

Complex to recruit engineers, scientists April 17

BY DAVID DONATO
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Warner Robins Air Logistic Complex hosts a recruiting event.

The event will be held from 12 to 3 p.m. at the Comfort Inn and Suites on Ga. Highway 247 in Warner Robins.

Eric Jones, acting WR-ALC technical director, said the complex has multiple

positions it's trying to fill. All positions require a degree in professional engineering or computer science and some work experience.

"We have an immediate need for engineers and computer scientists to provide engineering services in embedded soft-

ware, aircraft, avionics and facilities," he said. "The work requires smart, hard-working, innovative personnel. We have a lot of those already but we need more."

Interested candidates should bring multiple copies of their resumes to the event, he said.



NEWS YOU CAN USE

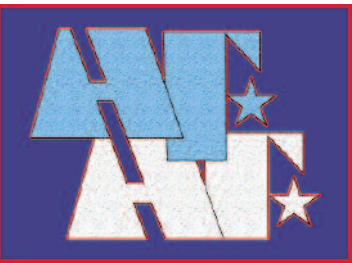
New Commissary hours

To provide better customer service to its patrons, the Robins Commissary is now operating under new store hours.

New hours are:

- Tuesday and Wednesday from 9 a.m. to 7 p.m.
- Thursday from 9 a.m. to 8 p.m.
- Friday, Saturday and Sunday from 9 a.m. to 7 p.m.
- Monday closed

For more information, contact the commissary at (478) 222-7637.



AFAF Campaign underway

The Robins 2014 Air Force Assistance Fund campaign will run March 24 through May 2. The theme is "Commitment to Caring," with a goal of \$77,130.

During the six-week campaign, the AFAF raises funds for several charities which provide direct support to the Air Force family of active duty, retirees, reservists, guard and dependents, as well as surviving spouses in need.

AFAF charities include the Air Force Enlisted Village, Air Force Villages Charitable Foundation, the General and Mrs. Curtis LeMay Foundation and Air Force Aid Society – the official charity of the Air Force.

During 2013, Team Robins donated \$79,432. The funds assisted 71 Airmen and their families in the form of emergency assistance loans and grants, education programs, and community programs, including PCS childcare and spouse orientation programs such as Heart Link.

"I believe the Air Force Assistance Fund is truly one of the best avenues available for retired and active duty military, mission partners and community members to take care of Airmen through a monthly contribution or one-time donation," said 1st Lt. Tracy Pete, the campaign's assistant installation project officer. "Each donation helps our fellow men and women."

"Robins was supported by AFAF funds in several ways last year, and with the changes currently happening within our Air Force, there will be the same need if not more for the support of this campaign," she said.

In 2013, Air Force Materiel Command contributed more than \$750,000.

To donate, see your Unit Project Officer or contact 1st Lt. Amanda Thurber at 497-3429 or 1st Lt. Tracy Pete at 468-0992.

Month of the Military Child

April is the National Month of the Military Child, and Robins' Youth Center is ensuring their sacrifices don't go unnoticed.

Upcoming events include:

- April 7 through 11 – *Quilt Story*. Each child brings in an old T-shirt representing where they've been or just simply themselves. With the staff's assistance, the children will create a quilt to be displayed in the Youth Center.
- April 14 through 18 – *Game Night*. Parents will have the chance to enjoy various carnival games with their children during extended hours. There will be face painting and refreshments served.
- April 21 through 25: Our Military Family Life consultant will speak to the children about conflict resolution, stress and pre and post deployment issues.

Few to get VERA, VSIP offers

BY RICK BREWER
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While the Air Force recently announced another round of Voluntary Early Retirement Authority, Voluntary Separation Incentive Program offerings to rebalance and reduce the size of the operation and maintenance-funded civilian workforce, those offerings are not expected to be extended to most employees here.

The majority of civilian employees at Robins – 9,985 of 12,970 – fall under the Air Force Sustainment Center.

Offers are expected to be extended to a minimal number of employees throughout

the entire AFSC organization nationwide.

AFSC officials said they're basing that estimate on a number of factors associated with ongoing Air Force workforce shaping efforts.

They added that employees affected by those workforce shaping efforts will be contacted directly by their supervisor or a representative of the local Civilian Personnel Office.

Meanwhile, the officials said additional workforce rebalance- and reduction-type initiatives this fiscal year are still a possibility.

However, at this time the extent to which AFSC would participate in such programs is unknown.

