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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

June 5, 2015 Vol. 60 No. 22

SUPER GALAXY

Unique C-5M repairs showcase collective Team Robins efforts



U.S. Air Force photos by TOMMIE HORTON

Above, a C-5M is towed from a 559th Aircraft Maintenance Squadron repair facility at Robins. Below, Shawn Coffee, 559th AMXS sheet metal mechanic, performs operations checks on a C-5M service pan. This high-demand aircraft arrived at the base unscheduled in need of major repairs, a fitting replacement and first-ever latrine modification.

BY JENNY GORDON
jenny.snider.ctr@us.af.mil

It's a first for the Air Force. A substantial series of repairs have been completed on a high-demand C-5M Super Galaxy that will soon go down in the history books. For the first time, 559th Aircraft Maintenance Squadron maintainers here installed a prototype of a new lavatory system that will soon be outfitted on the entire C-5 fleet. At the same time, a second major job occurred to replace a primary structural component, known as a Batman fitting, on the same aircraft. This was the second C-5M to receive the replacement fitting. Both repairs are significant

because the lavatory modification system – designed by the C-5 System Program Office here – and the Batman fitting replacement project are part of an Air Force effort to improve the C-5 fleet's reliability and safety. The aircraft, based at Dover Air Force Base Del., arrived for unscheduled depot level maintenance in mid-February for an unexpected failure of a structural component on the aft door. The component experienced fatigue cracking typical for aging aircraft. Once the aircraft was here for that repair, it was ideal to have the other work done at the same time. Interestingly, while looking at the schedule of C-5s, one was already set to arrive for the new

lavatory system installation. However, since the unforeseen failure of the C-5M occurred, the timing couldn't have been more perfect to make all the repairs needed at one time, with just one aircraft out of operation, as opposed to two. The concurrent work packages resulted in minimum unscheduled maintenance time for the aircraft, resulting in a positive effect on fleet availability. The repairs demonstrate Team Robins' capabilities, according to Dave Nakayama, 559th AMXS director. "By repairing the structural damage to this aircraft, while at the same time replacing the



Heavy Load
The C-5 can airlift an Army battle tank weighing 105,500 lbs., an armored personnel carrier weighing 21,590 lbs., and a 175mm gun weighing 61,200 lbs. – for a total payload of 188,290 lbs.



▶ see GALAXY, A5

ENERGY MISER TEAM LOOKS FOR SAVINGS

BASE ENERGY OFFICE

The 78th Civil Engineer Group's Energy MISER – which stands for Measure Investigate Site Energy Reduction – team continues to survey facilities for energy conservation improvements. Robins' annual utility bill is \$26 million. During the second quarter of fiscal 2015, the MISER team made improvements across 13 base facilities, resulting in roughly \$70,000 in cost avoidance savings. Principal energy savings were generated from replacing outdated HVAC motors and related air handling controls, as well as replacing numerous lighting fixtures and automatic light sensing controls. The team, originally established in November 2010, builds on established base programs to incorporate energy consideration in normal maintenance activities. Team members include personnel across multiple civil engineering shop skills and capabilities needed to address facility energy conservation. The team examines the entire facility for cost-effective energy conservation opportunities, to

What to Know:

- Robins' annual utility bill is \$26 million.
- Air Force energy conservation goals include a 5 percent reduction in energy intensity and water consumption each year.
- Robins employees can help meet energy conservation goals by considering how they use energy in their daily jobs and taking appropriate actions.

include: proper insulation, reflective roof coatings, door and window leaks and HVAC equipment and lighting systems. A typical MISER team audit begins with an inquiry from a facility manager or perhaps a routine building walk-through that identifies potential improvement opportunities. In connection with the 78th CEG Energy Management Office, the MISER team investigates historical utility consumption patterns to identify facilities displaying high-energy consumption trends.

▶ see MISER, A5

First Street construction starting soon

ROBINS PUBLIC AFFAIRS

Another major road will be under construction at Robins beginning June 22. First Street, from Cochran to Perry streets, will undergo a construction project to replace the entire road with asphalt, and replace curb and gutters, and sidewalks along that portion of roadway. The 78th Civil Engineer Squadron will also correct a longtime issue of flooding along First Street by installing a new storm water drainage system. Alternate sides of the road will be closed throughout the project which is expected to last until the middle of March next year. Motorists are urged to use caution while driving along this road, as detouring throughout the period will begin with the temporary closing of the Cochran/First Street intersection. Delays could occur due to inclement weather.

FRIDAY FLYBY: Military Caregiver PEER Forum scheduled for June 18, Page A2

Active-shooter, Hazmat exercises on tap

The base will conduct a number of readiness exercises next week. The exercises will evaluate, among other things, how the workforce and first responders react to active-shooter and hazardous-material scenarios. The active-shooter scenario will include the use of a new active-shooter alarm broadcast on the base's Giant Voice message system. The alarm is a 15-second attack warning signal followed by the words "Lockdown, lockdown, lockdown."



Celebrating Diversity: LGBT Pride Month

Lesbian, Gay, Bisexual, Transgender Pride Month is a yearly celebration of achievements by members of the LGBT community, and the role they have played in U.S. history. Harvey Bernard Milk was an American politician who became the first openly gay person to be elected to public office in California when he won a seat on the San Francisco Board of Supervisors. Politics and gay activism were not his early interests; he was not open about his homosexuality and did not participate in civic matters until around the age of 40, after his experiences in the counterculture of the 1960s.



Milk

Weekend Weather

Friday 87/65



Saturday 88/67



Sunday 89/67



"Resilience is all about being able to overcome the unexpected."

Passing the torch

Twenty two members of the 78th Security Forces Squadron laced up their sneakers for their portion of the Special Olympics Law Enforcement Torch Run May 29.

