



The Warner Robins Air Logistics Center provides depot maintenance support for large transport aircraft such as the C-5, C-17 and C-130, but also supports the U-2 and F-15, as well as helicopters and electronic warfare systems. This sustainment mission is even more demanding today as the military aircraft fleet is the oldest in history, with an average age of 25 years, and many well over 40 years old.

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ROBINS REV-UP

June 10, 2011 Vol. 56 No.23

Labor agreement approval delayed

BY DIRECTORATE OF PERSONNEL

Issues over language have led to a delay in the approval of the 2011 Master Labor Agreement.

Approval of the agreement between Headquarters Air Force Materiel Command and the American

Federation of Government Employees was delayed by the Department of Defense Civilian Personnel Management Service.

“They determined certain aspects were non-negotiable,” said Greg Ziesenhene, labor relations specialist in Robins’ Directorate of Personnel.

The issues could take some time to resolve, he added.

Until then, the current agreement – which AFMC bases have been operating under since April 1, 2002 – will remain in effect.

All AFMC and associate unit managers, supervisors, and AFGE bargain-

ing unit employees at Robins must follow the current contract and accompanying local supplement.

Supervisors and Designated Management Officials can assist employees in obtaining electronic copies of the current MLA and local supplement.



Courtesy photo

Crash Damaged or Disabled Aircraft Recovery Team members conduct training.

Maintainers train for the worst

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

Maintainer-volunteers at Robins are training for a mission they hope they will never have to perform.

The Crash Damaged or Disabled Aircraft Recovery Team is on 24-hour standby to recover F-15, C-130, C-5 and C-17 aircraft in the event of an accident, said Senior Master Sgt. Thomas Clater, 402nd Aircraft Maintenance Group superintendent.

The team currently has 33 members – all but three who

are civilians – and will eventually have 36. Members hail from each of the four platforms.

The CDDAR task previously fell under the 653rd Combat Logistics Support Squadron, which traveled the world performing battle-damage repair on the aircraft. After the squadron deactivated in 2009 and became a much smaller flight, it could no longer handle the CDDAR role.

That’s when the volunteer team was organized.

In May, the Air Force held

its first formal CDDAR training, at Sheppard Air Force Base, Texas. Three members from Robins attended the inaugural class. Two more have since attended.

“There are a lot of things that go on behind the scenes people don’t know about until you need it, and this is one of those things,” Clater said. “We just want to be ready if we ever have to do it.”

Jesse Clark, a C-5 functional test supervisor, was among those who attended the first

▶ see CDDAR, 6



U.S. Air Force photos by RAYMOND CRAYTON

Capt. Jordan Lindeke is awarded the Combat Action Medal and re-pinned with the Purple Heart by Col. Carl Buhler, 78th Air Base Wing commander.

Officer awarded prestigious combat medals

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

Capt. Jordan Lindeke tools around in a car with a Purple Heart license plate, but she doesn’t usually get the credit for it.

“Everyone thinks it’s for my father or husband,” said Lindeke, who in December suffered hearing and memory loss in a suicide bomb blast in Afghanistan.

“Nobody ever thinks it’s me,” said Lindeke, who has since fully recovered and is working as a flight command-



er in the 78th Medical Group.

The medical officer now has an equally-prestigious medal linked to her deployment. She was awarded the

▶ see MEDAL, 8

ENERGY RESPONSIBILITY

Considering the high price of day-to-day operations, it’s no wonder Robins officials are asking everyone to help trim energy costs.

In 2010, Robins’ collective energy bill was nearly \$22 million. More than \$4 million of that was for natural gas.

However, the fact millions are being spent to keep the base humming is probably overlooked by most employees because they don’t see or have to pay the bills, said Jeanne Paris of the Robins Energy Office.

“Since members don’t pay directly for their energy use, it’s easy to understand how they might not be as careful as they should about how much energy is being consumed,” she said.

Paris said all employees should take responsibility for energy use in their workplaces; they should act as though they were paying the bill for



the energy being consumed.

“Opportunities exist every day for employees to take a proactive approach to energy conservation and reduce consumption,” Paris said. “Small actions collectively add up to big results.”

According to Paris, workers should inspect their areas for energy waste and report items not in compliance to their facility manager or the Robins Energy Office at 497-8663. Energy-saving ideas should be sent to commanderkillawatt@robins.af.mil.

– Courtesy Robins Energy Office

Grant gives BiRD bright future

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



Although ridership is still sparse, a federal grant should keep Buses into Robins Daily running for at least three more years.

Rick Jones, chief executive officer of the Macon Transit Authority, said last week he would like to see an increase in BiRD ridership. But, he noted, even without it a Job Access Reverse Commute grant will enable the authority to continue to operate the service.

“The community has bought into this service, elected officials support us,” Jones said. “We have no intention of stopping.”

BiRD runs morning and

afternoon shuttles on weekdays from the Macon Centreplex to Robins. The service was set up to alleviate the chronic parking problem on base.

During its first full month of operation, in January, BiRD averaged 30 riders per day. It now services an average of 101 per day, and that number continues to increase.

Jones suspects some people may have been reluctant to try BiRD out of concern for its future, but with the grant adding stability he is hopeful there will be a boost to ridership.

