



Local Honor Guardsman hobnobs with Secretary of the Air Force Donley

Staff Sgt. Juan Scales rubs shoulders with Secretary of the Air Force Michael Donley during a banquet Aug. 19 in Atlanta. Sergeant Scales was there to receive the Chief Master Sergeant of the Air Force Base-Level Honor Guard Member of the Year award.

ROBINS REV-UP

August 28, 2009 Vol. 54 No.34

Senior leader gathering focuses on ALC goal, initiatives



U.S. Air Force photo by SUE SAPP

WR-ALC senior leaders discuss the Center's mission and vision, goal and initiatives during a meeting Monday.

BY WAYNE CRENSHAW
wayne.crenshaw.ctr@robins.af.mil

Maj. Gen. Polly Peyer told a gathering of Robins military and civilian leaders Monday that she was once told in a class that leaders should spend 80 percent of their time on strategic thinking and 20 percent on execution.

"Unfortunately, the reality is that about 10 percent of the time you are doing strategic thinking and 90 percent of the time you are putting out forest fires," said General Peyer, commander of the Warner Robins Air Logistics Center.

For a few hours anyway, about 60 base leaders were removed from firefighting duty to focus entirely on strategic thinking in what was billed as the Strategic Alignment and Deployment Rollout.

The event focused on the goal and initiatives for the Center developed during a retreat by ALC senior leaders in January. The gathering Monday was to give group commanders and directors a detailed look at the goal and initiatives, which have been sharpened up during the past six months.

General Peyer began by highlighting the WR-ALC strategic

plan, which includes the following:

Vision: To be recognized as a world-class leader for development and sustainment of warfighting capability.

Mission: Deliver and sustain combat-ready airpower, anytime, anywhere.

Goal: Achieve superior performance by integrating people, mission and culture.

Motto: People first, mission always.

That was followed by a lengthy discussion of the four focus areas, or what is referred to as

► see GOALS, 2A

'SATISFACTORY'

Air Logistics Center, GLSC earn passing marks in LCAT inspection

BY WAYNE CRENSHAW
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the inspection was "very detailed, very exhaustive," examining procedures and personnel around the clock.

"Still, we rose to the challenge, and demonstrated to the LCAT team and the Air Force that we perform in a safe, standardized, repeatable and technically compliant manner," she said. "We do what we're supposed to do and we do it very well. That's not to say we don't have things to work on. Certainly the results of the evaluation give us a charter for continuous improvement."

The improvement in the rating is more significant that it might seem, said Col. John Cote, the inspector general at Robins. For starters, the center

"We rose to the challenge, and demonstrated to the LCAT team and the Air Force that we perform in a safe, standardized, repeatable and technically compliant manner."

only had 11 days notice this time around, significantly shorter than the previous inspection. But more important, he noted, the grading criteria was tougher this time.

After carefully studying the reports from the inspection two years ago, Colonel Cote said the improvement is significant.

"Based on the previous write-ups there were some vast improvements," he said. "By and large there is a dedicated

group of true-blue patriots working in the ALC who are dedicated to making us the strongest Air Force in the world with the products that we provide."

Safety issues were a key cause of the "marginal" rating in the previous inspection, and Colonel Cote credited the Voluntary Protection Program with helping improve in that area.

He also said the LCAT is a good test for the other short-

notice inspections that can be expected, including the Unit Compliance Inspection, which looks at operations and procedures throughout the base.

The Global Logistics Support Center at Robins was also given a "satisfactory" rating.

The evaluation looked at aerospace maintenance and munitions, logistics and supply-chain management functions. The assessment named 91 people and 20 teams as "outstanding performers." Additionally, 28 people and two teams were named "most valuable players."

The overall evaluation is based on a five-tier scale that from highest to lowest includes outstanding, excellent, satisfactory, marginal and unsatisfactory.

Worth the wait

Veteran receives Bronze Star after 2-year wait

BY WAYNE CRENSHAW
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Every so often, a ceremony is held at Robins to award a Bronze Star, but one held Aug. 21 was quite different from the rest.

For starters, the award wasn't pinned on an Airman in uniform. It was given to an air conditioning mechanic wearing blue jeans, a blue shirt and a Georgia Bulldogs cap.

The Bronze Star, the nation's fourth highest combat medal, went to Roy Bowden for his service in Iraq with the Georgia Army

National Guard's 48th Brigade from May 2005 to May 2006. Mr. Bowden served as a section leader and led 40 combat convoy patrols in some of the most dangerous areas of the country.

He left the Guard upon returning and with his departure, the fact that he was awarded a Bronze Star was never relayed to him. Mr. Bowden, who was a sergeant in the Guard, didn't know he had earned the award until he was looking at his record online earlier this year.

Today he works as a civilian in the 78th Civil Engineer Squadron at

Robins. Despite being an Air Force base, Guard leaders asked to have the ceremony here.

"We thought it was very important to show this memorable event to Roy's family and co-workers," said Col. Steve Joyce, rear detachment commander for the 48th Brigade Combat.

Mr. Bowden said he was trying to get some information online in February for his job application at Robins when he discovered he had been awarded a Bronze Star. It was



U.S. Air Force photo by SUE SAPP

Col. Steve Joyce, 48th Brigade rear detachment commander, presents Roy Bowden with the Bronze Star Medal. Mr. Bowden earned the award for leading 40 combat convoy patrols in Iraq from May 2005 to May 2006.

► see AWARD, 2A

THINK SAFETY



Days without a DUI: 13
Last DUI: 5th CBCSS
— courtesy 78th Security Forces



TWO-MINUTE REV

Lane closure

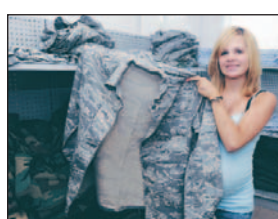
The right turn lane (southbound) from Byron Street onto Watson Boulevard will be closed Sept. 5-8 so repairs can be made. Vehicles will still be able to make a right turn from Byron Street onto Watson from one of the two remaining lanes.

Military Tuition Assistance deadline

All military members wishing to use tuition assistance for classes beginning on or before Sept. 30 must submit their tuition assistance forms not later than Sept. 4.

Military personnel who have classes that begin on or after Oct. 1 can continue to request tuition assistance since these classes will be funded from fiscal 2010 funds. For more information call 327-7304.

INSIGHT



Treasure troves

Thrift shop, Airman's Attic there to lend helping hand, 1B

SAFETY



Playing safe

101 Critical Days message focuses on Sports, Recreation, B4

RECREATION



Bridging the gap

Robins engineer introducing old game to new generation, B3

To request a ride, call
222-0013, 335-5218,
335-5238 or 335-5236.

Robins proud to have ties to softball champs

BY WAYNE CRENSHAW

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Several work areas around Robins had reason to be especially excited about the world championship of the Warner Robins American Little League girls softball team.

The team's manager, Emily Whaley, is a JSTARS program manager in the 577th Aircraft Sustainment Squadron. Her daughter, Chelsea Whaley, plays on the team, and Chelsea's father, Tom Whaley, is an engineer at Robins.

Parents of four other players are also members of Team Robins.

