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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

Making Tomorrow Better than Today

October 9, 2015 Vol. 60 No. 40

Not exactly put out to pasture

C-130H gets new training mission - saves time, money

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

An aircraft that had been flying continuously since 1974 has made Robins its final resting place.

The Sept. 29 arrival of a retired C-130H will not only enable maintenance profession-

als across Robins to have a dedicated aircraft for training purposes, but it will be a welcome addition to the two F-15s that no longer have to sit by themselves in the 402nd Aircraft Maintenance Group's aircraft training pad.

"This is a huge advantage not just for Warner Robins, but the entire world," said Senior Master Sgt. Shawn Davis, 373rd Training Squadron, Detachment 6 chief at Robins, referring to the global draw the school has from students who

take courses at Robins.

The squadron's instructors had an estimated 5000 students enroll in classes in fiscal 2015.

The 373rd is one of many Air Education and Training Command field training detachments assigned to the 982nd Training Group at Sheppard Air Force Base, Texas.

In the past, the training squadron used aircraft currently in programmed depot main-



U.S. Air Force photo by MISUZU ALLEN

Senior Master Sgt. Shawn Davis, 373rd Training Squadron, Detachment 6 chief, checks out the flight deck of the new C-130H. The aircraft will be permanently moved to a training pad on base.

► see C-130H, A6,



On the HUNT

Above, a NASA WB-57 crew prepares to depart Robins Air Force Base Saturday to track hurricane Joaquin. Right, Don Darrow, the sensor equipment operator, is responsible for the operation of all payloads on the aircraft as well as assisting the pilot, Dave Johnson, in navigation, communications and checklists. The aircraft is capable of flying at altitudes above 60,000 feet. At 12 miles high, the environment is inhospitable to people. Flight rules mandate that for flight above 50,000 feet, crewmembers must wear a full-pressure suit. If the cabins were to depressurize, or the crew was forced to eject, it would be the only means of survival. The aircraft is stationed at Ellington Field Joint Reserve Base, Texas.



U.S. Air Force photos by ED ASPERA

Conservation is a daily responsibility

BY JENNY GORDON
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Did you know that the U.S. Government accounts for one percent of the total U.S. consumption of energy? Or that the Robins annual energy bill is \$26 million?

October is Energy Action Month, and with that comes a responsibility for everyone as consumers of energy to do his or her part to conserve.

This year's theme is "Mission Assurance through Energy Assurance," whose goal is to inspire the total force to be more efficient so they can give the Air Force "an assured energy advantage in air, space and cyberspace."

Allen Quattlebaum, with the Robins Energy Office, reminded Team Robins that whatever your mission may be, to try to include energy conservation in your daily work.

That reminder has already paid dividends, especially during long holiday weekends such as the July 4th and September's Labor Day weekends. After all, every little bit helps.

Both three-day weekends this year resulted in a total 7.31 percent reduction in electricity consumption over the same time period in 2014.

"It's the little things we want

► see RESPONSIBILITY, A7,

Power the Force. Fuel the Fight.



FRIDAY FLYBY: Professional Maintenance Certificate Program open season, A2

Road Construction to begin Oct. 16

The first phase of a two-phased repair on failed concrete sections South of Bldg. 110 will start the evening of Oct. 16 and be completed Oct. 21.

The following phase will begin Oct. 30 and be completed Nov. 4.

Both phases require work in the travel lanes and due to that, only one-way of traffic is permitted.

Cones and signs will be set to identify travel routes.

All dates are weather permitting. Drivers should exercise caution in this area during these times.



Celebrating Hispanic Heritage

The writing of Julia Alvarez incorporates her vivid memories of childhood in the Dominican Republic, which her family fled in 1960, and the subsequent adjustment to a new life in New York City.

Alvarez first made her mark as a poet but is best known for her novels, particularly the award-winning "How the Garcia Girls Lost Their Accents," "In the Time of the Butterflies," and "Before We Were Free."



Weekend Weather

Friday 84/64



Saturday 79/59



Sunday 71/57



"Drive Safely! Map your route for unfamiliar areas."

SECOND FRONT

Robins hosts Disability Awareness activities throughout October

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Robins Air Force Base has a variety of events planned in October that let people get a better understanding of how people with disabilities adapt and overcome their challenges in a variety of ways.

October is National Disability Awareness Month.

Stewart Crow, Disability Program manager in Robins Air Force Base's Employee Relations Office, said the annual observance helps to spread awareness about disabilities and how individuals with disabilities are affected.

"National Disability Awareness Month allows for an opportunity to educate ourselves about disabilities," he said. "There are many different kinds of disabilities and each disability is unique to the individual. Having a basic understanding of disabilities, how people are affected and what accommodations exist for each kind of disability changes perceptions that most individuals without a disability may have."

Robins will host a variety of activities for people with disabilities.

"We're all humans and capable of great things regardless of physical, psychological or intellectual disabilities that we may have," Crow said.

"Individuals with disabilities provide many attributes to any team and usually just need an accommodation in order to participate and contribute."

All base ID cardholders and individuals with disabilities who have base access can participate in the month's events.

For more information, contact Stewart Crow at 478-222-3462, or e-mail stewart.crow@us.af.mil.

Schedule of events:

► Robins AFB Disability Program Logo Contest – Open now through – Oct. 23 to all Robins employees. Email with guidance sent out via workflows. POC is Stewart Crow at 478-222-3462.

► Inclusive Recreation Work Outs: education and demonstration of different workouts for various disabilities – Today and Oct. 23 at 2 p.m. at the Fitness Center. Open to anyone with a disability desiring to learn workout techniques. POC is Patrick Stone at 478-222-7684.

► Bowling Clinic for Individuals with a Disability – Oct. 16 at 2 p.m. at Robins Bowling Center. Open to anyone with a disability interested in learning to bowl. POC Dan Bueno at 478- 926-2112.

► Wheelchair Basketball Clinic: Clinic to learn the game of Wheelchair Basketball – Oct. 29 from noon to 4 p.m. at the Fitness Center. Open to anyone with a disability wanting to learn Wheelchair Basketball. POC is John Enterman at 478-222-7685.

Editor's note: *Civilian employees on an approved Request for Approval of Excused Absence for Physical Fitness Activities may use fitness leave for the activities at the Fitness Center. Civilian employees may be excused for one hour or less, portal to portal, to attend scheduled services conducted on base when not held in conjunction with lunch. Civilian employees may be excused to attend only one event not held in conjunction with lunch.*

Upcoming blood drive

The Armed Services Blood Program will conduct a blood drive Oct. 16 from 10 a.m. to 4 p.m. at the Fitness Center Annex in Bldg. 301.

