



**Team members
awarded
for excellence**
Pages 5,6

Runway traffic changes taking place

All vehicle traffic traveling to Bldgs. 91, 2391, and all other buildings located on the northwest end of the industrial area will be routed through the Force Support Squadron Aerospace Ground Equipment area or Perimeter Road.
All traffic going to the northeast end of the industrial area (Bldgs. 131,137, the tower, engine shop and all

other buildings) will travel around the fuel pit into those areas. No personal or government vehicle traffic will be allowed access down the taxiway while resurfacing is being performed.
Barriers are in place to prevent vehicles traveling down the taxiway. For more information, call Eric Kruger at 497-3491.

ROBINS REV-UP
February 22, 2013 Vol. 58 No.7

Letter to the workforce

**'As a team
we can get
through
whatever
lies ahead'**

Team Robins,

As most of you are aware, the Department of Defense formally notified Congress Thursday that should sequestration occur and continue for a substantial period, it will be forced to furlough most of its civilian workforce for as many as 22 days this fiscal year.



Butikofer

However, it also reiterated that if furloughs are implemented, all affected employees will be provided at least 30 days' notice, and their benefits will be protected to the maximum extent possible.

While everything is still speculation at this point, if you have not already done so, I urge you to begin contingency planning in the event furloughs are directed. Furloughed employees would see about a 20 percent reduction in their pay.

At the same time, I want to reiterate to you that you are immensely valuable to the defense of our country and your dedication is unmatched.

As a team we can get through whatever lies ahead.

If you need assistance, our Employee Assistance Program managers are here for you. You can call Jamie Tillit at 327-7577 or Lynn Irvine at 327-7683, or reach assistance 24/7 at 1-800-222-0364 or 1-888-262-7848 (TTY).

Additionally, our Airman and Family Readiness Center has many beneficial programs available and can be reached at 926-1256.

Continue to be good wingmen to one another.

Col. Mitchel Butikofer
Installation commander

Congress notified, DoD prepping for furloughs

BY JIM GARAMONE
American Forces Press Service

Defense Secretary Leon Panetta has notified Congress that the Defense Department is prepared to implement furloughs for civilian personnel in response to the threat of sequestration.

In a memo to all employees, Panetta vowed to contin-



Panetta

ue working with Congress to avoid sequestration, which would add \$470 billion to the \$487 billion in defense spending cuts the department is already making during the next 10 years. If Congress can't agree on an alternative deficit reduction plan, the cuts go into effect

March 1.

Panetta and every other defense leader have called the cuts dangerous. They would come on top of cuts imposed by operating under a continuing resolution. For fiscal 2013, the effect will be further magnified, because the cuts must be done in the final six months of the fiscal year, which ends Sept. 30.

"In the event of sequestration, we will do everything

we can to be able to continue to perform our core mission of providing for the security of the United States," Panetta wrote in the memo, "but there is no mistaking that the rigid nature of the cuts forced upon this department, and their scale, will result in a serious erosion of readiness across the force."

Panetta and DoD leaders

► see PANETTA, 10



U.S. Air Force photo by SUE SAPP

Steve Raffield, integrated electronics systems mechanic, uses a microscope to solder components on a circuit card for the Joint Helmet Mounted Cueing System.

Eyes Front

Helmet electronic units maintained at Robins

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

As pilots sit inside a fighter aircraft, an electronic display situated inside their visors provides a visual representation that allows their eyes to remain focused on the task at hand.

As their heads turn, critical information such as bearing, line of sight and altitude are easily accessible.

The technology that allows that to happen is the Joint Helmet Mounted Cueing System, a workload that is relatively new to the 567th Electronics Maintenance Squadron here. Through a partnership with Vision Systems International in Fort Worth,

Texas, maintenance of these units has been conducted here for more than two years.

"While we repair all sorts of common avionics equipment, this is a unique workload," said Dennis Glover, 567th EMXS Comm/Nav Flight director.

The electronic units hooked inside the helmets are used by Air Force and Navy pilots flying F-15s, F-16s and F/A-18s in missions across the globe.

Robins also performs work on heads-up displays, which are the displays pilots see in front of them while sitting in the cockpit.

While work on the helmet is not performed here, the testing of the electronic unit itself allowing pilots to see information

► see HELMET, 2

Ga. Tech, Robins partnership offers safety, health courses

BY JENNY GORDON
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Through a partnership with the Georgia Tech Research Institute, 18 Robins employees will receive an Industrial Safety and Health Certificate during a graduation ceremony Monday at the Heritage Club ballroom.

Courses, taught by Georgia Tech instructors on base, began October 2011, with instruction concluding January 2013. As a result of hosting classes locally instead of in Atlanta, significant savings were achieved to the tune of more than \$200,000, according to David Decker with the 78th Air Base Wing Safety Office.

Among the courses, which included classroom and hands-on training, were industrial hygiene practices; Occupational Safety and Health Administration regulations and procedures; confined space training; electrical safety in the workplace; recordkeeping; machinery and machine guarding standards, and hazardous materials.

"One of the reasons we're getting these certificates is that it adds credibility to the installation safety program as a whole," said John Ainsworth, 78th ABW Safety Office.

