



## 101 Critical Days of Summer

Danger never takes a vacation. Each summer about 36,000 people are killed and more than 3.5 million are injured in motor vehicle accidents. To learn more, visit [www.nsc.org/safety\\_home/MotorVehicleSafety/Pages/MotorVehicleSafety.aspx](http://www.nsc.org/safety_home/MotorVehicleSafety/Pages/MotorVehicleSafety.aspx). Keep everyone alive; don't drink and drive. Call Airmen Against Drunk Driving at 478-222-0013 or DSN 472-0013.

## Summertime Safety



## How to report, handle a spill on base

# ROBINS REV-UP

July 25, 2014 Vol. 59 No.29

## Select workers can apply for early outs

BY ROBINS PUBLIC AFFAIRS

The base will begin accepting applications today from select civilian employees for the latest Air Force round of voluntary early retirement and separation incentives known as VERA and VSIP.

The action follows the recent announcement by the service of its plan to reduce the size of its headquarters staffs – including headquarters Air Force Reserve Command – by 20 percent, as directed by the secretary of defense. It will also help Air Force Life Cycle Management offices at Robins shape their workforces for the future.

VERA and VSIP applications will be accepted until Aug. 6 from workers in more than 15 specialties, from human resource specialists and budget analysts to materiel handlers, said David McAlpin, Robins' civilian personnel officer.

Employees must be in certain Operations and Maintenance-funded positions to apply.

Employees in positions paid by Working Capital Funds, such as those in the Warner Robins Air Logistics Complex, are not eligible to participate.

The base will approve fewer than 100 applicants for the early outs, said McAlpin.

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

For more information, contact the 78th Force Support Squadron VERA-VSIP team at [78fss.fsmc.veravsip@us.af.mil](mailto:78fss.fsmc.veravsip@us.af.mil).



U.S. Air Force photos by TOMMIE HORTON  
Marine Capt. Brett Keller, pilot, performs pre-flight inspections on a UH-1Y helicopter July 22. The aircraft will be used to conduct local terrain flight operations above a recently-approved route.

## A WHOLE NEW SOUND OF FREEDOM

## Local terrain flights approved for Marine training

BY JENNY GORDON  
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The 'Sound of Freedom' will now include not only the supersonic booms associated with the F-15 Eagle, but the hum of helicopter rotors used by Marine Light Attack Helicopter Squadron 773 for training.

That's because the squadron here will now be able to conduct local terrain flight operations in the airspace above and adjacent to the eastern, uninhabited part of the base.

The move could potentially result in savings in terms of man hours, flight time and fuel cost. An estimated \$300,000 per year can be saved based on training numbers and annual fuel rate costs taken per trip.

Pilots train during the year with terrain flights to remain current on certifications. One of the routes taken for those flights involves a trip with two helicopters through uninhabited areas near Thomaston, Ga., the Flint River, and sites north of Atlanta.

Two aircraft are needed; one flying at a higher altitude, while a second flies at a lower altitude just above the trees. Terrain flights, where flights occur close to the ground surface and are adapted to any contours and ground cover, such as from mountains, are from 50 to 200 feet above the ground.

While one helicopter flying higher essentially acts as a lookout for the second aircraft below, this type of training is crucial in a combat environment.

"We use terrain flight in order to avoid detection by enemy radars," said Lt. Col. Philip "Tank" Eilertson, Marine Aircraft Group 49 Detachment A commanding officer. "That's the reason we practice – to fly low in order to avoid both radar detection and visible detection from enemy aircraft."

A helicopter flying at 100 feet is going to be harder to see than aircraft at 1,000 feet, he said. While there are various threats pilots can

▶ see FLIGHT, 7

## NEWS

### YOU CAN USE

#### School screenings

The 78th Medical Group will perform school screenings for TRICARE-enrolled beneficiary students Saturday from 9 a.m. to noon in Bldg. 700A.

Immunizations will also be available, so parents should bring a copy of the child's latest shot record. In addition, height, weight, blood pressure and scoliosis screenings will be performed.

For more information, call Master Sgt. Joseph Prunty at (478) 327-7861 or DSN 327-7850.

#### Book Storage

Robins is continuing to 'branch' out and grow its community connections with 'P4' initiatives – public-public and public-private partnerships between Robins Air Force Base and local communities.

One of the latest initiatives is providing storage for the Houston County Public Library System during a renovation of the Perry Public Library.

In a partnership with the 78th Civil Engineer Group, the Houston County Library System will use one of the unit's vacant facilities for secure book storage while the renovations are being made.

While there have been previous existing partnerships including emergency response capabilities with fire, law enforcement and emergency services, the initiative continues to expand.

## New name, same mission – HAWC comes to you

BY BRIAN SHREVE  
Robins Public Affairs

For years, the 78th Medical Group's Health and Wellness Center has used community-centric methods to help Team Robins members maintain active, nutritious lifestyles.

As of Oct. 1, it will function as part of the Air Force Surgeon General's initiative aimed almost entirely at inclusive, preventative healthcare. The facility will operate under a new name, Air Force Health Promotions, although it will remain its own flight.

