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# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

July 15, 2016 Vol. 61 No. 28



U.S. Air Force photo by ANGELA WOOLEN

Robins Fire Emergency Services personnel participate in vehicle extrication training. The training is a requirement for all firefighters.

## Extrication training prepares firefighters for tough spots

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

Knowing how to get a person out of a vehicle isn't second nature. It's a skill which needs to be practiced. That's why the Robins Fire Department schedules vehicle extrication training twice a year for all firefighters.

"We could get called anytime on base, plus we're responsible for a 10-mile stretch on Ga. Highway 247," said Kevin Cotton, Fire Emergency Services assistant chief of training.

During the three-day training, firefighters responded to a simulated rollover and a person ejected from a vehicle.

The crew uses a battery-powered saw to help cut through doors if necessary.

Once they arrive on the scene, some of the firefighters search the perimeter to locate anyone outside the vehicle while others assess the medical condition of those still in the car.

Laying on the hot pavement, in full gear with shattered glass from busted windows, a firefighter could get into his own predicament trying to help the car crash victims.

With the heat in Georgia, the crew is also monitored for dehydration and exhaustion while in their firefighter gear.

"We might rotate these guys in and out as they could be overexerted," Cotton said.

▶ see PINCH, A6

## DLA tool gets parts quicker

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

Defense Logistics Agency Aviation at Warner Robins has developed a process tool with one goal – to help increase the Issue Effectiveness rate at Shop Service Center locations across the Warner Robins Air Logistics Complex.

The tool, the Shop Service Center Issue Effectiveness Root Cause Analysis Tool, or SSC IE RCA tool, deployed here this spring, as well as other DLA Aviation sites at Tinker and Hill Air Force bases.

Its origin derived from a Materiel Support Specialist Functional Forum as a first generation tool which resulted in a continuous process improvement event this past year that further refined the tool into a new improved version.

DLA Aviation MSSs are responsible for identifying materiel that should be forward stocked in each respective SSC.

The SSC IE RCA tool gives MSSs a more detailed and organized picture of weapon system parts that are ordered and where these parts are stored at the ALC.

It's critical for the MSS to look at those parts that are issued outside of the SSC to identify candidate parts that should instead be forward located in the SSC.

Parts that are needed on an aircraft in programmed depot maintenance, or those needed in support of end item repair in electronics or commodities, realize faster delivery when assets are positioned in the SSC.

▶ see DLA, A5

## Mandatory motorcycle safety class gets riders ready for the road

ANGELA WOOLEN  
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Traveling around on two wheels requires more than coordination. At Robins, a mandatory safety class is required for active duty military to operate a motorcycle.

Each month, there is a training class at Pave Paws Parking Lot near Bldg. 1400.

There are three separate courses, one for beginners, one for experienced riders and an advanced course.

The basic course is a two-day class designed to improve riding techniques for riders just starting out. The mandatory class, part of AFI 91-207 is required every three to five years. Civilians and contractors are not required to take the class, but it is highly recommended.

Last year, there were 157 active duty and civilians who went through the three courses, said John Paolozzi, Robins lead coach for motorcycle training.

During the first day, beginners are put

through a series of nine exercises which they repeat until they're proficient.

"I've learned a lot," said Staff Sgt. Matt Palmerin, one of the participants in the BRC.

Palmerin, a 461st Maintenance Group maintenance scheduler, has never been around motorcycles. He bought his GSXR 600 to save on gas costs and because a few of his friends had bikes.

"This is my seventh or eighth time riding one. We're learning the basics, how the bikes work, shifting gears and about letting the clutch out," the Boston, Massachusetts, native said.

The program is free for civilians and military members.

Paolozzi estimated the Air Force saved \$21,000 last year by having the classes at Robins.

Donations from riders allowed the coaches to purchase a shed to park bikes inside to keep them out of the weather.

"They're learning skills and techniques that they can drive home with," he said.



U.S. Air Force photo by RAY CRAYTON

Each month, there is a training class at Pave Paws Parking Lot near Bldg. 1400. There are three separate courses, a beginner rider's course, experienced rider's course and an advanced course.

## FRIDAY FLYBY: Team Robins Unit Effectiveness Inspection begins Monday!

### Pokémon Don't Go

Since Pokémon GO hit last week, there have been reports of serious injuries and accidents of people driving or walking while looking at the app and chasing after the virtual Pokémon. Here are some tips for budding Pokémon Trainers using Pokémon Go on Robins: Do not chase Pokémon into controlled or restricted areas like the flight line, office buildings or homes on base; and be careful in parking lots, crossing roads, etc. It's a good idea to look up, away from your phone and both ways before crossing streets. Be Safe.



### AFRC Change of Command ceremony today

Lt. Gen. James Jackson will relinquish command of Air Force Reserve Command to Lt. Gen. Maryanne Miller at 11 a.m. today at the Museum of Aviation Century of Flight Hangar.

Miller is the first female citizen airman to achieve the rank of lieutenant general and the first female commander of AFRC. She is the former deputy to the chief of the Air Force Reserve, Headquarters. With a career that spans 35 years, she is a command pilot with more than 4,800 hours in various aircraft, including the C-5, C-17 and C-141.