Squadron members started at Gate 14 – the Russell Parkway Gate – and traveled across the base, ending at Gate 1 – the Green Street Gate.

The event is run in all 50 states and in 35 countries. This year 350,000 law enforcement members participated.

Members of the 78th SFS passed the torch to members of the Macon-Bibb Sheriff's Office. The torch will end up in Atlanta for the Georgia Games.



U.S. Air Force photo by RAY CRAYTON

Moving forward

Robins to celebrate LGBT contributions throughout June

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

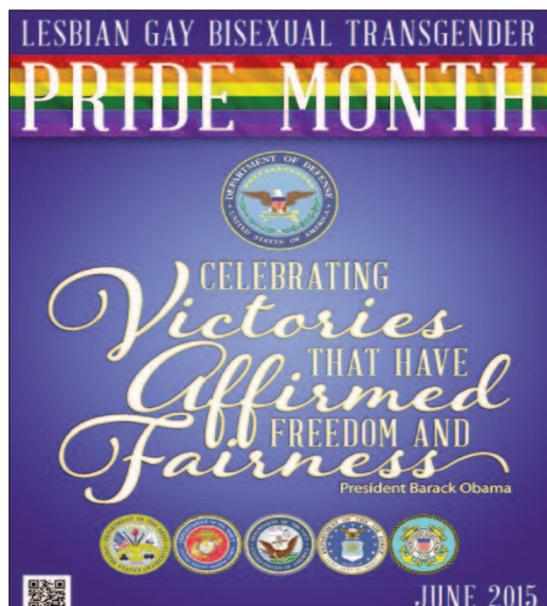
Often, people in the Lesbian, Gay, Bisexual, Transgender community are overlooked.

Throughout June, Robins Air Force Base's LGBT Pride Month committee will display information base-wide to bring the LGBT community and its contributions to the U.S. Air Force to light, as part of LGBT Pride Month.

Additionally, the committee will show the movie, *The Imitation Game*, at the Base Theater on June 25 at 7 p.m. Admission will be free.

The film stars Benedict Cumberbatch as the British cryptanalyst Alan Turing, who helped solve the Enigma code during the Second World War and committed suicide after his prosecution for homosexuality.

Senior Airman Princeter Fazon, LGBT Pride Month Committee chairperson, said it's hard to get an accurate count of how many people make up the LGBT community since many of its members aren't comfortable identifying them-



selves in today's society.

"The importance of LGBT Pride Month is not just to recognize the continuous achievements and service of LGBT citizens, but our main focus is encouraging interaction and mutual respect," he said. "Special observances are meant to enhance awareness and promote harmony, pride, teamwork, and esprit de corps among military members, their families, and the civilian work force."

Fazon said the observance is meant for LGBT individuals to encourage understanding for their human right to exist with-

out prosecution.

To mark the observance's leadership theme, the committee will nominate an individual to represent the LGBT community for the Diversity Panel in August. Nominations will be voted on by the LGBT Pride Month committee members. The winner of the nomination will be presented before the showing of the movie, *"The Imitation Game."*

For more information please contact us on our Robins Diversity Council Facebook Page at www.facebook.com/RobinsDiversityCouncil.

Military Caregiver PEER forum

The next Military Caregiver PEER Forum will be conducted June 18 from 11 a.m. to 1 p.m. in Bldg. 707, SARC conference room.

These forums encourage spouses, friends, family members and loved ones who assist wounded, ill or injured service members to discuss topics they would like to focus on. These topics may include mental wellness, managing stress, nutrition, financial wellness, etc.

The PEER Forum aims to provide a military caregiver a peer support network through guided discussion; allowing caregivers to share practical and accurate information based on their personal experiences.

For more information, call the Military Family Life Counselor at (478) 538-1732; PEER support coordinator at (706) 302-0160 or visit <http://warriorcare.dodlive.mil/caregiver-resources> for additional information.

Robins Family Child Care

The Family Child Care program provides care for children ages two weeks to 12 years in military and civilian family homes.

All FCC Providers are licensed child care professionals. Only licensed providers may provide care in government quarters for more than 10 hours per week on a regular or recurring basis.

If you are interested in becoming a provider contact the FCC coordinator at (478) 926-6741.

Leave balance carryover

Section 521 of the fiscal 2013 National Defense Authorization Act included a provision to extend the maximum leave carryover of 75 days through Sept. 30. Leaves balances must be down to 60 days by Sept. 30 to avoid losing leave.

Members can file for Special Leave Accrual through their local Military Personnel Flight. The Defense Finance and Accounting Service has been sending SmartDoc notifications to affected members, both active and reserve components. It's important to schedule and use earned leave to avoid forfeiture on Sept. 30.

If you have any questions, call the Military Pay Office at DSN 468-4022.

Put Your Hands Together for ...

The next "Put your hands together for ..." will run in the June 26 edition of the Rev-Up. Deadline for submissions is June 19 at 4:30 p.m.

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 Lanorris Askew at lanorris.askew.ctr@us.af.mil or Geoff Janes at vance.janes@us.af.mil. Either can be reached by phone at DSN 468-6386.

AROUND THE AIR FORCE

PARTING THOUGHTS ...

Turning challenges into opportunities hallmark of Wolfenbarger's tenure

BY KIM BOWDEN

Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE,

Ohio – After 35 years of service and three years at the helm of Air Force Materiel Command, Gen. Janet Wolfenbarger will relinquish command and retire following a ceremony Monday.

Three weeks after she assumed command of AFMC in June 2012, Wolfenbarger said, “We have a responsibility to make our institution – our system – better so the people who come along after us can benefit from improvements to the way we accomplish our mission.”

In looking at the changes to AFMC during her tenure, it's clear Wolfenbarger lived up to that responsibility.

