

INSIDE

Airman benefits from AFAF, Page A2

Child Abuse Prevention Month, Page A3

Miller nominated as next AFRC chief, Page A4



Lighter Fare

Happy Birthday

Hangar One!

Page B1



ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

April 15, 2016 Vol. 61 No. 15

SUCCESS HERE = SUCCESS THERE



NEW EQUIPMENT ALLOWS TEAM ROBINS TO TRAIN AIRCREWS BETTER, FASTER, CHEAPER

U.S. Air Force photo by TOMMIE HORTON

Technical Sgt. Leslie Batten, 461st Operations Support Squadron Aerospace and Operational Physiology NCOIC, demonstrates the unit's new state-of-the-art hypoxia familiarization trainer. The squadron's ability to train military aircrews who fly aboard the E-8C Joint Surveillance Target Attack Radar System based at Robins, celebrated a milestone April 5 with the certification of the new equipment.

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

training mission at Robins translates to a successful real-world mission accomplished anywhere in the world.

Their ability to train military air crews who fly aboard the E-8C Joint Surveillance Target Attack Radar System, based at Robins, celebrated a milestone April 5 with the certification of a new, state-of-the-art hypoxia familiarization trainer. It offers a Reduced Oxygen Breathing Device that allows trainees to experience what it feels like to function at reduced oxygen levels while in flight.

"One of our primary duties is to train aircrew on the physiological hazards of flight, in particular hypoxia recognition," said 1st Lt. Pierre Nelson with 461st OSS Aerospace and Operational Physiology. "We're very excited to have this training equip-

► see SUCCESS, A6

Confusion, sweating, rapid breathing, nausea – symptoms that should be immediately addressed, not only when your body is on land but also in the air. And when you're an aircrew member flying downrange or training for a few hours stateside, it's imperative you're aware of your body's reaction to hypoxia.

Hypoxia: a deficiency of oxygen reaching tissues, blood and cells in the body.

Aerospace physiology technicians in the 461st Air Control Wing's Aerospace and Operational Physiology unit work hand in hand to train men and women on the physiological hazards of flying in a high-altitude environment.

After all, the safety of all aircrew members is paramount, and a successful hypoxia

Community receives update at State of the Base forum

BY JENNY GORDON
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Detachment A/HMLA-773.

More than 200 community members received first-hand information from senior leaders on various programs and priorities. The event was hosted by the Robins Regional Chamber Military Affairs Committee.

Col. Jeffrey King, 78th ABW commander, began with an update on storm and tornado damages that occurred at Robins April 1. Several roofs and fencing along the Green Street gate were damaged, as nearly 4 inches of rain fell with winds clocked from 70 to 90 mph. There were no injuries.

He continued by highlighting various unit and individual awards won in the last year across the installation; the \$2.75 billion economic impact of the

base in 2015; community support from continued cost-savings opportunities through the 30-plus public-public, public-private (P4) partnerships; and improved safety and labor statistics, attributed to the ongoing success of management and labor relations.

"Productivity, mission focus and taking care of people – that's really what we're all here for, and we're very thankful to our union partners and their commitment to advancing those causes. These positive relations with the labor force and our local union is absolutely essential to the viability of

► see FORUM, A7

FRIDAY FLYBY: Air Force Assistance Fund Campaign: Airmen Helping Airmen, A2

IDS Tip of the week

Some of the worst things we hear come from ourselves. Keep your self-talk positive.

Need help? Defense Department civilians can call the Employee Assistance Program at 1-800-222-0364 or TTY 1-888-262-7848, 24 hours a day for consultation with a licensed therapist or to access legal services.

Nominations open for Camellia Gardens

Nominations are being sought for the annual Camellia Gardens Memorial Service. The service, which pays tribute to deceased members of Team Robins, will take place May 26 at 10 a.m. in the Museum of Aviation Century of Flight Hangar.

The service is a 39-year tradition rooted in a partnership between Robins, the Middle Georgia Camellia Society and the Warner Robins Chamber of Commerce. The memorial holds the names of more than 1,700 deceased military and civilian Robins members who have been honored.

To submit a family member, friend or coworker who worked at Robins to be honored this year, contact Master Sgt. Stacey Hazewood at 478-327-3772 or Stacey.hazewood@us.af.mil. The deadline for submissions is May 13.



Weekend Weather

Friday 73/55



Saturday 66/39



Sunday 70/45



"Safety first!"

SECOND FRONT



U.S. Air Force photo by TOMMIE HORTON

First Lt. Somer Lopez, 78th Force Support Squadron Customer Support chief, has benefited from use of the Air Force Assistance Fund's Bundles for Babies Program.

This is really airmen helping airmen

BY JENNY GORDON
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At the time she had the full-time responsibilities of not only being a new mother to her first-born child, but also the challenges of running a household and paying the bills – all the joys of starting out in life as a young family.

It was then she learned of the Bundles for Babies program, an Air Force Aid Society community program also offered at Robins through the Airman and Family Readiness Center.

Active duty members and spouses who are expecting a child can take the class, where they can learn valuable skills about parenting, meet other parents and receive wonderful gifts such as clothing and other baby items.

First Lt. Somer Lopez took advantage of that opportunity for the fourth time this past summer with the birth of her fourth child.

"This has been with me for over a decade," she said. "I was the spouse of an airman, and now it's here for me as a commissioned officer," Lopez, 78th Force Support Squadron Customer Support chief, said.

During the next three weeks, unit project officers will continue to spread awareness about the 2016 Air Force Assistance Fund, which supports active duty, retirees, Reserve, Guard and dependents.

AFAF affiliate charities include not only AFAS, but also

What to know

AFAF affiliate charities, which support active duty, retirees, Reserve, Guard and dependents, include: Gen. and Mrs. Curtis E. LeMay Foundation; Air Force Enlisted Village; Blue Skies of Texas – formerly Air Force Village; and Air Force Aid Society, with an office located in the Airman & Family Readiness Center in Bldg. 794.

Retirees who would like to contribute may contact the Retiree Activities Office at robins.rao@gmail.com. Civilians may contact their organization's UPO.

For a full list of unit POCs, visit <http://www.robins.af.mil/news/story.asp?id=123472105>.

the Gen. and Mrs. Curtis E. LeMay Foundation, Air Force Enlisted Village and Air Force Villages Charitable Foundation – Blue Skies of Texas.

Lopez says it's something that's been around for as long as it has because of the support people give to families like hers.

"The Air Force Aid Society, when you think of assistance, is airman with a big 'A,'" she said. "It's officers, enlisted ... whoever needs assistance. I used it when I first started out. Rank doesn't matter."

Prior to remarrying, Lopez had been a stay-at-home mom for five years. Knowing she had to move on and support herself and her family, she jumped into a new career by applying for selection to the Air Force's Officer Training School. Her first assignment was to Tyndall Air Force Base, Florida, before arriving at Robins.

Another way she has benefited from AFAF is with emergency assistance following the

death of a family member.

Within days she was able to receive much-needed funds in order to travel cross country for the funeral.

With her husband currently deployed, there are times when she'd like to take some time for herself to run errands, go shopping and other things like that.

Give Parents a Break – another AFAS program – allows time once a month when child and youth development centers offer parents childcare, and personal time to do exactly those things.

As an AFAF unit project officer with the 78th Mission Support Group, Lopez is especially honored to share her story with airmen and how far their contributions can go.

