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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

October 23, 2015 Vol. 60 No. 42

Complex closes out productive year with 217 aircraft

BY JENNY GORDON
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It's been a productive year at the Warner Robins Air Logistics Complex, more so than at any other time in the last five years.

A total of 217 aircraft – C-5, C-17, C-130 and F-15 – were produced in fiscal 2015 which ended Sept. 30. That number includes 15 unscheduled depot level maintenance aircraft, with two C-5s, three C-17s and 10 C-130s.

In the 402nd Commodities Maintenance Group, commodity lines produced 34,772 units in fiscal 2015, over 600-plus additional units than planned.

The 402nd Electronics Maintenance Group produced 84,600 units. That was over 4,097 more assets than had been planned at the beginning of the year.

The 402nd Software Maintenance

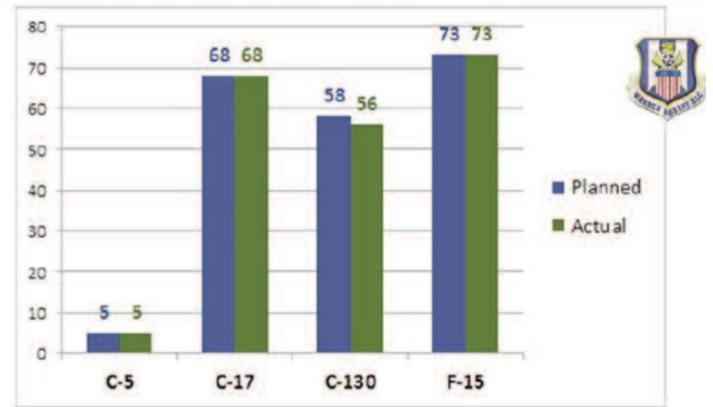
Group completed 326 projects, nearly 80 more than originally planned as well.

And the 402nd Maintenance Support Group kept the production plant healthy by conducting 19,975 preventive maintenance actions and driving \$47 million in improvements.

The ongoing commitment of a skilled work force of maintenance professionals and management teams contributed to the success of last fiscal year's numbers, ensuring that dedication will carry forward into 2016 and beyond.

"There was a lot of remarkable work across the board," said Brig. Gen. Walter Lindsley, WR-ALC commander. "This was accomplished through process improvements, teamwork, communication, synchronization and integration, focus and guts

► see CLOSE OUT, A6



Graphic by REGGIE SAUNDERS

TO PROTECT AND SERVE



U.S. Air Force photo by ED ASPERA

Department of the Air Force civilian police officer Jacob Dickey, 78th Security Forces Squadron, makes a radio call Thursday afternoon.

Department of the Air Force Police share same mission as 78th SFS officers

BY ANGELA WOOLEN
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There is a misconception about the Department of the Air Force civilian police officers at Robins Air Force Base. They are not security guards. The 26 civilian police officers are fully qualified to perform the same duties as the 78th Security Forces Squadron military officers.

In fact, the department is headed up by the 78th SFS.

"It is the same exact job except they wear a mil-

itary uniform and we wear our civilian uniform," said Scott Mitchell, supervisor of the DAF police force here.

The biggest benefit to having a civilian police force is the consistency. The officers know the traffic patterns, base officials, and they can help in training new airmen in the security forces field.

"A lot of times, literally, we are working side by side," said Mitchell, who spent 24 years in civilian law enforcement.

His department has people from a variety of

► see PROTECT, A3

Leveraging expertise focus of base Partnership Summit

BY JENNY GORDON
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It's about leveraging one another's capabilities, resources and expertise. The Robins Air Force Base Partnership Summit drew over 100 community and base senior leaders to the Museum of Aviation Thursday to discuss prospective partnerships at Robins.

In any given year, the complex conducts about \$153 million annually in partnerships. Across the state, Robins has an overall economic impact of \$2.7 billion.

"It takes all of us to make the mission happen at the Warner Robins Air Logistics Complex," said Brig. Gen. Walter Lindsley, WR-ALC commander.

Following an overview of some of the major groups on base, Dave Denning with the WR-ALC Partnership and Business Development Branch, discussed some of the documentation needed for partnerships, such as partnership and implementation agreements, as well as the current types of partnerships.

Those include direct sales, lease, direct commercial sales and work share partnerships.

The Robins Partnering Office maintains 45 existing partnership workloads. The largest is with Boeing and C-17s, the largest in the Air Force.

"The main reason we partner is to leverage – to leverage each other's capabilities," said Denning. "These are mutually-beneficial arrangements. In the end who benefits from this? Ultimately, our warfighter."

Partnering with Robins has several advantages, to include the base's current capabilities with capital investments and state-of-the-art manufacturing and repair opportunities; capacity, with facility square footage and equipment; and a competitive advantage with a skilled, well-trained workforce.

Another way the community can partner with the base is on successful existing and future public-public and public-private partnerships. There are currently 114 community agreements in place, with services ranging from fire protection, law enforcement and

► see SUMMIT, A3

FRIDAY FLYBY: Triple Ribbon Month resiliency Fair and Color Run, A7

Forced Distribution Town Hall briefings

Robins will host two town hall briefings on Forced Distribution at the Base Theater Nov. 9 at 9:30 a.m. and 2 p.m. Make-up sessions will be available as required.

Forced Distribution is the limited number of promotion recommendations a commander is authorized to give to promotion-eligible airmen.

The number of forced distribution quotas

are based on the total number of promotion eligible airmen a commander has in a specific grade on the static closeout date/promotion eligibility cutoff date.

Forced distribution percentages vary by rank.

For more information, call Val Stovall or Master Sgt. Jaukena Mays at DSN 472-6861.

Celebrating Hispanic Heritage

Born on August 23, 1944, in Fajardo, Puerto Rico, Antonia C. Novello studied medicine and became a deputy director with the National Institutes of Health. In 1990, she was appointed by President George H.W. Bush as the first female and Latin U.S. surgeon general. She focused on AIDS prevention, underage smoking and women's health, among other items. She later worked for UNICEF and New York state.



"Safety is a cheap and effective insurance policy."

Weekend Weather

Friday
80/51



Saturday
79/57



Sunday
78/56



SECOND FRONT

Deployment support groups here help Airmen stay focused there

BY HOLLY LOGAN-ARRINGTON

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When deployed airmen know their families are taken care of at home, they're better able to focus on the war-fighting mission abroad.

Robins' Airman & Family Readiness Center offers many programs to help families during their loved ones' deployments. One program in particular, the Deployment Support Group, helps children cope with the stress temporary separation deployments brings.

Master Sgt. Avis Smith, Installation Readiness noncommissioned officer in charge at the A&FRC, said the DSGs teach children about the sustainment phase of deployments so they can better understand what they're going through.

"We discuss the unique challenges of military families and provide resources that promote resiliency," she said.

In addition to group discussions, the children participate in arts and crafts that help them better handle the temporary absence of their military parent.

Renea McFeeters, an Exceptional Family Member Program specialist in the A&FRC, who helps with the DSGs, said her favorite craft is the 'homecoming jars.'

"When my own spouse was deployed, we made these for my children," she said. "My daughter was 7 at the time, so she struggled with understanding why daddy had to go so far away. We made a jar that she decorated with stickers & markers and we filled it with Hershey's kisses."

McFeeters said every day she got a "kiss" from daddy.