Other advantages of the program include the opportunity to further strengthen safety education, while continuing to improve work processes and assist employees.

"It gave me the knowledge base I needed to ensure our workforce is being protected, and that we are in compliance and meeting OSHA requirements," said Robbie Tidwell, 402nd Commodities Maintenance Group aircraft sheet metal mechanic.

Tidwell is also an American Federation of Government Employees Local 987 safety representative. He said that by offering the program to employees here the issue of safety and

► see TECH, 10

ROUTING RESILIENCY: National crisis hotline connects call to Robins

BY JENNY GORDON
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Mental health professionals here were recently able to reach out to a military member in crisis – with a phone call through the national Veterans Crisis Line.

The toll-free number was accessed by a former Robins Airman while en route to a new duty location. Counselors routed the call to the appointment line in the Mental Health Flight here. The caller was kept on the line until a mental health technician could provide support.

"It was a save, if you will," said Lt. Col. Philip Bascom, 78th Air Base Wing mental health flight commander. "A number of things happened, with good, quick thinking on the part of the appointment staff, good policy and handling of the crisis, and of course the patient using that 800 number."

He added that this is an especially critical time since

military members are relocating to their next duty assignment.

"Transitions are stressful for military and family members," he said. "In this case we helped bridge the connection."

Senior Airman Ryan Fordham, a 78th Medical Group mental health technician, talked to the Airman on the phone for 20 minutes, providing immediate care in a time of need.

"My training gave me the ability to manage the crisis and provide a positive hand-off to a provider who could do the necessary follow-up," he said. "It was a team effort from beginning to end."

Bascom agreed.

"This number really does work," said Bascom. "It's not just a call center. This particular call looped back to Robins, and is a good example that the process worked."

How to reach out

The Veterans Crisis Line may be accessed by dialing



Confidential help for veterans and their families

1-800-273-TALK (8255), and pressing option 1. You may also text to 838255 or use a confidential online chat feature.

Department of Veterans Affairs counselors are available to provide confidential and free support 24 hours a day, seven days a week, 365 days a year. You can also visit www.veteranscrisisline.net.

Formerly known as the National Veterans Suicide Prevention Hotline, since its launch in 2007, there have been more than 745,000 calls and more than 26,000 life-saving rescues.

Page Two



U.S. Air Force photos by MASTER SGT. ROGER PARSONS

Above, Senior Airman Andrew Lee, a photojournalist with “Airman” magazine, photographs Airman 1st Class Jacob Huffman, a 461st Maintenance Squadron propulsion technician, as he performs maintenance on the thrust reverser of a TF-33-102 engine Feb. 13. Lee was part of a two-man team from the publication who were on hand to do a story on Team JSTARS and its expanding missions both home and abroad.

Right, Senior Airman Alan Mixon, a 461st Aircraft Maintenance Squadron surveillance radar technician, is photographed as he washes an E-8C Joint STARS.

ALL IN A DAY'S WORK

‘Airman’ magazine puts spotlight on Team JSTARS mission



HELMET

Continued from 1

inside the helmet is rigorously tested to ensure it’s running as it should so the warfighter can continue the mission.

Whether shaken, cooled or heated in extreme temperatures inside a thermal chamber on site, each EU is tested in several phases to test its integrity.

Every EU contains circuit cards which only allow terrain to be recorded during missions, and there are cables and microscopic connections to plugs, filters and other equipment to ensure everything is in working order.

One of four on a team who works on the EU, Steve Raffield’s job involves meticulous attention to detail.

In particular is the precision required to solder or melt wire onto each unit as chips are replaced – a process that can take up to two hours.

“This particular process makes all your connections to the rest of the components on the board, and keeps chips from moving,” said Raffield, an integrated electronics systems mechanic.

Once completed, the card moves down a row of work stations – one



U.S. Air Force photo by SUE SAPP

Roger Cain, integrated electronics systems mechanic, shows a screen where an electronic unit processor for the Joint Helmet Mounted Cueing System has gone through a vibration chamber test.

being a tester that analyzes tiny microscopic points on each card. A software program performs its checks to make sure everything is running smoothly.

Finally, a thermal chamber, used to simulate below freezing and temperatures up to 150 degrees Fahrenheit while in theater, holds EUs during a 12-hour cycle to ensure there are no failures.

The future will continue to hold

opportunities as technology improves.

“This new workload has been great for us,” Glover said.

“Working new technologies like the ball grid array found on these units allows us to expand our capabilities and better support our customers. And that’s what it’s all about – keeping the warfighter, both old and new, fighting the fight.”

Pardon our progress



U.S. Air Force photos by SUE SAPP

Renovation work is currently being done at the Robins Theater. Local contract employees are cleaning, scraping and repainting the floor.

NEWS FROM AROUND THE

AIR FORCE



Air Force implements enlisted date of separation rollback

The Air Force will implement the enlisted date of separation rollback program this fiscal year, in addition to several voluntary force management programs, according to Air Force Personnel Center officials.

