

This week...

Air Force leaders discuss PMV safety, page 5A



Next week...

Convoy training with the 5th MOB

ROBINS REV-UP

October 30, 2009 Vol. 54 No.43



The U-2 is a single-seat, single-engine, high-altitude, reconnaissance aircraft. It is an extremely reliable reconnaissance aircraft, and enjoys a high mission completion rate.

courtesy photo

576th ACSS enables U-2 to reach 25,000 flight hours

BY 2ND LT. KIDRON B. VESTAL
380th Air Expeditionary Wing Public Affairs

A U-2 recently reached 25,000 hours of flight. Of the 33 active aircraft in the fleet, only two have reached this milestone.

Although the first U-2 flight occurred in 1955, the majority of the current U-2 fleet was produced after 1980, with each aircraft encompassing an average of 11,000 flight hours. Since its inception, the U-2 has been continually upgraded, delivering criti-

cal intelligence, surveillance, and reconnaissance support for our country's national security.

U-2 aircraft No. 068-0337 was accepted by Air Force officials in 1968, and exceeded the 25,000th hour of flight Oct. 18, during a mission in Southwest Asia.

"The Dragon Lady continues to dance, now for 54 years, but it isn't the age, it's the mileage that counts...and what a run this aircraft has had in the defense of the nation," said Col Cheryl Allen, 560th Aircraft Sustainment

Group commander.

While in Southwest Asia the plane, with a wingspan of 105 feet, is maintained by military members and civilian contractors of the 380th Air Expeditionary Wing.

The first U-2 aircraft, No. 068-0329, clocked a quarter of 100,000 hours earlier this year.

Superintendents help oversee the maintenance operations of crew chiefs and assistant crew chiefs.

► see U-2, 2A

Center Initiatives

Energy savings through metering

BY ED DROHAN
78th Air Base Wing Public Affairs

When most people see their home electric bills start to rise, they start looking a little closer at things like turning off lights when they're not needed to help keep those costs down.

A new initiative at Robins is looking for the same results, but on a grander scale. When you have an electric bill in excess of \$20 million each year, savings can be very grand indeed.

The 78th Civil Engineer Squadron has been installing electric meters in select buildings around the base – meters that, when fully operational, will allow facility managers and unit leaders to track their organization's energy consumption on a real-time basis.

By tracking energy usage trends, informed decisions can be made that will reduce both usage and costs, said Kevin Smagh, Warner Robins Air Logistics Center Financial



Management director. Mr. Smagh and 78th Air Base Wing Vice Commander Debra Bean co-chair the team that's making this project a reality.

"Metering and monitoring consumption data, then providing feedback, with a goal of reduction in consumption where it can be achieved, will provide people the information necessary to make tradeoff choices," Mr. Smagh said. "We trust in the judgment of our folks at Robins to act on the

► see METERING, 2A

Year of the Air Force Family



Robins focuses on families and their needs; no matter how they are defined

BY 78TH AIR BASE WING
PUBLIC AFFAIRS

Robins will join Air Force bases around the world Sunday and kick off Air Force Family Week.

Designated by the Secretary of the Air Force as part of the Year of the Air Force Family, the week will highlight the sacrifices made by Air Force families and the many family programs offered.

"The Air Force has a real desire to ensure we are taking care of the needs of all family members, whatever those needs may be," said Matt Driver, Airman & Family Services Flight chief.

The Air Force dedicated July 2009 through July 2010 as the Year of the Air Force Family. The aim is helping members of the Air Force family to reach their goals, both personal and professional, while maintaining a wartime ops tempo.

"Developing and caring for



U.S. Air Force file photo by STAFF SGT. HOLMES

A member of the 116th Air Control Wing receives a hug from his family upon returning home from a deployment to Southwest Asia.

Airmen and their families remains one of our top priorities," said Driver, who is the Robins project officer for the Robins Year of Air Force Family campaign.

Driver said the Air Force has a long and enviable history of meeting the needs of the Air Force family through comprehensive quality

of service initiatives. The aim now is to broaden the scope of quality of life beyond the traditional programs and reach toward a more encompassing approach through quality of service.

"The Air Force is a great place

► see FAMILY, 2A

Voluntary Protection Program teaming

Functional test crews work together to become silver safe site

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

Safety is a top priority in every unit at Robins, but in the functional test flight area, safety is the essence of the job.

After planes undergo thousands of man hours being dismantled, repaired and reassembled, the job of functional test crews is to make sure the aircraft can takeoff and return safely.

Although they belong to three separate squadrons, the functional test crews for the C-17, C-5 and C-130 decided to work together to tackle the Commander's Safe Site challenge. Their efforts were recognized recently when they were collective-



ly awarded Silver Star Site status in the challenge.

They are now working toward trying to win Gold, which would mean they would meet the

requirement as a Star Site. Star Site is the highest safety recognition given by the

Occupational Health and Safety Administration to participants in the Voluntary Protection Program.

"The biggest thing is that although we have different aircraft, we all have the same issues," said Chris Edwards, who represents the C-130 Functional Test flight on the VPP team.

► see VPP, 2A

THINK SAFETY



Days without a DUI: 8
Last DUI: 78th SFS
— courtesy 78th Security Forces

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



TWO-MINUTEREV

Return to standard time

The return to Standard Time from Daylight Savings Time will occur on Sunday at 2 a.m. Clocks will be set back one hour.

Employees on a shift when time "falls back" to standard time will be credited with the actual number of hours worked. Any time worked in excess of eight hours will be paid at the appropriate overtime rate or compensatory time earned.

For more information contact human resource specialist at 222-0601.



SPECIAL OPS



Gunship

C-130 gunship lab perfect software in virtual environment, 1B

BUILDING



Working together

Cleanup strengthens relations between U.S., Iraqi Airmen, 4A

SPORTS



Robins runner

Robins officer to fulfill promise in New York City Marathon, 3B

U-2

Continued from 1A

“Every day, they come to work knowing they are responsible for the most critical high-altitude intelligence asset in the world, and they are dedicated to ensuring every mission is delivered on time and ready for the fight,” said Capt. Vaughan Whited, the 380th Expeditionary Aircraft Maintenance Squadron officer in charge.

This particular aircraft has been through much in its 41 years, including landing belly up three times that required major overhauls each time.

“The technicians and contractors continue to synergize their best maintenance practices in order to ensure she keeps flying strong,” Captain Whited said.

The plane’s design is accommodating for the ISR mission, but not necessarily for ease of maintenance. This makes No. 0337’s achievement even more remarkable.

Tech. Sgt. Dave Wright, a 380th Expeditionary Aircraft Maintenance Squadron expeditor, said the airframe is more labor-intensive than others, given its age and the changes in technology over time. When designed, some things were not con-

sidered.

“Most aircraft have access panels and a hydraulic system that is easily accessible. The U-2 does not,” Sergeant Wright said. While this might appear as a blunder, there may be a good explanation.