"She was able to watch those kisses disappear," she said. "As the kisses dwindled down in the jar, she understood daddy was coming home soon."

Smith said the support groups help the children see they're not the only child who's loved one is deployed.

"Sometimes it helps to know others understand how you feel," she said. "Many times there's someone in the group they know and that always seems to be an immediate comfort to the children."

DSGs also help military children better share their feelings.

"As we assist them with their activities, the children begin to lead the conversation," Smith said.



U.S. Air Force photo by RAY CRAYTON

Master Sgt. Avis Smith, Airman & Family Readiness Center installation readiness noncommissioned officer in charge, helps students make homecoming jars during a deployment support group at Perdue Elementary School Oct. 13. The A&FRC offers many programs to help families during their loved ones' deployments. The group helps children cope with the stress temporary separation deployments bring.

"They share with us things they'd like to do with their loved one when they come home such as going fishing or going to a favorite restaurant."

Renee Daughtry, Robins School Liaison Officer, works with guidance counselors at nine Houston County primary and elementary schools with a high number of military-affiliated students to schedule the quarterly support group meetings.

"At the beginning of the school year, I work with the counselors to identify their children who have a military parent and we get those parents to sign a permission form for their children to participate in the DSGs," she said.

Daughtry said teaming with helping agencies like the A&FRC allows participating children to learn more about services that help their families during deployments.

Any child identified by a school counselor as a military child whose parent or guardian is in any phase of deployment to include pre-deployment, currently deployed or recently returned military members are eligible for a DSG.

For more information, contact Daughtry at 478-327-5524 or the A&FRC at 478-926-1256.

Team Robins awards

The Team Robins Awards Ceremony will be conducted Nov. 13 at the Base Theater. Please come out and support your winners.

Construction project

A milling/paving project set to begin Nov. 16 will reclaim the existing asphalt and repave Warner Robins Street/MLK Boulevard from Seventh Street to Robins Parkway.



The project will be completed in two phases. Phase 1 will consist of Seventh Street to a point between the two entrances to the Robins Conference Center. Phase 2 will consist of the remainder of Warner Robins Street and a portion of MLK Boulevard to Robins Parkway. Work on phase 2 will not begin until phase 1 is complete. Each phase will be closed for approximately 30 days. Only one of the two entrances to the conference center parking lot will be closed during each phase to allow continued access.

Pine Okas Golf Course will stage golf carts at the conference center to allow customer access during phase 1. The work and its anticipated duration is tentative and could be affected by weather and unforeseen conditions that are encountered. The estimated completion date is Jan 16.

For more information, contact Ricky Davis at DSN 497-2940 or Lori Simmons at DSN 497-3977.

Disability Awareness Month

October is National Disability Awareness Month.

The following events will be held as part of Robins' recognition of the disabled workforce and aim to allow a better understanding of how people with disabilities adapt and overcome their challenges in a variety of ways.

►Today – Inclusive Recreation Work Outs – education and demonstration of different workouts for various disabilities, at 2 p.m. at the Fitness Center

►Thursday – Wheelchair Basketball Clinic – at 2 p.m. This clinic is open to all Robins AFB members with any disability.

For more information, call the Fitness Center at 478-926-2128 or DSN 468-2128.

PRACTICE OPSEC EVERY DAY, EVERYWHERE.



U.S. Air Force photo by RAY CRAYTON

Dave Denning, with the WR-ALC Partnership and Business Development Branch, addresses the audience during the Robins Air Force Base Partnership Summit Thursday at the Museum of Aviation. The forum, which included several base senior leaders as guest speakers, gave industry stakeholders across the community a venue to learn and discuss potential partnership prospects here.

SUMMIT

Continued from A1

continuing medical education, to work study internships, youth recreation and library services.

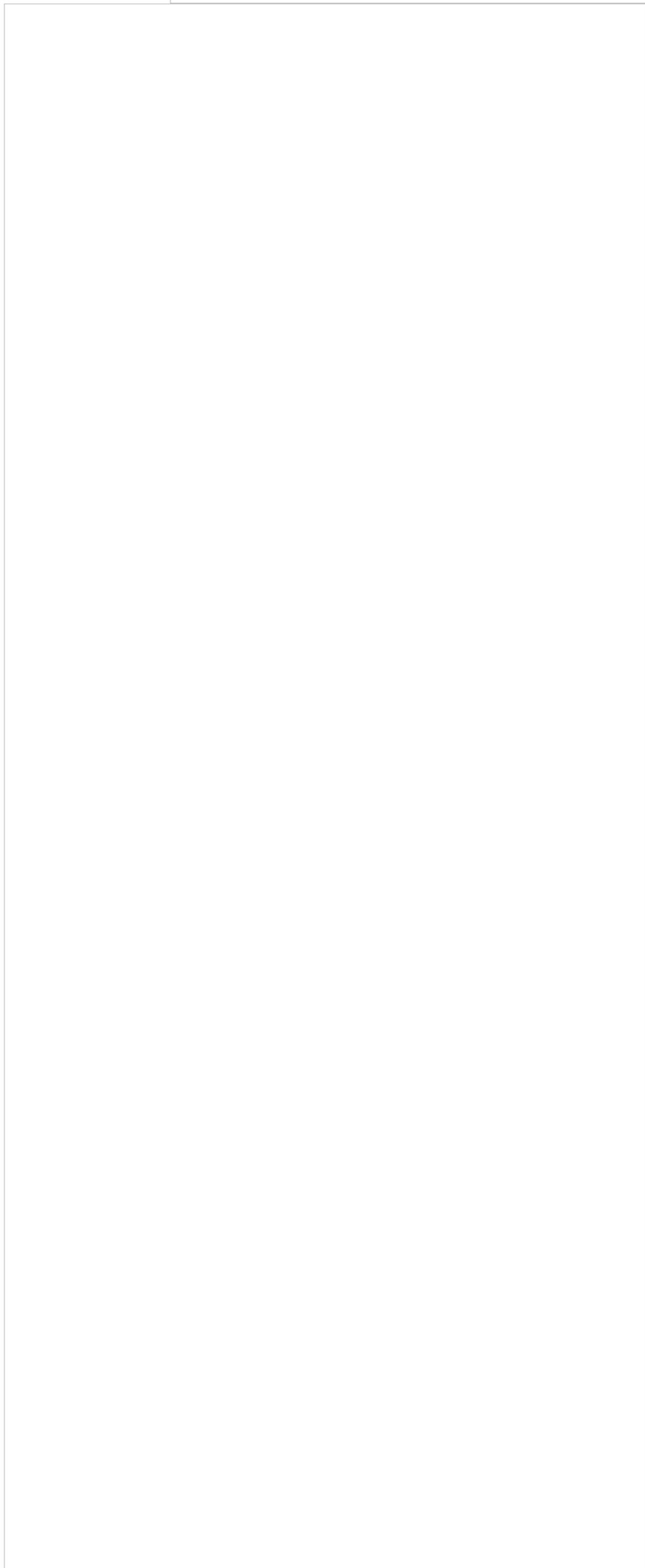
Beginning in 2013, Robins was a test base for the Air Force Community Partnership Initiative, created to explore cost-saving opportunities through partnerships and shared services with local communities and the private sector.

“It’s about the Air Force and the community. Especially here, we are one,” said Col. Dawn Lancaster, 78th Air Base Wing vice commander. “Robins Air Force Base and Warner Robins are so tied together that the community named itself after the installation.”