MILLER

Weekend Weather

Friday 99/76



Saturday 99/74



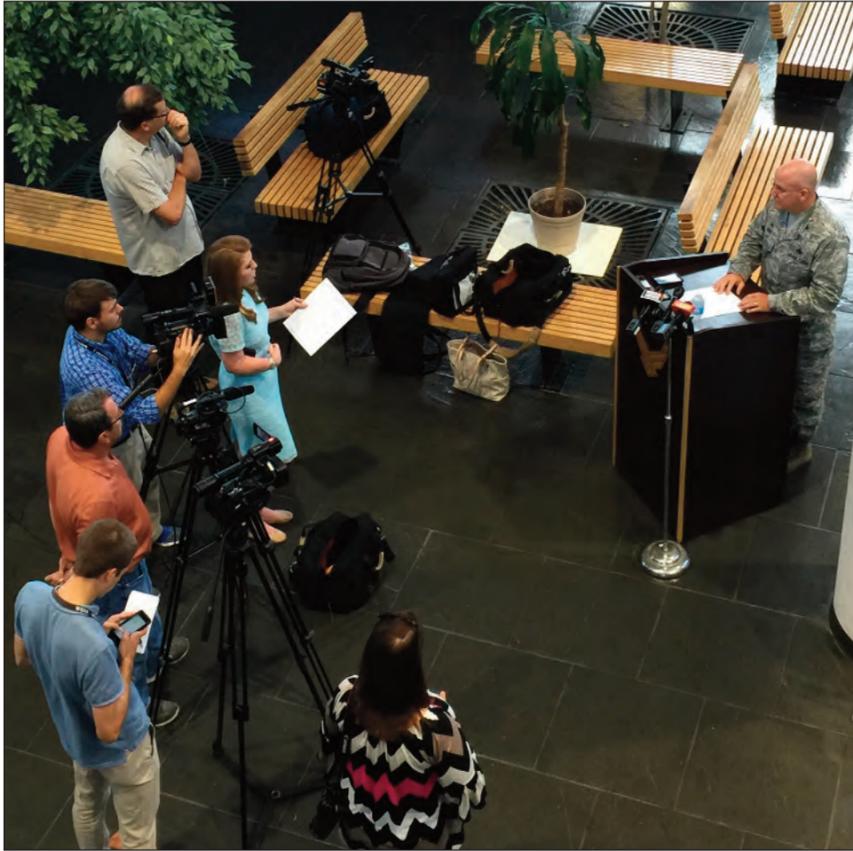
Sunday 96/72



Never let safety take a back seat.

# SECOND FRONT

## Meet the Press



U.S. Air Force photo by ROLAND LEACH  
Col. Jeff King, 78th Air Base Wing commander, talks with reporters about several issues he has faced during his first year at Robins. See next week's Rev-Up for the full story.

## Gate closure

The Watson Gate will be closed Wednesday, from 6 to 8 p.m. for maintenance. The Martin Luther King Gate will open during that period to accommodate traffic.

## Tech Expo July 27

The annual Robins Technology Expo hosted by the Armed Forces Communications and Electronics Association Middle Georgia Chapter will be July 27 from 9:30 a.m. to 1:30 p.m. at the Heritage Club.

The event is open and free to all DOD, government and contractor personnel with gate access.

Dozens of exhibitors will be on hand with their latest technological gadgets. Interested parties may pre-register to attend at <https://fdaexpo.com/register.php?id=198>.

Registering on this link does not give you gate access – you must have your own security clearance to enter the base.

For more information, call 1-877-332-3976.

## Track and Field construction

A renovation project on the Outdoor Athletic Field Track and Football Field is set to begin on Aug. 1. The project is expected to last about 180 days but could take longer due to inclement weather or unforeseen conditions.

Your cooperation will be appreciated. If you have any questions, the points of contact are Brett Madison, at 478-327-2984 and Lorrie Simmons at 478-327-3977.

**Editor's note:** See page B2 for Fitness Test relocation.

## PACE offers AFMC-wide free professionalism presentations

As part of Profession of Arms Center of Excellence Character and Leadership initiative, a five-hour presentation of "Professionalism – Enhancing Human Capital" will be held at Robins Aug. 30 through 31 and Sept. 1. The presentations will examine how professionalism drives individual behavior and connects Air Force core values to the Air Force mission.

Though targeted at effective working relationships within the Air Force, attendees are able to extend the lessons to personal relationships as well.

For more information, call Bryan Teel at 478-327-6990 or Rob Powell at 478-327-8589.

## Voluntary Leave Transfer Program

The following leave recipients have been approved through the Voluntary Leave Transfer Program:

**Vaughn Martin** of the 404th SCMS. Contact Weldon Marsh at 497-9922.

**Nancy Moody** of 78th FSS. Contact Ellen Nash at 472-5568.

To have a Voluntary Leave Transfer Program recipient listed here, email Lanorris Askew at [lanorris.askew.ctr@us.af.mil](mailto:lanorris.askew.ctr@us.af.mil).

## CAC reset and appointments

You don't have to go to the MPS to get your Smart Card/ CAC reset. Visit the link below to get a Smart Card PIN Reset.

[https://wwwmil.robins.af.mil/Docs/CAC\\_Reset\\_Locations.pdf](https://wwwmil.robins.af.mil/Docs/CAC_Reset_Locations.pdf).

No more waiting in line for appointments. Make your identification card appointment on the RAPIDS scheduler Link at <https://rapids-appointments.dmdc.osd.mil/?AspxAutoDetectCookieSupport=1>.

## AFMC successfully transitions to Acquisition Workforce Personnel Demonstration Project

BY STACEY GEIGER

Air Force Materiel Command Public Affairs

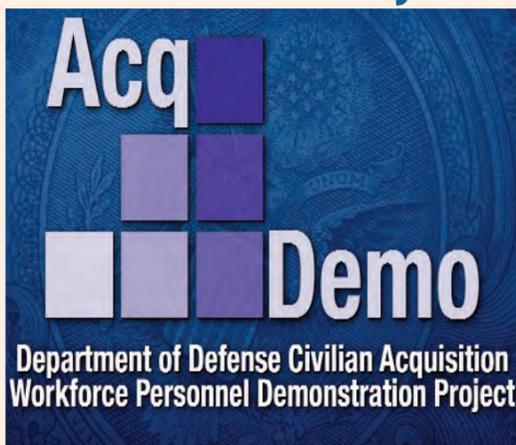
**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** – Some 12,500 Air Force Materiel Command civilian employees have transitioned to the Acquisition Workforce Demonstration Project, or AcqDemo, pay system, which became effective June 12.

