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# ROBINS REV-UP

February 1, 2013 Vol. 58 No.4

## Installation to offer workforce incentives

ROBINS PUBLIC AFFAIRS OFFICE

The base will begin accepting applications Monday from select civilian employees, primarily in the Warner Robins Air Logistics Complex, for voluntary early retirement and separation incentives known as VERA/VSIP.

This action is not related to the current fiscal uncertainty, including the possibility of sequestration. "It's

been in the works for some time," said Debra Singleton, Robins' director of personnel.

"This will help the complex 'right size' to its budgeted end strength for fiscal 2013," added Donna Frazier, the complex's director of business. "But, it's also an opportunity for us to shape our workforce to meet the requirements of the future."

Applications will be accepted from General Schedule, Wage

Grade, Wage Lead and Wage Supervisor workers in a number of specialties. Among those eligible to apply are painters, electricians and engine mechanics to name a few.

The base hopes as many as 300 applicants are approved for the incentives.

Those selected will be offered an incentive up to \$25,000 and will have to leave government service by April 30.



U.S. Air Force photo by SUE SAPP

Airman 1st Class Brittany Guynn, right, public health technician, checks Senior Airman Hannah Pierringer's blood pressure during a preventive health assessment.

## Medical readiness remains priority

BY JENNY GORDON

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Robins has achieved its highest ever individual medical readiness rate – 83.3 percent – which places it among the top of Air Force Materiel Command bases.

The IMR status allows commanders, at any given time, to see how many of their personnel are medically healthy and fit to deploy.

The rate fluctuates daily as people across the base deploy.

"We're just on the cusp of being number one; that's a pretty big deal," said Maj. Karen Kramer, 78th Aerospace Medicine Squadron Public Health Flight commander. "In the last few months we have sustained being number two, but I think it's pretty achievable that we get to number one. It just hasn't happened yet."

There are six different areas of medical readiness that are monitored: dental, immunizations, equipment (for example, gas mask inserts which are required for IMR), a lab, preventive health assessment, and duty limiting conditions.

There are four tiers used in the classification system for reporting IMR, including green (fully medically ready), yellow (due for an update), gray (indeterminate), and red, (not medically ready or overdue).

While Robins has been at the bottom in the past, its numbers have picked up significantly during the past several months, following a deployment LEAN event last June and continued emphasis on Airmen to stay medically ready by leaders.

The IMR rate was further boosted by intensive education and engagement with unit health monitors down to the squadron level, which further enhanced communication and streamlined processes.

"As we're seeing success with our numbers, we are trying to make this process as seamless as possible for units," said Kramer. "What we're doing is working, but we're always looking for ways to improve."

Kramer said sustaining numbers above 80 percent – an Air Force standard – will continue to be challenging.

In the end, it's up to each individual to maintain responsibility for his or her own medical readiness, she said.



U.S. Air Force photo by SUE SAPP

Roger Sexton, hydraulics, and Tommy Calhoun, electrician, remove a completed landing gear from a work stand in the C-5 Landing Gear Shop.

## Taking a 'stand' for C-5 landing gear

BY JENNY GORDON

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It would be impossible to routinely and safely land a plane as big as the C-5 without ensuring the landing gear were fully functioning.

That's why the employees in Bldg. 125 test those critical parts during programmed depot maintenance to ensure C-5 missions all over the world go off without a hitch.

In January, there was bustling activity in the 559th Aircraft Maintenance Squadron's landing gear shop due to the arrival of a new landing gear test stand.

The prototype, currently being assembled and tested, could significantly impact operations in terms of workplace safety, ergonomics and

supply chain supportability issues.

Not to mention cost.

With teamwork on research, design and installation from the C-5 System Program Office and General Atomics Systems Integration, the first of two new stands should soon be up and running with validation.

"This has been several years in the making, and now it's finally coming to fruition," said Edward Messer, 559th AMXS landing gear shop supervisor.

When a landing gear is brought to the site, a test stand would have to be lowered to lift it into position so workers could begin testing it.

With the new stand, no lifting of the part is required since the platform acts as a 'drawbridge,' allowing the gear to be driven straight inside.

### DID YOU KNOW

▶ A single landing gear on a C-5 Galaxy can weigh 10,000 pounds, and includes six tires

▶ A C-5's landing gear system includes four main and one nose landing gear for a total of 28 tires

▶ The C-5's landing gear system is unique in that it allows the aircraft to "kneel" (like a "low rider") for improved cargo compartment access and easier loading and unloading

▶ The service life of a landing gear is 8 years

▶ In fiscal 2012, 44 main and 11 nose landing gears were replaced during PDM at Robins

▶ see STANDS, 8

## VPP – Going for the Gold

BY JENNY GORDON

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As sites continue to participate in Robins' Voluntary Protection Program Safe Site Challenge, several will be awarded with Gold recognition today for their efforts.

They include the Air Force Life Cycle Management Center (C-5) and 409th Supply Chain Management Squadron; AFLCMC/WNZ Propulsion Division and 404th Supply Chain Management Squadron; 78th Communications Squadron (Zone 6); 78th Mission Support Group command section; and 78th Medical Group Family Health Clinic.

They join the 561st Aircraft Maintenance Squadron F-15 Engine Shop, 402nd Aircraft Maintenance Support Squadron F-15 Planning Shop, 561st Aircraft Maintenance

Squadron F-15 Cell 2, Warner Robins Air Logistics Complex Quality Office and the 402nd Electronics Maintenance Support Squadron Engineering Flight, which were presented with Gold banners in January.

All the sites had major VPP accomplishments, robust leadership and employee involvement, strong safety management systems incorporating worksite analysis, hazard prevention and recurring employee training; through housekeeping, wingman events, and good use of ergonomic principles throughout all work areas.

The Safe Site Challenge continues as the installation's premier platform for strengthening and reinforcing employee involvement and participation in the local safety and health program. To date, there are 172 work

▶ see VPP, 8



U.S. Air Force photo by SUE SAPP

Hugh Rooks and Brian Greenwood, F-15 jet engine mechanics, prepare an engine for a run test. The F-15 Engine Shop received its VPP Gold Banner in January.

# Page Two

## Installation vice commander selected as state commission rep

BY JENNY GORDON  
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Col. Patricia Ross, installation vice commander, has been selected as the state military/Department of Defense representative to the Georgia Military Interstate Children's Compact Commission.