Those who use the service

have been overwhelmingly positive; some have even been working to recruit other riders.

The service costs \$6 round trip, but for Robins employees the entire amount is reimbursable through the Transportation Incentive Program. Once approved, employees get vouchers in advance so they never have to pay for the ride.

The bus also makes 10 stops on base, so most riders are dropped at or near their workplaces.

For more about BiRD, to include a schedule and how to apply for TIP, visit the public Robins home page, click on the “transportation” link and then the “Buses into Robins Daily” link.

THINK SAFETY



Days without a DUI: 21
Last DUI: 116 MXS
— courtesy 78th Security Forces

AADD
To request a ride, call
222-0013.

TWO-MINUTEREV

WR-ALC Military All Call

The Warner Robins Air Logistics Center will host a Military All Call on June 17 at 3 p.m. in the Heritage Club Ballroom. It will be followed by Boss-N-Buddy night, which is open to all Robins members.

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UNIT PROFILE: 78th MDSS

What it does

The 78th Medical Support Squadron supports comprehensive medical and dental healthcare for the installation's active duty, Guard and Reserve members, and retirees and their family members. The squadron provides laboratory, radiology and pharmacy services, resource management, TRICARE, patient administration, medical logistics, medical information systems, personnel support and administrative support.

Why it matters

The squadron ensures all eligible beneficiaries have access to their medical benefits. Without these medical support services, the Medical Group would be unable to provide exceptional expeditionary, occupational and primary healthcare to its beneficiaries.



Airman 1st Class Katherine Holmes, diagnostic imaging technologist, looks over a chest X-ray. The radiology section is a major component of the 78th MDSS, averaging 70 procedures daily.

By the numbers

165 Personnel in the squadron

1,000 Prescriptions filled each day

70 Radiology procedures performed each day

93 Laboratory procedures performed each day

14,152

Beneficiaries enrolled at the Robins clinic (total number of beneficiaries exceeds 47,000)

What they say



2nd Lt. Bryan Johnson
TOPA Flight Chief

"I'm responsible for leading and overseeing 12 programs. As a team, we work to develop, implement, and track both short-term and long-term patient administration goals and objectives to provide the best possible support to our beneficiaries."



MSgt. Arlo Southall
Radiology Section Chief

"My job allows me to assist in the diagnosis and treatment of military members, ensuring their readiness to fight. I love being able to directly mentor and have a positive influence on our current and future servicemembers."

People Spotlight



Eric Preston

TITLE:

Sheet metal mechanic, 562nd Aircraft Maintenance Squadron (C-17)

BACKGROUND:

Preston has worked at Robins for 12 years.

HOMETOWN:

Roberta

"I love working out here. I love the people and doing the job and seeing the end results. I like tearing something down and building it back up."

"The supervisors who motivate the most are the ones who take care of the people who are really working, versus the supervisors who show favoritism. If you do get your work done right, you should get rewarded for it. That's what I like in a supervisor, to be fair with everybody."

"I enjoy watching sports and playing sports. My favorite is football. I like the Falcons. I don't know what I'm going to do if we don't have a season this year."



U.S. Air Force photo by **RAYMOND CRAYTON**
Maj. Gen. (ret.) Joseph McNeil speaks with media June 3 following the Robins Diversity Luncheon.

Retired general, former civil rights activist focuses on unity during diversity luncheon

BY WAYNE CRENSHAW

wayne.crenshaw.ctr@robins.af.mil

Bridging racial and cultural gaps in America can be a complex matter, but for civil rights hero Maj. Gen. (ret.) Joseph McNeil, the answer is on the back of a nickel.

The Latin phrase printed there, "E pluribus unum," means "From many, one."

"That's our challenge. Even though we are culturally different, we can all rally and be that one," said McNeil, the keynote speaker at a luncheon here June 3 co-hosted by the Robins Diversity Steering Group and the local chapter of Tuskegee Airmen, Inc.

McNeil was one of the

"Greensboro Four," four blacks who staged a sit-in at the "white's only" Woolworth's lunch counter in 1960. The sit-in eventually led the company to reverse its segregation policy. It also brought increased attention to the civil rights issue.

However, McNeil told the audience the true heroes are those who came before him, including black soldiers who fought for the Union during the Civil War and the Tuskegee Airmen.

"We, today, stand on the shoulders of those who went before us," said McNeil, who later went on to a distinguished career in the Air Force.

The Civil Rights movement

isn't the only time McNeil was an active participant in history. On Sept. 11, 2001, he was working as a civilian in the command center of the Federal Aviation Administration. That experience also made an impression on him on the issue of race relations.

"What I carried away from that tragedy is that many of us realized for the first time we were all in the same boat; the people who attacked us, they didn't care if you were black, white, red or yellow," McNeil explained.

"It's so important to continually emphasize our unity because there are those out there working very hard to keep us separate and bring us down," he said.

Picture This: Photo contest to capture safety snapshots

BY FAYE BANKS-ANDERSON

Robins Public Affairs

Robins is sponsoring a photo contest focused on worker safety and health.

The contest, sponsored by the Center Occupational Safety and Health Office, seeks to raise awareness about employee safety and health – whether on the job, at home or anywhere else. It is open to employees ages 18 and older and will run through Aug. 12.

