborate with law enforcement agencies in the DEA drug take back days, which occur several times each year in most communities.”

For more information on drug take back days visit [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback](http://www.deadiversion.usdoj.gov/drug_disposal/takeback).

## PRESCRIPTION DRUG DISPOSAL

The Food and Drug Administration offers the following guidance on disposal of prescription drugs.

- ▶ Take the medication out of its original container and mix it with an undesirable substance, such as coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.

- ▶ Put medications in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.

- ▶ Visit the following site for more information on how to properly dispose of medications:  
<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm107163.pdf>.

## UNIT PROFILE: Robins Natural Resources

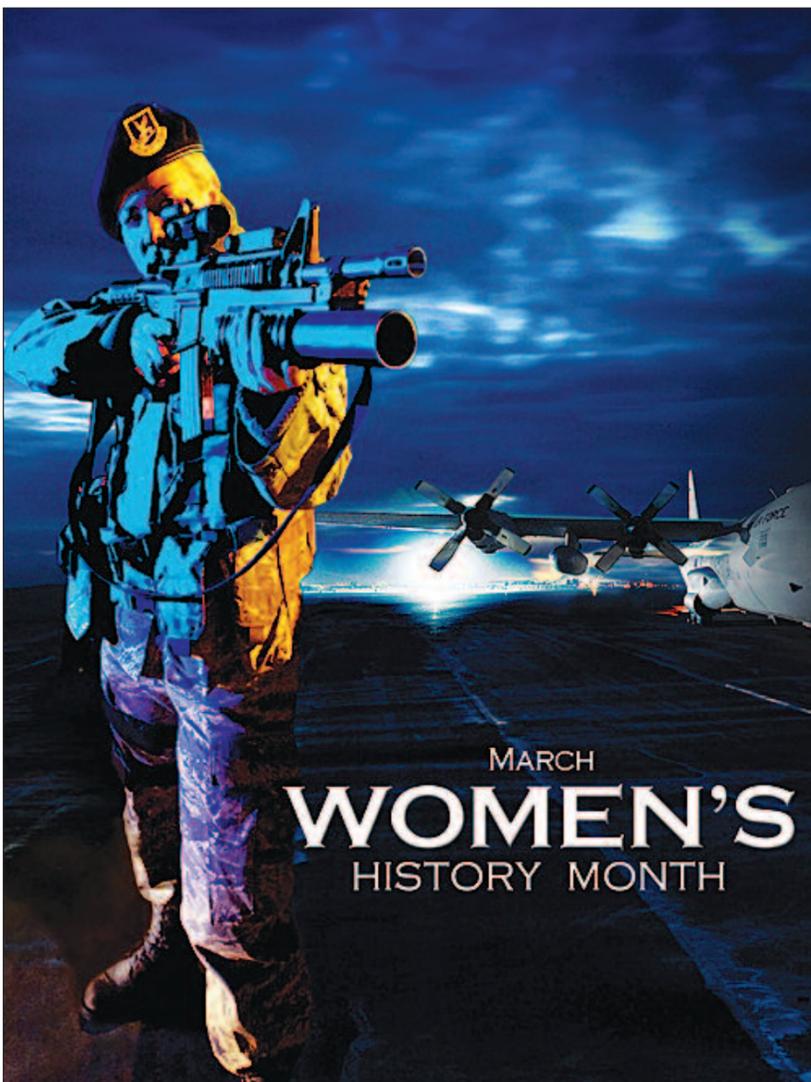


U.S. Air Force file photo by SUE SAPP

(L-R) Jerry Neal, Esther Lee and Stephen Hammack look at an alligator captured on base earlier this year by Bob Sargent, Robins natural resources manager. The reptile was relocated to the Ocmulgee River. Gator sightings are not uncommon at Robins, and Sargent has captured several. The animals are generally timid but can become a threat if people feed them.

### By the numbers

- 38 Acres of lakes managed for fishing
- 15K+ Urban trees managed
- 2K+ Acres of wetlands preserved
- 200 Species of wildlife protected
- 1,300 Acres of hunting land managed



# AIR SHOW!

FEATURING THE BLUE ANGELS ★ ROBINS AFB GEORGIA

APRIL 28-29, 2012

FREE AND OPEN TO THE PUBLIC  
GATES OPEN 10 A.M.; SHOW STARTS AT 11:30 A.M.

See Patty Wagstaff, Commemorative AF Red Tails Squadron, Liberty Jump Team, Kyle Franklin's Super Cub, Sky Soldiers, School Time Jet-Powered Bus, and more.