"It's definitely my honor to be the military liaison to the council," said Ross. "Because of our strong partnership with the local boards of education and our ongoing interaction with the school liaison officers across the state, I have the support to help articulate the educational needs of our military families as well as identify and eliminate any educational barriers as our military transition in and out of the state."

Georgia became the 42nd state to adopt the Interstate Compact on Educational Opportunities for Military Children in April 2012.

The compact will ensure that education transition issues for military children and their families will be resolved as military families move between bases on a regular basis.

Key education transition issues can include enrollment, placement, attendance, eligibility and graduation.

Each state which is part of the compact is required to appoint a representative to the ongoing governing commission which is responsible for enacting the rules.

The commission was a priority mentioned during last September's Second Annual Georgia Military Child Education Conference hosted by Robins and the Houston County Board of Education.

The two-day conference brought together installation school liaison officers and education and military representatives from across the state.

To learn more about the interstate compact, visit [www.mic3.net](http://www.mic3.net).

## 402nd AMXG mass training targets speed, quality and safety

BY JENNY GORDON  
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Annual 402nd Aircraft Maintenance Group training conducted in January provided the perfect opportunity to gather thousands of flight line personnel into one setting during a four-day period.

"There is a saying on the flight line that through our gates pass 'the finest aircraft maintainers in the world,' and that is something we believe in," said Col. Tim Molnar, group commander. "What underpins that is the training we rely on. It's an investment."

A total of 3,100 employees from across the group received critical training on annual topics such as

information security, operational security, DoD information awareness, and fire safety.



Workplace-specific training included hangar door safety, ladder safety, tool control, hazardous material safety and foreign object damage.

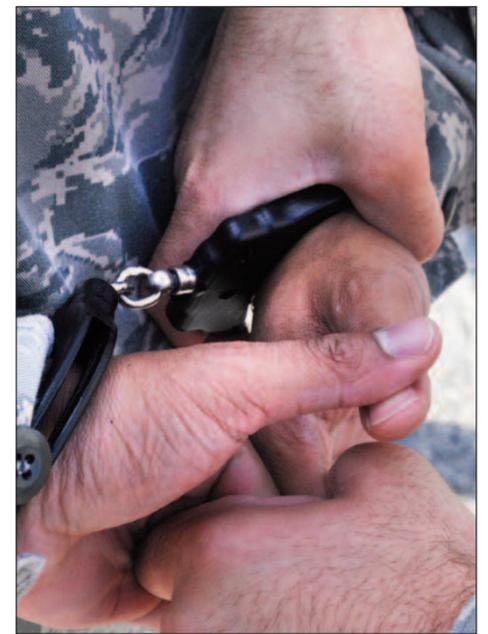
Molnar said that block training provided quality face-to-face time with the group's five squadrons, allowing them to touch on the challenges ahead, as well as speed, quality and safety.

"Our training was very successful," he said. "It will only make us better, to hit our performance targets and have a safer workplace. We pride ourselves on high quality aircraft. The warfighter deserves nothing less."

# AUGMENTING THE FORCE



Staff Sgt. Garreth Laney, Air Force Reserve Command Headquarters Readiness Management Group, and Senior Airman Phillip Madison, 78th Dental Squadron, practice weapon and reaction strikes during 78th Security Forces Augmentee training.



U.S. Air Force photos by SUE SAPP

## 78th Security Forces trains backup officers

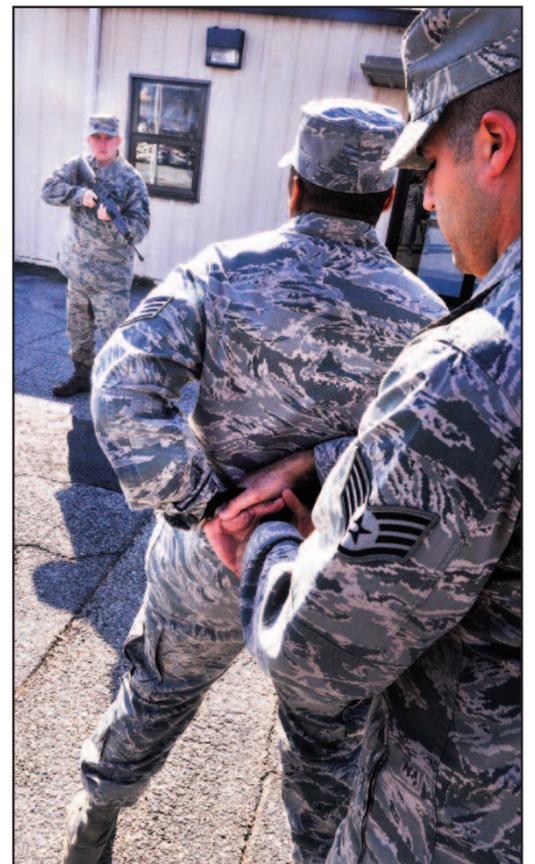
Airmen from various units at Robins took part in training with the 78th Security Forces Squadron last week. The Airmen will supplement Security Forces manning when members of that squadron deploy. Augmentees were trained in areas such as suspect apprehension, weapon and reaction strikes, and vehicle searches.



Staff Sgt. Kyle Goldberg, acting as a suspect, follows security forces commands to keep his hands visible during a car search scenario.



Airman 1st Class Charmaine Gasit, 78th Medical Group, practices handcuffing and searching a suspect played by Staff Sgt. Holly Willis, 402nd Aircraft Maintenance Squadron.



Tech Sgt. Chris Davis, 402nd Expeditionary Maintenance Squadron, assumes an overwatch position in a scenario where a suspect is being handcuffed.

# AIR FORCE

NEWS FROM AROUND THE

## Air Force Officials aim to eliminate sexual assault

Following a nine-month investigation into sexual misconduct at Joint Base San Antonio-Lackland in San Antonio, the Air Force has implemented a comprehensive program aimed at eliminating sexual assault, senior Air Force leaders recently told Congress.

Air Force Chief Of Staff Gen. Mark Welsh III and Air Force Gen. Edward Rice Jr., the commander of the service's Air Education and Training Command, spoke before the House Armed Services Committee about the service's internal investigation.

Describing the crimes as "stunning," Welsh said there could be no excuses. "There's no justifiable explanation, and there's no way we can allow this to happen again," he said.