“This is another avenue to do things smarter and more efficiently,” she said.

Additional topics discussed included an update on electronic warfare and avionics, the C-130 program, contracting and industry perspectives.

This week’s event was presented in partnership with the Robins Regional Chamber of Commerce’s Aerospace Industry Committee.



“We try every day to better Robins Air Force Base. Our purpose is not to write tickets. Our purpose is resource protection and public safety.”



—Mark French
Robins DAF civilian police officer

“It is the same exact job except they wear a military uniform and we wear our civilian uniform ... A lot of times, literally, we are working side by side.”



—Scott Mitchell
Robins DAF civilian police supervisor

PROTECT

Continued from A1

backgrounds including a former Marietta police officer and a former narcotics officer.

Mark French was formerly in the Marines and then transferred to the Air Force to the security forces job field.

He hopes to erase the stigma that the uniformed officers are just security guards and have no jurisdiction. Officers patrol, provide security checks at all the buildings and man the entrance gates.

“We try every day to better Robins Air Force Base,” French said.

“Our purpose is not to write tickets. Our purpose is resource protection and public safety.”

Although they issue citations, there are no quotas for traffic tickets. The department sees no money from fines or citations.

“It goes into a federal depository,” said Ryan Payne, a training officer and temporary supervisor.

The officers hope that getting a citation would be a learning opportunity and that someone wouldn’t commit the same offense repeatedly.

The officers welcome questions as well. French stressed that a police officer is not an enemy, they are there to help.

Mitchell agreed, “We are out there to protect and serve.”

AROUND THE AIR FORCE

Combat weather forecasters help keep pilots out of harm's way

BY STAFF SGT. TYLER ALEXANDER

386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA – It's a tough job trying to predict Mother Nature and when it comes to weather, everyone's a critic. Thinking the day holds nothing but sun and your picnic gets rained out can be aggravating. Now try to tell a pilot he can't fly because the weather patterns shifted. This dilemma is something deployed weather forecasters face every day.

"When we're talking visibility, you kind of have to be as accurate as you possibly can," said Senior Airman David Baily, a 386th Expeditionary Operations Support Squadron weather forecaster. "They have limitations on whether they can safely get into an airfield or not. We really try to stay on top of it and kick out the weather observations to keep aircrew updated."

Deployed in support of Operation Inherent Resolve, members of the 386th EOSS weather team do what they can to keep the aircraft flying. Every hour they step outside to collect weather data through observation. Their equipment collects air speed, pressure and gives them the chance to



U.S. Air Force photo by STAFF SGT. TYLER ALEXANDER

Staff Sgt. Gregory Evenson and Senior Airman David Baily, both 386th Expeditionary Operations Support Squadron weather forecasters, conduct a preventative maintenance inspection on a Doppler radar system at an undisclosed location in Southwest Asia 16.

visually inspect the atmosphere surrounding the flight line. In a sparse region, like Southwest Asia, observation data is gold to a forecaster. With the limited points of terrain around, these forecasters also rely on host nation partnerships to help gather as much information as possible.

The more data they receive, the more accurate their forecasts are. The more accurate their forecasts are the greater chance a flying mission

receives the green light. It's a relationship pilots come to trust and rely on.

"In the Air Force, having an accurate forecast can determine the success or failure of a mission," said Capt. Benjamin De La Cruz, the 386th Air Expeditionary Wing flight safety officer in charge.

"In the C-130 (Hercules) community, it not only plays a major part in the beginning stages in mission planning, but also during airdrops, tactical mis-

sions and max effort landings. It is also the leading cause of many aviation mishaps or is a contributing factor."

Changing weather isn't the only challenge these Airmen face. Forecasters trust in experience, but deployments usually last only six months. At their home station they have years to learn the ins and outs of a region. When the winds change, forecasters can look back over their time and realize these changing winds signal a storm and plan accordingly. To mitigate this in a deployed environment, forecasters learn to trust their observations and higher headquarters.

"The biggest thing in weather is experience," said Staff Sgt. Gregory Evenson, a 386th EOSS weather forecaster. "We are overseen by 28th Operational Weather Squadron at Shaw Air Force Base, S.C., and they rely on us and we rely on them. They have the subject matter experts and the continuity and we can reach back if needed."

Despite the challenges faced, these forecasters feel what they are providing to the base, and the pilots, is helping the AF play a vital role in Operation Inherent Resolve.

In Other News

Obama adjusts troop levels for continued Afghanistan mission

WASHINGTON (AFNS) – President Barack Obama recently announced he will keep U.S. troops in Afghanistan through 2016 and a lesser number into 2017 to sustain coalition efforts to train and strengthen Afghan forces.

As part of a four-step plan that he said would best ensure lasting progress in Afghanistan, Obama said he would maintain the current posture of 9,800 troops in Afghanistan through most of 2016.

Rather than reduce troop levels to a normal embassy presence in Kabul by the end of 2016, Obama said the U.S. will maintain 5,500 troops and a small number of bases, including at Bagram Airfield and Jalalabad Airfield in the east and Kandahar in the south.

The mission in Afghanistan will not change, the president said.

Air Force sets weight restrictions for F-35 pilots

WASHINGTON (AFNS) – Air Force leaders recently made a decision to restrict pilots weighing less

This week in Air Force History



On October 22, 2007, a C-17 Globemaster III took off from Edwards Air Force Base, California, using a blend of synthetic and JP-8 fuels in all four fuel tanks. This was the first time a C-17 had flown using a Fischer-Tropsch/JP-8 blend as the only fuel carried aboard.

than 136 pounds from flying the F-35A Lightning II due to safety concerns about the ejection seat in a portion of the flight envelope.

The manufacturer of the seat has been conducting tests to ensure the escape system works reliably and safely in all planned conditions. In a recent test, analysis identified an unacceptable risk of neck injury dur-

ing parachute deployment/opening for lighter-weight pilots at low-speed conditions. The requirement is for the seat to be certified for any pilot weighing between 103 and 245 pounds. An unacceptable level of risk was discovered for pilots weighing less than 136 pounds.

Air Force leaders decided that as an interim solution, no pilot less than 136 pounds will be allowed to fly the aircraft until the problem is resolved.

Nominations sought for outstanding AF civilian employees

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) – Air Force officials are accepting nominations for the Air Force Association Outstanding AF Civilian Employee of the Year.

Organizations and base-level personnel must contact their major command, field operating agency or direct reporting unit for suspense dates and information regarding nomination procedures.

Each year, the AFA recognizes Air Force civilian employees for outstanding achievement in four categories: Civilian Wage Employee (all



U.S. Air Force photo by AIRMAN 1ST CLASS NICHOLAS EMERICK

Learning the ropes

A pararescueman fast-ropes from a helicopter at Kadena Air Base, Japan. The Airmen demonstrated rescue capabilities during Rescue Fest, a yearly rescue tactics education event.

federal wage system employees); civilian program specialist (GS-1 through GS-11); civilian program manager (GS-12 and GS-13) and civilian senior program manager (GS-14 and GS-15). Completed nomination packages are due to the Air Force Personnel Center by Jan. 8.

PERSPECTIVE

Feedback is essential to AF integrity

BY LT. COL. JOHN HANSEN

86th Comptroller Squadron commander

I was going through some old files, and I found a few notes that were written to me by the comptroller of a major command on several different occasions. One letter conveyed his best wishes on my birthday. A second one thanked me and my unit for our hospitality during his recent visit to the base. These letters reminded me how important it is to maintain constant communication at all levels.