The transition is also facilitated by a loss of positions within the HAWC, such as the base's exercise physiologist last February.

"We don't have 10 people anymore to lead exercise classes throughout the day," said Stuart Bapties, HAWC flight commander.

"Three of us are basically the staff for the base. But we're going to re-brand, reinvent and take a look at how we can be as effective as possible with the resources we have."

According to Bapties, because of Air Force Materiel Command's large civilian population, Robins already follows an agenda that caters to them in addition to military personnel.

"It's about the staff getting out on base," he said. "We'll take our briefs out there instead of people having to come to the facility for information."

Besides the name, the biggest changes will be primarily in the areas of fitness, he said, such as the Total Force Fitness Program and run improvement classes, which will no longer be offered.

Many programs will remain at the facility such as the Better Body Better Life

weight-loss program and Performance Nutrition for Airmen struggling to meet standards and those seeking to learn about better nutrition in general.

As far as reaching out to the base community, Bapties said services such as Triple Ribbon Awareness Month and "Dani's Delicious Dish," the popular Web series hosted by Dani Lebovitz, base dietician, will continue.

The Military Nutrition Environmental Assessment program, which inspects and scores base eateries based on their support of nutritional options, will also continue to take place for all dining facilities in October.

"We're still here," said Bapties. "We won't be called the HAWC anymore, but we'll still be available to help you with your goals."

## 53rd Combat Communications Squadron prepares for new boss

BY BRIAN SHREVE  
Robins Public Affairs

The 53rd Combat Communications Squadron is getting ready to leave the 5th Combat Communications Group for a new home under the 461st Air Control Wing, representing a realignment effort aimed to enhance all unit capabilities.

On Oct. 1, the 53rd will officially become its own airfield squadron, though the staff of 145 personnel – 16 of them air traffic controllers – and their equipment will remain at its current location on the opposite side of the base.

The transition is part of a Program

Action Directive handed down by the Secretary of the Air Force.

With the migration of the squadron's Deployable Air Traffic Control and Landing Systems, or DATCALs, to Air Combat Command, necessary funding will be provided that will help refurbish tactical radars and other equipment for the first time in several years. The squadron already houses \$12.5 million in equipment.

"In the end I feel this is going to be a positive move for the personnel assigned to our unit," said Senior Master Sergeant Dwight Carns, 53rd



U.S. Air Force photo by TOMMIE HORTON  
Senior Airman Shiloh Zamecki, 53rd Combat Communications Squadron airfield systems technician, troubleshoots tactical air navigation system equipment July 22.

▶ see CBCS, 7

# Second Front

## NIGHTTIME FILL UP



U.S. Air Force photo by ED ASPERA

Under the cover of darkness, an MC-130H crew refuels an Army CH-47F Chinook helicopter on the Robins flight line July 17. The refueling mission was part of a military training exercise between The 160th Special Operations Aviation Regiment, from Fort Campbell, Ky., and the Air Force Special Operations Command from Hurlburt Field, Fla. Performing the mission at Robins also offered the 78th Operations Support Squadron and base fire department a good opportunity for training.

## Robins celebrates differences during August

BY HOLLY LOGAN-ARRINGTON

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It has been common during any given month to see emails and advertisements at Robins announcing the latest cultural observance.

Throughout August, Robins will celebrate 'United Through Diversity,' a time to appreciate differences, through a calendar of events designed to mark uniqueness and how those distinctions contribute to the world.

Tech. Sgt. Tiffany Jackson, who is on the committee organizing the diversity celebration, said differences benefit the Air Force family.

"Diversity Month showcases that although we're different, we are one," she said. "It takes diversity to make things work."

The celebration will spring into action with the Diversity 5K Walk and Run near the Robins Fitness Center Aug. 1. Registration begins



at 7:30 a.m., with the event beginning at 8 a.m.

### Be ready to get your color on – It's a color run and walk after all.

"As you pass through the color stations you will be blasted with different colors," Senior Airman Princeter Fazon, Diversity 5K Walk and Run event manager said. "By the time you've completed the trail, you'll be covered with colors to remind you of the various contributions people of different backgrounds and cultures have made to the Air Force."

Fazon said people should dress in clothing they don't mind getting sprayed. For more information, contact Fazon

at 327-4276 or email [Princeter.Fazon@us.af.mil](mailto:Princeter.Fazon@us.af.mil). Information is also available on Facebook at

[www.facebook.com/DiversityRun5k](http://www.facebook.com/DiversityRun5k).

On Aug. 20, from 11 a.m. to 1 p.m. in the Heritage Club Ballroom, Robins will host a panel discussion. There will be six members on the panel – one from the Women's History, Black History, Asian American Pacific Heritage, Hispanic Heritage and Native American observance committees.

"The discussion will include questions from the audience and answers from the panel in regards to their Air Force or Robins mission or life experiences," Jackson said.

Information for the event will be provided through emails and other basewide advertisements.