The blood collected is for our service members and their families in need, both those deployed and those here at home.

If you would like an appointment, you can make one online at <https://www.militarydonor.com> or by contacting Erin Longacre at erin.n.longacre.civ@mail.mil.



General Guidelines for Donating Blood

- Weigh at least 110 pounds
 - Be at least 17 years of age (age may vary by state, contact your local ASBP blood donor center for details)
 - Have been feeling well for at least three days
 - Be well hydrated
 - Have eaten something prior to donating
- For more guidelines for giving, visit www.militaryblood.dod.mil.

PMxCP Open Season

The 2015 Fall and Winter Professional Maintenance Certificate Program open season begins Oct. 19, and the local office of primary responsibility will accept applications until Jan. 9.

All General Schedule, Federal Wage System and military personnel in the Air Force Materiel Command depot maintenance community interested in applying should submit an application package during this cycle.

Civil service employees and military personnel who don't work in maintenance may be eligible to apply if they meet the program requirements for a specific level and can provide the proper documentation to substantiate their eligibility.

Applicants must meet the eligibility requirements as identified in the PMxCP framework and outlined in the governing instruction – "AFMCI 36-402, Professional Maintenance Certificate Program."

The PMxCP was developed in response to the Office of the Secretary of Defense's goal of developing enterprise logisticians. Air Force Materiel Command headquarters led the development of a maintenance-specific certification program to formally recognize the maintenance workforce's skills and experience.

The PMxCP consists of five levels of certification.

Five occupational certificate codes have been added to the personnel system which can be used to document the Professional Maintenance Certificate Program in an individual's career brief.

To apply, one must complete all program requirements for a target certification level, populate the required PMxCP application templates, and submit a complete application package for review no later than Jan. 9. All PMxCP information, including program specifics and application details, is located at <https://cs3.eis.af.mil/sites/25568/default.aspx>.

Adjustments have been made to the PMxCP requirements sheet since the last open season, so applicants should check the PMxCP website or contact the local PMxCP OPR to ensure they have the most up to date requirements and templates.

All application packages will be vetted through the local PMxCP OPR. Please direct all program and application process questions to Felicia Clark-Reid at felicia.clark-reid.4@us.af.mil or Peggy Harrell, at peggy.harrell@us.af.mil.

Legal Notice

Anyone having claims against the estate of Airman 1st Class Zachary R. Chapman should immediately contact Capt. Daniel R. Baseley at DSN 497-7641 or 478-327-7641.

Drive Safely Work Week

FROM STAFF REPORTS

Team Robins is joining the journey to safe driving during Drive Safely Work Week which runs Tuesday through Oct. 16.

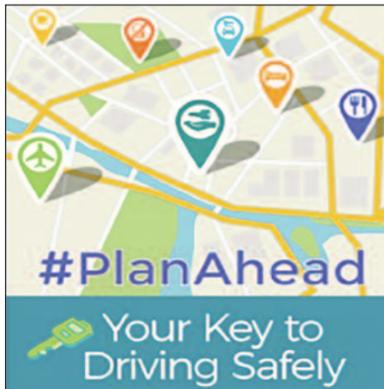
This year marks the 19th year of the DSWW campaign sponsored annually by the Network of Employers for Traffic Safety.

Founded in 1989, the NETS is an employer-led public-private partnership dedicated to improving the safety and health of employees, their families, and members of the communities in which they live and work, by preventing traffic crashes that occur both on and off the job.

The 78th Air Base Wing Installation Safety Office will use the DSWW sponsored campaign to place emphasis on the importance of driving safely on and off duty to prevent driving -related mishaps.

During the campaign supervisors and leaders are encouraged to take time to discuss the potential hazards of vehicle operations and related activities both on and off duty with their personnel. Training materials have been sent to units through their workflow boxes.

For more information on the week's campaign contact Benjamin Howard at benjamin.howard.5@us.af.mil or DSN 472-5340 or Rodney Whitaker, at rodney.whitaker.3@us.af.mil or DSN 468-4663.



WHAT TO KNOW

DSWW campaign's daily areas of emphasis will help personnel to:

- ▶ Remember to take time to plan the journey, even those that feel routine;
- ▶ Prepare for driving situations that take them into unfamiliar areas;
- ▶ Take precautions to ensure they are driving with a clear head;
- ▶ Learn to navigate the changes we all experience as we age and how they may affect driving; and
- ▶ Think through ways to plan ahead for driving situations that involve family members.

To learn more about safe driving, visit <http://trafficsafety.org/>.

Editor's note: Before taking a trip, try <https://trips.safety.army.mil>. The Travel Risk Planning System site offers a risk assessment tool for those planning travel.

5 TIPS FOR SAFE DRIVING



Drive Safely ... You Matter

AROUND THE AIR FORCE

Acquisition general talks priorities, Should Schedule

BY SENIOR AIRMAN HAILEY HAUX

Secretary of the Air Force Public Affairs
Command Information

WASHINGTON (AFNS) – Lt. Gen. Arnie Bunch, military deputy assistant secretary of the Air Force for acquisition, recently spoke at the Air Force Association’s monthly breakfast in Arlington, Virginia.

Bunch touched on a number of acquisitions topics including KC-46A Pegasus and possible impacts of a long-term congressional continuing resolution. He also spoke about programs like Should Schedule, Should Cost, and Cognitive Computing; and science and technology.

The Air Force hasn’t asked Congress for relief from the continuing resolution because leadership is still hoping for a short-term measure, Bunch said. However, the KC-46 will likely be a top priority if resolution is going to last a full year.

In exploring its new Should Schedule approach to speeding up the time it takes to acquire new systems, the Air Force will make potential test cases of three programs: the Bomber Armament Tester, Global Positioning System/Inertial Navigation System modernization and the Advanced Precision Kill Weapon System.

“Our real drive here is to shrink the amount of time to get something out in the field,” Bunch said. “We’re going to start trying to come up with a contract structure that will incentivize people to be able to get (requirements) to the field quicker, but we’re doing it in the context that we’re also trying to ensure we keep competition along the way.”

Acquisitions has saved billions of dollars which can then be put back into other acquisition priorities, said Bunch.

The Air Force’s Make Every Dollar Count Campaign efforts directly support Undersecretary of Defense for Acquisition, Technology and Logistics Frank Kendall’s Better Buying Power 3.0.

BBP 3.0 introduced several areas designed to help the Pentagon maintain superiority over future adversaries and enhance the cybersecurity of the components that go into major weapons systems.

“It’s critical to our national security and our ability to provide technologically advanced warfighting systems to the field to keep our advantage and continue to do our mission,” Bunch said.