Under AcqDemo, employees no longer carry their general schedule, or GS, designation and numbered grade. Instead, they've been placed in one of three broadbands comparable to their previous grade and salary.

"AcqDemo is enabling us to do what is most important for us to accomplish our mission, and that is hiring, developing and caring for our civilian workforce," said Gen. Ellen M. Pawlikowski, AFMC commander. "I'm personally committed because it's critically important to the success of this command."

AcqDemo allows greater managerial control over personnel processes and functions and expands opportunities for employees through a more responsive and flexible personnel system. The new system retains, recognizes and rewards employees for their contributions rather than performance, and also supports their personal and professional growth.

To sync up with the AcqDemo appraisal cycle of Oct. 1 to Sept. 30, the current appraisal cycle for transitioned employees has been modified to three months and will end Sept. 30. During the beginning of each appraisal cycle, employees and their supervisors will complete an employee contribution plan to project an employee's impact on the organization's mission. At the end of each appraisal cycle, employees will complete their self-assessments to measure



### What to know:

For additional information on AcqDemo:

► Within AFMC, contact HQ AFMC/A1KA, (937) 257-0112, DSN 787-0112

► Department of Defense Civilian Acquisition Workforce Personnel Demonstration Project:

<http://acqdemo.hci.mil/>

► AFMC AcqDemo Public Affairs Link:

[www.afmc.af.mil/library/featuredtopicarchive/acqdemo.asp](http://www.afmc.af.mil/library/featuredtopicarchive/acqdemo.asp)

their contributions and create new contribution plans for the following cycle. Pay pools will be conducted from October through December and, where applicable, employee raises and award pay-outs will be in January. AcqDemo covers mainly non-bargaining, supervisory and professional series employees. The command will continue to explore expanding AcqDemo to all AFMC civilians.

# Robins military justice actions

**The following airmen received nonjudicial punishment in accordance with Article 15, Uniform Code of Military Justice, and AFI 51-202 from March through May:**

► **An Air Force Reserve Command** lieutenant colonel wrongfully used marijuana on multiple occasions in violation of Article 112a, UCMJ. The member received a forfeiture of \$4,194 pay per month for two months and a reprimand.

► **A 78th Force Support Squadron** airman first class was derelict in the performance of duties by negligently failing to complete an amendment to a decorations order, in violation of Article 92, UCMJ, and made a false official statement when asked if the amendment had been completed, in violation of Article 107, UCMJ. The member received a reduction to airman, suspended forfeiture of \$878 pay per month for two months, and a reprimand.

► **A 12th Airborne Command and Control Squadron** senior airman failed to report to mandatory PT, in violation of Article 86, UCMJ, and made a false official statement when asked about being absent, in violation of Article 107, UCMJ. The member received a suspended reduction to airman first class, forfeiture of \$185 pay per month for two months, and a reprimand.

► **A 461st Operations Support Squadron** technical sergeant was derelict in the performance of duties by willfully failing to maintain control over the member's Government Travel Card, and willfully failing to refrain from using the member's Government Travel Card for unofficial Purposes, both in violation of Article 92, UCMJ. The member also dishonorably failed to pay a just debt. The member received a sus-



pending reduction to staff sergeant, forfeiture of \$553 pay per month for two months, and a reprimand.

► **A 461st Maintenance Squadron** airman first class failed to report for duty, in violation of Article 86. The member received a reduction to airman, seven days of extra duty, and a reprimand. Shortly thereafter, the member failed to report for duty on time again, in violation of Article 86. The member received a reduction to airman basic, seven days of extra duty, and a reprimand.

► **A 78th Security Forces Squadron** senior airman was derelict in the performance of duties, in violation of Article 92, and made a false official statement, in violation of Article 107. The member received a reduction to airman first class and a reprimand.

► **A 78th Logistics Readiness Squadron** staff sergeant wrongfully used oxymorphone on multiple occasions and marijuana on one occasion, both in violation of Article 112a. The member received a reduction to senior airman and a reprimand.

► **A 78th Security Forces Squadron** airman was derelict in the performance of duties, in violation of Article 92, and made a false official statement, in violation of Article 107. The member received a suspended reduction to air-

man basic, forfeiture of \$200 pay per month for two months, restriction to base for 14 days, and a reprimand.

► **A 78th Comptroller Squadron** airman first class disobeyed a lawful order. The member received a reduction to airman and a reprimand.

► **An Air Force Reserve Command** lieutenant colonel made a false official statement in violation of Article 107, UCMJ, committed conduct unbecoming an officer and gentleman, in violation of Article 133, UCMJ, and committed adultery, in violation of Article 134, UCMJ. The member received a forfeiture of \$4,434 pay per month for two months and a reprimand.

► **A 461st Operations Support Squadron** senior airman wrongfully used controlled substances, in violation of Article 112a. The member received a reduction to airman first class and a reprimand.

► **A 78th Force Support Squadron** airman first class failed to obey a lawful order and was derelict in the performance of duties, both in violation of Article 92. The member received a reduction to airman basic, with reduction below airman suspended. The commander also restricted the member to the limits of Robins Air Force Base for 45 days and reprimanded the member.

— Courtesy 78th Air Base Wing  
Legal Office

# AROUND THE AIR FORCE

## CARTER ANNOUNCES POLICY FOR TRANSGENDER SERVICE MEMBERS

BY OFFICE OF THE SECRETARY OF DEFENSE  
PRESS OPERATIONS

Defense Secretary Ash Carter announced June 30 that transgender individuals will now be able to openly serve in the U.S. armed forces.