**Editor's Note:** *A United Through Diversity Luncheon will end the month Aug. 26 at 11 a.m. in the Heritage Ballroom. POC is Jeanette McElhaney at 468-3857.*

## Fostering Leadership in People awards

*Fostering Leadership in People awards are given to those who make contributions to improving labor and management relations here at Robins. The latest recipients are:*

- ▶ Jake Dickson, 402nd AMXG
- ▶ Christopher Hunt, 402nd AMXG
- ▶ Wesley Kersey, 402nd AMXG

- ▶ Marie Edalgo, WRALC/FM
- ▶ Regan Adams, AFSC Contract Quality Assurance Team
- ▶ Mary Nauss, AFSC Contract Quality Assurance Team
- ▶ Helen Porter, AFSC Contract Quality Assurance Team
- ▶ Randell Smith, AFSC Contract Quality Assurance Team

## Robins military justice actions

*Nonjudicial punishment, pursuant to Article 15, Uniform Code of Military Justice, provides commanders an essential and prompt means of maintaining good order and discipline and also promotes positive behavior changes in service members without the stigma of a court-martial conviction. The punishments are determined based on the individual facts and circumstances of each case.*

### The following Airmen received Nonjudicial Punishment:

▶ A 78th Security Forces Squadron senior airman created a false official document that excused him from duty in violation of Article 107. The senior airman also made false official statements in violation of Article 107. For those offenses, the senior airman received a suspended reduction in rank to airman first class, a forfeiture of \$1,017 pay for one month and a reprimand.



▶ A 51st Combat Communications Squadron senior airman misused his government travel card on multiple occasions in violation of Article 92. For that offense, the senior airman received a suspended reduction in rank to airman first class and a reprimand.

▶ A 52nd Combat Communications Squadron airman was late to work on three occasions in violation of Article 86. The airman also failed to maintain appear-

ance requirements in accordance with AFI 36-2903 and was found sleeping on duty in violation of Article 92. Further, the Airman made a false official statement in violation of Article 107. For those offenses, the Airman received a reduction in rank to airman basic, suspended forfeitures of \$500 pay per month for two months, 15 days extra duty and a reprimand.

▶ A 78th Operations Support Squadron technical sergeant used marijuana. For this offense, the technical sergeant received a reduction in rank to staff sergeant, a suspended forfeiture of \$1,031 pay for one month and a reprimand.

▶ A 78th Comptroller Squadron senior airman wrongfully showed nude photos to other wingmen and made inappropriate comments to a wingman in violation of Article 134. For those offenses, the senior airman received a suspended reduction in rank to airman first class, forfeitures of \$183 pay per month for two months and a reprimand.

## ALL IN A DAY'S WORK

Jeffery "I.J." Rice

UNIT: DLA Distribution  
Wamer Robins

JOB TITLE:  
Quality Assurance Team  
(Surveillance Lead)

TIME IN SERVICE:  
15 years

HOMETOWN:  
Atlanta, Ga.



**What does your work involve?** "Ensuring the depot is conforming to distribution requirements governed by policies, regulations and standard operating procedures. In the end, our customer receives the right service, right item, right quantity, at the right place and right price every time."

**How does your work contribute to the Robins mission?** "As the eyes and ears for the director and deputy director, it's vital we correctly annotate conforming and non-conforming business warehouse practices and ensure timely reporting and correction of any non-conformances."

**What do you enjoy most about your work?** "I enjoy working amongst people who are professional, experienced, dedicated and committed to supporting our customer. The vast majority of DLA Distribution employees have been the warfighter at least once during their careers, and they are aware first hand of the impact made by providing quality customer service. Knowing I share that common focus with those whom I spend most of my work day with makes for a rewarding work environment."

**What prompted your interest in your current career field?** "My interest in the logistics career field stemmed from my 28-year military career in the Army Reserve where I served primarily as a transportation and logistics officer."

**Who has been the biggest influence in your life?** "I was influenced by many individuals, primarily my grandparents, who modeled a life of spiritual connection, love, hard work and concern for others; and my in-laws instilled similar life lessons over the years."

# Around the Air Force

## Sustainment Center continues to evolve with AFSC 3.0

**TINKER AIR FORCE BASE, OKLA. (AFNS)** – The Air Force Sustainment Center has delivered impressive results during its first two full years of operation. But with the recent unveiling of AFSC 3.0, the center commander expects even greater performance as more of the workforce is empowered by the AFSC Way.

“When we set up AFSC, we wanted to make sure that we evolved into a process-based organization, capable of generating sustained results across all of our operations; no matter where you worked or who headed your unit’s leadership team,” said Lt. Gen. Bruce Litchfield, AFSC commander.

The general said AFSC 3.0 is designed to make sure the AFSC Way is understood throughout each organization.

“Really what we are trying to do is to foster a culture of ownership, where everyone can take our proven leadership model, scientific methodologies and standardized applications and employ them to get the right results the right way,” he said. “We need everyone in AFSC to understand what the ‘right way’ is, so they are empowered to make a difference.”

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

## Existing tools help users reduce PII breaches

**JOINT BASE SAN ANTONIO-LACKLAND, TEXAS (AFNS)** – Members of 24th Air Force are refurbishing an old email tool to help Air Force users reduce breaches of personally identifiable information.

