

ROBINS REV-UP

February 21, 2014 Vol. 59 No.7

NEWS YOU CAN USE

Teen dating violence awareness screening

All teens and parents are invited to attend a screening of the film, "No One Would Tell" during a teen dating violence awareness event Saturday at the Base Theater from 1 to 4 p.m.

The goal of the film is to stop teen dating violence by becoming more aware of the dangers and warning signs. Tomieka Daniel, Georgia Legal Services supervising attorney, will lead a question-and-answer session following the movie.

Food, drinks and door prizes will be available.

For more details, call Sheila McLellan, Family Advocacy, at commercial 327-8425 or 497-8425.

Exercise may cause delays

Beginning Monday, Robins personnel will be engaged in the installation's first emergency management and readiness exercise conducted under the new Air Force Inspection System.

Team Robins should expect and prepare for delays during the exercise which is scheduled to run through March 7.

During that period, there will be weather emergency exercises and other command and control functions.

There will also be an Ability to Survive and Operate, or ATSO, challenge at Warrior Air Base; an opportunity to provide just-in-time training for deployed military members in areas of self-aid and buddy care; weapons; Chemical, Biological, Radiological, Nuclear, and Explosives training; and land mobile radio use.

SE&TM awards

The 2014 Robins Science, Engineering and Technical Management awards will be presented at a breakfast Tuesday from 8:15 to 11 a.m. in the Museum of Aviation Century of Flight Hangar.

Dr. Wade Shaw, Mercer University's dean and Kaolin Chair of Engineering, will be the guest speaker.

SE&TM awards are presented annually to recognize the outstanding contributions of scientists, engineers and technical teams to the installation missions and to aerospace power.

AFMC winners will be announced and recognized in the spring. Cost is \$2.

For more information, call Rebecca "Katie" Bartlett, at 468-6451 or Rani McCormick at 497-4031.



National Prayer Breakfast

Team Robins will host an interfaith National Prayer Breakfast Feb. 28 from 7 to 8 a.m. at the base restaurant to honor the deep spirituality and kinship of the base community.

This event will include singing, readings from various sacred texts, prayers and a special message.

Guest speaker will be Capt. Robert W. Greene, senior pastor of First United Methodist Church in Vidalia, Ga. Greene is an IMA reservist chaplain. Breakfast will be 'pay as you go.'

Federal acquisition forum goal to demystify process

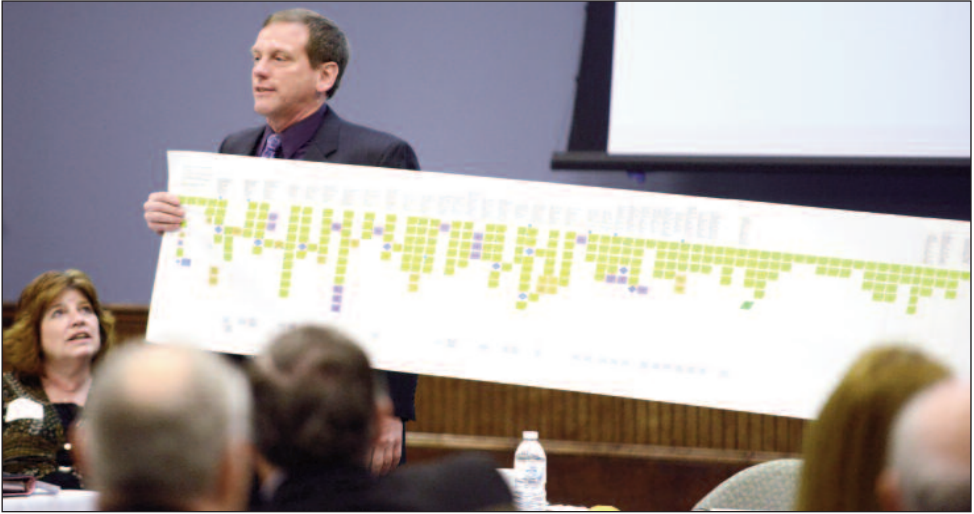
BY JENNY GORDON

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Gaining perspective into the intricacies of the federal acquisition process at Robins was the goal of Wednesday's forum conducted at the Mercer Engineering Research Center in Warner Robins.

Including base contracting leaders, an audience of more than 60 representatives from industry gathered to learn about what it takes to do business with the base, acquisition expectations, the requirements process, sourcing strategies, pre-solicitation activities, market research, small business competition, contract awarding and more.