"I have a very personal connection so it's very meaningful to me," she said. "Whether you're an airman first class or a lieutenant colonel, it's for everybody.

"If you're in need of assistance, it's there," she added.

Open season for the Logistics Professional Development Programs

AFMC has developed the Logistics Professional Development Program, an overarching platform which currently encompasses three logistics certification program stalls: Professional Maintenance Certification Program, Professional Supply Management Certification Program, and the Professional Deployment/Distribution/Transportation Certification Program.

The voluntary programs were designed for the civilian logistics workforce looking to enhance their professional credentials. Military personnel can apply if they meet the certification requirements.

The upcoming application open season provides an opportunity for all eligible maintenance, supply and DDT personnel to submit an application package for consideration.

During the last open season, 218 certificates were awarded across the three certification programs.

For your awareness, official DCPDS codes have been secured for Levels 1 through 5 for each of the certification programs, and employees can use MyBiz+ to document certification in their personnel records.

A request for MIPDS certification codes is in the works and codes could be available soon.

The Professional Life Cycle Logistics Certification Program IPT kicked-off in December. The team has defined the certification requirements and began a prototype test run of the program April 1. Fifty-nine personnel have volunteered to participate.

Teams are ready to launch the next combined application open season for PMxCP, PSMCP and PDDTCP.

Kick-off begins May 2 and runs through July 1.

General Schedule and Federal Wage System personnel within the AFMC Depot Maintenance community, Acquisition Demonstration personnel at AFTC working in Maintenance, personnel working in Supply (retail and wholesale), and the Deployment/Distribution/Transportation communities – including the logistics readiness squadrons, may submit application packages for certification at Level 1 up to Level 5.

Again, military personnel may apply if they meet the program certification requirements – training, minimum years of workforce category experience, academic and developmental education, supervisory experience and other workforce category experience where applicable.

Applicants are required to provide the proper documentation to validate their eligibility. General guidance on each program and the application process can be accessed at the LPDP SharePoint site: <https://cs1.eis.af.mil/sites/afmclpdp/SitePages/Home.aspx>.

All application packages will be vetted through the local PMxCP, PSMCP or PDDTCP point-of-contact. Local points of contact will ensure program communications are released to the workforce, to include advertising internal suspense dates commensurate with the open season period, and will notify the workforce of any plans to conduct orientation/training events.

Please direct all program and application process questions to the appropriate local POC listed below:

PMxCP POCs:

Felicia Clark-Reid, felicia.clark-reid.4@us.af.mil

PSMCP POCs:

John "Bill" Sirmon, john.sirmon@us.af.mil

PDDTCP POCs

Mitchell Moody, mitchell.moody.1@us.af.mil

Robins educates community on Child Abuse Prevention throughout April

BY HOLLY LOGAN-ARRINGTON

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There's no excuse for child abuse.

According to the Centers for Disease Control, self-reported data consistently shows that more than one in 10 children and youth experienced at least one form of child maltreatment in the past year.

And, from 2005 to 2014, there were 39 child deaths Air Force wide, according to the Air Force Family Advocacy Program Fatality Review.

April is National Child Abuse Prevention Month. The Defense Department's 2016 theme is "Child Safety to Prevent Child Neglect."

Tandra Hunter, Robins Family Advocacy Program Outreach Program manager, said concerned members of the base community are working to prevent problems before they start by developing community ties that can bring people together.

"Financial counseling and assistance, prevention classes for parents, mental health services, and home visits to new parents to help them adjust to the new demands of parenthood are just a few ways that our community supports families," she said.

Hunter said a child's circle of success involves everyone.

"Children do well when their parents do well," she said. "And families do better when they live in supportive communities."

Protecting children from abuse is not only important to the child, but to the community as well, Hunter added.

"Surrounding a child with secure relationships and stimulating experiences will help him or her become a confident, caring adult, ready to be a part of society," she said. "But if the child is surrounded by violence or given little intellectual or emotional stimulation, it's much more difficult for him or her to grow up successfully."

"As members of the Robins Air Force base community we must ask ourselves, 'Are we providing the kind of environments that will allow our children to



The following events are planned in the local community:

► Now through April 30 – Pinwheels for Prevention Table Display, Bldg. 700, 78th Medical Group Atrium; Prevention and Awareness Sandwich Board Display, Base Exchange and Russell Parkway Gate

► Blue Mondays, Wear Blue to acknowledge Child Abuse Awareness, Photos can be submitted to Robins.fap@us.af.mil for Facebook spotlight.

► Fridays through April 29 – "1-2-3 Magic Parenting Class," 10 a.m. to noon, Nola Brantley Memorial Library, 721 Watson Boulevard

grow into citizens who give back to communities?"

Editor's Note: For more information on child abuse prevention and how you can do your part, call the Robins Family Advocacy Program at 478-327-8398; Military One Source at 1-800-342-9674 or Childhelp National Child Abuse Hotline at 1-800-422-4453.



U.S. Air Force photo by CINDY GRAVER

Participants of the Courage Walk, held April 5, carry signs to show support for sexual assault victims and encourage them to stay strong. Twenty-five members of Team Robins took part in the walk.

Team Robins continues sexual assault awareness campaign

"Know your part. Do your part." It's this year's Sexual Assault Awareness Month theme.

Robins' Sexual Assault Response Coordinator team will host several events in April to educate people about their role in preventing sexual assault and understanding how to help sexual assault survivors in their recovery.

The following events are scheduled:

► Now through April 30 – Traveling Clothesline of Courage, various locations around the base

► Today – 5K Glow Run A Mile in Their Shoes, 5:30 p.m., Bldg. 826 HAWC Parking Lot

► Saturday – WRPD Firing Range Open to civilians from 8 a.m. to noon and 1 to 5 p.m.

► Monday – Take the Lid Off "iT" - Survivor Jar Painting, 1 to 3 p.m., Bldg. 301 Fitness Center Annex

► Wednesday and April 25 – Self Defense class, 5 to 6 p.m., Bldg. 301 Fitness Center Annex

► April 28- Survivor T-shirt/Jar Painting, 4 to 6:30 p.m., Bldg. 707, sign up at 478-327-7272

► April 29 - Parking Lot Blitz – various locations around the base

AROUND THE AIR FORCE

Comprehensive Airman Fitness: Adapt and overcome

BY STAFF SGT. LEALAN BUEHRER
182nd Airlift Wing Public Affairs

PEORIA, Ill. (AFNS) – My firstborn child recently turned 2 months old. Amidst the irresistible joy of having a new little buddy, I look back over these last eight weeks and wonder how my spouse and I survived.

I am a writer, but there are no words I can find adequate enough to describe the terror of sleeplessness that was brought down upon us. Remember doing dorm guard duty in basic training? It was kind of like that but instead of one shift a week, we had to be awake every two hours, every night. No weekends. No sleeping in. Pure torture.

There were times – exaggerated by the fog of exhaustion – when I honestly thought my body was going to give out, and I would simply die. Don't judge. You either know what I'm talking about or maybe someday will be in for the same surprise.

There was no option; the little guy completely depends on his mommy and daddy to survive. That is the mission – to keep him sustained and thriving as efficiently as possible. Military instinct made it clear: I had to adapt and overcome. But how?

Air Force Chief of Staff Gen. Mark Welsh III said the well-being and care of ourselves, each other and our

families is the focus of Comprehensive Airman Fitness. It's about mental, physical, social and spiritual wellness. That is where I started. Yes, I referenced an Air Force doctrine to apply at home – because it works.