The Digital Signature Enforcement Tool, or DSET, which currently prompts users to provide a digital signature when an email contains an active hyperlink or attachment, is being reconfigured to scan emails and attachments for PII. DSET was first introduced to Microsoft Outlook in 2009 by the Air Force Life Cycle Management Center.

“DSET was originally designed to mitigate risk from socially-engineered email or phishing attacks. Now, it provides some protection of messages transmitting PII,” said Alonzo Pugh, a cyber business system analyst for 24th AF. “The tool provides awareness for users of risks before the email leaves the workstation, giving users the chance to correct the identified risk.”

PII includes items such as an individual’s social security number, driver’s license information and financial information. Breaches occur when this information is inadvertently released. User awareness is one of the biggest issues associated with PII breaches, Pugh said.

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

## Official highlights resources for military consumers

**WASHINGTON (AFNS)** – The Defense Department has joined more than 35 other federal and state government agencies and nonprofit organizations to highlight free consumer protection resources for military members, the assistant director of the Consumer Financial Protection Bureau said July 16.

Holly Petraeus noted in a blog post that July 16 was Military Consumer Protection Day and that efforts are underway to assist in protecting service members.



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

## On Target

Staff Sgt. Hai Spletstoser, 116th Security Forces Squadron combat arms instructor, fires a shotgun while training at the Catoosa Training Site, Tunnel Hill, Ga. The squadron deployed to the training site for annual training where they received extensive classroom and hands-on training to hone their skills on various firearms such as the M4 carbine, M203 grenade launcher and the M240 and M249 machine guns. The squadron is part of the 116th Air Control Wing at Robins Air Force Base, Ga.

“This year,” she wrote, “we’re joining more than 35 other federal and state government and nonprofit organizations – including the Department of Defense, the Federal Trade Commission, Military Saves and the Better Business Bureau – to observe the day and highlight free consumer protection resources for military members.”

The organizations and resources can help you protect and grow your hard-earned military pay or veterans’ benefits,” she said.

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

## Wanted: Airmen selfie videos

**WASHINGTON (AFNS)** – Do you have a unique story about the path that led you to the Air Force? Are you proud of your job and how it impacts the bigger Air Force mission? Do you work in an exceptional unit? If so, the Air Force wants to hear from you.

The 2014 American Airman Video Contest, which began July 1, is open to all Airmen – uniformed, civilian, Guard and Reserve – who want to share their story of being an Airman. The contest rules have been relaxed to allow participants to shoot up to a one-minute video, or selfie, talking about their story as an Airman or about the unique mission they do every day.

Airmen are encouraged to create their own video for the contest and to challenge their friends to come up with the most creative selfie video to be added to the American Airman Video Contest. The competition has reached the halfway point and submissions are needed to show the diversity and quality of the Air Force.

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

## ISR Agency becomes part of newest Numbered Air Force

**WASHINGTON (AFNS)** – The Air Force Intelligence Surveillance and Reconnaissance Agency is being realigned from Headquarters Air Force as a Field Operating Agency to become part of a new operational Numbered Air Force, or NAF, under Air Combat Command officials said July 11.

“The primary focus of this realignment is to establish



U.S. Air Force photo by SENIOR AIRMAN JONATHAN STEFANKO

## Up, Up and Away

Staff Sgt. Timothy Kennedy, 435th Security Forces Squadron, marshals a Latvian Mi-8 helicopter as part of sling-load operations training during the Air Force portion of Exercise Saber Strike, at Lielvarde Air Base, Latvia.

an ISR NAF, 25th Air Force, to enable closer synchronization and integration of Air Force ISR activities and effects,” said Lt. Gen. Bob Otto, deputy chief of staff for intelligence, surveillance and reconnaissance. “We do this by combining ISR aircraft, PED – production, exploitation and dissemination – targeting and analysis under a single NAF focused on operational mission execution, employment, deployment, and readiness issues.”

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

## Perspective

# Brown’s Bag – budget and leadership lessons

BY BRIG. GEN. MARK BROWN

Air Force Materiel Command comptroller

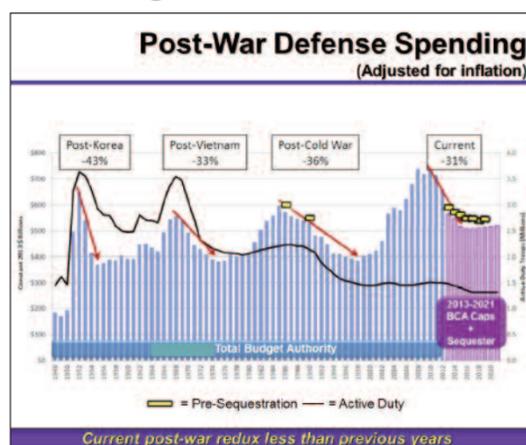
**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – As I depart for my new assignment as the 2nd Air Force commander at Keesler Air Force Base, Miss., I can’t help but reflect on my previous assignments and what I’ve learned in my nearly 28 years of service.

As a comptroller, I obviously pay a lot of attention to the budget environment. While current headlines might seem dire, today’s fiscal environment is typical of a post war inter-war period.