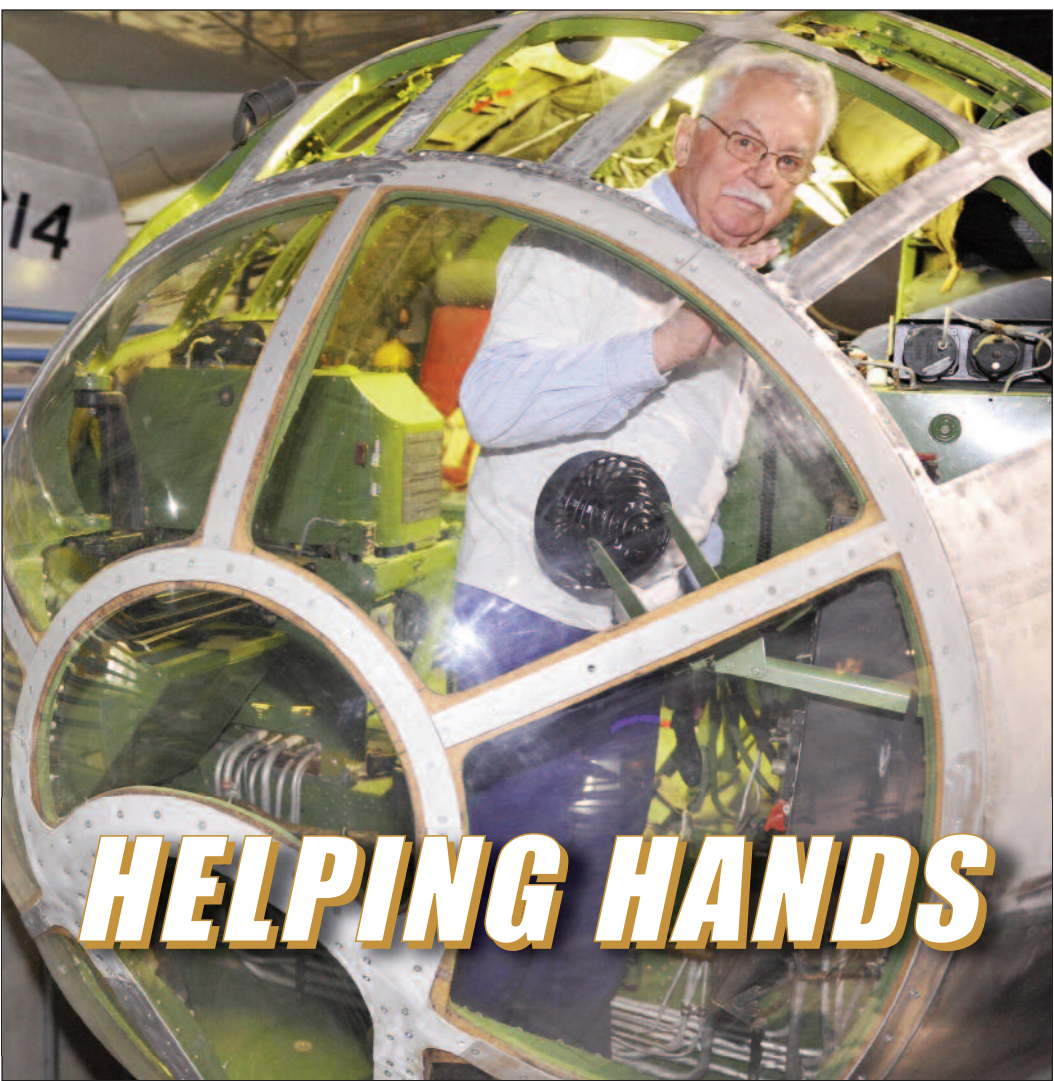
An average of more than \$5 billion in contracts is awarded annually at Robins. This can include everything from multiple



U.S. Air Force photo by TOMMIE HORTON

Tony Baumann, director of contracting at Robins, discusses the acquisition process Wednesday during a forum in Warner Robins. The purpose of the forum was to provide attendees a glimpse into the processes and procedures which drive acquisition strategies and the decision making process at the base.

► see FORUM, 6



U.S. Air Force photo by TOMMIE HORTON

Bob Denison, Museum of Aviation volunteer, works to completely restore the nose section of a B-29 aircraft currently on display in the museum's World War II Building.

Volunteers 'exhibit' various skill sets

BY TOMMIE HORTON

tommie.horton@us.af.mil

Bob Denison has an undeniable passion for airplanes. His attachment to them goes all the way back to the day he began aircraft maintenance school, just after graduating Air Force basic training in 1954.

Today, the retired master sergeant can be found at the Museum of Aviation restoring some of the very same type aircraft he maintained during his 20-year military career. Just as his service to our nation was voluntary, so is

the time that he spends restoring aircraft at the museum.

Bob said he truly enjoys the role that he plays in preserving Air Force heritage, and he's very willing to talk with others about his work.

The list of aircraft he has helped to restore since beginning his service to the museum in 2007 is quite impressive.

"It gives me a great deal of pride and satisfaction to see the finished products of my work on display," he said.

There are other volunteers at the museum,

► see MUSEUM, 6

Airman convicted of sexual assault

BY BRIAN SHREVE

Staff Writer

A Team Robins service member was convicted late Saturday of sexually assaulting a female airman from his own unit.