“The AFMC reorganization from 12 centers to five centers was a major part of the Air Force's response to the Department of Defense budget challenges,” the general said. “By consolidating overhead, we improved the way AFMC accomplishes our diverse mission, and that provides better support to the warfighter. Establishing a single center with a single commander for each primary mission has enabled us to standardize and continuously improve business processes across a mission enterprise, focused on achieving the art of the possible.”

Most recently, the Air Force established AFMC's

sixth and newest center, the Air Force Installation and Mission Support Center, which was formally activated on May 5.

“We determined there was merit in centralizing installation management functions that were previously executed in a decentralized manner across all of the major commands. Centralizing allowed us to realize synergies and reduce resourcing,” said Wolfenbarger. “This was the biggest strategic initiative that was put on the table in response to the Secretary of Defense's mandate to reduce management headquarters by 20 percent. It allows us to provide more effective and efficient installation and expeditionary combat support capabilities to commanders and mission partners.”

Making the most out of opportunity is not new for the general. Indeed, her entire career has been shaped by leveraging opportunities, often amid challenges – from the time she entered the U.S. Air Force Academy in 1976 until she became the first female four-star general in the Air Force.

“I never anticipated that my career would include a promotion to brigadier general, much less this opportunity to serve at the highest rank in our Air Force,”



Wolfenbarger

Wolfenbarger said. “I was a member of the Academy's first class of female cadets, and my experience there really provided me with a foundation I've relied on throughout my career. The Academy put me in situations that stretched me mentally, physically, emotionally and academically. I came out on the other side of those experiences knowing I am far more capable than I ever thought I could be. That knowledge gave me a belief in myself that I have relied on ever since.”

“I have spent my entire career working hard and doing the very best I could at every job my Air Force gave me,” the general said. “That's the career advice I would give any airman today: Work hard and do your very best in every job that you are given. Couple that with bringing a positive attitude with you to work every day. That's my simple recipe for success.”

Looking forward, Wolfenbarger says she has mixed emotions. While she is excited about what comes next, she has truly enjoyed her time in service.

“It has been an absolute privilege to serve as commander of the very command I grew up in,” she said. “I am so proud of our airmen – both in AFMC and across our United States Air Force – and the remarkable work they do every day. I am honored to have served alongside these heroes for the past three and a half decades.”

– To read the full story, visit www.afmc.af.mil.

AFSC commander retires after 34 years, leaves behind a record of success

BY MARTI RIBEIRO

Air Force Sustainment Center

Lt. Gen. Bruce Litchfield will officially retire today, after more than three decades of service in the U. S. Air Force.

“You want to stay for as long as you can – as long as you can make a meaningful contribution – but at some point you have to make way for the next generation,” he said. “It's time to let those whom we have mentored, make the Air Force better.”

The general leaves behind a legacy of looking at challenges as opportunities, and finding personal rewards from being a part of high-performance teams.

“As life unfolds, we have a lot of competing priorities,” he said. “These priorities can be grouped into crystal and rubber balls. You can drop a rubber ball and it will bounce back. However, if you take your eye off the crystal ball and it drops, it will shatter.”

Without question family is a crystal ball to Litchfield. He and his wife, Linda, commissioned into the Air Force on the same day. But finding joint assignments was a challenge, so Linda switched to the Air Force Reserves and then eventually retired in 2005.

“It was difficult to have two active-duty members in a family,” she said.

They both agree the hardest challenge is finding balance. But the general foot stomps that family comes first.

“After your Air Force career is over, you need to

have kept your family a priority so that you have one to come home to,” he said.

While his family supported him at home, it was his hard work and dedication that helped him become one of only 44 lieutenant generals currently in the active-duty Air Force.

The general is the first to admit that the Air Force has changed a lot since he came in, and the service is asking more of its people. Taking a snapshot at the beginning of the general's career and comparing it to today's Air Force, would almost look like two different organizations.

Decades after ending the Cold War, the current Air Force is focused on expeditionary power with the understanding that we couldn't execute our mission without the help of our sister services, he explained.

“Today it's about a joint environment and our ability to work together,” he said. “We have high-tech capabilities that allow us to make quick changes on the battlefield. We're smaller in size, but mightier in capabilities. In Operation Desert Storm, only 15 percent of our ammunition was ‘smart weapons,’ but today, we depend on ‘smart weapons’ for every operation.”

The general's understanding of this ever-changing defense environment has helped him lead the Air Force Sustainment Center to its success in delivering significantly more capability at less cost since standing up in



Litchfield

2012. He saw AFSC's place in the overall Air Force and was able to translate that through a variety of tools to include the Leadership Model, AFSC Way and “Road to a Billion” initiatives.

He saw that improving every aspect of our business was an enabler for a stronger Air Force and the way to thrive with declining budgets.

His rallying call for the last two years is that the “cost of readiness will determine the size of our force.” It was paramount that everyone understands we have two options: cut spending while reducing capability or improving the way we do business which yields more capability at less cost.

He chose to improve the way we do business.

Our workforce responded with an all-in attitude allowing AFSC to increase aircraft and parts production and decrease supply support backlog of critical assets, essentially increasing the wartime readiness of the Air Force as a whole.

All while saving the Air Force more than \$1.4 billion. Litchfield did exactly what he set out to do – make the Air Force better.

“This has been an incredible experience,” he said. “We were able to shape the Air Force for future generations. We stood up the Air Force Sustainment Center, improved the way we sustained fielded weapon systems and set the foundation for supporting new systems. It's going to be 20 to 30 years before someone gets to do this again – it's been amazing.”

– To read the full story, visit www.afsc.af.mil.



U.S. Air Force photo by STAFF SGT. COREY HOOK

Get in Line

Members of the 437th Airlift Wing at Joint Base Charleston, S.C., conduct a multi-ship C-17 Globemaster III formation during an exercise May 21. Robins provides programmed depot maintenance and unscheduled repair activities on C-17 aircraft.