The new Defense Department policy also establishes a construct by which service members may transition gender while serving, sets standards for medical care and outlines responsibilities for military services and commanders to develop and implement guidance, training and specific policies in the near and long term.

"This is the right thing to do for our people and for the force," Carter said. "We're talking about talented Americans who are serving with distinction or who want the opportunity to serve. We can't allow barriers unrelated to a person's qualifications prevent us from recruiting and retaining those who can best accomplish the mission."

Air Force Secretary Deborah Lee James vocalized her support for the policy change.

"Transgender airmen serve alongside us with integrity, service and excellence," James said. "Today's announcement is the first step in allowing transgender Airmen to serve openly, receive medical care relating

to gender transition and allow transgender individuals to join the Air Force. Our strengths as a military are the quality and character of our people and those things that make us unique are the same things that make us strong. In the coming months we will work diligently to fully implement Secretary Carter's decision."

The policy will be phased in during a one-year period. Effective immediately, service members may no longer be involuntarily separated, discharged or denied re-enlistment solely on the basis of gender identity. Service members currently on duty will be able to serve openly.

By Oct. 1, the DOD will create and distribute a commanders' training handbook, medical protocol and guidance for changing a service member's gender in the Defense Eligibility Enrollment System. At this point, the services will be required to provide medically necessary care and treatment to transgender service members according to the medical protocol and guidance, and may begin changing gender markers in DEERS.

Prior to Oct. 1, requests for medical treatment will be handled on a case-by-case basis consistent with the spirit of the directive type memorandum and the DOD instruction issued June 30.

Over the course of the next year, the DOD will finalize force training plans and implementation guidance, revise regulations and forms, and train the force, including commanders, human resources specialists, recruiters and service members. Peter Levine, the acting under secretary of defense for personnel and readiness, will work with the military services to monitor and oversee this effort.

At one year, the services will begin allowing transgender individuals to join the armed forces, assuming they meet accession standards. In addition, an otherwise-qualified individual's gender identity will not be considered a bar to admission to a military service academy, or participation in the ROTC or any other accession program if the individual meets the new criteria.

The full policy must be completely implemented no later than July 1, 2017.

To support service members, medical professionals and commanders during the implementation period, the DOD has set up a central coordination cell which will serve as a central point of contact for technical questions and concerns. The coordination cell is made up of legal experts, policy experts and medical professionals familiar with the issue.

### In Air Force News

#### AF releases candidate bases for Battlefield Airman training

**WASHINGTON (AFNS)** – The Air Force recently announced eight installations as candidate locations where it will potentially consolidate its Battlefield Airman training. The installations include: Eglin Air Force Base, Florida; Hurlburt Field, Florida; Joint Base San Antonio, Texas; Keesler AFB, Mississippi; Little Rock AFB, Arkansas; Patrick AFB, Florida; Shaw AFB, South Carolina; and Vandenberg AFB, California.

"The Air Force is committed to a deliberate and open process to address Battlefield Airman basing," said Jennifer Miller, the deputy assistant secretary of the Air Force for installations. "As we progress through the basing process, we will share information so interested communities are aware of what to expect."

Last year, the Air Force reviewed its Battlefield Airman training. The review determined grouping training at consolidated locations may lead to improvements and synergies in the current training processes. As a result, the Air Force is investigating potential locations to consolidate training.

#### Goldfein sworn in as 21st CSAF

**WASHINGTON (AFNS)** – Gen. David L. Goldfein, who visited Robins this week, was sworn in as

#### This week in Air Force History



July 16 - 17, 1952, with the help of aerial refueling, 58 F-84 Thunderjets completed the first mass flight of jet fighters across the Pacific Ocean. Departing from Turner Air Force Base, Georgia, on July 4, the airplanes stopped at the islands of Oahu, Midway, Wake, Eniwetok, Guam, and Iwo Jima on the way to Yokota Air Base, Japan.

the Air Force's 21st chief of staff by Air Force Secretary Deborah Lee James during a ceremony at the Pentagon on July 1.

As the Air Force's most senior uniformed leader, Goldfein is responsible for ensuring the 660,000 active-duty, Guard, Reserve and civilian Airmen under his command are fully trained and equipped. He also joins the Joint Chiefs of Staff as an adviser to the secretary of defense, National Security Council and the President of the United States.

"The Air Force is going to be relying on your determination, General

Goldfein, to improve readiness, to improve our modernization, and most importantly – always at the top of the list – taking care of our Airmen," James said. "It is a huge responsibility. It's also an honor, and it's also a great privilege, and I have every confidence that you are going to take our Air Force to new heights."

One of Goldfein's first acts as chief of staff was to make a pledge to his airmen.

"(This is) my commitment to you – to work every day to give you everything I've got, to leave nothing on the table, to remain laser-focused on warfighting excellence, to find the opportunity in every challenge, to treat team building as a contact sport, and to be worthy of this honor," he said. "And I can't wait to get started. Fight's on!"

#### AF selects first enlisted airmen for Global Hawk pilot training

**WASHINGTON (AFNS)** – The Air Force recently selected the first 10 enlisted Airmen to attend RQ-4 Global Hawk pilot training, marking the first time since World War II enlisted Airmen will be behind the stick.

The first combined enlisted and officer training course will begin October 2016, with the first enlisted Airmen expected to graduate in 2017.

"We're opening the RQ-4 career field to enlisted pilots for the first



U.S. Air Force photo by STAFF SGT. NATASHA STANNARD

#### First flight

An F-35A Lightning II pilot flies over the Atlantic Ocean for the aircraft's first trans-Atlantic flight June 30. The fighter is a part of the Air Combat Command Air Force F-35A Heritage Flight team, which flew to Fairford, England, for the Royal International Air Tattoo.

time," said Secretary of the Air Force Deborah Lee James. "We'll take this important step in a deliberate manner so that we can learn what works and what we'll need to adjust as we integrate our highly capable enlisted force into flying this weapons system. The intelligence, surveillance and reconnaissance mission continues to grow in importance and our enlisted force will be central to our success."