The winning photo, which should convey a clear safety and health mes-

sage, will be published in the Rev-Up and on the base website.

The winning photographer will receive an eagle statue, and a congratulatory letter from Maj. Gen. Robert McMahon, Warner Robins Air Logistics Center commander. The photo will also be hung in the general's front office and the winner's work location.

Participants may submit up to three original photographs (in .jpg file format; no larger than 3 MB). Each submission must include the participant's name, daytime phone and e-mail address.

Photographs must not depict any



uncontrolled hazard, or any unsafe procedure or practice. They should also not endorse or be perceived to endorse a commercial product or service; infringe upon any copyright; invade any right of privacy; contain any defamatory,

libelous or slanderous material; or violate any other right of any person or entity, and are not otherwise contrary to law.

Photographs in which a person is recognizable must be accompanied by a release from the subject or, in the case of a minor, a release by the subject's parent or guardian.

Photos will be judged by the 78th Air Base Wing Public Affairs Office and the Workplace Safety and Health Team.

Photographs will not be returned. For more information, e-mail wralc.sh.workflow@robins.af.mil.

Think twice, energy has a price.

Construction projects moving faster

BY WAYNE CRENSHAW

wayne.crenshaw.ctr@robins.af.mil

Long before a contractor's truck shows up at a construction site, many people and organizations at Robins are involved in the behind-the-scenes work it takes to get the project off the ground.

It has traditionally been a long, tedious process.

A value-stream mapping event led by the 78th Civil Engineer Group and 402nd Software Maintenance Group, and involving, among others, representatives from the Warner Robins Air Logistics Center's Small Business, Contracting and Staff Judge Advocate offices, has helped change that.

The event determined the pre-



construction phase of projects was taking far too long as a result of poor communication between the parties, among other reasons. By shoring up these gaps, the speed in which projects are processed – from concept to contract – has increased.

In turn, customer satisfaction has also increased.

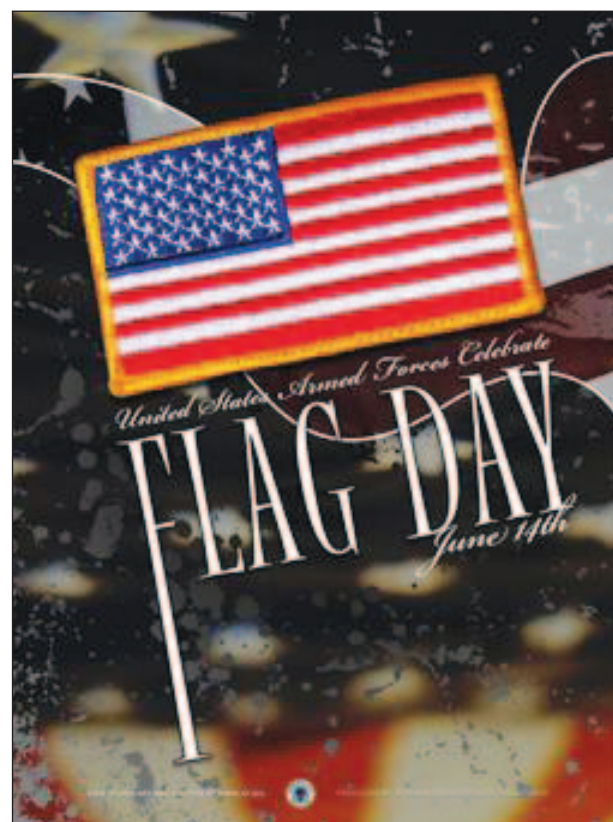
Kevin Shanahan, an engineer in the 78th CEG, served as value-

stream manager.

The biggest difference between how projects are now processed and how they were before is all key players are involved from the start, he said.

Shanahan, who grappled with the delays himself when he worked as a project manager in the 402nd Maintenance Wing, credited Becky McCoy's leadership with making the 778th Civil Engineer Squadron more responsive to customer needs. McCoy is the civilian leader of the squadron, which has the responsibility for MILCON and SABER projects on Robins.

"Customers were really out of the loop; they (778th specialists) weren't being involved," Shanahan said. "Now that has totally changed."



'Critical Days of Summer' off to great start

BY GWEN DOOLEY

Air Force Safety Center

For the second consecutive year, the Air Force had zero mishap fatalities over the Memorial Day weekend.

Maj. Gen. Gregory A. Feest, the Air Force chief of safety, said he was pleased with these results, but he reminded Airmen of the need for continued vigilance throughout the remainder of the summer.

"We have a long way to go," he said. "There are 15 weeks of summer, and we can never let our guard down. We'll continue to



provide mishap prevention strategies to our Airmen, our wingmen and our family members to help save lives during this Critical Days of Summer campaign."

During the 2010 Critical Days of Summer Campaign, 16 Airmen lost their lives. While that number was lower than the

2009 campaign when 22 Airmen lost their lives, the loss of one life is one too many.

Air Force Safety Center officials are preparing to unveil several initiatives during the remainder of the Critical Days of Summer campaign, including a poster slogan contest, a video contest, and public service announcements to be broadcast in exchanges and commissaries on Air Force and Army installations worldwide.