The rollback will accelerate the date of separation for senior master sergeants and below who meet the required criteria, said Lt. Col. Shelley Strong, AFPC operations division chief.

Airmen affected must separate from the Air Force by May 31, and those eligible to retire must do so effective June 1 or earlier.

The rollback program allows commanders to consider Airmen for selective reenlistment early, if they meet program criteria.

Airmen can be considered for the rollback only if they:

- Have fewer than 14 years or 20 years or more of total active federal military service on or before May 31, and;
- Have a May 31, 2013, or later date of separation, and;
- Have one of the reporting identifiers, reenlistment eligibility codes, assignment eligibility codes or grade status reasons defined in the program commander action table.

To learn more, visit www.af.mil.

AFSOC stands up Air Warfare Center

The Air Force stood up the Air Force Special Operations Air Warfare Center and hosted an assumption of command ceremony at Duke Field, Fla., Feb. 11.

During the ceremony, Brig. Gen. Jon Weeks assumed command of the center, which is headquartered at Hurlburt Field, Fla., with operating locations at Duke Field and Robins.

The ceremony was at Duke Field to emphasize the center's total force partnership between active-duty members and reservists.

"The Air Force Special Operations Command partnered with the 919th Special Operations Wing to help execute aviation for internal defense missions and build partnership capacity," said Col. Jonathan Duncan, AFSOAWC deputy commander.

With the activation of the center, the Air Force Special Operations Training Center was inactivated. As a result, the major units which fall under the center include: U.S. Air Force Special Operations School, 371st Special Operations Combat Training Squadron, 19th Special Operations Squadron, 551st SOS from Cannon Air Force Base, N.M., 18th Flight Test Squadron, 6th SOS and the 745th SOS reserve unit, which were formerly assigned to AFSOTC.

To learn more, visit www.dvidshub.net/news/101908/afsoc-stands-up-air-warfare-center

Maintenance Airmen cut time with technology

A group of Airmen at Kadena Air Base, Japan, are part of a unique shop created to more quickly identify maintenance issues in MC-130 aircraft.

The 353rd Special Operations Maintenance Squadron wire analysis shop is a test bed for automatic wire test sets.

Air Force Special Operations Command officials initiated the AWTS program about four years ago in order to provide special operation maintainers a



U.S. Air Force photo by SAMUEL KING

Eye on the target

An Airman with the 96th Security Forces Squadron keeps his weapon at the ready during an active shooter exercise at Eglin Air Force Base, Fla.



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

Getting your fill

Airmen and local Afghan children pump water from a repaired well in a village near Bagram Airfield, Afghanistan. The Airmen teamed up with local Afghan leaders to fix the well and bring fresh groundwater back to the village.

program to help pinpoint maintenance issues in significantly less time. Each test program set is built to identify wire malfunctions on the aircraft.

"Typically, it can take a maintainer about a minute to test two or three wires by hand with a multimeter," said Tech. Sgt. Don McKenzie, a member of the wire analysis shop. "This system can test more than 3,000 wires in just one minute. That means what may take one maintainer days to identify, this system can catch in less than a 10-minute period."

To learn more, visit www.military.com/daily-news/2013/02/13.

Air Force airlift support to Mali hits 2 million pound mark

The Air Force reached a major milestone Feb. 12 when the service hit the 2 million pounds of cargo transported mark during airlift operations from

Istres, France to Bamako, Mali and other partner nations in support of French military operations in Northern Africa.

At the request of the French government, airlift operations began Jan. 21, and the Air Force has flown 43 missions under the control of U.S. Africa Command.

The U.S. is committed to supporting France and international partners to confront Al Qaeda in Islamic Maghreb, as well as affiliated extremists in Northern Africa.

To read more, visit www.amc.af.mil.

DISA highlights increase in use of collaboration tool

Use of a Web-based application designed to offer an information exchange environment for Defense Department users has grown markedly as defense spending cuts loom, Defense Information Systems Agency officials said.

Since 2007, Defense Connect Online has been the "go-to" mechanism among several new enterprises within DoD's networks that entrust remote services with a user's data and software through cloud computing.

Defense Connect Online is the designated enterprise tool allowing DoD partners to collaborate on either classified or unclassified networks, said Alfred Rivera, DISA's enterprise services director.

"It's been the department's way of providing collaborative solutions ... for online meetings, document sharing, white-boarding and voice-over-internet-protocol capabilities, to include chat," Rivera said.

John Hale, DISA's chief of enterprise applications, said DCO is the Web-based solution fielded within DoD's private cloud so information can be exchanged among mission partners.

"It really has been a facilitator of collaboration, ... including the ability to chat live with each other while you're doing it," he said. DCO users should note common access card requirements, with the option for non-CAC holder guest participation, Hale said.

As DoD faces an austere budget climate, DISA officials said, DCO and similar enterprise ventures have shown growth by virtue of cost savings. "We're starting to see a large increase in the use of Defense Connect Online, and in the last 60 to 90 days, there's been unprecedented growth," Hale said.

To learn more, visit www.af.mil.

Air Force Sustainment Center News

Preparing for the future

I know everyone is anxious to hear news about the possible sequestration and potential for civilian furloughs. I know this affects more than just the mission; it has a personal impact on each and every one of you.