Coping was the first step to everything else. It really helps to just acknowledge that yes, I am going to be beyond tired; no, I am not going to feel rested; and no, it is not going to feel good. When I remember to focus on that situational awareness, it somehow doesn't burn me out quite as badly when the baby alarm sounds off at o-dark-thirty in the morning. Having that mindfulness helps work through the frustration when the baby projectile pukes everywhere, hoses down the walls or goes nuclear on a fresh diaper.

I do not get it right every time, but every success is a success, and it helps.

I am a big cardio person. My day does not feel right if I don't get a good 45 minutes in at the gym in the morning. In this new world of exhaustion, burning calories at the gym may sound counterproductive. On the contrary, the physical fitness helps keep me mentally fit. Being able to test my endurance while blasting some tunes is my meditation. Getting back into a routine of good nutrition was just as important. It is convenient to pop a carbed-up pizza or lasagna in the oven, but it is not what my body needs. Sometimes the easier option in physical fitness is not the best option.

Sustaining those healthy habits post-baby takes extra work and I will never be perfectly consistent, but every good day helps.

We had tons of support from family and friends, but I was not expecting my fellow airmen to ask how the family was doing every time they saw me. When I'm walking the halls like a lost zombie, that simple communication and connectedness makes a difference. Not only do they let me unload the weight of the struggles, but I also get good advice because most of them have been there and done that. That's teamwork.

It is not just ears to listen and a reminder that they are thinking about my spouse and me. It is a social support from airman to airman, and every little bit helps.

Spiritual fitness covers such a multitude of areas in this experience. It is the underlying principle that motivates me in all the other areas. Spiritual fitness takes effort and choice just like any other aspect of Comprehensive Airman Fitness. What kind of parent am I going to be? I want to be the best parent a baby could ask for, so I try to pay attention to my attitudes and reactions under stress. I try to persevere when weak, because it is all for the kiddo. Perspective is good fuel for a tired mind. It gives me a new sense of purpose to sacrifice my needs for his. I keep reminding myself that the complications of having a newborn are temporary, because it is true.

In Air Force News

Miller nominated as next Chief of Air Force Reserve

ROBINS AIR FORCE BASE, Ga. – President Barack Obama has nominated Maj. Gen. Maryanne Miller for a third star and assignment as chief of Air Force Reserve and commander, Air Force Reserve Command, replacing Lt. Gen. James Jackson.

Miller is currently deputy to the chief of the Air Force Reserve, Headquarters, U.S. Air Force, Washington, D.C. She assists the chief of the Air Force Reserve who serves as the principal advisor on Reserve matters to the secretary of the Air Force and Air Force Chief of Staff.

After Senate confirmation, she will become the first female Citizen Airman to achieve the rank of lieutenant general, the first female chief of Air Force Reserve, and first female commander, Air Force Reserve Command during a ceremony in July.

"She is a proven leader and will continue to lead our Citizen Airmen to the next level of excellence," said Jackson.

AF introduces Air Superiority 2030 study

WASHINGTON (AFNS) – The Air Force introduced the results of a yearlong study focused on developing capability options to ensure

This week in Air Force History



On April 12, 1981, the space shuttle orbiter Columbia – the world's first reusable manned space vehicle – makes its first flight with astronauts John Young and Robert Crippen aboard.

joint force air superiority in 2030 and beyond during an Air Force Association breakfast April 7 in Arlington, Virginia.

According to Lt. Gen. Mike Holmes, the Air Force deputy chief of staff for strategic plans and requirements, the gap between the U.S. military's air superiority capabilities and potential adversaries' network of capabilities is closing at an accelerated rate.

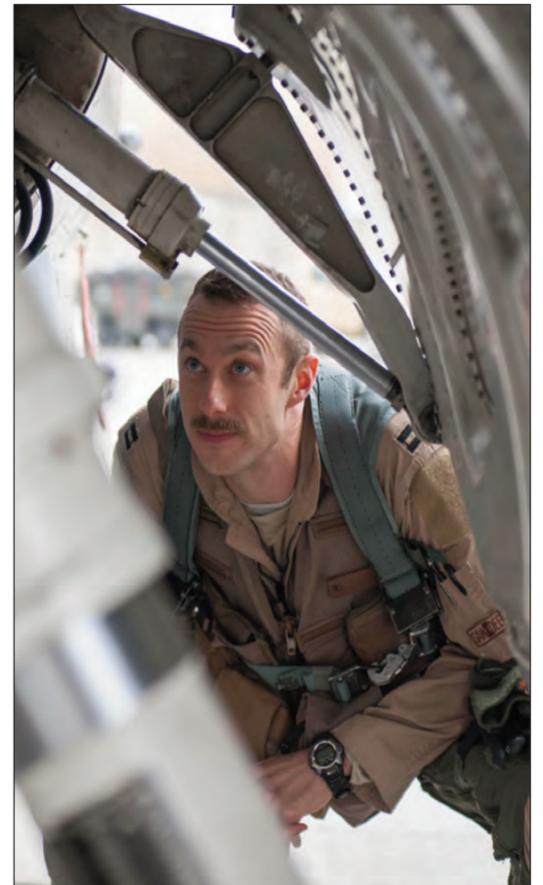
In order to counter emerging

threats, air superiority must be viewed as a condition, not capability, using multi-domain solutions developed through a more agile acquisition process. "After 25 years of being the only great power out there, we're returning to a world of great power competition," Holmes said. "We need to develop coordinated solutions that bring air, space, cyber, electronic environment and surface capabilities together to solve our problems."

AF approves RPA initiatives

WASHINGTON (AFNS) – The Air Force recently approved two initiatives for the remotely piloted aircraft career field. First, eight RPA reconnaissance squadrons will be redesignated as attack squadrons. Second, Air Force Chief of Staff Gen. Mark A. Welsh III authorized RPA aircrews to log combat time when flying an aircraft within designated hostile airspace, regardless of the aircrew's physical location.

The changes were two of many recommendations that emerged as part of Air Combat Command's Culture and Process Improvement Program, which seeks to address a number of issues affecting operations and the morale and welfare of Airmen across the RPA enterprise.



U.S. Air Force photo by TECH. SGT. ROBERT CLOYD

Preflight check

Capt. Tim Six, a 421st Expeditionary Fighter Squadron pilot, performs preflight checks on an F-16 Fighting Falcon at Bagram Airfield, Afghanistan.

COMMANDERS ACTION LINE

robins.actionline@us.af.mil

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to live, learn, work and play.

The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization. That gives the organization a chance to help you, as well as a chance to improve its processes.

If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful submissions will not be processed.

Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.



Col. Jeff King

78th Air Base Wing Commander

Customer Service Points of Contact

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357
78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447
78th Force Support Squadron CC – 478-926-5023 or DSN 468-5023
78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475
78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212
Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601
Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776
Equal Opportunity – 478-926-2131 or DSN 468-2131
Household Goods – 478-222-0114 or DSN 472-0114
Inspector General Complaints – 478-222-0818 or DSN 472-0818
Inspector General Inspections – 478-327-5523 or DSN 497-5523
Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272
Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

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

Clockwise from Right, Robert Ethridge, 560th Aircraft Maintenance Squadron sheet metal mechanic, inspects the leading edge of a C-130 wing.