Roberto Guerrero, the Air Force deputy chief of safety, said he invites everyone to follow the

safety center's activities on Facebook (Air Force Safety Center), Twitter (AFSAFETY), YouTube (Air Force Safety Center) and General Feest's blog at <http://flysafe.dodlive.mil>.

"We're dedicated to doing all we can to save lives this summer," he said. "Summer is Hot,' and we're actively working with commanders, supervisors, Airmen and their family members to team with us in our joint efforts to save lives."

– See page 10 for heat-related illness prevention tips.



**THINK OPSEC:
YOUR TRASH
COULD BE AN ADVERSARY'S
TREASURE**

ViewPoints

“Happiness makes up in height for what it lacks in length.”
— Robert Frost

First step is the hardest

“Acknowledging your problem is not a weakness, but a step made with incredible strength.”

depression. Symptoms can include depressed mood; loss of interest in activities you used to enjoy; feelings of guilt, hopelessness and worthlessness; sleep disturbances, appetite and weight changes; difficulty concentrating; and lack of energy and fatigue.

According to the National Mental Health Association, approximately 12 million women in the U.S. experience clinical depression every year. About one in every eight can expect to develop clinical depression in their lifetimes. Women are twice as likely as men to develop depression.

Social and cultural causes can stem from many aspects. The more

roles a woman is expected to play — wife, mother, working woman, etc. — the more susceptible she is to “role strain” and its association with stress and depression.

I remember the first time someone genuinely asked how I was, because they were concerned about me. Someone actually wanted to know what was going on and wanted to help. And, it wasn't my supervisors, my peers or my commander. It was my own Airman, who cared enough, noticed something was wrong, and helped me get the help I desperately needed.

With the help and support of my Airman, I was able to find the strength to

go to the mental health clinic and receive the help I needed. I was one of the more than 60 percent of servicemembers, according to the APA, who think seeking help for mental-health issues will have at least some negative impact on their career. This isn't so.

Mental-health disorders have a biological basis and can be treated like any other health condition.

As military members, we have been briefed many times on how to recognize the signs and of someone who is in need of mental-health assistance. For someone who truly needs help, the first step to wellness is the hardest. Acknowledging your problem is not a weakness, but a step made with incredible strength.

family, then wash all the dishes, bathe the baby, and write enlisted performance reports all night.

Then, I couldn't sleep at night. I would sometimes get only 10 hours of sleep for the entire week. It wasn't an upset baby keeping me up; just an inability to sleep, no matter what I tried. So, I decided to be productive with my insomnia and would bake the workcenter cakes and cookies or even breakfast muffins, all from scratch; what else is there to do at 2 a.m.?

I started coming to work late and getting appropriately counseled. Then, I started losing weight, no matter what I ate. I lost 30 pounds in just three weeks. How could this be happening?

I didn't know it at the time, but I learned I had some classic symptoms of

BY TECH. SGT. TERRI KAAS
86th Airlift Wing Public Affairs

It started with an assignment I wasn't too keen on taking. We all have them, where we have wanted something else. I knew the assignment would be difficult since I recently retrained into a different career field. I hadn't expected, or been told before arriving, I would be a 3-level NCO in charge of a job I was just learning. But it happens. We all adapt and work through it.

Within six months of moving to our new duty location my husband deployed — leaving me alone with our 1-year-old child. This is the stuff we know can happen as military couples. No problem, I am a modern woman; I can bring home the bacon, cook it, and feed it to my

Tell your story

BY CAPT. HEATH ALLEN

386th Air Expeditionary Wing Public Affairs

When I sat down to pen this commentary, I sifted through leadership quotes. I thought about all the cerebral, ornate language from squadron officer school which lulled me into a slumberous submission. I thought about all the other commentaries I've read throughout my career and how someone, somewhere, should invent a sarcasm font.

You've undoubtedly been pelted with nuggets of knowledge from military leadership manuals on how to be a team player, how to lead teams, and how to operate effectively and make key decisions in joint and coalition environments. The leadership experts provide us detailed instructions on how to lead from the front, from the rear, from a cozy leather office chair and from the battlefield.

But no leadership literature I've ever read can prepare a person for the first deployment — the first time away from family, and missing the first Christmas, the important birthday or the entire baseball season.

While I knew all of that would occur, it wasn't real until it happened. When you're sidelined, unable to participate in your family's life, it becomes very real.

Watching iPhone videos of my son's baseball games, soccer matches and his birthday party ... it almost made me feel like I was experiencing life in third person, like it was someone else's story and I had a backstage pass to hang out with the narrator.

In my job in public affairs, my primary mission is to shine a spotlight on all the hard-working Airmen who are deployed away from their



families, missing all of those same moments. My objective is to show the families how their loved ones are important to the mission.

While this is my first deployment, I know there are servicemembers missing their kids' childhoods in six-month chunks of time; a year in some instances. Those are moments you can't retrieve. Once they've passed, they are forever gone. They are someone else's memories now — your vicarious recollections.

While it has become the party line to talk about sacrifice, commitment, duty, love of country, etc., one can't help but wonder what those concepts mean to a child; what they mean to my 11-year-old son.