The letters also reminded me of the lost art of written communication. These were not short emails tasking me with a suspense or requesting information; they were handwritten letters that showed he took the time to sit down at his desk and write them longhand, with the singular purpose of providing positive feedback from one professional to another.

As I am also in the middle of performing midterm feedback sessions, they reminded me I should take a great deal of time to carefully prepare the Airman Comprehensive Assessment feedback worksheet, Air Force Form 724.

The Air Force specifically designed this new feedback form in order to better facilitate a dialogue

between a member and supervisor. In fact, this form will need to be routed through the coordination process for members' enlisted performance reports. In addition to taking the time to complete the form, I sat down with each individual and provided feedback, in terms of improvements to be made and behavior to sustain.

It is not necessarily easy to provide honest feedback. Obvious deficiencies can be easy to identify and communicate, but it can be difficult to come up with areas of improvement for your unit's outstanding performers. However, it can and must be done, as everyone has room for improvement.

You must be deliberate and judicious when giving feedback to your ratees. Most people take feedback given to them seriously, and they may even take it personally.

Consequently, it is vital to take the time to prepare the exact message you want to convey and the most appropriate method in which to deliver it. A simple sentence may resound with your ratee long after your feedback session, with positive or negative impacts lasting years or even throughout their entire career.

Moreover, feedback should not be one-directional. Subordinates and peers need to engage in a constant, fact-based cross-feed with one another. If your organi-

zation has a disruptive person, his or her peers have the responsibility to step up and let the person know that they are negatively affecting the unit. Conversely, peers can provide positive reinforcement when they see a member suffering. That positive communication can be the impetus for turning someone's day or even their life around.

Subordinates can provide valuable feedback as well. There seems to be the temptation not to tell the boss bad news, but, as the saying goes, bad news never gets better with age.

Telling the emperor he or she has no clothes might be difficult or embarrassing, but the only way to affect change is if subordinates provide positive, constructive, fact-based feedback to the organization's leadership. Subordinates, and everyone for that matter, need to understand there is a tactful way to provide feedback, and, when in doubt, use the Golden Rule on how you'd communicate feedback in that situation.

Honest and constructive feedback is essential to the integrity of our Air Force units. The AF has developed the tools and processes to facilitate this dialogue, but it is up to each one of us, at all levels, to provide deliberate feedback to our subordinates, peers and leaders in a way that is tactful and professional.

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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AFMC offers professional logistics certification programs

BY AIR FORCE MATERIEL COMMAND
LOGISTICS WORKFORCE
DEVELOPMENT BRANCH

Air Force Materiel Command has developed the Logistics Professional Development Program for civilian and military employees, working in a logistics career field, who are looking to formulate a career plan, determine job-related continuous learning objectives and enhance their professional credentials.

LPDP currently consists of three certification programs targeting specific workforce categories within logistics:

- ▶ Professional Maintenance Certification Program
- ▶ Professional Deployment/Distribution and Transportation Certification Program
- ▶ Professional Supply Management Certification Program

The next open application season for all three certification programs has begun and continues through January 8, 2016.

“Air Force senior leaders are charged with supporting and encouraging professional education and training for our logisticians and mentoring our people to ensure they are highly-qualified members of the Total Force team,” said Lisa Smith, AFMC Deputy Director of Logistics, Civil Engineering and Force Protection. “LPDP builds upon these deliberate efforts and takes it to the next level.”

Based on the original PMxCP framework, each certification program offers eligible applicants a common framework of functional training requirements, formal and developmental education, work and supervisory experience, and career broadening experience within other logistics disciplines. There are five levels of certification, beginning with a basic entry level (Level 1), working through journeyman and advanced journeyman (Levels 2 and 3), and culminating in

Robins POCs

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the development of enterprise logisticians (Levels 4 and 5). As part of the continuing effort to develop enterprise logisticians, LPDP ensures the three certification programs remain more than a set of static requirements by sustaining a common framework comprised of series-specific, workforce category and enterprise training, formal and developmental education, and years of experience.

All applicants are encouraged to work on training and education requirements throughout the year and apply during the open seasons, which are offered bi-annually. Applicants are encouraged to contact their local point of contact early in the application process to ask any questions and submit their packages.

Currently, information about the PMxCP can be found in AFMCI 36-402, Professional Maintenance Certificate Program. A new instruction (AFMCI 36-202, Logistics Professional Development Program) that will provide information on all of AFMC’s logistics certification programs is in coordination and will be published when the review process is complete early in 2016.

Information and application forms for each certification program, can be found at <https://cs1.eis.af.mil/sites/afmc-lpdp/SitePages/Home.aspx>.



Protect
Your
Personal
Information

CLOSE OUT

Continued from A1

and commitment from our work force. It's a great story."

The 561st Aircraft Maintenance Squadron produced 73 F-15s. Since January 2014 when the squadron began to implement new process discipline, there have been significant gains. The squadron began fiscal 2015 with a zero due date performance. They finished the fiscal year at 35.6 percent DDP and rising.

No doubt it was a challenging year, but that was last year, and the business of fixing and returning aircraft to the warfighter continues.

Overall, there were five C-5s produced in fiscal 2015 – marking the fourth consecutive year the 559th Aircraft Maintenance Squadron has achieved 100 percent on-time DDP. That's no small feat when each aircraft spends about 265 days at Robins for programmed depot maintenance.

In the 562nd Aircraft Maintenance Squadron, there were 68 C-17s produced in fiscal 2015. That amounts to an 85 percent due date performance, which was nearly a 10 percent increase over the previous fiscal year. That squadron posted significant gains since last spring, getting out nearly 48 jets on time or early back to the customer.

There were 56 C-130s produced in 2015 by the 560th Aircraft Maintenance Squadron. That total was achieved despite a deficit of 11 aircraft in the first quarter that were recovered, in addition to the squadron keeping up with the remaining year's production schedule. The squadron experienced an

increase throughout the year with its DDP, and posted 39 percent for fiscal 2015.