Providing opportunities for internships, jobs

WASHINGTON – Recent college graduates interested in federal employment can take advantage of current open recruiting for the Recent Graduates Program as well as three other programs offered by the Office of Personnel Management to make becoming a federal employee easier.

The Recent Graduates Program, the AF Summer Internship Program, the Internship Program and the reinvigorated Presidential Management Fellows Program are developmental programs collectively known as the Pathways Program.

“Pathways programs have significantly improved our recruiting efforts by offering clear paths to federal internships for students from high school through postgraduate school and to careers for recent graduates,” said Susan Long, assigned to the Air Force Personnel Center Civilian Force Integration Directorate.

Announcements for all programs will be posted at usajobs.gov.

In Other News

New employees' injury, illness compensation portal
JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – The Air Force, in conjunction with other Defense Department services, is phasing in the use of the Employees' Compensation Operations and Management Portal, which will eventually replace the current system.

DOD officials have selected ECOMP for electronic processing of compensation claims, said Annette Castro, assigned to the Air Force Personnel Center Civilian Future Operations Branch.

Using ECOMP, employees will be able to report a workplace incident and file a claim for compensation from their home computer without the need to use a common access card.

Users can track the exact status of any form or document submitted via ECOMP and can electronically upload and submit documents directly to DOL case files.

Additionally, once an employee submits a claim for benefits, the

supervisor will receive an email notification that a pending claim is ready for review.

ECOMP is a free, Web-based portal managed by the Department of Labor.

Air Force seeks scholarship, fellowship applicants for 2016 programs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – Active-duty Airmen interested in unique developmental opportunities may be eligible for the Olmsted Scholar, White House Fellows and Mansfield Fellowship Exchange programs.

The programs offer unique professional career developmental experience for Air Force leaders, according to Kris Hunter, the Air Force Personnel Center officer of developmental education.

Applicants for all programs must be released by their career field team before submitting applications. Complete eligibility requirements and application instructions for all programs are available on myPers.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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

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

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MISER

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Air Force energy conservation goals include a 5 percent reduction in energy intensity and water consumption each year.

MISER team efforts, supported by greater employee energy awareness and conservation are key to improving our statistics.

Robins employees can help meet energy conservation goals by considering how they use energy in their daily jobs and taking appropriate actions.

Administrative office examples include: turning off workstation task lighting, computer monitors/printers, and other office equipment at the end of shifts.



Protect
Your
Personal
Information

GALAXY

Continued from 1

Batman fitting and also doing a prototype installation of the new latrine, we were able to maximize aircraft availability for the warfighter and still accomplish work that needed to be done for the entire fleet,” he said. “The successful outcome of this initiative was the result of a total team effort by many mission partners, and the C-5 enterprise benefitted.”

In High Demand

The C-5M is scheduled to depart this week; its temporary visit to Robins will have lasted about 112 days. A total of 8,250 hours was spent on the total work package to include all three projects.

C-5s are some of the largest aircraft in the world and is the largest airlifter in the Air Force inventory. The new M model C-5 recently eclipsed 46 aviation records, and once these are certified, the C-5M will be the number one aviation record holder in the world – with 89 total world records.

With only a handful of the newer C-5Ms available for worldwide airlift missions, its capabilities are highly sought after due to its increased efficiency and reliability.

For starters, its newer engines extend refueling capabilities; they’re more powerful and quicker in reaching premium airspace. Also, M models offer improved reliability – mission-capable rates rose from an average 55 to 75 percent.

“There was a lot of work involved in a short amount of time,” said Col. Raegan Echols, Air Force Life Cycle Management Center’s C-5 Division chief at Robins. “It’s been a huge effort and great accomplishment for the Air Force.”

About the Work

The new bathrooms on the C-5s are expected to be a welcome relief for crew members and passengers alike. They’re located on the crew deck; one is up front for the crew, the other in the rear troop compartment.

The system’s original 1960s design, which is now in line with the commercial airline industry, consisted of a large waste tank filled with chemical blue water, using a pump to recirculate waste tank water to the bowl for flushing, according to Amy Eddy, 402nd Aircraft Maintenance Support Squadron’s C-5/F-15 PDM Engineering Element chief.

Water leaks originating from the old



U.S. Air Force photo by ROLAND BALIK

M1 Abrams tanks are moved into place to be loaded into a C-5M Super Galaxy at Dover Air Force Base, Del.

system had resulted in corrosion issues on the aircraft’s floorboards. That alone resulted in extensive, labor-intensive repairs each time. In addition, leaks onto electrical panels have resulted in aircraft fires.

The new system is a vacuum-flush system just like those found on commercial aircraft, and uses a vacuum generator to remove waste from the bowl to a sealed tank, later drained for servicing. It’s basically the difference between having a portable toilet in your midst or a flushable toilet.

It’s expected the new system will generate an estimated savings of \$1 million in man hours, and \$23 million in parts costs over the life of the C-5 fleet.

With unique challenges experienced aligning the different work packages – while on schedule – there were lessons learned in integrating military maintenance practices with commercial equipment.

“The process of how we install items and the sequencing certainly resulted in lessons learned,” said Eddy.

While that process was happening, workers installed a Batman fitting, named for its resemblance to the costume headpiece worn by the comic book character.

It’s the primary structural component that holds the front part of the tail structure, the vertical stabilizer, to an aircraft’s fuselage. It weighs about 80 pounds, and was redesigned following inspections in 2009 that identified recurring cracks, indicative of a fatigue problem.

That repair took place on a C-5M, which was also returned to Dover.

There were definitely challenges at the time since everything was new; constraints were identified, blueprints had to be created, and procedures had to be tested.

Michael McUmbler, 559th AMXS sheet metal mechanic, worked on the first C-5M that received the prototype last fall.

