



Among other things, the Aerospace Sustainment Directorate manages all of the vehicles and ground support equipment in the Air Force inventory. This includes things like cargo loaders, and the Mine Resistant Ambush Protected Vehicle, which protect warfighters in places like Afghanistan.



Last week to donate to AFAF campaign see page 6

## Congratulations Colonel Promotees



# ROBINS REV-UP

March 18, 2011 Vol. 56 No.11



U.S. Air Force photo by RAY CRAYTON  
Ronnie Gadola, 574th Composite Repair Flight sheet metal mechanic, sands an F-15 torque box assembly in a new sanding booth in Bldg. 169.

## Improving workplace safety

MAJ. GEN. ROBERT MCMAHON  
WR-ALC Commander

TOM SCOTT  
AFGE Local 987 President

Together we – management, employees and union – are working on making a difference, a difference which will result in the Center being a much safer place to work.

It's a fact we need to improve our workplace safety and health. This is a fact noted not only by the Occupational Safety and Health Administration – which identified a range of problems from a concern for certain detectable levels of surface contamination with

metals such as cadmium, chromium (VI) and lead to inadequate fall protection, poor housekeeping and change room issues – but by our own internal reviews of our vast industrial complex.

By nature, industrial complexes have risks. But we're confident that by working as a unified team, we will not only fix those things which need to be fixed and, in turn, reduce those risks, but one day become a model across DoD for workplace safety and health.

We've already made a number of improvements:

► We've submitted abatement certifications on all but two of the 13 original citations received in May 2010. The

remaining two require the construction of change rooms which are due to be completed by the end of this month.

► We've submitted abatement certifications for 19 of the 26 citations received in January, and will submit three more by the end of March and two in April. This will leave two, which are due in October.

Our "Get Well" actions have included:

► Taking steps to minimize the amount of sanding performed in certain areas including moving depaint sanding to depaint facilities, which are better suited to control contaminants. In those

► see SAFETY, 2

## 402nd mechanics prepare damaged aircraft for final flight to 'boneyard'

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

Aircraft mechanics at Robins work hard every day with the single goal of returning safe and reliable aircraft to the warfighter as quickly as possible.

Recently, however, some C-5 mechanics have been working with a uniquely different purpose. They have been making modifications on a C-5 to allow the 42-year-old plane, which has a structural crack, to be safely flown to the boneyard in Tucson, Ariz.

"Boneyard" is the more commonly used name for a huge area at Davis-Monthan Air Force Base managed by the 309th Aerospace Maintenance and Regeneration Group. It is home to 4,400 retired aircraft from all branches of the military.

It's not unusual for retired planes to be flown to the boneyard. In fact, 22 of the 111 C-5s in the Air Force inventory are being retired, and all will be flown to Tucson.

What makes this one unique is that it is being flown from the depot. It has been here for close to two years, having come for programmed depot



U.S. Air Force photo by TOMMIE HORTON

This C-5 will soon be flown from here to the "boneyard" at Davis-Monthan Air Force Base, where it will join other retired aircraft.

maintenance. However, well into the PDM, mechanics discovered a mainframe crack. Due to the age of the aircraft and the expense of making the repair, the decision was made to retire the plane.

A few changes have been made to ensure a safe, final flight said Chuck Shoude, the C-5 PDM pro-

► see C-5, 6



U.S. Air Force photo by TOMMIE HORTON

Steve Greer, 402nd SMXG electronics engineer, performs software checks at a test station in the C-17 Aircraft Software Support section of the new facility.

## SMXG complex opens March 25

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

The 402nd Software Maintenance Group, which develops, engineers, tests and maintains software for a wide range of aircraft and other weapons systems, will cut the ribbon next

week on a new building which will connect the group's three existing facilities and make it a massive, single complex.

The combined structure will have 350,000 square feet of floor space – the equivalent of

► see SMXG, 6

## Robins home to new LEED facility

BY TECH. SGT. VANN MILLER  
Base Public Affairs

A Marine hangar recently became the first facility at Robins certified under a new and important energy engineering standard.

Leadership in Energy and Environmental Design, or LEED, recognizes new construction and renovations which incorporate green building concepts into their design, building and performance. Green building concepts range from energy savings to improved indoor environmental quality.

"It's all about providing safer, healthier facilities," said Bill Buecker, military construction program manager in the base's civil engineer squadron.

"LEED is all about being sensitive to the environment," Buecker added, noting "The built environment has a

profound impact on our natural environment, economy, health and productivity."

The hangar is used by 120 active-duty members assigned to Marine Light Attack Squadron 773, who maintain AH-1W Cobra and UH-1N Huey helicopters, and they are pleased with the end result.

"The hangar we occupied at Dobbins Air Reserve Base was over 50 years old," said Marine Lt. Col. Steve Godinho. "So, simply having a new and modern building designed specifically for our squadron requirements was a big improvement."

According to Becky McCoy, 778th Civil Engineer Squadron director, all Air Force military construction projects must now be designed and built

► see ENERGY, 6



## Bystander Intervention training

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

All active-duty Airmen and civilian supervisors are required to have Bystander Intervention training by June 20, 2012, but so far only a fraction of the thousands here who need it have taken the class.

Cindy Graver, sexual assault response coordinator, fears too many people are putting off the training because the deadline is more than 12 months away. With class sizes limited to 25, if too many people wait until next year to take the class, it will be difficult to get everyone trained by the deadline.

It is imperative those who are required to take the training sign up for a class and get it done, said Col. Carl Buhler, installation commander. He was one of the first to take the 90-minute class when the training started last June.

"It is interesting, engaging and useful," he said. "I know carving 90 minutes out of

your day can be difficult, but everyone needs to make an effort to get it done."

Bystander Intervention Training, which replaces annual sexual assault prevention and response training, is aimed at combating the tendency of people to look the other way if they see wrong being done to someone else.