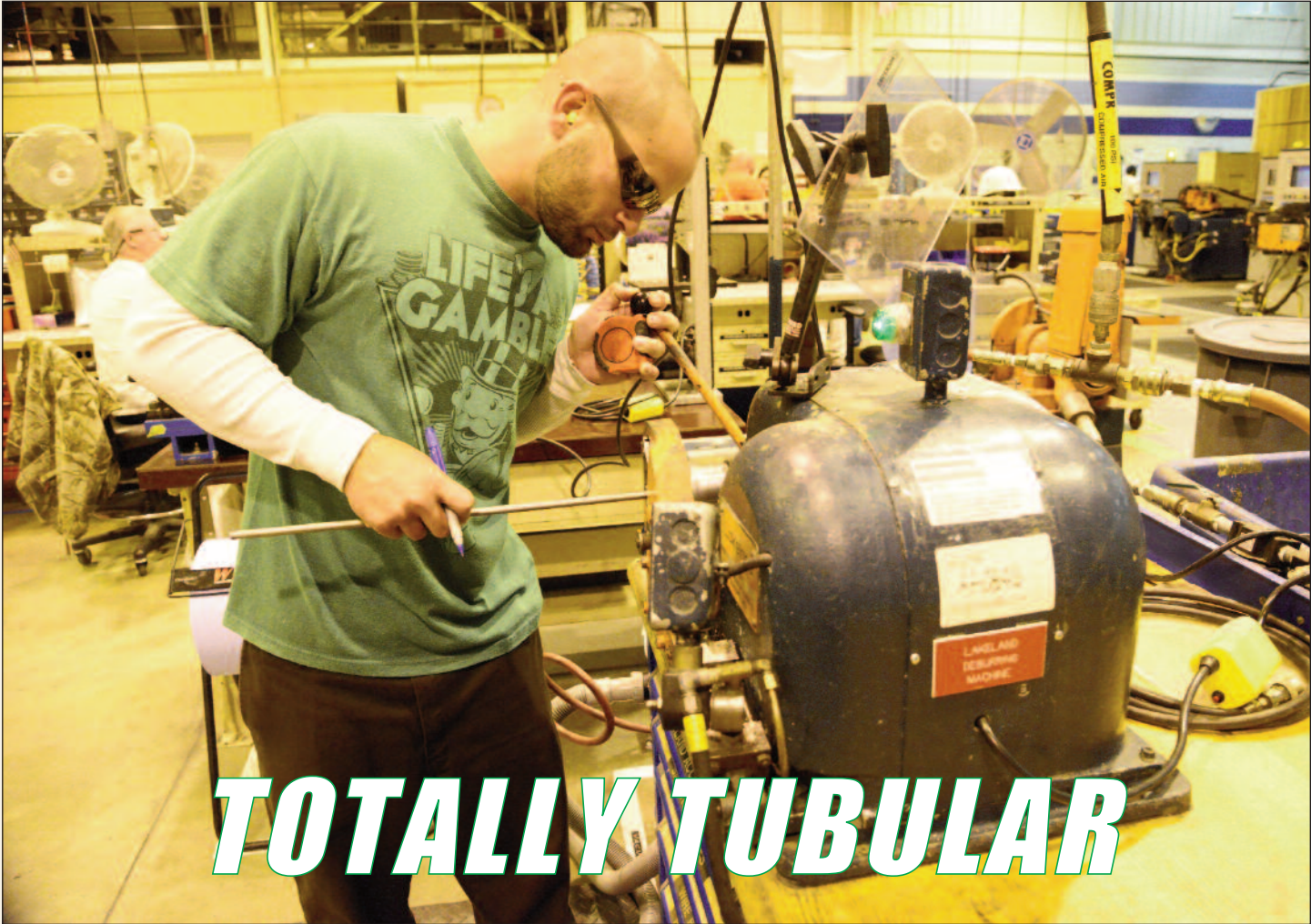


MLK Gate to re-open

The inbound lanes of the Martin Luther King Gate will re-open Monday. They will be open weekdays from 6 to 8 a.m. The outbound lanes will not be affected.

Meanwhile, vehicle entry at the Commercial Gate will be limited to Commercial Traffic only.

Operations at the Russell, Watson and Green Street gates will remain the same.



Hal Mickel, 402nd CMXG, uses the DeBarr Machine to smooth the end of a piece of tubing.

Teamwork yields 'true success' for aircraft

BY JENNY GORDON
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Teamwork and good old-fashioned hard work resulted in successfully filling numerous backorders in one shop which produces tubes in direct support of aircraft depot lines at the Warner Robins Air Logistics Complex.

Due to a shortage of workers and an influx of high-priority tubes that needed to be fabricated in the 573rd Commodities Maintenance Squadron Sheet Metal Manufacturing Flight's tube shop, additional volunteers were

brought in from other shops.

Adding a temporary crew of four, which included a machinist, two sheet metal workers and a supervisor, they immediately set to work over a two-month period on a workload of some 900 aircraft tubes.

"At the time, blue streamer tubes started coming, which are priority items. We'd start working those first which would then set the routine numbers back," said Jody Bentley, 573rd CMMXS metal tube maker. "As those kept coming in, the routine jobs kept stacking up."

"We're a small shop, so when the new people came in, we trained them, and they learned quickly how to use the machines," he said. "We worked together well."

The backorders began to be filled in January and were successfully completed over the next two months. A majority of them were for 3/8-inch tubes.

The tube shop creates and inspects completed aircraft tubing assemblies. Metal tube workers select raw tubing materials, cut, and then bend and trim

► see TUBE, 6

Looking to tomorrow: Base celebrates conservation in April, May

BY HOLLY
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Robins Air Force Base is getting 'down to earth' with its people.

National Earth Day is April 22, but the base will host events throughout April and May for its observance themed, "Conserve Today, Save Tomorrow."

Robin Hodgkins, 78th Civil Engineer Group Environmental Management Branch hazardous waste sampler, and this year's Earth Day event coordinator, said Earth Day is every day in her field.

"Earth Day is a great time to

remind everyone who lives and works at Robins that we have amazing resources here and each of us plays an integral part in protecting the environment," she said.