“The U-2 is unique in that to maximize combat capability. “There’s no redundancy in the primary systems on the aircraft ... as to minimize weight and maximize loiter time over the area of operations,” said Col. Ricky Murphy, 380th Expeditionary Maintenance Group commander.

There are various platforms of ISR systems, with cameras that capture the broadest, most in-depth imagery of anything out there, Captain Whited said.

Because of their maintenance, the systems are, “consistently reliable every time,” Colonel Murphy said.

The consistency was, echoed by Chief Master Sgts. William Renner and David McGuigan of the 380th Expeditionary Maintenance Squadron and 380th Expeditionary Maintenance Group, respectively.

“Looking at it long-term shows you how you have consistent maintenance practices over time,” said both gentlemen

near-simultaneously. “Four decades of ‘getting it right’ led us to Oct. 18, 2009.”

Success did not come by accident. Every attention to detail is considered, even for the operator.

Given the aerial elements that the pilot will face at 70,000 feet, Lt. Col. Robert Wehner, of the 380th Expeditionary Reconnaissance Squadron, received pure oxygen for one whole hour prior to flight. Thus, his pre-flight inspection was executed by another pilot, as is the practice for every U-2 mission.

“There is a huge amount of trust there for a pilot, between the maintainers and other pilots,” Captain Whited said.

Even with the layered workload, he continued, “many have said the U-2 is the most demanding and rewarding aircraft anyone could fly.”

“If that airplane feels as good as I do, I guess that’s a good thing for both being 41 years old,” Colonel Wehner said.

The proud men and women of the WR-ALC have a legacy of providing this type of support to the AF’s premier front-line ISR platform, and remain poised to continue this support to the U-2 “Dragon Lady,” according to Allen.

METERING

Continued from 1A

useful data metering provides.”

An example, Mr. Smagh said, would be a unit adjusting its schedule to do work that is consumes large amounts of electricity to the mornings or evenings in the summer, when energy costs spike in the afternoon. Savings realized will help in several ways.

“First, we are expecting leaner budgets in future years, so this is a step in the direction of helping to live within our means,” Mr. Smagh said. “Second, savings that can be invested in additional energy savings equipment has the potential to perpetuate our success.”

The meters being installed are on the leading edge of technology, said Paul Kelley, 78th CES director.

“These are Automated Meter Reading Systems, and once they’re fully stood up, they can be read from any computer on the .mil system,” Mr. Kelley explained. “The customer will be able to go into the system and get their con-

sumption any time they want.”

Of the 500-plus meters the squadron has on-hand, 321 have so far been installed in buildings around the base.

The meters are connected to phone lines that transmit data to software that will not only allow consumers to look at their individual readings, but will also calculate the cost the unit would have paid for the energy and produce monthly “bills.” In some cases – such as where land lines are not available – the civil engineers are using cell phones to transmit the data.

The bills are primarily for informational purposes since the base pays one bill for everyone each month, Mr. Smagh said. That is one thing that will not change with the new system.

Mr. Kelley said the squadron has been working since 2005 to install the meters, and units have been getting bills for some time, but many of those were estimated because it wasn’t feasible to get out and read every meter every month and manually calculate the cost information.

Once the new system is completely up and running, the software will do all the work, making accurate billing a reality.

The last part of the project that has to be worked out, Mr. Kelley said, is the security of the system people will access to gather their data.

Air Force Material Command headquarters is working with the squadron to iron out those issues, although the squadron hopes to be able to get the system online by next month. Once security issues are solved, users will be able to access their real-time energy consumption information through the Geobase system.

While metering is becoming a reality throughout the federal government because of several pieces of legislation mandating it, Mr. Smagh said this is an exciting time for Team Robins.

“Metering provides us the opportunity to make improvements toward reduced energy consumption,” Mr. Smagh said. “I’m excited to see the results our folks across the center will generate in terms of savings.”

FAMILY

Continued from 1A

to work, live and play,” he said. “Our focus is to make it even better. We are examining the programs we offer and looking for ways to improve them.”

Driver said you don’t need to be married and have children to be considered family; the Year of the Family campaign targets everyone – single and married Airmen, Guard and Reserve Airmen, civilians, spouses, children, extended family members, retirees and community partners.

The campaign is built around four pillars of excellence:

Health and Wellness: Physical health, psychological health, spiritual wellness, financial health, safety, recreation/leisure, and social networking/wellness.

Airman & Family Support: Single Airmen programs, deployment support, special needs, child care and youth programs.

Education, Development & Employment: Support and advocacy for children

Year of the Air Force Family

Schedule of events

Sunday

—Family Bowlorama from 1 to 7 p.m.
— Family Golf Outing at Pine Oaks Golf Course at 1 p.m.

Wednesday

— Employment Fair 10 a.m. to 2 p.m. in Bldg 905. Local employers will be on site to advertise openings and conduct on the spot interviews. DP personnel will provide briefing on the new military spouse hiring program. A&FRC will conduct classes on interview skills and dressing for success on site

Thursday

—Year of the Air Family Photography Competition Final/Display conducted in lobby of Bldg. 905 from 2 to 3 p.m.
— Year of the Air Force Family Tops In Blue

Performance 7 p.m. Warner Robins Civic Center.

Friday

—Thunder Alley Family Bowling Night from 9 to 11 p.m. at Robins Lanes.

— Give Parents a Break Program at CDC call 6:30 to 10 p.m. 926-5805

— Kids Night Out at the Youth Center from 6:30 to 10 p.m. open to ages 5 -12.

Saturday

—Year of the Family Camp Out (Saturday 4 p.m. to Sunday 10 a.m.) Free entry to all, just bring your tent to the Youth Center/Heritage Park

Event includes: Burger Burn, Music, Family Games, Bon-Fire, Breakfast and loads of great under the stars family fun.

VPP

Continued from 1A

Tony Day, a functional test mechanic in the C-17 area, also works on the team. He said the joint effort is beneficial because it allows the three areas to tap into the vast experience of those in the many other areas.

“With more people involved and more people thinking, the more things people learn and come up with,” he said. “You’ve got multiple people with multiple ideas, and a plethora of resources.”

Dean Soderberg, deputy director of the 560th Aircraft Maintenance Squadron, which includes the C-130 functional test flight, said management is committed to the VPP safety process.

“This environment is one of the most dangerous environments in aircraft maintenance,” he said. “Mistakes out here can kill or seriously injure an employee. All personnel out here have to

be mindful of the hazards of each of the different weapons systems.”

Scott Ball, a C-5 functional test mechanic, represents his area on the team. He said the group will continue to work together, even if it gets gold, to improve safety in the three flights.

The flights do most of their work outdoors, on the flightline, but they share a single building.

“It works great with us teaming together and bringing our building together as one,” he said.