"People should take this class not just because it is mandatory, but because it helps reinforce the Airmen's creed and us to do what's right when sometimes it may be easier to walk away," said Chief Master Sgt. Patrick Bowen Jr., installation command chief, who has also taken the class.

The classes, divided by sex and rank, are held regularly in Bldg. 941. Classes can also be scheduled on-site if a unit has enough people to fill a class.

People who need the training can contact their training coordinator, call the SARC office at 468-2946 or 497-7272, or e-mail cindy.graver@robins.af.mil or jayne.bishop@robins.af.mil.

### THINK SAFETY



Days without a DUI: 9  
Last DUI: 12 ACCS  
— courtesy 78th Security Forces

AADD  
To request a ride, call  
222-0013.

### Do not pass

Drivers should remember proper etiquette when approaching stopped BiRD buses. When a bus is stopped and its lights are flashing, passing is not allowed.

### TWO-MINUTEREV



### INSIDE

Page Two 2  
Viewpoints 4  
On the Fly 5  
Get Out 10



# Page Two



U.S. Air Force photo by TOMMIE HORTON

## Thanks for your support

Robins leaders and employees paid tribute to former Georgia governor Sonny Perdue and his wife, Mary, at a luncheon Monday in Horizons. Maj. Gen. Robert McMahon, Warner Robins Air Logistics Center commander, presented Perdue with a plaque as a token of gratitude for his support of the base during his two terms in office.

## People Spotlight



**William B. Lyles**

**TITLE:** Electronics mechanic, 402nd Electronics Maintenance Group.

**BACKGROUND:** Lyles has worked at Robins since 2007, when he started as a co-op student. In 2009, he became a general schedule employee. He won the Team Robins Civilian of the Quarter award for the last quarter of 2010. He previously worked 10 years in the restaurant business.

**HOMETOWN:** Warner Robins.

*"I troubleshoot the flight control computers and indicators on the F-15. I really love my job. There is a sense of gratification you get when you send a unit out knowing someone's life is in your hands. In the restaurant business, about the worse thing you could do is maybe overcook someone's steak. It's just a whole different world here."*

*"I've done everything in the restaurant business from being a dishwasher to a general manager. I was general manager at the Perry Applebees and kitchen manager at the Applebees here in Warner Robins."*

*"I left the restaurant business to work here after my second son was born. The restaurant business is kind of constricting on time, and I missed a lot of my first son's early years. I didn't want that to happen again. This job has opened up a lot more family time."*



U.S. Air Force photos by RAY CRAYTON

George Pierce, right, 574th Composite Repair Flight director, and Ray Fisher, sheet metal worker; discuss advantages of containment bags. Called "Dirt Bags," they help reduce dust migration.

Inset, Earl Mann, C-5 Pylon Shop sheet metal mechanic, inspects a containment bag.



Ronnie Gadola, 574th Composite Repair Flight sheet metal mechanic, uses a HEPA vacuum to begin the decontamination process.

## SAFETY

Continued from 1

areas other than depaint facilities where sanding is still performed, we are equipping booths with decontamination stations and dedicated HEPA vacuums, and revising the processes for sanding and decontamination. Additionally, we are purchasing HEPA vacuums to improve our housekeeping and on-the-spot repairs, as well as taking actions to increase visual aids or other safety-related information in the workplace.

►Providing interim guidance to

groups and shops regarding Personal Protective Equipment and housekeeping in all areas, especially in those areas where contaminants, particularly dust, may be encountered. We also implemented engineering processes such as cleaning asset dollies before parts are moved, using tacky mats at entrance/exit to break rooms, moving most gross sanding operations to stand-alone operations, using shrouded sanders, and publishing containment bag processes.

►Formalizing housekeeping procedures and systematically cleaning work centers more often, and verifying how

well that's being done through inspections, including swipe sampling, to ensure containment levels are as low as practical.

►Dramatically overhauling the training of communications with employees about potential workplace hazards.

►Establishing a Center Safety and Health Office to focus on occupational safety and health issues across the Center, and a separate Workplace Safety and Health Team of union, safety, occupational medicine, bioenvironmental engineering and other specialists to ensure consistency and standardization, and collectively address and resolve

issues.

It's clear we are making progress. But, it's also clear we still have much work to do, particularly to win back your trust.

Two things of which you can be certain:

First, improvements are being made, and people – including ourselves – are being held accountable to make those changes.

Second, we have the common goal of providing you with the safest possible work environment to do your job. Working together, we can achieve this important goal.



# SnapShots



U.S. Air Force photo by SENIOR MASTER SGT. PAUL HOLCOMB

Tech. Sgt. Vontez Morrow preps U-2 pilot Capt. Beau Block, 5th Reconnaissance Squadron, for a flight departing from Osan Air Base, South Korea, to capture imagery of the earthquake- and tsunami-affected areas of Japan.



U.S. Air Force photo by AIRMAN 1ST CLASS ANDREA SALAZAR

Passengers of a commercial airline flight take shelter at Yokota Air Base, Japan. Base officials there provided food and shelter to passengers diverted from Narita International Airport in Tokyo, due to the March 11 earthquake.



U.S. Air Force photo by STAFF SGT. NATHAN ALLEN

Tech. Sgt. Andrew Dunn, 15th Aircraft Maintenance Squadron crew chief, conducts a pre-flight maintenance inspection of a C-17 before its departure from Joint Base Pearl Harbor-Hickam, Hawaii. The plane was headed to various Air Force bases in Japan to provide support for relief efforts in the country.



U.S. Air Force photo by SENIOR AIRMAN PERRY ASTON

Airmen from the 89th Aerial Port Squadron load one of 14 pallets onto a C-17 Globemaster III at Joint Base Andrews, Md. The search-and-rescue gear, including inflatable swift-water rescue boats, generators, trench and cutting equipment will be used to help relief efforts in Japan.