Earth Day lineup:

- Cemetery Clean-Up is scheduled today at 1 p.m. Participants will meet at Bldg. 359 before going to clean up Bryant Cemetery and King Cemetery. The POC is Shan Williams, (478) 327-8373.
- Lake Clean-up will be April 11 at 1 p.m. Participants will meet at Scout Lake. The cleanup will be focused on Scout Lake, Luna Lake and

Weir 14. Please wear comfortable shoes, long pants, and a hat. Point of contact is Paul Barker, 327-8305.

- E-Cycling will be on April 11 from 8 to 10 a.m. Turn in items at Bldg. 987. Bring your old computers and other approved electronics to be recycled. The point of contact is Randy Stillwell, (478) 327-4173.
- Bird Watching: will be on April 19 and May 10. Participants will meet at Bldg. 359. RSVP is required for this event since spots are limited. Point of contact is Bob Sargent, (478) 327-3974.



U.S. Air Force file photo David D'Amore, Air Force Reserve Command, uses a lawnmower to cut through weeds during the 2012 Earth Day cleanup at Bryant Cemetery in Warner Robins. This year's cleanup at Bryant and King cemeteries takes place today.

► see EARTH, 5

Second Front

KEEPING KIDS SAFE

Robins to share education about Child Abuse Prevention this month

BY HOLLY
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It takes only a moment to report child abuse to authorities. The impact of that crime, however, can last a lifetime. April is National Child Abuse Prevention Month. During April, the base’s Family Advocacy Outreach Program will offer tools to help educate the community about detecting and reporting child abuse. Installation and local community leaders signed a joint proclamation at the Warner Robins City Hall Tuesday to mark the observance.

Roslyn Battle, 78th Medical Operations Squadron Family Advocacy Outreach manager, said preventing child abuse is a responsibility for everyone. “Children have a right to be safe and to be provided an opportunity to thrive, learn and grow in an environment that fosters their healthy growth and development,” she said. “Child safety and well-being is paramount, but many times passers-by, friends, community members and even parents are reluctant to speak up.” Battle said people should act immediately to prevent this type of behavior.

“Call 911 or the military police at (478) 926-2187,” she said. “Call the Family Advocacy Program at (478) 327-8398 or the local civilian Child Protective Services, (478) 988-7508, if you suspect child abuse or neglect.” Air Force Instruction 40-301 – 1.1.16 requires all active-duty military members and Air Force civilians to report all suspected family abuse incidents. Battle said there are several types of maltreatments individuals should feel obligated to report. They are – emotional, sexual, physical and neglect. April 16, Family Advocacy,



U.S. Air Force photos by TOMMIE HORTON

Above, Attendees place pinwheels on Warner Robins City Hall’s front lawn Monday. The Pinwheels for Prevention Ceremony was part of the National Child Abuse Prevention Month kickoff, which included a proclamation signing. The pinwheel is the national symbol for child abuse and neglect prevention.

At left, Jonathon Carter, a cub scout from Pack 422 Den 10 Webelos, posts the colors at the start of the ceremony.

the Child Development Centers, and Houston County Safe Kids, and the 78th Security Forces Squadron will host a Car Seat Safety Check in the parking lot between the CDC buildings from 4 to 6 p.m. Participants will receive information bags. Each Monday this month, Robins’ civilians are encouraged to wear blue in recognition of Child Abuse Prevention Month. Take your Blue Monday photo and send it to robins.fap@us.af.mil to be posted to Robins AFB Family

Advocacy Program’s Facebook page. For a complete list of events, contact the Family Advocacy Program at (478) 327-8398.

WHAT TO KNOW

Family Advocacy will host an information fair at the Base Exchange today from 11 a.m. to 1 p.m. where Information on upcoming classes and Child Abuse Awareness and Prevention Month, along with giveaways, will be available.

Commercial Travel Office manning reduced

Manassas Travel, the Commercial Travel Office in Bldg. 914, has been temporarily reduced to one agent. Manassas Travel is the sole contracted booking agent for all official travel, including TDY, PCS and group travel, and mobility travel.

As a call center, the ability to answer and return customer phone calls will be reduced. The processing of travel requests as well as service for walk-in customers will also be affected, reducing the ability to process service in a timely manner. We appreciate your patience and understanding during this time. For questions, call Ken Hudson at DSN 472-0139.

Upcoming blood drives

The Armed Services Blood Program will conduct a blood drive April 18 from 10 a.m. to 4 p.m. at the Fitness Center Annex basketball courts in Bldg. 301. The American Red Cross will also conduct a blood drive April 18 from 7:30 a.m. to 1:30 p.m. in Bldg. 210 and from 8:30 a.m. to 2:30 p.m. in Bldg. 640. The ASBP plays a key role in providing quality blood products for service members and their families in both peace and war. The American Red Cross collects blood in support of civilian agencies and for national disasters.

Robins Chiefs’ Group scholarship

The Robins Chiefs’ Group continues to accept applications for its academic scholarship program. An applicant must be an enlisted military

member (Active Duty, Reserve, National Guard or retired), or the dependent of an enlisted military member (Active Duty, Reserve, National Guard, retired or deceased) assigned to or retired from Robins Air Force Base.

Any enlisted rank or branch of service is eligible. In the case of retired or deceased sponsors, the applicant must have remained in the Robins area. Applicants must have applied to, been accepted at or currently attend an accredited institution of higher learning (university, college, technical college, etc) on a full-time basis.

The scholarship program is divided into two distinct categories: Graduating high school seniors and adults continuing their education. All applications must be postmarked by May 1. For more information, send an email to info@robinschiefsgroup.org.