U.S. Air Force photo by SUE SAPP

Representatives from the 559th (C-5), 560th (C-130) and the 562nd (C-17) display the VPP Combined Functional Test banner denoting their status as a silver safe site. Pictured L-R are Keith Capra, Dean Huber, Wesley Kersey, Tony Day, Scott Ball and Craig Coates.

IN BRIEF

PARKING LOT CLOSURE

Half of the parking lot on Perry Street next to Bldg. 222 is now closed.

The closure, which will last for eight months, resulted in the loss of 68 parking spaces.

The closure will provide an area to store materials and equipment during a construction project to upgrade the storm water drainage system along First Street. For more information call Russell Thornbury at 327-8908.

TOASTMASTERS

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For additional information checkout our website – <http://aerospace.freetoasthost.us/>

PLEASE RECYCLE

Celebrating 55 years Tops in Blue set to take center stage here Thursday

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

When she joined Tops in Blue in March, Senior Airman Jennifer Frost had never been outside the country.



Senior Airman Jennifer Frost

But in the past few months she has managed to fit in a lifetime of world travel as a performer in the Air Force's traveling variety show.

"It's the best thing I've ever done in my entire life," she said.

A member of the 78th Force Support Squadron, Frost is one of three people from Robins in Tops in Blue, which will perform in Warner Robins on Nov. 5.

The other two are Airman 1st Class Thomas Henderson and Senior Airman Scott Robinson, both of the 78th Communications Directorate. Robinson is stage director, a position that Henderson held last year. Henderson was called back into Tops in Blue duty about a month ago due to the illness of another crew member.

Tops in Blue is a variety show put on by 27 per-

formers, seven technicians and two stage directors. All are active-duty Air Force personnel. The cast includes singers, dancers, musicians and a comedian.

Robinson and Frost took time to talk about their experiences in a telephone interview on Tuesday from Hurlburt Field, Fla., where they performed a show that evening.

They follow a busy schedule that includes four to five shows per week. In addition to traveling throughout the country, they have been to Germany, Spain, Belgium and Italy. They also did a show in Iraq this summer.

"It has been an amazing journey to say the least," Robinson said. "We stay very busy."

When the current tour ends in March, Robinson will return to his job at Robins. Frost will go to a new duty assignment at Minot Air Force Base, North Dakota.

Both said their Tops in Blue experience will help them be better Airmen.

"I've learned manage-

ment skills and have gotten a better overall perspective on people in general," Robinson said.

Frost said when she first spoke to an Air Force recruiter, she asked if there were any performing opportunities in the Air Force. He told her about Tops in Blue and, after enlisting in 2006, she immediately began trying to get selected for the show.

She was finally picked early last year, and learned of it along with hundreds of others when it was announced at the Tops in Blue show here.

"I think I've learned to communicate better and be a better leader," she said. "I love the fact that I get challenged every day."

The Warner Robins show will be performed at the Homer J. Walker Civic Center next to City Hall on Watson Boulevard.

The show starts at 7 p.m. and admission is free. Doors will open at 6:15 p.m. and those attend are asked to be seated by 6:45 p.m..



Senior Airman Scott Robinson



Airman 1st Class Thomas Henderson

► IN BRIEF

PARKING LOT CLOSURE

A water tank demolition and replacement project will cause the closure of a portion of the parking lot located next to Bldg. 222 beginning Tuesday.

The closure will allow the temporary placement of water storage tanks during the four-month project.

For more information call Bob Cummings at 327-8938.

LANE CLOSURES

The eastbound lanes on First Street between Perry Street and Milledgeville Street are now closed. The closure will last approximately four months to allow major upgrades to the storm water drainage system and repaving of the road.

During the closure, the two westbound lanes of First Street will be divided to accommodate two-way traffic. Motorists will still be able to cross the eastbound lanes at the intersections of First Street and Byron Street and First Street and Cochran Street.

For more information call Russell Thornbury at 327-8908.

HEALTH BENEFIT SEMINAR

In conjunction with the Health Benefits Open Season, the Retirement Section of Civilian Personnel will host a health information seminar in the Base Restaurant, Bldg 166, Tuesday and Wednesday, from 10 a.m. to 2 p.m. each day. Representatives from various federal health plans will be available with 2010

updates on coverage and information on their plans.

Workload permitting, supervisors may excuse employees without charge to leave to allow attendance and return to work in no more than one hour. Additional time will be charged to annual leave. For more information call Employee Relations at 926-0677 or 926-5802.

HOUSING MANAGEMENT AND ROBINS II LEASING OFFICE MOVE

The Housing Management Office and the Robins II Leasing Office is relocating Thursday to 500 Warner Robins Street.

Customers of Robins and the Huntington Village Community are invited to come and see the new facility today from 8 a.m. to 4 p.m.

RECYCLE THIS PAPER

Shrine, cemetery cleanup strengthens relations between U.S., Iraqi Airmen

BY STAFF SGT.
DANIEL MARTINEZ
506th Air Expeditionary Group
Public Affairs

American and Iraqi Airmen, including a member of the 116th Air Control Wing, worked together to clean up the Sultan Saqi shrine and cemetery in Iraq Sept. 18 as the month of Ramadan neared an end.

Sixteen Airmen from the 506th Expeditionary Security Forces Squadron filled garbage bags with trash and weeds that littered the cemetery grounds while Iraqi airmen washed the shrine with scrub brushes and a fire hose.

Chaplain (Lt. Col.) Francis Lowe, 506th Air Expeditionary Group chaplain, deployed from Keesler Air Force Base, Miss., coordinated the joint venture to beautify the Islamic holy site.

“There’s an old saying: ‘It’s one thing to be nice to somebody, but if you’re nice to their children or their relatives, you honor them even more,’” Lowe said. “It means a lot to the Iraqis that we were out there in the hot sun cleaning up and doing this for their dead. It doesn’t just honor their relatives, it honors their religion and their culture.”

Lowe said this sort of gesture has a ripple effect that aids in nation building.

“It does a lot to build relations and tear down the illusion that we’re bad guys,” he said. “This is something they can take back to people



U.S. Air Force photo by STAFF SGT. DANIEL MARTINEZ

Tech. Sgt. John Wulff, 506th Expeditionary Security Forces Squadron, picks up garbage near a gravesite while volunteering to clean up the Sultan Saqi cemetery Sept. 18. Sixteen volunteer Airmen from the 506th ESFS took part in the cleanup in preparation for the end of the month of Ramadan.

downtown, to their relatives and say ‘look what the Americans did, they cleaned our sacred shrine.’”

The chaplain said the cleanup was in preparation for Eid al-Fitr, a three day Islamic holiday celebrating the end of Ramadan. During Eid al-Fitr, Muslims strengthen bonds with family and friends and visit gravesites.

The history of the shrine and cemetery is relatively unknown, but an American of Iraqi descent provided some insight to the chaplain about the significance of the holy site.