## PERSPECTIVE

### Shattering the silence

BY ANONYMOUS

**ROBINS AIR FORCE BASE, Ga. (AFNS)** – I'm tired of the sound of silence.

At a recent Green Dot leadership training session, I was asked to write down on a piece of paper an action that I would do as a leader to help implement culture change.

I wrote, "Write a commentary on domestic assault which I experienced."

Experiencing domestic abuse took my voice away, and during the thick of it, I didn't even recognize myself anymore. Well, I have my voice back and I'm breaking my silence.

According to the training, red dots represent an act of power-based personal violence or the choice to tolerate, justify or perpetuate violence. My whole life at one point was a red dot where my body and boundaries

were abused, but I turned to my green dots – family, colleagues and leadership – for help.

It's through programs, like Green Dot, that the Air Force is changing toxic red dots to green.

I clung to these green dots and they helped pull me out of the toxic fog of a life I had been living. A green dot is any behavior, choice, word or attitude that promotes safety for all of our citizens and communicates utter intolerance for violence.

Walking on eggshells just to keep the peace isn't living. Making excuses for explosive behavior in public isn't living. And neither is being called names that cut you to the core. There are people in this world who only feel good if they're causing someone else pain. That is not love, and that was the hell I lived in until I clawed my way out, re-establishing my boundaries and understanding that what I experienced was abuse.

Moving on from abuse, I keep a quote from Maya

Angelou close to my heart as a baseline of my boundaries.

It reads, "When someone shows you who they are, believe them the first time."

I ignored the red flags, lost my voice and had my world shattered. Sharing this story, I am your green dot.

If you're experiencing life living around red dots, I hope these words reach you. I hope they empower you to reach out to the green, to an already established safety net that will catch you, help you and give you your voice back.

The momentum of the Green Dot program needs to not only propel its way through our service, but throughout our society, establishing healthy boundaries that banish toxic red dots.

**Editor's note:** The author's name was redacted to protect their identity.

#### 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](mailto:lanorris.askew.ctr@us.af.mil) and [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil)

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

#### DELIVERY

To report delivery issues, call 472-0802. The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga.

This commercial enterprise Air Force newspaper

is an authorized publication for members of the U.S. military services.

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## DLA

Continued from A1

In the past, tedious manual research through columns and columns of data across multiple systems (DLA and Air Force) was required to get the most up-to-date information on a particular asset. That's no longer needed.

The new tool allows managers to assess info as it's "bucketed" based on business rules. That allows the MSS to prioritize and make decisions on which parts need to be forward located.

Most importantly, it gives accountability, and more informative explanations as to why certain actions and decisions are made.

Now, the tool gives MSSs a more refined approach to gathering information. Perhaps the part is too big for the SSC space, perhaps the item is a classified item, or the part needs an authorized level established. The MSS has a myriad of information that is organized in "buckets" that provide additional detailed facts. This allows

the MSS to quickly determine which parts are non-stockable or stockable in the SSC.

In the C-5 PDM SSC in Bldg. 125, Darren Farmer, a DLA Aviation MSS, lauds the benefits of the new tool.

"One of the greatest things about this tool is that it breaks data and information down to every single SSC," Farmer said. "It eliminates the manual research."

The C-5 PDM SSC, located where C-5 programmed depot maintenance is done, forward locates DLA, Air Force and other managed items, and has space limitations on what it can store. Typical items forward stocked include aircraft floor boards, actuators and wing flaps.

DLA Aviation personnel are attentive to the customer with whom the SSC is aligned. With the focus in the SSC on weapon systems, it's aligned to support the mission concentration on getting parts to the customer and proven to be much more responsive. Whether it's an SSC in support of aircraft PDM or in electronics or commodities, it's ideal to have items stocked on SSC shelves since delivery times are much quicker.

On average, it can take 14 hours if the part is not stored in the SSC from the time an order is received to the time it's delivered.

"When the part is forward located, it takes an average of 56 minutes," said Sandy Martin, DLA Aviation's Aircraft Materiel Management Branch chief here.

"Our DLA Aviation mission is very focused and dedicated as we free flow all of our orders," she added. "That's why it's important to identify items, get them stored and replenished. This tool gives our people the ability to forego sorting manually for information. It has eliminated and saved a lot of time. It also allows our DLA Distribution family who operate the larger 'wholesale' warehouse space to focus on replenishments of the SSCs."

In the C-5 PDM SSC, since October 2015, the number of customer orders totaled 5,751. The use of the RCA tool is a key factor in issuing those orders. The goal is 85 percent issue effectiveness from every SSC to maximize the effectiveness and efficiency in supporting PDM lines.

Think twice, energy has a price.