More information: [www.robins.af.mil/airshow](http://www.robins.af.mil/airshow), 478-222-7469  
Acts subject to change

Special Appearance by the USAF F-22 Raptor

## HAPPENINGS

**ON TAP**  
**Boss N' Buddy**  
 Today  
 4 to 5 p.m.  
 Heritage Club  
 For details, call 472-7864.

**New Family Dining**  
 Horizons  
 Starting today on  
 Fridays, Saturdays only  
 5 to 8 p.m.  
 For details, call 468-2670.

**Green Head Pin Day**  
 Saturday  
 Bowling Center  
 Roll strike with a green  
 head and game is free  
 For details, call 468-2112.

**Babysitting Class**  
 Monday and Wednesday  
 5 to 7 p.m.  
 Must be 12 years old  
 and attend both classes  
 Cost \$15  
 Youth Center  
 For details, call 468-2110.

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

**New Lunch Buffet**  
 Horizons

Tuesdays and Wednesdays  
 \$9.95; members  
 receive 20 percent off  
 Thursdays and Fridays  
 \$10.95; members  
 receive 20 percent off  
 For details, call 468-2670.

**CPR Demonstration**  
 Wednesday  
 11 a.m.  
 Fitness Center  
 For details, call 468-2128.

**Runaway Bar Bingo**  
 Wednesday  
 7:15 p.m.  
 Heritage Club  
 For details, call 468-4515.

**Great Adventure Race**  
 March 24  
 7:30 a.m.  
 Fitness Center  
 Sign-up by Wednesday  
 For details, call 468-2128.

**Arts & Crafts Open House**  
 Thursday and March 22  
 10 a.m. to 5 p.m.  
 Arts & Crafts Center  
 For details, call 468-5282.

**UPCOMING**  
**9-Pin No-Tap Tournament**  
 March 24  
 6 p.m.  
 \$15 per person

Bowling Center  
 For details, call  
 468-2112.

**Navigating USAJobs**  
 March 29  
 9 to 11 a.m.  
 Bldg. 794  
 For details,  
 call 468-1256.

**Private Pilot Ground School**  
 April 2 – May 30  
 Sign-up early, limited  
 seating  
 \$605 (tuition assistance  
 available for those who  
 qualify)  
 For details,  
 call 468-4867.

**Hot Air Balloon Ride**  
 May 5  
 \$230 per person  
 Register by April 6  
 Outdoor Recreation  
 For details,  
 call 468-4001.

**ONGOING**  
**Breakfast at Fairways Grille at the golf course**  
 Daily  
 7 to 10 a.m.  
 For details,  
 call 923-1717.

**March Golf Special**  
 \$20 with cart  
 after 2 p.m.  
 For details,  
 call 468-4103.

**Robins Burger King new hours**  
 Monday through Friday  
 5 a.m. to 8 p.m.  
 Saturday  
 7 a.m. to 6 p.m.  
 Sunday  
 8 a.m. to 5 p.m.



U.S. Air Force photos by SUE SAPP

## Tech Expo

Above, Staff Sgt. Jason Wagner, 51st Combat Communications Squadron, checks out a trinocular microscope March 7 at the Robins Technology Exposition.

Right, Joe McCormick demonstrates an ergonomic office chair for Team Robins member Ralf Werner.



### 78th FSS DIRECTORY

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

**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.

KEEP'EM FLYING  
AFSO21

## MISSION

Continued from 1

In fiscal 2013, two aircraft will arrive – one in November 2012 and one in September 2013. Three additional planes have been requested for induction in fiscal years 2015, 2016 and 2017.

The current plane has been on station for just over 140 days, and is scheduled to depart in September after being here a total of 330 days. Predicted maintenance would have included more than 40 thousand hours.

The validation and verification airplane is currently undergoing center wing box replacement and PDM, as well as additional Coast Guard-specific inspections with follow on repairs.

“What makes this C-130 center wing box work unique are the electrical modifications to its fuel quantity systems and navigation equipment,” said Scott Latimer, 560th Aircraft Maintenance Squadron Center Wing Box Replacement deputy flight chief. “Periodic PDM repairs for the aircraft on station include the replacement of all the plane’s landing gears, flight control cables and engine cables, total wheel well refurbishment, and corrosion preventative measures.”

Once final work is completed this fall, maintainers will have an idea of what to expect once the next plane arrives.

**THINK  
OPSEC!  
PRACTICE IT  
AT WORK  
HOME,  
EVERYWHERE**