Bottom right, Col. Dawn Lancaster, left the hallowed halls of Bldg. 905 April 8, to do some of her best work – interacting with Team Robins members as they entered the base. Her personality was well received as she got high fives from a number of people. Lancaster, 78th Air Base Wing vice commander, is known for her hands-on approach and infectious attitude.

Bottom left, William Burcham, Robins Energy Office engineering technician, posts a Save Energy sign at the Watson Gate.



U.S. Air Force photo by TOMMIE HORTON



U.S. Air Force photos by MISUZU ALLEN

SUCCESS

Continued from A1

ment in the 461st ACW. While this can train JSTARS aircrew here, it can also serve as a regional trainer as well – a one-stop shop.”

According to Nelson, a major benefit to having the trainer at Robins is that associated temporary duty costs can be lessened, as well as days spent away from work. An estimated 200 JSTARS crew members receive annual refresher hypoxia awareness training, at an annual cost of about \$120,000. Nearby locations include Tyndall Air Force Base in Florida.

Training can be conducted much faster with the new hypoxia trainer – in about 10 to 15 minutes – versus using an altitude chamber for more than an hour. Initial classes will be conducted later this month.

Part of the trainer’s setup includes a station where an aircrew member sits with a mask on just behind a large screen while a mission flight is simulated. As this is in progress, Nelson is behind the controls of a nearby station, the ROBD, where he begins to dilute oxygen levels similar to what would be experienced at high altitudes.

As Nelson observes and listens, once a trainee experiences hypoxia symptoms, he pushes the oxygen dump button which immediately activates 100 percent oxygen through a mask. While that occurs, other mission crew members can train at another nearby station that simulates various games, some rather simple.

Remember the scene in “An Officer and a Gentleman” when David Keith’s character, Sid Worley, begins to lose it inside the hypobaric chamber? While other officer candidates are doing mundane tasks like playing a pat-a-cake clapping game, Worley gets up and is disoriented, only to be quietly calmed with an oxygen mask from Richard Gere’s character, Zack Mayo.

“This trainer causes the same low oxygen symptoms as seen in the movie, but they get to do more flight-related tasks here,” said Lt. Col. David Welge, visiting from Randolph Air Force Base to certify the new trainer. “Here you get the same training, and it’s more realistic with less risk to a pilot.”

While flying, there are various hypoxia symptoms that your body should be aware of, some of which may feel fine, but left unchecked can be hazardous to your health.

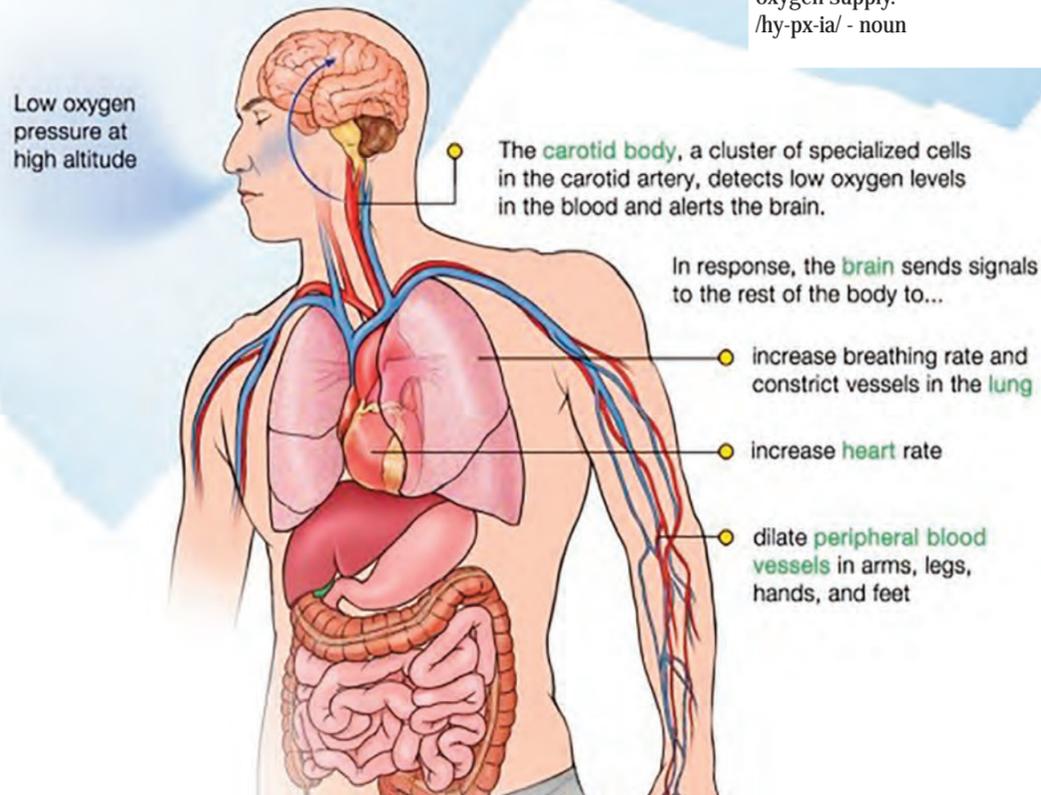
“When I got my initial training, I got nauseous and dizzy, which are good hypoxia symptoms to have because you immediately want to correct for that,” said Nelson.

Euphoria, feelings of great happiness and excitement, of well-being or elation, can be more on the dangerous side since you may not immediately want to correct that.

Effects of Hypoxia

(hi-pok'se-ah)

: a condition in which the body as a whole or a region of the body is deprived of adequate oxygen supply.
/hy-px-ia/ - noun



Courtesy of the Mayo Clinic

“Upon hypoxia set-in, an individual will initially experience symptoms such as nausea, fatigue, possibly dizziness, and if it goes on for too long ... they’ll eventually pass out,” he added. “Particularly for a pilot, that will definitely put the aircrew in jeopardy.”

While there is initial hypoxia training via an altitude chamber, refresher hypoxia training using the ROBD now offered at Robins must occur every five years in order to be certified to fly.

Just behind the trainer, which is currently configured only for the E-8C, sit three tanks filled with gases such as nitrogen, oxygen and compressed air. Connected to the ROBD, when it’s activated, a mix of nitrogen and air simulate the high-altitude environment.

“Because someone is now in that low oxygen state, they’re going to feel those hypoxia symptoms. Our third tank (at 100 percent oxygen), will activate and get it back into your system very quickly in a matter of seconds,” said Nelson.

Everything is closely and safely monitored. A trainee

wears a pulse oximeter, a device that monitors oxygen levels, allowing Nelson to detect levels that reach below 87 percent, which is hypoxia.

Everyone experiences different hypoxia symptoms and knowing yours is one direct benefit of the training. Hypoxia recovery following a training session happens immediately, with no risk of decompression sickness and faster recovery, with no restriction to an individual’s flight operations.

Demonstrating the trainer was Tech Sgt. Leslie Batten, Aerospace and Operational Physiology NCOIC. “Usually when I do get hypoxic I start to feel a little dizzy, maybe see stars, slight visual disturbances, sometimes a little warm with mental confusion. That’s for me since everyone’s different,” she said.

Editor’s note: To watch a video of the hypoxia familiarization trainer, visit the Robins Facebook page and <https://www.dvidshub.net/video/457870/new-physiology-trainer>.

FORUM

Continued from A1

Robins Air Force Base in the way ahead," said King.

He also spoke of the incredible, second-to-none support experienced from the base from community leaders and their representatives.