Robins Conference Center closure

The Robins Conference Center will be closed from June 7 through June 29 to have the roof replaced. The conference center staff will contact all affected organizations and offer them the opportunity to reschedule at a later date or provide a list of alternative sites that may be available during this time frame. Closure is a must due to safety concerns where falling debris could occur during demolition and installation. We apologize for any inconvenience this project will cause. Thank you for your patience.

ALL in a Day’s WORK



U.S. Air Force photo by MISUZU ALLEN

Name: Angela McCormack
Unit: 410th Supply Chain Management Squadron
Work title: Business Area Analyst
Hometown: Warner Robins, Ga.
Number of years in federal service: 14

What does your work involve? “I collect and analyze pertinent data, and gather information from various systems, focusing on Mission Impaired Capability waiting parts, backorders, order response time, customer wait time and the NSN Deletion process to meet and achieve squadron and group goals.”

How does your work contribute to the Robins mission? “By increasing the awareness of policy, methods, plans and procedures, ultimately the war fighter receives what they need in a timelier manner.”

What do you enjoy most about your work? “Providing insight and

conducting detailed reviews to help coworkers resolve daily issues.”

What prompted your interest in your current career field? “I have had a very strong interest in the field of logistics and supply ever since I made the decision to join my country’s military.”

Who has been the biggest influence in your life? “I wouldn’t be where I am today if it wasn’t for my parents. They have provided physical, emotional, spiritual and financial support.”

What is the accomplishment you are most proud of? “I provided awareness and support to our squadron’s achievement of an all-time record low in MICAP hours since the 410th stood up in March of 2008.”

What is something people would be surprised to know about you? “I love to travel. My latest trip in 2012 was to Australia. I am planning to visit Ireland this year, and Italy and Rome in 2015.”



U.S. Air Force
file photo

Airmen in full protective gear participate in a training exercise at Warrior Air Base.

WAB plays crucial training role

BY BRIAN SHREVE
Staff Writer

At Warrior Air Base, spring training doesn't consist of pop flies or ground balls. In fact, during any time of year, whenever the occasional explosion is heard around Robins, there's a solid chance it's coming from here.

Also known as the WAB, this multi-faceted contingency training site provides the skills vital to surviving in a threatening environment – be it a conflict abroad or a crisis at home.

WAB is available for training all active duty and reserve personnel as well as civilians prepping for deployment.

The 20-acre site is managed by the 78th Civil Engineering Readiness and Emergency Management Division, which trains up to 5,000 customers yearly.

The course length and intensity of training depends on the destination of those being deployed, according to Tech Sgt. Terri Adams, NCO in charge of the Emergency Management Flight.

Used for Wing Level Operational Readiness Exercises, each facility at WAB prepares

customers in responding to a variety of threats. In addition to chemical, biological, radiological and explosives training, response to potential hazardous materials and suspicious lab specimens are practiced as well.

The WAB's Emergency Operations Center represents a major component to these exercises, serving as the command cell controlling all operations.

WAB plays an essential role for several Robins units, including the 5th Combat Communications Group, which uses the area for weapon tactics training and close quarters battle complete with navigation courses, convoys and simulated improvised explosive device trails.

The site also aids units by providing realistic courses in repairing damaged aircraft in austere environments.

"After 13 years in the military, I can say this site is by far the most comprehensive I've seen at any Air Force base," said Adams.

Those in need of training at the WAB must submit a request at least 30 days prior to the dates, verbally, written or by accessing the CEXM's online calendar.

Around the Air Force

Military officials testify on sequestration, readiness

WASHINGTON (AFNS) – Sequestration would degrade military readiness, senior military officials recently told a Senate panel.

Army Gen. John Campbell, vice chief of staff; Marine Corps Gen. John Paxton Jr., assistant commandant; Air Force Gen. Larry Spencer, vice chief of staff; and Navy Vice Adm. Philip Cullom, the deputy chief of naval operations for fleet readiness and logistics, testified March 26 before the Senate Armed Forces Committee’s subcommittee on readiness and management support.

“Today, the Army remains globally engaged with more than 66,000 Soldiers deployed, including about 32,200 in Afghanistan and about 85,000 forward-stationed in over 150 different countries,” Campbell told the Senate panel.

While restoration of some funding for fiscal year 2014 helps the Army restore readiness, he said, it is not sufficient to fully eliminate the shortfall in core capabilities created from the past decade of counterinsurgency operations and made greater by sequestration.

To read more, visit www.af.mil.

Air Force officials take tactical aviation strategy to Capital Hill

WASHINGTON (AFNS) – Air Force officials said on Capitol Hill during a hearing March 26 that while the Bipartisan Budget Act has provided greater stability for technology and acquisition, “hard choices” must continue to maintain current readiness and prime the force over the next 10 to 15 years.

Dr. William LaPlante, the assistant secretary of the Air Force for acquisition, and Lt. Gen. Burton Fields, the deputy chief of staff of the Air Force for operations requirements, testified before the House Armed Services Committee that regardless of current threat assessments, technologies are proliferating in air, space and cyber-space.