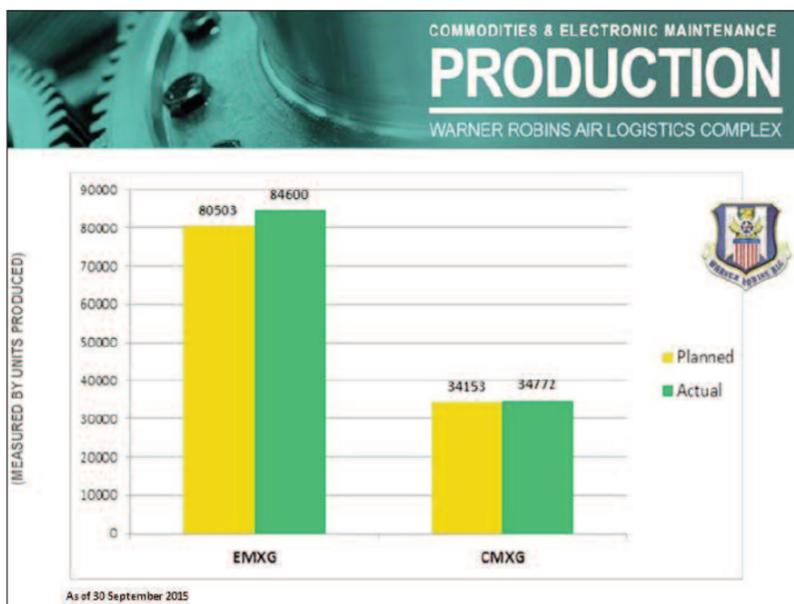
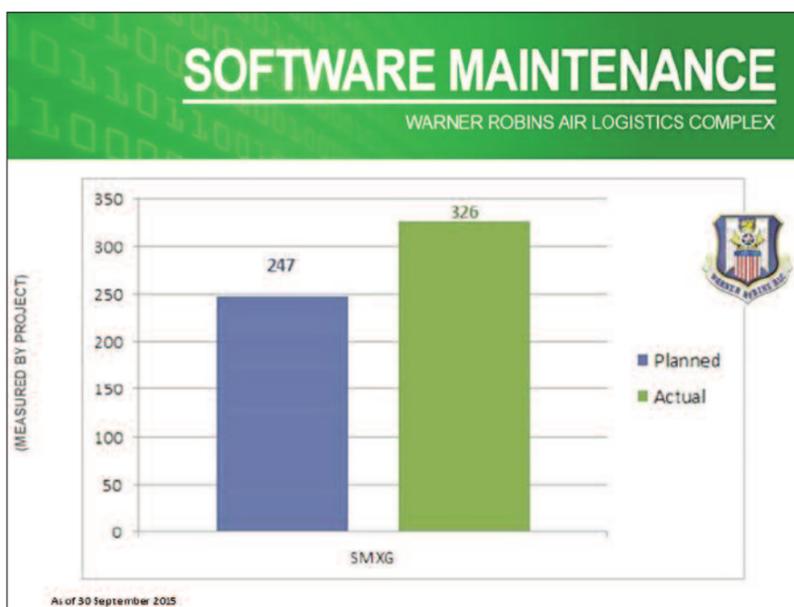
Note that on the overall WR-ALC production total, the complex was slated to produce 219 aircraft in fiscal 2015, but in the last few days of the year two C-130s were not produced. That, however, was due to weather and flight concerns during the last production phase.

With this being the most productive year Robins has experienced lately, Lindsley pointed out that it was accomplished with 1,000 less workers in the "direct work force." He described the complex workforce as an organization of professionals committed to each other and the mission. It's also about bringing your very best each day.

At the end of the day, when all is said and done, the Art of the Possible vision at Robins has been defined – to be the "best on the planet" at what we do.

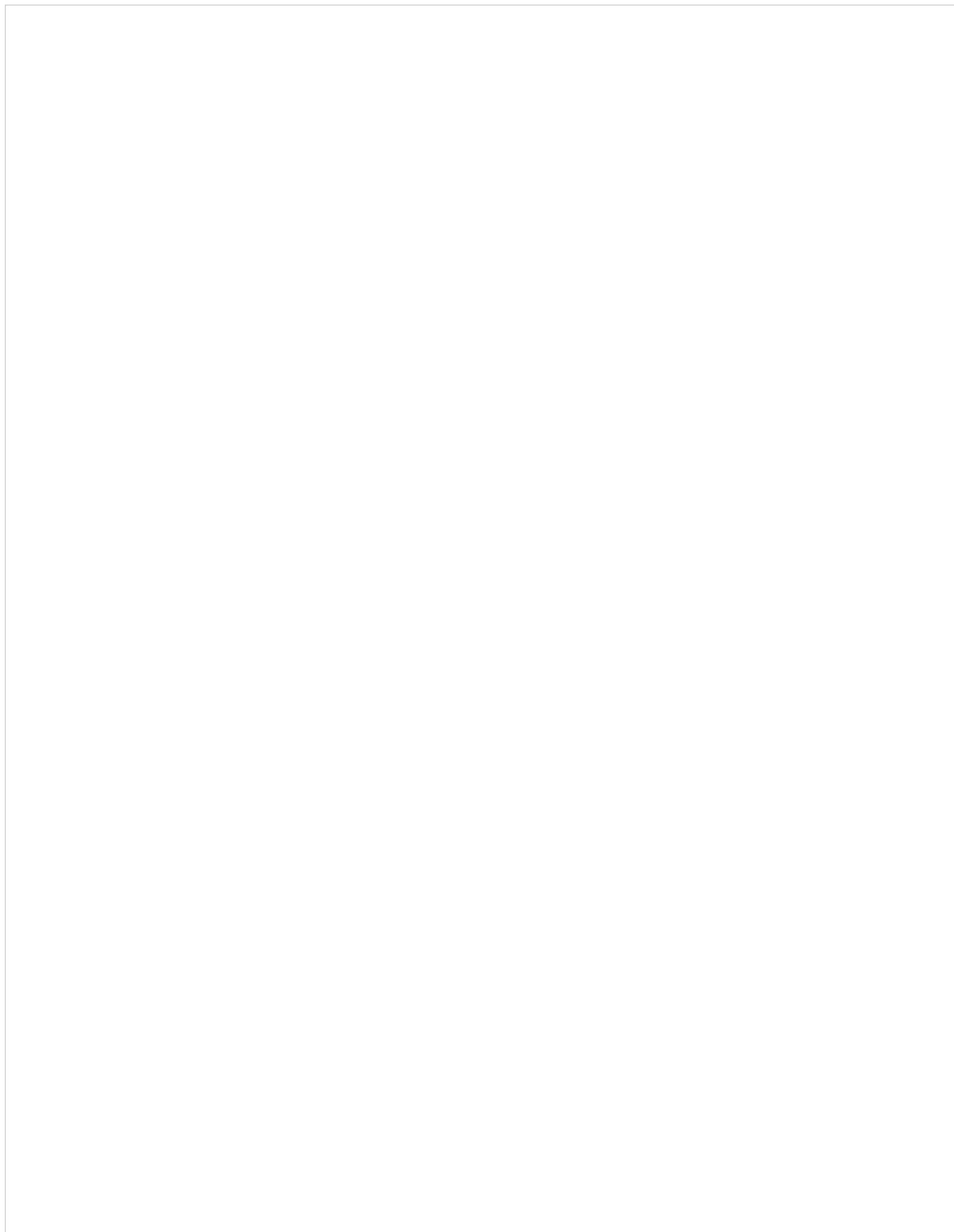
And achieving a successful level of performance comes from a commitment from every mission partner on base, as well as the support of families, businesses and organizations across the surrounding Middle Georgia communities, all of which directly contribute to that vision, said Lindsley.

"I don't believe we've achieved the best we can achieve. Not even close," he said. "We have a lot of opportunities to do great things this coming year. We have the team to do it if we stick together and communicate and execute at a high level. I'm putting my money on this team."