"The Air Force goal for sexual assault is not simply to lower the number. The goal is zero," Welsh added. "It's the only acceptable objective. The impact on every victim, their family, their friends [and] the other people in their unit is heart-wrenching. Attacking this cancer is a full-time job, and we're giving it our full attention."

To learn more, visit [www.af.mil](http://www.af.mil).

## Air Force to open remaining combat positions to women

Women are gaining ground in the combat world.

Defense Secretary Leon Panetta and Chairman of the Joint Chiefs of Staff, Gen. Martin Dempsey announced Jan. 24 the rescission of the 1994 Direct Ground Combat Definition and Assignment Rule for women, and that the Department of Defense plans to remove gender-based barriers to service.

"Women have shown great courage and sacrifice on and off the battlefield, contributed in unprecedented ways to the military's mission and proven their ability to serve in an expanding number of roles," Panetta said. "The department's goal in rescinding the rule is to ensure the mission is met with the best-qualified and most capable people, regardless of gender."

While 99 percent of Air Force positions are currently open to women, Chief of Staff Gen. Mark Welsh III said the service will now pursue opening the final 1 percent.

"2013 marks the twentieth anniversary of the Department of Defense allowing women to serve as combat pilots," Welsh said. "By rescinding the 1994 Direct Ground Combat Definition and Assignment Rule, we can pursue integrating women into the seven remaining Air Force career fields still closed, all associated with special operations.

"We're focused on ensuring America's Air Force remains capable and ready with the best-qualified people serving where we need them."

To learn more, visit [www.af.mil](http://www.af.mil).

## Air Force Reserve announces revised force structure actions

Air Force Reserve Command officials are moving forward with force structure changes authorized by the National Defense Authorization Act for fiscal 2013.

Air Force, Air Force Reserve and Air National Guard leaders collaborated to develop one Total Force

## Snow Day

Members of the 455th Expeditionary Aircraft Maintenance Squadron clear snow around an A-10 Thunderbolt II at Bagram Air Field, Afghanistan.



U.S. Air Force photo by SENIOR AIRMAN CHRIS WILLIS

Proposal in response to concerns raised by state governors and Congress regarding the President's fiscal 13 budget submission and subsequent congressional marks which placed proposed force structure actions on hold.

As enacted into law, the NDAA included the entire amended Air Force Total Force Proposal as well as the retention of additional intratheater airlift aircraft, retention of the Global Hawk Block 30s and a delay of the retirement of 26 C-5A Galaxies until 45 days after delivery of a new Mobility Requirements and Capabilities Study.

It also directed a National Commission on the Structure of the Air Force and limited retirement of B-1 Lancers.

To learn more, visit [www.afrc.af.mil](http://www.afrc.af.mil).

## Afghan air force advances battlefield support tactics

The commanders of the Afghan air force and NATO Air Training Command-Afghanistan signed two operational decrees Jan. 23, implementing procedures to improve air response to Afghan battlefield casualties by the AAF's new Cessna C-208 Caravan fleet and its Mi-17 helicopters.

The decrees address the high-priority casualty evacuations and the dignified, culturally-appropriate transfer of fallen members of Afghan National Security Forces. The signings took place in the NATC-A headquarters at the Kabul, International Airport.

"These air support missions are critical to campaign success, augmenting ground CASEVAC resources when needed," said Brig. Gen. Steven Shepro, the NATC-A commander. "To improve the effectiveness of these missions, the AAF and NATC-A team have accelerated the delivery, configuration and initial operating capability of the C-208 fleet in a matter of months."

The decree initiatives instruct aircrew and direct streamlined command, control and communication across security organizations. The AAF's primary unit



U.S. Air Force photo by STAFF SGT. JONATHAN SNYDER

## Standing Guard

Airman 1st Class Nicholas Zimmer secures the perimeter around a C-130J Super Hercules at a forward operating base in Afghanistan. When planes land at locations with little to no security, fly-away security teams provide additional protection for the aircraft and crew.

for managing flying missions is the Afghan Air Force Command and Control Center. According to the NATC-A Director of Operations, Col. Reginald Smith, the AAF has transferred 146 patients for continued medical care during the last three months of 2012.

— compiled by Holly Logan-Arrington

## Perspective

### 'This is family business'

#### To the Airmen of the United States Air Force

On Jan. 24 I was appointed as your 17th Chief Master Sergeant of the Air Force. It was an incredible day, and as we begin this journey I wanted to send a quick note to let you know a little bit more about me.

First and foremost, I couldn't be any prouder of the men and women in our Air Force and their families.

Thank you for your service. Our service consists of 690,000 highly skilled, dedicated and brilliant people, and none is more important than another.

We must work together as a team to produce unbeatable airpower for our Nation.

As General Welsh said, every one of us has a story. Mine revolves around the Air Force. I am proud to have been an Airman for just over 28 years. I married an Airman; Athena is a



U.S. Air Force photo by SCOTT ASH

Chief Master Sgt. James Cody receives his wheel cap from Gen. Edward Rice Jr., commander of Air Education and Training Command during a transition ceremony at Joint Base Andrews, Md., on Jan 24.

retired chief master sergeant, and our son is an Airman. We understand the sacrifices you make and the challenges you face. This is family business.

Coming out of AETC, I have

a pretty clear view of how we train and educate Airmen. I believe education and training are the foundation of our airpower advantage and must be protected. That will be one of my focus

areas. Education and training, along with experience, are the keys to the deliberate development of Airmen that will ensure the continued success of our Air Force today and into the future. I expect us to continue focusing on all three of those things.

We can't have airpower without Airmen. We rely on Airmen to accomplish our missions. I think it's critical we make sure you have the resources you need to do your jobs. Our programs and services should meet the needs of our Airmen and their families. That will be another of my focus areas.

While we're doing all this, we also need to strike an appropriate work/life balance. Our Nation demands a lot from its service members, and that is not likely going to change. But, if we can eliminate unnecessary additional duties and find ways to use technology to give us

some time back, I think we should do that.

On top of that, our workplaces must be safe and productive environments where innovative Airmen can function at their best. That, too, will be one of my focus areas.

From the pioneering spirit of Paul Airey to the bold leadership of Jim Roy, our force has prospered from a long line of brilliant and visionary Chief Master Sergeants of the Air Force.

It's my mission to continue that legacy in the best way I can.