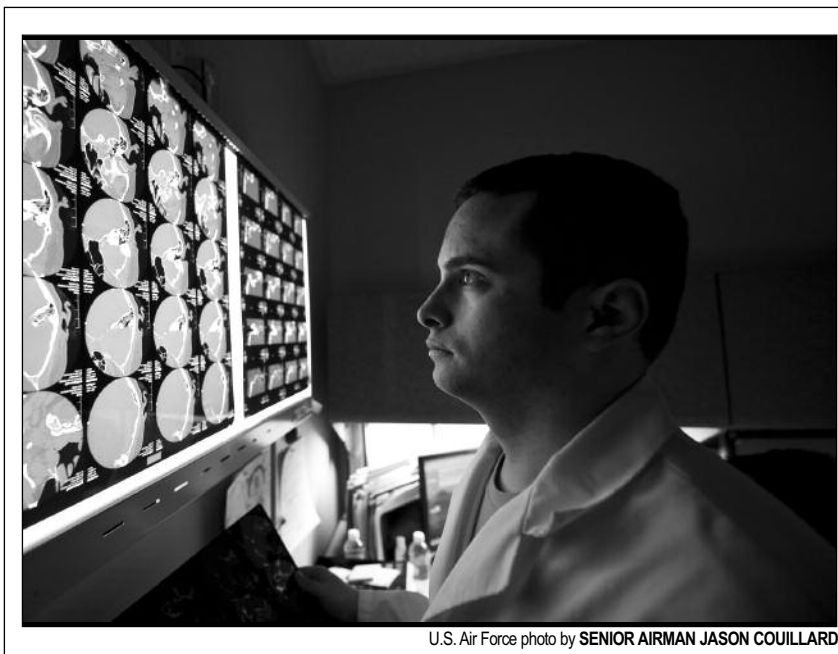
“We have a down payment to begin to upturn readiness,” LaPlante said of the Budget Bipartisan Act. “We did use a little bit of it in the Air Force to protect some of our high-priority programs.”

To read more, visit www.af.mil.

SecAF discusses service’s top priorities

WASHINGTON (AFNS) – Air Force Secretary Deborah Lee James provided a congressional panel with an overview of her top priorities for the Air Force March 26.

Joined by Air Force Chief of Staff Gen. Mark Welsh III, James laid out the framework for her three top priorities for the House Appropriations Committee’s defense subcommittee.



U.S. Air Force photo by SENIOR AIRMAN JASON COUILLARD

X-ray vision

Capt. (Dr.) Wesley Reynolds, a 99th Medical Operations Squadron neurologist, studies a patient’s brain scans at the Mike O’Callaghan Federal Medical Center, Nellis Air Force Base, Nev. According to the Brain Injury Association of America, about 75 percent of traumatic brain injuries are concussions or other forms of mild injuries.

ties for the House Appropriations Committee’s defense subcommittee.

“Those three priorities are taking care of people, balancing today’s readiness with tomorrow’s readiness,” she said, “and ensuring that our Air Force is the most capable at the least cost to the taxpayer.”

Every job she’s ever had always has come down to people, 100 percent of the time, James said. “So taking care of people, to me, means we need to recruit the right people, retain the right people,” she added.

The secretary said developing people inside the force, and having a diversity of thought and backgrounds at the leadership table are needed to make innovative decisions and solutions going forward.

To read more, visit www.af.mil.

New manpower standard outlines future of Air Force firefighting

TYNDALL AIR FORCE BASE, FLA.(AFNS) – To make sure Air Force fire departments are properly staffed for the future, firefighting experts at the Air Force Civil Engineer Center have published a new firefighter manpower standard which is set to be implemented by the major commands this month.

“This new standard is directly based on the tasks performed during a fire to save lives and property,” said Jim Podolske, the Air Force fire chief. “It factors in safety, National Fire Protection Association requirements and Occupational Safety and Health Administration laws.”

To read more, visit www.af.mil.



U.S. Air Force photo by TECH. SGT. SEAN TOBIN

Breathe in, breathe out

Capt. Julianne Gillespie, 62nd Airlift Wing aerospace and operational physiologist, checks the breathing of Airman 1st Class Erich Held, a 62nd Medical Squadron optometry technician, using the Reduced Oxygen Breathing Device at Joint Base Lewis-McChord, Wash. The device will ultimately replace the more expensive altitude chamber for required refresher training aircrew needs.

Air Force News

SOCIAL MEDIA: *Unwanted eyes may be watching Airmen, families*

BY AIRMAN 1ST CLASS PETER REFT
354th Fighter Wing Public Affairs

EIELSON AIR FORCE BASE, Alaska (AFNS) – Social media outlets such as Facebook, Twitter and Flickr can provide an instantaneous and highly entertaining feedback stream of your daily activities to friends and family.

The latest videos of dogs running with fireworks in their mouths, kittens tumbling in the snow or Internet memes of celebrity humiliations populate the news feeds of people around the world.

With so much content online and so many life events to share, it’s easy to forget that unwanted eyes may be watching. Without realizing it, Airmen may unknowingly jeopardize the safety of themselves, their families, their friends or fellow military members.



U.S. Air Force photo by SENIOR AIRMAN ZACHARY PERRAS

Tech. Sgt. Christopher Mosley, 354th Fighter Wing Plans and Programs NCO in charge, searches for operations security and personally identifiable information violations at Eielson Air Force Base, Alaska.

you’re at. And, now they know you’re gearing up for deployment and can figure out who’s deploying, when and where they’re going, and who has what missions.”

Another acute danger of Airmen posting to social networks involves smart phones automatically geo-tagging pictures with data that can reveal exact locations of critical assets.