"Bottom line, when we ask, the community responds. You affirm for us that 'Every Day in Middle Georgia is Armed Forces Appreciation Day,'" he said.

Aircraft, software and maintenance production successes from the past year were highlighted by Brig. Gen. Walter Lindsley, WR-ALC commander, as well as the current production status.

"In 2015 the WR-ALC produced more aircraft, commodities, with a better safety and quality record than any time in the past five years," said Lindsley, referring to the base's production of over 217 aircraft. "We are exactly at mid-point in the year. Looking forward, we can see no reason why we will not meet or exceed every one of our commitments, whether it's aircraft, commodities or software for this production year."

Team JSTARS, represented Tuesday by Col. Mark Weber, 116th ACW commander; Col. Tim Brester, 461st ACW vice commander; and Lt. Col. Brian Schmanski Army JSTARS commander; discussed their respective operational capabilities, as well as the impact of ongoing deployments over the last 15 years and how the community has supported families so those missions can continue.

The team's mission effectiveness rate overseas is 99 percent, a testament to the airmen and corporate partners who keep the aircraft flying successfully.

AFRC, based at Robins, celebrated its 68th birthday yesterday from its formal establishment in 1948. Its headquarters moved to Robins in 1968.

With a total force of 70,000 airmen – of which 74 percent are part-time – at Robins alone its impact includes about 2,000 military and civilian jobs, with a \$222 million local economic impact in fiscal 2015, creating nearly \$50 million in jobs.

"AFRC and Robins have deep ties due to the long history we have dating all the way back to 1968. That means we have deep ties to the community of which we're very proud," said AFRC's Maj. Gen. Michael Kim.

Following this summer's retirement of Lt. Gen. James Jackson, Maj. Gen. Maryanne Miller has been nominated to become the next AFRC commander. Maj. Gen. Richard Haddad, vice commander, will also retire, and will be replaced by Maj. Gen. Buck Waldrop, currently serving as assistant to the chairman of the Joint Chiefs of Staff for Reserve Matters. The new AFRC command chief is Chief Master Sgt. Ericka Kelly.

The 5th Combat Communications Group, whose many missions include building communications capabilities at bases anywhere in the world, has experienced increased operations tempo, more than any time since 2003 in support of four

combatant commands. The group recently earned the McClelland Award for best large communications unit and a Meritorious Unit Award.

"It's been a great year for the 5th CCG," said Col. Keith Mueller, 5th CCG commander.

Lt. Col. Philip Eilertson, MAG 49 Det A commanding officer, echoed that sentiment, "We have enjoyed the support and hospitality of the base and the local community," he said.

Eilertson, an AH-1W Super Cobra pilot, who arrived at Robins in 2014, also spoke of the pending summer move of the squadron's 300-plus active duty and Reservists. The HMLA-773 and MAG-49 Det A arrived at Robins in July 2010.

The squadron, which flies seven AH-1W Super Cobras and three UH-1Y Super Hueys, will begin its transfer in June to Joint Base McGuire-Dix-Lakehurst in New Jersey.



GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: 560th Aircraft Maintenance Squadron

JOB TITLE: Aircraft Electrician

TIME IN SERVICE: 9 years

HOMETOWN: Warner Robins, Georgia

What does your work involve at Robins? "Working on electrical wiring systems and components on the C-130 aircraft."

What do you enjoy most about your work? "The part I enjoy most about my work is knowing that I'm helping get C-130s back to the warfighter. Being able to help my country and our troops fight the war on terrorism is something I take great pride in."

How does your work contribute to the Robins mission? "I am fortunate to be part of a team that works at one of the few depot maintenance facilities in the world that does repair work on the C-130 Hercules aircraft. In doing so, we keep them mission-ready in these unpredictable times."

What prompted your interest in your current career field? "I've always had an interest in electricity since I was 14 or 15 when I began installing stereos and speaker systems."

Who has been the biggest influence in your life? "My two sons are the biggest influences in my life. They've taught me and continue to teach me patience as well as to take life as it comes. Everything in life happens for a reason."

What is the best advice you've learned? "Be nice and genuine to every person you come across because you never know who might become your work partner or boss one day."





Thought for the Day

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

– Winston Churchill



What's inside

Walk-to-Run program makes great strides, B2

Unpredictable spring weather, B3

Spring cleaning tips, B4

Lighter Fare

THE ROBINS REV-UP ■ APRIL 15, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Where it all began

Museum of Aviation's Hangar One celebrates a quarter century

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

What was once used to store paint at Robins now houses Vietnam-era aircraft. Hangar One was acquired in 1991 from the base and celebrated its 25th anniversary at the Museum of Aviation this month.

"We got lucky," said Bill Paul, collections manager. "There was an old warehouse at Robins and our volunteers disassembled it and brought it here."

Built for the base in the 1960s, the dozen or more aircraft, vehicles, engines and more now inside Hangar One have nearly filled it to the brim. Only one more aircraft will go into the building, retired Maj. Gen. Rick Goddard's F-100 which is currently being renovated.

This was the first museum building to house aircraft and the second building onsite. The first structure was what is called the Heritage Building which is where the museum offices were.

"A lot of our retirement ceremonies are done in there," said Paul.

One of the aircraft lucky enough to call Hangar One home is the F-105D brought to the museum April 19, 2010.

"We saved it from the scrapper's torch. We sort of rescued it," Paul said.

After contacting the crew chief, the restoration department at the museum painted and returned the Thunderchief exactly as it looked during the war.

The plane saw action multiple times and was also shot up in a few instances as well. The plane was almost destined for the junkyard after a crash, while with a reserve unit, tore the nose gear off and buried the wingtip three-feet deep in the dirt. The unit rebuilt the aircraft for 18 months and then continued flying it, Paul said.

Some of the planes that were first stored in the hangar were the Cessna L-19A 0-1E Bird Dog, the PT-17 – now in the Eagle Building – and the F-4D Phantom II.

The building used to house an assortment of airplanes but became a dedicated Vietnam building in the last couple of years.

"We have some significant aircraft, some with real Vietnam history," Paul said.



Above, Linda Doyle, Museum of Aviation volunteer, shows a picture of Hangar One from 25 years ago.

Left, Silas Kain Ruest, 4, takes the pilot's seat of a helicopter displayed in Hangar One.

Below, John Paul (left) and Dalton Quarles of Warner Robins view exhibits in Hangar One.



U.S. Air Force photos by TOMMIE HORTON

Left, A MiG-17 Fresco is one of the aircraft displayed in Hangar One. The prototype MiG-17 NATO, code name Fresco, first flew in January 1950 and was reported to have exceeded Mach 1 in level flight.

A BETTER YOU

BE WELL program helps airmen reach fitness goals

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

The path to living an unhealthy, sedentary life is a slippery slope.

It starts with missing a workout once or twice a week. Next, your healthy eating habits fall by the wayside. Before you know it, you've lost that fit feeling ... and its look too.

Robins' Health and Wellness Center offers a source of redemption for those who backslide into an unhealthy lifestyle.

Staff Sgt. Parise Owens, HAWC NCOIC, said Balanced Eating, Workout Effectively, Live Long is an intervention program for airmen who struggle to meet current Air Force fitness standards.

"It's a program that makes healthy living as a whole a learned behavior," she said. "If airmen fail their fitness assessments, they have access to a full suite of options to include: BE WELL Online, the Air Force Weight Management program, cardiovascular intervention or strength intervention as conducted at each individual installation, and telephonic health coaching through Military One Source."