“I was told by an interpreter that the mosque was

built over the graves of the Sultan Saqi and 90 of his followers who were martyred more than 1,000 years ago, which makes the site sacred to the Iraqis,” explained Lowe. “Since that time, many others have been buried in the cemetery that expanded around the shrine, some as recently as the 1980s.”

After the Iraqis washed the shrine, the chaplain was invited to step inside and view the green tiled floors, colorful holy Muslim sigils written in Arabic on the walls, and the inside of the dome.

Respectful of the significance the shrine is to the

Iraqis, the volunteer Airmen moved cautiously between the mounds, tombstones and the brick-encased and concreted graves. Many carried bags filled to capacity while others carried items that couldn’t fit in the bags. Some Airmen said it was a chance to positively reach out to the Iraqis.

“This was definitely an amazing experience for me. I was grateful to be part of the cemetery cleanup and I enjoyed establishing a good rapport with the Iraqis,” said Tech. Sgt. Charles Simpson, deployed from, Robins Air Force Base. “It just takes the small things that we do to change the mindsets of many Iraqis.”

Many Airmen shared Simpson’s enthusiasm and purpose for volunteering to clean up the sacred site.

“I felt it was important, for one to help build bridges between the Iraqi people and us regarding religious and cultural barriers,” said Tech. Sgt. Daniel Landi, deployed from Whiteman AFB, Mo. “Also I felt this was a good opportunity to help the nation builders.”

Landi said coming together to volunteer for this cause shows compassion and closes gaps between U.S. Airmen and Iraqis.

The sergeant added, “I felt a lot of pride from this particular experience because primarily it shows the compassionate side of U.S. forces ... Also it makes you feel good to do something nice for somebody.”

Federal benefits open season begins Nov. 9

The Office of Personnel Management has announced the federal benefits open season for Federal Employees Health Benefits, the Federal Employees Dental and Vision Insurance Program, and the Federal Flexible Spending Account program.

The open season for all three programs begins Nov. 9 and runs through Dec. 14.

OPM’s guides to federal benefits provides important summary information on the FEHB, FEDVIP, and FSAFEDS programs.

The guides are available on the Office of Personnel Management Web site at www.opm.gov/insure/health/planinfo/guides/index.asp.

During the open season you may enroll, change health plans or options, cancel enrollment, and waive or begin participation in Premium Conversion. Open season enrollments or changes will be effective Jan. 3, and show up on the Jan.

22 Leave and Earnings Statement.

You can conduct your open-season enrollment or change via the Web-based Employee Benefits Information System or the Benefits and Entitlements Service Team automated phone system.

There are two advantages to using EBIS: you can print a copy of the SF 2809 (Health Benefits Election Form) after completing the election, and most elections can be accomplished without counselor assistance.

EBIS is accessible via the following links: <https://www.my.af.mil> and <https://w20.afpc.randolph.af.mil/AFPCSecurityenet20>.

If using the BEST phone system, dial toll-free 1-800-525-0102.

For assistance with EBIS or the BEST phone system, or in reaching a BEST benefits counselor, see the access instructions on the BEST Web site.

— Courtesy Robins Office of Personnel Management

WINGMEN WANTED

ASIST – 926-2821; 327-8480

EAP – 327-7683; 926-9516

AIRMAN AGAINST DRUNK DRIVING –

335-5218;

335-5236; 335-5238

Commentary

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart."
 — Nelson Mandela

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
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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 Lanorris Askew at (478) 222-0806.

DELIVERY

The Robins Rev-Up is published 50 times a year on Fridays, except when a holiday occurs during the middle or latter part of the week and the first and last Fridays of the year. To report delivery issues, call Lanorris Askew at (478) 222-0806.

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STAYING HOME WHEN SICK

Is there anything that can be done to ask people to stay home when they are sick? The government gives employees an ample amount of leave and I feel it is ridiculous that people would come to work with flu-like symptoms with the possibility to pass them on to others. I have a young child at home and the last thing I would want to happen is to give them the flu virus because of an insensitive co-worker. My hope is that a memo could go out to all employees asking them to refrain from coming to work with flu symptoms.

COL. BUHLER RESPONDS:

Thank you for this timely question and the opportunity to remind the Team Robins family of the importance of protecting each other, and the ability to execute our mission, during flu season.

From trending data, seasonal flu is expect-

ed to infect more people than usual, and the H1N1 flu is expected to infect even more people than the seasonal flu. For these reasons, it is imperative we all do everything we can to halt the spread of the flu viruses.

Our best defense against the flu is to stay home when we become ill, as this limits the spreading of the virus. This has been relayed at staff meetings and steps have been taken to inform individuals about the need to avoid spreading viruses.

Please join me in reminding fellow co-workers about the benefits of thorough hand washing and the benefits of staying at home when we are sick. By working together, we can minimize the impact of the flu on our mission, our families, and our community.

UNATTENDED SECURITY VEHICLE

I am a bit of a prankster, so I would have loved to have taken and hidden one of the two Security Police cars that were left unat-

tended, unlocked, idling, in the driveway of the Credit Union office across from Bldg 169. Somehow I don't think any of them, nor command level, would have seen the humor in it. During my active duty time in vehicle maintenance and operation with the 437th at Charleston AFB, leaving a vehicle running and unattended was a big no no.

COL. BUHLER RESPONDS:

Thank you for your input. I want to personally assure you the importance of properly securing government property is paramount to safety and mission success. Unfortunately, without more specifics on this incident, SFS leadership has been unable to isolate those individuals involved in this instance. However, we have reiterated the importance of turning off vehicles while unattended. If you notice this in the future, please contact the Security Forces Base Defense Operations Center at 926-2187.

Private Motor Vehicle Safety: a matter of life or death

We are losing far too many Airmen to private motor vehicle mishaps. Last fiscal year, 47 Airmen were killed in motor vehicles, with 20 of those fatalities occurring on motorcycles. This is nearly eight times the total number of Airmen killed in aviation mishaps, including combat operations, during the same time period. Our goal from this year forward is ZERO Airmen lost in preventable PMV mishaps.

All Air Force Airmen should



Gen. Norton A. Schwartz is the Air Force Chief of Staff

operate motor vehicles in a responsible manner. This includes the wearing of seatbelts, obeying posted speed limits, and avoiding distractions while driving.

AFI 91-207, The Air Force Traffic Safety Program, clearly outlines safety requirements for operators and passengers of PMVs. Every Airman must understand the



Michael B. Donley is the Secretary of the Air Force

AFI requirements apply both on- and off-duty.

In addition to following the rules of the road, all Airmen must also understand that failure to take personal responsibility will result in their being held accountable for their actions. Commanders will ensure personnel are aware of AFI requirements and enforce compliance.

Violations by military personnel are punishable under the UCMJ and may also be consid-

ered misconduct during line of duty determinations.

