



- Air Force lauds Base CE
- ALC workers awarded
- Civilian recognized by Army for deployment contributions

# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

Jan. 30, 2015 Vol. 60 No. 4

## Multiple VPP sites band together for safety

BY JENNY GORDON  
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Most things worth waiting for require a bit of hard work and sacrifice.

When it came to maintaining occupational safety and health principles, Voluntary Protection Program participants in several staff agencies in the 78th Air Base Wing and four operating locations under the Air Force

Sustainment Center realized that in order to keep the program valid, something needed to change. And, everyone had to be on board for it to work – no matter where they were in their individual VPP journeys.

“What we were thinking at the time when we started this was re-energizing the program and validating the Commander’s Safe Site Challenge in a different way,” said Sean Johnson with the Installation

VPP office.

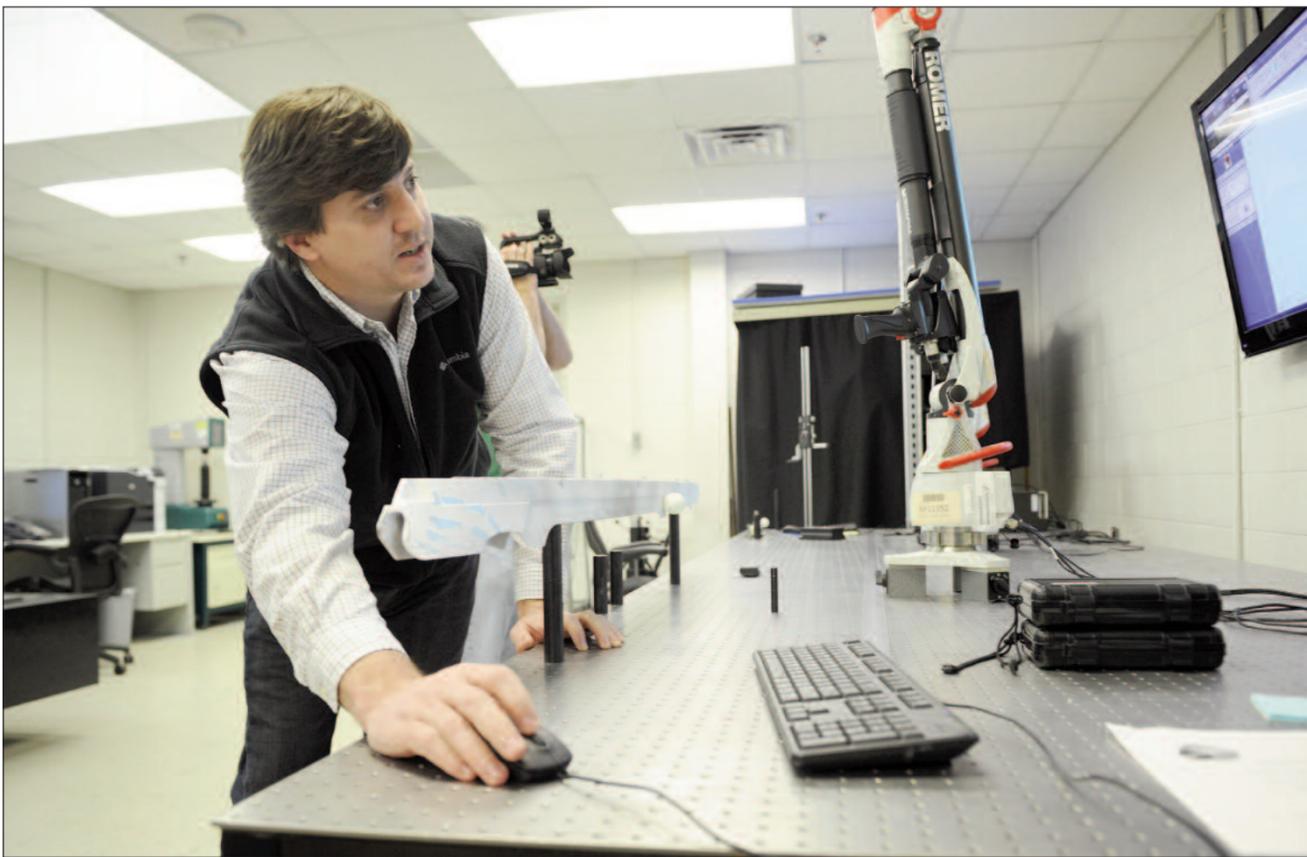
So, last spring, with everyone’s agreement, the 17 wing staff agencies and participating AFSC units agreed to come together and start from the beginning. That is, go back to Green.

From there, training was conducted on how to perform VPP assessments, teams were created, schedules were made to conduct a baseline assessment of all sites, and everyone forged ahead together.

Using criteria to meet Bronze-level recognition, all organizations reached this level last June. Everyone had to meet this goal, or no one moved ahead.

Providing the time and resources to keep teams on schedule, Robert Williams, 78th ABW director of staff, said it was a unique, collaborative

▶ see VPP, 5



U.S. Air Force photos by TOMMIE HORTON

Tracy Rycroft, 573rd Commodities Maintenance Squadron mechanical engineering technician, uses a laser scanner to capture part dimensions used to construct a 3-D model. After programming, the printer can run on its own 24 hours a day without manning. Below, Rycroft retrieves a newly-printed part from the printer.

## Digital Prototyping

### 3-D printer creates models that save time, money

BY JENNY GORDON  
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As the intricacies of 3-D printing became more widespread, its capabilities have gained traction in the 402nd Commodities Maintenance Group.

Since the prototyping machine came online in December, a few parts have already been created using the technology, which will not only save time during the production process, but a significant long-term cost savings to the government.

The art of 3-D printing is essentially the process of creating a three-dimensional product from a digital file. The work being performed is considered metrology – measuring things, capturing data and comparing it to drawings to ensure there is dimensional accuracy. Those working with the printer are part of the group’s programming office.

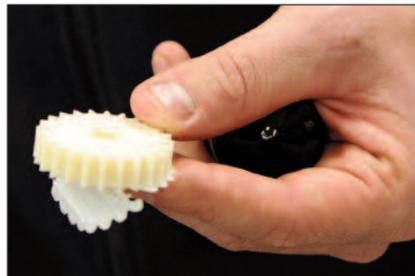
In the 573rd Commodities Maintenance Squadron, 3-D printing is accomplished

through a variety of software, one called CATIA, which creates a virtual 3-D solid model on a computer screen.

Tracy Rycroft, a mechanical engineering technician, recently modeled an F-15 seal plate from engineer-drafted blueprints. Aircraft parts can be checked for dimensions using laser scanning, but for this process he used computer-aided software to create a model that would be uploaded to the new 3-D prototyping machine.

“Machining this part out of aluminum would’ve cost in the neighborhood of \$10,000 to \$15,000 – we were able to print it for \$20,” he said. “And with machining time, it would probably be about a 40-hour job. We were able to print it in six.”