It's most important to me that you know Athena and I will be working with you, your families, development, and mission in mind.

Thank you for your service to our Nation.

— Chief James Cody,  
Chief Master Sergeant of the  
U.S. Air Force

## ROBINS REV-UP

COMMANDER  
Col. Mitchel Butikofer

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They should be e-mailed to [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil) and [vance.janes@robins.af.mil](mailto:vance.janes@robins.af.mil)

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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# On the Fly

## AF anticipates pay delays for officers, enlisted Airmen promoted in March

Officers and enlisted Airmen getting promoted in March will experience pay delays due to the Military Personnel Data System upgrade.

“Individuals getting promoted March 4 through 26 will not get their promotions updated in MilPDS because of the upgrade,” said Lt. Col. Shelley Strong, Air Force Personnel Center operations division chief. “Their promotions will be projected in MilPDS and will automatically update as soon as the system is back online.”

Airmen are authorized to sew on their new rank on their respective promotion dates, but they will not receive an increase in pay until their promotion is updated in MilPDS and processed by the Defense Finance and Accounting Service.

“Once the system is available, they can view their promotion data in the virtual Military Personnel Flight application to ensure their promotion information is accurate and updated,” said Strong.

Airmen should contact their base military personnel section if their promotion information is not updated in vMPF within 10 days after the MilPDS upgrade is completed.

Base military personnel sections will track local personnel records to avoid overpayment for Airmen who

### WHAT TO KNOW

For more Reserve information visit myPers website at [https://gum-crm.csd.disa.mil/app/answers/detail/a\\_id/22654/kw/r12/p/16%2C18](https://gum-crm.csd.disa.mil/app/answers/detail/a_id/22654/kw/r12/p/16%2C18).

Guard members should review the “MIPDS Upgrade/Migration Guidance - Unit Assigned Members” section on the myPers website at <http://mypers.af.mil> under the “Alerts” or “Announcements for Airmen” sections.

received a promotion cancellation or delay.

AFPC officials are also requesting that base commanders accomplish Stripes for Exceptional Performer promotions before the MilPDS upgrade to avoid pay delays.

The Air Force is upgrading and transferring the Military Personnel Data System to the Defense Information Systems Agency’s Defense Enterprise Computing Center in March. The upgrade project is scheduled to take about 23 days to complete, during which time, MilPDS will not be available.

The previous information also applies to Reserve promotions – with the exception of STEP promotions, which aren’t applicable.

**The Robins Tax Center** will open Monday for the 2012 filing season. Hours of operation will be Mondays through Thursdays from 8 to 11 a.m., and 1 to 4 p.m. It will be in Bldg. 995 – a trailer next to the old Robins Elementary School.

For eligibility and list of necessary documents visit <http://www.robins.af.mil/news/story.asp?id=123332457>.

**The following leave recipients have been approved** through the Voluntary Leave Transfer Program:

*Lori Shad* of AFRC. Point of contact is Jan Brister, who can be reached at 497-1323.

*Karen Buckner* of AEDC. POC is Sherri Lamas, who can be reached at 340-4314.

To have a leave recipient listed here, email [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil).

Space permitting, sub-

missions will run for two weeks.

**The Air Force Institute of Technology** will offer two sessions of “SYS 120-Teaming with DCMA” here Feb. 11- 12 and 13 -14.

The course is designed for the acquisition and contracting communities; however, all functional stakeholders in the weapons system life cycle process could find the course information relevant.

For more information, call John Schoenfelt at 497-3405.

**The following lost property is looking for its owner:** a women’s wallet containing one male and one female picture ID, several merchandise cards and coins was found just outside the gate.

Attempts to contact the ID cardholders have been unsuccessful.

To claim an item, call Staff Sgt. Monica Carloss at 472-7850.



U.S. AIR FORCE  
**EagleEyes**

REPORT  
SUSPICIOUS ACTIVITY  
468-EYES

# AFMC to promote American Heart Month

AIR FORCE MATERIEL  
COMMAND WELLNESS  
SUPPORT CENTER

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – February is American Heart Month, a time dedicated to raising awareness about heart disease and the importance of heart health.

According to the Centers for Disease Control and Prevention, cardiovascular disease is the leading cause of death in the United States – about one in three deaths is from heart disease and stroke.

You can lower your risk of developing heart disease by:

- ▶ Maintaining healthy weight.
- ▶ Monitoring your blood pressure
- ▶ Limiting the amount of dietary fat, cholesterol, and alcohol you consume
- ▶ Exercising regularly
- ▶ Not smoking and avoiding secondhand smoke
- ▶ Managing stress
- ▶ Knowing your numbers: cholesterol, blood pressure and blood glucose

Civilian Health Promotion Services will be conducting heart-healthy activities during February to help prevent heart disease and increase awareness of heart healthy lifestyle habits.

**Activities include:**

- ▶ The Heart and Sole Walking Initiative for physical activity
- ▶ Heart-healthy education classes for awareness



**LOCAL EVENTS**

To help prevent heart disease and increase awareness of healthy heart lifestyle habits, the Robins Civilian Health Promotion Services staff will offer the following series of classes at 1 p.m. in the Fitness Center Annex Conference Room; Bldg. 301 East Wing. Space is limited. To register call 497-8034 or email April.Gray.ctr@Robins.af.mil.

- ▶ Know your numbers Wednesday and Feb. 20
- ▶ Blood Pressure Education Thursday and Feb. 21
- ▶ Cholesterol Education Feb. 13 and 27
- ▶ Stroke Education Feb. 14 and 28

The HAWC will host the following events:

- ▶ Healthy Heart Commissary Tour and "Road Show" Feb. 8 and 22 from 9:30 to 11:30 a.m.
- ▶ "Road Show" Feb. 15 at the Base Restaurant 11 a.m. to 1 p.m.
- ▶ Cooking for a Healthy Heart Feb. 20 from 8:30 to 9:30 a.m. at the HAWC Bldg. 827.
- ▶ Health Heart Class Feb. 25 from 8:30 to 10:30 a.m. at the HAWC Bldg. 827.

and prevention

- ▶ Cardiac Risk Profile Wellness Screenings to monitor for risk factors (for Department of Defense civilians only)

During February, AFMC will be promoting the Heart and Sole Walking Initiative. The initiative involves the use of the AFMC Wellness Support Center website (<http://www.afmcwellness.com>), and the Pedometer Walking Program.