“If a photo of a sensitive airframe, troop movement, building or equipment were to be published, it could give away key information on a possibly critical operation,” said Tech. Sgt. Joseph Speirs, the 354th Logistics Readiness Squadron OPSEC manager. “Giving away GPS coordinates of military assets can also give potential targets for terrorists or other adversaries.”

OPSEC applies to all activities that prepare, sustain or employ forces during all phases of operations.

There are five steps in the OPSEC process – identifying critical information, analyzing threats, analyzing vulnerabilities, assessing risks and applying countermeasures.

The one step that every military member, regardless of special training, is capable of doing is identifying critical information.

“That’s the foundation – finding out that critical information that adversaries can use to undermine your objectives,” Cooper said. “Without that foundation, the program won’t succeed.”

OPSEC incidents are not limited to on-duty work environments and military tactical operations.

“This is not just a program for while you’re on the job or mission,” Cooper said. “It’s also one you can take home.”

Airmen need to be cautious about certain visual indicators that may advertise their absence to potential criminals.

“If you have mail piled up and three or four newspapers on your porch, somebody who wants to break in to your home could be watching for that,” Cooper said.

If Airmen realize how those indicators can affect their security, they can apply the proper countermeasures to prevent incidents.

“Taking simple steps such as calling the newspaper to tell them to stop delivering for the next few weeks or having a light switch timer that gives the impression somebody is home is a very good idea,” Cooper said.

The OPSEC program encompasses the entirety of military operations that can be affected by military members, civilian workers, friends or family.

“Spreading the knowledge and reasoning behind the program to all involved with the military ensures everyone understands the importance of maintaining OPSEC with day to day operations,” Speirs said.

Each unit employs an OPSEC manager to whom anybody may report suspected OPSEC incidents.

For more information regarding OPSEC, refer to Air Force Instruction 10-701, Operations Security on the Air Force e-Publishing website.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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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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To report delivery issues, call 472-0802.

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From the Command Down

AFSC leader talks effects of proposed fiscal 2015 budget

BY BRUCE LITCHFIELD
Air Force Sustainment Center commander

The President’s proposed Defense Budget for fiscal 2015 was recently released, and as predicted, the Air Force Sustainment Center will experience some of the effects.

While the budget we’re currently operating under has brought more stability and new workloads to AFSC, the newest budget will require adjustments to workload and manpower.

Limited resources have forced Air Force senior leaders to make challenging decisions to balance readiness, capability and capacity to remain ready to meet all challenges both present and future.

We’ve been asked to transition to a leaner Air Force and to do that, we plan to restructure ourselves to include the removal of almost 500 aircraft from the operational inventory during the next five years.

As we transform, AFSC will focus on delivering

“The tenants of ‘Art of the Possible’ are what we must focus on. We need to look beyond our current abilities and strive to meet new goals that the Air Force never imagined before – and we will do this together.”



more capability at less cost so our Air Force will remain ready to fly, fight and win during the next conflict.

We knew this was coming and started our journey toward Cost-Effective Readiness more than a year ago. We will continue on the path in order to provide the readiness our warfighter’s need at a lower cost. How we perform as a Center will determine our value and competitiveness as the best value for sustaining readiness.

WHAT TO KNOW

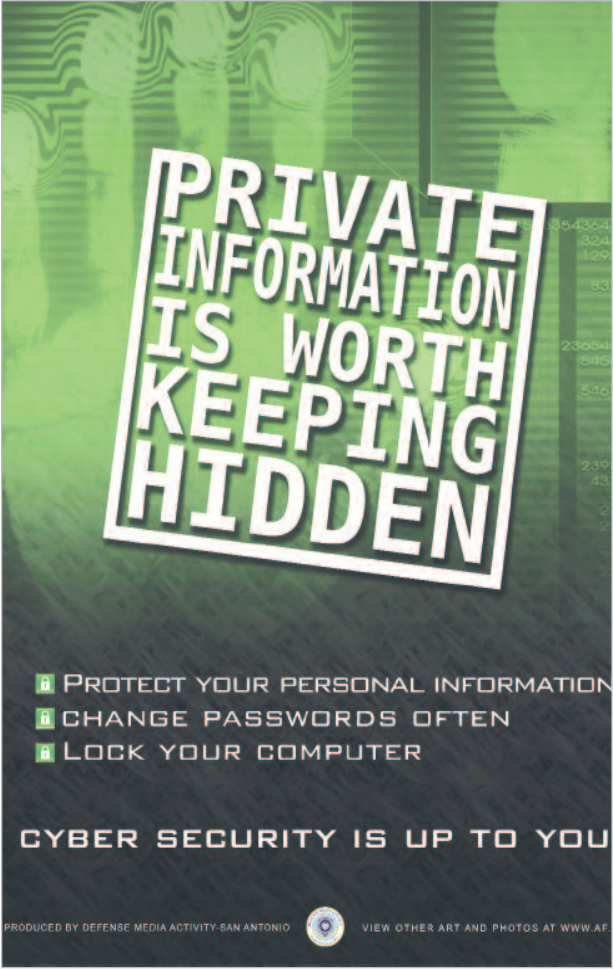
The Air Force Sustainment Center is one of five specialized centers assigned to the Air Force Materiel Command which includes Robins Air Force Base. The mission of the Air Force Sustainment Center is to Sustain Weapon System Readiness to generate Airpower for America. The center provides war-winning expeditionary capabilities to the warfighter through world-class depot maintenance, supply chain management and installation support.

Our ability to drive down cost, deliver a quality product, in a safe environment will go a long way toward determining future workloads.