The plate, which seals the F-15 landing gear door, had never been manufactured here before. Bill Knight, mechanical engineering technician, estimates the unit saved about 200 hours on this job alone.



“This is where the 3-D machine will really come in handy,” Knight said. “Before sending this out to the shop floor to be machined out of expensive material, we modeled it first, printed it, and took it out to the aircraft to be fitted. If anything isn’t quite right, we can come back and change what we need.”

“As a result, we can now manufacture items with the confidence of knowing our end product will be right the first time,” he added.

The current printer can be compared to the size of a compact, free-standing, two-door refrigerator seen in apartments. A window on top allows viewers to peer inside while parts are molded on a work tray capable of building a part as large as 16x14x16 inches, while

▶ see 3-D, 5

## Lean on me

Being a good wingman important for military, civilians

BY HOLLY LOGAN-ARRINGTON  
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Everyone needs someone to lean on every now and then.

Since needs don’t always arise during work hours, embodying the Wingman Concept is a 24-hour job for both military and civilian Airmen.

Capt. Nicole Campbell, Psychology provider and Installation Suicide Prevention Program manager in the 78th Medical Group’s Mental Health Clinic, said the Wingman Concept originated in the Air Force’s flying community.

“It’s a promise, a pledge, a commitment between Airmen who fly,” she said. “The Air Force wants to cultivate and instill that same culture of commitment between all Airmen and Air Force civilians in all career fields and specialties.”

All Team Robins members play a role, Campbell said.

“A good wingman takes care of his fellow Airmen and takes action when signs of trouble are observed,” she said, “especially in situations where Airmen appear as if they are about to make a poor decision, are in despair or show signs of hurting themselves or others.”

Campbell said a good wingman can sense when someone needs help.

“Good wingmen step in when they notice signs of distress in the areas of physical, mental, social and spiritual fitness,” she said. “Good wingmen also know that seeking help is a sign of strength. Wingmen should overcome beliefs that interfere with being a

▶ see Wingman, 7

## FRIDAY FLYBY: Severe Weather Awareness Week begins Monday, Page 2

### Base Tax Center opens Monday

The Base Tax Center will be open Mondays through Thursdays from 8 to 11 a.m., and 1 to 4 p.m., from Monday through April 15. The center is located in Bldg. 995, a trailer next to the old Robins Elementary School.

For more information, call the tax center at (478) 926-1831. Phones will be manned beginning Monday.



### So, you think you can cook?

If you can turn an ordinary dish into a culinary masterpiece, you may have what it takes to win Robins’ Airman Chef Competition.

Modeled after the famous Food Network hit, “Iron Chef,” the Airman Chef Competition will take place at the Base Restaurant Feb. 27. The event will begin with a 6 p.m. cocktail hour and live music. Cost is \$18 per person.

To attend the event and judge the food, RSVP by Monday to (478) 222-7232 or DSN 472-7232.

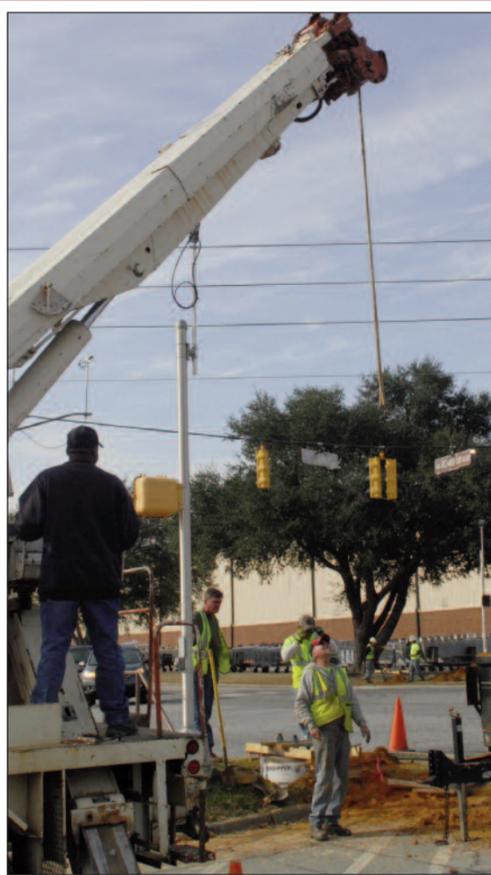


### Weekend Weather

Friday	56/31	Saturday	55/38	Sunday	59/46
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“When on a ladder, never step back to admire your work.”

# SECOND FRONT



U.S. Air Force photo by MISUZU ALLEN

## SENDING UP A SIGNAL

The Richard Ray Boulevard and Robins Parkway traffic signal project is now under way. Contractors started construction mid-month on the new traffic signals being erected at the intersection. It is expected to take 45 days to complete. This project will result in improved driver safety and reduced queue time at the light. Pedestrian pathways may be impeded due to heavy equipment performing the work.

### Do you have 15 minutes to improve your marriage?

After your children are in bed, sit down with your spouse and talk. Fifteen minutes later, you're done. That's it.

Sounds easy, right?

It can be tough to stop what we're doing to tune into each other. But, try it. Let the dirty dishes wait. Step away from the computer for a while.

The time limit is important for couples who might be intimidated by the thought of having to talk.

#### Some suggestions:

►Share the experiences of your day and the way your spouse can be supportive during the stressful times and cheer your successes.

►If things become tense, let your spouse know that you feel

the tension and are willing to lighten things up. If they agree, kiss, and move on.

►Communicate your concern and respect of your spouse's responsibilities as you wish them to respect yours.

For more ways to improve the heart health of your marriage, and lower personal stress, check out the Family Advocacy Program's marital workshop, "Seven Principles for Making Marriage Work."

The workshop will be conducted from 5:30 to 7:30 p.m. for six consecutive Fridays, beginning Feb. 13, at the Airman & Family Readiness Center.

To register call (478) 327-8398 or email [Robins.fap@us.af.mil](mailto:Robins.fap@us.af.mil).

## Severe Weather Awareness Week Begins Monday

Next week is Severe Weather Awareness Week in Georgia. At Robins, the event is spearheaded by the 78th Operations Support Squadron Weather Flight. This year's emphasis is on preparedness and vigilance.

"Severe weather impacts millions of lives each year," said Roddy Nixon, Jr, Weather Flight lead forecaster and training officer. "Adverse weather potential reminds us that we must be professionally and personally aware of changing conditions as they occur."

Severe weather conditions such as thunderstorms, hail, winds, flash floods, and tornadoes all threaten this region, and a solid, comprehensive awareness effort considers them all. In an average year, Georgia has six days with tornadoes, seven with hail greater than or equal to 1 inch, and 19 with storms producing damaging winds.

This year, the flight – in partnership with the Robins Office of Emergency Management, the Houston County Emergency Management Agency, the American Red Cross and the National Weather Service – is leading an educational awareness campaign. The focus is on severe weather phenomena, defining key terms such as watches and warnings, and providing information on emergency notification processes such as CODE RED alerts.