Owens said airmen have the flexibility of choosing one option or all of them within BE WELL to help them reach their fitness goals.

"The Walk-To-Run program is a 10-week running program designed to help build endurance," she said. "Members who complete this program can go from being able to run for two minutes to running for 30 minutes."

The BE WELL Walk-To-Run program, which Owens facilitates, was created to properly and safely reintegrate running back into the lifestyle of someone



The BE WELL Walk-To-Run program, held each Tuesday and Thursday from 8 to 9 a.m. in Bldg. 827, is open to all base I.D. cardholders.

The hands-on beginner or post rehabilitative 10-week program meets twice a week and is designed to safely prep people to progress to intermediate running programs. It is specifically designed to properly build a running base for progression to other higher intensity run training programs that are important for improving run speed and performance.

For more information, call the HAWC at 478-327-8480.

U.S. Air Force photo by RAY CRAYTON

Staff Sgt. Parise Owens, Health and Wellness Center NCOIC, coaches BE WELL Walk-To-Run program member Sonia Gill, a military spouse who joined the program to improve her health.

who hasn't run in a while.

Staff Sgt. Carson Montney – a 461st Maintenance Group database manager, is one of five military members who was recently command-directed to enroll in the program – said Walk-To-Run is an excellent way for individuals to get their fitness goals back on track.

"The tiered approach to running over 10 weeks is a good way to prevent injury from someone attempting to run farther than their body can handle when picking up the new habit," he said. "I have already recommended the class to other people."

Owens worked with the group on improving endurance and performance in timed running.

After 10 weeks, all five airmen passed their fitness assessments, Owens said.

"This program is way more than just showing up and running," she said. "I have built relationships with each person who has attended."

The social support is one of the biggest reasons that I would recommend this class," she added. "Seeing that you're not alone and have support not only from your instructor but others in the class plays a huge role in one's inspiration for running."

Tips for springing back into physical activity without risking heat illness

BY STUART BAPTIES

Robins Health and Wellness Center

As everyone can tell, the weather is starting to heat up, and more people are getting outside to enjoy physical activities.

That means it won't be long before the hot and humid summer temperatures of Middle Georgia arrive.

With the heat and humidity experienced locally, people become especially susceptible to heat-related illness such as dehydration, heat exhaustion and heat stroke while exercising.

In fact, base ambulances are usually pretty busy throughout the summer responding to heat-related injuries at the track and fitness testing areas. So, now is a good time to refresh our knowledge before the weather gets too hot.

Most serious heat illness can be prevented by following some basic guidelines. If those guidelines are ignored, they may lead to a life-threatening emergency.

The Centers for Disease Control and Prevention has given some good suggestions for preventing heat related illness that are always helpful to review and follow as the temperatures continue to climb over the next few weeks and months.

Preventing Heat Related Illness

Normally, body temperature is regulated by sweating. A number of factors can limit the sweat response, including exercise in high temperatures or high humidity, age, obesity, fever, dehydration, illness, medications and alcohol.

When a heat illness develops, it usually occurs after



Proper hydration, clothing and sunscreen are vital to preventing heat illness.

exertion and excessive sweating that leads, first to dehydration and then to electrolyte imbalances.

To prevent heat-related illness, follow these precautions:

► **Drink the Right Amount of the Right Fluids** – Finding the right amount of fluid to drink depends on a variety of individual factors including the length and intensity of exercise and other individual differences.

There are two simple methods for estimating adequate hydration. The first is to monitor urine volume output and color.

A large amount of light-colored, diluted urine probably means you are hydrated; dark-colored, concentrated urine probably means you are dehydrated.

The second is to weigh yourself before and after

exercise. Any weight lost is likely from fluid, so try to drink enough to replenish those losses.

► **Replace Lost Electrolytes** – Sweat leeches salt and minerals from the body. It's important to maintain sodium and electrolyte levels if you're sweating profusely and exercising more than 90 minutes.

The easiest way to replace these is with salty foods or sports drinks

► **Wear Appropriate Clothing** – Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a hat and sunscreen is helpful; actually let's face it, it's really essential.

Wear light, loose-wicking clothing so sweat can evaporate.

► **Use Sunscreen and Avoid Sunburn** – Sunburn decreases your ability to cool yourself and causes fluid loss. Use sun block with SPF 15 or higher. Wear a hat that provides shade and allows ventilation.

► **Acclimate to the Heat** – You will have a greater tolerance for exercise in the heat if you become accustomed to it slowly over one to two weeks. If traveling to a hotter climate, allow several days to acclimate before doing intense exercise. Avoid exercise during the hottest time of day; train closer to sunrise or sunset.

► **Use Common Sense** – Avoid hot foods, alcohol and heavy foods that increase your core temperature. If you feel any headaches, fatigue, irritability or notice your exercise performance decreasing, stop exercising and cool off.

Remember, it is easier to prevent heat illness than to treat it once symptoms develop.

Spring weather can be unpredictable, reduce injury risk ... plan ahead

As recent events prove, spring is the time of year when many things change – including the weather.

Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day.

Mark Twain once said, “In the spring, I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours.”

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits – particularly if you live in a region that does not often experience thunderstorms, tornadoes or flooding.

And, when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prep for storms, floods and tornadoes as if you know they’re coming, because in the spring, they probably will.

Advance planning for thunderstorms, lightning, tornadoes and floods requires specific safety precautions. You can follow many of the same steps you would for all extreme weather events.

Keep an emergency kit on hand to include:

- ✓ A battery-operated flashlight, a battery-operated NOAA Weather



Radio and extra batteries for both.

- ✓ An emergency evacuation plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room.

- ✓ A list of important personal information, including: telephone numbers of neighbors, family, friends and utility companies; insurance and property information and medical information.

According to the American Red Cross a first aid kit may include:

- ✓ non-latex gloves
- ✓ various adhesive bandages
- ✓ antibiotic ointment
- ✓ sterile gauze pads
- ✓ absorbent compress dressings
- ✓ tweezers
- ✓ scissors
- ✓ adhesive cloth tape
- ✓ aspirin packets (81 mg each)
- ✓ first aid instruction booklet
- ✓ a three-to five-day supply of bottled water and nonperish-

able food

- ✓ Personal hygiene items and
- ✓ Blankets or sleeping bags.

Prepare family members for severe weather. Tell them where to seek shelter as soon as they’re aware of an approaching storm.

Practice your family’s emergency plan for every type of severe weather. Show your family where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.

Often by the time we’re aware of an approaching storm, we have little, if any, time to prepare for it.

But, we do know when spring arrives, thunderstorms, tornadoes and floods are real possibilities. So, why not take the surprise factor out of it and prep yourself, your family and your home?

If thunderstorms, tornadoes, and floods do occur, you’ll be ready for them.

– *Courtesy Centers for Disease Control and Prevention*



WINGMEN WANTED

EAP – 327-7683; 926-9516

AIRMEN AGAINST DRNK DRIVING – 478-222-0013;472-0013



USE YOUR WITS NOT YOUR WATTS. POWER DOWN FOR THE HOLIDAY

Robins celebrates Earth Day

National Earth Day is April 22. Robins will host events throughout the month for the observance themed, "Conserve Today, Secure Tomorrow."