Graphics by REGGIE SAUNDERS

WHAT YOU DON'T KNOW ABOUT SAFETY COULD HURT YOU



SNAPSHOTS

Triple Ribbon Month



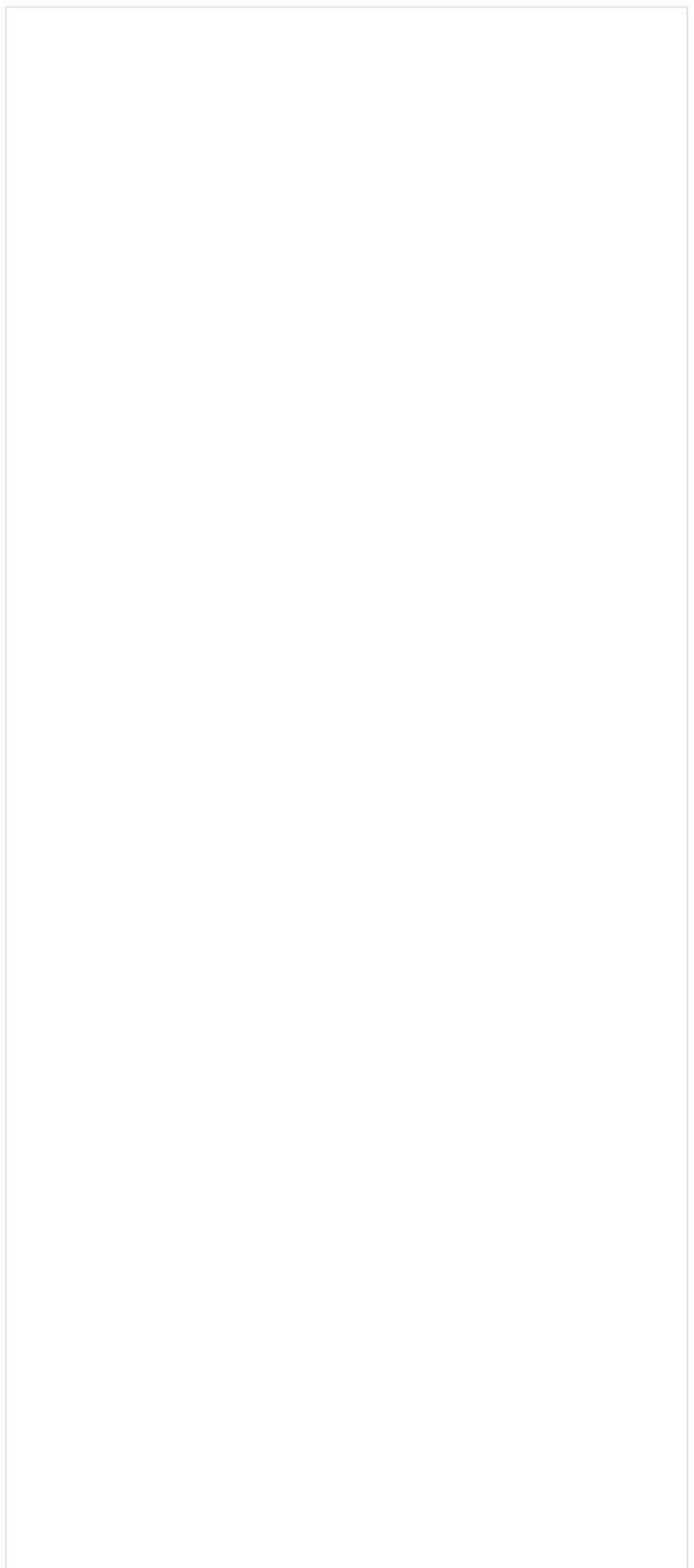
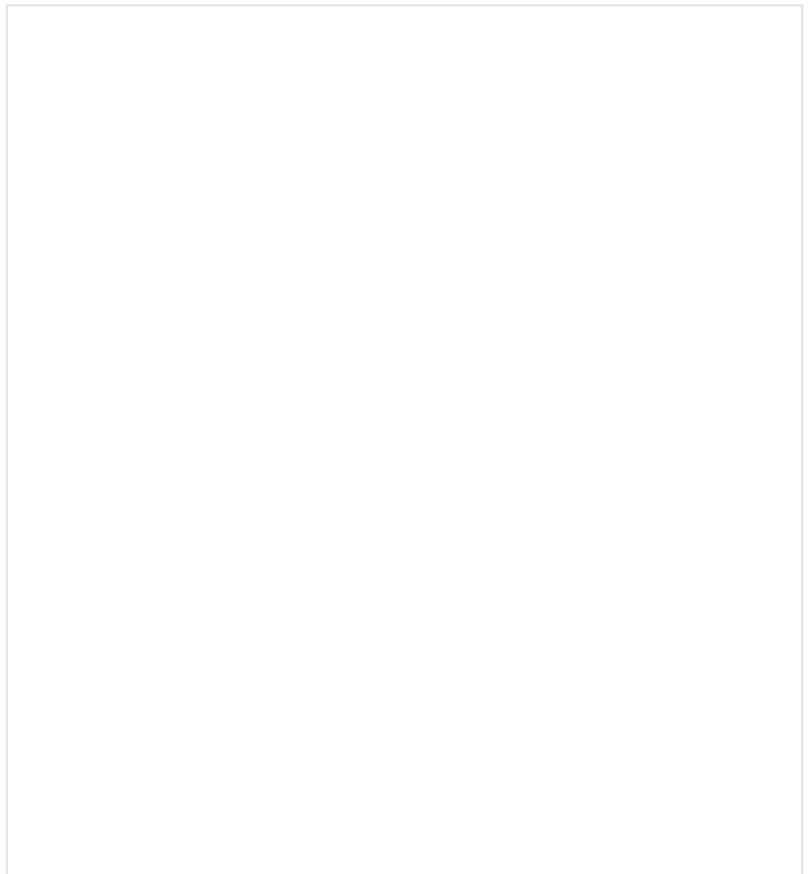
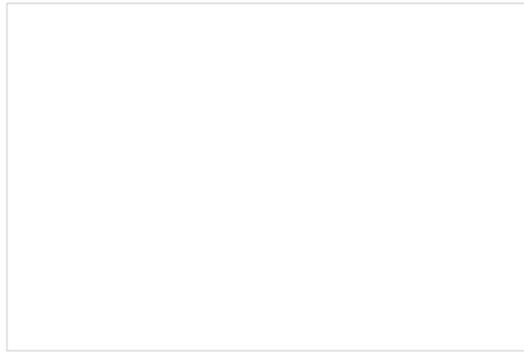
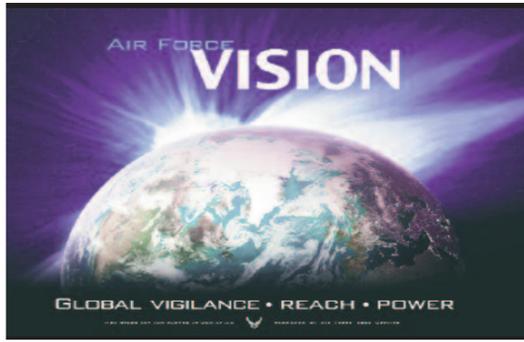
U.S. Air Force photo by TOMMIE HORTON

Tim Swift, 560th Aircraft Maintenance Group mechanic, receives an allergy test from Jennifer Border, a nurse with the Allergy, Asthma and Sinus Center in Warner Robins, during the Triple Ribbon Month Resiliency Fair Oct. 16. A host of community vendors provided free information on ways people can improve their resiliency.



U.S. Air Force photo by ED ASPERA

Team Robins runners take to the payment Oct. 16 during the Triple Ribbon 5K Color Run. The run was just one of the events to recognize the triple ribbons which include pink for Breast Cancer Awareness Month, red for Drug Awareness Month and purple for Domestic Abuse Awareness Month.