The defendant, a 16th Airborne Command Control Squadron senior airman, was sentenced to five years confinement in a general court martial convened by Lt. Gen. Bruce Litchfield, Air Force Sustainment Center commander.

The defendant also received a dishonorable discharge, reduction in rank to E1 and forfeiture of all pay and allowances.

The five-day trial began Feb. 11. The court martial consisted of a panel of officers, who deliberated for several hours before reaching their verdict, according to Capt. Jonathan Terry, 78th Air Base Wing assistant staff judge advocate.

The 23-year-old airman pleaded not guilty to violating Article 120 of the Uniform Code of Military Justice, following an incident that occurred March 3, 2013 during a house party in Byron.

The morning after the incident, the female victim – also a senior airman – consulted with a physician before notifying authorities she had fallen asleep after a night of drinking and thought she may have been sexually assaulted.

The convicted airman was later brought into the Office of Special Investigations for questioning.

It has yet to be determined in what facility the convicted airman will serve his sentence.

Transportation incentives keep moving along

BY BRIAN SHREVE

Staff Writer

For the past few years, some Robins employees have found getting to and from work less of a challenge thanks to mass transit – but the wheels of progress are still rolling.

Currently in the works, a new feature proposed by the Macon-Bibb County Transit Authority known as Park and Ride, would consist of a designated area located off base at Ferguson Park in Warner Robins from which a feeder bus would transport riders to and from Robins.

The Park and Ride would be an addition to Buses into Robins Daily, or BIRD, the MTA's partnership with Robins, which now

consists of three buses that transport Macon residents to and from the base; two of those would remain as such, with one being used as the feeder bus.

The effort would also add stops around the base, service more areas and cut travel time on the BIRD route.

Those not employed on base would also be able to board the BIRD from the park for travel back and forth to Macon.

"With a feeder bus, the service area on (the base) could be extended," said Jade Daniels, MTA operations manager. "And, if Warner Robins begins providing public transit service, we could connect with that also. The possibilities are endless."

The MTA has been working in conjunction with the City of Warner Robins on the



U.S. Air Force photo by FAYE BANKS-ANDERSON

A new proposed Macon-Bibb County Transit Authority feature called Park and Ride could help combat traffic problems at Robins.

project, with plans awaiting a draft contract to be approved by the city attorney.

"We're anxiously awaiting approval from the City of Warner Robins to get it started," said Daniels. "The ball is in their hands."

Second Front

Airman’s Attic open Saturday to all ranks

Due to a surplus of donated items, the Airman’s Attic will open its doors Saturday from 10 a.m. to 1 p.m. to all ranks with a valid I.D card.

Come out to see what the Attic has to offer and help us clear the way to move the organization’s operations to the new location in Bldg. 660 (the old commissary).

For more information, contact Master Sgt. Dnitrist Knowlton, at 497-3951 or dnitrist.knowlton@us.af.mil; or Master Sgt Theodore Lee, at 468-8110 or Theodore.lee@robins.af.mil.

Robins Technology Exposition

The 78th Communications Directorate will host its annual Technology Exposition March 5 from 10 a.m. to 2 p.m. at the Horizons Event Center.

There will be hands-on demonstrations from more than 25 companies in various areas of technology including wired and wireless headsets, scanners, software, and services, SIPR Hardware Token, Multi-level Security Solutions, Signal and Network Analyzers, Ruggedized Power Adapters, Measurement and Monitoring Solutions, One-to-One Blade PCs. Refreshments will be served and giveaways will be available while supplies last.

To preregister and preview the list of exhibiting companies, visit www.FederalEvents.com.

Team Robins Annual Awards

The 2013 Team Robins Annual Awards Ceremony will be conducted March 13 at 6:30 p.m. in the Museum of Aviation’s Century of Flight Hangar.

The semi-formal or mess dress affair will include a social starting at 6 p.m.

Cost is \$10 for E1-4/ GS1-4; \$25 for E5-6/ GS5-7 and \$35 for E7/GS-8/officers. The theme is “Honoring Greatness and Celebrating Success.”

Sign up with your unit ticket POC by March 6.

Annual Dixie Crow Symposium

The 39th Annual Dixie Crow Technical Symposium will be at the Museum of Aviation March 23 through 27.

The theme for this year’s free electronic warfare/information operations trade show is “21st Century Mission Success through ISR & Legacy EW Integration.”

For a full schedule of events, visit www.crows.org/chapters/dixie-crow-symposium.html. For more information, contact Lisa Frugé-Cirilli, symposium chairman, at 478-750-4756 or by email at Lisa.Fruge@baesystems.com.



U.S. Air Force photo by RAY CRAYTON

Turning wrenches

Joshua Herrington, a 402nd Aircraft Maintenance Group hydraulics mechanic, installs a C-5 landing gear Wednesday. The 402nd AMXG provides Programmed Depot Maintenance and unscheduled repair activities on F-15, C-130, C-5 and C-17 aircraft. The group is also responsible for the repair, modification, reclamation and rework of more than 200 aircraft worldwide.