“From doing the prototype, since it was the first, we had to learn basically everything,” he said. “The process this time went much smoother.”

This particular fleet-wide change will help keep C-5s flying for the next 40 years and more.

Looking Ahead

Considering some of these aircraft are nearly 50 years old, the challenge to maintain them will continue in the future as the military strives to maintain high mission-capable rates and aircraft availability rates needed to support mission requirements.

By getting this C-5M ready and back to its customer, Team Robins once again came together and demonstrated its best capabilities.

From the C-5 program office’s engineers and program managers and 559th AMXS maintainers, to the 402nd Commodities Maintenance Group and Defense Logistics Agency support, the synchronization process results are now evident on the flight line as the aircraft gets ready to go home.



Recycle! When you are done reading this paper. Pass it on.

Civilian pay, overtime and compensatory time

BY JEFFREY MCCLAIN
78th Comptroller Squadron

There are times when a normal 40-hour work week just doesn't cut it.

Because of that, supervisors have the ability to request overtime or compensatory time – normally referred to as comp time – to get the job done.

Overtime or comp-time are ways to compensate employees who have to work additional hours outside their normal 40-hour workweek.

However, management requires all resources, including flexible scheduling to avoid unnecessary overtime and comp-time.

Overtime is an immediate payment of hours worked in excess of the 40-hour workweek. It usually pays out the first pay period after it's been worked.

Comp time, on the other hand, is time-off with pay in lieu of immediate overtime pay for irregular or occasional overtime work.

Comp time converts from time off to actual pay if not used by the end of the 26th pay period during which it was earned.

Projected workload surges and unforeseen circumstances may drive overtime or compensatory-time.

Supervisors or management officials – through coordination with their respective leadership – determine if additional hours are required to

complete the mission.

Once that determination is made, the supervisor or individual requesting overtime or comp-time will prepare an AF FM 428 "Request for Overtime, Holiday Premium Pay and Compensatory Time."

They'll then route the form to their organization's fund's manager to ensure funds are available for the increased pay expense.

The fund's manager provides a line of accounting to ensure the right funds are correctly charged.

The last step in the process requires the approving official to approve the request.

In most cases, the approval takes place prior to the overtime or comp time being worked.

However, there are circumstances when time doesn't allow for completion of the AF FM 428 prior to overtime or comp time occurring, such as an emergency or unforeseen circumstance.

In those cases, the form should be completed within the next business day.

It's important to note that adequate justification is required in the justification block of the AF FM 428.

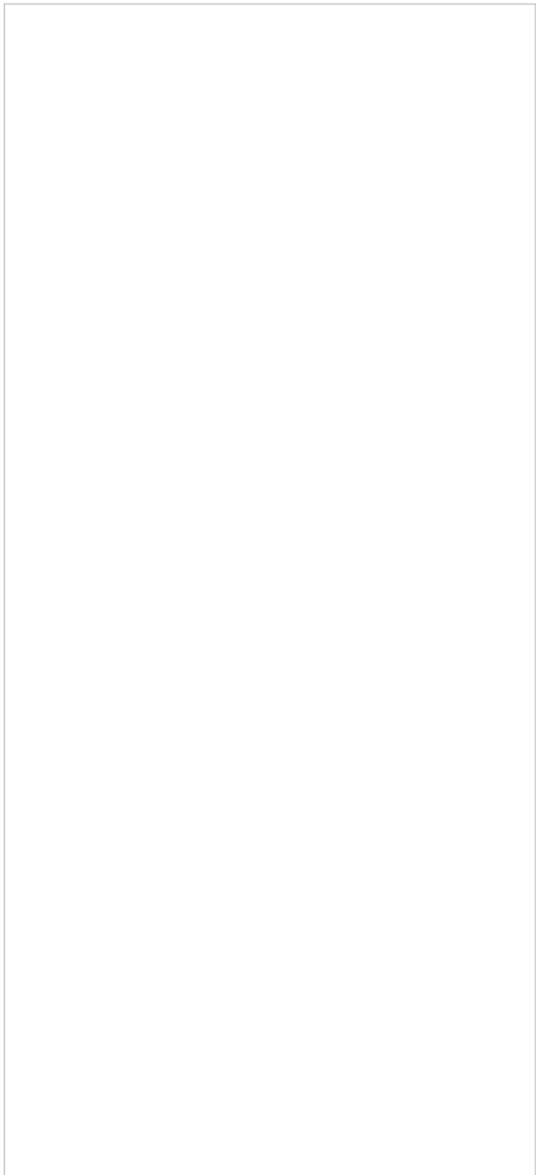
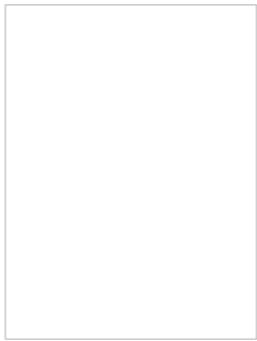
A simple "surge in workload" doesn't suffice. A detailed description of the requirement must be documented, such as the specific work that will be accomplished; what is driving the work

to be accomplished and why the work cannot be accomplished during regular work hours.

Employees, supervisors, flight chiefs, directors and commanders should be familiar with installation policies, memorandums and regulations concerning overtime and comp-time.

Your unit human resource personnel, labor relation office, civilian personnel office as well as the master labor agreement are valuable sources of information regarding overtime and comp time.

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Thought for the Day

"The measure of who we are is what we do with what we have."

— Vince Lombardi



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Lighter Fare

THE ROBINS REV-UP ■ JUNE 5, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Happy Campers

Robins Family Campground lets people get back to nature for less

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

When most people think of Robins Air Force Base, peace and quiet are probably the furthest things from their minds. With aircraft roaring on the flight line and sonic booms thundering through the air, serenity is scarce in the industrial complex.