# ViewPoints

“Courage is doing what you're afraid to do. There can be no courage unless you're scared.”  
 – **Eddie Rickenbacker**

## Know your limits, don't be 'That Guy'

**BY CAPT. ANTHONY WILSON**  
 Alcohol and Drug Abuse Prevention  
 and Treatment Program Officer in Charge

Substance abuse interferes with mission accomplishment, and we can't afford to put our national security at risk.

Supervisors have a responsibility to inform troops of the dangers of drinking — such as underage drinking and driving under the influence — and what responsible drinking constitutes. No supervisor is expected to be with his or her troop 24 hours a day, 365 days a year.

Peer pressure and temptations are also associated with drinking, along with the illusion everyone drinks. It is also easy to understand the frustration accompanying the fact a person may be old enough to die for his country but not old enough to drink. The temptation to drink is real, but it can be avoided.

Our society has found just about every occasion acceptable for drinking. Promotions, weddings and birthdays are just a few

occasions known for celebrating with alcohol.

On the other hand, we've also established very common reasons for using alcohol to cope with problems. Demotions, divorce, separations, and deaths of loved ones are all events which can lead someone to drink.

Another reason for drinking is boredom. For those who are having a difficult time adjusting to living in a smaller city, drinking isn't the only thing to do. The majority of people on base don't use drinking as their first choice of entertainment.

Those who are of legal drinking age should know the laws they are accountable for and use alcohol responsibly. The minimum legal blood alcohol content for a DUI in Georgia is .08. How would anyone know what their BAC is at any given time? What does a .08 BAC feel like? How many drinks does it take to reach a .08? The answers to these questions vary.

Age, body composition, gender, and drinking experience of an

individual all affect BAC. Two people drinking the same amounts of alcohol at the same pace could be affected differently. The key is allowing time for each 12 oz drink to process before drinking the next drink.

Remember the “0-0-1-3” program, which stands for zero drinks if you are under 21, 0 DUIs, a maximum of one drink per hour, and a maximum of three drinks in one night.

Being responsible with alcohol calls for everyone to make the right decisions. Learn more about responsible alcohol use by visiting [www.thatguy.com](http://www.thatguy.com).

“That Guy” is a campaign aimed at reducing excessive drinking among young service members. The website uses humor to deliver a serious message, and provides vital tools so you can be part of the effort to eradicate “that guy” who doesn't handle alcohol well.

It just takes planning and preparation to be responsible. The choice is yours.

### BE RESPONSIBLE

- ▶ Use a designated driver and ensure he or she doesn't drink throughout the course of the night.
- ▶ Know your limit and stick to it (remember 0-0-1-3.)
- ▶ If you have been drinking, call a taxi or a friend to pick you up.
- ▶ Call Airmen Against Drunk Driving at 478-222-0013 for a free, confidential ride home.
- ▶ If hosting a party, take keys and only allow those not drinking to drive home.
- ▶ Don't drink until you are 21.
- ▶ Use time as your friend, not your enemy.
- ▶ If you are having problems with alcohol, talk to your supervisor or first sergeant.
- ▶ If need additional help with alcohol, call the Alcohol and Drug Abuse Prevention and Treatment Program at 497-8398.

**WR-ALC VISION STATEMENT**  
 A “World-Class” Center of Acquisition and Sustainment Excellence

**WR-ALC MISSION STATEMENT**  
 Deliver and sustain combat-ready air power ... anytime, anywhere.

**HOW TO CONTACT US**

Robins Office of Public Affairs  
 620 Ninth Street, Bldg. 905  
 Robins AFB, GA 31098  
 468-2137  
 Fax 468-9597

**EDITORIAL STAFF**

COMMANDER  
**Col. Carl Buhler**

PUBLIC AFFAIRS DIRECTOR  
**Rick Brewer**

EDITOR  
**Lanorris Askew**

lanorris.askew@robins.af.mil  
 472-0806

STAFF WRITER  
**Wayne Crenshaw**

wayne.crenshaw.ctr@robins.af.mil  
 472-0807

PHOTOGRAPHER  
**Sue Sapp**

sue.sapp@robins.af.mil  
 472-0805

**Note:** Unless otherwise noted, numbers listed in the Rev-Up are DSN numbers. If calling from a commercial or off-base phone, dial prefix 222 if listed as 472; 327 if listed as 497; or 926 if listed as 468.

**SUBMISSION GUIDELINES**

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil).

Submissions should be of broad interest to the base populace. If there are further questions, call Lanorris Askew at 472-0806.

**DELIVERY**

To report delivery issues, call Kendahl Johnson at 472-0804.

**ONLINE**

To read articles online, visit [www.robins.af.mil](http://www.robins.af.mil).

The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga., of the Air Force Materiel Command.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

## Technology and workplace respect

**PAMELA DOWELL**

55th Wing Equal Opportunity Office

My adult children are into the latest and greatest advancements in technology, such as smartphones and tablet PCs. These devices are made to elevate us from the burden of time-consuming actions such as hearing someone's voice or laughter, or even a

sigh of sadness.

We've come a long way in the communications arena from the telegraph. We can use social media sites, texting, online chats and a long list of acronyms to communicate. My children want me to become technologically savvy, but I want a cell phone which allows me to call people.

With all these new,

wonderful ways to communicate, are we losing our ability to “show” respect to one another?

When was the last time we actually listened to someone and truly heard them? Respect in the workplace isn't just about "thank you" and "please," although that's a start. Is there a chance technology is robbing us of our capac-

ity to share ideas and opinions with others face to face?

We are busy people. After all, it is 2011, and we must do more with less. But does that "less" equate to our lack of respect for our co-workers? We need to take time to hear new ideas, work through complex issues as a team, and be there to hear what may

not be said.

If we continue to live in a world of social media and text messages, how can we learn to respect the importance of both din and silence among our peers?

I challenge each of you to make the “art of listening” your newest communication skill. You may find out that others want to listen to you as well.