ALL in a Day’s WORK



U.S. Air Force photo by ED ASPERA

Name: Adam Butterick
Work title: Illustrator
Unit: Air Force Reserve Command Public Affairs Graphics
Hometown: Warner Robins
Number of years in federal service: 4

What does your work involve? “I design posters, covers, billboards, newsletters, and many other graphics to support print, Web, social media, and the Citizen Airman Magazine for AFRC Public Affairs. I am generally found drawing rough sketches for concepts, which turn into finished artwork in Adobe Photoshop or Illustrator.”

How does your work contribute to the Robins mission? “For any agency to be taken seriously, it must look its best. If you were to address the public, you would want to look your very best. Public Affairs deals with exactly that - the public.”


What do you enjoy most about your work? “I enjoy the freedom of

the creative process. I love when customers come to me without a plan, and I get to dig in and figure out a design solution for their project.”

What prompted your interest in your current career field? “Ever since I was able to, I would draw with a pencil and a piece of paper. Many church bulletins never survived a service without doodles and characters. I drew all over them. I continued to draw, and later in life I grew interested in computers and the working of all things with a power button. I then decided in college to apply myself to both fields and go into graphic design.”

Who has been the biggest influence in your life? “There are a lot of people who have influenced my life in a lot of ways. One of whom has to be my grandmother. She painted, drew and even fired clay. I attribute a lot of my art interest to her.”

What is the accomplishment you are most proud of? “My most proud accomplishment is finishing college with a Fine Art degree and making a career out of it.”



**CLICK IT
OR
TICKET**

**ON
ROBINS
IT’S THE
LAW**



Black Heritage Observance Gospel Program set for Sunday

As part of Robins’ celebration of heritage, the 2014 Robins Black Heritage Gospel Program will be conducted Sunday at 3 p.m. at the Museum of Aviation Century of Flight Hangar.

The event is free to the public and will feature various choirs and singers

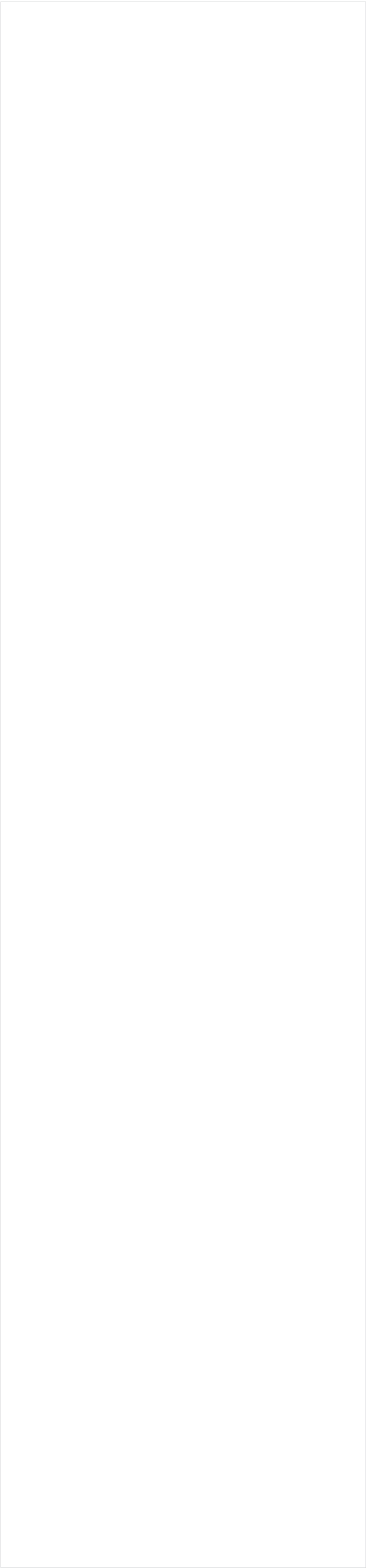
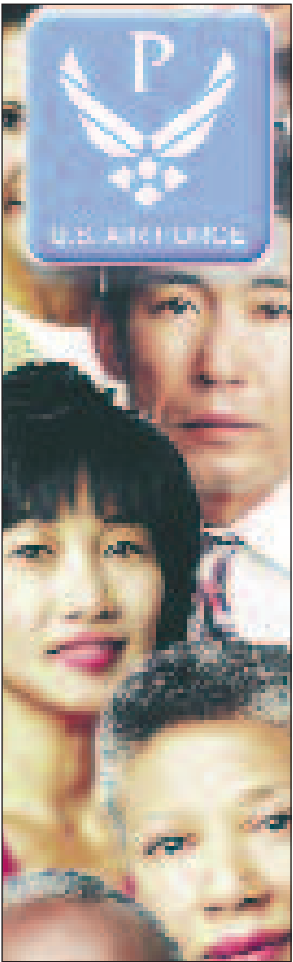
including Minister Colby McKenzie, the Middle Georgia Unity Heritage Choir, the Fort Valley University Baptist Student Union, the New & Living Way Church, CLGI Choir and more.