I'd love to offer an insightful, motivating monologue which furnishes the solutions, articulated with all the right words, both inspiring and true. But the answer is, I don't know.

I don't know what those words mean to children. Hopefully, they understand. All you can do is try to help them comprehend why the world requires people like you and me; how we're all integral pixels in the big picture.

I'm not going to fill my son's head full of patriotic delusions and tell him this country is perfect. I'm quite certain he would quickly spot

that as a lie anyway.

But what I can do is my job, to harness my aptitudes in an effort to help children, and my child, understand why we're all here; why not just the country but the world needs our help; we're involved in something meaningful, and we're all making personal sacrifices to help leave the world better than we found it.

The most valuable mission of public affairs is to tell the Airman's story. It's our job to convey the message of how critical your job is to the world, and most important, express those sentiments to your family.

To me, that's immensely important, because it's not just the military members making the sacrifice. It's the 11-year-old boy whose dad is suddenly not there to offer motivation and encouragement after that double in the gap or a disappointing strikeout. It's the little girl whose mom is flying C-130s or turning wrenches instead of making French braids and coaching soccer matches.

It's important for that little boy and little girl to know their sacrifices are meaningful, too; their mom or dad has a purpose here, and some other child in another country may get one step closer to experiencing the life and the freedoms we enjoy every day because of what they're giving up.

That's what I've tried to accomplish during my first deployment. Your story is monumental and your families all need to hear it.

While the country may borrow your services from time to time and you will undoubtedly be faced with more deployments, please don't forget to tell those loved ones back home how important they are to the mission, too.

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.

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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.

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.**

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Commander's Action Line

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

The most efficient and effective way to resolve a problem or complaint is to directly contact the 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.**

KUDOS TO THE FAC

I would just like to say what a great Fitness Assessment Cell team — Scott Peavey, Demond Webb and Mike Whitehead — Robins has.

Most of us get nervous about any kind of testing, but the fitness assessment can be intimidating, even to those who work hard every day to remain fit to fight. From the moment I was greeted by Scott — with a smile, professionalism and courtesy — until the end of the assessment, this team was top-notch. I am sure I am not the only one who appreciates the way they explain the assessment process, and encourage and enforce the “Fit to Fight” mentality. I am grateful to them for making the experience a great one; they deserve a medal for the job

they do. Keep up the great work!

COLONEL BUHLER RESPONDS:

Thank you for the kind words. I too share your sentiments and agree our Fitness Assessment Cell is a fantastic team.

Their professionalism and dedication to duty has greatly aided in positively changing the physical fitness cultural at Team Robins. Their story is remarkable, especially when one considers the new Fitness Assessment AFI has only been in effect since July 1, 2010.

Additionally, the FAC tests more than 12,500 Airmen in a year, which is a daunting task for the cell.

Thanks again for your note. Such recognition reaffirms the important contribution the FAC

team has on mission readiness.

CROSSWALK

I have noticed an issue where a crosswalk was relocated. At the corner of Cochran Street and Richard Ray Boulevard, after the road was downsized to two lanes, the stop sign leaving Cochran Street was moved forward at least a car length. So was the crosswalk. People now continue to walk straight across the road without looking. Without pedestrians being in the crosswalk, they could be hit.

COLONEL BUHLER RESPONDS:

Thank you for writing. When Richard Ray Boulevard was reduced from four to two lanes, the stop sign was moved to match the revised lane designation and

improve visibility.

The location of the crosswalk was also evaluated by the Traffic Safety Working Group, which determined the safest location for the crosswalk is at the corner.

Due to your inquiry, the area was re-evaluated, and the Traffic Safety Group confirmed the safest option is still to have pedestrians cross at the corner. Additionally, the existing ramp and portion of the sidewalk leading to the old crosswalk have been removed. Curbing and grass have also been added to encourage use of the new crossing point.

If you have any additional questions, please feel free to contact the Base Parking Coordinator, Peggy Bailey, 778th CES/CEPT, at 497-2923. Thank you again for writing.

▶ 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

On the Fly

Award winners

The following were recently recognized by the 21st Century Partnership with inaugural Robins Region Partnership awards:

► *Darryl Turner*, Col. Charles Thomas Award for Leadership.

► *Col. Michael Bledsoe*, Brigadier General Warner Robins Award for Mentorship.

► *The Main Interconnect Repair Team*, 402nd Maintenance Wing, Carl Vinson Award for Innovation.

DBIDS to be implemented by July 31

DBIDS, or the Defense Biometric Identification System, will be implemented here July 31.

At that time, those not registered could find themselves turned away at the gates, and directed to the Visitor Control Center to the register.

Those still needing to register can avoid the last-minute rush by registering now, according to Staff Sgt. Crystal Kesey, Robins' DBIDS program manager.

Registration locations and times include the 78th Military Personnel Flight in Bldg. 767 (Monday - Friday from 7:30 a.m. to 3:30 p.m.) and the VCC in Bldg. 219 (Mondays, Tuesdays and Thursdays

from 7:15 a.m. to 6 p.m.; Wednesdays from 7:15 a.m. to 2:30 p.m., and Fridays 7:15 a.m. to 3:30 p.m.).