After two-plus decades of war – including major Air Force participation in humanitarian efforts – we shouldn’t be surprised the nation is seeking a peace dividend.

A similar trend has occurred immediately following major conflict since before the birth of the Air Force. The recurring pattern of upward and downward trends in the defense budget shows a predictable historical pattern with the national threat being the causal indicator (see chart).

The nation has always provided additional resources to address clear and present danger. Unfortunately, our track record in predicting the next threat in terms of timing and characteristics is not that good. Today’s budget debate is really about how much is enough to achieve near-term readiness with reasonable investment in an uncertain future threat.



The budget is a complex calculation, with one of the major cost drivers being personnel. Personnel costs are 38 percent of the Air Force Operations and Maintenance budget. Therefore, end strength changes achieved through programs such as early retirements and reductions in force boards represent hard budget decisions and threat calculations.

Force management programs are necessary. However, as the threat and budget change, so do personnel decisions. These strategic policies can have the very tactical impact of causing frustration and uncertainty, especially among junior force members.

I always warn those who serve to be careful making decisions based on headlines. Airmen, talk with your commanders, career assistance advisers and other mentors to find out if you are at risk of being separated under one of the involuntary programs. Check your personnel folders to make sure all your records are up to date before separation boards begin reviewing them. If you want to serve, try your best to continue to do so by doing what you have a passion for and doing it well. Service is a privilege and an honor that we should all be allowed to pursue. As we go through these changes, we must strengthen the team by supporting each other.

How can we support each other as good Airmen and leaders? Leadership is an Air Force core competency required without regard to a specific badge or specialty. It’s an art, not a science, because of the very real human dynamic. Therefore, like any art, we must practice and develop this skill in large part through life lessons – good and bad – which inform our future actions. In that light, I offer the following 11 points as my leadership perspective, or what I call “Brown’s Bag.”

**Point 1:** What gets measured gets done.

Publication in law, DODI or AFI may not be enough. Leaders should measure, grade and govern the things that are “no fail” in their business. How do you know it is being done as you directed?

To read the full story, visit [www.afmc.af.mil/news/story.asp?id=123416436](http://www.afmc.af.mil/news/story.asp?id=123416436).

## ROBINS REV-UP

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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.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil) and [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil)

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

## DELIVERY

To report delivery issues, call 472-0802.

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This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Robins Rev-Up are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, or Department of the Air Force.

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# In the Spotlight



## Key Spouse Program Benefits

- Increased awareness of installation/community resources
  - Identified/resolved issues at lowest levels
  - Enhanced up/down information flow
- Prepared/supported families during separations
  - Increased sense of unit support
- Improved Quality of Life among unit families
  - Increased readiness and retention
  - Enhanced family resiliency
- Promotes individual, family, and unit readiness
- Establishes continuous contact with spouses/families
  - Encourages peer-to-peer/Wingman support
    - Links to leadership
  - Provides an informal sounding board
  - Strengthens leadership's support team
  - Vital to building strong AF communities

## Providing a vital link between commanders and families

BY HOLLY  
LOGAN-ARRINGTON

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Everyone needs support at some point. And, for military spouses at Robins, the base's Key Spouse Program – managed by the Airmen & Family Readiness Center – does just that.

Tech. Sgt. Ronald Megginson, Key Spouse Program coordinator, said the program is designed with information in mind.

“Your key spouse is the military family liaison to unit leadership,” he said. “Key spouses can be a vital link in communication, ensuring information gets from leadership to families, while allowing the feedback to flow from the families to unit leadership.”

The program was developed as a Quality of Life Initiative in 1996. Voluntary, command-specific implementation was encouraged Air Force-wide in 1999. The Air Force standardized and deployed the program in March 2009.

Megginson said family readiness is essential to Air Force readiness.

“If things aren't good at home, things won't be good for military personnel at work – especially in a deployed environment,” he said. “A key spouse is a conduit of information for military families. They're meant to pass on information to other spouses and be a point of contact when someone's not quite sure what to do or who to contact.”

“It's an opportunity for a spouse to contact another spouse who is trained to be in the know,” he added.

Commanders and first sergeants recognize the importance of the Key Spouse Program, and they exercise great scrutiny in selecting people for the position.

“It's more than names on a page,”

Megginson said. “It's a vital connection to military families.”

### Key Spouse University

In January, Robins tested and implemented the base's Key Spouse University.

The half-day course provides annual Suicide Awareness and Resiliency training, followed by a variety of optional classes instructed by base helping agencies.

### Training areas include:

- ▶ Understanding Sexual Assault Response;
- ▶ Family Violence Education and Prevention;
- ▶ Improving Communications;
- ▶ Spousal Protocol;
- ▶ Stress Management;
- ▶ Compassion Fatigue;
- ▶ Understanding Force Management.

A&FRC plans to coordinate reoccurring key spouse meetings in the future for key spouses to share ideas across units.

“I'd like to encourage Military member's spouses, regardless of branch of service, to reach out to their units and find out who their key spouse is,” he said. “Not to join a chat group or spouse's coffee, but to get connected to an invaluable unit resource. If the unit needs a key spouse, or additional assistance, take the time to get involved. You'll find a greatly rewarding experience.”