Unfortunately, we're still waiting to hear what's going to happen.

But, while we wait for our marching orders, I encourage you to take this opportunity to prepare yourself and your families for what might



Litchfield

percent decrease in your annual pay

occur, including saving more money now or cutting back.

If we're given orders to direct civilian furloughs, it could mean up to a 20 percent drop in pay from April 1 until Oct 1. That equates to an 8.5

for fiscal 2013.

And, while I know the uncertainty weighs heavily on everyone's mind, we need to remain productive and keep our eyes on safety; don't let the uncertainty of our times cause you to take your eye off the ball.

While we're at work, we need to do our job for our country's defense. Our warfighters are counting on us.

I need everyone looking out for their Wingmen. Leaders, talk to your

people about the possible effects this could have on their work and home life.

And keep in mind, we've avoided furloughs in the past, and there's a chance we could avoid it again.

While we may be focused on the individual impacts, we still have men and women in harm's way who need our support. We can't let them down.

I will let everyone know when we receive specific direction on this issue.

ROBINS REV-UP

COMMANDER
Col. Mitchel Butikofer

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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. For information, call Lanorris Askew at 472-0806.

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To report delivery issues, call 472-0802.

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On the Fly



U.S. Air Force photo by DAVID DONATO

Plotting a course

Brian Wilkerson, Automotive Paint & Equipment, and Heather Hall, Cox Communications, align their compasses during a land navigation team-building exercise earlier this month at Warrior Air Base. Wilkerson and Hall were among 16 community members who took part in an overnight retreat on base as part of the 2013 Leadership Robins Region class.

LRS snags three AFMC awards

The 78th Logistics Readiness Squadron has earned Air Force Materiel Command's nomination to Air Staff for the 2012 Air Force Maj. Gen. Warren R. Carter Logistics Readiness Award.

Also known as the Daedalian Award, the trophy and award are annually presented to the Logistics Readiness Squadron selected by the Chief of Staff of the Air Force which has the best Logistics effectiveness record.

It was first awarded in 1962.

The 78th LRS achieved awe-inspiring feats in 2012 by anyone's standards, said Lt Col. Mark Guillory, 78th LRS commander.

"We have 285 superstars across six distinct flights with military, civilians, and contractors making outstanding contributions every single day," he said. "This award is a reflection of the dedication and professionalism of the LRS team."

In addition to the overall unit

WHAT TO KNOW

The 78th LRS provides overall direction for base logistics plans and processes related to vehicles, cargo and passenger movement, supply, equipment, fuels, munitions, personal property, deployment planning and operations, support agreements, and war reserve materiel.



award two individuals were honored with awards.

Maj. Sharonda Graham, a 78th LRS operations officer, was named AFMC Logistics Readiness Field Grade Officer of the year.

Tech. Sgt. Jacob Kaminski, 78th LRS vehicle operator/dispatcher, was named AFMC Vehicle Operations NCO of the Year.

Graham and Kaminski will now compete at the Air Force level.

The Traffic Management Office in Bldg. 914 will close at 11 a.m. Wednesday for an official office function. The office will reopen Thursday.

For more information, contact Hope Johnson at DSN 472-0131 or 222-0131.

Team Robins 2013 Senior Master Sgt. Promotion Release Celebration will be March 1 at 2:30 p.m. in the Heritage Club Bingo Room.

For more information, contact Senior Master Sgt. Phylisa McCarthy at 497-0263.

The munitions operations office will be closed for business March 4 through 8 for a semi-annual, 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 that time.

February is Teen Dating Violence Prevention and Awareness Month.

The Salvation Army is offering a free teen dating violence forum for girls ages 13 through 18. The forum includes a guest speaker, a self-defense training session for teens, and a parent education session today from 6 to 9 p.m. at the Comfort Inn & Suites (Ga. Highway 247), across from the base.

For more information, call 923-2348.

The Family Advocacy Program, the Airman and Family Readiness and Youth centers will also host a teen forum, "The Choice is Yours" March 2 from 3 to 5 p.m. in Bldg. 794.

Topics of discussion will include teen dating and violence awareness, bullying, sexting, emotional intelligence and peer pressure.

For more information, contact the Family Advocacy Program at 327-8422.

The annual Robins Technology

Exposition hosted by the 78th Communications Directorate will be conducted March 5 from 10 a.m. to 2 p.m. at the Horizons Event Center.

Those attending will have the opportunity to engage in hands-on demonstrations in the areas of:

- ▶ Document Processing Solutions
- ▶ Security Support
- ▶ Network Connections
- ▶ Data Protection
- ▶ Ruggedized Portable Computers
- ▶ Audio-Visual Technology
- ▶ Tactical Data Communications
- ▶ Amplifiers
- ▶ Blade PCs
- ▶ Fiber Optics

▶ Command Consoles

▶ Test & Measurement

Refreshments will be served, and giveaways will be available while supplies last.

To pre-register and preview the list of exhibiting companies, visit www.FederalEvents.com.