Third baseman Kelly Warner is the daughter of Scott Warner, an industrial engineer in the 402nd Commodities Maintenance Group, and Lynn Warner, who works in Air Force Reserve Command. Center fielder Sabrina Doucette is the daughter of Susan Wilson, a clinical nurse in the 78th Medical Operations Squadron. Right fielder/pitcher Sydney "Syd Vicious" Barker is the daughter of Scott Barker, a C-5 production supervisor in the 402nd Maintenance Wing. Left fielder Ashley Killebrew is the daughter of Donna Killebrew, a budget analyst in the 575th Combat Sustainment Squadron.

Ms. Whaley returned to work the day after the team returned from Portland, Ore., where the title game was played and broadcast on ESPN. They won the championship with a 14-2 victory over Crawford, Texas.

Her co-workers went all



U.S. Air Force photo by SUE SAPP

Workers in the 577th Aircraft Sustainment Squadron welcome back fellow employee Emily Whaley, manager of the Warner Robins American Little League girls softball team. Mrs. Whaley was instrumental in helping the team win the 2009 world championship.

out to welcome her back, decorating the office in the team's colors of orange and black. They also had a cake and replayed the title game on TV.

"I knew they were going to do something awesome because they had been calling and texting me the whole time, but I wasn't expecting all of this," Ms. Whaley said.

Many tooted party horns, threw confetti and applauded loudly as she made her entrance into the celebration, led in by co-workers carrying the championship banner.

"We are very proud of you," said Col. Duane Creamer, commander of the 577th ACSS. "There are people here who watched girls softball for the first

time."

Ms. Whaley credited the title to the talent, character and hard work of the girls.

"People say kids these days aren't what they used to be, but I promise you these girls are going to make you proud," she said. "They are just awesome."

During the title run her co-workers collected nearly \$500 to help the team and parents pay for the trip.

Most of the parents of the players traveled with the team on its title run, which included about a week in West Virginia for regionals and another week in Portland for the finals. The parents who work at Robins said they were surprised when they returned to find out just how closely their co-workers

had followed the team and how excited they were about the championship.

"They were all awesome about the leave time it took for us to be able to go and with picking up the slack at work," Ms. Wilson said.

Mr. Warner said local businesses contributed thousands of dollars to help pay for expenses. His co-workers were also supportive, he said.

"I was really kind of surprised how much they were into it," he said. "I really appreciated what everybody back home was doing as far as supporting our team."

Ms. Whaley has been a softball coach for seven years. She said she does it because she enjoys working with the girls.

Workplace-specific safety briefings mandatory for all Robins newcomers

While the traditional summer moving season is winding down, the traditional peak period for newcomer safety briefings is just beginning.

Supervisors and newcomers alike are reminded that all newly assigned active-duty military personnel and civilian employees must receive workplace-specific safety, fire protection and health safety briefings prior to performing work in their duty sections. The training should be accomplished within 30 days of arrival.

"It's the supervisor's opportunity to show workers the hazards specific to their workplace," said Bob Meloche, safety and occupational health specialist. "It's an important element in preventing workplace mishaps or accidents."

He said while most supervisors are giving newcomers the required safety briefings, they are not taking the time to document. The briefings must be documented via Air Force Form 55 and the Job Safety Training Outline contained in

Attachment 5 of AFI 91-301, and kept in the individual's personal information file.

Supervisors should give their employees job safety and health training using outlines or lesson plans specific to the duty section. This training documentation is reviewed during safety, bioenvironmental engineering and public health evaluations.

"Workplace-specific training is a sure way to alert workers to hazards and conditions unique to their section or office," Mr. Meloche said. "The training and documentation are crucial to providing every Airman a safe and healthful working environment."

While the training is conducted upon arrival, it should be re-accomplished if there is a change in equipment, procedures, processes, or safety, fire protection, and health requirements.

Supervisors should review training plans annually and update whenever equipment, procedures, or the work environment change.

— from staff reports.

PLEASE RECYCLE THIS NEWSPAPER.

GOALS

Continued from 1A

P3I—people, process, performance and infrastructure.

Those initiatives are:

►People: Improve labor/man-agement relations and enhance the workforce by cultivating first-class leadership.

►Process: Build on a foundation of innovation.

►Performance: Enhance performance and reputation of the ALC.

►Infrastructure: Incentivize infrastructure/cost control and use energy consumption as a

test bed.

A slide show presentation gave detailed information on each initiative and action plans for achieving the objectives.

General Peyer said one goal of Monday's forum was to have a consistent message for the ALC.

"We talk an awful lot about the importance of strategic communication," she said. "Strategic communication has a lot to do with consistency of message. This forum is part of that strategic communications plan that we have - exposing all of our management to the same thought process."

AWARD

Continued from 1A

signed by the Secretary of the Army in November 2007.

"I was kind of shocked," he said. "You don't fight wars for medals, but it's nice when you get one."

A man of few words, Mr. Bowden didn't have much else to say after getting the award, except to express his gratitude for the honor.

Colonel Joyce, who officiated the ceremony, said Mr. Bowden's superiors

called him "a natural-born leader that soldiers want to follow."

Col. Carl Buhler, commander of the 78th Air Base Wing, spoke at the ceremony, noting that he was only 61 days removed from combat duty.

"You can be damned proud of the U.S. Army and the Guard," Colonel Buhler said. "No service will win the war by itself; it's the efforts of men and women like you on the front that makes our jobs in the Air Force easier each and every day."

‘Virtual’ recruiting

Personnel Directorate unveils new recruitment video

BY WAYNE CRENSHAW
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The Directorate of Personnel has deployed a new weapon in its ongoing efforts to recruit much-needed mechanical and aerospace engineers.

The department is now using a video to show engineers that Robins is not just another workplace.

“We are excited because it’s something we can use at recruitment fairs to show what the Air Force is about - that it’s not just a job, it’s a way of

life,” said Jennifer Roybal-McDowell, chief of the Strategic Human Capital Transformation Office.

The video can be viewed at www.robinsjobs.com. It will be available on Sharepoint and on social networking Web sites Facebook, LinkedIn and YouTube.

Ms. Roybal-McDowell said the five-minute video was developed over the past two months through a collaborative effort between DP, Multimedia, Information Technology and the Engineering Directorate. She

said it was a solid team effort that resulted in a dynamic product.

“We were able to work together for a common outcome, which was to address a common need found across our different areas,” she said.

The video begins with shots of aircraft maintenance here, along with planes taking off and landing. The first person to speak is Col. Tim Freeman, commander of the 330th Aircraft Sustainment Wing, encouraging engineers to consider applying for a position at

Robins.

“There is not a more exciting and challenging job opportunity than supporting this nation in the defense of our country,” he said.

That is followed by testimonials from local engineers discussing the unique nature of their jobs and pride that comes with serving the nation.

Ms. Roybal-McDowell said plans are in the works to create a similar video to recruit for open acquisitions jobs, another area that lags in qualified applicants.

WHEN NOT IN USE, KILL THE JUICE

Labor Day holiday is a great opportunity to reduce energy “When We’re Not Here.” Save energy by taking a few easy actions before you leave for the holiday weekend.