However, Robins Fam Camp, as the base's family campground is nicknamed, which is nestled in the woods alongside Luna Lake, offers a tranquil getaway for those who love the outdoors.

Whether campers wish to rough it or enjoy the comforts of home away from home, base I.D. cardholders can enjoy camping their way at Robins Fam Camp, Bill Gurr, Robins' Outdoor Recreation director, said.

"For those really looking to rough it out under the stars, there's a tent-only area," he said. For those who prefer more of the comforts of home, the sites are able to adapt to 30-AMP or 50-AMP campers and have water and sewage hookup. There's a fully functioning bathhouse, as well as a laundry room with a washer and dryer."

The campground's proximity to Luna Lake allows campers the opportunity to grab a canoe or kayak and hop onto the lake for a day in the sun.

"Campers can also enjoy a relaxing day on the bank with their fishing line in the water waiting for the fish to bite," Gurr said. "There are also many paths and trails through the woods for those inclined to hike, sightsee or just enjoy nature."

The campground's other amenities allow for life's celebrations to be enjoyed among nature.

"Right off the main office of the clubhouse is a patio that can be used for a variety of functions from a Fourth of July celebration to a birthday celebration for a camper," Gurr said. "The clubhouse features a brand new 60-inch TV as well as a large variety of the latest and greatest movies released to DVD. Gaming consoles are also available for those who may need a little more technology."

Like any outdoor space, there are precautions to take at the campgrounds.

"Being next to a Lake does allow for a few more creatures to crawl by, so pets should always be monitored and on a leash when outside the camper," Gurr said. "From time to time, we see some alligators. Though they're typically a non-issue with campers, we ask that campers be aware and use good judgment when outside and around the lake."

Campsite reservations can be made up to 90-days in advance and recreational vehicle reserve sites can be occupied for up to 30-days, Gurr said.

"We have some long-term RV slots that may be occupied for 180 days," he said. The three-tent camping sites are first come, first served. We also have temporary RV sites with partial hook ups as an overflow if we're full. Just call Lori Mears, our Fam Camp host, and she can almost always find a solution."

Tent sites are \$8 per night and RVs/campers are \$15 per day, \$90 per week or \$300 per month.

These fees cover all hookups and electricity. Full 24-hour access to the bathhouse, laundry area and clubhouse are also included.

Fees are due at arrival, or at the beginning of each month.

Compared to other campgrounds in the Middle Georgia area, Robins Fam Camp is by far the most affordable without losing the camping experience, Gurr said.

"The prices are based solely on maintaining the grounds, and all the profits are put directly back into the campground so we can continuously keep and make Robins Fam Camp the best of the best," he said.

What to know

For more information on Fam Camp, call 468-4500.

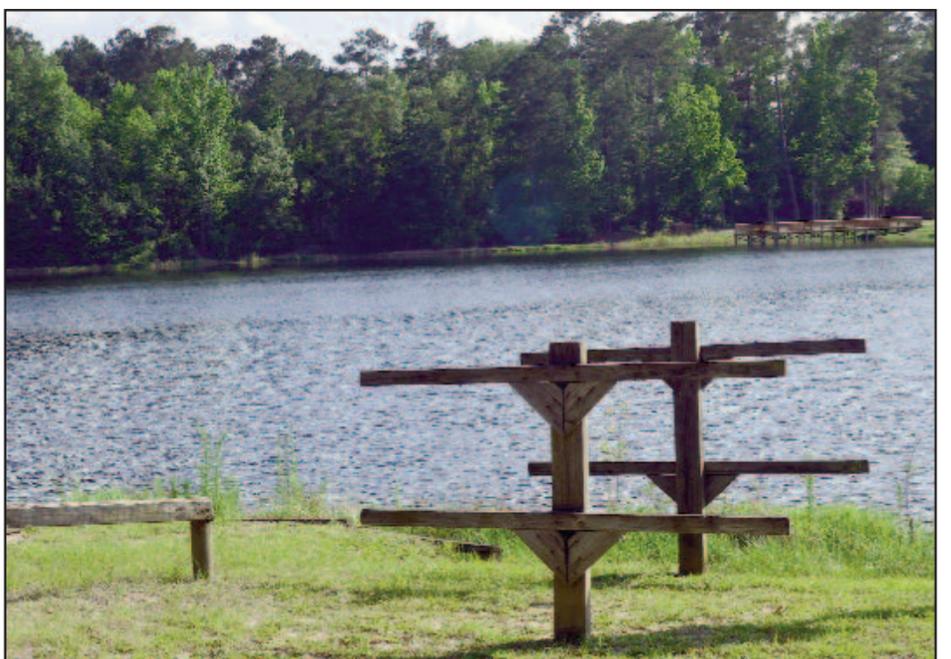


U.S. Air Force photos by TOMMIE HORTON

Above, Retiree Juan Bermudez and his wife, Kelli, prepare for an evening cook-out.

Left, Robins Family Campground, commonly referred to as Fam Camp, features play areas for children of all ages.

Below, Fam Camp, is a peaceful campground nestled in the woods by Luna Lake.



A BETTER YOU

June is National Men's Health Month

BY STUART BAPTIES

Robins Health and Wellness

June is National Men's Health Month, and Robins is focusing on the awareness of preventable health problems and early detection and treatment of disease among men and boys.

According to the Centers for Disease Control and Prevention, the two leading causes of death among men are heart disease and cancer. Both are largely preventable and treatable when detected early.

Men can make their health a priority by doing small things every day to keep themselves healthier and stronger like going for a walk, bike riding, eating less salt and eating more fruits and veggies. They should also:

Get Good Sleep

Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity and depression. Insufficient sleep is also responsible for motor vehicle and machinery-related accidents which lead to substantial injury and disability each year. Sleep guidelines from the National Sleep Foundation state that sleep needs change as we age; however, in general, adults need between seven and nine hours a day.