Megginson said commanders and first sergeants would do a huge service to their units by closely examining their key spouse programs.

“A few invested minutes of your time can pay huge dividends to the unit with the right person,” he said.

USE YOUR WITS NOT YOUR WATTS



## FLIGHT

Continued from 1

experience flying low, such as physical hazards from power lines, birds, etc., continuous training to remain proficient is key.

The local terrain route east of Robins will now use only one helicopter, which will save on flight times associated with two aircraft travelling longer distances, man hours and fuel.

A second helicopter is not needed since the Robins Control Tower can be used for any safety calls.

Terrain flights also allow young pilots

to conduct thorough terrain studies prior to flying.

Should a GPS become jammed, pilots can practice using natural checkpoints below or hard copy maps instead of electronic ones to ensure they're on a correct route.

"With this training required every 90 days, it gives us the flexibility should we have competing priorities," said Eilertson.

The process to conduct terrain flights near Robins was recently approved, complete with an environmental study approved by the Air Force.

Local support was readily apparent in the public-public and public-private partnership process, an initiative that began in

early 2013 to explore ways the base, businesses, governments and private entities can collaborate to reduce operating and service costs.

Robins was one of 16 test bases in fiscal 2013 participating in the Air Force Community Partnership Initiative, created to explore cost-saving opportunities through partnerships and shared services.

Working hand-in-hand with the community is vital, especially when it's a strong supporter of the military.

"We saw an opportunity to save the Marines time and money while providing a safer environment for training," said Lt. Col. Dwayne Gray, 78th

Operations Support Squadron commander. "The approval of this venture is a great example of how the community and the wing are always willing to help our mission partners.

"Due to the airfield's 24/7 operations and a supportive wing, I can see why the Marines and others are starting to see Robins as their base of choice," he added.

HMLA-773, which falls under the command of Marine Aircraft Group 49, is the Marine Corps Reserve's only attack helicopter squadron.

The Robins Detachment currently includes UH-1Y Hueys and AH-1W Super in its inventory.

## TRANSFER

Continued from 1

CBCS superintendent. "ACC, along with the Air Force Flight Standards Agency, has revitalized the importance of our mission set and will be looking to fund our maintenance and training programs for the future."

As of June of last year with the deactivation of the 689th Combat Communications Wing, the 5th CCG has operated as its own entity, reporting directly to the 24th Air Force and Air Force Space Command.

The realignment, which began earlier this year, included the deactivation of the 54th CBCS and the disbursement of all of its air traffic control personnel, Radar and Airfield workcenters to the 53rd.

The move also meant that all satellite, secure data and voice capabilities from the 54th and 53rd respectively, would be realigned along with the

personnel to perform those functions to the 51st and 52nd CBCS.

*Sound confusing?*

Basically, the Air Force saw a need to revamp the Combat Communications capability, and it was decided to restructure the 5th MOB.

The 53rd was identified as the unit to stand up a new capability. The 53rd will serve as a Combat Airfield Operations Squadron – CAOS – taking on all tactical airfield capabilities, navigation and air traffic control, representing the first of its kind in the Air Force.

"It was decided at the highest levels to move this squadron from AFSPC to the ACC because it was better suited for the mission it does," said Lt. Col. Claude Archabault, 461st Operations Group deputy commander. "We're trying to do this as seamlessly as possible, bringing them into our family and making sure their needs are met."



# A Better You

## FIVE NUTRIENTS FOR SUN PROTECTION

BY DANI LBOVITZ

Base registered dietician

Research reveals there are some foods which can guard the skin at the cellular level against damage caused by the sun's ultraviolet rays.



Certain foods are high in antioxidants, which protect cells against harmful substances called free radicals that damage cells.

Eating these foods can help reduce skin damage caused by exposure to sunlight.

*Try eating foods with these five nutrients to protect your skin:*

### Omega 3 fatty acids:

Research suggests omega-3 fatty acids have anti-inflammatory powers that can help protect cells from

damage caused by the sun and may protect against some types of skin cancer. You can find them in fatty fish like salmon, tuna, shellfish, flaxseed, flaxseed oil and chia seeds.

### Beta-carotene and Lycopene

Beta-carotene and lycopene are antioxidants that also reduce free radicals and aid in UV protection. They're found in red, orange, deep yellow, and dark leafy green vegetables like tomatoes, carrots, spinach, and watermelon to name a few.

### Flavanoids

Flavanoids are known to be heart protective and they can help shield your skin cells too. Flavanoids are found in cocoa or dark chocolate – so protect your skin with a little dark chocolate today, but be sure to watch chocolate in the heat so it doesn't melt.

### Polyphenols

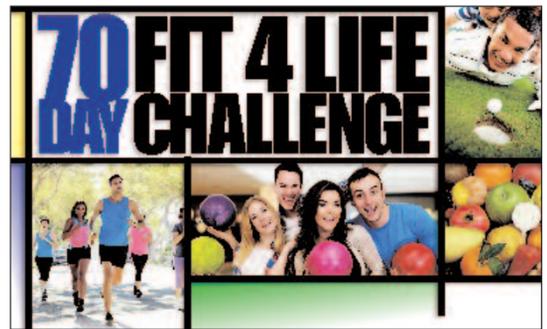
Lower your risk for skin cancer with cellular defense provided by polyphenols which increase your body's natural ability to protect against sunlight. Enjoy your favorite green and black tea and get your daily dose of polyphenols.