► Switch or turn off all your energy vampires (chargers, coffee pots, computer speakers, etc.) The best way to do this is use a power strip and switch the strip off.

► Turn off overhead and task lights
► Turn off monitors (Leave your computer on for updates. They don’t get holidays off.)

► Turn off desktop and network printers
► Turn off copiers, fax machines, data senders, etc.

► If you’re the last to leave, turn off lights in conference rooms, bathrooms, etc.

Last Labor Day, together we made a difference and used less energy. Let’s see if we can do even more this year!

Registration open for new civilian professional development program

BY MAJ.
BETH KELLEY HORINE
Air Force Personnel Center
Public Affairs

Civilian Airmen can now apply for a new professional development opportunity—the Civilian Acculturation Leadership Training program. Applications are due to the Air Force Personnel Center by Sept. 4.

The CALT program provides a unique in-residence experience at Maxwell Air Force Base, Ala., focused on Air Force culture, mission and the significant role leaders play in overall team success.

“As the responsibilities of our civilian workforce have increased, so has the need for civilian development,” said Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz in their June 26 Memorandum for all Airmen.

“Civilian Acculturation

Leadership Training, an Officer Training School-like experience that focuses on leadership, communication and warfighting skills, will be a key development training opportunity for select civilians,” Secretary Donley and General Schwartz said.

Applications for CALT are now being accepted from Air Force civilians in NSPS pay bands 1 and 2, GS grades 1 through 13, and DCIPS pay bands 1 through 3. Applicants must have two to five years of continuous federal service, hold a bachelor’s degree and not have prior military service.

“The curriculum will parallel the leadership modules taught at Officer Training School and will include team-building exercises, some outdoor activities, simulation exercises, and time for personal health and wellness to help maintain a level of physical fit-

ness,” said Michelle LoweSolis, AFPC’s Civilian Force Integration director.

The CALT program is one of many civilian force development initiatives the manpower, personnel and services community has developed to encourage the continuum of learning for civilian Airmen.

“This is an exceptional opportunity to bring together our best and brightest that have already shown leadership qualities the Air Force needs in future leaders,” Ms. LoweSolis said.

CALT offers eight class dates in fiscal 2010; the first is scheduled to begin Oct. 26. For more information on CALT, to include class dates, application requirements, and course information, visit AFPC’s “Ask” site, key word search “CALT,” or contact the Total Force Service Center at (800) 525-0105.

Robins sergeant helps Iraqi Air Force bring ISR capabilities online

BY STAFF SGT.
STACIA ZACHARY
USAFCENT
Combat Camera News Team

Intelligence collection has become a valuable capability for the Iraqi Air Force in its push to provide security and stability. Unique to the IqAF, the King Air Squadron 87 here boasts the intelligence, surveillance and reconnaissance capabilities necessary for detecting and deterring insurgent activity.

For one advisor assigned to the Iraq Training and Advisory Mission

Air Force, part of the Multi-National Security Transition Command - Iraq, this year-long deployment has presented the challenges of language and cultural barriers, as well as overcoming learning curves using certain technology.

Staff Sgt. Joshua Roden, who is deployed from Robins, is the chief evaluator mission sensor operator for the King Air ISR training team. He is responsible for advising the IqAF in the employment of the sensor payload, or mission sensor equipment, which is associated with Iraq's new King Air 350.

Sergeant Roden seemed the perfect pick for the job. A Joint Surveillance Target Attack Radar System, or JSTARS, instructor for the 116th Air Control Wing,

he has active knowledge of synthetic aperture radar and ground moving target indicator technology.

"My chief called and asked if I could take a year-long tasking," he said. "I immediately said yes because everything my chief has ever asked me to do has turned out to be a great opportunity."

"Sergeant Roden was the right guy for the job," said Maj. Bryan Lee, an instructor pilot deployed from the 1st Flying Training Squadron, Pueblo, Colo. "He has done an amazing job getting the training material together and learning how to make it work for the Iraqis."

Squadron 87 is the Iraqi organization that Sergeant Roden has been helping set up and become a self-sufficient and capable ISR unit. With qualified MSOs already on board, the squadron will be certifying one of their own as an instructor. Squadron 87 flies King Air 350 airplanes, which are retrofitted with ISR technology in the underbelly of the plane. During flying missions, a mission sensor operator uses ISR equipment to photograph the terrain and detect questionable activity.

"MSOs can capture real-time imagery of potential enemy forces moving into a specific region," Sergeant Roden said. "That information can be relayed to the

ground forces to detect and deter perceived threats to the Iraq special forces, the Iraqi Army, the Iraqi Navy and the Iraqi Police."

As ISR Squadron 87 integrates intelligence, surveillance and reconnaissance into the strategic capabilities of the Iraqi Air Force, the unit has hung its shingle advertising that the squadron is open for business - those interested are welcome.

Many of the people applying for the program were young children when Operation Iraqi Freedom kicked off. As a result, schooling wasn't necessarily a priority for the Iraqis - survival was. Most students needed help with their English language and computer skills. The ITAM - AF team created training to overcome this hurdle, which included intense English language training.

"We will do two weeks' worth of academics by going over all the systems in the aircraft including the ground equipment, such as the Spider laptops, and familiarization of the Fixed Ground Station," Sergeant Roden said. "After that, we give them a test and see where their competency levels are and how much they have retained."

Once the candidates have passed all the tests and are accepted into the program, they are given an orientation with the aircraft and the MSO equipment. They are then



U.S. Air Force photo by STAFF SGT. SHAWN WEISMILLER

Staff Sgt. Joshua Roden, who deployed from the 116th Air Control Wing at Robins, advises his Iraqi counterpart during combat operations over Iraq, May 8. They are flying aboard an RC-12 assigned to the Iraqi air force's King Air Squadron 87. The airplane boasts the intelligence, surveillance and reconnaissance capabilities necessary for the detection and deterrence of insurgent activity. Sergeant Roden is a mission sensor operations instructor assigned to the Combined Air Forces Training Team.

trained on a 19-ride syllabus followed by a flight evaluation to ensure that they are fully capable of performing the functions necessary to be an MSO.

"The people we are training and advising are very intelligent, but this technology is completely new to them and our goal is to make the transition as easy as possible for the Iraqis," Sergeant Roden said. "So, we developed a program that can take a person who has never seen a computer before and develop in them the ability to quickly learn the dynam-

ics of a computer as well as the technology behind why the mission sensor equipment works."

One of the main goals of this mission is to help the Iraqis to a point where they take control of the operations so they can establish their own presence over the security of their country. For those ITAM-AF Airmen, helping the Iraqis liberate themselves from the control of those who would harm that growth is a very satisfying feeling.

Being involved in such an inaugural project has left an impression on

Sergeant Roden, who arrived at the air base on Independence Day.

"The entire reason I am here helping out with the ITAM-AF program is to help the Iraqis to liberate themselves and take control of their own country," he said. "I am hoping to teach them and help the Iraqi people protect themselves from the insurgency within their country, as well as the threats that may be looking to prey on them from the outside, similar to our charge to protect Americans from enemies both foreign and domestic"

Diamond Sharp Award winner

NAME:
Staff Sgt. Francis Grimm IV.

UNIT:
116th Maintenance Squadron.