We cannot tolerate reckless operation of motor vehicles by Air Force personnel. Reckless operation may jeopardize the benefits members/beneficiaries receive following a mishap. Supervisors will ensure military and civilian personnel understand the implications of poor decisions and the importance of compliance.

Your full participation and support is imperative as we move forward to reduce injuries, save lives, and preserve our most important asset—our Airmen.

Airmen give thanks to Hearts to Heroes for care packages

I am writing you to let you know we've received the care packages you sent us and are very grateful to all of you. Hearts for Heroes has blessed our troops more than we can express through these lines. We always hear of people that support our troops, but you prove it to us by what you are doing for our troops. We are very grateful to receive so much from great Americans like you. The items you sent us are very much needed and will be used with gratitude. They are just what we need here on a daily basis. These items are being shared by hundreds of soldiers and we are thankful. On behalf of our soldiers, I thank you for your care and support. May God bless you all!

Chaplain David Mvondo
 Deployed

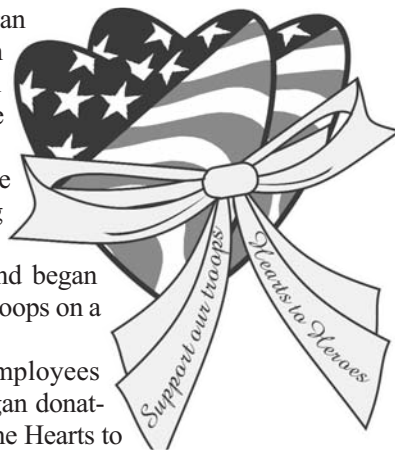
How are you? I hope you are doing well. We got the box you sent and I wanted to say thank you sooooo much. That was the best box we've EVER GOTTEN ... wow ... thank you!!!!

Sgt. Chandradat Persaud
 Deployed

Hearts to Heroes began several years ago within the Administration Branch of the 402nd Maintenance Wing.

A small group within the branch began collecting items troops were not able to get in the war zone, and began shipping the items to the troops on a monthly basis.

As word spread, employees from all over the base began donating supplies. From the time Hearts to Heroes began through December 2006, over 1,000 care packages have been shipped to deployed military men and women. For more information on Hearts to Heroes, or to find out how to donate items or send care packages, contact Myra Foskey at 230-0663 or via e-mail at myra_foskey@yahoo.com.



What is your favorite energy savings tip for home?



Commander Kill-A-Watt

Robins energy mascot

"Caulk around windows. Get a free home energy audit from the electric company if offered. Buy Energy Star appliances."



Frank Rowe

407th CBSS

"I keep the thermostat fairly high in the summer and fairly low in the winter."



Kris Stumpf

402nd AMXG

"Turn off lights when you don't need to have them on."



Marilea Butler

402nd AMXG

"Use compact fluorescent bulbs whenever you can."

Lab warriors



U.S. Air Force photos by SUE SAPP

Tim Doughty, test engineer, works at the C-130 Gunship console, which shows how certain avionics and targeting software might work on an aircraft.

Engineers perfect software for Special Ops aircraft

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

A C-130 gunship can lay down fearsome firepower in close support of ground operations, firing sensor-targeted ammo from 105mm and 40mm cannons while circling thousands of feet above combat areas.

The gunship crews, however, saw a way to improve their capability through dual targeting. Previously they had only been able to target one gun at a time, but in combat they saw the benefits of being able to target both guns at once.

They turned to the C-130 gunship lab at Robins, where engineers test improvements in avionics and targeting software in a virtual environment.

"The way they described it is 'We want to be able to shoot the ant hill, and then kill all the ants as they leave the ant hill,'" said Steve Pollard, the lead C-130 gunship test engineer.

After months of work and close contact with combat flight crews about how they wanted it to work, software

engineers in the 402nd Software Maintenance Group did just that. After testing it successfully in the lab, the new capability was put to use.

For those who were involved, it was immense satisfaction to know they had done something to significantly improve the firepower of the crews, and potentially save the lives of U.S. troops.

"To turn on the news at night and see something, and know that three months ago I was working on that piece of equipment, there's no way to describe that for job satisfaction," Pollard said. "Everyone who works in here can tell you a similar story."

Although he called the dual-targeting achievement their "pride and joy" it's really what the unit does on a daily basis. They are constantly working to perfect the software on AC-130 H gunships used by Air Force Special Operations. Special Operations, based at Hurlburt Field, Fla., uses the AC-130 H gunships and the C-130 Combat Talon.



Steve Pollard displays shell casings from a 40 mm and 105 mm cannons used on the C-130 gunship.

The gunship lab is a part of the Extendable Integrated Support Environment Lab, or EISE, pronounced "easy." What they do there is far from easy, however. They

operate what are essentially flight simulators, although not the kind used for crew training. The simulators do not resemble a cockpit, but it has all the capability needed to make the software think it is actually on a plane.

EISE also includes labs to test Combat Talon software as well as software for the Self Contained Navigation System used on many C-130s.

EISE is part of 580th Software Maintenance Squadron. Squadron director Keith Atkinson said the purpose of the lab is to test the software as thoroughly as possible to identify any problems before going to the expense of putting it through an actual test flight.

The lab, he said, does a good job of finding those problems before the software reaches a plane.

The squadron is made up of 180 people, and most are software engineers or computer scientists.

Although the squadron responds to specific requests from flight crews for software changes, about every 18 months it does a com-

plete update of the software. "It's kind of like the way Microsoft updates Windows every so often," Atkinson said.

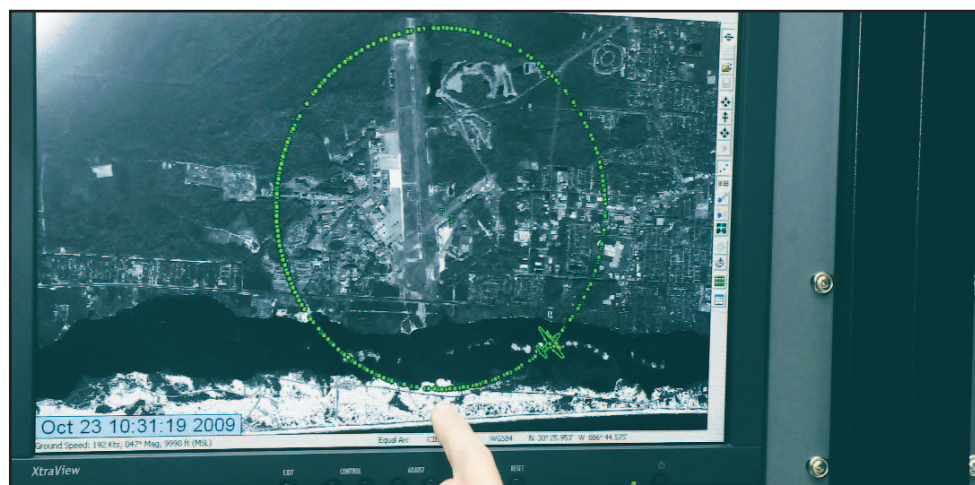
The software engineers maintain close contact with the flight crews so that they will know how the software should be perfected.