Information can be downloaded by clicking the "weather" link at [www.robins.af.mil](http://www.robins.af.mil).

## ROSC Scholarship Application Available

Robins Officer's Spouse's Club scholarship applications are now available.

Applicants may access the applications via the ROSC website at [www.robinsosc.com](http://www.robinsosc.com). The completed application packets must be postmarked by March 2.

#### Eligibility requirements for applicants:

►Must be a dependent child or spouse of a retired, deceased or active duty military member currently stationed at Robins or a dependent child or spouse of an eligible current, retired or deceased Defense Department civilian employee at Robins.

►Must be in the upper 10 percent of his or her class or have a grade point average of 3.0 or higher on a 4.0 scale.

## ALL IN

### A DAY'S WORK

#### Airman First Class Maria Baca

**UNIT:** 78th Mission Support Squadron

**JOB TITLE:** Pharmacy Technician

**TIME IN SERVICE:** 18 Months

**HOMETOWN:** Bluffton, S.C.



#### What does your work involve at Robins?

I fill up to 800 prescriptions in one day and dispense about the same. I take doctor-written prescriptions, translate them, and print the directions on labels for our patients to fully understand how to take them.

**How does your work contribute to the Robins mission?** I provide first class medical care to Robins Airmen and our retired military community.

#### Who has been the biggest influence in your life?

"My mother and father, hands down. Why? They taught me to always follow my dreams and work hard for what I want. With hard work and dedication, nothing is impossible.

**What do you enjoy most about your work?** Working together as a team to keep our troops mission ready at all times.

#### What is something people would be surprised to know about you?

People would be surprised to know that I am a shy person when I first meet someone. It's surprising because at work I am constantly talking and trying to keep morale up in our work environment. So for people who know me well, it's hard to believe that I could be so quiet and timid.

#### What is an accomplishment you are most proud of?

I am proud of the decision I made to serve my country in the United States Air Force. I am the first in my family, and I feel honored to be a part of something big. Something that makes a difference in my life, the lives of my parents, and my country.

#### What's your favorite food?

I am Mexican. So of course I love Mexican food. To be even more specific, I love tortas. It's basically a sandwich but with a little Latin twist.



**“PUT YOUR  
HANDS TOGETHER  
FOR ...”**



## Air Force lauds CE for environmental efforts

The 78th Civil Engineer Group at Robins has been honored with the 2014 Air Force Gen. Thomas D. White Environmental Award, Environmental Quality Award, Installation Excellence category.

Robins received the honor in 2012, and also won the Secretary of Defense Environmental Quality Award (Industrial) in 2013.

Robins will once again compete for this award in 2015.

The award recognizes the installation conducting the best or most improved environmental quality program during the previ-



ous and current fiscal year, with a review board considering all

aspects of an installation’s environmental program.

### Civilians receive Air Force Command Civilian Award for Valor

Several employees from the 402nd Aircraft Maintenance Group received official commendation this past December that helped save the life of Ed Hall, a 560th Aircraft Maintenance Squadron aircraft mechanic.

The Command Civilian Award for Valor was presented to Eric Barnett, Roger Bunn, David Hattan, William McBride and Gregory Kimble-Wilder in recognition of their courage and compassion.



U.S. Air Force photo by RAY CRAYTON

From left, Gregory Kimble-Wilder, Roger Bunn, Ed Hall, David Hattan and Eric Barnett share a laugh following a ceremony Monday in Bldg. 2390. The four men saved Hall’s life when he had a heart attack in December.

### Outstanding Civilian Service Medal presented

Dennis Gunn, a 402nd Electronics Maintenance Group management analyst, has received the Department of the Army’s Outstanding Civilian Service Medal for his contributions as a developmental advisor and funds manager while deployed to Afghanistan in 2014.

His duties there included protocol, logistics, human resources and security in support of the

Headquarters International Security Assistance Force.

“My major responsibility as a member of the Force Reintegration Cell was to provide assistance to the Joint Secretariat on how to perform multiple functions,” he said. “I also served as a fund manager for five major accounts for HQ ISAF.

“My career in the U.S. Army is what enabled me to fill the position

in Afghanistan and have tremendous success. The position required multiple skill sets and I had performed all these duties while serving in the Army.”



Gunn

The “Put your hands together for ...” feature is a new monthly installment to the Robins Rev-Up.

Due to the overwhelming number of awards people at Robins receive, we just aren’t able to cover them all. This feature is our way of ensuring we give credit where we can.

The installment will run in the last issue published each month.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpegs. For more information, contact Geoff Janes at [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil) or Lanorris Askew at [lanorris.askew\\_ctr@us.af.mil](mailto:lanorris.askew_ctr@us.af.mil). Either can be reached by phone at 468-6836.

### AFSC Best Large Contracting Unit

During fiscal 2014, 1,243 contract actions valued at nearly \$242 million were executed by Air Force Sustainment Center Contracting Operating Location at Robins. As a result of the team’s dedicated service to the warfighter, it was recently recognized as the best Large Contracting Unit in AFSC for 2014, beating out Hill and Tinker Air Force bases in the process. Two of the unit’s members also were AFSC annual award winners. Staff Sgt. Jarvis Wilson won Outstanding Contracting Enlisted Member. And Tech. Sgt. Oliver Dexter won the Staff Sgt. Ronald L. King Outstanding Contingency Contracting Award. All will compete at the Air Force Materiel Command level.

### Annual Award Winners

The 116th and 461st Air Control wings, along with the 138th Military Intelligence Company had the following annual award winners:

#### 116th Air Control Wing

First Sergeant: Master Sgt. Victor Conner  
CGO: Capt. Christopher Swann  
SNCO: Senior Master Sgt. Benjamin Morris  
NCO: Tech Sgt. Adam Adair  
Airman: Senior Airman David Mason  
Civilian Category II: Harold Partin

#### 138th Military Intelligence Company

Soldier of the Year: Staff Sgt. Scott Eidemiller, Jr.  
Airborne Target Surveillance Supervisor: Staff Sgt. Scott Sanger  
Deputy Mission Crew Commander: Capt. David Hulse  
Civilian: Sue E. Zuniga

#### 461st Air Control Wing

Airman: Airman 1st Class Latrisha Matthews  
NCO: Tech Sgt. Sharon Nichols  
SNCO: Master Sgt. Anthony Powell  
CGO: Capt. Stephanie Furrer  
Field Grade Officer: Maj. Justin Gilbert  
First Sergeant: Master Sgt. Bruce Harrison  
Honor Guard: Senior Airman Sean Maurais  
Civilian Category II: LaTanja Knowlton  
Civilian Category III: Patty Therrell

## AROUND THE AIR FORCE

**AFLCMC commander highlights accomplishments**

BY JUSTIN OAKES

66th Air Base Group Public Affairs

**BEDFORD, Mass.** — Lt. Gen. John Thompson emphasized the overarching criticality of the work the Air Force Life Cycle Management Center performs during his State of the Center address Jan. 15.