DUTY TITLE:
Aerospace Electrical/Environmental Systems
Craftsman.

DUTY DESCRIPTION:
Performs electrical and environmental systems
maintenance on E-8C aircraft and associated com-
ponents. Checks installed/repairs components to
ensure compliance with maintenance procedures &
directives.

BIRTHPLACE: Millersport, Ohio.

HOBBIES: Weightlifting, intramural sports (softball
and football), traveling, and attending Community
College of the Air Force classes at Georgia Military
College.



courtesy photo

**Staff Sgt.
Francis Grimm IV**

***About the award:** The Team Robins First Sergeant's Council Diamond Sharp Award program recognizes military personnel in the grades of E-1 to E-5 assigned to Robins. The program recognizes these enlisted professionals for outstanding displays of professionalism, exceptional dress and appearance, customs and courtesies, and military bearing.*

THIS IS AFSO21 COUNTRY

Commentary

"Coming together is a beginning; keeping together is progress; working together is success."

— Henry Ford, founder of the Ford Motor Company

WR-ALC VISION STATEMENT

Be recognized as a world class leader for development and sustainment of warfighting capability.

WR-ALC MISSION STATEMENT

Deliver and sustain combat-ready air power ... anytime, anywhere.

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SUBMISSION GUIDELINES

Stories and briefs must be submitted as a Word document. They may not exceed two pages, double spaced. They must be typed using the Times New Roman font, 12-point type, with 1-inch margins. All submissions will be edited to conform to Associated Press style. Submission does not guarantee publication.

Submissions must be received by 4 p.m. the Monday prior to the requested Friday publication. They should be e-mailed to

78ABW.PARRevUp@robins.af.mil.
Submissions should be of broad interest to the base populace. If there are further questions, call Kendahl Johnson at (478) 222-0804.

DELIVERY

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Commander's Action Line

The 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 work and live.

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

Please include your name and a way of reaching you so we can provide a direct response.

Anonymous action lines will not be processed. Discourteous or disrespectful submissions will not be processed. Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

For more information on the Action Line, visit <https://wwwmil.robins.af.mil/actionline.htm>.

To contact the Action Line, call **926-2886** or for the quickest response, e-mail action.line@robins.af.mil.

▶ Security Forces	327-3445
▶ FSS (Services)	926-5491
▶ Equal Opportunity	926-2131
▶ Employee Relations	926-5802
▶ Military Pay	926-4022
▶ IDEA	926-2536
▶ Civil engineering	926-5657
▶ Public Affairs	926-2137
▶ Safety Office	926-6271
▶ Fraud, Waste, Abuse	926-2393
▶ Housing Office	926-3776
▶ Chaplain	926-2821

CSAF: 'Reading helps readiness'

As Airmen, we must continually ready ourselves for the day when our training is put to the ultimate test in combat.

An essential element of that preparation is a reading program that expands our minds and informs our thoughts. If we learn the lessons of the past, both successes and failures, we decrease the risk of repeating mistakes.

The three books I have selected from the 2009 Reading List are meant to teach us some of those lessons.

For a historical view of navigating change, and the pitfalls of ignoring innovation, open up *Fast Tanks and Heavy Bombers: Innovation in the U.S. Army, 1917-1945*, by David E. Johnson.

This story is not one of inevitable historical forces but of human decisions. Johnson argues that the Army's reliance on lightly armored fast tanks and the Air Corp's belief in the invincibility of the bomber left both forces ill prepared and vulnerable in the early days of WWII.

The early tanks were no match for heavy Panzer divisions, and the Eighth Air Force was nearly decimated without

long-range fighter support.

As we prepare to mark the eighth year of our involvement in Operation Enduring Freedom, I offer a fascinating chronicle in

Afghanistan, from a succession of early dynasties through the Soviet invasion, civil war, and the birth of the Taliban and its support of Al Qaeda.

This treatise is an intriguing read for all, and a must for anyone deploying to the region.

Finally, for a deeper understanding of our current fight, I recommend David Galula's *Counterinsurgency Warfare: Theory and Practice*. Inspired by his experiences as a French military officer and attaché, the author realized the "need for a compass" in the suppression of insurgency, and proceeds to "define the laws of counterinsurgency warfare, to deduce from them its principles, and to outline the corresponding strategy and tactics."

Written in 1964, this new printing is the first translated into English, and is foundational to the U.S. Counterinsurgency Field Manual used by our forces today.

While the book is only 100 pages, when you are done reading, you should understand why winning small wars is important to broader strategic objectives.

The entire 2009 reading list can be found at www.af.mil/library/csafreading.

—This commentary was written by Gen. Norton A. Schwartz, U.S. Air Force Chief of Staff.

CSAF's 2009 reading list

Military history	Mission, doctrine, professional	Our nation and world
Title: American Patriot: The Life and Wars of Col. Bud Day Author: Robert Coram	Title: Counterinsurgency Warfare: Theory and Practice Author: David Galulla	Title: Afghanistan: A Short History of its People and Politics Author: Martin Ewans
Title: Fast Tanks and Heavy Bombers: Innovation in the U.S. Army, 1917-1945 Author: David Johnson	Title: Making 21st Century Strategy: An Introduction to the Modern National Security Processes and Problems Author: Dennis Drew & Donald Snow	Title: Beating Goliath: Why Insurgencies Win Author: Jeffrey Record
Title: The Savage Wars of Peace: Small Wars and the Rise of American Power Author: Max Boot	Title: Modern Strategy Author: Colin Gray	Title: Contemporary Nuclear Debates: Missile Defense, Arms Control and Arms Races in the 21st Century Author: Alexander Lennon
Title: One Day Too Long: Top Secret Site 85 and the Bombing of North Vietnam Author: Timothy Castle	Title: Thinking About America's Defense: An Analytical Memoir Author: Glenn Kent	Title: Not a Good Day to Die: The Untold Story of Operation Anaconda Author: Sean Naylor

Afghanistan: A Short History of its People and Politics, by Sir Martin Ewans. Ewans examines the historical evolution of

The book concludes with initial OEF victories, and provides a warning to take the long view towards Afghanistan's future.

Keeping in touch with your Airmen

In today's Air Force, it's vital we keep the best and brightest. As the military is tasked to do more with less, people are required to work longer and harder.

Those who take on the challenge are a unique breed of people. You know the ones I'm talking about; the ones who will do anything required to meet the mission. These are the people leaders turn to in a pinch.

Even in today's economy, those people are leaving. The ones who will succeed anywhere they go.

I interview more than 1,000 people a year. Many people have the same concerns: the phys-

ical training program, deployments, long hours and low manning. As supervisors, we have no control over these issues, but we do have a way to combat them.

One of my first supervisors would spend one night a month with us and we would go out as a load crew. For the price of about four hours, he knew who I associated with, and most importantly, he had the credibility to steer me away from people and places I shouldn't be around.

Too many times, we as supervisors, expect our Airmen to tell us what's going on without any investment from us. How many of you would

forfeit four hours to save the hassle of having a person in trouble? If your response is "not me," maybe it's time for you to reconsider your employment.