Once they are ready to try new software on a plane, engineers from the squadron will go to Hurlburt Field and fly with the crews so that they can see how it works in live action.

Unlike at Robins where flight tests are done by designated crews, at Hurlburt the engineers fly with the actual combat crews.

That's important to making sure the job gets done right, said Pollard.

"We have a tremendous amount of direct contact with the air crew," he said. "To me that's one of the most important pieces of it because it gives the air crew a recognizable face. If they see something they don't like or they see something they want to change they can pick up the phone and call us."



A monitor on the C-130 Gunship console shows the circular path a simulated aircraft is following around a target.



Rusty Drummond, left, and Jason Crawford work at the self-contained navigation system console. The system is used on many C-130s.

78th FSS BRIEFS

TODAY

Come dressed in a Halloween costume for a contest at the Halloween Trick or Treat themed Bring back our Heritage end of Month Bash at Horizon. beginning at 5 p.m. Cost is free for members, \$5 for guests. Join us afterwards for a gruesomely delicious & affordable dinner in the Horizons dining room. For more information call 926-2670. Only a short walk from Horizons, Pine Oaks Lodging allows you to enjoy all of the comforts of home. Call 926-2110 to make your space A reservation.

Enter the Year of the Air Force Family Photo Contest at the The Airman & Family Readiness Center. Entries must be received by the A&FRC today. Photo theme is The Air Force Family and includes all Airmen, Air Force civilians, retirees, married/single, spouses, children and extended family. Entries may depict Team Robins at work, rest or play. Photos should have a central theme that encompasses what the Air Force family represents. Judging will take place during Air Force Family week Nov. 1 – 7. For more information, contest registration forms and rules, contact Senior Master Sgt. Gary Hunkins at 926-1256.

The Airman & Family Readiness Center will have a Pumpkin Decorating Contest for families of deployed Airmen from 6 to 8 p.m. The contest will take place in the Airman & Family Readiness Classroom, Bldg. 794. For more information call 926-1296.

SATURDAY

A Happy Howling vet clinic costume contest and open house will be held today from 9 to 11 a.m. Enjoy a pet costume contest and tricks and treats. Costume categories will include: scariest, pet and owner look alike, most original/creative and best trick gets a treat. There will be a children's costume contest as well.

For more information call 327-8448.

SUNDAY

A Super Sunday Brunch will be held today from 10 a.m. to 1 p.m. Brunch includes all-you-care-to enjoy breakfast and dinner entrees, omelet station, carving station, salad bar, dessert and ice cream bar and more. Open to all ranks and grades. Cost is \$11.95 for members, \$14.95 for guests, \$7.95 for children (3 – 10 years old) and children two years and younger are free. For more information call Horizons at 926-2670.

The Year of the Air Force Family Bowl-O-Rama will be today from 1 to 7 p.m. Enjoy one hour of bowling, rental shoes, one large pepperoni pizza, one pitcher of soda for up to a family of four for only \$25. For more information call 926-2112.

MONDAY

The Arts & Crafts Center is now offering sewing classes on Mondays from noon to 2 p.m. and Wednesdays from 5 to 7 p.m. For more details on this class and more call the Arts & Crafts Center at 926-3004.

WEDNESDAY

The Youth Center will be hosting a family fun camp out Nov. 7 in celebration of Year of the Air Force Family. Cost is \$5 for each family member. Dinner, breakfast, and snacks will be provided. The evening will be full of family fun. The last chance to register is today at the Youth Center. For more information, call 327-KIDS.

A Gateway to Employment Success workshop will be held today from 10 a.m. to 2 p.m. in Bldg. 905. Receive information from various employers as well as services that are available to assist in employment opportunities. The workshop will feature guest speaker Marie Neel, Goodwill Career Center coordinator. For more information call 926-1256.

Holiday Food Drive



U.S. Air Force file photo by SUE SAPP

The annual base Holiday Food Drive will begin Monday. The 78th Force Support Squadron will be collecting canned goods to make holiday gift baskets for families in need. Collection boxes will be located throughout the base. If you know of a Robins family in need, come by the community center, Bldg. 956 and fill out an application. All applications are confidential. For more information call 926-2105.

THURSDAY

The musical showcase, Tops In Blue World Tour 2009 "To Dream" will be held at the Warner Robins Civic Center today at 7 p.m. This event is free and open to the general public. Doors will open at 6:30 p.m. first come, first serve. Bags and packages will be subject to search. Tops In Blue is sponsored in part by AT&T, Coca Cola and Coca Cola Zero. No federal endorsement of sponsors intended. For more information call the community center at 926-2105.

UPCOMING

Year of the Air Force Family Kids Night Out will be held Nov. 6 from 6:30 to 10 p.m. at the Youth Center. Party your socks off with food, fun and much more! Open to kids ages 5 – 12. For more information call 926-2110.

Horizons will host a Thanksgiving Day Buffet Nov. 26

from 11 a.m. to 2:30 p.m. Enjoy home-style turkey, ham, stuffing, pies and much more. Open to all ranks and grades. Cost is \$12.95 for members, \$14.95 for guests, \$7.95 for children (3 – 10 years old) and free for children 2 years and younger. Reservations are required for parties of 10 or more. For more information on the best Thanksgiving buffet in Middle Georgia, call 926-2670.

ONGOING

Hunting season is open now through Jan. 15, 2010. Hunting requires a valid Georgia state hunting license and hunting safety class offered by outdoor recreation. Cost is \$10 for archery hunting and \$30 for gun and archery. For class times and dates call outdoor recreation at 926-4001.

The Horizons front entrance will be closed until further notice for renovation.

Use the rear entrance for dining (some parking is available in the rear by the Wellston). For more details call 926-2670.

The Afterburner, which proudly brews Starbucks coffee, is open Monday – Friday from 5 a.m. to 2 p.m.

November's specials are the Red Eye (one shot of espresso fused with Starbucks' world class blended coffee), Cross Eye (double shot of espresso fused with Starbucks' world-class blended coffee) or the Black Eye (triple shot of espresso fused with Starbucks' world-class blended coffee). The Afterburner is located in the Base Restaurant, Bldg. 166 on Byron St. It offers a variety of hot and cold beverages, pastries and snacks. For more information call 222-7827.

TEST YOUR KNOWLEDGE: What do you know about horror movies?

Do you think you know a little bit about fright films? Take this quiz, and see how much you really know.

QUESTIONS:

Q1: What horror movie required the purchase of 500 Florida frogs and 100 giant South American toads?