## 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 responsible organization. This gives the organization a chance to help you, as well as a chance to improve its 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 also not be processed.

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

For more information, visit <https://www.mil.robins.af.mil/actionline.htm>. To contact the Commander's Action Line, call **468-2886** or e-mail [action.line@robins.af.mil](mailto:action.line@robins.af.mil).

▶ Security Forces	468-2187
▶ FSS (Services)	468-5491
▶ Equal Opportunity	468-2131
▶ Employee Relations	497-8253
▶ Military Pay	468-4022
▶ Civil Engineering	468-5657
▶ Public Affairs	468-2137
▶ Safety Office	468-6271
▶ Fraud, Waste & Abuse	468-2393
▶ Housing Office	468-3776
▶ Chaplain	468-2821
▶ IDEA	497-7281

**BYRON STREET STOP SIGN**

Since work on the base gates is complete can the stop signs at MLK Boulevard and Byron Street be removed for MLK Boulevard traffic?

This intersection was made a four-way stop after work began on the Russell Parkway gate. I assume this was done to ease the departure from base through the MLK gate during construction. The main traffic is on MLK Boulevard, and it seems to cause a bottleneck now all the gates are open. That section of MLK Boulevard should also be repaved and the four lanes repainted.

Also, can the city be encouraged to work on the area of Watson Boulevard at the railroad tracks? The ruts in the asphalt are getting pretty deep for low-profile vehicles.

**COL. BUHLER RESPONDS:**

Thank you for your questions concerning the stop signs at Byron Street and MLK Boulevard.

You are correct that a four-way stop was added to the Byron Street and MLK Boulevard intersection to help control the volume of traffic due to the construction work at Gate 14 (Russell Parkway).

However, a base-wide traffic study was conducted and the study concluded the intersection should be permanently converted to a four-way stop.

This has been validated by traffic engineers, safety personnel, and security forces personnel as a result of their observations of the intersection. That said, we realize having the four-way stop slows the traffic on MLK Boulevard, but it

does provide a safer and more equitable flow of traffic in all directions.

As far as the repaving of MLK Boulevard is concerned, civil engineering has a project programmed to repave it.

The project is estimated to be completed in the next few years, although that could change, depending on other construction priorities. Additionally, we contacted the City of Warner Robins concerning the condition of Watson Boulevard at the railroad crossing near GA Hwy. 247 and made it aware of the need for repairs at the intersection.

If you have any further questions, please contact our POC, Terry Landreth, 778th CES/CEPT, at 497-2910. Thanks again for your note.



# On the Fly

## 559th AMXS, 78th MDG net awards

The 559th Aircraft Maintenance Squadron's C-5 Engine Isochronal Process Improvement Team is the winner of the quarterly 21st Century Partnership Team Quality Award.

The team was successful in improving the process and accelerating product flow in the C-5 Programmed Depot Maintenance production line. This was necessitated by the Air Force's demand for additional C-5 airlift capability to support deploying millions of tons of cargo from Iraq to Afghanistan.

Meanwhile, the 78th Medical Group is the winner of the partnership's Notable Achievement Award for its work in addressing workers compensation process challenges at Robins.

The team focused on improving the process of returning injured employees to work, and its education and communication initiatives resulted in an enhanced partnership with the civilian medical community.

The 21st Century Partnership awards recognize outstanding team performances which promote increased productivity and emphasize teamwork and continuous improvement, including savings and cost avoidance.

Maj. Gen. Robert McMahon, Warner Robins Air Logistics Center commander, and Jack Steed, 21st Century Partnership award chairman, will pres-

ent the awards April 4 at 10 a.m. at the Museum of Aviation.

## Upcoming

Robins will host a **Women's History Month luncheon** Tuesday at 11:30 a.m. at the Heritage Club.

Guest speaker will be Vivien Scott, wife of Congressman Austin Scott.

Cost is \$10. Dress is uniform of the day for military and business attire for civilians. To purchase tickets, contact Karen Albin at 472-1028.

The **munitions operations office will be closed** March 21-25 for a semi-annual wall-to-wall inventory of the munitions stockpile. Only emergency issue requests, submitted in writing and approved by a group commander or higher, will be accepted during this time.

For more information, contact Sherrie Kohlhepp at 472-7814.

The **next meeting** of Central Georgia Marine Corps League Detachment #1373 is scheduled for April 4 at 7 p.m. at Flint Energies, off Highway 96.

For more information, contact John Harmon at 472-0853.

An **event for deployed servicemembers and their families** will be held April 9 from 8 a.m. to 3 p.m. at the American Legion at 1345 Radio Loop in Warner Robins.

Representatives will be available from Tricare, Veterans Affairs, transition

assistance, the Georgia Department of Labor, Health and Human Services, Military One Source, the Credit Union Foundation, and Operation Home Front, as well as experts in education, finance and other interests.

A limited free breakfast will be served from 8 to 9 a.m. and lunch from noon to 1 p.m. Child care and a "kids activity corner" will also be offered.

The event is being co-sponsored by the Georgia National Guard and the 116th Air Control Wing.

For more information, contact Eileen Byrd at 241-1286.

Team Robins' **observance of the National Prayer Luncheon** will be April 19 from 11:30 a.m. to 1 p.m. in the Museum of Aviation's Century of Flight Hangar. Guest speaker will be former Atlanta Falcons head coach Dan Reeves.

Tickets may be purchased at the Base Chapel during normal duty hours. Cost is \$10, or \$5 for E-5 and below. Individuals may purchase up to five tickets.

Registration is now open for the 2nd Annual **"Tour de Moose" Bike Ride** on May 21. The event offers 7-, 15-, 30- or 45-mile rides around the base.

For more details, visit [www.active.com](http://www.active.com) or [www.museumofaviation.org](http://www.museumofaviation.org), or contact Mary Lynn Harrison at 478-923-6600.