The VCC will also be open Saturdays in June from 9 a.m. to 1 p.m.

For more information, call Kesey at 222-1979 (from off base) or 472-1979 (from on base), or Staff Sgt. Warren Brown at 222-1969 (from off base) or 472-1969 (from on base).

Upcoming

The Armed Services Blood Program will conduct a blood drive June 17 from 8:30 a.m. to 4 p.m. at the Fitness Center Annex. The American Red Cross will also conduct a blood drive June 17 from 8:30 a.m. to 2:30 p.m. in Bldg. 210 and from 7 a.m. to 1 p.m. in Bldg. 640.

The ASBP provides quality blood products for servicemembers and their families in both peace and war.

The American Red Cross collects blood in support of civilian agencies and national disasters.

For more information, call 2nd Lt. Kristen MacBride at 497-5262.

The Joint Communications Unit Recruiting Team will brief the benefits of a special duty assignment on June 20 from 10 to 11:30 a.m. in Bldg. 948.

JCU offers positions for active duty Army, Air Force, Navy, Marines, and civilian personnel in a vari-

ety of communications, automation, electronics maintenance and logistic specialties. JCU individuals are trained to be communication experts and afforded uncommon opportunities as a member of this team.

For more information, visit www.jcuonline.org.

Et cetera

The Base Chapel has an opening for a part-time Catholic Religious Education Coordinator.

The position requires a working knowledge of the Catholic teachings, traditions and practices. Experience in religious education is preferred.

Responsibilities include recruiting and assigning volunteers, ordering materials, preparing a school calendar, performing teacher/parent meetings, and providing sacramental preparation classes.

Deadline to submit a resume and salary requirements is June 27. Position starts July 1.

For a statement of work, contact Staff Sgt. Jonathon Torres at 468-2821.

Volunteer registration for Airmen Against Drunk Driving is now being handled through Facebook to allow retirees who do not have access to the base network to volunteer.

Those wishing to sign up can visit www.facebook.com/Robinsaadd and select "Like" at the top of the page. Select "Events" on the left side of the page, and select the date on which you would like



U.S. Air Force courtesy photo

Mayoral Visit

Mayors from six Middle Georgia cities recently visited Headquarters Air Force Reserve Command for a working lunch to talk about the command's mission, capabilities, and contributions to the local community. They were hosted by Maj. Gen. Craig Gourley, vice commander, and other HQ AFRC senior leaders.

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

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to volunteer. Then, select "I'm Attending" at the top of the page for that particular date.

Letters of intent for intramural golf and volley-

ball are due to the Fitness Center by July 11.

For more information, contact Kenneth Porter at 468-2128.

The following leave

recipient has been approved through the Voluntary Leave Transfer Program: *Diane Betz* of the 78th Dental Squadron. POC is Tammara Simon at 497-8082.

CDDAR

Continued from 1

CDDAR class at Sheppard. Clark acknowledged recovery of a serious C-5 crash could be a lengthy commitment, with possible 12-hour days, seven days per week, but he stands ready to do it if called.

“I have been around C-5s for eight years and I just love the aircraft,” he said.

The team has \$2 million worth of equipment set aside, which can't be used for any other purpose. It includes lifting devices such as airbags, bands and slings. It also includes fittings, saws and generators.

CDDAR's role could either be the safe recovery of a completely broken apart aircraft, or the aircraft could be flyable and



Courtesy photo

Crash Damaged or Disabled Aircraft Recovery Team members work on an F-15.

they would have to recover it without causing further damage.

In the training, they learn how to safely lift aircraft sections and when and how to use protective equipment when burned composite parts might pose a health risk.

While CDDAR's role is

the recovery of aircraft, in the event of a crash at Robins the response would involve numerous organizations, Clater said. Those include the fire department, security forces, civil engineering, and others.

“If we ever have to do this, it will be a total team effort,” Clater said.

REPORT SUSPICIOUS ACTIVITY TO 468-EYES

KEEP'EM FLYING
AFSO21

FREE!

Friday - July 1st 2011

Band of the U.S. Air Force Reserve
Independence Day Concert
and
FIREWORKS

Featuring
Wynonna Judd & Robin Meade
Anchor, HLN's "Morning Express with Robin Meade"

Gates Open at 6:00 p.m.
McConnell-Talbert Stadium
Warner Robins, GA

THE DISPLAY OF AN OFFICIAL U.S. AIR FORCE SYMBOL IN ADVERTISING FOR OR THE OFFICIAL PARTICIPATION BY AIR FORCE PERSONNEL IN THIS EVENT DOES NOT CONSTITUTE AN OFFICIAL ENDORSEMENT BY THE U.S. AIR FORCE OF ANY NON-FEDERAL ENTITY, INCLUDING ANY PRIVATE BUSINESS, COMPANY, OR ORGANIZATION, WHOSE NAME, SYMBOL, OR TRADEMARK ALSO APPEARS IN SUCH ADVERTISEMENT OF WHICH NON-FEDERAL ENTITY MAY LEND ITS PRIVATE SUPPORT TO THIS EVENT.