For more information, call Hildred Jones at 497-9733.



Celebrate diversity

Congress passed the first Civil Rights Act on March 1, 1875, guaranteeing African Americans equal rights in transportation, restaurant/inns, theaters and on juries. The law was struck down in 1883 with the court majority arguing the Constitution allows Congress to act only on discrimination by government and not that by private citizens.



Around the Air Force

SecAF outlines plan to address 'systemic problems'

WASHINGTON (AFNS) – Air Force Secretary Deborah Lee James shared observations from her visit with airmen across the ICBM community following revelations of a proficiency-test cheating scandal at Malmstrom Air Force Base, Mont., last month.

Speaking to an audience at the Center for Strategic and International Studies, James discussed her visits to bases in Wyoming, North Dakota, Montana and Louisiana.

“I received command briefs, I took tours and I learned about the mission firsthand,” she said. “And very importantly, I talked directly to Airmen.”

Using town hall meetings and focus group environments, James said, she spoke to missileers, security forces, maintenance, support and facilities personnel – all without their commanders or any note-takers present.

“I got a microcosm of all the different types of teammates,” she said. “And what I learned in all of these settings was actually very enlightening.”

Based on the discussions, James said, she was able to come up with seven areas that will be addressed as part of the action plan the Air Force owes to Defense Secretary Chuck Hagel within 60 days.”

To read more, visit www.af.mil.

Air National Guard embraces ‘One Air Force’ concept

ARLINGTON, VA. (AFNS) – Emphasizing the importance of embracing a “One Air Force” concept, Chief Master Sgt. James Hotaling, command chief master sergeant of the Air National Guard, addressed newly minted chief master sergeants attending the Air Force District of Washington Chief’s Orientation and Recognition Ceremony to educate them about the Air Guard and to further build upon relationships between the active and reserve components.

As part of that, Hotaling, the 11th command chief master sergeant of the Air National Guard, talked about the National’s Guard’s 377-year history performing both state and federal missions. He then focused on three missions where he said the Air Guard excels: protecting the homeland, fighting America’s wars and building global partnerships through the State Partnership Program.

The Air Guard is the first choice for homeland operations, said Hotaling, noting Air Guard personnel were among the first to respond to the tornado that tore through Moore, Okla., in May. And, more recently, Airmen had boots on the ground when winter storms ravaged the Midwest and water contamination threatened areas of West Virginia.

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

LaPlante confirmed for top acquisition leadership position

WASHINGTON (AFNS) – The senate confirmed Dr. Bill LaPlante as the next assistant secretary of the Air Force for acquisition Feb. 12.

LaPlante, who currently serves as the principal deputy, assistant secretary of the Air Force for acquisition, is



Courtesy photo

Final salute

Capt. Philip Gunn participates in a flyover during the internment ceremony of Brig. Gen. Robinson Risner, Jan. 23, at Arlington National Cemetery. Risner was the Air Force’s 20th ace and survived more than seven years of captivity as a prisoner during the Vietnam War. Gunn is a 336th Fighter Squadron weapons system officer assigned to Seymour Johnson Air Force Base, N.C.

excited to bring his nearly three decades worth of experience to this new position.

“I’ve spent over 28 years around systems technologies, acquisition programs; touching all aspects of those programs for all services,” he said during a confirmation hearing Jan. 16. “This experience, along with my time on the Defense Science Board, offers firsthand impressions of Defense acquisition.”

Many of those years were spent at Johns Hopkins University Applied Physics Laboratory in Laurel, Md., and eight more spent as the department head for the University’s Global Engagement Department before moving to MITRE as the Missile Defense Portfolio director.

AF launches new civilian development site

MAXWELL AIR FORCE BASE, ALA. – Air Force civilians now have another tool available to build their careers.

The Ira C. Eaker Center for Professional Development recently made available a new tool to assist civilians with their professional development.

The Civilian Development Resource Center is an online clearinghouse providing access to development roadmaps, learning programs and thousands of no-cost courses, books, videos, job aids, simulations, articles and more.

To read more, visit www.af.mil.

Former Tinker official sentenced to 30 months in prison for accepting bribes

OKLAHOMA CITY, OKLA., – A former item manager at Tinker Air Force Base, Okla., was sentenced today to 30 months in prison for conspiring to commit wire fraud, accepting bribes, and participating in government contracting under an illegal conflict of interest, announced Sanford C. Coats, United States Attorney for the Western District of Oklahoma.