U.S. Air Force photo by SENIOR AIRMAN HAILEY HAUX
Lt. Gen. Arnold W. Bunch, military deputy assistant secretary of the Air Force for acquisition, speaks at the Air Force Association Air Force monthly breakfast Sept. 24.



U.S. Air Force photo by TECH. SGT. JASON ROBERTSON

Over sea flight

An F-22 Raptor pilot from the 95th Fighter Squadron, Tyndall Air Force Base, Fla., flies over the Baltic Sea. The Air Force has deployed four F-22 Raptors, one C-17 Globemaster III, approximately 60 Airmen and associated equipment to Spangdahlem Air Base, Germany. While these aircraft and Airmen are in Europe, they will conduct air training with other European-based aircraft.

Air Force Ground Safety gets new name

KIRTLAND AIR FORCE BASE, N.M. (AFNS) – The Air Force Ground Safety program is now known as Occupational Safety after an official name change Oct. 1.

Gen. Henry “Hap” Arnold, former U.S. Army Air Forces commanding general, coined the name ground safety in 1943 when he directed a ground safety division standup to prevent jeep accidents.

The name stuck and remained a part of the Air Force safety structure.

“This name change is significant,” said Maj. Gen. Andrew Mueller, Air Force chief of safety, “because it properly reflects the broader requirements of our current safety program that has evolved considerably beyond the program that was launched 62 years ago.”

Air Force streamlines training

WASHINGTON (AFNS) – Air Force officials announced the creation of a new streamlined Expeditionary Readiness Program

In Other News

This week in Air Force History



During a space-shuttle mission, the week of October 5, 1984, the crew of Challenger refueled a satellite in orbit for the first time.

that replaces the current tiered pre-deployment training model.

The updated program is designed to ensure expeditionary readiness training is relevant, effective, timely, synchronized, standardized and integrated in order to provide combatant commanders with a standard presentation of forces to support

specified mission requirements, while maximizing efficiency.

“We recognize the importance of making sure our airmen’s time is used as efficiently as possible,” said Secretary of the Air Force Deborah Lee James.

2016 promotion cycle study reference CDCs online now

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) – The 2016 promotion cycle Weighted Airman Promotion System study reference Career Development Courses are now available on the WAPS Online Reference Library Database.

During the 2015 cycle, 257 promotion tests were administered in support of WAPS and the U.S. Air Force senior NCO promotion system.

“Today’s Air Force continues to ensure promotion tests are fair, valid, credible, and relevant,” said Dwayne Hafer, from the Air Education and Training Command Airman Advancement Division.

PERSPECTIVE

Observing Hispanic Heritage Month

BY CHAPLAIN (MAJ.) GABRIEL RIOS

78th Air Base Wing Chapel

“Hola, como estas?” That’s Spanish for, “How are you doing?” A good response would be, “Yo estoy bien, gracias.” That means, “I’m doing fine, thanks.”

Every year we celebrate Hispanic Heritage month from Sept. 15 through Oct. 15. It’s a month of cultural awareness.

Hispanics have been in the continental U.S. since Spanish Adm. Pedro Menendez established St. Augustine, Florida, on Sept. 8, 1565. Since then, we’ve been in a cultural metamorphosis and have adapted to the reality of America’s lifestyle. The process has been long and continues even today, merging our past and background with current mainstream society.

During this month of celebrating Hispanic heritage, please take time to learn more about our culture.

Taking time to do some research won’t hurt at all.

Here are some general characteristics that distinguish us in relation to the American mainstream culture. I hope this will give you a better understanding of Hispanic culture.

The Hispanic community has been faced with quite a challenge of adapting to the mainstream culture.

We’re proud of our heritage, values and culture, but at the same time we love, appreciate and embrace American culture. I call that acculturation, or the process of acquiring a second culture, which most Hispanics do.

Few Hispanics experience assimilation, or the process of replacing one’s original culture with a



Rios

second culture.

We celebrate July 4 but also commemorate holidays like 5 de Mayo. We support the U.S. soccer team, but when they play against any Hispanic team we cheer for the Latinos. Just recently, while watching the 2015 Women’s World Cup, my heart was with every Hispanic team competing.

It’s not easy to maintain a bicultural life, especially those of us who are parents. Our new generation is fully immersed in mainstream culture and lifestyle, and we struggle to keep them aware of ours. I assume our children also struggle trying to keep up with our expectations.

That makes me realize that all of us should make an effort to understand each other.

After all, we’re a part of our beloved country, and we need to live in peace and harmony. I hope that this month, as with other cultural celebrations, we seek understanding with our neighbors. God bless America, Dios te bendiga!

ROBINS REV-UP SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to lanorris.askew.ctr@us.af.mil 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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SNAPSHOTS

Around Robins



U.S. Air Force photo by MISUZU ALLEN

At left, the 78th Civil Engineer Group Environmental Management Branch, which was named the 2015 Secretary of Defense Environmental Award for Environmental Quality earlier this year, participates in the winner recognition video teleconference Oct. 1. Frank Kendall, Under Secretary of Defense for Acquisition, Technology and Logistics, presented the award to James Willingham, 78th CEG deputy director.

Below right, Robins firefighters conduct a training exercise with Macon-Bibb County firefighters Sept. 29. The training facility at Robins features an iron mock-up of a C-17, which carries up to 28,000 gallons of fuel.

U.S. Air Force photo by MISUZU ALLEN

Lawrence Chisolm, Helms College student, promotes enrollment to his college's culinary art school during a job fair at the Heritage Club Oct. 2. The job fair, which was hosted by the Robins Civilian Personnel Office, drew a total of 54 employers and 450 job seekers.



U.S. Air Force photo by ED ASPERA

C-130H

Continued from A1

tenance to train its students as part of various hands-on coursework. But that option became a challenge as more and more aircraft were being successfully pushed through the Warner Robins Air Logistics Complex's aircraft gated monitoring system, leaving less available aircraft for training purposes.

Scheduling aircraft for courses became a struggle. In order for maintainers to continue getting necessary requirements, one option was to send students off-site for training. That in turn resulted in temporary duty costs of about \$3,000 per student, according to Davis.

When the aircraft finally makes its way to the training pad, after being disassembled of parts that are no longer needed, Davis said he sees about a \$700,000 per year savings in TDY costs.

He expects the training school's hydraulics, avionics and engines courses, as well as a future crew chief class, will skyrocket with the addition of the new trainer aircraft.

"This is something we never thought was possible," he said.

By fulfilling this critical mission need, the aircraft will allow personnel to receive specialized training to meet qualification requirements, eliminate any student backlogs associated with classes, and eliminate any interruptions to current production repair.