The goal is to log steps

into the Pedometer Walking Program five days a week during the month, for a total of 140,000 steps. Those who complete the task will receive a travel fitness kit.

The Heart and Sole Walking Initiative is open to AFMC active duty military and appropriated-fund civilians.

To sign up, visit [www.afmcwellness.com](http://www.afmcwellness.com), or call the Robins CHPS team 497-8031, 8032 or 8034.



U.S. Air Force file photo by SUE SAPP

Polka Dot the clown talks to children about good dental health during a previous National Children's Dental Health Month activity here.

## It's all about teeth

The 78th Dental Squadron will celebrate National Children's Dental Health month starting Feb. 8 from 9 to 11 a.m. at the Children's Development Center in Bldg. 942.

The 78th Dental Squadron mascot Alex the Alligator will be on hand with dental squadron representatives to educate children on proper oral hygiene and nutritional habits.

"Oral health habits are something that has to be taught to children at an early age so that good hygiene and nutritional habits become habits," said Dr. Kevin Nail, 78th DS dentist. "It's important for us in the dental community to educate children and parents on ways to keep their teeth healthy."

"It's important for parents to take their children to a preliminary dental visit before they reach their first birthday," he added. "That first visit can help educate parents on ways to help their child prevent dental decay at an

early age and subsequent dental problems throughout their lives."

The squadron will be hosting events across the base in locations like the Base Exchange, Youth Center and Linwood Elementary.

Details will be posted on the base marquees throughout the month.

**How it started**

The American Dental Association held the first national observance of Children's Health Day on Feb. 8, 1949. It was a one-day event.

In 1981, the observance became a month-long educational campaign known as National Children's Dental Health Month.

**Editor's note: For more information, call Lisa Sims, 78th Dental Squadron Chief of Preventive Dentistry, at 327-8054.**

– Courtesy 78th Dental Squadron

## EEO Lessons Learned

**The ruling**

The Department of Defense did not subject a specialist to disability discrimination when it did not provide him with software to access a mandatory online training.

**What it means**

A complainant's refusal to cooperate with an agency's efforts to accommodate his disability will undermine a claim for discrimination.

**Why it made the list**

Agencies are required to make appropriate efforts to provide individuals with disabilities reasonable accommodation. However, employees need

to remember that they are entitled to an effective accommodation but not necessarily the accommodation they want. Although an agency may not be able to avoid a complaint by a disappointed employee, an agency that can prove it diligently and sincerely worked to provide a workable accommodation is far more likely to prevail on such a complaint.

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# Exercise your power over tobacco

Quitting tobacco and becoming more fit are two of the most popular New Year's resolutions in America. Did you know that if you tackle them together, it increases the chance of success for each? Quitting tobacco improves exercise performance, and research has proven exercise also helps increase the chances of quitting tobacco. Resistance training and aerobic exercise during smoking cessation hold great promise for those trying to overcome addiction to tobacco.

By doing moderate exercise for as little as 10 minutes when cravings strike, you can reduce cravings and help avoid relapse. Exercise has also been found to help mood swings, boredom, and stress levels. Adding an exercise program to your daily routine can help elimi-

nate worry about weight gain because exercise speeds up your metabolism and keeps your hands busy – away from triggers.

Once you stop using tobacco and start exercising, you'll feel much better - your blood circulation will improve and you'll feel an increase in energy. Regular exercise can help speed up repair to lung tissue damage caused by nicotine and other deadly chemicals in tobacco so soon you'll be able to breathe easier and lower your risk of injury and hospitalization.

Without tobacco, you can fast-track your fitness training. During physical exertion, your brain releases endorphins that make you feel more naturally alert. You'll find that your endurance will increase and

you'll perform better in the field and on your fitness tests.

Make a plan to overpower tobacco in 2013, start by preparing a quit strategy with the tools provided by stopping in at the Health and Wellness Center or go to [www.ucanquit2.org](http://www.ucanquit2.org) and check out Train2Quit, the DoD interactive online quit program where you can chat with a trained quit coach online; or call the base ALA Tobacco Cessation Quit Line at 1-877-695-7848. The next step? Enroll in the HAWC Square One Class to learn about creating an exercise program that's right for you.

For more information, call Stuart Bapties or Niki Hernandez at 327-8480.

## Tricare prescription co-pays to increase

BY CAPT. BRITNEY BALLENTINE

78th Medical Group staff pharmacist

Co-payments for prescription drugs covered by TRICARE are expected to increase today.

Patients will notice higher co-pays on brand name and non-formulary medications filled outside of military clinics and hospitals.

The change is a requirement established by the fiscal 2013 National Defense Authorization Act.

The co-pay for generic medications will remain \$5 when a prescription is filled at a network pharmacy.

New changes include an increased co-pay for a 30-day supply of brand name medications purchased at a network pharmacy – \$17, up from the current \$12.

Additionally, the existing \$25 copay for non-formulary drugs increases to \$44 at network pharmacies and \$43 through Home Delivery.

TRICARE beneficiaries have a few options to mini-



mize their prescription expenses.

Prescription co-pays are determined by the class of drug and the location the medication is filled.

There's no co-pay when generic formulary prescriptions are filled through TRICARE Home Delivery and military clinics or hospitals.

That means you can fill your generic medications at the Robins pharmacy without a co-pay.

Individuals using TRICARE Home Delivery will pay \$13 for brand name drugs (up from \$9) for a 90-day supply of medication. Talk to your doctor or pharmacist about changing your medications to those listed on the TRICARE Uniform Formulary, which includes all medications covered by TRI-

CARE. View the following link for more information:

[www.tricare.mil/Costs/PrescriptionCosts.aspx](http://www.tricare.mil/Costs/PrescriptionCosts.aspx).

We expect these changes to increase our prescription volume at the Robins pharmacy. You can help us prioritize emergent prescriptions by refilling prescriptions well before your last day of therapy, requesting a 90-day supply of medication from your provider, and dropping off prescriptions to pick-up within five duty days.

Visit us for prescription needs during normal business hours, Mondays through Fridays from 7:30 a.m. to 4:30 p.m.

Patients will receive the quickest service early in the morning and on Mondays.

—*Courtesy 78th Medical Group*



U.S. Air Force photo by SUE SAPP

F-15 engine shop workers remove an engine from an F-15.