In July of 2013, a federal jury heard evidence that from about 2002 to 2006, Loman accepted large cash



U.S. Air Force photo by AIRMAN 1ST CLASS PRESTON WEBB

Pushing it

Maintainers push a KC-135 Stratotanker engine into place at Royal Air Force Mildenhall, England. Each engine weighs about 5,000 pounds and takes several Airmen and an engine trailer to move.

payments from an individual associated with Daytona Aerospace, Inc., of Deerfield Beach, Fla., in exchange for favorable treatment in the Air Force’s purchasing of aircraft replacement parts.

This sentence is the result of an investigation by the Defense Criminal Investigative Service and the United States Air Force Office of Special Investigations, with assistance from the Federal Bureau of Investigation and the Office of Inspector General for the U.S. Department of Transportation.

Air Force news

Airmen train Marines on aircraft refueling

BY AIRMAN 1ST CLASS ZADE C. VADNAIS
18th Wing Public Affairs

KADENA AIR BASE, Japan (AFNS) – Marines from the 9th Engineer Support Battalion at Camp Hansen, Okinawa, Japan, are participating in a six-month field exchange program here with Airmen from the 18th Logistics Readiness Squadron.

The idea for the program hatched from a conversation between Master Sgt. Jason Bowman, the 18th LRS fuel operations section chief, and Gunnery Sgt. Damian Sinanon, the 9th ESB, 3rd Marine Logistics Group, Bulk Fuel Company first sergeant last year.

“I attended the advanced course at Camp Hansen and when I was in the academy I met Marines that did my job,” said Bowman. “I met a gunnery sergeant, and we started talking about the different opportunities each branch has, and he told me, ‘My guys never get to work with aircraft. Do you think we could bring them down there to train?’ and it just kind of took off.”

The training program is designed to familiarize Marines with an aspect of their job they wouldn’t normally encounter, all while working in a joint environment. To facilitate this, the five Marines participating in the program, are embedded with the 18th LRS. They even stay in the same dorms with their Air Force peers and eat meals with them in the dining facility.

“We’re training with the Air Force to see what they do here,” said Cpl. Daniel Ramirez, a bulk fuel specialist. “Back at (Camp) Hansen, we’re more of a ground-support unit, so I’ve never seen anything like this.”



U.S. Air Force photo by NAOTO ANAZAWA

Tech. Sgt. Richard Crom, 18th Logistics Readiness Squadron NCO in charge of the fuel lab, presents a container of a fuel and water mixture during a field exchange program Feb. 6, at Kadena Air Base, Japan. The Field Exchange Program is the first of its kind which combines the Air Force and Marine Corps training on fuel procedures.

The six-month program gives Marines 4,800 hours of training, rotating them between distribution, fuels hydrants, fuels laboratory and cryogenics training.

The participating Marines aren’t the only ones benefiting from the training program. The Airmen they train with, as well as Air Force and Marine Corps leadership, are gaining valuable experience that can be applied to future joint efforts.

“Having this opportunity to experience what our Marine partners do and vice versa is absolutely critical to the future of the military,” said Chief Master Sgt. Daniel Janssen, 18th LRS fuels manager. “We’re going to continue to push more toward a joint environment as we

grow as a force and I think this is very, very important.”

Boasting the largest refueling fleet and operational cryogenics production plant in the Air Force, the 18th LRS Fuels Management Flight was the winner of the 2014 Raymond H. Gross award for Best Fuels Management Operation in the Pacific Air Forces, making it one of the best locations for these Marines to learn new aspects of their job.

“The way we currently deploy, and the state of operations that we have overseas, means there’s no longer just an Air Force base or a Marine Corps base,” Bowman said. “The fact that our Airmen and these Marines are able to work together here is going to make them more proficient at working together in a wartime scenario.”

Once the Marines complete the training, they’ll be expected to pass their new knowledge on to their peers with the ultimate goal of being able to perform both aircraft and ground refueling procedures.

“As soon as they get back to (Camp) Hansen they’re going to be much more knowledgeable on fuel handling procedures,” Bowman said. “When they’re tasked to deploy in support of hurricane relief or a wartime mission they’re going to be able to fill a multitude of positions for the Marine Corps.”

So far, the program has proven to be invaluable, providing professional development while giving Marines and Airmen the opportunity to build camaraderie through training together.

“We’ve brought them in and made them part of the family we have here,” Janssen said. “We certainly look forward to having them here and making us better.”

ROBINS REV-UP

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They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

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

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From the Command Down

Everyone makes a difference

Team Sustainment,
We are just six weeks into the new calendar year, but the pathway to success is already much clearer than it was for most of 2013.

The budget has passed and we pretty much know what to expect. The Air Force Sustainment Center, like other organizations across the defense department, is transitioning from more than a decade of war to a peacetime readiness stance as we draw down our combat forces in Afghanistan.

Our troops overseas are still our top priority, but the magnitude of support needed is decreasing. So far, we’ve done an amazing job at this transition. We have delivered everything the Air Force has demanded, and you should be proud of these accomplishments.