"The ground trainer is a win-win for multiple organizations as it provides cost-effective maintenance training opportunities for our civilian mechanics and military expeditionary depot maintenance personnel," said Jim Russell, 560th Aircraft Maintenance Squadron director. "We no



U.S. Air Force photo by MISUZU ALLEN

A C-130H arrives at Robins Sept. 29. The aircraft will be permanently moved to a training pad on base for instructional purposes.

longer have to negotiate with operational units for additional non-production downtime on their aircraft to fulfill our maintenance training requirements."

The aircraft training pad, constructed in 2012, is located at the corner of Macon Street and Marchbanks Drive.



RESPONSIBILITY

Continued from A1

people to pay attention to – stop and pause,” he said, on reminding ourselves to conserve. “That’s where we’re going to either make or break when we take it to heart.”

We’ll have another chance to conserve energy this upcoming three-day Columbus Day weekend.

Just like before, remember to focus on conserving energy from your standard office equipment – monitors, fans, printers and other office appliances – as well as production and warehouse energy-consuming equipment.

The 78th Civil Engineer Group will set back heating and air conditioning systems in non-essential facilities beginning at 5 p.m. today, and will resume operations at 5 a.m. Tuesday to ensure facilities are ready in time for normal operations.

Along with energy awareness training and a Flint EMC electricity safety presentation at the youth

center, other upcoming activities this month include:

■ **Energy awareness competition nominations due today to highlight organizational energy and water conservation achievements across the installation.**

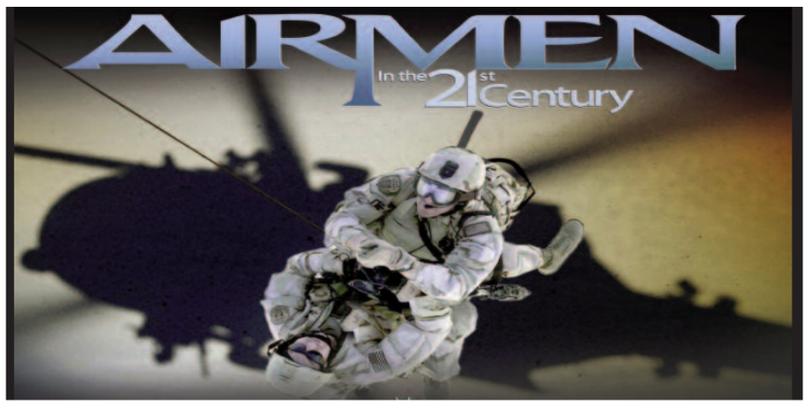
■ **A Georgia Power energy conservation display, now through Oct. 16, at the Base Restaurant.**

■ **A Fort Valley State University home conservation booth, Oct. 28, Base Restaurant.**

Need a few reminders to help out?

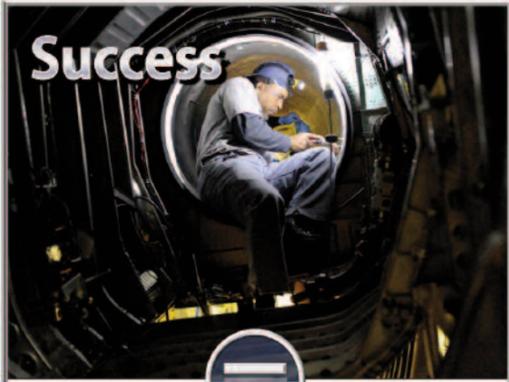
You can do your part by turning off lights when you leave your work area at the end of the day; turn off or unplug all non-essential equipment and electronics and look for energy-saving opportunities in your area.

Some ideas for the home include using CFL or LED bulbs; replacing air filters every one to two months; installing motion sensor switches in low-occupancy rooms; installing insulation blankets on water heaters; using fans to supplement air conditioning; and updating energy-efficient appliances.