The tenants of “Art of the Possible” are what we must focus on. We need to look beyond our current abilities and strive to meet new goals that the Air Force never imagined before – and we will do this together.

Thank you for all you do and for weathering these fiscal challenges as true professionals.

Keep ‘em flying...it’s what we do!



BE KIND
TO THE EARTH
PLEASE
RECYCLE THIS
NEWSPAPER



TUBE

Continued from 1

tubes to their correct lengths, attaching fittings prior to returning them to customers.

The shop fills most of its tube orders for F-15 and C-130 aircraft.

Tubes range anywhere from 1/8-inch to four inches in diameter.

Special machines in the shop bend various tubes, which are then read by laser to ensure the proper bend has been created.

Because these tube systems run throughout an aircraft, their sizes can vary depending on their location and function.

“I came down to help not knowing anything about the tubing environment,” said Craig Taylor, temporary shop supervisor. “With our scheduler and planner, we worked out a system



U.S. Air Force photo by **RAY CRAYTON**
Hal Mickel, 402nd Commodities Maintenance Group, cuts tubing using the cut-off saw.

where we streamlined getting the materials we needed. It’s a true suc-

cess story how they turned things around in this shop.”

EARTH

Continued from 1

►The Earth Day Golf Tournament will be conducted April 24 at Pine Oaks Golf Course. In case of rain, the tournament will be rescheduled for April 25. Registration begins at 9:30 a.m. Hole sponsorship is available by contacting Jennifer Ludwig, (478) 922-7751.

►The Georgia College Play “Return Earth Month” will be presented by the Georgia College Department of Theatre in collaboration with the GC Sustainability Council. The play will be shown in the

base theater on April 25 at 6 p.m. Admission is free.

Base Energy conservation & Earth Day Exhibits

►April 16 - The Base Restaurant will host an exhibit table manned by Georgia Power and Fort Valley State College representatives from 11 a.m. to 1 p.m. Reps will distribute info on conservation and souvenirs. Points of contact are William Quattlebaum, (478) 222-2340 and Robin Hodgkins, (478) 222-8410.

►April 21 and 22 - Bldg. 905 will host an exhibit table all day.

►April 23 - An exhibit table manned by Georgia Power and Fort Valley State College representatives will be available at the Base Gym from 11 a.m. to 1 p.m. Reps will distribute information on conservation and souvenirs.

Points of contact are William Quattlebaum, (478) 222-2340 and Robin Hodgkins, (478) 222-8410.

►April 24 - Golf Tournament including an exhibit at the Pine Oaks clubhouse all day.

For more details, visit <https://org.eis.afmc.af.mil/sites/78abw/78ceg/cei/CEIE/EarthDay/default.aspx>.

A Better You

AFMC promotes ‘Spring Into Shape’ wellness challenge

**BY AIR FORCE MATERIAL
COMMAND WELLNESS
SUPPORT CENTER**

**WRIGHT-PATTERSON AIR
FORCE BASE, Ohio** – During April and May, Air Force Materiel Command will promote its Spring Into Shape wellness challenge. Spring Into Shape is an initiative to lose weight and be physically active. Participants will receive a free copy of the Mayo Clinic Wellness Solutions for Weight Loss DVD at the official weigh-in. Civilian Health Promotion Services

will conduct the challenge.

How to Participate:

1) Enroll online at AFMCwellness.com until April 11.

2) Complete an official weigh-in by CHPS staff until April 11.

3) Perform 9 hours of physical activity and log results on your AFMCwellness.com account between April 14 and May 27.

4) Get weighed-out by CHPS staff between May 28 and June 6.

5) To be eligible for the completion award, participants need to:

a) Log 9 hours of physical activity

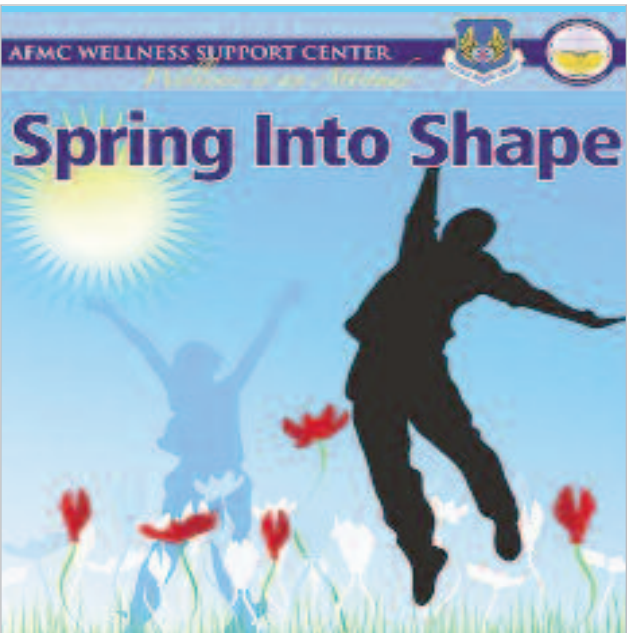
at AFMCwellness.com

b) Lose 2 percent of their beginning weight.

Example calculation:
Beginning weight 200 pounds;
2 percent of 200 pounds (.02 x 200)
= 4 pounds

Contact your doctor before beginning any physical activity program to be sure it is safe.

For more information, visit www.afmcwellness.com or contact your local CHPS team at DSN 497-8030 or commercial 478-327-8030.