## Etcetera

Federal Managers



U.S. Air Force photo by CLAUDE LAZZARA

## Four-star welcome

Gen. William Shelton, commander of Air Force Space Command, is greeted by members of the 5th Combat Communications Group during his visit to Robins last week. The Airmen demonstrated some of the group's capabilities to the general, who assumed command in January.

### Air Force workers can find help here

Finances & Work-Life Balance	Airman & Family Readiness Center	468-1256
Health and Wellness Education	Health and Wellness Center	497-8480
Health Screenings	Civilian Health Promotion Services	497-8030
Work, Personal or Family Issues	Employee Assistance Program	(800) 222-0364
Work Stress, Psychological Issues	Organizational Consulting Office	497-9803
Mental Health & Substance Abuse	Houston Healthcare	(478) 922-4281
Unplanned Pregnancy	Houston Healthcare	(478) 922-4281
Suicide Prevention	National Suicide Prevention Lifeline	(800) 273-8255
Sexual Assault & Victim Advocacy	Sexual Assault Response Coordinator	468-2946
Crime Victim Advocacy	Victim Witness Assistance Program	497-4584

**AFMC Wellness Support Center — [www.afmcwellness.com](http://www.afmcwellness.com)**

**Note:** Unless otherwise noted, numbers listed in the Rev-Up are DSN numbers. If calling from a commercial or off-base phone, dial prefix 222 if listed as 472; 327 if listed as 497; or 926 if listed as 468.

Association Chapter 121 is accepting **applications for its 2011 FMA scholarship awards**. Scholarships in the amount of \$500 will be given to three area high school seniors.

Applicants will be scored on academics, leadership, school and community activities, career and academic goals, letters of recommendation and financial need.

Application packages may be obtained from school counselors or by emailing [donnadlong@windstream.net](mailto:donnadlong@windstream.net). Packages must be postmarked on or before April 21.

# Running safety tips to remember

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

The many health benefits of running tend to be negated if the runner is hit by a car.

Many Team Robins members lately are taking advantage of ideal weather and excellent running areas at Robins to get in some prime cardiovascular exercise. However, base officials urge runners and drivers to use caution to ensure runners' attempts to get healthier don't result in trips to the emergency room.

One thing many runners may not know is, when running on a road, Department of Defense instruction states runners should run against traffic so they can see cars coming at them. Also, Eddie Goad, assistant director



**Runners should always wear reflective clothing when using the roadway.**

of the Fitness Center, said runners should also never have ear phones on when running on a road so they can hear traffic.

Runners should be sure to have reflective gear on when running in low-light conditions.

Even better, he noted, is to avoid running in a roadway. The fitness center has a three-plus mile running trail which is

almost entirely a dedicated path. Only a small portion with little traffic puts the runner in the roadway.

And even better than that, he said, is to run on the newly-paved oval track outside the Fitness Center. The surface of the quarter-mile track is considered one of the best running surfaces to avoid injuries related to repetitive impact.

## SMXG

Continued from 1

six football fields – and be called Bldg. 229.

In the complex, what had been Bldg. 226 will be Bldg. 229 South, Bldg. 227 will be Bldg. 229 North, Bldg. 230 will be Bldg. 229 East, and the new facility will be Bldg. 229 Central.

Many of the approximately 200 employees who will work in what will become Bldg. 229 Central – which includes 25,000 square feet of lab space, primarily for software maintenance,

and electronic warfare and associated workloads – started moving in to the facility Feb. 1, said Brian Daniel, the group's director of facilities and security.

He said the additional space is desperately needed.

“We have multiple new workloads and some existing workloads have expanded,” he said.

The \$21 million project was overseen by the Army Corp of Engineers and 78th Civil Engineer Group, as well as 402nd SMXG personnel. The general contractor was McKnight Construction of Augusta.



U.S. Air Force photo by TOMMIE HORTON

**The C-5's landing gear doors were removed for the final flight because the aircraft will be flown with the landing gear down.**

## C-5

Continued from 1

program manager in the Aerospace Sustainment Directorate. As a precaution, the plane will be flown low and slow, making what would ordinarily be about a five-hour flight a nine-hour flight.

“We are configuring the plane to make it easier on our guys,” Shoudel said.

If having mechanics working on a plane which is retiring seems wasteful, consider the alternative. The only other way to get the mammoth aircraft to the boneyard would be to hire a contractor to take it apart piece by piece and truck it to Arizona. Shoudel estimated that even with the cost of making the modifications, fly-

ing the plane to Arizona will save more than \$1 million.

The modifications include removing the landing gear doors because the plane will be flown with the landing gear down. The doors, which could be used on another plane, would be damaged in the flight if not removed.

As with most other planes at the facility, the C-5 being flown from Robins will be stored with the potential to be returned to service. However, considering the mainframe crack, Shoudel said he doubts that would ever happen.

The plane is scheduled to be flown to Tucson by March 25. The aircraft passed all ground checks March 8 and is awaiting a boneyard induction date before departing for Tucson.

## ENERGY

Continued from 1A

within new U.S. Green Building Council guidelines. She said those involved with LEED projects are excited about their potential to help the environment.

“Engineers care about LEED because we care about our planet, our children, and future generations,” she said. “The earth's future depends on how well we manage our natural resources today.”