### Anthocyanins

Guard your skin with anthocyanins, another powerful antioxidant that provides natural sun protection in the form of delicious produce.

Want to protect your skin? Eat more blueberries, blackberries and cranberries.

Even though some foods can help protect against sun damage, they're no replacement for sunblock. Be sure to apply sunscreen as directed – typically a layer 30 minutes prior to sun exposure and re-apply after about 90 minutes.



### 70-Day Fit 4 Life Challenge

Registration for the Team Robins 70-Day Fit 4 Life Challenge has begun. The fitness challenge officially runs Aug. 22 through Oct. 31.

Initial assessments will be Aug. 18 through 21. The challenge is open to all base ID card holders and their families.

Enter individually or in teams of four. Challenge and compete with friends and family.

**Earn points for:** working out; bowling; golfing; participating in events at 78th Force Support Squadron facilities; renting from Outdoor Recreation; partaking in CDC and Youth Center activities; attending classes at the Health and Wellness Center, and making healthy meal choices at the Base Restaurant, On-Spot Café, Fairways Grille and Pizza Depot.

Individuals and teams may register at the Fitness Center, Bldg 826.

Family teams may register at the Youth Center, Bldg. 1021, Family Child Care, Bldg. 942, and Child Development centers, Bldgs. 943 and 946.

### Civilian Health Promotion Services

You're always invited to join Civilian Health Promotion Services in the Fitness Center Annex conference room in Bldg. 301, east wing, Wednesdays at 1 p.m. for a weekly wellness class. Classes are open to anyone with base access. Classes typically last 45 to 60 minutes, and they're very informative. Space is limited, so call DSN 497-8034 or email [April.Gray.2.ctr@us.af.mil](mailto:April.Gray.2.ctr@us.af.mil).

### Upcoming class:

#### ►Injury Prevention - Wednesday

For a calendar of all our CHPS classes and health screenings, visit [AFMCwellness.com](http://AFMCwellness.com).

**Editor's note:** *Workload permitting and with prior supervisory permission, employees may be excused to attend CHPS classes. Employees may use any leave options that are available to them.*

*As a reminder, full-time employees may be excused with no charge to leave, up to a combined total of three hours per week for fitness and wellness initiatives.*

## Protect your skin ... Sunscreen is key!

BY STAFF SGT. JOHN FORAN

78th Medical Group

Summer is nearing its peak in middle Georgia, but according to a 2012 report by the Centers for Disease Control, only 30 percent of adults use sunscreen regularly with a SPF rating above 15.

What's more, only 14.4 percent of teenage girls and 7.3 percent of teenage boys reported the same usage of sun protection.

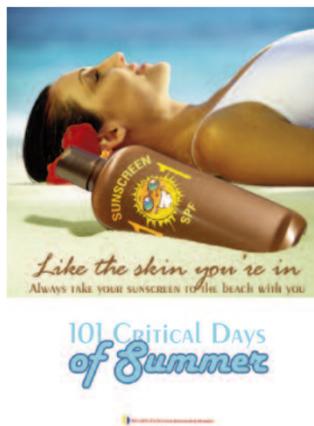
With skin cancer being the most common form of cancer in the United States and more than 3.5 million skin cancers diagnosed annually, sunscreen use is extremely important.

In fact, using a sunscreen with a SPF rating of 15 or greater reduces the chances of developing melanoma by 50 percent.

### Always remember:

- Look for bottles that have broad spectrum protection, water resistance, and SPF 30 or greater;
- Read the labels to check when to reapply (generally around two hours);
- Use a lip balm with SPF 30 or greater to protect your lips;
- Spray sunscreen is a convenient application method, use in a well-ventilated area and avoid inhalation;
- Use sunscreen whenever you're outside, not just when it's hot. UV rays are emitted year round and are reflected on sand, snow, and water and even penetrate clouds.

Whatever you do, enjoy the warm weather but be sure to protect your skin from the harsh rays from the sun! For more information visit [www.aad.org/media-resources/stats-and-facts/prevention-and-care/sunscreens](http://www.aad.org/media-resources/stats-and-facts/prevention-and-care/sunscreens).



## CE outlines steps for dealing with spills

*A sanitary sewer release from the City of Warner Robins recently caused Duck Lake to be closed for fishing and general activity. A facility manager brought the release to the 78th Civil Engineer Group's attention. To help people on base understand proper procedures during a spill, the 78th CEG Environmental Section offers the following overview for general spill response procedures:*

### Wastewater Spill

An employee who discovers a sewage spill should notify his or her supervisor or facility manager. If the spill is outdoors, call 911. If the spill is indoors, call the Civil Engineering Emergency Repairs Service Desk at (478) 926-5657.