Thompson emphasized the progress made over the course of the year, highlighted AFLCMC successes and presented his focus areas for 2015.

The general was quick to point out that AFLCMC personnel make up about 4 percent of the Air Force, but help deliver 100 percent of the service's non-space war-fighting capabilities.

Thompson said that AFLCMC is making great strides in the area of strategic resource management. In simple terms, it's the ability to quickly react to incoming and changing workloads.

The general also brought up the importance of standardization — the lack of which is often a source of frustration for program managers, customers and industry partners alike.

Thompson clearly stated that more efficient processes are needed across the life cycle mission area.

He said it's unfair to expect program managers to change the way they do busi-



U.S. Air Force photo by JERRY SASLAV

**Lt. Gen. John Thompson, Air Force Life Cycle Management Center commander, delivers his State of the Center address at Hanscom Air Force Base in Bedford, Mass., Jan. 15**

ness based on where they're located or what base they operate from.

Standardization would help alleviate the pain felt by industry partners when dealing with the same program managers who are forced to conduct business in a different manner, he added.

Also relating to center progress, the general briefly touched on the Air Force's new inspection system.

Under the new system, there are three levels of evaluation for AFLCMC: A self-assessment performed by each of the AFLCMC units (including program exec-

utive officer organizations), an internal inspection by the center inspection team and an external inspection by Air Force Materiel Command.

According to Thompson, the major graded areas are well aligned with AFLCMC strategic goals.

However, the address wasn't merely a progress report for those in attendance. The commander made a point to applaud several of Hanscom's successes.

Within the C3I and Networks Directorate, special attention was given to the Battlefield Airborne Communications Node program, also known by its tastier name, BACN.

The node translates and distributes imagery, video and data from E-11As or Global Hawks. The current seven aircraft fleet operates at a 98 percent mission availability spanning three areas of responsibility. In addition, the system recently surpassed 75,000 combat flight hours and 6,600 missions.

Recognition was also given to Battle Management's newest division, the JSTARS Recapitalization program. The recap is the Air Force Chief of Staff's No. 4 acquisition priority.

**Editor's note:** To read the full story, visit the Air Force Materiel Command website at [www.afmc.af.mil](http://www.afmc.af.mil)



U.S. Air Force photo by SENIOR AIRMAN CHRISTOPHER REEL

**BEHIND THE IRON MASK**

**Tech. Sgt. Brian Thornton** in his homemade Iron Man suit, visits a Marrington Elementary classroom on Joint Base Charleston — Weapons Station, S.C. Thornton wears his Iron Man suit to local schools and hospitals hoping to help brighten children's days. Thornton is a 628th Air Base Wing Air Defense Council paralegal.

**USecAF lands at Moody MOODY AIR FORCE**

**BASE, Ga.** — Under Secretary of the Air Force Eric Fanning visited Moody Air Force Base, Jan. 15, to learn more about the mission and experience it firsthand.

"There is nothing like seeing the mission firsthand," said Fanning. "It just adds a level of understanding that you don't have by getting a brief in the Pentagon."

Fanning also said he believes seeing the Air Force's different missions firsthand gives him more credibility.

"When you're trying to make a point or defend your case in the Pentagon, you can say to the big bosses, 'I was just out there, and I saw it, here's what it's really like.'" he said.

During his visit, he flew in an A-29 Super Tucano, the newest aircraft here.

"It's a critical component to our

**In Other News**

ability to fully pull out of Afghanistan," said Fanning. "[It helps us] believe they have a military capable of taking care of itself and providing the security the country needs to move forward. They couldn't do it without the A-29 mission."

**SAPR summit offers tactics WASHINGTON (AFNS) —**

Leaders in academia, government and industry presented cutting-edge research related to sexual violence at the Sexual Assault Prevention Summit Jan. 13, 14 and 15.

Dr. Andra Tharp, Dr. Gilbert Botvin and Dr. Dorothy Edwards spoke to 150 Airmen about sexual assault prevention models, as well as strategies to overcome prevention barriers and risk factors.

The speakers represent the many leaders and experts who presented current research and per-

spectives to participants during the five-day summit designed to engage Airmen of varying ranks and career fields in a conversation about sexual assault in the Air Force.

"Sexual violence is a significant public health problem," said Tharp, a health scientist in the Centers for Disease Control and Prevention's Division of Violence Prevention.

According to Tharp, a public health approach to sexual assault prevention includes defining the problem, identifying risk and protective factors, and developing effective strategies to stop sexual violence before it starts.

Sexual violence is the result of the complex interaction of risk factors, such as alcohol and drug use, poor decision making, peer pressure and media influence, said Botvin, a Ph.D. at Weill Cornell Medical College.

**PERSPECTIVE****'It's time we stop, hey what's that sound?'**

BY CAPT. DAVID LIAPIS

92nd Air Refueling Wing Public Affairs

**FAIRCHILD AIR FORCE BASE, Wash. (AFNS)** — Its side effects can range from confusion to induced sprinting for cover, to feelings of pride. It has the power to stop people in their tracks and causes self-induced paralysis for nearly two minutes at a time.

Reveille and Retreat ceremonies occur on most military installations across the U.S. at the beginning and the end of the duty day, typically at 7 a.m. and 5 p.m. Some include playing the ceremonial music over the installation public address system.

While it's easy to follow commands given while in the vicinity of the flag pole, what about while across base at the running track or while driving down the road on base? The general rule is to cease all activities and render honors when the music is played — unless you're taking an Air Force fitness assessment or it would otherwise cause a safety hazard.

While some reading this might be

thinking, "well, duh!," there's a reason for this commentary. It seems many people have forgotten customs and courtesies or choose to ignore what to do when the music is played. In spite of some vehicles stopping and people standing still and saluting, some people don't clue into the fact something is happening that requires their attention. This ignorance, willful or not, bothers me and many other military members.

I spent two years in Turkey, where the only U.S. flags I saw were either the one in front of the wing headquarters building on base, the one at the U.S. embassy, or the ones being burned by protesters. The sweet sound of the Star Spangled Banner rang through the air only once a year at this base. I can tell you this, that once-a-year treat sent chills down my spine and brought tears to my eyes. To quote an old song, "you don't know what you've got 'til it's gone."

Our flag is special and deserves our respect. It flies all over our great land reminding us of the freedoms we love. It's carried into battle to inspire those willing to fight for it. It drapes over the



U.S. Air Force file photo by SUE SAPP

caskets of our fallen heroes who gave their all for it.

Remember those reasons next time the music starts and you're tempted to keep driving, run into the nearest building or duck into your vehicle.

Take advantage of that minute or two while standing and showing honor to the flag and think about those who have defended it and those who still defend it.

Rather than turning up the radio and pretending to ignore the music so you don't get two minutes behind schedule, stop and roll down your window and think of how privileged you are to live in this great nation.