## VPP

Continued from 1

center sites at Robins which have achieved Gold status; 111 Silver, 27 Bronze and 24 Green sites.

Collectively, those roll up into eight OSHA Star application areas designated at Robins.

They include the 402nd Electronics Maintenance Group, 402nd Maintenance Support Group, 402nd Aircraft Maintenance Group, 402nd Commodities Maintenance Group, Life Cycle Management Center, 448th Supply Chain

Management Wing, 78th Air Base Wing and Air Force Sustainment Center - OLs, and the 402nd Software Maintenance Group, which was recertified an OSHA Star Site last fall.

“Currently, our RAFB management/union partnership is undertaking a thorough review of how well VPP is being sustained locally. We expect to incorporate Bronze, Silver and Gold safe site checklists to further strengthen the safety and health management system across all work centers,” said Allen Quattlebaum, 78th Air Base Wing VPP program manager.

## STANDS

Continued from 1

“Our workers are pretty excited about the newer stands,” continued Messer. “It’ll make the work easier as far as hooking up the landing gear, diagnostics, and help with any troubleshooting.”

Doug Nanez, C-5 field engineer, agreed.

“It will really help our mechanics,” he said. “It will be more user friendly, assisting with their comfort and ease while working.”

A more sophisticated digital control board – similar to a laptop – in the new stand also adds to an improved overall process. Its hydraulic valves will help test and ensure the correct landing gear is working exactly as it should.

“We can do a few more operational checks that we couldn’t do before,” said Messer.

Many parts in the old stand are now obsolete, resulting in time lost waiting for their arrival when a stand breaks down. The new stand



U.S. Air Force photo by SUE SAPP

Ed Messer, C-5 Landing Gear Shop production supervisor, discusses the digital components of the new work stand being installed.

will eliminate the wait, since many parts are now commercially readily available and interchangeable.

The new stand not only looks sturdier, but it’s safer too.

It includes a wider stairwell, stairs and rails for safety, improved lighting, greater ease of access to utilities and a wiring analyzing unit.

“The end goal is to continue to have a high quality landing gear for the C-5,” said Ernie Ruiz

with GA-SI.

Dave Nakayama, 559th AMXS director, talked about the aircraft’s longevity and said the new equipment seems to be a great addition.

“The C-5 is projected to remain in service for another 30 years, and with the new landing gear stands, we’re assured that having fully functional landing gear ready for aircraft going through PDM won’t be a problem,” he said.



U.S. Air Force photo by TECH. SGT. REGINA YOUNG

Tech. Sgt. Jason Butts, 116th ground safety explosives safety specialist, conducts safety training for a wing member here.

## Guard member takes safety personally

BY TECH. SGT. REGINA YOUNG  
116th ACW Public Affairs

Inspired by his supervisor’s accomplishments, Tech. Sgt. Jason Butts, a 116th Air Control Wing ground explosive safety specialist, decided it was time to further his education.

Although fully qualified within his field, Butts obtained 10- and 30-hour Occupational Safety and Health Administration training cards and completed the Industrial Safety and Health Certification from the Georgia Technical Research Institute.

Butts completed the courses during off-duty time, and received funding for the training from the 116th ACW Safety Office.

“The two-year long training has helped me prepare for and pass OSHA inspections, and the courses provided me the skills to train wing members and prevent workplace mishaps,” said Butts. “If OSHA visits our wing, we’re already where we need to be; we don’t have to try and get there.”

The administration can conduct an unannounced inspection of military facilities where civilian employees work. Work sites are routinely inspected in for fall protection, infectious disease and harmful chemical exposure, and safety equipment availability.

For information about commonly cited workplace hazards, go to the OSHA website at [www.osha.gov/OSHA\\_FAQs.html](http://www.osha.gov/OSHA_FAQs.html).

## Severe Weather Awareness Week kicks off Monday

Georgia will observe Severe Weather Awareness Week Monday through Feb. 8.

The week is spearheaded at Robins by the 78th Operations Support Squadron’s Weather Flight. This year’s emphasis continues to be on preparedness.

Severe weather conditions threaten the region throughout the year and a strong awareness effort considers them all.

In an average year, the state of Georgia experiences six days with tornadoes, seven days with large hail greater than or equal to one inch, and 19 days with storms that produce damaging winds.

This year, weather flight team members will be putting out severe weather literature to Team Robins.

In partnership with the Houston County Emergency Management Agency and the National Weather Service, base employees who are county residents will be provided additional information on emergency notification processes such as CODE RED alerts and NOAA weather radio purchase assistance vouchers.

“We were very impressed last year with the response of the Robins community and want to do even better this year,” said Roddy Nixon, Jr., weather flight science and training officer.

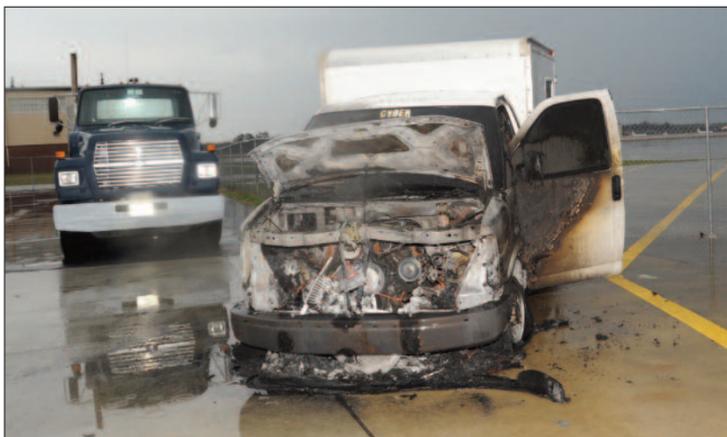
Master Sgt. Fonda Jones, weather operations flight chief, agreed.

“Education and preparedness are very important,” she said.

Severe weather preparation remains everyone’s business, even in these challenging economic and budgetary climates.

It’s more critical than ever for everyone to have plans, test those plans, and adjust their plans as needed.

“All individuals should remember the issuance of a weather watch provokes the question ‘What will I



U.S. Air Force file photo by RAYMOND CRAYTON

This government vehicle was damaged after being struck by lightning during a thunderstorm in January 2012. Georgia will observe Severe Weather Awareness Week Monday through Feb. 8. In an average year, the state of Georgia experiences six days with tornadoes, seven days with large hail greater than or equal to 1 inch, and 19 days with storms which produce damaging winds.

do?’ and a weather warning requires immediate action,” said Captain Devan Lynch, weather flight commander.