**ENERGY:  
No excuse  
for misuse**

## AFAF unit representatives

### WR-ALC

Maj. Demetrius Brown, 472-1036  
Tech. Sgt. Denise Alvarez, 468-1913

### 78th ABW

Master Sgt. Ericka Hoskin, 479-7555  
2nd Lt. Suzanne Kelley, 497-3427

### WR-ALC/GR

2nd Lt. Randy Rogers, 497-9493  
1st Lt. Kyle Larson, 472-3151  
2nd Lt. Philip Closson, 472-7639

### 402nd MXW

Tech. Sgt. Michael Reid, 468-9906  
Staff Sgt. Bryce Schubert, 468-1810

### HQ AFRC

Senior Master Sgt. Christopher Mazingo, 497-1094  
Master Sgt. Leroy Jackson, 497-1670  
Senior Master Sgt. Celia Henderson St. Louis, 497-2003

### 638th SCMG

Master Sgt. Jackie Horsley, 497-3756

### 689th CCW

Staff Sgt. Timothy Gordon, 472-1454  
Senior Master Sgt. Terrence Jones, 468-1452

### 116th ACW

1st Lt. Jacob Parr, 201-1875  
Capt. Christopher Horsfall, 241-2611  
Staff Sgt. Demond Bush, 241-4369

**The deadline to donate to AFAF has been extended to March 25**



## Web-based tool helps civilians with career planning

BY DEBBIE GILDEA

Air Force Personnel, Services  
and Manpower Public Affairs Office

This month, civilian employees will be able to use the updated version of the Airmen Development Plan to create career development plans.

In addition to providing easier access to career guidance and mentorship, the ADP is an online collaborative tool which enables supervisors, development teams and career-field mentors to work together to grow civilian employees and leaders. The secure web-based tool allows civilians to communicate their experience, training, and education goals, which are then visible to people who can help them achieve those goals.

Civilian career-field team members will be able to access career briefs, career-planning diagrams and all other pertinent information, help employees develop a plan to achieve their goals, and give them feedback on how their preferences fit with Air Force needs, officials said. The information will also enable functional development teams to more effectively manage career fields. Calls for ADP submissions will go out this month to support summer development team meetings.

Employees should ensure they are signed up for their career field list server messages in order to get those e-mails. To sign up, go to the AFPC website and enter "list server" in the keyword search box.

Introduced in September 2007 as a replacement for the transitional officer development plan, ADP now replaces the transitional civilian development plan, officials said. It integrates numerous force development tools, such as electronic records, duty histories, career planning diagrams, awards, and assignment preferences into one platform, drawing information from the Defense



U.S. Air Force graphic

**The Air Force Personnel Center, headquartered at Randolph Air Force Base, Texas, is responsible for managing personnel programs and carrying out policies affecting active-duty and civilian members. AFPC is a field operating agency of Headquarters U.S. Air Force, Deputy Chief of Staff for Manpower and Personnel.**

Civilian Personnel Data System. This benefits employees because they won't have to go through the process of inputting all of their career brief data.

To prevent inaccurate information from populating the ADP fields, civilian employees should thoroughly review their career brief information. Those who find errors can go the DCPDS My Biz site to correct them, or contact their local civilian personnel section for help, officials said.

ADP is accessible through the Air Force Portal under the "Quick Links" section, officials said. There is also a comprehensive AFPC tutorial website available. Select the "help" button in ADP to access it.

For more information about civilian employee developmental opportunities and other civilian personnel programs, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil> or call the Total Force Service Center at 800-525-0102 or DSN 665-5000.



U.S. Air Force file photo

Shoppers at the Robins Base Exchange now have a new and improved second option for making purchases, with the relaunch of the Army & Air Force Exchange website.

## Shopmyexchange.com unveils new look

While it's not exactly a NASA launch pad, the Exchange's website was the subject of an intense pre-flight checklist as it prepared for Tuesday's relaunch of [www.shopmyexchange.com](http://www.shopmyexchange.com).

To help promote the new look, the site is offering more than \$5,000 in giveaways for authorized shoppers who log on through April 18.

According to an Army & Air Force Exchange Service press release, the website's enhanced look makes it easier to log in for exclusive offers and savings. Military shoppers can also stay informed about new sales and receive coupons, some with exclusive QR coded deals, which can be sent directly to smart phones and other portable devices.



The aim of the redesign was to ensure everything a shopper might need was intuitively integrated and easy to use.

Servicemembers will also still enjoy the quality customer service and product assortment they've become accustomed to throughout the nearly 116-year history of the Exchange, officials said.

"We expect the new interface to really 'click' with Exchange patrons," said Mike Howard, Army & Air Force Exchange Service's chief operating officer. "One look and I

think they'll agree *shopmyexchange.com*, with its tax-free savings, free standard shipping and new look, is truly out of this world."

AAFES is a joint command and is directed by a board of directors which is responsible to the secretaries of the Army and the Air Force through the service chiefs of staff. The Exchange has the dual mission of providing authorized patrons with articles of merchandise and services, and generating non-appropriated fund earnings as a supplemental source of funding for military Family and Morale, Welfare and Recreation programs.

— Courtesy Army & Air Force Exchange Service Public Affairs.

# Services 'cooks up' healthy recipe contest

Airman and Family Services officials are sponsoring a healthy recipe contest during March in recognition of National Nutrition Month.

The "Cook it Up" healthy recipe contest is open to total-force Airmen, civilians, and family members, and is designed to encourage people to use healthier foods in their diets. The contest runs through the end of June.

Participants may submit original, revamped or "from scratch" healthy food recipes in a variety of categories, and for a variety of meal times, through the Air Force's "FitFamily" website at [www.usafFitFamily.com](http://www.usafFitFamily.com). Photos and videos may also be submitted. There's no limit for entries, and officials encourage participants to enter often to increase their chances of winning prizes.



According to the Centers for Disease Control, there has been a dramatic increase in obesity in the U.S. during the

past 20 years. Over the past three decades, childhood obesity rates have tripled.

During the Year of the Air Force Family, officials launched the "FitFamily" website to promote the importance of healthy lifestyle choices and encourage families to be active together. Members can visit the website at any time for healthy recipes, fitness tips and health webinars.