So, since I'm already quoting song lyrics, how about "it's time we stop, hey what's that sound ..." next time you realize "it's five o'clock somewhere."

**ROBINS REV-UP**

COMMANDER  
**Col. Christopher Hill**

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**SUBMISSION GUIDELINES**

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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.

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### 3-D

Continued from 1

a bottom area includes a front-loading bay where spools of plastic model and support material are loaded.

Once a model is created using the software, it's loaded onto the 3-D printer. The modeled parts are made from various plastic material, from ABS to ULTEM, that arrive from the manufacturer in canisters. The plastic resembles weed eater

string, and is melted inside the printer as it's shaped into whatever part is needed.

The shop has created a variety of projects to date, including an F-15 glare shield, and most recently, a small gear for an NDI X-ray machine that took only 30 minutes to print.

The possibilities of the future are exciting as word gets out about the new manufacturing capabilities.

**Editor's note: To see a video of the 3-D printer's powerful capabilities, visit [www.robins.af.mil](http://www.robins.af.mil).**

### VPP

Continued from 1

effort among wing staff agencies and AFSC operating locations to get to the point where everyone worked together with base VPP leaders.

"The overall goal is that we're achieving safer work sites for the 300-plus people who fall under this confederation of offices," he said.

Those efforts culminated in 17 sites receiving Silver recognition on Jan. 27.

The next step is Gold, followed by sustaining that process and assisting other Silver and Gold sites with their programs.

The Robins Equal Opportunity Office is one participating unit that was constantly trying to improve safety in the office and community.

For example, the office's sidewalk has been upgraded and repaired

with handrails to create a safer entry.

"It was a challenge because we all had different supervisors, different safety and VPP programs – and some of us had Silver already," said Jeanette Draughorne with Robins EO. "But as a team we decided everyone would start over so we all were on an even playing field."

"It's nice having someone you can call and ask for help," she said. "We're in a unique situation having 17 different sections, but we act as one when it comes to VPP and safety."

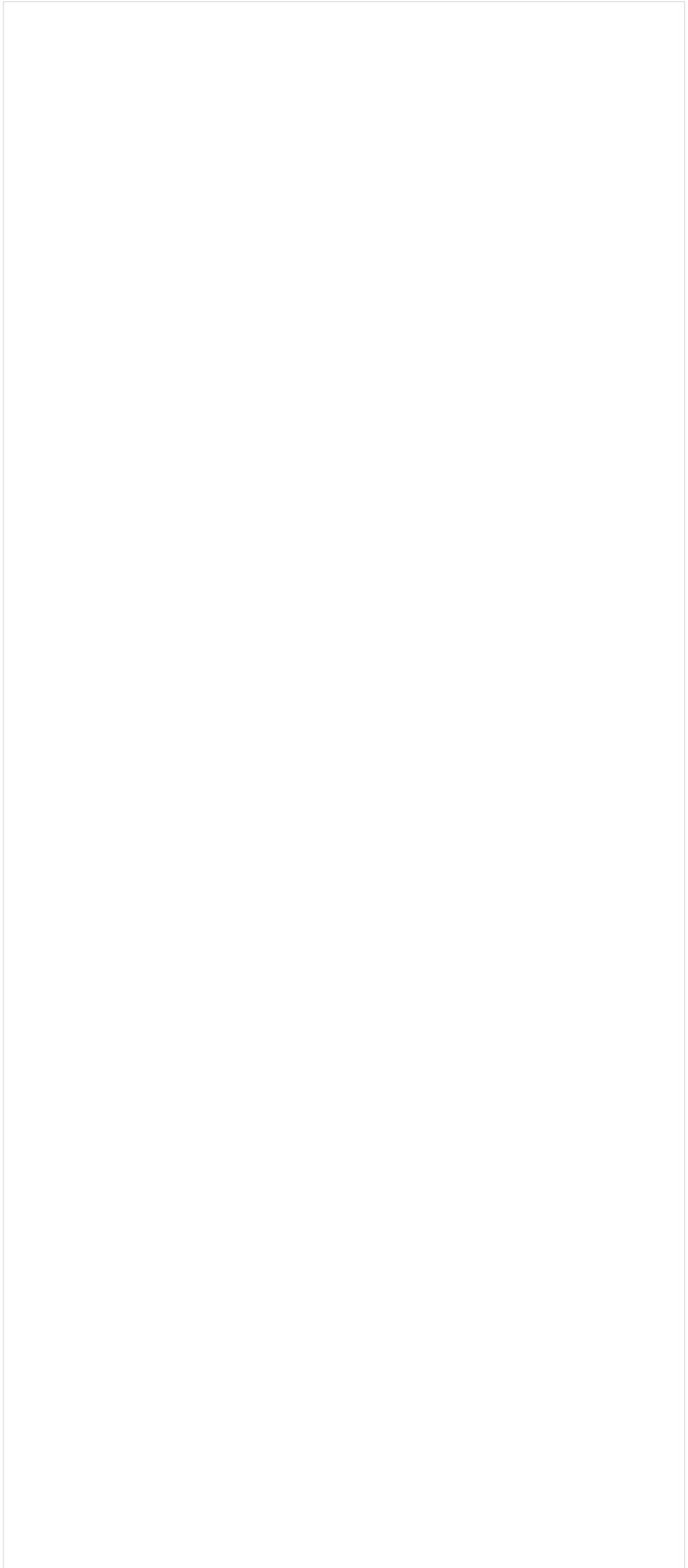
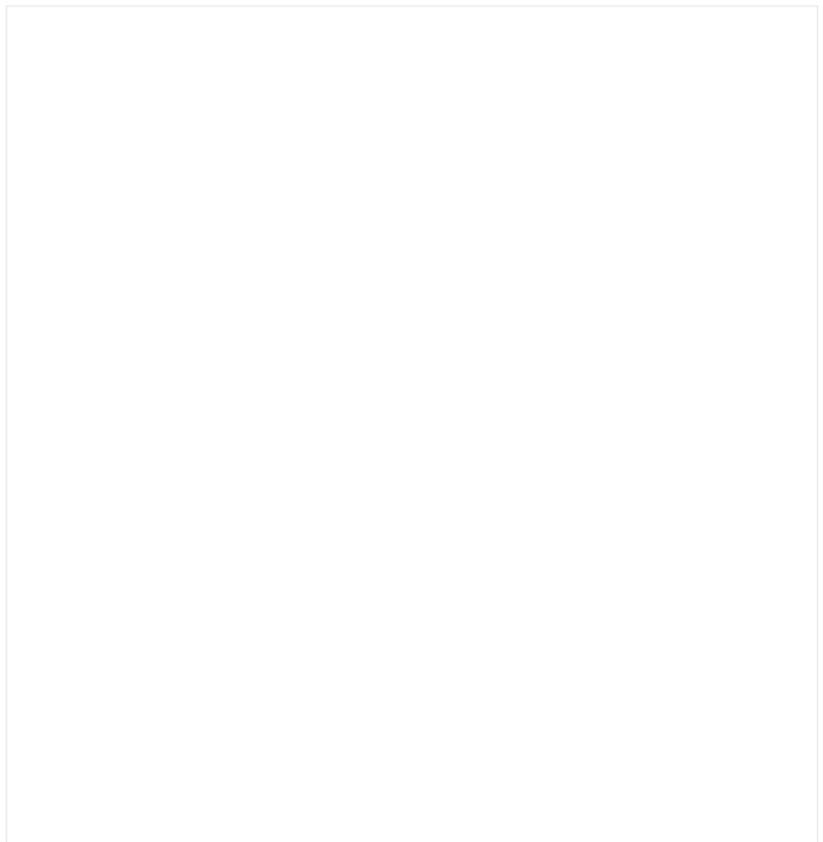
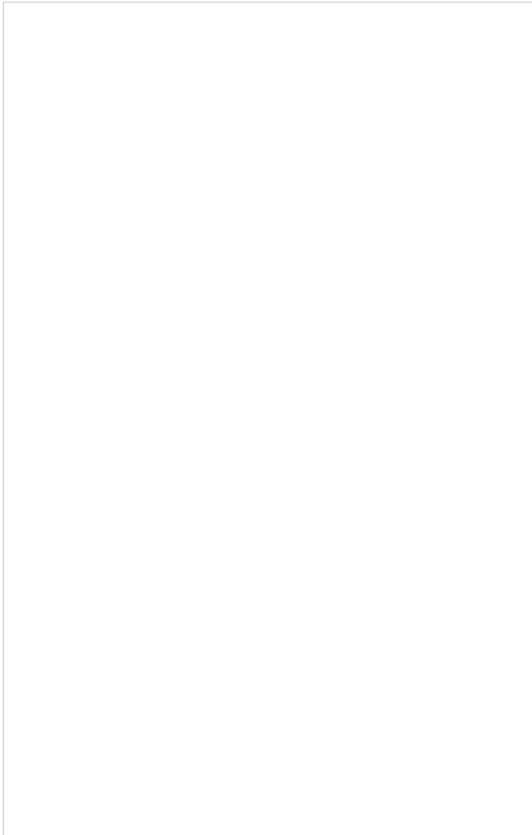
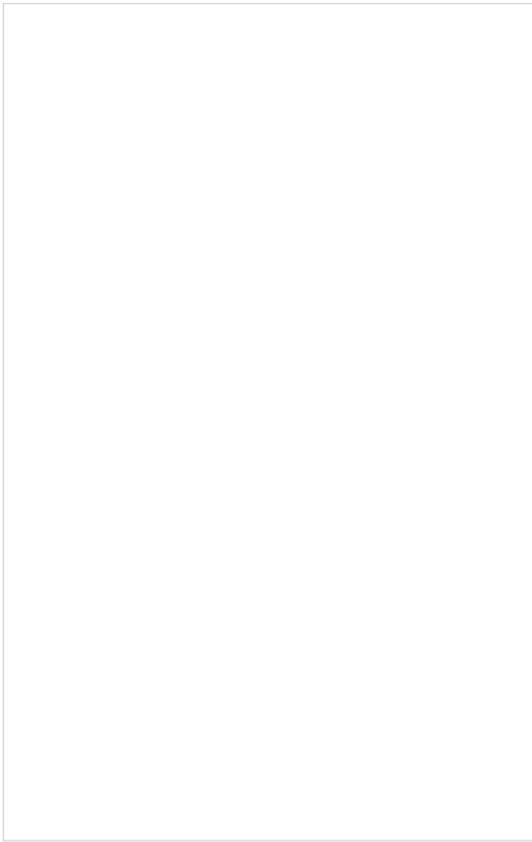
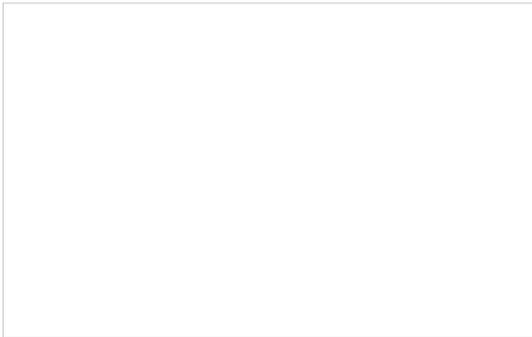
In the end, it's all about coming together as a team. It works.