Fire officials explain danger of vehicle-ignited grass fires

BY FOREST JOHNSON

Robins Fire and
Emergency Services chief

The summer dry season brings a risk of grass fires in the local area due to the heat generated from vehicle catalytic converters.

Catalytic converters were first introduced in 1975 to comply with U.S. Environmental Protection Agency regulations on automobile exhaust systems.

Today, catalytic converters are still commonly used on vehicles. The average temperature of a catalytic converter is 1,200 degrees, which is hot enough to cause a fire.

Hot weather and low humidity play an integral role in fires caused by cat-

alytic converters. In Georgia, drought conditions are producing dry grass, brush, and severe woodland conditions which are just right for fires.

Several years ago in Diamond Bar, Calif., a catalytic converter-caused fire burned 50 acres along the freeway. If you drive or park on unapproved surfaces, such as grass areas, you can inadvertently start a fire. It is not much different than throwing a lit cigarette out the window. Both are hot enough to cause a fire, especially with dry weather conditions.

Every year hundreds of fires are caused by catalytic converters and lit cigarettes. At Robins, we have

a fairly large area of woodland which covers a good portion of the base perimeter. Due to the current BRAVO FPCON, many people are also being forced to park in grass areas.

While the base fire department recommends all vehicles stay on hard surface roads, if possible, when parking in grass, people should ensure the area is mowed. As long as the grass is short, there is less chance of starting a fire with your vehicle.

Additionally, when parking in the grass, allow adequate room for fire-fighting vehicles in the event a fire does occur.

For more information, contact the fire prevention section at 468-2145.



Courtesy photo

Hundreds of grass fires are caused by vehicle catalytic converters every year. Catalytic converters, located underneath motor vehicles, have an average temperature of 1,200 degrees.

MEDAL

Continued from 1

Combat Action Medal and was re-pinned with the Purple Heart on Monday by Col. Carl Buhler, commander of the 78th Air Base Wing.

Much like the Purple Heart, Lindeke said the CAM is not something she expected to receive when she deployed, particularly since her job entailed mentoring Afghan military medics at a well-secured base.

Lindeke also said she doesn't want her last view of Afghanistan to be from a stretcher, and she has asked to be deployed again.

"I feel like I didn't get to finish what I started there," she said.

AF offers Airmen free mobile app for basic military training

BY DIANNE MOFFETT

Air Education and Training
Command Public Affairs

A free mobile phone application geared toward people preparing for life in the Air Force and focusing on physical training was released June 2.

The mobile app is available for download from the iTunes Store and will be available from the Android Market in early July.

"The application will help Air Force candidates prepare for basic military training and ensure they arrive in better physical condition," said Maj. Sandra Magaña, Air Education

and Training Command chief of future learning capabilities.

The physical training segment of the app includes menus for warm-up and cool-down plus pre-exercise preparation, she said. Instructional videos teach candidates running techniques and how to properly perform sit ups, push ups and pull ups are featured as well.

Also included is a video to teach exercises designed to rapidly improve muscular strength by doing three 1-minute sets of push-ups or sit-ups, officials said. The app has a tracking tool for the user to record improved muscular strength. Users will also be able

to link to the BMT website to view and use their 14-week workout schedule.

Other segments contained in the app include Airmen fundamentals, such as the Heritage Hall to learn the Airman's Creed, the Air Force song and core values, officials said. The Hall of Ranks has enlisted and officer ranks with insignias and a game to help learn instant recognition. The uniform issue segment has information and photos of the Airman Battlefield Uniform, physical training uniform, service and service dress uniforms.

Carol Wall, the project manager for AETC's future capabil-

ities branch of the future learning division, said the app is pretty extensive and received its inspiration from the Army's Future Soldier Training System.

"Our application is fully comprehensive; not only does it show you the proper form for exercises, but it shows you how to get ready for exercise and allows you to track your progress," Wall said. "This application is a great tool for all Airmen to prepare for their physical training assessment and for all candidates to prepare for basic military training."

The app was created for AETC by General Dynamics Information Technology.

HAPPENINGS

ON TAP

Strongman/Strongwoman Challenge

Saturday
8 a.m.
Fitness Center
For details, call 468-2128.

Texas Hold 'Em

Saturday
2 p.m.
Heritage Club
For details, call 472-7864.

Mid-Year Bingo Blowout

Sunday
2:45 p.m.
Heritage Club
For details, call 468-4515.

Summer Reading Program

A Midsummer Knight's Read
Monday
10 a.m.
Base Library
12 years and younger
For details, call 497-8761.

Money and Credit Management

Monday
1 to 3 p.m.
A&FRC, Bldg. 794
For details, call 468-1256.

Shoot for the Stars Basketball Camp

Monday to Friday

Register by today
Youth Center
For details, call 497-6836.

Junior Golf Clinic

Wednesday and Thursday
Beginner: 4 to 5 p.m.
Intermediate: 5:50 to 6:30
Pine Oaks Golf Course
For details, call 468-4103.

British Soccer Camp

June 20-24
Register by Wednesday
Youth Center
\$68, 3-4 years old
\$91, 5-16 years old
For details, call 497-6836.

Missoula Children's Theatre

The Wiz of the West
Youth Center
Sign up by Thursday
Audition - June 20
Cast camp - June 20-24
For details, call 468-2110.