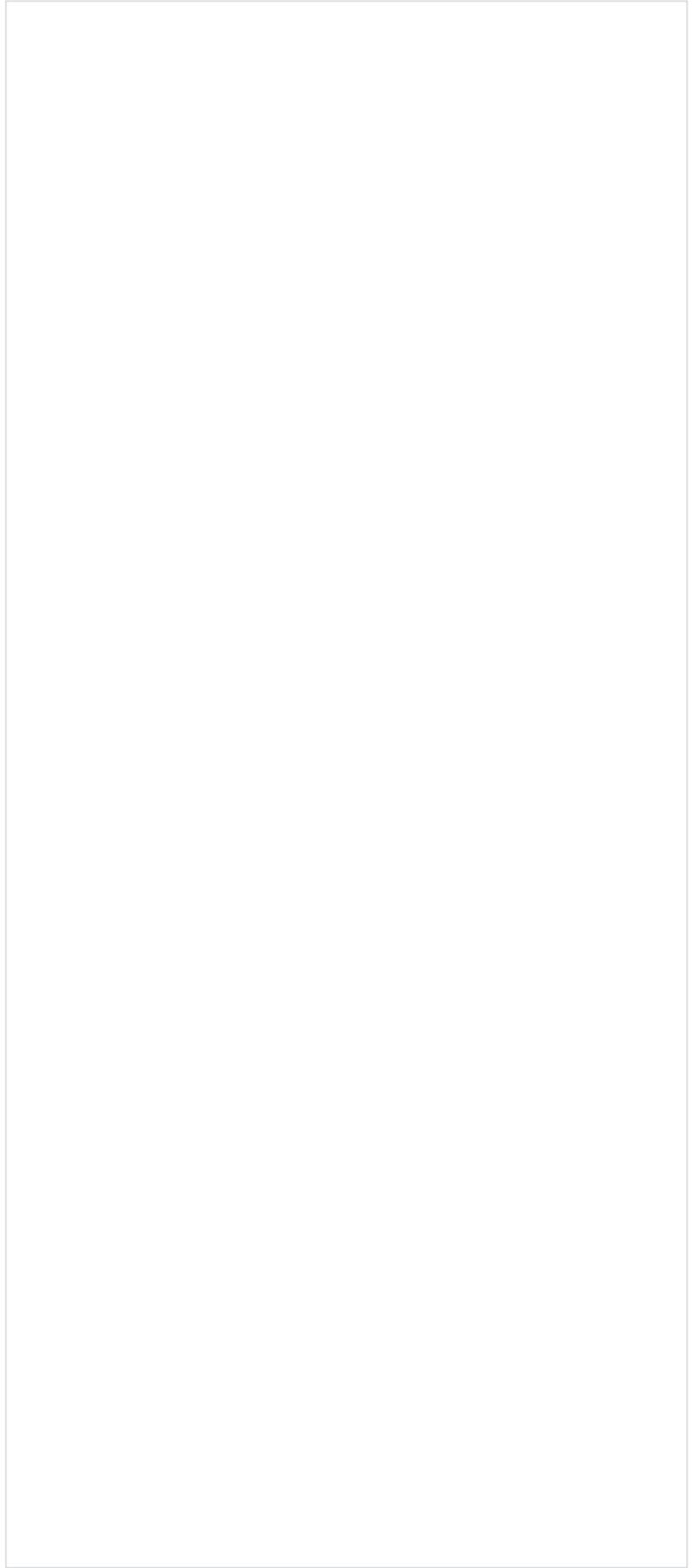
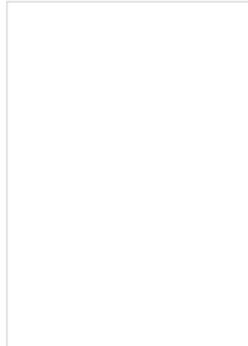
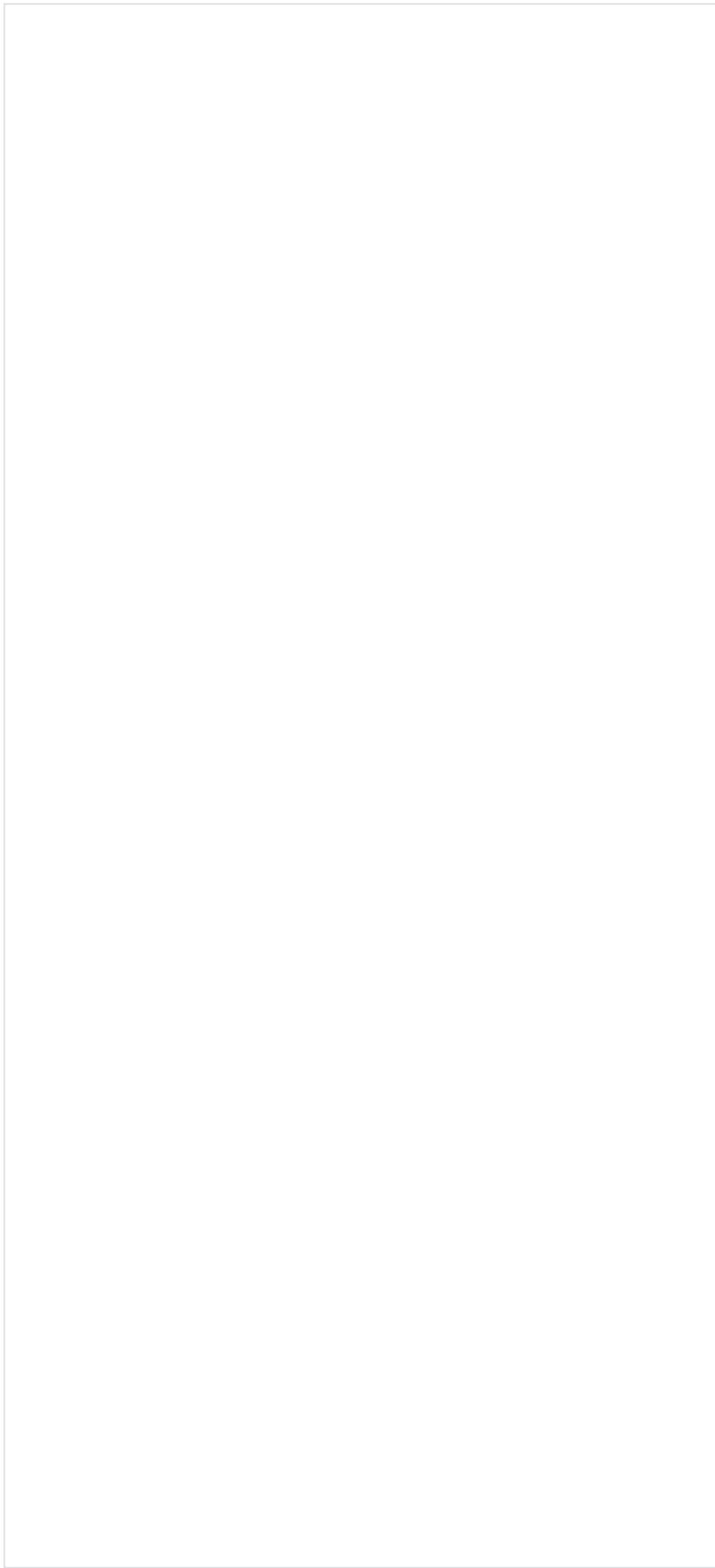
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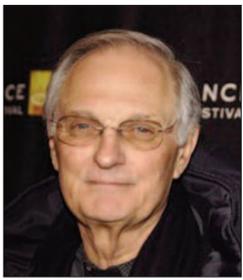
TEAM





ROBINS





Thought for the Week

"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself."

— Alan Alda



What's inside

Depression Awareness Month , B2

EEO explains mediation , B4

Columbus Day hours, B5

Lighter Fare

THE ROBINS REV-UP ■ OCTOBER 9, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY

OPERATION KUDOS

Kids experience deployment from parents' perspective



U.S. Air Force photos by ED ASPERA

Fifty-three children participated in the Kids Understanding Deployment Operations, or KUDOS, Oct. 3. The event was designed to show military kids what their parents experience when deploying.

Escorted by their parents, participants received location-specific deployment briefs and walked the deployment line where they received backpacks with flashlights, books, candy and jelly bean immunizations. They were weighed and issued orders for departure. Top, the children got the opportunity to use military night vision goggles. Above left, participants sampled Meals, Ready to Eat, commonly referred to as MREs, and then it was off to field training at Gator Air Base where they did some PT and donned camouflage face paint.



U.S. Air Force photos by RAY CRAYTON

Above, Lexi Fontain, dressed as Cinderella, entertains festival goers.

Below, Staff Sgt. Katrina Rondeau, 51st Combat Communications Squadron Cyber Transport technician, prepares cheese sauce for nachos.



FAMILY FUN AT FALL BASH



Left, Senior Airman Vanessa Berrio, 78th Medical Group, Mental Health, and Senior Airman Briana Lucas, 78th MDG Family Health, enjoy the ride down from the Rip Line.

A BETTER YOU



Mental Fitness

Where to get help

For more information about depression education, visit AFMCwellness.com or contact your local Civilian Health Promotion Services team at 497-8030.

AFMC promotes Depression Awareness Month

BY AIR FORCE MATERIAL COMMAND
HEALTH AND WELLNESS TEAM

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – During the month of October, Air Force Materiel Command will promote Depression Awareness. As part of its Mental Fitness Campaign, AFMC will inform the workforce about the signs and symptoms of depression, offer anonymous behavioral health screenings, and promote mental fitness assistance programs and services. According to the National Institute of Mental Health, depression is highly treatable when an individual receives competent care.