Thought for the Day

"It is amazing what you can accomplish if you do not care who gets the credit."
— Harry S. Truman



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Lighter Fare

THE ROBINS REV-UP ■ OCTOBER 23, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY

Robins Recycles



A customer uses one of the walk up windows at the base recycling center Tuesday to drop off paper products.



U.S. Air Force photos by RAY CRAYTON

A Happy Hour Service Center employee removes glass from the recycling bin at the base recycle center located in Bldg. 987.

Base recycling center makes changes, still here for you

BY JENNY GORDON

jenny.gordon.ctr@us.af.mil

While there have been recent changes in the Robins Qualified Recycling Program, services at the base recycling center will continue to operate as before and will remain the same there.

You may have noticed missing blue recycling bins that were formerly located at your organization's facility.

Due to a contract change this fiscal year, as of October 1, Happy Hour Service Center will no longer collect plastics, aluminum cans or mixed paper from inside buildings. The removal of the bins, which were in place for at least the past 10 years, affected nearly 250 buildings.

Now, only those marked with white paper will continue to be collected. Cardboard collection, a separate contract, will also continue.

Open since the summer of 2012, the recycling center at Bldg. 987 has offered a convenient location 24 hours a day, seven days a week for the community to drop off recyclable items.

With recyclables in hand, visitors can still drive up to any of over a dozen windows and drop inside mixed cans, aluminum cans, mixed glass, brown glass, clear glass, news-

What to know

If you'd like assistance with setting up your own organization's recycling program, or for questions or concerns, you may call Casey Lucas at DSN 497-9283 or Darryl Mercer at DSN 497-3976.

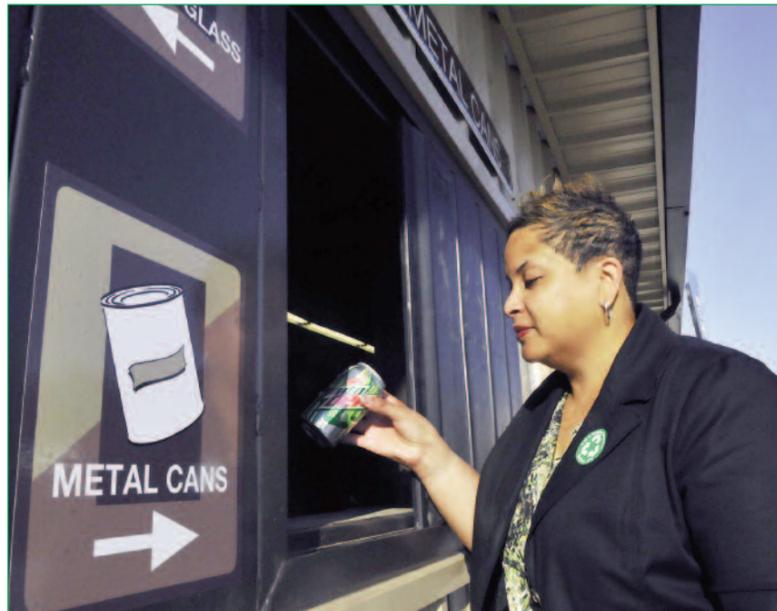
papers, cardboard, white paper, mixed paper, aluminum and plastics. Two handicapped-accessible windows allow for cardboard, plastics, toner cartridges, newspapers, and white and mixed paper to be dropped off.

The Happy Hour Service Center in Warner Robins picks up items from the recycling center three days a week. Those efforts are part of the recycling program, which also includes scrap metal operations and the Defense Logistics Agency Disposition Service.

Income is generated from these programs, which not only brings revenue back to the base, but is an important part of diverting what we can away from landfills and keeping our planet healthy. In fiscal 2015, the total payment received for recyclable goods was over \$235,000.

"Recycling is the right thing to do," said Darryl Mercer, QRP operations manager.

In the last fiscal year, overall



U.S. Air Force file photo

Melvise Harris, Installation Industrial Security Specialist, throws a can in one of the drop windows at the recycling center. Visitors can drive up to any of over a dozen windows and drop inside mixed cans, aluminum cans, mixed glass, brown glass, clear glass, newspapers, cardboard, white paper, mixed paper, aluminum and plastics.

items and tons recycled included: cardboard, 488 tons; mixed paper, 138 tons; white paper, 81 tons; newsprint, 51 tons; aluminum cans, nine tons; magazines, 30 tons; plastics, 30 tons; glass, 62 tons; e-cycling, two tons; lead acid batteries, 36 tons; scrap metal/copper wire/motors, 1,230 tons; brass, nine tons; used oil, 59,000 plus gallons; and toner cartridges, 14 tons.

While the former collection system was a convenience for recycling, it is urged that the base population continue to recycle as before. The only difference is that it will now be the responsibility of each organization to drop off any items at the recycling center.

Over the next several months there will be continued efforts to address any additional recycling

A BETTER YOU

AFMC promotes Freeze the Gain with the DASH Eating Plan

AIR FORCE MATERIEL COMMAND
HEALTH AND WELLNESS TEAM

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – This holiday season, Air Force Materiel Command will promote the Freeze the Gain Challenge to help prevent and control high blood pressure.

According to the Centers for Disease Control and Prevention, one in three adults in the United States has HBP. HBP is called the “silent killer” because it often has no warning signs or symptoms; you can have it for years without knowing it. During this time, HBP can damage your heart, blood vessels, kidneys and other parts of your body. You can prevent high blood pressure by reducing sodium intake, being active and keeping a healthy weight.

Freeze the Gain is a weight maintenance program that encourages participants to maintain – not gain – weight during the eight week challenge period, which runs from Nov. 16 through Jan. 8.

Participants in the FTG challenge will receive a copy of the DASH Eating Plan, developed by the National Institutes of Health. DASH stands for Dietary Approaches to Stop Hypertension. The DASH eating plan has been ranked the number 1 overall diet by U.S. News and World Report five years in a row. It is also recommended by the U.S. Department of Agriculture and the American Heart Association. Civilian Health Promotion

Flu vaccine now available

Civilian flu vaccinations will be offered Wednesday from 11 a.m. to 1 p.m. at the Base Restaurant and from 2 to 3:30 p.m. at the Fitness Annex.

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



For more information, call Robins' CHPS at 478-327-8030 or DSN 497-8030.

Services will conduct the FTG challenge.

Freeze the Gain has four parts:

- ▶Enroll at AFMCwellness.com between by Nov. 13 (appropriated fund Department of Defense civilians must complete the online Health Risk Assessment when they enroll)
- ▶Print your FTG confirmation email and complete official FTG weigh-in by CHPS staff between Nov. 2 and Nov. 13 to finalize enrollment. Participants will receive the DASH Eating Plan booklet at weigh-in.
- ▶Attend the CHPS class, “FTG with the DASH Diet.”
- ▶Complete official weigh-out by CHPS staff between Jan. 11 and Jan. 21.

Participants who complete the FTG challenge without gaining more than two pounds from their initial weight will receive a free lunch container and doubled-sided measuring spoon.

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.

<http://www.cdc.gov/flu/pdf/freeresources/updated/cannot-miss-work-flu-flyer.pdf>.

Depression: Facts, Myths, and Tips for Feeling Better

BY LIEUTENANT COMMANDER
SARA PULLIAM

Mental Health Clinic

Depression is a very common mental health disorder. In fact, nearly 20 percent of the U.S. population experiences a significant depression during their lifetime. The good news is depression is treatable.