UPCOMING

Beat the Heat 5K

June 17
7 a.m.
Fitness Center
For details, call 468-2128.

Beach Blast 3-Man Volleyball Tournament

June 17
4 p.m.

Fitness Center
For details, call 468-2128.

Boss N' Buddy Night

June 17
4 to 5 p.m.
Heritage Club
For details, call 472-7864.

Falcons Tickets Pre-Sale

June 18
9 a.m. to noon
IT&T, Bldg. 956
For details, call 468-2945.

WWE PPV Fatal 4 Way

June 19
8 p.m.
Heritage Club
For details, call 472-7864.

Thunder Alley Wednesday

June 29
2 to 4 p.m.
Bowling Center
\$6 per person
For details, call 468-2112.

Club Scholarships

Applications due July 1
For details, call 468-5492.

CNN Studio and World of Coca Cola Tour

July 13
Sign up by June 27
\$35
For details, call 468-4001.

ONGOING

June Special

Mondays and Tuesdays
Base Restaurant
Hard shell taco, \$1
For details, call 468-6972.

Lap Swim

Through Aug. 5
8 to 9 a.m.
Heritage Pool
For details, call 468-4001.

Swim Lessons

Tuesday to Thursday
Heritage Club Pool
Prices vary
For details, call 468-4001.



U.S. Air Force photo by SUE SAPP

Happy Birthday

About 700 people converged on the Pizza Depot on Tuesday to help the restaurant celebrate its 23rd birthday. Guests sampled new pizza selections, appetizers, and birthday cake, and registered for door prizes.



GET OUT AND PLAY!

with **PLAYpass**

Great Rewards and Discounts to Support Our Deployed Families and Single Airmen

MyAirForceLife.com
then select **Robins AFB**

See page 5 of June Edge for more details!

78th FSS DIRECTORY

- ▶ FSS Admin468-3193
- ▶ HAWC497-8480
- ▶ Community Center . . .468-2105
- ▶ Fitness Center . . .468-2128
- ▶ Outdoor Rec468-4001
- ▶ Fitness Annex472-5350
- ▶ Base Chapel468-2821
- ▶ Youth Center468-2110
- ▶ Arts & Crafts468-5282
- ▶ Tickets, Travel . . .468-2945
- ▶ Horizons468-2670
- ▶ Bowling Center . . .468-2112
- ▶ Heritage Club468-2670
- ▶ Pine Oaks G.C. . . .468-4103
- ▶ Library497-8761
- ▶ Pizza Depot468-0188

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Summer safety: Preventing heat-related illnesses

Summer is coming to Middle Georgia and, as always, it promises to be a hot one.

With the temperature extremes and the humidity here, we are especially susceptible to heat-related illness such as dehydration, heat exhaustion and heat stroke. But, most serious heat illness can be prevented by following some basic guidelines. The Centers for Disease Control has some good suggestions for preventing heat related illness.

Normally, body temperature is regulated by sweating. A number of factors can limit sweating, including exercising in high temperatures or



high humidity, age, obesity, fever, dehydration, illness, medications and alcohol. When a heat illness develops, it usually occurs after exertion and excessive sweating which leads first to dehydration, and then to electrolyte imbalances.

To prevent heat-related illness, follow these precautions:

► **Drink the right amount of the right fluids.** Finding the right amount of fluid to drink depends on a variety of factors including the length and inten-

sity of exercise and other individual differences. There are, however, two simple methods of estimating adequate hydration. The first is to monitor urine volume output and color; a large amount of light-colored, diluted urine probably means you are hydrated; dark colored, concentrated urine probably means you are dehydrated. The second is to weigh yourself before and after exercise. Any weight loss is likely from fluid, so try to drink enough to replenish losses.

► **Replace lost electrolytes-sweat leeches salt and minerals from the body.** It's important to maintain sodium and electrolyte levels if you are sweating profusely and exercising more than 90 minutes. The easiest way to replace these is with salty foods or sports drinks.

► **Wear appropriate clothing.** Choose lightweight, light-colored, and loose-fitting clothing. In the hot sun, a hat and sunscreen is really essential. Wear light, loose-wicking clothing so sweat can evaporate. Better yet, invest in some clothes made with CoolMax®, Drymax®, Smartwool or polypropylene. Those fibers have tiny channels which wick the moisture from your skin to the outer layer of the clothing, where it can evaporate more easily.

► **Use sunscreen and avoid sunburn.** Sunburn decreases your ability to cool and causes fluid loss. Use sun block rated SPF 15 or higher. Wear a hat which provides shade and allows ventilation.

► **Acclimate to the heat.** You will have a greater tolerance for exercise in the heat if you become

accustomed to it slowly over one to two weeks. If traveling to a hotter climate, allow several days to acclimate before doing intense exercise. Avoid exercise during the hottest time of day.

► **Use common sense.** Avoid hot foods, alcohol, and heavy foods which increase your core temperature. If you experience headaches, fatigue, irritability, or notice your exercise performance decreasing, stop exercising and cool off.

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

To learn more about heat illnesses and their prevention, visit www.cdc.gov/niosh/topics/heatstress.

— *Courtesy Robins Health and Wellness Center.*