The Robins Tax Center is now open for the 2012 filing season. Hours of operation are Mondays through Thursdays from 8 to 11 a.m., and 1 to 4 p.m. The center is in Bldg. 995.

For eligibility, visit www.robins.af.mil/news/story.asp?id=123332457

To have a leave recipient listed here, email lanorris.askew@robins.af.mil.

Space permitting, submissions will run for two weeks.

78th Air Base Wing annual award winners

Congratulations to the following award winners:

- AMN – Airman 1st Class Nathanael Franklin
- NCO – Tech. Sgt. Christopher Ekstrom
- SNCO – Master Sgt. Larry Hancock
- CGO – 1st Lt. Maurice Cheeks
- First Sgt. – Master Sgt. Wilbert Terrell
- Civ Cat 1 – Paula West
- Civ Cat 2 – Javie Blanco
- Civ Cat 3 – Mark Martinez
- Civ Cat 4 – Gnester Brown
- Civ Cat 5 – Barry White
- Civ Cat 6 – William Arnett

461st Air Control Wing annual award winners

Congratulations to the following award winners:

- AMN – Senior Airman John Pless
- NCO – Tech. Sgt. Ryan Starkey
- SNCO – Senior Master Sgt. Jeffrey Taylor
- First Sgt. – Master Sgt. Charisse Bruce
- CGO – Capt. Lance Anders
- FGO – Maj. Jeffrey Digsby
- Civ Cat 1 – Monique McGee
- Civ Cat 2 – Michael Killingsworth

Airey NCO Academy graduates

Congratulations to the following graduates of Airey NCO Academy:

- Tech. Sgt. Aaron Chase
- Tech. Sgt. Kizzy Dinkins
- Tech. Sgt. Christian Jaussaud
- Tech. Sgt. James Long
- Tech. Sgt. Benjamin McNaughton
- Tech. Sgt. Chainey Moates
- Tech. Sgt. Sharon Nichols
- Tech. Sgt. Jennifer Reeve
- Tech. Sgt. Monica Stanford
- *Tech. Sgt. Ryan Starkey
- Tech. Sgt. Shaunte Wilder
- Tech. Sgt. Terry Williams
- Tech. Sgt. Mark Wolf
- * Distinguished graduate

Environmental commitment

78th CEG awarded several honors for outstanding programs

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

The 78th Civil Engineer Group at Robins has won the Secretary of the Air Force Gen. Thomas D. White Environmental Quality Award in the industrial installation category.

It did so for having the best quality environmental program. The installation last won the award in 2010.

The award recognizes Air Force installations conducting the best or most improved environmental quality programs, including categories in natural resources conservation, sustainability, environmental restoration and cultural resources management.

“This award is truly a Robins Air Force Base community award which reflects the dedication and hard work of the 78th Civil Engineer Group Environmental Division and the strong environmental commitment of all the

Robins mission partners,” said Lex Stokes, 78th CEG asset management director.

Key accomplishments leading to this award include the opening of a 2,700-square-foot recycling center in 2012 that accumulated 245 tons of recyclables during the first quarter of fiscal 2013; diverting 55 percent of its waste away from landfills, saving \$461,000 in fiscal 2011, and meeting and exceeding the 2015 goal; increasing senior leader awareness with monthly Environmental, Safety and Occupational Health council meetings; 20 consecutive years with zero Clean Air Act violations; increased green purchases and continued partnership with the Keep Warner Robins Beautiful Commission.

This award is named in honor of General Thomas D. White who served as Air Force Chief of Staff from 1957 to 1961.

WHAT TO KNOW

The 78th Civil Engineer Group is responsible with providing, operating, maintaining, restoring, and protecting the managed assets of the installation's infrastructure and facilities. That includes environmental stewardship, real estate management, and comprehensive and space management. The group oversees energy and utility systems, roads and grounds, military family housing, facility maintenance and repair. Further, the unit conducts fire emergency services, readiness and emergency management services.

Robins also took home the Gen. Thomas D. White Cultural Resources Management Award for Individual and Team Excellence, the Sustainability Award for Individual and Team Excellence, and the National Environmental Policy Act Award for Team Excellence.

Team members receive leadership awards

Fostering Leadership in People awards were given to seven people Feb. 15.

Col. Mitchel Buttkofer, Installation commander, and each organization's leaders presented the awards.

The award is given to people who make contributions to improving labor and management relations at Robins.

The recipients are:

Lifecycle Management Center
Ray Merrill

Quality Compliance Office
Lorenzo Thomas
Dwight Miller

566th Electronics Maintenance Squadron
Adam Saunders

406th Supply Chain Management Squadron
Sherri Irby
Dianna Vining

429th Supply Chain Management Squadron
Bobby Dalrymple



Irby



Vining



Dalrymple



Saunders



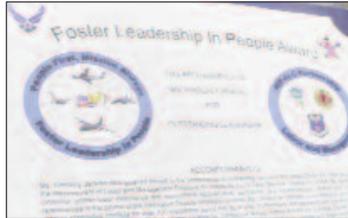
Thomas



Miller



Merrill



Preventing kitchen fires

Unattended cooking in Air Force Housing is the leading cause of kitchen fires.