With our smaller budget and smaller workforce, we have to re-focus our efforts from effectiveness to cost-effective readiness. Last December we implemented an approach called the “Road to a Billion.” The goal was to achieve \$1B in savings or cost avoidance in the upcoming year.

We have now reached the \$900 million mark and have changed the name to “Road to a Billion and Beyond.”



Litchfield

While there are many components to our approach, the unifying element we all share is to make improvements on a daily basis in our work centers. Using standard process improvement tools we have the ability to greatly increase output without additional resources, and without people working harder than they already are.

In essence we become a “better value” at delivering readiness for our Air Force. The better our value, the more work we can and will bring into our Center, and the more opportunity we have at delivering more capability at less cost. So why is it important to everyone? The answer is easy: the cost of our products is a significant factor in the size and capability of the force we can afford. The size and capability of the force will determine how we fight the next war.

It is our responsibility to ensure successive generations are ready to fly, fight and win! Bottom Line: what we do today will determine the future. There is no bigger responsibility on our shoulders than ensuring our sons, daughters and grandchildren have the same dominant Air Force capability we enjoy today.

Thanks for all you do. Keep’em Flying

— *This commentary was written by Lt. Gen. Bruce Litchfield, Air Force Sustainment Center commander.*

U.S. AIR FORCE

EagleEyes

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Report Suspicious Activity 468-EYES

FORUM

Continued from 1

weapon systems supported here to the daily cost of operations.

“This forum helps to describe what and how we think, why we make the decisions we do, and how the process works,” said Tony Baumann, Robins director of contracting. “The concept is simply to understand that the process is open – dialogue is what makes it more trustworthy.”

Acquisition is the process by which goods, supplies, commodities

and services are bought by the government.

Additional topics covered included contract law, small business programs and the Acquisition Center of Excellence.

“In acquisition we define our requirements, identifying what we need to processing through placement of a contract,” he said. “We solicit industry for bids, we negotiate prices, award contracts, and in the end administer them until those goods and services are ordered.”

While there are a myriad of deliberate steps taken during the contract-

ing process that many may not realize, Baumann stressed the three fundamental principles in contracting include competition, fair and reasonable pricing and fairness during the process.

A yearlong process is currently taking place across the three air logistics complexes to standardize contract documentation. Rapid improvement events will be held throughout 2014 to further define the process, said Baumann.

A requirements symposium is scheduled for 2015.

MUSEUM

Continued from 1

but not all of them perform aircraft restorations. Many of them sit at the visitors’ desks of each of the four exhibit buildings which are open to the public for free. There, they greet and welcome visitors to the museum.

Some conduct tours for groups associated with the military. Others perform tasks in the archives and library section of the museum. Some assist customers with purchases in the gift shop. They even conduct 90-minute history-based tours to groups of various ages.

Although there are many qualities that make a person an ideal candidate for museum service, two qualities that seem to stand out the most are an interest in military or aviation history, and a pleasure for meeting new people.

The service of volunteers helps to fill gaps in the personnel and resources needs of the museum.

“The work that volunteers perform here is absolutely vital to keeping the museum running,” said Dan Hart, museum volunteer coordinator.

The museum, which sits on a beautiful 51-acre site next to Robins Air Force Base, is the second largest museum in the U.S. Air Force.

Exhibit buildings are open from 9 am to 5 pm daily.

Editor’s note: Volunteers may choose the number of hours that they wish to serve. Persons interested in volunteering should contact Dan Hart at dan.hart@museumofaviation.org.



U.S. Air Force photos by TOMMIE HORTON

Top, Grant Fossum, Museum of Aviation volunteer, works in the archives and library section of the museum.

Above, Karl Demello, Museum of Aviation volunteer who works as a greeter in the World War II Building, always welcomes visitors with a smile.

A Better You

LIGHTEN YOUR LOAD *Reducing stress can save your life*

BY HOLLY
LOGAN-ARRINGTON
holly.logan-arrington@us.af.mil

Looming deadlines, coworker conflicts and unexpected tasks – all of these can be summed up in one word – *stress*.

Under stress, the body releases adrenaline into the blood stream, causing one’s heart rate and blood pressure to increase temporarily. A body that’s constantly under stress doesn’t get the chance to rest because it’s always in high gear, and as a result, the artery walls become damaged.

Stuart Bapties, Health and Wellness Center flight commander, said everyone needs to get stress under control to be healthy.

Here are some tips to control stress:

Think ahead

Effective time management is one key to lessening stress. Start projects early to guard against scrambling before deadline. Measure the time tasks or projects require so you can best manage your supervisors’ expectations.

Avoid the stress of being late to meetings by setting your watch five to 10 minutes ahead.

Focus on one project at a time

Accomplish one thing at a time. Answer emails for a time. Next, focus on finishing the report that’s due. That helps minimize stress and will help you focus on the objective at hand.