Earth Day lineup:

► **Vote now for your favorite Earth Day Photo contest entry now through Thursday.** Visit the Robins AFB Facebook page: <https://www.facebook.com/robinsearthdayphotocontest>. Voting will end close of business Thursday and photos will be removed. Winning photos will be placed on Robins AFB Facebook on April 22.

► **Waterways Cleanup: Today at 1 p.m.** Participants will meet at Scout Lake. Clean up will focus on Scout Lake, Luna Lake and Weir 14. Wear comfortable shoes, long pants and a hat. POC is Joe Bossi, 478-256-9216.

► **Arbor Day ceremony: Wednesday from 10 to 11 a.m.** at Robins Parade Fields. Celebrate the beauty of trees and witness the Georgia Forestry Commission presenting the 23rd Tree City USA Award to the 78th Air Base Wing. POC is Heidi Schwingle, 497-8287.

► **Cemetery Cleanup: Wednesday at 1 p.m.** Participants will meet at Bldg. 359 before going to clean up Bryant and King Cemeteries. If possible, bring basic lawn tools (rake, shovel, pruning shears, string weed-eater (not blades), and wear gloves, a hat, sunscreen and long pants. POC is Shan Williams at 497-8373.

► **Earth Day on the Greens April 22.** An Earth Day Golf Tournament at the Pine Oaks clubhouse. Registration begins at 9:30 a.m. Putting and chipping contests at 10:30 a.m., shotgun start at 11:30 a.m. Rain date is April 28. POC is Jennifer Ludwig, 478-922-



7751.

► **E-Cycling: April 25 from 9 a.m. to 1 p.m. at Bldg. 987.** Bring your old computers and other approved electronics to be recycled. For a full list of accepted items, visit the Earth Day SharePoint site. Non-government items only. POCs are Casey Lucas, 497-9283 and Darryl Mercer, 497-3976.

► **Bat Box Decorating Competition: April 25.** Bat box decorating competition. Contact Mark Hickman to obtain a Bat Box.

Submissions due April 22. Winners announced April 25. POC is Mark Hickman, 327-8288.

► **Earth Day 5K: April 29.** Registration begins at 7 a.m. Race begins at 8 a.m. Inaugural Earth Day 5K Jogging Trail. Prizes will be awarded for 1st, 2nd and 3rd fastest times in the men's and women's divisions. Race sign-up will be held the day of the race at the start of the 5K Jogging Trail. POC is John Hyde, 497-4170.

Editor's Note: You must take leave to participate any of these event during duty hours.

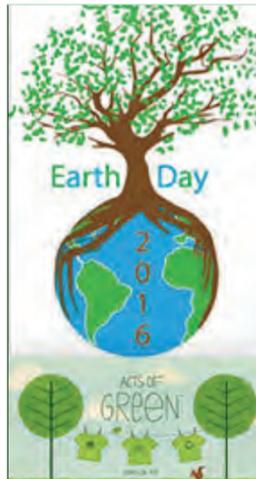
For more details on events, visit <https://org.eis.afmc.af.mil/sites/78abw/78cecg/cei/ceie/earthday>.

PRIVATE INFORMATION IS WORTH KEEPING HIDDEN

Protect Your Personal Information



ONLY WORKS IF YOU WEAR IT!



EARTH DAY INITIATIVE



SPRING CLEAN

BY ROBINS FIRE EMERGENCY SERVICES

Now that spring is here, many will gravitate toward a yearly tradition called spring cleanup.

It's the time and opportunity to get rid of all those items lingering around the workplace for a while.

Here are some helpful hints when doing your spring cleanup that can be applied at your home as well as at work:

► Remove weeds, dead trees and bushes from around buildings, fences and sidewalks.

► Store paints, thinners and other flammable/combustible liquids in original containers in flammable storage lockers and away from any heat, sparks or flame. Contact the base environmental office for the proper procedures in discarding unwanted flammable and combustible containers.

► Check your desk and lockers for old or expired medications and dispose of them.

► Get rid of all newspapers and magazines that are no longer in use; it does not take long for these items to accumulate around business facilities.

► Check exterior and exit lights to ensure that they are in working order and ensure exit paths are cleared.

► Maintain supply storage areas and work areas in an orderly and fire safe condition.

Always remember to prevent fires before they start. Good housekeeping and cleanliness are essential factors in preventing work place and home fires. When fires do occur it is essential to ensure responders are quickly notified and arrive safely. If you are on the road

AS YOU SPRING CLEAN, DON'T FORGET TO:

- Test your smoke alarms and replace any that are 10-years old or older.
- Test your carbon monoxide alarms, and replace alarms that are seven-years old or older.
- Check your dryer vents and clean the hoses.
- Clean clutter inside and outside your home.
- Check cords on your appliances. If any are cracked or frayed, repair or replace them.
- Practice your home fire escape plan.

— courtesy www.usfa.fema.gov.

and see and hear responders take the following actions:

► **Move Right for Sirens & Lights** When the Fire Department is called to an emergency it is important that we respond quickly and safely.

► If you are driving down the road and see the lights and sirens of an emergency vehicle in your rearview mirror, move to the right and stop to allow emergency vehicles to move easily down the road. Once the emergency vehicles have passed merge back into traffic when it is safe to begin driving.

► Every time fire engines or aid cars are called to an emergency firefighters are giving their all to help others. Do your part as a driver to help firefighters do their job as quickly and safely as possible.

For more information, contact the Robins Fire Prevention Office at extension DSN 468-2145 or 478- 926-2145.



Want to hear a bright idea?

Conserve Energy

HAPPENINGS/SERVICES

FRI 15 SAT 16 SUN 17 MON 18 TUE 19 WED 20 THUR 21

Tax Relief Bingo

Today
6:15 p.m.
Heritage Club Bingo Room
More-Money Games
For details, call DSN 468-4515.

Trap & Skeet Fun Event

Saturday
Noon
Robins Skeet Range
For details, call DSN 468-4001.

Sunday Funday is back

Sunday
4 to 8 p.m.
Bowling Center
Bowl 'til you drop.
For details, call DSN 468-2112.

Power Punch Boxing Class

Tuesday and Thursday
10 a.m.
Fitness Center
For details, call DSN 468-5805.

Tips from the Pro

Tuesday
4 to 5 p.m.
\$5 for unlimited balls
Pine Oaks Golf Course
For details, call DSN 468-4103.

Boss-N-Buddy and BFF's Night

April 22
4 to 7 p.m.
Heritage Club Lounge
For details, call DSN 468-2670.



Once Upon A Time Family Ball

Everyone, family and friends is invited to attend

Friday, April 22
6 - 9 p.m.
Heritage Club Ballroom.

DJ, Face Painting, Photo Booths & More

Come enjoy a special date night, get your photo taken and then attend the Prince & Princess Ball

Tickets must be purchased by Wednesday

Members \$15
Nonmembers \$25
Each additional child \$5

For more details, call 478-926-2670 or DSN 468-2670

Membership Dinner

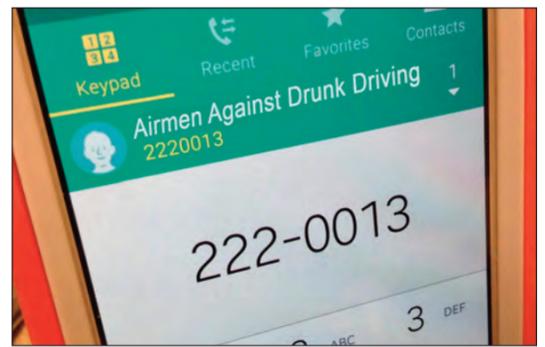
April 25
5:30 to 7 p.m.
Heritage Club Ballroom
Members only
For details, call DSN 468-2670.