U.S. Air Force photos by ANGELA WOOLEN



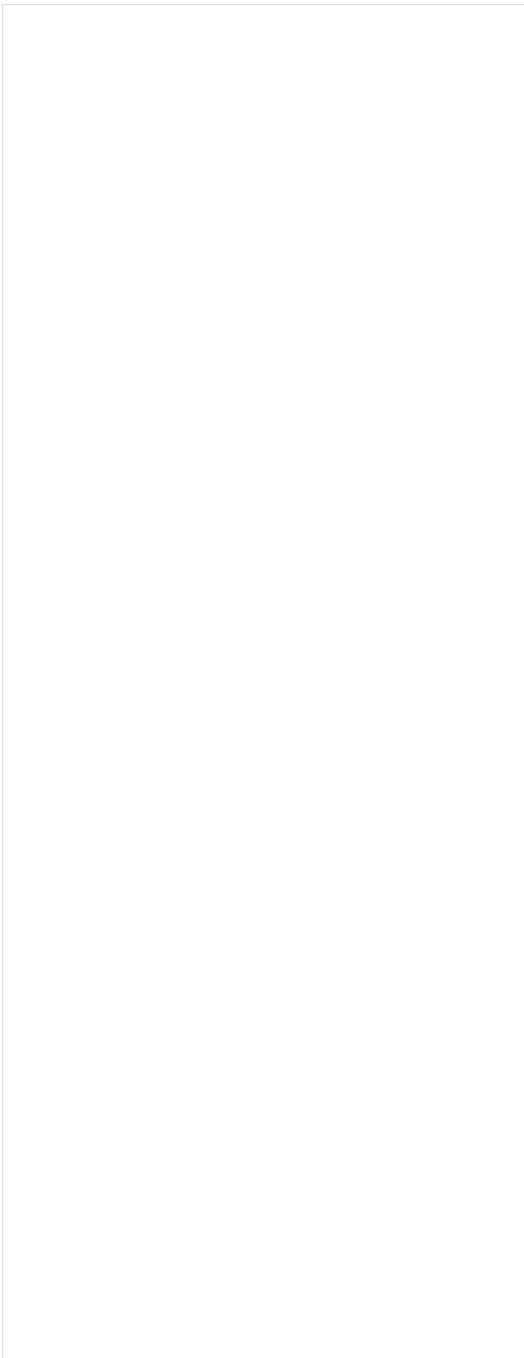
## PINCH

Continued from A1

The evaluation team has dummies they use for the exercise, from 60 pounds to well over 200 pounds. Once the victim is stabilized and put on a back board, as needed, the team delivers the victims to the ambulance to take to the local hospital.

After the exercise is over, the group meets to critique the exercise. Others will have the opportunity to use the Jaws of Life or other equipment to make sure they properly know how to use it.

“Our main objective is to get them to a primary hospital within 30 minutes. That is the golden hour,” Cotton said.





## Thought for the Day

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

– Martin Luther King Jr.



## What's inside

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# Lighter Fare

THE ROBINS REV-UP ■ JULY 15, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



S.A.M. Shortline offers Middle Georgia excursion that's bound to please

U.S. Air Force photo by PAUL WENZELL



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

Once, train travel was a popular form of transportation. To be transported back into the romance of traveling by rail, take the S.A.M. Shortline Excursion Train as it carries passengers to another era.

Starting in Cordele, the train travels railroad tracks which were used to carry people from Savannah to Americus to Montgomery, Alabama, hence the S.A.M. name.

Since 2002, the train has been continuously operating from February to November.

The train is now a “rolling state park” part of the Georgia State Parks & Historic Sites.

Volunteers help visitors board the train and are car hosts.

Lawrence Tondee has been volunteering for years and volunteers once or twice a month as a host.

“In its heyday, I would get to speak with people from all over the world,” he said.

In his years of volunteering, Tondee has always heard positive feedback from the passengers about riding on the railway.

The passenger cars are from the late 1930s to the late '40s.

The oldest is a renovated 1939 train car called the Col. Samuel Hawkins car with dark leather couches and tables.

From the spacious windows, passengers can see the passing scenery which includes one of the largest pecan orchards in Georgia as well as a jog over Lake Blackshear.

“We can accommodate 300 to 400 passengers,” said Lee Kinnamon, superintendent of train operations and chief conductor.

One of the stops the train makes is to Plains, the home of former President Jimmy Carter and his wife Rosalynn.

Now a National Historic Site, the town boasts the depot, where Carter launched his campaign for presidency. In the windows of the shops downtown shows a pride in their hometown celebrity with photos and signs of Carter.

### WHAT TO KNOW

105 9th Ave E, Cordele, Georgia 31015  
For more information, visit [www.samshortline.com](http://www.samshortline.com) or call 877-427-2457.

Check out the video story on the Robins Facebook page or on the official Robins website at [www.robins.af.mil](http://www.robins.af.mil)



Near the end of the row is Plain Peanuts, where one can sample almost any kind of peanut concoction there is, including the homemade peanut butter ice cream, a recipe owner Bobby Salter took a year to perfect.

The train makes other stops including Leslie, which houses a Georgia Rural Telephone Museum, and Georgia Veterans State Park, Archery and Americus.

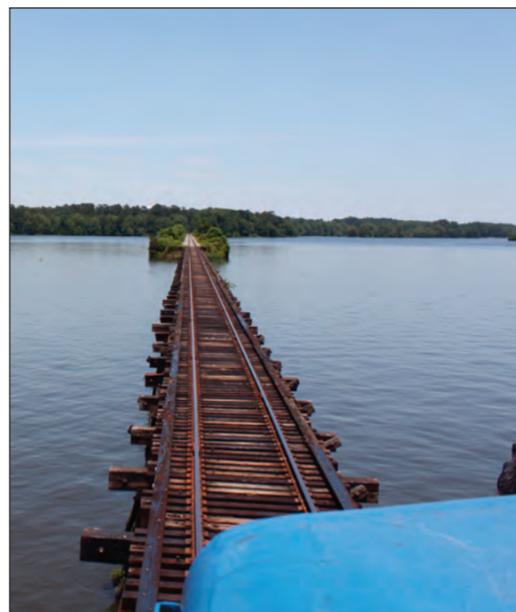


Looking for something to do off base but not sure where to start? Well, we've come up with a recurring series of stories and videos that's just right for you. “One Tank Trips” features day trips that – depending on what you drive – most folks can take using a tank of gas or less.