This accounts for 80 percent of injuries and more property damage than from any other cause of household fires.

The base fire prevention office stresses that this trend can be drastically reduced through education and awareness.

According to RAFBI 32-2001 military/civilian sponsors are responsible for fire prevention in their assigned quarters.

They're ultimately responsible for ensuring their families practice sound fire prevention at home.

Sponsors, their spouses, or other qualifying adults are required to attend a fire prevention orientation briefing scheduled through the housing office within 30 days of moving into their unit.

Safety rules for cooking at home include:

►When cooking, never leave an oven, stove or microwave unattended.

►Know what to do in the event of a fire. Have a lid and potholders nearby. If a fire occurs, put a lid on the pan and turn the burner off. Don't attempt to move a pan which has caught fire. If it's inside the oven, keep the door closed and turn the oven off. If it's in the microwave, keep the door closed, and if safety permits, unplug the unit.

►If you have to leave the stove, turn it off or have another person attend to it.

►Before using a new microwave oven, always read the manufacturer's

operating procedures and safety precautions first.

►Never attempt to heat articles not approved for use in microwave ovens.

►Never use recycled paper products in microwaves unless they are specifically approved for that use. Some products contain minute metal flecks

►Be careful when heating liquids in a microwave. Some containers may feel cooler than they are. That can result in the splashing or spilling of scalding liquid.

►Use oven mitts or potholders to remove items from the microwave. Be careful when removing a wrapping or covering as hot steam burns can occur.

►Use microwave-safe utensils. The instructions with each microwave oven specify what kinds of containers are safe to use and how to test the suitability of materials before use.

►Never apply water, salt or flour on a grease fire.

►Know how to use your fire extinguisher and inspect it monthly for serviceability.

►Ensure the range extinguishers located above the stove in the hood are properly mounted.

►Clean appliances daily or after each use. Grease accumulates quickly and will accelerate the spread of fire.

►Ensure matches and other flammable items are not stored above or near the stove or other appliances which produce heat.

►Double check to ensure burners are turned off after cooking is com-



WHAT TO KNOW

For more information on fire safety at home or work, call the Fire Prevention Office at DSN 468-2145 or 926-2145.

pleted.

►Unplug portable appliances such as toasters, coffee pots, toaster ovens, bread machines, electric skillets, irons, crock pots, etc.

The fire prevention office recommends all personnel on base – whether they live in base housing or dormitories – purchase renter's insurance.

Renter's insurance is relatively inexpensive and can be obtained through local insurance providers.

In many cases the provider of your car insurance will give you a discount for opening another policy with them.

In the event of a fire, remember to dial 911 (or 222-2900) – whether the fire has been extinguished or not. The base fire department must be notified.

Last but not least, if a fire gets out of hand, ensure all family members leave the home and go directly to a designated meeting place for accountability.

February is
Black History
Month



Marijuana use illegal on military bases

Marijuana is illegal for service members and civilian employees, and is not allowed on any military installation, including Robins.

Although Colorado and Washington state have voted to legalize marijuana, it is against federal law and the Uniform Code of Military Justice for service members who are stationed in those states to use narcotics.

Federal law supersedes any legislative initiatives of states, district or territories, which are not binding on the military in the administration of military justice under Chapter 47 of Title 10, United States Code. Military personnel are subject to prosecution and administrative action for marijuana use, possession or distribution.

Department of Defense civilian federal employees are also subject to restrictions governing drug use, including medical marijuana use, and are required to adhere to the policies set forth in the Air Force Civilian Drug Demand Reduction Program, according to LaWanna Peachey, Employee Relations, Branch B, chief at Robins.

According to AFI 36-704, Robins AFB Supplement 1, Discipline and Adverse Actions, "Any employee who tests positive for illicit drug use while on government property or on duty, and is found to possess, transfer, sell or use drug abuse paraphernalia as defined in AFI 36-810, may be subject to the full range of penalties up to and including removal from their position as a federal employee.

For questions regarding this, contact Sue Trussell, Civilian Drug program manager, at 472-2750.



*Positive workplace relationships
enable everyone to perform
at their very best*

TOOTH TALK

78th Dental Squadron hosts annual conference



U.S. Air Force photos by TOMMIE HORTON



Left, Maj. Cade Salmon, from Lackland Air Force Base, Texas, gives a presentation on fixed prosthodontics (also known as dental prosthetics) Feb. 15 during the "Middle Georgia Event of Dental Professionals." The conference, which drew about 165 military and civilian dental professionals, was hosted by Robins at the Museum of Aviation.

Above, Lt. Col. Zindell Richardson, 78th Dental Squadron commander, speaks to Kimberly Lake, a civilian general dentist, during the event.



Sipping, Snacking and Tooth Decay

Many parents across the country will issue a common refrain at dinnertime tonight, "You'd better eat that; it's good for you!"

There's another old favorite in the parental arsenal of dietary admonitions, "Don't eat that; it'll rot your teeth!"

Now more than ever, kids are faced with a bewildering array of food choices – from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before.

It's clear that junk foods and drinks have gradually replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year. Alarmingly, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day.