At some point in most people's careers, this isn't feasible anymore; however, you can find ways to socialize with Airmen at work. Get out of the office and ride in the trucks during launches. Sit in the break room. Have an office lunch every week, or any other possible gathering place your Airmen go to. If you did this, you may learn a few things.

After-duty hours mandatory fun does not build morale. It's often viewed as an assertion of

authority and can be counterproductive. If you are having social events and no one shows, it's a good indication of what people think about your leadership style.

Consider what time you leave work compared to your Airmen. Leaving work before your Airmen sets a bad example and can degrade morale. If you do need to leave, ensure people know why; it's an important part of your credibility. When you are open with your people, they will be open with you.

Why is morale so important? We get paid to do a job whether we are happy or not, right?

It's been shown in studies that organiza-

tions with a happier workforce have people who take fewer sick days, have fewer accidents, and are better at following the rules. I'm talking about creating a more effective workforce within your squadron.

If you still don't think morale is important, think about all those people you count on every day and consider one thing, you cannot overwork a person with good morale; however, a person with poor morale is always overworked.

— This commentary was written by Staff Sgt. Bill Reif, 366th Fighter Wing Equal Opportunity Office, Mountain Home Air Force Base, Idaho.



How do you feel about the Warner Robins Little League girls softball world championship?



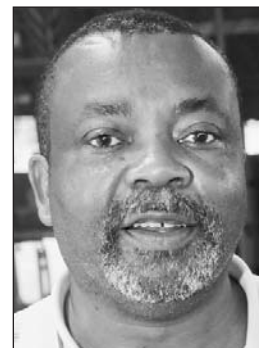
Betty Gaines
78th FSS

"It's great, a boost for everybody's morale. I'm sure it was a 'we did it!' moment for them."



Maj. Zina Crump
78th Medical Group

"Exciting, I am just very proud of them. To be first and for the girls to do it is wonderful."



Victor Hudson
WR-ALC/DP

"I think it's great. We heard the celebration at our house when they got back. I'm very proud of them."



Patty Ray
78th FSS

"It is awesome, spectacular, and well deserved. They worked hard for this."

A little bit of everything

PINCHING PENNIES

Airman's Attic

Location: Bldg. 500-A Chief's Circle

Hours: Monday, 8 a.m. to noon; Wednesday, noon to 4 p.m.

Donations: Accepted any time by drop off at the rear carport
Phone: 926-1256

Thrift Shop

Location: Bldg. 945, Macon Street

Hours: Wed. 10 to 11 a.m., 3 to 6 p.m.; Friday 10 a.m. to 1 p.m.; First Saturday of every month, 10 a.m. to 1 p.m.

Consignments: Taken during regular hours except a half hour before closing.



Margaret Donohoe, Thrift Shop volunteer, puts newly arrived clothes out on the floor for sale.

U.S. Air Force photos by SUE SAPP

Robins Thrift Shop, Airman's Attic put new spin on the art of give and take

BY WAYNE CRENSHAW
wayne.crenshaw.ctr@robins.af.mil

For young Airmen at Robins trying to stretch a dollar, or avoid even spending a dollar at all, they may have no better friends than the base's Thrift Shop and the Airman's Attic.

The Thrift Shop allows Airmen and civilians to sell items under consignment, with 20 percent of the proceeds going to Thrift Shop, and it offers a large variety of goods to be purchased at a fraction of the cost of purchasing those items new.

The Airman's Attic gives uniforms, clothing, household items and other necessities to Airmen and their dependents for no cost at all.

One problem though, is that the two buildings are currently separated, and the Airman's Attic, located in Chief's Circle, is not in a visible location. That will be changing in the near future, however, as both are slated to be moved into Bldg. 937 at the corner of Macon and Ninth Streets. A date for the move has not been set, but Sgt. Terra Grippon, manager of the Airman's Attic, said it should happen within a few weeks.

"This move will make it more convenient for those who use these two great organizations that serve our Airmen so well," said Col. Carl Buhler, commander of the 78th Air Base Wing. "We appreciate the work of the volunteers who provide a valuable service to help Airmen in tough economic times."

Joe Ballard, director of the 78th Civil Engineer Group, said the moves are being done because both

of the current buildings are slated for demolition. The building that houses the Thrift Shop has been condemned, he said.

The Airman's Attic is currently located in an old home on Chief's Circle. At one time earlier this year its hours had been sporadic due to lack of volunteers, but in recent months more volunteers have come in and the published hours of operation have been kept.

Among those volunteers are Air Force retiree John Green, his wife Angel, and their daughter-in-law, Katrina. Mr. Green, who has two sons in the Air Force, said he got involved with the Airman's Attic because he knows there is a need. He just wishes more Airmen knew about it.

"We have a lot of people tell us they had no idea we were here," he said.

The Airman's Attic is always in need of volunteers and donations, he said. It will accept most any type of household items, including clothing, electronics and anything else that Airmen and their families might need. It is intended for the use of Airmen up to E-5.

The Airman's Attic even had a Jeep donated recently, and found an Airman in need of a vehicle. For legal reasons, the Airman paid \$1 for it.

His daughter-in-law, Katrina, volunteers at the Airman's Attic despite being pregnant. Her husband is deployed, and with a child on the way the Airman's Attic has been a godsend for them. She estimated they have saved over \$2,000 by getting items from the Airman's Attic.

"It's taken a lot off my

shoulders with him being gone," she said.

The Thrift Shop is operated by the Officers' Spouses Club. Proceeds go to a variety of charitable causes, but primarily are used for scholarships to high school seniors entering college.

Vanessa Osborne, the bookkeeper for the shop, said last year the club gave away \$15,000 from Thrift Shop proceeds. That figure may go up a lot this year, she said, as tough economic times has more people bringing in consignments to raise extra cash, and more people are buying those items to save.

Ms. Osborne has long had a heart for thrift shops. At each base where her husband has been stationed, it's usually the first place she goes to in search of new friends and something to do.

"It's just a great, happy place to meet people," she said. "We are not afraid to get dirty."

Although people can make outright donations to the Thrift Shop, she said, most of the items they have are consignments. Civilians and military can consign up to 15 items per day, although Ms. Osborne said that rule is relaxed for deploying military.

Items that do not sell within eight weeks can either be donated to the shop, or the seller can take the items back, but must give the shop 20-percent of the asking price before doing so.

Not many people take the latter option, Ms. Osborne said.

"Most people, when they get their stuff in here, they don't want to see it again," she said.



Above, Kecia Hardwick considers a pair of lamps for her use at the Airman's Attic August 19.

Below, Katrina Green, Airman's Attic volunteer, folds one of many uniforms available at the facility.



78th FSS BRIEFS

TODAY

A Gourmet Night will be held today in the Georgia Room at Horizons. The menu, created by Chef Douglas Goodridge, will be served at 6 p.m. and will include eight ounce filet beef stuffed with Stilton cheese and burgundy sauce, Duchess potato, white and green asparagus, lobster Thermidor in vol-au-vent shell and white and dark chocolate mousse. Cost is \$45 per person or \$65 per couple. Limited seating is available for the first 25. For more information call Horizons at 926-2670.

A lodging sale of individual items will be held today in Bldg. 667 from 11 a.m. to 2 p.m. All items are priced as marked and will be cash and carry only. For more information call Pine Oaks Lodging at 926-2100.