“The campaign’s goal is to reduce the stigma associated with seeking help for depression and other mental health issues,” said Greg Chadwick, AFMC Health and Wellness coordinator. This question and answer guide explains depression and the importance of seeking professional consultation.

HOW DOES DEPRESSION DIFFER FROM FEELING SAD?

Everyone occasionally feels sad or down, but these feelings usually pass within a few days. The NIMH reports that someone with depression experiences extreme sadness or despair for at least two weeks or longer. Depression can have enormous depth and staying power, and it can weaken one’s joy and interest in activities of daily living. The difference between depression and feeling down is how severe the symptoms are and how long they last.

WHAT ARE THE SIGNS AND SYMPTOMS OF DEPRESSION?

People with depression do not experience all of

the same symptoms. The physical and psychological signs and symptoms of depression may include:

- ▶ Feeling sad or “empty”
- ▶ Losing interest in favorite activities
- ▶ Feeling hopeless, worthless or helpless
- ▶ Not being able to sleep, or sleeping too much
- ▶ Having difficulty concentrating, remembering details and making decisions
- ▶ Experiencing fatigue and decreased energy
- ▶ Overeating, or not wanting to eat at all
- ▶ Having thoughts of suicide, or actually attempting suicide.

If you are feeling depressed and hopeless, and these feelings are interfering with activities of daily living, you may be interested in a mental health screening.

An anonymous and confidential depression online screening is offered on our website at AFMCwellness.com. Screening results are educational, not diagnostic, but are provided so participants may find out quickly if a professional consultation would be helpful.

WHERE CAN I GO FOR HELP?

Professional counseling services are available for the AFMC workforce and their families.

Active-duty personnel can contact their local mental health clinic for services. Military OneSource is another option for military members and their families.

For more information, call 800-342-9647 or visit militaryonesource.mil.

Civilian employees may contact the Employee Assistance Program for free, confidential counseling services at 800-222-0364 or visit the EAP website at FOH4You.com.

78th Medical Group upcoming closure

The medical group will conduct its annual Wingman Day event Oct. 16 from 11 a.m. to 4:30 p.m. During that time, all medical group services, including the pharmacy and the central appointment line, will be closed.

Clinic doors will close at 11 a.m. and reopen Oct. 19 at 7 a.m. All clinic services will resume normal duty hours starting at 7:30 a.m.



U.S. Air Force photo by MISUZU ALLEN

Ray McCord, 402nd Electronics Maintenance Group production controller, receives a flu shot from Tamika Martin, Houston County Health Department registered nurse, at the Base Restaurant Oct. 2.

Flu vaccine now available

The civilian flu vaccinations will be offered Wednesdays in October from 11 a.m. to 1 p.m. at the Base Restaurant and from 2 to 3:30 p.m. at the Fitness Annex.

Vaccinations will also be offered during the Resiliency Fair at the Health and Wellness Center Oct. 16. Civilians need to bring their insurance card. All Federal Employees Health Benefits health plans cover flu shots at no cost to members. The Houston County Health Department accepts major plans, but not TRICARE.

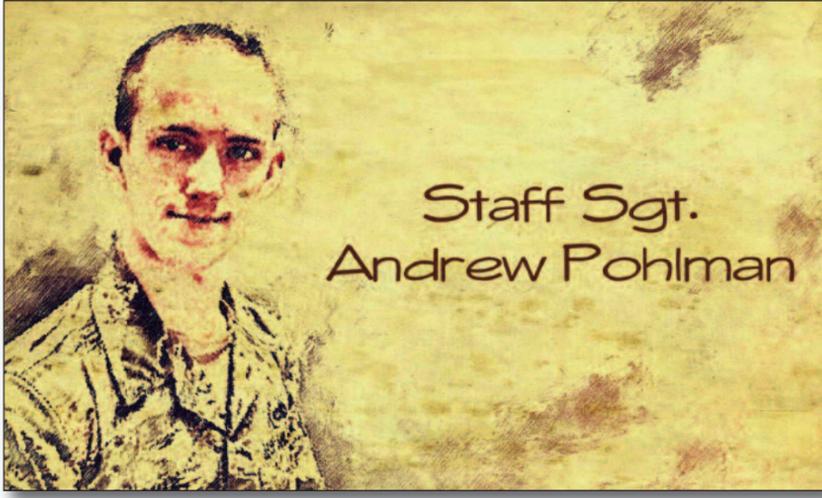
Unit leaders interested in sponsoring a civilian flu line for their civilian employees can contact Col. Michael Rappa, or Nina Courchesne, by email or by phone at 497-7590.

Active duty members may report to the 78th Medical Group Immunizations Clinic between 7 a.m. and 4 p.m. to receive the vaccination.

Even healthy people can get the flu, and it can be serious. This season, protect yourself and those around you by getting a flu vaccine.

For more information, visit <http://www.cdc.gov/flu/pdf/freeresources/updated/canot-miss-work-flu-flyer.pdf>.

GETTING TO KNOW YOU



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

UNIT: 78th Air Base Wing Communications

JOB TITLE: Host server administrator

TIME IN SERVICE: 7 years

HOMETOWN: Flippin, Ariz.

What does your work involve at Robins? "We maintain over 525 servers that are worth about \$17 million."

What do you enjoy most about your work? "Learning and troubleshooting servers. It increases my knowledge and makes me more well-rounded in computer science."

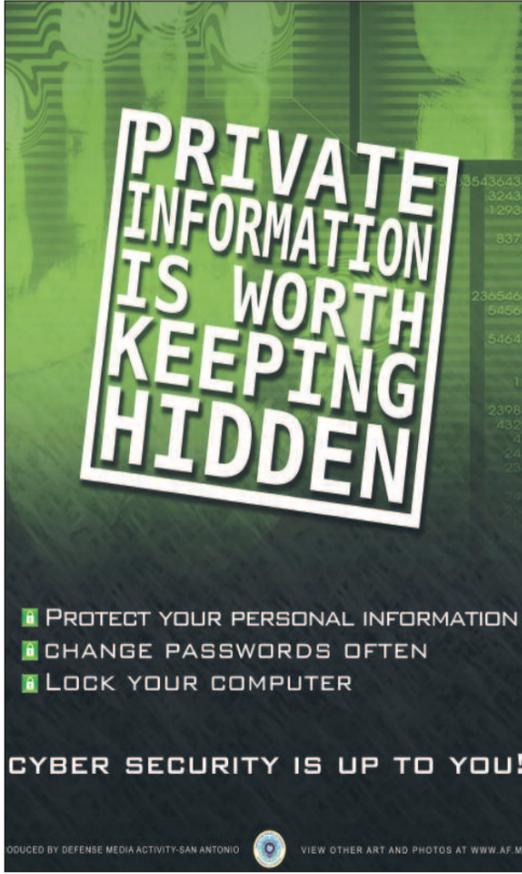
How does your work contribute to the Robins mission? "We ensure that 26,000 personnel have access to their files and applications with minimal down time."