Toss out the Tobacco

It's never too late to quit. Quitting

What to know

Throughout June anyone with access to the base can stop by the HAWC in Bldg. 827 or the Occupational Medicine Clinic in Bldg. 207 and pick up a free "Men's Health Tests and Screenings Passport" along with other educational materials.

Everyone is encouraged to wear a blue shirt or blue dress June 18 for National Wear Blue Day to show the men and boys in your life how much their good health means to you.

tobacco has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease and other smoking-related illnesses

Avoid secondhand smoke. Inhaling second hand smoke causes health problems similar to those smokers have.

If you're interested in quitting tobacco, call the Health and Wellness Center at (478) 327-8480 or call the QUITLINE at (877) 695-7848 and tell them you are with Robins Air Force Base.

Just Move

Adults need at least 2.5 hours of moderate-intensity aerobic activity – such as brisk walking – weekly.

They also need muscle strengthening activities that work all major muscle groups on two or more days a week.

You don't have to do it all at once, start by spreading your activity out during the week and breaking it into smaller chunks of time during the day.

Eat Healthy

Eat a variety of fruits and vegetables every day to provide your body with vitamins, minerals and other natural substances that may help protect you from chronic diseases.

Limit foods and drinks high in calories, sugar, salt, fat and alcohol, and choose healthy snacks. If you are interested in properly fueling your body call the HAWC and sign up for a free nutrition class or multi-session programs.

Tame Stress

Sometimes stress can be good. However, it can be harmful if it's severe enough to make you feel overwhelmed.

Take care of yourself and don't let stress fester. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

Remember there are resources at Robins to help manage stress, and you can receive help by calling the Employee Assistance Program at (800) 222-0364; the Military & Family Life Consultants at (478) 538-1732; or Robins Mental Health Clinic resources at (478) 327-8398.

Stay on Top of Your Health Game

See your provider for regular check-

ups. Certain diseases and conditions may not have symptoms, so check-ups help diagnose issues early.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these symptoms see your provider right away. Don't assume they will just go away.

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index, or any others you may have. If your numbers are high or low, your medical provider can explain what they mean and suggest how to get them to a healthier range. Be sure to ask what tests you need and how often you need them.

Get vaccinated

Everyone needs immunizations, no matter your age. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health and medical history.

Vaccines can protect you, your loved ones and your community from serious diseases like: influenza; shingles; pneumococcal disease; and tetanus.

Other vaccinations you may end up needing include those that protect against hepatitis A, hepatitis B, chickenpox, measles, mumps and rubella.

Ask your medical provider which vaccines you need to stay healthy.

Protecting children from the perils of summer heat

Heatstroke is the leading cause of non-vehicle related deaths for children, and it can happen to anyone.

While we may not know exactly how high the temperatures will get in Georgia, we know that more days than not, it will be extremely hot.

But the heat doesn't mean we get to stop our daily lives. So, we must drive, work, travel and enjoy our families all while coping with the sun.

For those with children it's always a good idea to take a moment and refresh your memories about the danger of heatstroke.

Babies and young children are more susceptible to heat than adults and can become stressed very quickly.

Despite the increased sensitivity they may not show signs early, so if you observe any of these symptoms in your infant or child, it's best to take them to a healthcare

provider immediately:

- ▶ increased body temperature;
- ▶ looking ill or unwell;
- ▶ darker or decreased urine, fewer wet diapers
- ▶ increased thirst (but later, as the baby gets weaker, he or she may drink less);
- ▶ dry mouth and eyes;
- ▶ headache, muscle cramps;
- ▶ being sleepy or 'floppy;'
- ▶ confusion, shortness of breath and vomiting;
- ▶ loss of consciousness;

The consequences of heat stroke in children can be rapid and devastating. Preparation and prevention are the keys to avoiding this tragedy.

▶ Never leave a child alone in a car, not even for a minute. And make sure to keep your car locked when

you're not in it so kids don't get in on their own.

▶ Avoid taking your baby or young child out during periods of extreme heat. If you have to go outside, protect their skin from the sun by keeping them in the shade or by covering their skin with loose clothing and a hat.

▶ Use baby or toddler formula sunscreen on skin which cannot be covered by clothing. Always check the product label before applying.

▶ Babies may need extra feedings (formula or breast milk) in hot weather, but in most cases other drinks are not needed.

▶ Give young children regular drinks throughout the day, ideally water. Avoid giving sugary or fizzy drinks.

▶ Dress babies and young children in light, loose clothing.

– Courtesy 78th Medical Group

A DAY AT THE MUSEUM



■ This is a recurring series featuring exhibits, aviation and other interesting items at the Museum of Aviation. The displays can be seen during a lunch break or after work and showcase the history of aviation. The Museum of Aviation tries to capture the Air Force legacy by incorporating each airplane's story into its displays.

This Sikorsky MH-53M Super Jolly was assigned to the 20th Expeditionary Special Operations Squadron and one of its last combat missions was in Iraq in 2008. The aircraft flew to Robins in 2008 for retirement and display at the Museum of Aviation.

U.S. Air Force photo by ED ASPERA

PAVE LOW SITS HIGH AT MOA

BY ANGELA WOOLEN

angela.woolen.ctr.@us.af.mil

Up on a pedestal, the aircraft looks like it could be hovering just as it did during missions.

Visitors can walk beneath the 88-foot long aircraft or go up to the second floor in the Century of Flight Hangar at the Museum of Aviation to get a glimpse inside.

This helicopter, the Sikorsky MH-53M, most commonly known as the "Super Jolly" is the descendant of the HH-53 flown during the Vietnam War.

Used primarily as a search-and-rescue vehicle, the Pave Low's technology was "leading edge at the time," said retired Tech. Sgt. Eric Hudnall, a former flight engineer for the aircraft from 1995 to 2002.