A) The Frogs, B) The Toads, C) Pet Sematary, D) Invasion of the Body Snatchers

Q2: In what horror movie does the protagonist write a book that contains only the line "All work and no play makes Jack a dull boy" repeated over and over again?

A) The Shining, B) The Devil's Rain, C) Writer's Block, D) The Ninth Gate

Q3: What child actress was originally offered the role of Regan MacNeill in "The Exorcist"?

A) Carrie Fisher, B) Melissa Gilbert, C) Dana Plato, D) Lisa Bonet

Q4: Why were most of Colin Clive's scenes in Bride of Frankenstein (1935) shot with him sitting?

A) He was paralyzed., B) He had a broken leg., C) He didn't like to stand., D) That's just the way it was written.

Q5: What horror film caused some theatres to suggest that patrons prone to motion sickness sit in the aisle seats?

A) Vertigo, B) Mimic, C) Friday the 13th, Part III: 3D, D) The Blair Witch Project

ANSWERS:

A1: A. Many of the 500 Florida frogs and 100 giant South American toads purchased for use in The Frogs escaped during production.
A2: A. The book that Jack writes in The Shining contains only the one sentence ("All work and no play makes Jack a dull boy") repeated over and over. Director Stanley Kubrick had each page individually typed.
A3: C. Dana Plato, who would later become famous for the role of Kimberley Drummond on "Different Strokes," was originally offered the role of Regan MacNeill in The Exorcist.
A4: B. Not long before filming began, Colin Clive broke a leg in a horse riding accident. Consequently, most of Dr. Frankenstein's scenes were shot with him sitting.
A5: D. Some theatergoers watching The Blair Witch Project experienced nausea from the handheld camera movements and actually had to leave to vomit. In some Toronto theatres, ushers asked patrons who were prone to motion sickness to sit in the aisle seat and to try not to "throw up on other people."

Source: usefultrivia.com

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: **Ronald Hughes**, 559th AMXS. POC is Todd Kirkpatrick, 222-3820.

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

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



OCTOBER 30 7:30 P.M. I CAN DO BAD ALL BY MYSELF RATED PG-13

When Madea, America's favorite pistol-packing grandma, catches sixteen-year-old Jennifer and her two younger brothers looting her home, she delivers the young delinquents to the only relative they have: their aunt April. A heavy-drinking nightclub singer, April wants nothing to do with them. But her attitude begins to change when a handsome immigrant looking for work, moves into her basement room.



OCTOBER 31 7:30 P.M. EXTRACT RATED R

To the outside eye, Joel Reynold seems to have everything. After all, being the owner of a business he built from the ground up - with its patented brand of culinary extracts - should make the "Extract King" a happy man. He is one step away from selling his flavor extract factory and retiring to easy street when a freak workplace accident sets in motion a series of disasters that puts his business and personal life in jeopardy.



UPCOMING WHITEOUT RATED R

The only U.S. Marshal assigned to Antarctica, Carrie Stetko will soon leave the harsh environment behind for good. When a body is discovered out on the open ice, Carrie's investigation into the continent's first homicide plunges her deep into a mystery that may cost her her own life.

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

Robins to celebrate Native American heritage

Robins' annual observation of Native American Heritage Month begins next week.

The first event is a corn roast and artifact identification on Nov. 4. The event will be held from 11 a.m. to 12:30 p.m. in the courtyard between buildings 300 and 301. The event is free.

Steve Hammack, an archaeologist at Robins, will be on hand to identify any artifacts that people may bring. In conjunction with the observation, Hammack will also go to Lake Joy Elementary on Nov. 13 to give a lec-

ture on Native American history in the area.

Also Nov. 13, the movie "Brother Bear" will be shown at Robins Park. The movie will begin at dusk, which is expected to be at approximately 6:30 p.m.

On Nov. 16, there will be a luncheon at Horizons from 11:30 a.m. to 1 p.m. Entertainment will be provided by the Plainsmen Drum and Dance Troup. Tickets are \$15 and can be purchased from Capt. Lurie Walton, at 926-5705.

— from staff reports

Personnel Center officials expand service hours for civilians, applicants

BY APRIL ROWDEN
Air Force Personnel Center
Public Affairs

To increase customer support to Air Force civilian employees and applicants around the world, officials at the Total Force Service Center have expanded the hours civilian personnel experts are available to discuss employment, benefits and entitlements.

While service delivery representatives are still available to answer general questions 24 hours a day, those with expertise in civilian matters are now available Sunday, from 3 to 11 p.m., Monday through Thursday, from 7 a.m. to 11 p.m., and Friday, from 7 a.m. to 6 p.m. All hours are Central Time.

"The Air Force is projecting more than 9,300

new civilian jobs in 2010 as a result of manning changes. We want to ensure potential applicants can get answers to any questions they have when applying for Air Force jobs," said Maj. Jamison Braun, chief of TFSC-San Antonio operations. "Additionally, with the Air Force's global presence, it was important to open our scope, ensuring that we are offering personnel expertise to our civilian Airmen and employment applicants around the world, regardless of the time zone."

The phone number and menu options have not changed, and the TFSC is still available 24 hours a day for all general personnel inquiries. Current civilian employees can access civilian information by calling the TFSC at 800-525-0102, press 2 for

civilian employees and follow the prompts.

External applicants who have questions about civilian positions with the Air Force for which they are applying may call the TFSC at 800-525-0102, press option 6 for civilian career opportunities and follow the prompts.

Employees and applicants calling from foreign areas will first dial the toll-free AT&T Direct Access Number for the country in which they are located, then 800-525-0102. AT&T Direct Access Numbers are found at www.usa.att.com/traveler/index.jsp.

Hearing impaired employees who have access to TDD equipment should call the toll-free TDD number, 800-382-0893, or commercial 565-2276 if calling within San Antonio.

Robins officer set to fulfill decade-old promise to run in New York City Marathon

BY KENDAHL JOHNSON
kendahl.johnson@robins.af.mil

While many will spend the weekend on the couch watching football, one Robins employee will be running 26.2 miles as a fulfillment of a promise made to a friend a decade ago.

Just six weeks after turning 50, Lt. Col. Joyce Fiedler will be participating in the New York City Marathon. She ran in the Marathon 10 years ago with her best friend, who had just turned 30. They made a promise that they would run it together again this year in celebration of major age milestones.

"I realize it's harder to stay active and healthy at my age, but by running a marathon, I hope I can inspire others to be more fitness oriented," said Fiedler, chief of medical staff in the 78th Medical Group.

Running in the NYC marathon, which is celebrating its 40th anniversary, almost wasn't meant to be. With the exception of members of the New York Road Runners Club, spots in the NYC marathon are granted via a lottery system.

Fiedler did not win a spot in the race, but was determined to keep her promise to her friend. So she decided to run for Team for Kids, a charitable organization that works to combat child obesity and helps promote fitness in children by bringing fitness programs to schools. It was given spots in the race.