What prompted your interest in your current career field? "I enjoy working with and on computers."

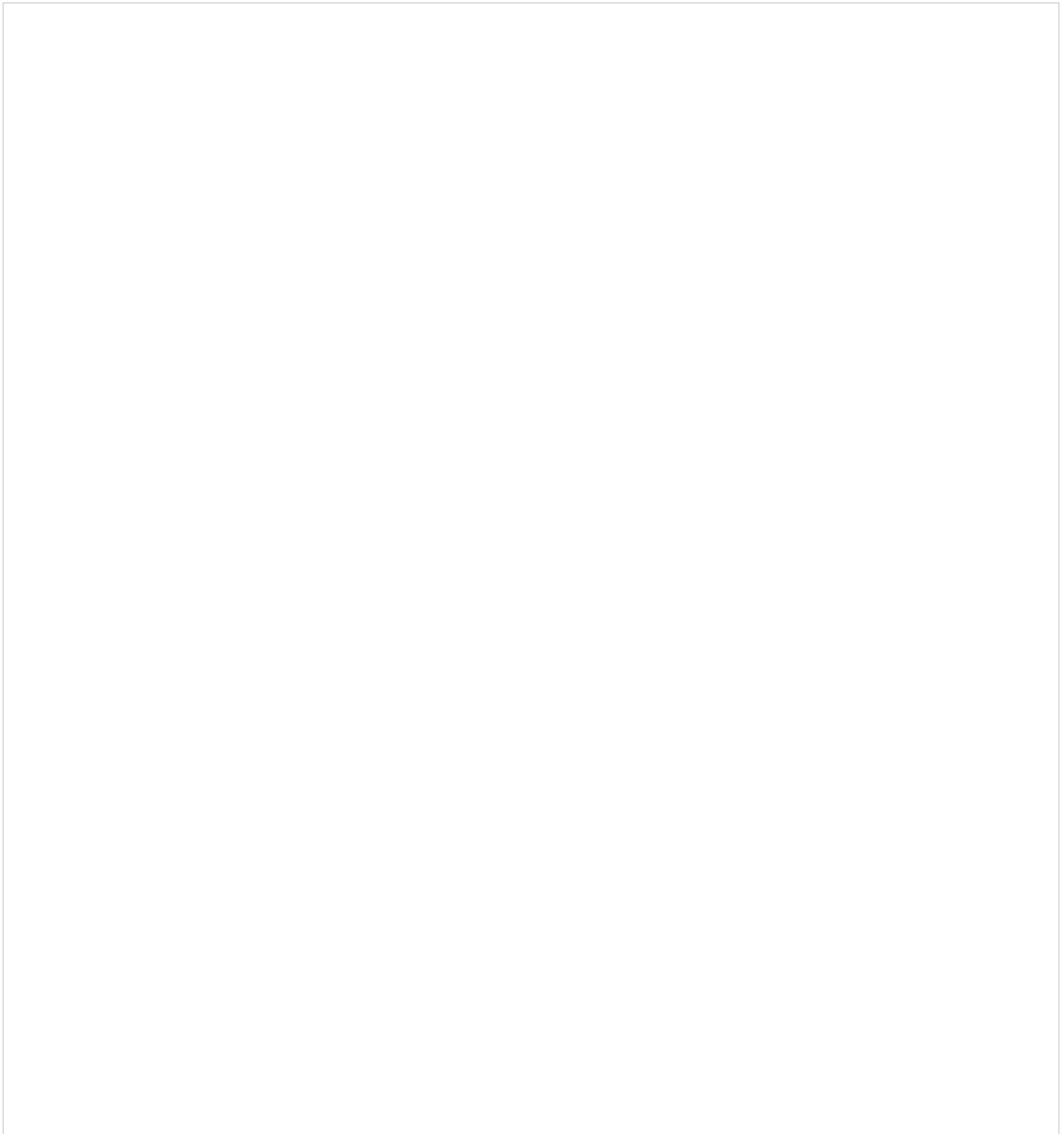
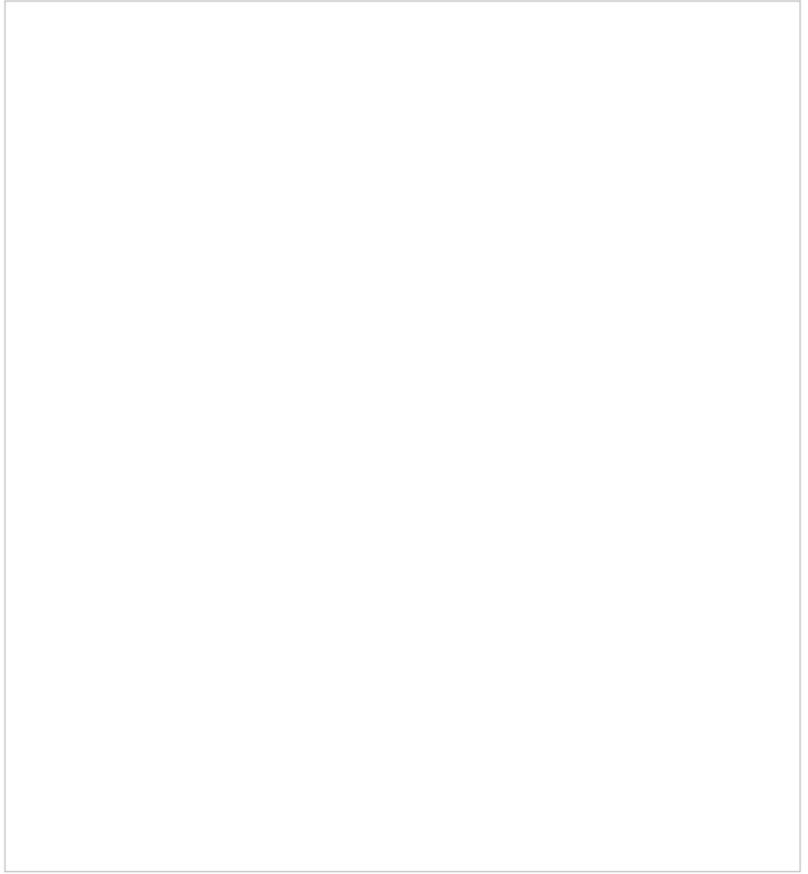
Who has been the biggest influence in your life? "My brother. He was the person who initially got me into computers."