### Hazardous or Unknown Chemical or Petroleum Spill

In the event of a hazardous or unknown chemical or petroleum spill, employees should notify their supervisor. Call 911 if the substance is:

- ▶ greater than 2 feet in diameter;
- ▶ the spill exceeds the capability or confidence of on-site personnel;
- ▶ entering a storm drain inlet, ditch, outside soil, surface water or culvert;
- ▶ fire or explosion hazard is imminent or the chemical forces evacuation;
- ▶ if there is a threat to life, property or the environment.

Environmental management will determine if the spill is reportable and will perform reporting to off-

base agencies as applicable.

### For Small Spill Cleanup, within the capability or confidence of on-site personnel:

- ▶ Wear gloves and goggles or face shield and other PPE as needed.
- ▶ Soak up spilled material. Use absorbent pads or socks if available. Granular material may be used, but due to disposal cost is not preferred.
- ▶ If a drum is needed for disposal, call 468-1176.
- ▶ After hours use any available container and label it with the following information: The contents of container; if contents include fuel or hazardous material, include the words: HAZARDOUS WASTE on the container; and the date the material was put into the container. If additional cleanup material is required, call the Fire Department at 468-3488 or 468-6196.

Call the Environmental Section during work hours to arrange for waste pick-up at 468-1176.

### Post Cleanup Requirements

The following items must be completed:

- ▶ Within 24 hours: Fill out the Organization 24-Hour Incident Notification Form found at <https://org.eis.afmc.af.mil/sites/78abw78ceg/cei/CEIE/Spill%20Response/Forms/AllItems.aspx> and send the completed form by hand delivery, mail, email, or fax to 78 CEG/CEIE at (478) 926- 9056.
- ▶ File a copy of the Oil Spill Notification Form at your site;
- ▶ Follow up with Paul Barker at 497-8305 to ensure your form was received.

# Out and About

**FRI 25   SAT 26   SUN 27   MON 28   TUE 29   WED 30   THUR 31**

**ON TAP**  
**Bowl 'till You Drop**  
 Sunday  
 4 to 8 p.m.  
 Bowling Center  
 \$10 per person  
 For details,  
 call 468-2112.

**UPCOMING**  
**Karaoke Night**  
**First Friday**  
 Aug. 1  
 7 p.m.  
 Heritage Club  
 For details,  
 call 472-7899.

**A Taste of Italy**  
**Membership Party**  
 Aug. 2  
 2 to 4 p.m.  
 Heritage Club Ballroom  
 Free to all Robins Club  
 members  
 For details,  
 472-7899.

**Hot August Night**  
 Aug. 8  
 6 to 8 p.m.  
 Heritage Club  
 Adults only. Music by the  
 pool featuring DJ Blacklight

and KJ Karaoke Nites  
 For details,  
 call 472-7899.

**ONGOING**  
**Afterburner July Special**  
 Base Restaurant Bldg. 166  
 Monday through Friday  
 5:30 a.m. to 1 p.m.  
 Mango Frappuccino  
 For details,  
 call 472-7827.

**Beginners'**  
**Nine-Hole Golf League**  
 Sign up now.  
 Pine Oaks Golf Course  
 Open to all base personnel  
 who want to learn the  
 game while competing.  
 A weekly money list will be  
 kept for bragging rights.  
 For details,  
 call 468-4103.

**Kids Bowl Free**  
 Every day in July  
 Bowling Center  
 Children 12 years and  
 younger can bowl up to two  
 free games per day.  
 Rental shoe rates apply.  
 For details,  
 call 468-2112.

**Twilight Golf Rates**  
 Every day  
 4 to 6:30 p.m.  
 Pine Oaks Golf Course  
 Play 18 holes with cart  
 \$20 with cart, no cart \$12.  
 For details,  
 call 468-4103.

**Heritage Pool**  
 Open daily noon to 6 p.m.  
 Closed on Wednesdays  
 for maintenance.  
 For details,  
 call 468-4001.

**Dream Higher Than Ever**  
 The Aero Club is now  
 open to the public.  
 For details,  
 call, Kent Jenkins  
 at 497-5915.

**Arts & Crafts gift ideas**  
 Looking for a special gift for  
 someone special? Give gift  
 certificates for classes and  
 custom matting and fram-  
 ing, balloon bouquets, per-  
 sonalized pen sets, mugs,  
 plaques, flags and retire-  
 ment boxes.  
 For details,  
 call 468-5282.



## Food donation program helps less fortunate

Robins is encouraging people to help save families from hunger through the Feds Feed Families campaign.

The program, which began in 2009, will collect non-perishable food items at various points across the base through Aug. 27.

Feds Feed Families is a voluntary effort undertaken by federal employees to bring non-perishable food items to their offices for distribution to local food banks.

“Feds Feed Families allows us to showcase how caring and giving our people are, and demonstrates our com-

mitment to helping people in need,” said Susan Edmonds, Robins Commissary store director.

Locally more than 2,000 pounds of food was collected through the program in 2013.

The commissary has boxes at its exits where customers can donate food. Other drop off locations include the Base Exchange, fitness center, library, and the base restaurant

For more information on Feds Feed Families, contact Senior Master Sgt. Christina Myers at 468-3619 or Master Sgt. David Counts at 468-5333.