"VPP and safety work together hand-in-hand with the ultimate goal of a sustained culture change where employees, supervisors and management are able to recognize safety and health issues, and work together to resolve them at

the lowest level," said Scott Eck, Installation Safety chief.

Bryant Aaron, the VPP representative for American Federation of Government employees Local 987, agreed but said leadership had certainly played its part.

"Without leadership, the job would be harder to get accomplished," he said. "We need management and leadership involvement in order to make this base a safe working environment."



## A BETTER YOU

## February is Healthy Heart Month

BY STUART BAPTIES

Health and Wellness Center flight commander

Did you know Heart Disease is the leading cause of death in both men and women in the United States?

While heart disease has traditionally been associated with men, heart disease kills more women than all forms of cancer combined.

While having a family history of heart disease may place you at higher risk, there's plenty you can do to dramatically reduce your risk.

### Seven suggestions to Improve Heart Health in 2015:

#### Quit Smoking

Smoking is the most preventable cause of premature death and it increases your risk for heart disease. When you stop smoking, you help lower your blood pressure and lower your LDL (bad) cholesterol. So, if you want to live longer, stop smoking.

Find out more at: [www.ucanquit2.org](http://www.ucanquit2.org), or call the Health and Wellness Center at (478) 327-8480 for assistance with free tobacco cessation options that include both counseling and discussion, and access to nicotine replacement therapy.

#### Avoid second-hand smoke.

We now know for a certainty that even being around smoke increases the risk for heart disease and death, even in those who have never smoked. So avoid it whenever possible.

For more info, visit [www.goredforwomen.org/home/know-your-risk/](http://www.goredforwomen.org/home/know-your-risk/)

#### Know your numbers.

You owe it to yourself to take an active role in your own health.

Find out your blood pressure, cholesterol and weight and discuss those numbers with your doctor. With his or her help, you can monitor changes and make



informed decisions.

Civilians can contact the CHPs office at (478) 222-6906 to schedule screenings in their work center. Our Tri-care eligible community members can discuss having the tests done with their primary care manager.

#### Process out processed foods.

In 2015, try switching out just one processed food a month for something you make yourself.

It doesn't have to be complicated; it can be as simple as a soup. By switching from processed foods, which are usually high in sodium, you can make a difference in your blood pressure and overall health.

For more information check out [www.goredforwomen.org/live-healthy/reduce-salt-and-retain-flavor/](http://www.goredforwomen.org/live-healthy/reduce-salt-and-retain-flavor/)

#### Get moving.

It's easy to be sedentary, particularly if you drive to work and sit at a computer all day, but small steps can make a big difference.