SUNDAY

Texas Hold 'Em Sundays in the Heritage Club. Sign-ups start at 1:30 p.m. with games beginning at 2 p.m. Cost is \$10 for members and \$15 for guests and includes salsa and chips. All ranks and grades are welcome. For more information call the Heritage Club at 926-2670.

MONDAY

Family Night Bingo will be held Aug. 31 at the community center in the Heritage Club. Doors open at 5 p.m. and games start at 6 p.m. Cost is \$4 per game pack, limit three packages per person. All children receive a door prize. To learn more call 926-4515.

WEDNESDAY

Every Wednesday is "Wacky Wednesday" with horse races and hard luck games. Both events will begin at 7:15 p.m. Joint Forces Bingo is located in the east wing of the Robins Enlisted Club. The hours are Tuesday, Wednesday, Thursday and Friday with games starting at 7:15 p.m. Games begin at 2:45 p.m. on Sundays. Enjoy bar bingo five nights a week at 6 p.m. Anyone with an active duty, reserve, guard, retired, DOD or family member

identification card is eligible to play. The entry fee is free to all Robins' club members, bona fide guests and active duty or retired widow club members and \$5 for eligible non-club members. For more information call the enlisted club at 926-4515 or 926-1303.

UPCOMING

First Friday will not be held in September due to the AFMC Family Day and Labor Day weekend. First Friday will return Oct. 2. For more information call the Heritage Club or Horizons at 926-2670.

Bring a smile to grandma or grandpa with a customized coffee mug with a photo or special saying or colorful balloon bouquet made at the Arts & Crafts Center for Grandparents Day on Sept. 13. For more information call the Arts & Crafts Center at 926-5282.

Show your patriotism and wear red, white and blue during the Robins 2009 Freedom Walk Sept. 11 starting at 8 a.m. Meet in the parking lot across from the HAWC. This walk is open to all active duty, reserve, ANG, retired military and DOD civilian members and their family members who have access to Robins. Participants can sign up at <http://www.operationhomefront.net> by clicking the Freedom Walk banner on the right side of the page and then selecting the state of Georgia. For more information contact Senior Master Sgt. Gary Hunkins at 926-1256.

Dog obedience classes will be held beginning Sept. 17 for 10 weeks at the youth center. Cost is \$50. For more information please call 953-4488.

A Driven to Cook Recipe Collection is being published for the 4th edition. Have your favorite family recipe published with a short story about it with your name and you will receive a free copy. Collection categories are main street (main dishes), side street (side dishes) and leisure lane

Happy landings



U.S. Air Force file photo by SUE SAPP

Audrey Tracht, 5, comes down one of the slides at the Heritage Club pool. The Heritage pool is open Tuesday – Sunday from noon to 7 p.m. through Sept. 13. It is closed on Mondays with the exception of Labor Day, when it will be open from noon to 7 p.m. The Horizons pool is closed for the season.

(desserts). E-mail your submissions to linda.hinkle@robins.af.mil, sandra.colby@robins.af.mil or sherry.trauth@robins.af.mil by Sept. 20. This opportunity is open to all grades and ranks and family members. For more information call Sandi Colby at 926-9080.

Let's Celebrate end of Summer Bash will be held at Robins Park Sept. 26 from 4 to 8 p.m. This event will include rides, attractions, face painting, games and prize drawings. Armbands cost \$5 and gives unlimited access to all attractions. Rides will include a carousel, turbo swing, roaring river water slide, wave of fire slide, rock & joust, lane bungee, rock wall, trackless train, space shuttle obstacle, jungle combo, wacky world, jungle playlite, little tykes city and chip shot challenge. Entertainment will be the Air Force Reserve Generations band and Sugar Creek. An Arts & Crafts fair will be held by the Arts & Crafts Center. Prizes will include an

HD TV, laptop, inflatable pool, fishing gear, Blue Ray DVD player, Wii and balance board and more. Festive food will be on sale by base private organizations.

Beverages will be sold by the 78th Force Support Squadron. Sponsored in part by Robins Federal Credit Union, Verizon Wireless, The Home Depot and USAA. No federal endorsement of sponsors intended. For more information call the community center at 926-2105.

An Operation Kudos (Kids Understanding Deployment Operations) will be held Sept. 26 from 10 a.m. to 3 p.m. Buses will meet promptly at 10 a.m. at the Heritage Club parking lot. This event is open to children ages six – 18 years old (must be accompanied by an adult). Register by Sept. 14 as this event is limited to the first 100 sign-ups. For more information contact Senior Master Sgt. Gary Hunkins at 327-7506 or Tech. Sgt.

Michelle Main at 327-7691.

ONGOING

There is no waiting! Spaces for children ages newborn - 5 years old are now available in the Child Development Center East and West. Call CDC-East at 926-5805 or CDC-West at 926-3080 for immediate placement.

Fitness center renovations:

►The fitness center outdoor track will be closed through Sept. 28 for resurfacing.

►The women's locker room in the main Fitness Center, Bldg. 826 will undergo a complete renovation through Nov. 19. Female patrons may use the Chiefs locker room, located in the Health and Wellness Center, Bldg. 827 during the renovation. Renovations will include 12 by 12 inch floor and wall tile, replace toilet and shower stalls, counter tops, and 18 by 18 inch lockers. For more information, call the fitness center at 926-2128.

78th FSS Labor Day hours

OPEN

- Arts & Crafts Center, open Sept. 4
- Equipment Rental Center, open Sept. 4 and 5 from 8 a.m. to 2 p.m.
- Fitness Center, open Sept. 4 and 7 from 8 a.m. to 2 p.m.
- Flight Line Dining Facility, open Sept. 4
- Flight Line Kitchen, Sept. 4 and 7
- Heritage Club Pool, open Sept. 4 - 7 from noon to 7 p.m.
- Indoor Pool, open Sept. 4 and 7 from 8 a.m. to 2 p.m.
- Lodging, open 24 hours
- Pine Oaks Golf Course, open Sept. 4 and 7
- Pizza Depot, open Sept. 7 from noon to 4 p.m.
- Wynn Dining Facility, open Sept. 4 to 7

CLOSED

- Aero Club, closed Sept. 4 and 7
- Airman & Family Readiness Center, closed Sept. 4 and 7
- Airman Leadership School, closed Sept. 4 and 7

- Arts & Crafts Center, closed Sept. 7
- Auto Skills Center, closed Sept. 7
- Base Library, closed Sept. 7
- Base Restaurant, closed Sept. 7
- All snack bars, close at 1 p.m. Sept. 4
- Snack Bars 376 & 645, closed Sept. 4
- Bldg. 140 & 210
- Deli's, closed Sept. 4
- All night shifts (Bldg. 640, 91 & 125), closed Sept. 4
- Mobile trucks Route 2 and 5, closed Sept. 4
- All snack bars and deli's and mobile trucks, closed Sept. 7
- Bowling Center, closed Sept. 7
- CDC East and West, closed Sept. 7
- Community Center, closed Sept. 4 - 7
- Military Education & Training Office, closed Sept. 7
- Equipment Rental Center/Outdoor Recreation, closed Sept. 7
- Fairways Grille, closed Sept. 4 - 7
- Family Child Care, closed Sept. 4 and 7
- Fitness Center Annex,