Afterburner April Special

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

Youth Center Summer Camp

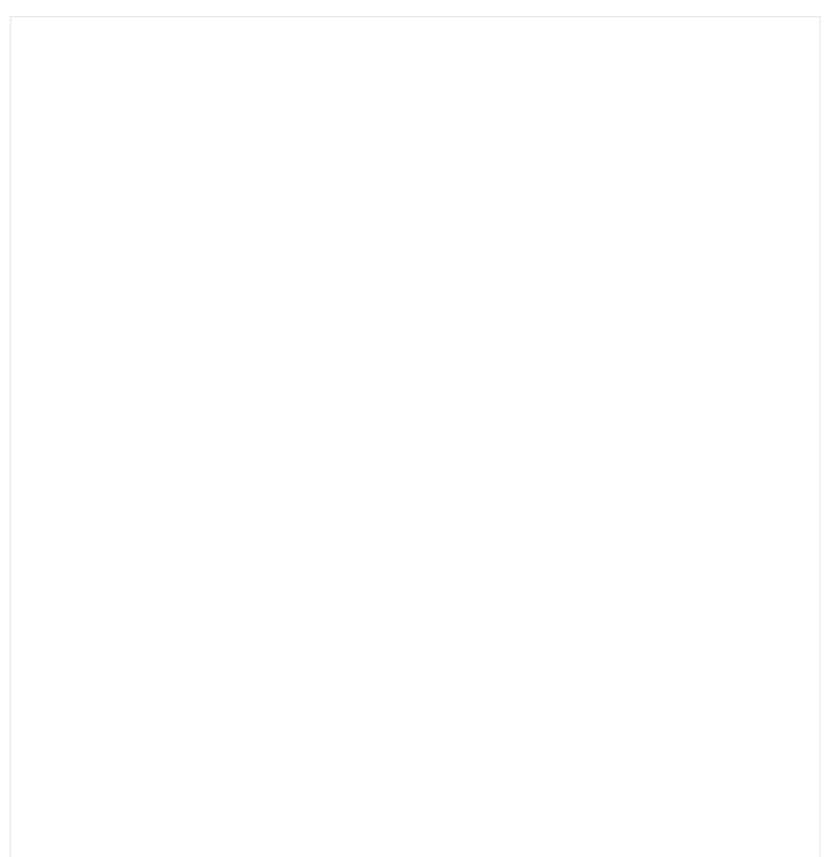
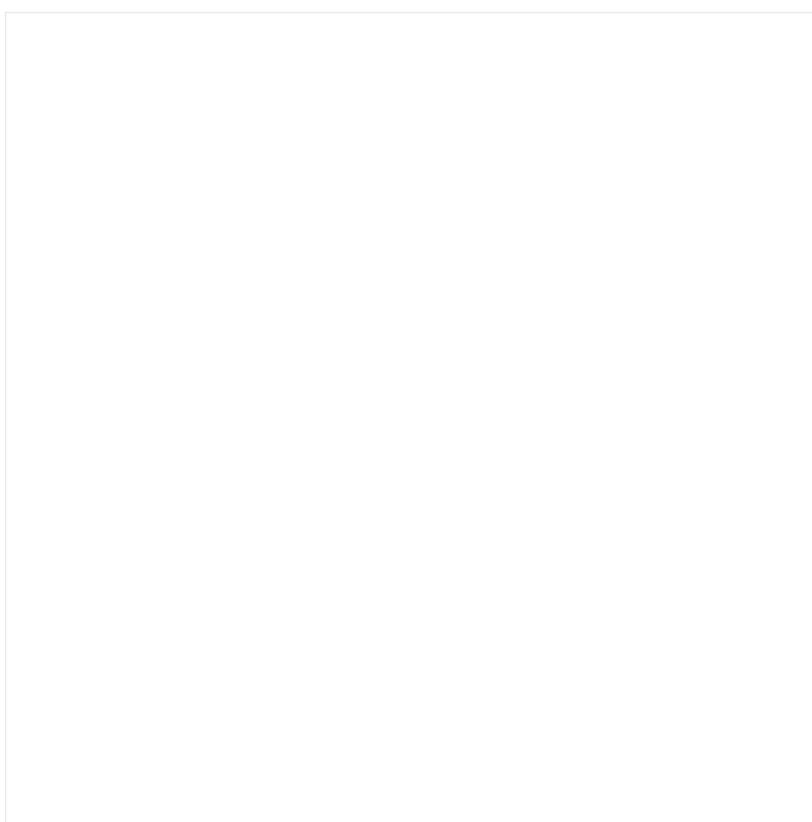
Parents may now submit requests for summer care. Stop by the Youth Center to complete a request form



Airman & Family Readiness Center Classes, workshops & seminars

- ▶ **Pre-Separation Briefing (retirees)*** – Tuesday and May 10 from 8 a.m. to noon. (separates)* – April 26 and May 17 from 8 a.m. to noon.
- ▶ **Financial Beginnings (First Term Officers)*** – Tuesday, from 1 to 3 p.m.
- ▶ **First Term Airman Course: Finances*** – Tuesday from 7:30 a.m. to noon.
- ▶ **Passport to Parenthood** – Tuesday from 11:15 to 11:45 a.m. at the HAWC. Call 478-327-8398 to register.
- ▶ **Right Start*** – Wednesday from 8 a.m. to 12:30 p.m.
- ▶ **VA Benefits Briefing*** – Wednesday from 8 a.m. to 3 p.m. in Bldg. 905.
- ▶ **Key Leaders' Orientation** – Thursday, from 7:30 to 11 a.m.
- ▶ **Tips on Writing a Federal Resume** – April 28 from 8 to 10 a.m.
- ▶ **Educational Track*** – April 28 and 29 from 8 a.m. to 4 p.m. Call Ron Smith at 478-327-3401 to register.
- ▶ **Transition Goals, Plan, Success (GPS)**

- Workshop*** – May 2 through 6, from 8 a.m. to 4:30 p.m.
 - ▶ **Military Spouse Appreciation Day** – May 6, from 7:30 a.m. to 4:30 p.m.
 - ▶ **DAV Medical Records Review** – Appointments only. Call DSN 472-4146.
 - ▶ **Department of Labor** – Wednesdays from 8 a.m. to 4:30 p.m.
 - ▶ **Military and Family Life Counseling** – Mondays through Fridays from 8 a.m. to 8 p.m.
 - ▶ **PreDeployment Briefings*** – Tuesdays and Thursdays from 1 to 2 p.m.
 - ▶ **Survivor's Benefit Plan** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.
- Editor's Note: All classes require pre-registration. For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m. Denotes Military spouses welcome.*



Robins Air Force "BASE CAMP" Family Campout

Saturday & Sunday
April 23 & 24
Robins Park



Registration Required
Campout Limited to 30 Campsites

• **Movie** • **Games** • **S'mores** • **Hot dogs & Hamburgers**

Saturday, April 23

- Tent Set-up Starts at 9 a.m.
- Events Begin at 12 p.m.

Sunday, April 24

- Break Camp & clean-up
8 - 9 a.m.



Today is the last day to register.
Bring your own tent or rent a camping package
at Robins Outdoor Recreation.
Register at DSN 468-4001
or commercial 478-926-4001.