Because it is so common, there has been an enormous amount of research conducted on how to reduce symptoms and improve functioning. As a result, we now know there are behaviors you can engage in to make yourself feel better.

People suffer from depression for a variety of reasons, biological, environmental and behavioral. Research indicates that “mental weakness” is not one of the reasons people become depressed. Depression is not something you are powerless against. Evidence suggests you can directly impact the intensity and duration of depression by what you do and by altering the way you think about certain things.

These tips can help improve your mood and make you start feeling better.

▶*The first and best way to reverse the depression cycle is to get active!* Your body produces its own anti-depressants every time you exercise or do something pleasurable.

Regular exercise is one of the very best ways to improve your mood. In fact some studies show that a solid exercise program is as effective as psychotherapy or anti-depressant medication for some people.

▶*Secondly, force yourself to do something you found pleasurable before depression.* This may be different for everyone and it doesn't matter if its gardening, playing bridge, walking, reading a novel, or simply talking to a close friend. What matters is that you find the activity fun. Even if you don't feel like doing something pleasurable for yourself, do it anyway.

We call this the “fake it until you make it” principle.

▶*The third recommendation is to notice unhealthy and unhelpful thoughts.* In addition to how we behave, how we think influences our mood directly. Notice recurrent or alarming thoughts that have an impact on your mood.

Remember, you know you better than anyone else. You likely know what kinds of activities, thoughts and reinforcement you respond to. Doing what's easiest and most “doable” is the key. Pick one or two easy things and get started feeling better today.

Helping agencies are available to implement these techniques. Active duty members may call the Mental Health Clinic at 478-327-8398. Active duty, dependents and retirees who have a primary care manager in the 78th Medical Group, can make an appointment with the Behavioral Health Consultant via the central appointment line at 478-327-7850. They may also call the Military and Family Life Consultant 478-538-1732 or Military One Source 1-800-342-9647. Civilian employees can call EAP at 1-800-222-0364.

For a complete list of helping resources, you can access the “You Matter” desktop icon or visit the Robins homepage.

GETTING TO KNOW YOU



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

UNIT: AFLCMC Support Equipment and Vehicles Division

JOB TITLE: Mechanical Engineer

TIME IN SERVICE: 10 years

HOMETOWN: Byron, Ga.

What does your work involve at Robins? "Supporting our mission, managing engine trailers, and equipment necessary for engines maintenance."

What do you enjoy most about your work? "Every day is a challenge and every day you learn something new."

How does your work contribute to the Robins mission? "I am part of support equipment and we manage products that are not part of the aircraft. Our equipment supports the maintenance of the engines and aircrafts."

What prompted your interest in your current career field? "I have a bachelor of science in engineering, but I was not so anxious to work as an engineer back home in Romania. Here, this career field gives you a feeling of fulfillment when you know that your work accomplishments are an important part of supporting the Air Force mission."

Who has been the biggest influence in your life? "My mother. She always told me that I can achieve everything in life if I follow the right ways and work hard for what I want."

What is an accomplishment of which you're most proud? "Becoming an American citizen and being a part of people who support our freedom through my small contributions."

What is the best advice you've learned? "Respect people and appreciate the simple things in life."



U.S. Air Force illustration by **ED ASPERA**

Cell phone use on base

It is understood from time to time there is that one cell phone call that you have to make or don't want to miss while you're driving on Robins Air Force Base. Your spouse is calling you to get something on your way home from work or the kids are calling about something. It happens to almost all of us at some point; however, there are laws in place for all Federal installations for your safety and the safety of others. Security Forces members enforce this law when they observe someone using a cellular device while driving on the installation. Use of a cellular device can be making a phone call, sending or receiving a text, looking at email or anything else while in physical operation of your motor vehicle. Civilian employees can be issued a Central Violations Bureau 1805, which carries a fine of about \$75. Military members can be issued a DD Form 1408 and will have to answer to their first sergeant or commander for their actions. We want to save lives, not lose them. Please do not use your cell phone while driving unless you have a Bluetooth headset or wireless connection through your stereo system. If you need to take an important phone call, feel free to use one of the numerous parking lots on the installation so you can take your call.

HAPPENINGS/SERVICES

FRI 23 SAT 24 SUN 25 MON 26 TUE 27 WED 28 THUR 29

ON TAP

Oct. Golf Special Promotions

Sundays and Mondays
18 for 18 Special
2 to 7 p.m.
Play 18 holes with cart for \$18
Play 9 holes with cart for \$11
For details,
call DSN 468-4103.

UPCOMING

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.

Halloween Big Bingo!

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

Heritage Club Halloween Party

Oct. 31
9 p.m.
Heritage Club Ballroom
Club members \$7
Guests \$10
For details,
call DSN 472-7899.

Thunder Alley Halloween Costume Party

Oct. 31

9 p.m.
Bowling Center
Come in your best Halloween costume and pay only \$5.
For details,
call DSN 468-2112.

First Friday

Nov. 6
5 to 7 p.m.
Heritage Club Lounge
For details,
call DSN 472-7899.

ONGOING

**Afterburner
October Special**

Mondays through Fridays
5:30 a.m. to 1 p.m.
Base Restaurant, Bldg.166
Pumpkin Spice Latte
For details,
call DSN 472-7827.

Atlanta Falcons Tickets

Tickets at ITT
\$55 Upper Level
\$90 Lower Level
For details,
call DSN 468-2945.

Base Restaurant Dinner for 20

Base Restaurant, Bldg. 166
Smoked pork, mac and cheese, southern style Green Beans, corn bread and tea \$120
For details,
call DSN 472-7255.

78th SFS Pumpkin Patrol set to ensure Halloween safety

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

The 78th Security Forces Squadron is set to help Robins’ ghosts, goblins and other trick-or-treaters enjoy Halloween safely.

The 2015 Pumpkin Patrol, a trick or treating safety initiative organized by the 78th SFS, is slated to take place on Oct. 31 from 5 to 8:30 p.m. in Robins base housing.

Staff Sgt. Justin Urey, 78th SFS Police Services noncommissioned officer in charge, said security forces and other units who volunteer to assist will set up traffic control points throughout Officer’s Circle, Turner Park and the new officer housing area to ensure trick or treating children have a safe and enjoyable time.

Security Forces needs 50 Pumpkin Patrol volunteers.

Base trick or treating will be Oct. 31 from 6 to 8 p.m., observed during the same hours as the local community.

Although 78th SFS and volunteers will be keeping Robins safe, Urey said everyone should be good wingmen and put safety first.

“Motorists should be looking out for children who are out trick or treating and drive slowly through the housing areas or avoid them all together if possible,” he said. “Just be cautious, courteous and most off all be aware of your surroundings and have a great fun-



What to know

To volunteer for the Pumpkin Patrol, call 478-222-1990 or e-mail justin.urey@us.af.mil. For a complete listing of Halloween events planned at Robins, see next week’s Rev-Up.

filled night.”

Urey said people should take flashlights, glow sticks or some light source with them as they trick-or-treat.

Also, parents should thoroughly check candy before letting their children eat it, Urey said.

“Make sure to throw out any candy that isn’t in a candy wrapper or appears to have been opened,” he said. “Also, by chance if there’s an expiration date, abide by it.”

Urey said people should constantly be aware of their surroundings.

“If something doesn’t look right, report it to security forces,” he said.