- closed Sept. 4 and 7
- Flight Line Dining Facility, closed Sept. 7
- Food Service Office, closed Sept. 4 and 7
- Heritage Club, closed Sept. 7
- Honor Guard/Mortuary Affairs/Readiness, closed Sept. 4 and 7
- Horizons, closed Sept. 3 at 1 p.m. – Sept. 7
- Horizons Pool
- Human Resources Office, closed Sept. 4 - 7
- Information, Tickets and Travel, closed Sept. 4 - 7
- Marketing, closed Sept. 4 - 7
- Military Personnel Flight, closed Sept. 4 and 7
- Professional Development Center, closed Sept. 4 - 7
- Resource Management Office, closed Sept. 7
- Skeet Range
- Teen Center, closed Sept. 7
- US Veterinarian Services, closed Sept. 4 - 7
- Wood Hobby shop, closed Sept. 7
- Youth Center, closed Sept. 7

DONATE YOUR LEAVE

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. The following person has been approved as a leave recipient: **Edgar Turner, HQ AFRC.** POC is David Holly 327-1262.

To have an approved leave recipient printed in the Robins Rev-Up, send information to Lanorris Askew at: lanorris.askew@robins.af.mil.

78th FSS DIRECTORY

- Services 926-5491
- Community Center 926-2105
- Outdoor Rec 926-4001
- Arts & Crafts 926-5282
- Horizons 926-2670
- Heritage Club 926-7625
- Library 327-8761
- HAWC 327-8480
- Fitness Center 926-2128
- Fitness Center Annex 926-2128
- Youth Center 926-2110
- ITT 926-2945
- Bowling Center 926-2112
- Pine Oaks G.C. 926-4103
- Pizza Depot 926-0188

Additional information on Services events and activities can be found in **The Edge** and at www.robinservices.com

CHAPEL SERVICES

Catholic

Catholic masses are at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., on Holy Days of Obligation at noon and 5 p.m. vigil the day before, and Monday through Friday at noon. The Sacrament of Reconciliation is Saturday from 4:30 to 5:15 p.m.

Islamic

Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex rooms 1 and 2.

Jewish

Jewish service is Fridays at 6:15 p.m. at the Macon synagogue.

Orthodox Christian

St. Innocent Orthodox Church service is at the chapel on the second Tuesday of each month at 5 p.m.

Protestant

The traditional service meets Sunday in the Chapel at 11 a.m. Contemporary service meets at 6 p.m. in the Chapel sanctuary. The gospel service meets at 8 a.m. at the Chapel. Religious education meets in Bldg. 905 at 9:30 a.m.

NOW PLAYING



**AUGUST 28
7:30 P.M.
G-FORCE
RATED PG**

A group of guinea pigs trained by the government to work in espionage, armed with the latest high-tech spy equipment, soon discover that the fate of the world is in their paws.

Along the way, the G-Force encounters myriad other members of the animal kingdom, including pet shop layout Hurley and the rabidly territorial hamster Bucky.



**AUGUST 29
3 P.M.
G-FORCE
RATED PG**

A group of guinea pigs trained by the government to work in espionage, armed with the latest high-tech spy equipment, soon discover that the fate of the world is in their paws.

Along the way, the G-Force encounters myriad other members of the animal kingdom, including pet shop layout Hurley and the rabidly territorial hamster Bucky.



**AUGUST 29
7:30 P.M.
THE COLLECTOR
RATED R**

Handyman and ex-con Arkin, aims to repay a debt to his ex-wife by robbing his new employer's country home. Unfortunately for Arkin, a far worse enemy has already laid claim to the property - and the family.

Tickets: \$4 adult; \$2 children (11 years old and younger. For more information, call the base theater at 926-2919

THINK BEFORE YOU DRINK!

Have a plan in place to make it home.
If that plan falls through,
call Airmen Against Drunk Driving.
222-0013.

Bridging the gap

Robins engineer introducing old game to new generation

BY KENDAHL JOHNSON

kendahl.johnson@robins.af.mil

Many card players are under the impression that bridge is for old ladies, and one Robins employee is working hard to change that image.

Andre Asbury, a 24-year-old master bridge player, thinks the stigma of bridge being a game just for old timers is perpetuated by people who don't really know much about the game or haven't really given it a chance.

"People who say that it's just for old people don't know what a complicated and intense game it can be," Mr. Asbury said. "It's a very competitive and challenging game."

Mr. Asbury, an electrical engineer in the 579th Software Maintenance Squadron, started playing bridge when he was 14. He and a friend were looking for something to do, so he made his father, an experienced player, teach him. He discovered he had a natural talent for the game.

"My father had been playing for 20 or 30 years and six months after he taught me, I was teaching him stuff," Mr. Asbury said.

In 2008, he won a national championship in the under-26 category and was on one of six partnerships to represent the United States in an international tournament in Poland. Since then, he's been diligently working to grow interest in the game, particularly among youth.

While living in Atlanta, he started running bridge camps for middle school

students, a program he'd like to start in Warner Robins.

In the spring, he offered a free eight-week bridge course at the Robins Community Center. This fall, he will be teaching a free, start-from-scratch beginning bridge class Mondays from 6:30 to 8:30 p.m. at the local bridge club, the Robins Duplicate Bridge Club at 151 Maple St.

Ruth Suggs, manager of the RDDBC, said she is grateful to have someone with Mr. Asbury's enthusiasm for the game actively promoting it among the local population.

"He really is an asset to our club," she said. "He's a great teacher with a strong desire to see interest in bridge grow."

She said while bridge is a game for all ages, the reason it's becoming more popular among children is that they are "begging for something to occupy their minds."

Mr. Asbury said bridge has declined in popularity because of all the other forms of entertainment readily available, like video games, movies, television, and other popular card games like poker.

"Those are things you can pick up and enjoy almost immediately, whereas with bridge, it takes several hours, days, even weeks and months to be able to play well," he said. "Bridge is a whole lot harder to learn than card games most people are familiar with, like poker or spades or pinochle."

In addition to challenging the mind, it's a great social activity.



U.S. Air Force photo by SUE SAPP

Andre Asbury, an electrical engineer in the 579th Software Maintenance Squadron, is a master bridge player. Mr. Asbury is an accredited teacher and a certified director by the American Contract Bridge League, which is the main organization that oversees all of the tournaments and bridge clubs in North America.

Mr. Asbury said he loves to travel and meet new people, a luxury he might not be able to justify if it wasn't tied to his hobby.

"Playing tournament bridge gives me an excuse to travel," he said. "Sometimes I feel like traveling just for the sake of traveling is unjustified, but to go to Las Vegas or Washington or Chicago for a national bridge tournament, or even to Augusta or Jekyll Island for a small tournament,

makes it seem worthwhile."

He said people with young families may not have the time to devote to bridge that the elderly have, but that shouldn't be a deterrent, as bridge can be an enjoyable and stimulating family activity.

It can also be a way to introduce mathematical concepts to juniors, such as probability, percentages, data analysis, reasoning, assessing value and problem solving.