What is an accomplishment you are most proud of? "Joining the U.S. Air Force."

What is something people would be surprised to know about you? "I have seven siblings."



**ENERGY TIP:
USE YOUR WITS
NOT YOUR
WATTS**





Counselor Connection Lessons learned from EEO What is mediation

ROBINS OFFICE OF EQUAL OPPORTUNITY

Mediation is another available method of alternative dispute resolution.

It's essentially a negotiation facilitated by a neutral third party. Unlike arbitration, which is a process of ADR somewhat similar to a trial, mediation doesn't involve decision making by the neutral third party.

Mediation is also an informal and confidential way for people to resolve disputes. The mediator doesn't decide who's right or wrong or issue a decision. Instead, the mediator helps the parties work out their own solutions.

One of the benefits of mediation is it allows people to resolve their issues at the lowest level.

A complaint can also be resolved faster through mediation. While it takes less than three months on average to resolve a complaint through mediation, it can take six months or longer for a complaint to be investigated.

After a complaint is filed, we will offer mediation to the complainant and to the organization where the complaint is filed against.

The decision to mediate is completely voluntary. If either party declines mediation, the complaint will be processed.

If both parties agree to mediate, we will schedule a mediation, which will be conducted by a trained and experienced mediator.

If the parties don't reach an agreement, the complaint will be turned back over to the counselor for processing.

If an agreement is reached, then the complaint will be withdrawn.

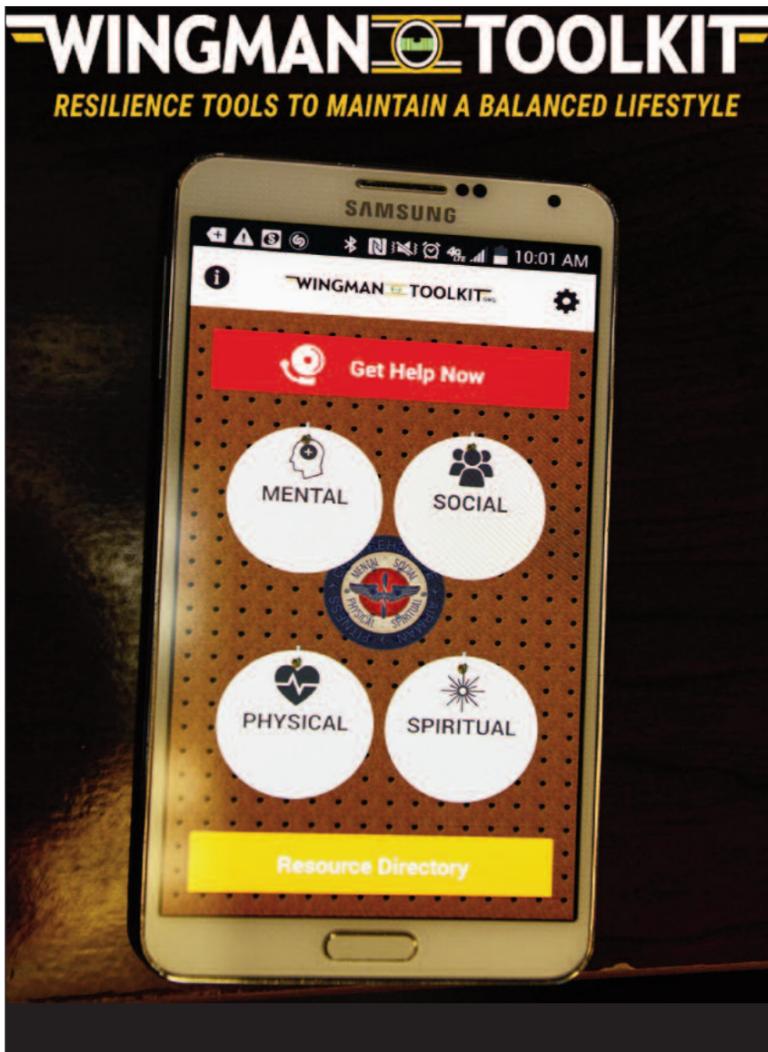
Please keep in mind that a written signed agreement reached during mediation is enforceable in court just like any other contract.

A mediation session usually lasts from three to four hours, although the time can vary depending on how complicated the case is.

The mediation process is considered more prompt, inexpensive, and procedurally simpler than formal litigation.

It allows parties to focus on the underlying circumstances that contributed to the dispute, rather than on narrow legal issues. The mediation process does not focus on truth or fault but simply to resolve complaints at the lowest level.

**78th ABW/EO
706 Ninth Street
Bldg. 936
Robins AFB GA. 31098
478-926-2131
DSN: 468-2131**



HAPPENINGS/SERVICES

ON TAP

Georgia National Fair tickets

Now through Oct. 18
ITT Office
For details,
call DSN 468-2945.

UPCOMING

Boss and Buddy

Oct. 16
4 p.m.
Heritage Club Lounge
For details,
call DSN 472-7899.

Comedy Show III

Oct. 16
5 p.m.
Heritage Club Ballroom

Doors open at 7 p.m.;
show starts at 8 p.m.

For details,
call DSN 472-7899.

Triple Ribbon Color Run 5K

Oct. 16
7 a.m. check in
HAWC parking lot
Open to all
Robins personnel
For details,
call DSN 468-2128.

Membership Dinner

Oct. 20
5:30 p.m.
Heritage Club Ballroom

For details,
call DSN 472-7899.

Halloween Big Bingo!

Oct. 30
6:15 p.m.
Heritage Club Bingo Room
For details,
call DSN 468-4515.

Zombie Run 5K

Oct. 30
Check in at 4:15 p.m.
Luna Lodge
Open to all
Robins personnel
For details,
call DSN 472-7899.

COLUMBUS DAY HOURS

FSS

All 78th Force Support Squadron facilities
will be closed with the exception of:

- ▶ Bowling Center 1 to 8 p.m.
- ▶ Golf Course 7 a.m. to 7 p.m.
- ▶ Main Fitness Center 8 a.m. to 4 p.m.
- ▶ Skeet Range from noon to 4 p.m.
- ▶ Wynn Dining Facility normal hours

Exchange Main Store

- ▶ 10 a.m. to 6 p.m.

Service Station

- ▶ 10 a.m. to 6 p.m.

Shoppette/Class Six

- ▶ 10 a.m. to 5 p.m.

Military Clothing Store

- ▶ Closed

78th Medical Group

- ▶ Closed

For more 78th Force Support Squadron information, visit www.robinsfss.com.
For more Robins Exchange holiday hours, visit www.shopmyexchange.com.