Hudnall, who was stationed at Camp Eagle in Bosnia during the 1999 rescue of a downed F-117 pilot in Yugoslavia, flew with pararescue men, Navy Seals and British Special Air Service members during his time with the Pave Low program. The helicopter could also drop people from 5 feet above the water, hovering at 5 knots, onto dingies known as "rubber ducks."

The aircraft flew in Desert Storm and Operation Iraqi Freedom before being retired at the museum in 2008.

Warner Robins Air Logistics Center was the maintenance depot for the Pave Low project while the aircraft was stationed at Hurlburt Field, Fla., with Air Force Special

Check out the video story on the Robins Facebook page or on the official Robins website at www.robins.af.mil



Operations Forces.

According to the book "That Others May Live, Pave Low III" by engineer Leo Anthony Gambone, with the Aeronautical Systems Division history office at Wright-Patterson Air Force Base, Ohio, the Pave Low program finished eight aircraft while staying within its original budget.

The Pave Low was designed to be flown in mountainous terrain, in all types of weather and at night in a contested environment, said Hudnall who currently serves as a program manager with the C-130 SOF program. It was equipped with forward-looking infrared sensors, GPS, Doppler radar navigation, terrain following and terrain-avoidance radar.

Because it was designed to go into areas not easily accessible, the Pave Low was able to be refueled in flight by an MC-130 tanker.

During missions, there were usually two pilots, a flight engineer and two gunners. The engineer sat between the pilots in the front.

Those who were interested in being a part of Pave Low were given numerous tests. The program was selective as to who was chosen.

"I'm very, very proud to have been a part of it," Hudnall said.



Courtesy photo

An HH-53 Super Jolly Green Giant rests after a hard landing in Southeast Asia. The Museum of Aviation houses the same aircraft after it was upgraded to an MH-53. The HH-53 was used by the Air Force in Southeast Asia while the MH-53 was used in operation Desert Storm and Iraqi Freedom.

ABOUT THE MOA

The museum opened to the public on Nov. 9, 1984. There were about 20 aircraft on display in an open field and another 20 were in various stages of restoration.

The Heritage Building – the museum's first building – housed exhibits as well as offices, storage and a gift shop. The opening was the culmination of years of planning that began in the late 1970s. Since then, the museum has grown to become the second largest in the Air Force and the fourth most visited museum in the Department of Defense. Since opening, nearly 13 million people have visited.

HOURS

The museum is open daily from 9 a.m. to 5 p.m.; Christmas Eve and New Year's Eve hours are 9 a.m. to 1 p.m. The museum is closed on Easter, Thanksgiving, Christmas and New Year's Day. Admission is free. For more information, call (478) 926-6870.

GETTING TO KNOW YOU

PRACTICE OPSEC EVERYDAY



U.S. Air Force photo illustration by **CLAUDE LAZZARA**

UNIT: 12th Airborne Command & Control Squadron

JOB TITLE: Communications Systems Technician

TIME IN SERVICE: 1 year

HOMETOWN: Howard Beach, Queens, N.Y.

What does your work involve at Robins? My work includes setting up and maintaining the radios and data link equipment on the JSTARS while in flight.

What do you enjoy most about your work? I enjoy the amount of responsibility given to me while on the jet.

How does your work contribute to the Robins mission? We provide eyes in the sky for our assets downrange while giving battlefield commanders the information that they need to accomplish the mission.

Who has been the biggest influence in your life? My mother. She supports me in more ways than I could count. It seems that every time that I talk to her she gets more and more proud.

What's an accomplishment of which you are most proud? It would have to be accomplishing over 500 total volunteer hours within the past year and earning the Military Outstanding Volunteer Service Medal.

What is something people would be surprised to know about you? A lot of people seemed shocked when they hear that I'm a vegetarian.



STRAIGHT TALK HOT LINE

Up-to-date information
about base emergencies
(478) 222-0815

HAPPENINGS/SERVICES

PLEASE RECYCLE THIS NEWSPAPER.

FRI SAT SUN MON TUE WED THUR
5 6 7 8 9 10 11

**UPCOMING
 Tips from the Pro**

Tuesday
 4 to 5 p.m.
 Pine Oaks Golf Course
 All the balls you can hit for \$5
 For details,
 call DSN 468-4103.

**Mug Night
 at the Heritage**

Thursday
 3:30 to 8 p.m.
 Heritage Lounge
 Bring your own mug or purchase
 a personalized one for \$15
 and enjoy a \$2 draft beer
 For details,
 call 472-7899.

**Missoula Children's
 Theatre camp**

Sign up now through June 12
 Camp will be June 15 through 19
 Youth Center
 No cost for youth
 grades 1 through 12.
 For details,
 call 497-6831.

Tops In Blue
 June 14

Doors open 5:15 p.m.
 Show starts at 6 p.m.
 Warner Robins Civic Center
 For more details,
 call DSN 468-6559.

Boss n Buddy

June 19
 5 to 6 p.m.
 Heritage Club Lounge
 Grab your boss and coworkers
 and unwind with fun, food,
 entertainment and prizes.
 For details,
 call 472-7899.

Braves Game

June 20
 \$55 Per person
 Game starts at 7 p.m.
 Seats are in the upper pavilion
 For details,
 call DSN 468-4001.

Taste of Georgia Beers and Blues

July 24
 5 p.m.
 Heritage Club Lounge
 Club members \$10, Guests \$12
 For details,
 call DSN 472-7899.

United States Air Force

Freedom's Song

2015 World Tour

Robins AFB
proudly presents
Free Admission
June 14 at 6 p.m.
WR CIVIC CENTER
 Doors Open 5:15 p.m.
Tops in Blue
 926-6559 or DSN 468-6559

From the Home Front to the Front Line