Sipping, Snacking and Tooth Decay

BY TAMMY SIMS
78th Dental Squadron

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 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. Grazing habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks contributes to decay.

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 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.
- ▶ Offer nutritious foods for snacks.
- ▶ Chew only sugarless gum. After eating it 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.



Out and About

FRI	SAT	SUN	MON	TUE	WED	THUR
4	5	6	7	8	9	10

ON TAP
First Friday
Today
5 to 6 p.m.
Heritage Lounge
Food, fun,
entertainment and prizes
For details,
call 472-7864

Murder Mystery
Dinner Theater
Saturday
6 p.m. cocktail hour;
7 p.m. dinner
Museum of Aviation Century
of Flight Hangar
\$29.95 per person
\$55.95 per couple
Performed by the Veteran's
High School students
For details,
call 468-3031.

Bar Bingo
Sunday
2 p.m.
Heritage Club
For details,
call 468-4515.

Wild Animal Safari
Sign-up deadline is
Wednesday
Activity is April 12
Adults - \$35
Children (3 to 12) - \$25
Price includes
transportation, entry
For details,
call 468-4001.

Father and Daughter
and Mother and Son
Dance and Dinner
April 11

6 to 9 p.m.
Heritage Club Ballroom
Cost is \$15.95 per person
RSVP by Monday.
For details,
call 472-7899.

Give Parents a Break
(Deployed Military)
April 11
6:30 to 10:30 p.m.
CDC East (Bldg. 943)
For details or reservations,
call 468-5805.

UPCOMING
Easter Lunch
April 20
10:30 a.m. to 2 p.m.
Heritage Club Lounge
RSVP by April 14
For details,
call 468-2670.

Family Movie Night
April 14
6:30 p.m.
Base Theater
Cost is \$2 and includes pop-
corn, drink and movie
For details,
call 468-2001.

Purple Up for military kids
Everyone is encouraged to
wear purple on April 15 in
recognition of military youth
and Month of the Military
Child.

Runaway Bar Bingo
April 16
6 p.m.
Heritage Club Bingo Room
For details,
call 468-4515.

Line Dance Class
April 17
5:30 to 7:30 p.m.
Heritage Club
Featuring dances: "Suit &
Tie" - Justin Timberlake,
"Wifey" - Next and "Bring It
Back" - Travis Porter
For details,
call 472-7899.

Boss n Buddy
April 18
4 to 5 p.m.
Heritage Club Lounge
DJ, small buffet and
surprises
Club members free,
\$5 for guests
For details,
call 472-7899.

Yard Sales
April 19
8 a.m. to noon
Outdoor Rec parking lot,
1 table and 2 chairs for \$7
For details,
call 468-4001.

Super Sports Day
April 24 and 25
2 p.m.
CDC East (Bldg. 943)
For details,
call 468-4515.

ONGOING
Summer Camp
Requests for care will be
accepted through April 25.
Youth Center
For details,
call 468-2110.

Fit & Healthy Family Fair

April 19 ~ 10 a.m. - 2 p.m.

Free Hot Dogs,
Chips & Water

Don't forget
your camera!

Youth Center
Egg Hunt
starts at 1p.m.

Fun Activities
For The Whole
Family!



For more information, call 1st Lt. Stacey Fain
at DSN 497-3418 or commercial 478-327-3418



KUDOS Kids Understanding Deployment Operations

April 26 from 9 a.m. to 2 p.m.

Children of military members 5 to 15 years old (must be accompanied by an adult)

Registration ends April 15

For more information call
DSN 468-1256 or commercial 478-926-1256.

Robins Chapel Protestant and Catholic Easter Worship Schedules

Due to chapel renovations, 9:30 a.m. Catholic Mass and 11 a.m. Protestant worship services will begin meeting at the Horizons Event Center on Sunday. Monday, Thursday, Friday and Saturday Mass will meet in the Chapel Annex. Renovation work in the main sanctuary includes recovering and refinishing the pews, installing new carpet, replacing the HVAC system and minor work in some restrooms.

Catholic Worship Services	Protestant Worship Services
Monday, Thursday and Friday Mass – Noon	Sunday through April 13 - Lent Sunday Worship 8 a.m. in the Chapel Annex – 11 a.m. at Horizons Event Center
Thursdays Stations – 6 p.m.	
April 13 - Palm Sunday – 9:30 a.m.	April 13 - Palm Sunday-Easter Cantata – 11a.m. at Horizons Event Center
April 17 - Holy Thursday Mass – 7 p.m. Adoration 1 hour	April 18 - Good Friday Worship Service – 4 p.m. in the Chapel Annex
April 18 - Good Friday Liturgy – 7 p.m. Designated Offering for Peter's Pence	April 20 - Easter Sunrise Service – 6:45 a.m. Chapel lawn. Breakfast will follow in the Annex.
April 19 - Holy Saturday Mass – 8 p.m. Reception to follow in the annex	April 20 - Easter Celebration Service – 11 a.m. in the Base Theater
April 20 - Easter Sunday Mass – 9:30 a.m.	



TEAM ROBINS



“Making tomorrow better than today.”

WATCH - REPORT - PROTECT



U.S. AIR FORCE EagleEyes

WATCH.REPORT.PROTECT.

Report Suspicious Activity 468-EYES





Robins Air Force Base on Facebook

Check out Robins on Facebook.
Get regular news updates and other base information.
Visit www.robins.af.mil and click on the Facebook link.