Air Force unveils new fitness program

BY DANIEL ELKINS

Air Force Personnel Center Public Affairs

Approval of the new Air Force fitness instruction in the coming weeks brings about some of the most significant changes to the Air Force fitness program in the last five years and shifts a greater responsibility of maintaining physical fitness 365 days a year to all Airmen. Those changes take effect Jan. 1, 2010.

In June, Air Force Chief of Staff Gen. Norton Schwartz announced changes to the service's fitness program following an audit that identified inconsistencies in fitness testing that failed to create a culture of fitness required to meet the warfighting demands on today's Airmen.

"I take fitness seriously, and so should you," Chief Master Sgt. of the Air Force James Roy said. "The new Air Force fitness test is coming soon and will incorporate significant changes aimed at creating a continuous culture of fitness."

Chief Master Sgt. Mark Long, the Air Force's enlisted promotions, evaluations and physical fitness chief, also underscored the impor-

tance of fitness in maintaining that combat capability while at the same time advising that Airmen shouldn't wait until the new year to begin preparing for the changes.

"The culture of fitness that began with earlier endeavors intended to prepare Airmen to be 'fit to fight' established a sound foundation to build upon," said Chief Long. "We've come a long way in the last five years, only now it's time to incorporate changes that will bring about not only increased fitness but greater clarity and understanding for both commanders and Airmen."

Some of the significant changes outlined in the new Air Force Instruction 10-248, Fitness Program, include the testing frequency, establishment of fitness assessment cells to proctor tests, and increased emphasis on the aerobic component in scoring. The instruction is expected to be signed and approved by the Air Force chief of staff soon.

Until then, Airmen can learn more about changes on the horizon and view the approved fitness charts and other fitness related information at www.afpc.randolph.af.mil.

TUSKEGEE AIRMEN GOLF TOURNAMENT

The Annual Maj. Gen. Joseph A. McNeil Chapter, Tuskegee Airmen, Inc., Golf Tournament will be held Sept. 12 beginning at 9 a.m. at Pine Oaks Golf Course. Cost is \$45 per person which includes a light breakfast.

Names and handicaps must be submitted by Sept. 4. Prizes will be given to the top three teams, longest drive and closest to the pin. For more information call Jeanette McElhaney at 397-3000.

101



CRITICAL DAYS OF SUMMER

Sports and recreation safety

In 2008 there was one on-duty and six off-duty sports-related fatalities in the entire Air Force. During the same period, Air Force Materiel Command experienced 60 Class C (lost workday or greater) sports and recreation mishaps.

Sports and recreation activities all carry some level of inherent risk.

The key is getting the inherent risk down to a reasonable and acceptable level.

Assess the situation, consider the options and take proper action. Never hesitate to say ‘knock-it-off’ if someone’s safety is at risk.

Many sports require some sort of protective gear or personal protective equipment. Mouth guards, helmets, knee or elbow pads, gloves, and proper footwear should be the norm, not the exception.

A pickup game of football is a great stress reliever, but risky if you are wearing flip flops.

Warming up and stretching can reduce sports-related injuries.

Best results are achieved when stretches are per-

formed both prior to and after an activity.

A former hero of the gridiron or queen of the softball diamond can suffer injuries just as quickly as anyone else.

Regardless how vivid the memory and mental image, you are probably not in the same shape you once were. If, after a break in the action, you plan to include sports and recreation as part of your normal activities, you may want to consider some sort of physical conditioning program.

The Health and Wellness Center hosts a myriad of activities and classes designed to get you in tip-top condition at the pace best suited for you.

Be aware of your own physical capabilities and limitations, and stop before becoming too fatigued. Remember to stay hydrated; water is part of the essential fuel your body needs to remain functional and fit. If you choose to exercise outside, take weather conditions into account.

Dress appropriately and try to avoid exercising outdoors during the hottest

portion of the day.

As with any other activity, maintain situational awareness. Keep an eye on those around you while monitoring yourself for signs of trouble (muscle cramps, difficulty breathing, lack of perspiration and the like).

Should you be one of the thrill seekers who choose to engage in extreme sports, it may be wise to obtain a physical to ensure you are in excellent physical condition.

As with any other activity, always wear appropriate personal protective equipment.

If you are leaving the area to participate in an event, leave your whereabouts, length of trip, and contact information with a family member or friend. Perform a risk assessment of the particular sport and consider all possible outcomes. Train and go with the experts, and be sure to read all release from liability statements carefully before signing.

The life you save may be your own.

— *Courtesy of 78th Air Base Wing Safety Office.*

Civilian fitness, wellness activities

Air Force Materiel Command and the American Federation of Government Employees Council 214 signed a new memorandum of agreement on Civilian Physical Fitness and Wellness activities in April.

Civilian fitness and wellness initiatives are an effort to improve people’s lives, prevent and reduce the costs of disease, and promote community health and wellness.

Through AFMC civilian fitness and wellness initiatives, Air Force full-time and part-time appropriated fund employees, including co-op students, are allowed to voluntarily participate in fitness and wellness programs.

Full-time employees can be excused for up to three hours per week. Part-time employee participation should be prorated to correspond with the number of hours worked per pay period, applying the formula outlined in the MOA. Non-Appropriated Fund employees and contractors are not covered in the program.

Fitness activities suitable for excused absence should address cardiovascular/aerobic endurance, muscular strength, flexibility, and body composition.

Wellness program activities include civilian health promotion services. These services

include, but are not limited to, an annual physical health assessment, health education classes for nutrition exercise, stress and weight management, and tobacco cessation. Sports games such as bowling and softball, not specifically targeting improved fitness levels and/or body conditioning, are not suitable activities.

Prior to initial participation in fitness activities, employees are required to submit a request form to the first-level supervisor along with the physician’s certificate from their primary care provider.

This form is not needed for participation in wellness activities.

The new MOA spells out several changes and enhancements to the program:

For time and attendance purposes, employees who take excused absence for suitable fitness and/or wellness activities should record “LX” on their timesheets.

Timekeepers are to code the excused absence in Defense Civilian Payroll System as “LX,” along with the remark “Physical Fitness/Wellness.”

“LX” allows management to account for the amount of time used for fitness/wellness activities.

Employees may use services provided by the HAWC, the Employee

Assistance Program and the Family Support Center during wellness/fitness times as long as these services relate directly to wellness or fitness activities as defined in the MOA.

Upon request, a supervisor may allow employees to participate as a group.

A supervisor may also establish specific times for employees to participate as a group or individually.

Employees are not required to report to the duty site before fitness/wellness activities, nor are employees required to return to the duty site after fitness/wellness activities.

An exception would be if mission requirements are such that employees need to be at the duty site at the start or end of the shift for turnover reporting or for job assignments.

The new MOA on Civilian Physical Fitness and Wellness Activities, Request for Program Enrollment Form, and Frequently Asked Questions are located at <https://workspace.robins.af.mil/DP/default.aspx>.

For more information on the Civilian Fitness/Wellness Program call 222-0601; for physical fitness activities call 926-2840; or for available wellness services call 327-8480.

— *Courtesy Regina Gilchrist, Directorate of Personnel.*