The trips will focus mostly on Middle Georgia, and they won't cost an arm and a leg. So grab your keys, fill up your tank and let's go explore!



U.S. Air Force photos by ANGELA WOOLEN



# A BETTER YOU

## ALWAYS BE PREPARED

# Safety – Make it a habit for life

BY MAJ. GEN. ANDREW MUELLER

U.S. Air Force chief of safety

The summer months equate to a seemingly insatiable appetite to get outside and have some fun.

Good weather, warm temperatures and extra daylight hours instinctively drive people to a wide variety of outdoor activities which, simply put, are a lot of fun.

Summertime can be an enjoyable time to relax and recharge with family and friends. These enjoyable summertime activities do not come without hazards. Too often, what was thought to be risk-free fun turns into a not so enjoyable injury or accident. In fact, in recent years, exciting and fun activities like swimming, rock climbing, mountain biking and canoeing have needlessly claimed Airmen's lives.

These injuries or accidents are almost always preventable through the application of solid risk management. "Do I have the right gear?" "Did I plan appropriately?" and "Do I have the necessary skills?" are essential questions to ask before diving into any summer fun. Identifying the hazards,

### WHAT TO KNOW

Check 3 is an easy way to assess any activity or event for possible hazards.

The Check 3 approach looks at three areas referenced by the common acronym GPS.

It allows a quick review of your activity to highlight any issues or hazards.

"G" or gear may encompass details such as personal protective equipment, your vehicle, or availability of drinking water.

"P" or plan may encompass the timeline, weather, sequence, emergency contact/backup, as well as other facets.

"S" or skills may mean are you rested for the activity or your overall experience level with the activity.

If you see an issue or hazard in any of the areas, then assess if you can adjust an area to mitigate the hazard, especially the plan.

## Check Three

Summertime brings all kinds of activity. Always make sure you have the right **GEAR, PLAN and SKILLS!**



check3gps.com



U.S. Air Force illustration

The Check3 GPS campaign was created to bring awareness to summertime activities. Individuals should always make sure they have the right gear, plan and skills to stay safe, no matter the season.

assessing the consequences of those hazards and mitigating the risks are sound risk management principles, which can protect everyone.

Through increased awareness in the Air Force Risk Management program, the Air Force Safety Center looks to improve the use of sound risk management principles in on-duty activities and develop habits in each and every Airmen which make

safety a part of every on-duty activity. These habits can easily translate into off-duty activities as well, helping to keep Airmen and their families safe all year long.

As the crowds step out to have some fun this summer, take the time to re-establish safety habits and make the choice to assess and reduce risk for a memorable summer of fun.

### Relocated services transition back to main clinic

The 78th Medical Group will begin transitioning services back into the main clinic located in Bldg. 700 today.

The below offices, currently located in the Temporary Facility, will close at noon today to begin the move:

- ▶ Referral Management Center
- ▶ Beneficiary Counselor and Assistance Coordinators
- ▶ Medical Evaluation Boards
- ▶ Patient Administration
- ▶ Patient Travel
- ▶ HIPAA

We look forward to serving you in our new home within the Main Clinic on Monday.

Visit the newly renovated area located in the same hallway as Laboratory and Radiology.

### 78th MDG back-to-school screening

The 78th Medical Group will host a Newcomer Health Fair on July 23 from 8:30 a.m. to 12:30 p.m. for

TRICARE beneficiaries entering Georgia schools for the first time.

Mandatory Georgia school screenings will be given to students from pre-k through 12th grade in Bldg. 700A; no appointments are necessary.

Children will be given vision, hearing and dental exams – all of which are required by the Georgia school system. Georgia school forms 3300 and 3231 will be available and may be completed at the event. Sports physicals will be available for those who need them.

In addition to the screening, the event will feature vendors and activities for the children as well as a bicycle helmet give away for ages 4 to 9.

#### What to bring:

\*Bring a current copy of your child's immunizations record or call the Immunizations Clinic in advance to obtain a copy at 327-7921.

\*Bring your child's ID to the appointment.

For more information, call the Central Appointments line at 327-7850 or visit <http://www.gadoe.org>.

### New Cardio PT Test location

During an upcoming track and field renovation project, all cardio portions of the Fitness Test will be per-

formed at a new location.

The 1.5 mile run circuit starts towards the north end of Hawkinsville Street and goes south (counter-clockwise) to Ninth Street to Fort Valley Street to Eighth Street and back to Hawkinsville Street. This circuit is two complete laps plus 253 feet. The finish line sign is about one-third of the way up Hawkinsville Street.

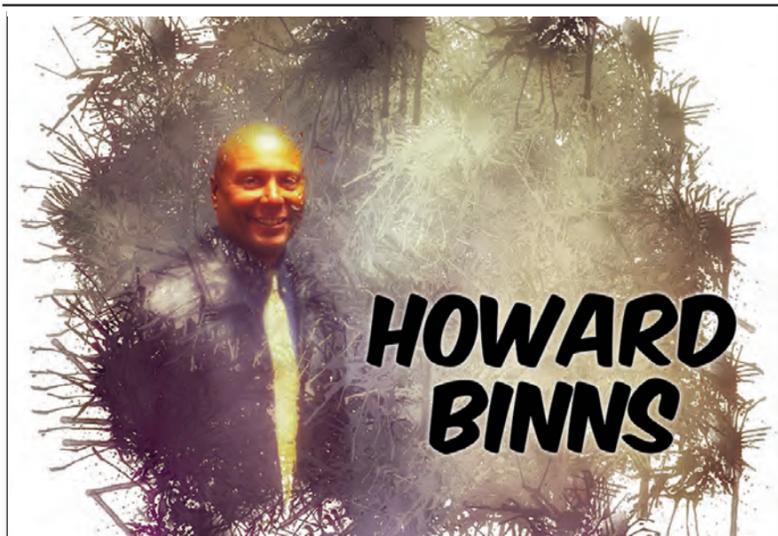
The 2K walk test starts one-third of the way down Ninth Street from Hawkinsville Street and continues east towards Fort Valley Street to Eighth Street to Hawkinsville Street. Members must complete one full lap followed by another three-fourths lap to the signed finish line.