Common activities may contribute to the tendency toward tooth decay. That includes grazing habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produces acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to salad dressing, so read labels

and plan carefully for a balanced, nutritious diet for you and your kids.

Reducing children's risk of tooth decay

- ▶ Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.

- ▶ Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.

- ▶ If kids chew gum, make it sugarless – Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.

- ▶ Monitor beverage consumption.

- ▶ Help your children develop good brushing and flossing habits.

- ▶ Schedule regular dental visits.

Medic's message

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



ROBINS REV-UP
February 1, 2013

READ
THE REV-UP
ONLINE AT
<http://www.robins.af.mil/library/rev.asp>

TECH

Continued from 1

overall labor management issues would be continuously addressed and stressed at all levels from frontline workers to management.

“It shows that we as a community are serious about safety, and that we are working together and not against each

other to resolve our issues,” he said.

As a result of the program, new ideas have surfaced which will aid in future development of other programs. For example, the online Hazard Reporting Tool has allowed Team Robins employees an opportunity to submit hazards they encounter in and around their work areas.

Once a hazard has been reviewed, the turnaround time for response is 24 hours. Tidwell anticipated that revisions will be

made to the program as a result of ideas gained while completing the safety and health certificate.

“This was an idea that came about as a result of prior training (with Georgia Tech),” he said. “It has really become the mechanic’s voice, but is available to all employees.”

Tidwell added that he and other program graduates will also be able to teach OSHA courses, becoming general indus-

try outreach trainers, keeping abreast of recent changes to OSHA standards for the most common hazards and violations.

As part of the Warner Robins Air Logistics Complex’s ongoing Safety Management System efforts, Tidwell and a team of engineers have also performed facility reviews and documented hazards in need of immediate resolution.

Eight facilities have been reviewed to date.

PANETTA

Continued from 1

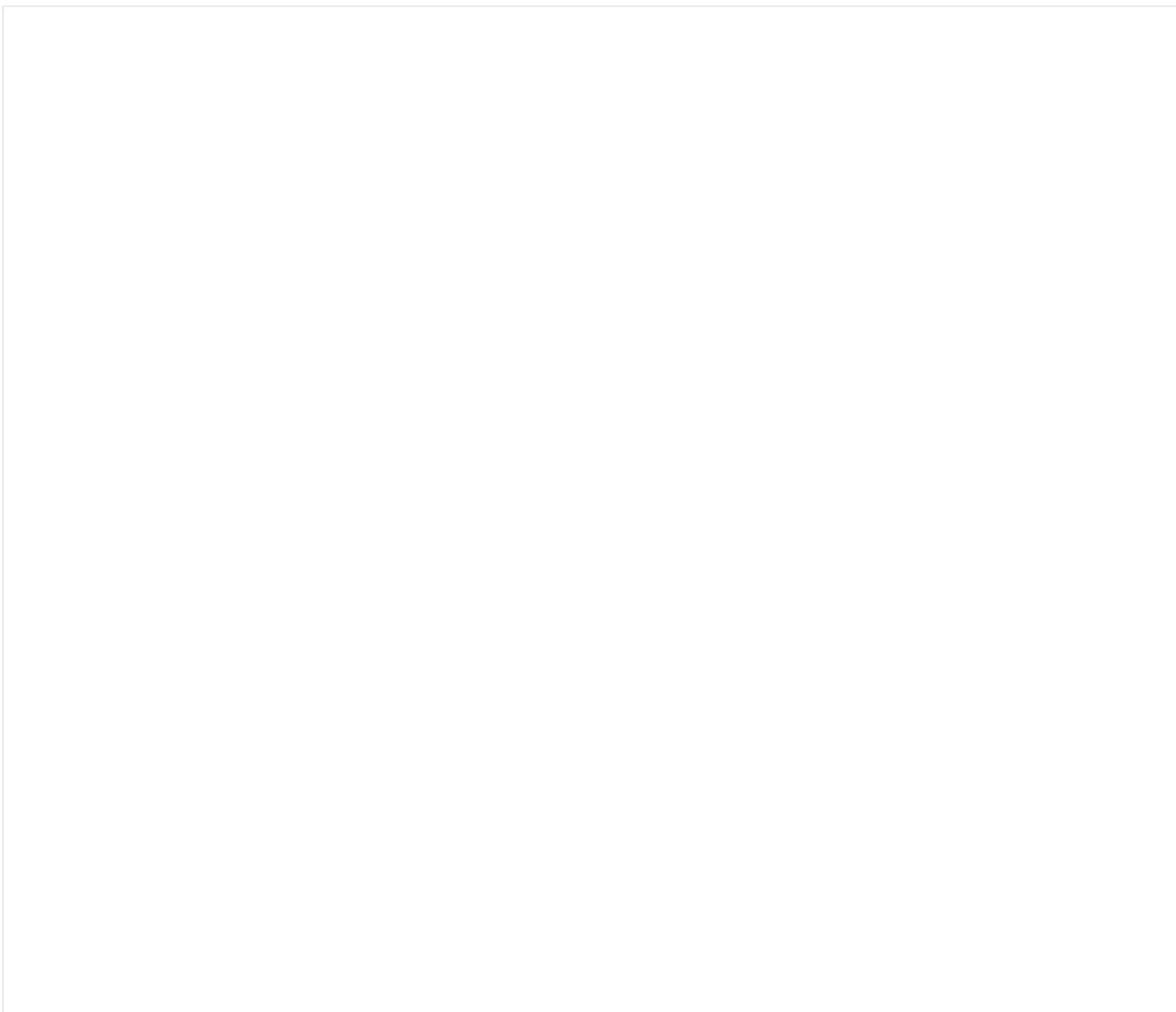
have long expressed concern about the impact sequestration will have on military personnel, civilian employees and families.