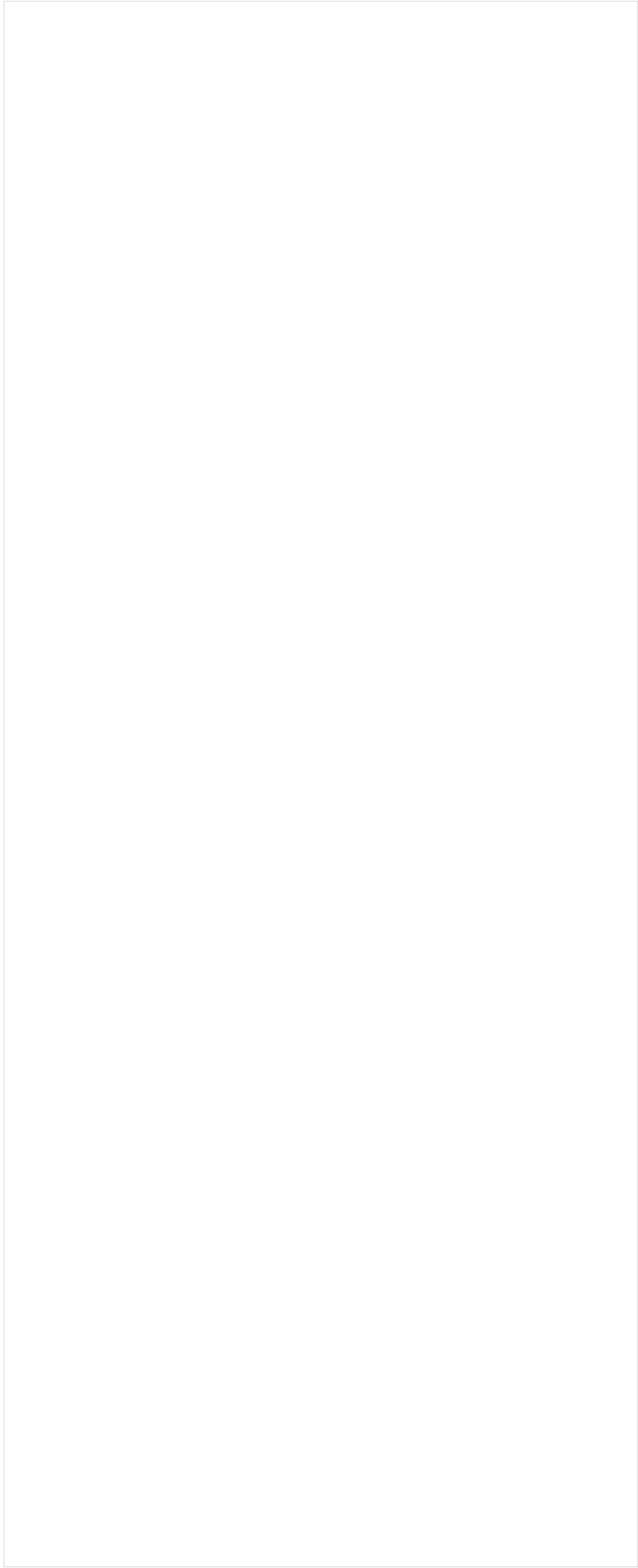
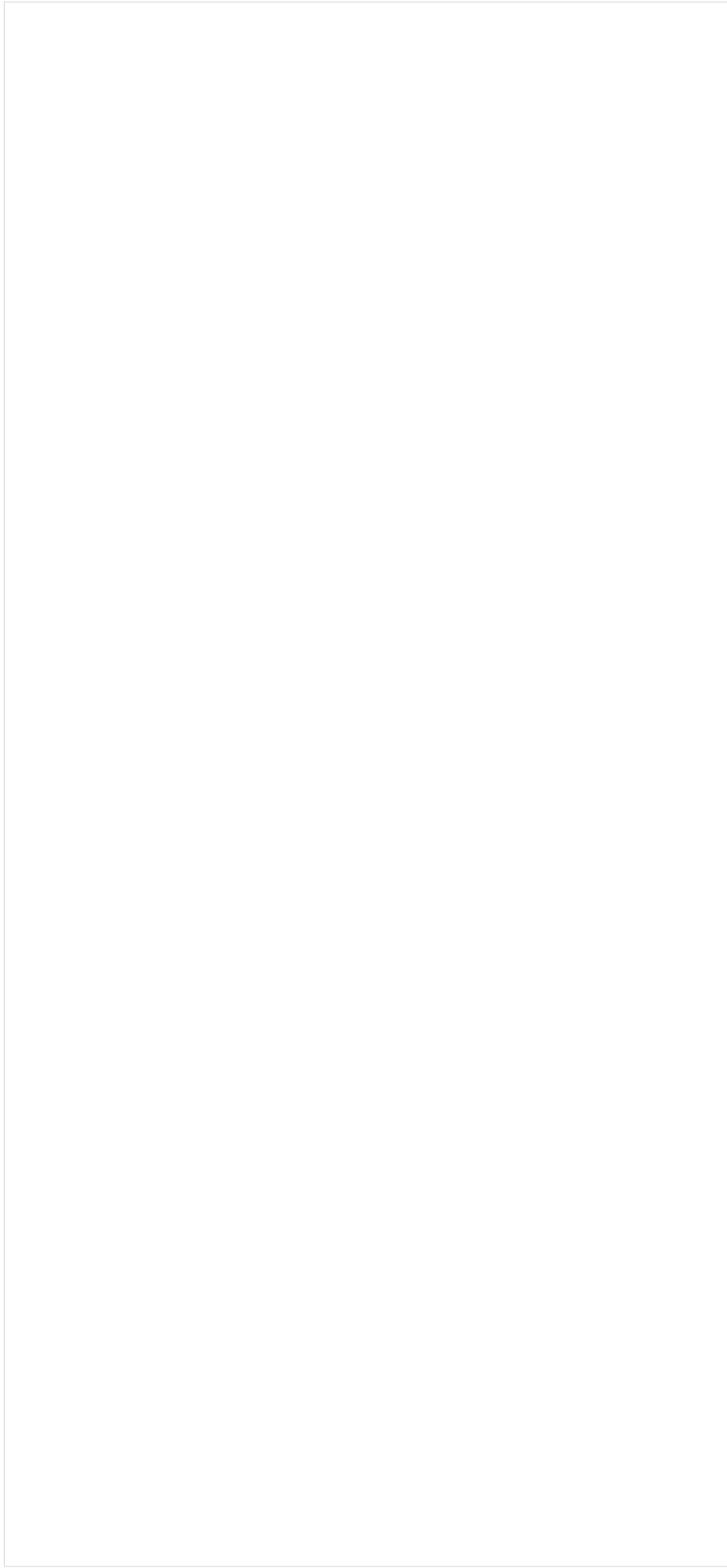
"The 'Cook it Up' healthy recipe contest is a fun way our Air Force community can get involved in making healthier choices and learn what really makes a recipe healthy," said David Brittain, a youth specialist for Air Force Services at the Pentagon. "The greatest prize will be a healthier lifestyle for individuals and families."