Try parking farther from the office, choosing the stairs, taking a walk after lunch and standing up every

hour at your desk to stretch.

If you have a pedometer, aim for 10,000 steps a day, and if you don't have a pedometer call the HAWC at 327-8480 or CHPs at (478) 222-6906 to find out how to get a free pedometer and participate in the Robins Million Steps Challenge for wellness prizes throughout the year.

For more information on the benefits of walking, check out <http://everybodywalk.org/>

#### Get your friends and family on board.

Whether we're taking care of our parents, our children, our partners or looking out for friends, we have a unique ability to influence changes in diet and exercise. You can impact a lot of people through your own choices.

Find out more at [www.goredforwomen.org/home/live-healthy-how-to-prevent-heart-disease%20/exercise/](http://www.goredforwomen.org/home/live-healthy-how-to-prevent-heart-disease%20/exercise/)

#### Spread awareness and encouragement.

It still comes as a surprise to many people when they learn that heart disease is the No. 1 killer of both men and women, so it's up to all of us to inform our friends and family of the risks and the actions a person can take to minimize those risks.

What seems like a simple change could save someone's life.

Throughout the month of February you will see the base Health Promotions Teams at various locations around the base educating our base community and answering questions about heart disease and other wellness concerns you may have.

We encourage you to stop by our tables to ask questions while picking up educational materials; call CHPs at (478) 222-6907 to schedule briefs at your worksite or simply stop by the HAWC at Bldg. 827 to pick up materials.

**Editor's note:** Check out the HAWC Facebook page at: [www.facebook.com/pages/Robins-AFB-Health-and-Wellness-Center-HAWC/172%20960822738172](http://www.facebook.com/pages/Robins-AFB-Health-and-Wellness-Center-HAWC/172%20960822738172).

## Carbon monoxide detectors can save lives

The U.S. Consumer Product Safety Commission recommends that every home should have a carbon monoxide detector. The commission urges consumers to have a professional inspection of all fuel-burning appliances, including: furnaces, stoves, fireplaces, dryers, water heaters and space heaters to detect carbon monoxide leaks.

Carbon monoxide is a colorless, odorless gas. The initial symptoms of CO poisoning are similar to the flu, and include headache, fatigue, and shortness of breath, nausea and dizziness.

CPSC recommends that every home should have at least one CO detector on each sleeping floor that meets the requirements of the most recent Underwriters Laboratories 2034 standard.

If you reside in military family housing, and

you suspect CO poisoning in your home, call 911 or 478-222-2900. The dispatcher will ask you the following questions:

1. Does your home have an installed Carbon Monoxide detector? If yes, what color is indicated on the LED read out?

If it's displaying a solid red light with audible beeps, there is a high CO presence, evacuate immediately to outside fresh air.

2. Do you have a gas stove, furnace, or gas dryer? Are they in use? If yes, turn them off.

3. Are you experiencing a slight headache, nausea, vomiting or any flu like symptoms?  
4. Are you experiencing throbbing headaches, drowsiness, confusion or fast heart rate?  
5. Is anyone convulsing, unconscious or experiencing heart or lung problems?

If you answer yes to any of the above symptoms, the dispatcher will instruct you to immediately move outside to fresh air, and wait for the Fire Department.

– Base Fire Department



## WINGMAN

Continued from 1

good wingman, because seeking assistance is consistent with the warrior image and leaders, coworkers, family, and friends should support decisions to seek help.”

Characteristics of good wingmen include being able to recognize situations that represent risk and wingmen who are showing signs of distress.

“They should also know when to inform others, including leadership, when distressed wingmen are identified,” Campbell said. “In addition, good wingmen should actively take steps to ease potential stressors and assist wingmen by talking to them, understanding their situation and needs, and helping them access appropriate helping resources.”

Finally, good wingmen follow up with their peers to ensure the issue has been resolved, Campbell said.

Whether at work or off duty, good wingmen take the time to listen to their wingmen, offer hope, and let them know

he or she is available if they need help without judgment, Campbell said.

Tools that enable Airmen to fulfill the wingman role are just a computer mouse click away.

“Most computers at Robins have a ‘You Matter’ desktop icon, which links to all the helping agencies on base,” Campbell said. “In addition, if you don’t have a wingman card, you can contact the 78th Air Base Wing Director of Psychological Health, Maj Michelle Gramling in the Mental Health Clinic at (478) 327-8398.”

### Base Resources

Installation Community Support Coordinator Lesley Darley – (478) 327-7692 – can direct anyone interested to the appropriate resources based on their needs. She is the base point of contact for resiliency training.

Those interested in learning more on enhancing their resilience skills and who want to help others can volunteer to serve as a unit Resilience Skills Assistant, should also contact Darley.

### Find local help here

Finances & Work-Life Balance	Airman & Family Readiness Center	926-1256
Health and Wellness Education	Health and Wellness Center	327-8480
Health Screenings	Civilian Health Promotion Services	327-8030
Work, Personal or Family Issues	Employee Assistance Program	(800) 222-0364
Work Stress, Psychological Issues	Organizational Consulting Office	327-9803
Mental Health & Substance Abuse	Houston Healthcare	922-4281
Unplanned Pregnancy	Houston Healthcare	922-4281
Suicide Prevention	National Suicide Prevention Lifeline	(800) 273-8255
Sexual Assault & Victim Advocacy	Sexual Assault Response Coordinator	926-2946
Crime Victim Advocacy	Victim Witness Assistance Program	327-4584

# Become educated – it’s about the environment

BY KIM MULLINS  
EMS Coordinator

Don’t get cited by the inspector general or from regulators for training issues. Get educated – several environmental training classes are required by law.

Robins is governed by federal laws, state laws, and Air Force regulations, but what does that mean to you?

The United States Environmental Protection Agency is a federal agency that governs environmental activities across the nation and mandates training for individuals with specific job duties.

Primary EPA-required classes impacting Team Robins with annual mandates are Hazardous Waste-Resource Conservation and Recovery Act, Spill Prevention Control and Countermeasure, and Hazardous Waste Operations and Emergency Response Standard.

◆ *The largest impact across base is the HW RCRA because anyone handling, disposing or managing hazardous waste storage or disposal sites is required to have annual training. Required by 40 CFR 262.34, 265.16; AFI 32-7042 and the Robins AFB’s Hazardous Waste Permit, issued by Georgia Environmental Protection Division.*

◆ *All employees managing Underground or Aboveground Storage Tanks, and those who are involved with dispensing, transferring or handling petroleum products in bulk quantities – bulk equals 55 gallons or more – are required to complete annual SPCC because of the potential to cause a spill. The training is mandated by the Oil Pollution Act, 40 CFR Part 112.7, and AFI 32-7044.*

◆ *Impacting a small group of individuals at Robins, initial and annual HAZWOPER training is primarily regulated by Occupational Safety and Health Administration standards. HAZWOPER*

*applies to clean-up operations, and emergency response. Anyone on Robins’ Clean-Up Team is required to complete initial and annual training requirements.*

In addition to the Hazardous Waste Permit, GA EPD also issues 10 water permits for groundwater, drinking water, storm water runoff, wastewater and construction activities that are regulated under the Federal Clean Water Act and Safe Drinking Water Act.