Flexibility in sequestration is limited, the secretary said in his memo, noting that while military personnel are exempt from direct impact, base services will deteriorate, and families may feel the pinch in other ways.

Deputy Defense Secretary Ashton Carter said last week that civilian employees could lose 20 percent of their normal income through September.

All affected employees will be provided at least 30 days’ notice, and their benefits will be protected to the maximum extent possible, according to Panetta.

“Our most important asset at the department is our world-class personnel,” Panetta wrote. “You are fighting every day to keep our country strong and secure, and rest assured that the leaders of this department will continue to fight with you and for you.”



FRI	SAT	SUN	MON	TUE	WED	THUR
22	23	24	25	26	27	28

EVENTS AND ACTIVITIES

ON TAP

Atlanta Rocks! Rock Climbing Trip
Sign-up by today for March 9 trip
\$55 per person
For details, call 468-4001.

Money Management Class

Monday
1 to 3 p.m.
Bldg. 794
For details, call 468-1256.

Writing a Business Plan

Tuesday
1 to 3 p.m.
Bldg. 794
For details, call 468-1256.

Interviewing with Confidence

Wednesday
1 to 3 p.m.
Bldg. 794
For details, call 468-1256.

Military Saves Week Spending Plan Basics

Wednesday
9 to 10 a.m.
Bldg. 794
For details, call 468-1256.

Debt Reduction

Thursday
3 to 4 p.m.
Bldg. 794
For details, call 468-1256.

College Prep

Thursday

5 to 6 p.m.
Bldg. 794
For details, call 468-1256.

UPCOMING

Thrifty Savings Plan Basics

March 1
2 to 4 p.m.
Bldg. 794
For details, call 468-1256.

Come Ride the Train! Sam Shortline

Register by March 1
March 23
Ga. State Veterans' Park
\$71 to \$81 per person
Outdoor Recreation, Bldg. 914
For details, call 468-4001.

Dog Obedience Class

Coming in March
For details, call Trudy Reynolds at 953-4488.

ITT Travel and Recreation Show

March 21
10 a.m. to 1 p.m.
Heritage Club Ballroom
Prizes to be given away
For details, call 468-2945.

Home Alone Workshop

March 28
5:30 to 7 p.m.
Youth Center
For details, call 468-2110.

White Water Rafting, Ocoee River, Tenn.

April 6
\$125 per person
Register by March 8

Outdoor Recreation, Bldg. 914
For details, call 468-4001.

Atlanta Zoo

April 20
\$70 to \$74 per person
Sign up early
Outdoor Recreation, Bldg. 914
For details, call 468-4001.

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.

T-Ball, Baseball and Softball Registration

Through March 1
5 to 17 years
Youth Center
For details, call 468-2110.

Club Membership Drive

Through March 31
Three months free dues
Unlimited cash back
For details, call 472-7864.

Legoland Florida Tickets

1 day \$54 per person
2 days \$62 per person
For details, call 468-2945.

FSS Wireless Hot Spots

Facilities include: the Golf Course, Base Restaurant and Afterburner, Heritage Club, Horizons Event Center, Library and Bowling Center.



You've Chosen the Air Force as a Career
Now, it's Time to Choose AF Club Membership

Sign up now and get free dues for the first three months plus an instant-win scratch card worth \$5 to \$100

Pick up an application at the Club or online at www.AFclubs.net



Now through March 31

Sign-Up Now and Receive

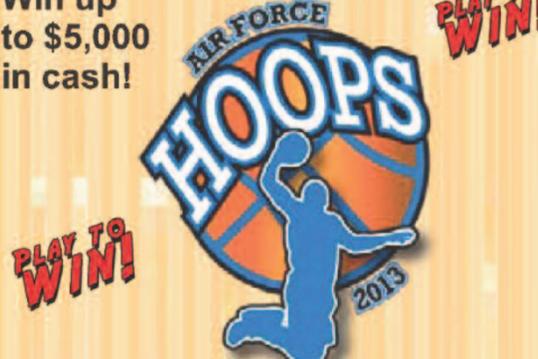
- 3 months free dues
- Unlimited Cash Back Rewards

Instant-win scratch off cards to new club members only (\$5 - \$1,000)



Open to all active, reserve, national guard, DoD civilians and eligible retirees (nonmembers)

Win up to \$5,000 in cash!



March 1 - April 8

Get in the **Game** and pick up your game piece at Robins Lanes

PLEASE RECYCLE THIS NEWSPAPER