Prizes include AAFES

movie tickets, iTunes gift cards and iPads. One grand prize winner will earn a visit to their base from celebrity chef and "Next Food Network Star" contestant Herb Mesa.

For more information on "FitFamily," or for contest rules visit [www.usafFitFamily.com](http://www.usafFitFamily.com).

— *From Air Force Personnel, Services and Manpower Public Affairs.*



**KEEP'EM FLYING  
AFSO21**





## 78th FSS BRIEFS

**ON TAP**  
**3rd Friday Boss N' Buddy**  
Today  
4 to 5 p.m.  
Heritage Club  
For details, call 472-7864.

**Texas Hold 'Em**  
Saturday  
2 p.m.  
Heritage Club Lounge  
For details, call 472-7864.

**9-Pin No-Tap**  
Saturday  
6 p.m.  
Bowling Center  
Cost \$15  
For details, call 468-2112.

**UFC Fight Night PPV**  
Saturday  
9 p.m.  
Heritage Club Lounge  
Members \$10, guests \$20  
For details, call 472-7864.

**Federal Job Seminar**  
Monday  
9 to 11 a.m.  
A&FRC, Bldg. 794  
For details, call 468-1256.

**Pre-Separation Briefings**  
Tuesday  
1 to 2 p.m.  
A&FRC, Bldg. 794  
For details, call 468-1256.

**UPCOMING**  
**AFMC Family FunDaze**  
March 25  
4 to 6 p.m.  
Horizons  
For details, call 468-2670.

**Babysitting Class**  
March 30  
Noon to 4 p.m.  
Youth Center  
Cost \$15  
Must be 12 years or older  
For details, call 468-2110.

**Tops In Blue**  
May 15  
7 p.m.  
WR Civic Center  
For details, call 468-2105.

**AF Teen Aviation Camp**  
June 4-9  
Colorado Springs, Colo.  
Deadline to apply March 25  
For details, call 468-2110.

**Air Force Services**  
**Teen Leadership Camp**  
July 11-15  
San Antonio, Texas  
Deadline to apply April 8  
For details, call 468-2110.

**ONGOING**  
**Bowling Birthday Parties**  
Through March 31  
Bowling Center  
Cost \$30, includes extras  
For details, call 468-2112.

**Frequent Flyer Challenge**  
Through April 30  
Aero Club, Bldg. 186  
Win a trip to OshKosh, Wis.  
For details, call 468-4867.

**CORRECTION:** Only the **travel** portion of the ITT office, located in Bldg. 956, has changed its hours. It is now open Monday through Friday from 10 a.m. to 2 p.m. The ITT **ticket** office is still open weekdays from 9 a.m. to 5 p.m. For more information, call 468-2945 or 468-0093.



U.S. Air Force file photo

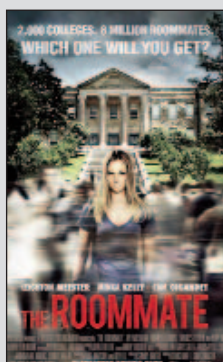
### Hit the links

The Pine Oaks Golf Course is hosting a four-day "Link Up 2 Golf" clinic Wednesday, Thursday and March 28-29. PGA instructor Dave Semmel will provide 90-minute group lessons. Cost is \$105 for AGF members and \$125 for guests. Also, Thursday from 3 to 5 p.m. there will be an AGF membership drive. For more information, call 468-4103.

## BASE THEATER — NOW PLAYING



TODAY  
7 P.M.  
THE EAGLE  
PG-13



SATURDAY  
6:30 P.M.  
THE ROOMMATE  
PG-13



MARCH 25  
7 P.M.  
JUST GO WITH IT  
PG-13



MARCH 26  
6:30 P.M.  
I AM NUMBER FOUR  
PG-13



APRIL 1  
7 P.M.  
GNOMEO & JULIET  
G

### TICKETS

**\$4.50**  
*adult;*  
**\$2.50**  
*children*  
*(up to 11 yrs)*

*For details,*  
**call 468-2919.**

### 78th FSS DIRECTORY

- ▶ FSS Administration . . . 468-3193
- ▶ Community Center . . . 468-2105
- ▶ Outdoor Rec . . . . . 468-4001
- ▶ Base Chapel . . . . . 468-2821
- ▶ Arts & Crafts . . . . . 468-5282
- ▶ Horizons . . . . . 468-2670
- ▶ Heritage Club . . . . . 468-2670
- ▶ Library . . . . . 497-8761
- ▶ HAWC . . . . . 497-8480
- ▶ Fitness Center . . . . . 468-2128
- ▶ Fitness Center Annex . . 472-5350
- ▶ Youth Center . . . . . 468-2110
- ▶ ITT . . . . . 468-2945
- ▶ Bowling Center . . . . . 468-2112
- ▶ Pine Oaks G.C. . . . . 468-4103
- ▶ Pizza Depot . . . . . 468-0188