The Robins weather flight encourages everyone to know safe evacuation routes and shelter locations, to stock emergency kits, and to practice disaster response.

Information can be downloaded by clicking the “weather” link on the right-hand side of the Robins Air Force Base public homepage at [www.robins.af.mil](http://www.robins.af.mil).

Applicable severe weather watches and warnings for Robins include:

► **Tornado Watch:** Conditions are favorable for the development of severe thunderstorms and tornadoes in and close to the watch area.

► **Tornado Warning:** Issued when a strong rotation in a thunderstorm is indicated by Doppler weather radar or a tornado is sighted by trained personnel.

► **Severe Thunderstorm Watch:** Conditions are favorable for the development of severe thunderstorms in and close to the watch area. A severe thunderstorm contains

hail larger than 3/4 of an inch in diameter or damaging winds greater than 58 mph (50 knots or greater). Isolated tornadoes are also possible.

### ► Severe Thunderstorm

**Warning:** A severe thunderstorm is indicated by Doppler weather radar or sighted by trained personnel. A severe thunderstorm contains hail larger than 3/4 of an inch in diameter or damaging winds greater than 58 mph (50 knots or greater). Isolated tornadoes can and do occur with little warning.

► **Lightning Watch:** Conditions are favorable for the development and occurrence of lightning in and close to the watch area.

► **Lightning Watch:** Issued when lightning has been observed within a designated radius.

**NOTE:** When severe weather is forecast, a message is sent to the Robins Command Post, which uses either the Giant Voice or siren system to alert the base populace.

— Courtesy 78th OSS  
Weather Flight

## Teaching children about protecting the environment

BY RUSSELL ADAMS  
Water Quality Program manager

Keeping waterways clean is everyone’s responsibility, every day.

People should care about it not just because it reflects the desire to have clean water to drink and swim in, but because it’s the resources the next generation will inherit.

What’s the best way to teach children this important lesson? A good way to begin is by teaching them about the leading cause of water pollution – stormwater runoff.

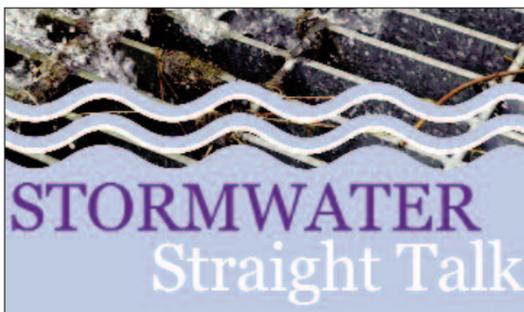
When it rains, some of the rainwater soaks into

the ground. The rest flows over the ground – especially if it’s a dense soil like clay, or it flows into the storm drain system.

Rainwater not absorbed by soil ends up in public waterways such as ponds, lakes, creeks and rivers. The water that flows over the ground surface is called stormwater runoff.

There are generally four main types of stormwater pollution, including:

- **Chemicals**
- **Litter** (cigarette butts, cans, paper, plastic bags, etc.)
- **‘Natural’ materials** such as leaves, sticks, garden clippings, animal



droppings; and

### ► Sediment

It’s important children learn whatever they put into a storm drain could pollute public waterways.

It’s not just ugly – stormwater pollution sickens or kills plants and animals that live in or near

waterways.

There are many sources of information available to teach children about stormwater. A great way to start is to visit some of the following websites:

► The United States Environmental Protection Agency has many excel-

lent tools to teach children about the importance of keeping waterways clean. One specifically targeted to children is: [www.epa.gov/owow/NPS/kids/](http://www.epa.gov/owow/NPS/kids/). This website has numerous games, articles, activity sheets, links, and more.

► A crossword puzzle titled “Take the Stormwater Runoff Challenge”: [www.epa.gov/npdcs/pubs/s/tormwaterplacemat.pdf](http://www.epa.gov/npdcs/pubs/s/tormwaterplacemat.pdf).

► An activity booklet for teaching children about ways to prevent stormwater pollution: [www.healthyschools.org/health\\_education/documents/downthedrain.pdf](http://www.healthyschools.org/health_education/documents/downthedrain.pdf).

► Trinity Trudy’s Storm Water Word for Kids: [www.trinity-trudy.org/](http://www.trinity-trudy.org/).

► An educational website sponsored by the City of Dallas, Texas: [www.wheredoesitgo.com/kids.html](http://www.wheredoesitgo.com/kids.html).

► An educational website sponsored by the City of Omaha, Nebraska: [www.omahastormwater.org/g/kids/home](http://www.omahastormwater.org/g/kids/home).

For more information, call 468-9645.

**Editor’s note:** *Stormwater Straight Talk* is a quarterly column intended to educate and inform base personnel about stormwater pollution.

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## EVENTS AND ACTIVITIES

**UPCOMING**

**First Friday**  
Today  
5 to 6 p.m.  
Heritage Lounge  
For details,  
call 472-7864.

**Give Parents a Break & Hourly Care**  
Today  
6 to 10 p.m.  
CDC East and School-Age Program  
For details,  
call 468-5805  
or 468-2110.

**Club Membership Drive**  
Now through March 31  
Three months free dues  
Unlimited cash back  
rewards and chance to  
win from scratch-offs  
For details,  
call 472-7864.

**Super Bowl Sunday Special**  
Pizza Depot  
One topping 16" for \$11  
Additional toppings  
\$1 each  
For details,  
call 468-0188.

**Super Bowl Party**  
Sunday  
Festivities begin  
at 6 p.m.  
Game kickoff  
at 6:30 p.m.  
Heritage Lounge  
Enjoy food,  
drink specials and prizes  
Members \$5  
Guests \$10  
For details,  
call 472-7864.

**Private Pilot Ground School**  
Now through March 20  
Bldg. 186, Aero Club  
Sign up early;  
seating is limited.  
For details,  
call 468-4867.