Both the 1.5-mile and 2K-finish lines are the same.

Since the walk start is a significant distance from the run start, the walk portion will only be conducted in the afternoons at 1 p.m. during exemption testing. With only six Fitness Assessment Cell members, these sessions will be limited to 25 members; therefore Unit Fitness Program managers should ensure their members test as early in the month as possible to ensure no one is turned away.

Signs will be posted. The Fitness Assessment Cell will send out further information regarding conducting mock cardio tests to ensure a smooth transition.

## GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

**UNIT:** 802nd Maintenance Support Squadron

**JOB TITLE:** Mechanical engineer trainee

**TIME IN SERVICE:** 4 months

**HOMETOWN:** Hollywood, Florida

**What does your work involve at Robins?** "I assist engineers in first article testing, spectroscopy and failure analysis. I test materials and prepare samples for examination using various machines and tools."

**What do you enjoy most about your work?** "The stories I hear from the older engineers. They don't just tell me how the manual says to do something. They tell me how it used to be done, what event prompted the change and how it has changed since they've been there."

**How does your work contribute to the Robins mission?** "On my first day here, I was shown an F-15 wing pin that wasn't strong enough to hold the wings on. It highlighted the importance of first article testing since it was made of the wrong type of steel. My work contributes by helping to make sure parts are correct so that aircraft can continue to fly."

**What prompted your interest in your current career field?** "As a kid, I was always taking things apart to see how they worked. When I was older, in the Army, I got tired of saying 'Why isn't this made better?' For example, I was once in Saudi Arabia driving a HEMTT 10-ton truck when a tire peeled apart like an orange. Later, I noticed they changed the tread pattern. As an engineer those are the kind of real-world, warfighter problems I want to solve."

**What is the best advice you've learned?** "Get a broad range of knowledge. Learn what happens to a project upstream and downstream. It helps you to perform your function better if you understand what happens to a part when it leaves your process."

## Airman & Family Readiness Center Classes, workshops & seminars

► **Pre-Separation Briefing (retirees)\*** – Tuesday, from 8 a.m. to noon; **(separates)\*** – July 26, from 8 a.m. to noon;

► **Passport to Parenthood** – Tuesday, from 8:30 a.m. to noon at the HAWC. Call 478-327-8398 to register.

► **First Term Airman Course: Finances\*** – Tuesday, from 7:30 a.m. to noon.

► **Right Start\*** – Wednesday, from 7:45 a.m. to 12:30 p.m.

► **Career Technical Training Track\*** – Wednesday and Thursday, from 8 a.m. to 4 p.m. in Bldg. 905 Room 121.

► **Key Leaders' Orientation\*** – July 21, from 7:30 to 11:45 a.m.

► **VA Benefits Briefing\*** – July 27, from 8 a.m. to 3 p.m. in Bldg. 905 Room 121.

► **Educational Track\*** – July 28 and 29, from 8 a.m. to 4 p.m. (Call Ron Smith 478-327-3410 to register)

► **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.

► **CAPSTONE appointments** – Every Thursday afternoon at 1 p.m., 2 p.m. and 3 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)*



# HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>

## ON TAP Kayak Race

Saturday  
4 p.m.  
Fitness Center  
For details, call DSN 468-2128.

## Braves vs Rockies Game

Saturday  
Outdoor Recreation  
\$40 per person  
For details, call DSN 472-1107.

## Give Parents a Break

Saturday  
6 to 10 p.m.  
CDC East and School Aged Program  
For details, call DSN 468-5805.

## Membership Dinner

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

## Lazy Days Big Bingo!

Tuesday  
6:15 p.m.  
Heritage Club Bingo Room  
More money games and door prizes  
For details, call DSN 468-4515.

## Twilight Rates

Every day  
From 4 to 7 p.m.  
Pine Oaks Golf Course  
Play 18 holes with cart for \$20 per person.  
For details, call DSN 468-4103.

## Summer Reading Program

Now through July 22  
Base Library  
Open to ages 4 and up, showcasing the library as a great place to read, learn and

have some fun. There will be prizes and surprises.  
For details, call DSN 497-7382.

## Trap & Skeet Fun Event (Single Airman Only)

July 23  
Noon  
Robins Skeet Range  
\$20 per person  
For details, call DSN 468-4001.

## Last Friday

July 29  
5 to 7 p.m.  
Heritage Club  
\$250 Club Card drawing for members present at 7 p.m.  
Heavy hors d'oeuvres 4 to 6 p.m.  
Jazz Band 5 to 8 p.m.  
DJ 8:30 p.m. to Midnight  
Soul Sophistication starts at 8:30 p.m.  
Free taco bar at 9 p.m.  
For details, call DSN 468-2670.

## Pine Oaks Junior Golf Clinic

Now through Aug. 27  
10 to 11:30 a.m.  
Pine Oaks Golf Course  
Ages 5- to 13-years old  
For details, call DSN 468-4103.

## Bowling Movie Days

Wednesdays  
2 to 4 p.m.  
Bowling Center  
\$6 per person, includes three games, rental shoes, movie and popcorn.  
For details, call DSN 468-2112.

## Afterburner July Special

5:30 a.m. to 1 p.m.  
Base Restaurant, Bldg.166  
Frozen Frappuccino  
For details, call DSN 472-7827.



Click it  
or Ticket  
It's the LAW.

PLEASE RECYCLE THIS NEWSPAPER