Training primarily impacts the 78th Air Base Wing for wastewater operations, drinking water management and edible oil control from restaurants.

## Water-related training with annual requirements includes:

◆ *Training for storm water pollution for the Robins Air Force Base Storm Water Pollution Prevention Plan is designed for Unit Environmental Coordinators.*

*Storm water occurs when more water is present than can be absorbed into the ground, presenting runoff of excessive water, often from rainfall.*

*As water runs from surfaces – grass, soil and sand, and pavement – it collects oils, chemicals and other debris which are deposited in nearby lakes, streams and rivers, possibly contaminating drinking water and wildlife.*

◆ *Edible Oil Training impacts only a handful of individuals at Robins AFB – managers of restaurants on Robins (Base Restaurant, Golf Course, Burger King, etc.).*

*Training is conducted in short sessions to clarify proper oil disposal for restaurants.*

In addition to US EPA and GA EPD-required training, the Air Force also requires certain classes for general environmental awareness and holders of

government purchase cards.

◆ *Environmental Management System is an Air Force tool used to manage environmental programs. All persons working at Robins are required to complete General EMS Awareness Training, per AFI 32-7001.*

*Training is available on Advanced Distributed Learning Service for individuals with computer access cards.*

*Robins-specific EMS Training can be requested thru the Environmental Management Office: 78ceg.cev.FrontOfc@us.af.mil. EMS training is a one-time requirement with no refresher.*

◆ *GPC cardholders are required to take annual training to review purchasing limitations and updates. GPC cardholders are responsible for complying with the Green Procurement Program, which requires purchasing environmentally-preferable products and follows the same framework as EMS.*

## How do I get this training?

Details regarding training are available in the Environmental Training Matrix located on the Robins Air Force Base environmental dashboard (e-DASH): <https://cs1.eis.af.mil/sites/edash-ins1/robins/Shared%20Documents/Training/Robins%20AFB%20Training%20Matrix%202015.xlsx>.

Guidance on how to use the matrix is available on the first tab. If you’re unable to access the links, contact 78ceg.cev.FrontOfc@us.af.mil for information, or POC: Kimberly Mullins, at kimberly.mullins.2@us.af.mil.

Although only one of these training classes is required for all military, civilian, and contract personnel – everyone’s job has the potential to impact the environment.

Become educated – preserve your safety, protect your environment and avoid regulatory citations from the IG and regulatory officials.

## CAREER TRANSITION PRESENTATION OFFERED

A free transition class called “Marketing Yourself for a Second Career” is being offered at Robins.

All ranks are invited to attend, though it’s geared toward officers and senior noncommissioned officers.

Spouses are highly encouraged to attend.

In the current budget environment, understanding how to manage your transition is more important than ever.

The class teaches the latest

trends in transition to include networking, resume writing, LinkedIn profile development, job interview techniques and salary negotiations.

All military personnel eventually transition to civilian life.

Therefore, this presentation is perfect for those who are considering separation or retirement.

It also educates leaders in the transition process in order to coach and mentor their subordinates, especially during these times of force reductions, selective retirement boards, etc.

The presentation will be given by retired Col. John Sims, who retired in 2013, after more than 25 years of service both as an officer and NCO.

Sims speaks with very relevant and practical experience on the transition process and life after the military.

There is no charge, but RSVPs are required to attend.

**Editor’s note:** *To reserve your seat or for further information, contact Mandie Hovovach at [mandie.holovach@us.af.mil](mailto:mandie.holovach@us.af.mil) or call (478) 926-9199.*

# HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
30	31	1	2	3	4	5

## ON TAP

### Quiz Night Fridays

Tonight  
5 p.m.  
Heritage Lounge  
For details, call (478) 222-7899 or DSN 472-7899.

### Built to Amaze! Nuts & Boltz Edition

Sunday  
Macon Centreplex  
\*Buy two Tickets from ITT, get two FREE  
For details, call DSN 468-2945

## UPCOMING & ONGOING

### Bodies Exhibit & Dinosaur Museum

Atlanta  
Saturday

Adult \$40, Child \$30  
Transportation and entry  
For details, call DSN 468-4001.

### Twilight Rates

Every day  
2 to 5 p.m.  
Pine Oaks Golf Course  
Play 18 holes with cart for \$20 per person.  
For details, call DSN 468-4103.

### Beginners 9-Hole Golf League

Sign up now. Everyone who signs up will win.  
◆ Open to all base personnel who want to learn.  
◆ A weekly money list will be kept for bragging rights!  
◆ We pay in gift certificates to all participants monthly.

For details, call DSN 468-4103.



### Dream Higher Than Ever

The Aero Club is now open to the public.  
For details, call (478) 926-4867.



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



### In-home childcare rules

Individuals caring for other families' children more than 10 hours a week on a regular basis must be licensed to provide care in on-base quarters.  
For details, call Patricia Gurr at 468-3080.

### Pine Oaks Golf Course Member Survey

The goal at Pine Oaks Golf Course is that all members and guests be totally satisfied with the club and the staff. To that

end, the staff is requesting members let them know how they're doing.

A quick survey will assist the staff in its ongoing effort to be the best club it can be. To take the survey, type the URL below into your browser:  
<http://svy.mk/12NFL2v>.

### Before & After School Care

If you are in need of before and after school care, contact the Robins Youth Center at (478) 327-6834 or DSN 497-6834.

### FSS Gift Card

Looking for a gift for that special person? Pick up a 78th Force Support Squadron gift card at these participating facilities:

- ◆ **Arts & Crafts**, (478) 926-5282 or DSN 468-5282
- ◆ **Bowling Center**, (478) 926-2112 or DSN

468-2112  
◆ **Information, Tickets & Travel**, (478) 926-2945 or DSN 468-2945

◆ **Outdoor Recreation**, (478) 926-4001 or DSN 468-4001  
*No guesswork and no expiration date.*

### Arts & Crafts

Arts & Crafts gift ideas include custom matting and framing, balloon bouquets, personalized pen sets, mugs, plaques, flags and retirement boxes. Call (478) 926-5282 or DSN 468-5282.

### Looking for a hotel?

Go to [www.choicehotels.com](http://www.choicehotels.com), from the "Select Rate" menu, put in rate code number 00229720. You'll see Robins AFB, Ga., click "Yes" to confirm.

Book your destination as normal and enjoy a 15 percent discount.

For more information, call (478) 926-4001 or DSN 468-4001.

**Before cycling**

- Stay off roads when possible, and use approved bicycle trails
- Always use a headlight and taillight when riding during periods of reduced visibility
- Wear a reflective upper body garment
- Always use a Consumer Product Safety Commission approved helmet
- Do not wear headphones