**USAJobs Navigating and Resume Writing**  
Thursday  
8 to 11 a.m.  
Bldg. 794  
For details,  
call 468-1256.

**Heartlink**  
Feb. 8  
8:30 a.m. to 2 p.m.  
Bldg. 794  
For details,  
call 468-1256.

**Teen Night**  
Feb. 9 and 23  
5 to 10 p.m.  
Youth Center  
For details,  
call 468-2110.

**Dept. of Labor /TAP/VA Workshop**  
Feb. 11 through 15  
8 a.m. to 4 p.m.  
Bldg. 794  
For details,  
call 468-1256.

**Valentine's Big BINGO**  
Feb. 14  
More money, games  
Heritage Club  
For details,  
call 468-4515.

**T-Ball, Baseball and Softball Registration**  
Feb. 15 through March 1  
5 to 17 years  
Youth Center  
For details,  
call 468-2110.

**Need childcare during Winter Break?**  
Feb. 15 through 20  
For details,  
call 468-2110.

**Boss N' Buddy**  
Feb. 15  
4 to 5 p.m.  
Heritage Lounge  
Members free  
Guests \$5  
For details,  
call 472-7864.

**'Cooking with Ms. Jackie' Italian Meatloaf**  
Feb. 16  
6 p.m.  
Youth Center  
For details,  
call 468-2110.

**Pee Wee Spring Bumper League**  
Register Feb. 16  
10 a.m. to 2 p.m.  
Bowling Center  
\$32 per person  
For details,  
call 468-2112.

**Hook Up 2 Bowling**  
Feb. 18  
9 to 11:30 a.m.  
Children \$89  
Adults \$119  
For details,  
call 468-2112.

**Winter Break Bowling Specials**  
Feb. 18 from 1 to 4 p.m.  
Bowl three games for \$5  
with shoes  
Feb. 19 Thunder Alley  
from 2 to 4 p.m.  
\$6 per person  
Feb. 20 Bumper Bowling  
75¢ per games  
For details,  
call 468-2112.

**Bundles for Babies**  
Feb. 19  
8 a.m. to noon  
Bldg. 794  
Call 327-9398 to sign up  
For details,  
call 468-1256.

**Starting a Small Business**  
Feb. 19  
1 to 3 p.m.  
Bldg. 794  
For details,  
call 468-1256.

**Single Airman Tandem Skydiving**  
Feb. 23  
Sign-up by Feb. 11  
For details,  
call 468-4001.

**Money & Credit Management**  
Feb. 25  
1 to 3 p.m.  
Bldg. 794  
For details,  
call 468-1256.

**Writing a Business Plan**  
Feb. 26  
1 to 3 p.m.  
Bldg. 794  
For details,  
call 468-1256.

**Spending Plan Basics Military Saves Week**  
Feb. 27  
9 to 10 a.m.  
Bldg. 794  
For details,  
call 468-1256.

**Interview with Confidence**  
Feb. 27  
1 to 3 p.m.  
Bldg. 794  
For details,  
call 468-1256.

**Debt Reduction Military Saves Week**  
Feb. 28  
3 to 4 p.m.  
Bldg. 794

For details,  
call 468-1256.

**College Prep for Parents & Teens Military Saves Week**  
Feb. 28  
5 to 6 p.m.  
Bldg. 794  
For details,  
call 468-1256.

**Thrift Savings Plan Basics Military Saves Week**  
March 1  
2 to 4 p.m.  
Bldg. 794  
For details,  
call 468-1256.

**Dog Obedience Class**  
Coming in March  
For details,  
call Trudy Reynolds  
at 953-4488.

**ONGOING Quick Turn now serves breakfast**  
Mondays through Fridays  
6 to 9:30 a.m.  
Open to all  
Team Robins members  
For details,  
call 468-6972.

**Legoland Florida Tickets**  
1 day \$54 per person  
2 day \$62 per person  
For details,  
call 468-2945.

**Fit 2 Fight**  
Through Feb. 28  
Mondays, Wednesdays  
and Fridays  
11 a.m. to noon  
Fitness Center  
For details,  
call 468-2128.

**FSS Wireless Hot Spots**  
Participating facilities  
include the Golf Course,  
Base Restaurant and  
Afterburner,  
Heritage Club, Horizons,  
Library and Bowling  
Center.

**Remote Control Bowling Ball**  
Available for Wounded  
Warrior Program and  
those with special needs.  
For a fee, it can also be  
used as a novelty for parties.  
For details,  
call 468-2112.

**Chapel job opening**

The Robins Chapel is looking for a Chapel Tithes and Offerings Account Manager. Experience with Microsoft Word, Excel, and PowerPoint is desirable. Minimum of a bachelor's degree and five years experience in accounting is preferred. Knowledge of Chaplain Corps Central Accounting is a plus.

Resume deadline is Feb. 13. Interviews will be scheduled for Feb. 20. A statement of work and bid instructions can be picked up from the Base Chapel. The contract will be awarded on "Best Value" to the government. Upon award, applicant must submit to a criminal history background check.

For more information, contact Tech. Sgt. Derek Johnson at [derek.johnson@robins.af.mil](mailto:derek.johnson@robins.af.mil).

**Family Advocacy Singles Class**

Robins Family Advocacy will host 'How to Avoid Falling in Love With a Jerk or Jerkette – Are you the one for me?' a five-session singles class to help participants identify the warning signs of a difficult partner and reduce relationship mistakes. The classes will be conducted Feb. 7, 14, 21, 28 and March 7, from 11 a.m. to 1 p.m. in Bldg. 941, the Professional Development Center,

To sign up call 327-8398.

**New golf course rates**

Pine Oaks Golf Course has new rates for 2013.

For E1s through E4s, the new annual rate is \$250 – a savings of 51 percent from the old fee of \$506.

For E-5s and above, and Department of Defense civilians and contractors, the new annual rate is \$350 – a 58 percent savings from the former \$825 fee.

Family rates are available. Membership is open to anyone with a valid ID card.

The new rates are due to the loyal support of Team Robins during a profitable 2012.

Golf course improvements also included the addition of new or enhanced tee boxes, drainage systems and irrigation upgrades.

To learn more, call 926-4103.

**Volunteers needed**

The Airman's Attic – in the former commissary on Macon Street – is seeking volunteers for the following times: Mondays and Fridays from 9 a.m. to noon and Tuesdays from 10 a.m. to 1 p.m.

E-1s through E-5s and O-1s through O-2s and their family members can shop at the facility, which is open Mondays from 9 a.m. to noon and Wednesdays from 10 a.m. to 1 p.m. All items are free.

For details, call Diane Weeks at 816-550-8123.



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78TH FORCE SUPPORT  
SQUADRON