Courtesy photo

Lt. Col. Joyce Fiedler, chief of medical staff in the 78th Medical Group, trains for the New York City Marathon by running a half marathon in Maui, Hawaii.

"I am excited to be running for such a worthy cause," said Fiedler, who has raised several thousand dollars for the organization.

This will be Fiedler's fifth marathon. She ran the NYC Marathon in 1999 and 2000, the Vancouver Marathon in 2000 and the Marine Corps Marathon in 2001.

After years as a civilian physician, she joined the Air Force in 2002, and her race participation has since been limited to 10Ks and half marathons.

She said knowing how to train has been helpful, but not having a running partner has been a challenge.

"This is the first

marathon that I've trained for by myself and that has been difficult," she said. "For my previous marathons, I trained with a running partner or with a group. But knowing what to eat and what to wear was helpful."

She said not everyone wants to or is able to run marathons, but those who have the desire can look to her for motivation.

"I don't consider myself an elite athlete, so I am a living testament to people who like to run for enjoyment that it can be done," Fiedler said. "A lot of people say, 'I can't do that.' Well, the word 'can't' is not in a runner's vocabulary."

OPSEC TIP

Halloween prime opportunity for goblins

Remember when you were a kid and you went door-to-door trick-or-treating? Spending an entire evening getting all the candy you could eat?

But, what if no one was home? Some would throw eggs at the empty house, smash pumpkins, or decorate the house and landscaping with toilet paper.

In today's world there may be a more sinister threat. Criminals may,

and quite possibly will be out, stalking neighborhoods, looking for easy targets.

What could be easier than driving down the street, watching to see which houses do not answer when the neighborhood kids stop by? Criminals do not even have to get out of their cars to know that a house is empty and may return later to burglarize the home.

There are many ways to protect your property on Halloween.

Alarms are always a good option but can be costly. Get neighbors or friends to "house sit" over the holiday so at least from an outside look it appears you are home; at a minimum it should keep you from having to clean up toilet paper landscaping.

Another simple way is placing different lights

on different timers throughout your house. Using multiple lights and different timers may make it look more like you are home and moving throughout the house.

There are many ways to disguise the fact that your house is vacant so be creative. Use your imagination ... the sky is the limit.

—*Courtesy Robins OPSEC Office*

Pumpkin Patrol

Robins will observe Halloween Saturday. Trick-or-treating hours will be between 5:30 and 8:30 p.m. Drivers are reminded that the speed limit in base housing areas is 15 miles per hour; please monitor your speed closely and be on the lookout for young children.

Housing residents who wish to participate in trick-or-treating are asked to ensure an exterior light is on.

78th Security Forces Squadron personnel and volunteers are teaming up to form a Pumpkin Patrol which will result, resulting in increased foot patrols in the housing areas.

Please consider the following Halloween safety tips:

► Parents should accompany children at all times.

► Children are encouraged to wear bright-colored clothes and properly-fitted

costumes that are breathable and flame resistant.

► Masks, hats and scarves should not impair vision. Additionally, costumes should be short enough to prevent tripping.

► Costume accessories should be made of soft, flexible materials.

► Maximize use of reflective vests, materials or belts.

► It is highly recommended that children carry a flash light or glow stick.

► Children should only stop at familiar houses in their own neighborhood unless accompanied by an adult.

► Parents are encouraged to instruct children to always use sidewalks and stay in populated areas.

► Parents should inspect all candy for potential hazards, whether children trick-or-treat on or off base.

—*Submitted by the 78th Mission Support Group*

Holiday mailing dates announced

U.S. Postal Service officials have announced recommended mailing dates for delivery by Dec. 25 to U.S. military servicemembers serving overseas at APO/FPO addresses, including Afghanistan.

Holiday mail sent via first-class mail and priority mail for servicemembers stationed overseas should be sent by Dec. 4, the deadline for parcel airlift mail is Dec. 1, space-available mail is Nov. 21, and parcel post is Nov. 13, according to Postal Service officials.

Express mail cannot be used to mail packages to Afghanistan; however priority mail is available.

Priority mail packaging products, including priority mail flat-rate boxes can be obtained for free at any post office, or online at shop.usps.com. The pri-

Military overseas mailing and packaging tips:

-- If you use a regular box, use one strong enough to protect the contents with no writing on the outside.

-- Cushion contents with newspaper, bubble wrap, or styrofoam. Pack tightly to avoid shifting.

-- Package food items like cookies, fudge, candies, etc. securely in leak-proof containers.

-- Use pressure-sensitive or nylon-reinforced packing tape.

-- Do not use wrapping paper, string, masking tape, or cellophane tape outside the package.

-- Print the complete military service member's name (without rank), unit, and APO/FPO delivery address, and your return address on one side only of the package.

-- Place a return address label inside the package.

-- Stuff fragile items with newspaper or packing material to avoid damage

ority mail large flat-rate box can be used to mail to any overseas military address, no matter the weight of the box, for \$11.95.

AFMC campaign aims to freeze weight gain

BY MICHELLE EVISTON
AFMC Public Affairs

The holiday season is fast approaching, which traditionally means a time for family, friends, and food. Holiday goodies like cookies, chocolates, and fruit cake can become the central focus wherever you go. How can you try to maintain your weight and heart-health during such a tempting time as the holidays?

Try the AFMC "Freeze the Gain Holiday Challenge." A derivative of the Team Lean Challenge, Freeze the Gain is a command-wide initiative designed to help AFMC's active duty and civilian workforce increase awareness of healthy lifestyle habits during the high-risk holiday season.

Freeze the Gain is a weight maintenance program. The goal is for participants to maintain, not gain, weight during the ten-week period of the challenge, which runs Nov. 9 through Jan. 8.

Studies suggest that American adults gain approximately a half pound to two pounds each year during their adult life.

A study at the National Institutes of Health found that most of this weight is gained during the six-week interval between Thanksgiving and Christmas. Furthermore, it was also determined that the extra weight is not typically lost in the following spring or summer months. These pounds can literally last a lifetime.

As part of Freeze the Gain, teams of two will adopt a wingman buddy system. Many times, goals are better achieved when reinforced by other people working toward a similar goal. Individuals may enter Freeze the Gain as well.

All individuals who weigh-out within two pounds of their starting weight will receive an incentive award.

To enter, Freeze the Gain participants must be enrolled online at the Wellness Support Center at www.afmcwellness.com. Official weigh-ins are Nov. 2-6 at the Health and Wellness Center.

Organizations with a large amount of participants can call Civilian Health Promotion Services at 327-8030 for weigh-ins in your work centers.

BEWARE OF ENERGY VAMPIRES

It's Halloween—ghosts and vampires are everywhere. In the energy world, vampires are electrical devices that suck power in your home and at work even when they appear to be turned off. Don't let these devices drain energy—power them down when not in use.