Take a break

Everyone needs to build rest periods into the day. Try taking 30 to 60 minutes to step away from your desk and decompress. You’ll come back refreshed.

Adjust expectations

While it’s important to challenge yourself at work, taking on more than you



Courtesy graphic

- Emergency stress stoppers**
- These can be extremely effective in the work environment. Different stress stoppers work for different situations. Sometimes combining methods helps.
- Count to 10 before you speak.
 - Take three to five deep breaths.
 - Ask for time to handle a stressful situation on your terms.
 - Take a walk.
 - Don't be afraid to say, "I'm sorry," if you make a mistake.

can handle can create stress. Find ways to decrease the demands made upon yourself, even if that means being less self-critical or having a frank conversation with your superior about adjusting your workload. Believe it or not your

supervisor is probably just as concerned with your stress level in relation to your workload as you are.

For more information or tips on stress management, call the HAWC at 327-8480.

Family care plans boost readiness

BY JANIS EL SHABAZZ
Air Force Personnel Center Public Affairs

Personnel Center’s special programs branch.”

Although all Airmen with family members are encouraged to develop a family care plan, only single military parents, dual military couples with family members and military members with civilian spouses who have unique family situations are required to develop written plans.

“These plans are maintained by the commander or first sergeant,” Vahle said. “Civilian Airmen and contractors in emergency essential positions are also strongly encouraged to establish family care plans.”

Airmen required to maintain written plans must update and verify them annually. Failure to comply with the mandatory requirements to develop and maintain a

current plan may result in disciplinary or administrative action.

“You should prepare a family care plan whether you expect to deploy or not,” Vahle said. “Taking care of these considerations now will help you and your family be prepared for any period of separation.”

The following guidance is provided for Airmen who need to develop their plan:

- Assign a guardian for your family in a special Power of Attorney and make sure the guardian understands his or her responsibilities.
- Obtain identification and commissary cards, register in the Defense Enrollment Eligibility Reporting System, and check to make sure all ID cards have not expired.
- Sign up for Servicemembers Group

Life Insurance or a similar group life insurance, and update all beneficiary information.

- Arrange for housing, food, transportation and emergency needs.
- Inform your spouse or any caretakers about your financial matters.
- Arrange for your guardian to have access to necessary funds.
- Arrange for child care, education and medical care.
- Arrange for necessary travel and an escort to transfer family members to their guardian.
- Discuss your plans with your older children.

– To read the full story, visit www.af.mil/News/ArticleDisplay/tabid/223/Article/473275.

Out and About

FRI	SAT	SUN	MON	TUE	WED	THUR
21	22	23	24	25	26	27

ON TAP Boss-n-Buddy Today 4 to 5 p.m. Heritage Club Lounge Club members free, \$5 for guests For details, call 472-7899.	Spend Plan Basics (Military Saves Week) Tuesday 2 to 3 p.m. A&FRC For details, call 468-1256.	UPCOMING Zoo Atlanta Sign-up deadline is Wednesday Activity is March 1 Adults - \$35 Children (3 to11) - \$25 For details, call 468-4001.
Par 3 Golf Championship Saturday 9 a.m. Gold Course \$25 for members \$40 for nonmembers Includes golf fees, range balls and prizes. Sign up in the Golf Shop For details, call 468-2110.	Racquetball Begins Tuesday Fitness Center For details, call 468-2128.	The 14th Annual Travel & Recreation Trade Show March 20 10 a.m. to 1 p.m. Heritage Ballroom Vendors include Universal Studios, Wonderworks, Panama City Beach CVB and more Prizes will be given away. For details, call 468-4001.
Ice Skating Saturday 10:30 a.m. Cost \$10 Transportation \$3 For details, call 468-2110.	Debt Reduction (Military Saves Week) Wednesday 3 to 4 p.m. A&FRC For details, call 468-1256.	ONGOING Fit 2 Fight Mondays, Wednesdays, and Fridays 11 a.m. to noon Fitness Center Circuit/Interval Training Pre- and post-performance evaluations will determine success. Incentives and prizes will also be given. For details, call 468-2128.
T-Ball, Baseball & Softball registration Saturday Youth Center For details, call 497-6836.	Career Technical Training Track Thursday and Feb. 28 8 a.m. to 4 p.m. A&FRC For details, call 468-1256.	Power Hour Daily 4 p.m. Youth Center Homework assistance and computer and game play For details, call 468-2110.
Thrift Savings Plan (Military Saves Week) Monday 1 to 2 p.m. A&FRC For details, call 468-1256.	Pajama Literacy Day Feb. 27 and 28 Dr. Seuss' Birthday CDC East/West For details, call CDC West at 468-3080 or CDC East at 468-5805.	

NEW LIBRARY HOURS



The Base Library will have new hours beginning Monday. The hours will be Mondays through Thursdays from noon to 7 p.m., and Saturdays from noon to 5 p.m. It will be closed on Fridays and Sundays.