

ROBINS REV-UP

MAY 12, 2017

SUCCESS HERE = SUCCESS THERE!



Mother of all planes

Robins maintenance pros annihilate workflow, set record

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SUCCESS HERE = SUCCESS THERE!



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Team Robins maintenance professionals are stepping up their game and setting records in C-5 programmed depot maintenance. Find out more on pages 3 through 5. (U.S. Air Force photo/TECH. SGT. KELLY GOONAN)

COMMANDER'S ACTION LINE

ROBINS.ACTIONLINE@US.AF.MIL DSN 468-2886

The Commanders 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 live, learn, work and play. The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization.

That gives the organization a chance to help you, as well as a chance to improve its processes. If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful **submissions will not be processed.** Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357

78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447

78th Force Support Squadron CC– 478-926-5023 or DSN 468-5023

78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475

78th ABW Safety Office — 478-926-6271 or DSN 468-6271

78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212

Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601

Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776

Equal Opportunity – 478-926-2131 or DSN 468-2131

Household Goods – 478-222-0114 or DSN 472-0114

Inspector General Complaints – 478-222-0818 or DSN 472-0818

Inspector General Inspections – 478-327-5523 or DSN 497-5523

Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272

Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be emailed to 78abw.pa.office@us.af.mil

Submissions should be of broad interest to the base populace. For information, call 478-926-2137.

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Mother of all **PLANES**

C-5 PDM ANNIHILATES WORKFLOW, SETS RECORD





By TECH. SGT. KELLY GOONAN
Robins Public Affairs

An aircraft with an interior and exterior combined paint weight of 2,600 pounds, more than 100 miles of wiring, over five miles of control cables and can haul 58 Cadillacs or six standard Greyhound buses, the maintenance demands are extreme.

The Warner Robins Air Logistics Complex is one of only three ALCs in the Air Force with principal players in the sustainment of aircraft, components and software. Since the C-5 fleet is an aging one, with an airframe built throughout the late 1960s, the WR-ALC has its work cut out for them to keep this complex and unique plane flying.

“Through the use of AFMC’s ‘The Art of the Possible’ tenants, we have increased the efficiency of our machine processes but also more aligned these processes across the various installations,” Roy Rudd, C-5 Production Flight Chief, said.

Last year, C-5 Depot Maintenance was asked to reduce their customer completion requirement of 265 days to 190 days. Not only did they meet that request but they exceeded it by further reducing to 185 days.

The C-5M maintenance machine is currently made up of six gates where work is segregated for better management, monitoring and execution.

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In order to meet the "Art of the Possible" goal of 185 flow days vs 265, the Squadron held an "Enterprise Value Stream Mapping" session in the spring of 2016. During this week-long event, many of the C-5 team members gave input on the "how to." This "how to" plan, or better known as "road to goal," reduced the required 265 flow days down to 185 by utilizing various LEAN initiatives ranging from removing the horizontal stab with a "mobile crane" vs. tail enclosure to accelerated inspections and identifying parts needs sooner.

"When the field gives us a plane, they expect it back on day 266," explained Rudd. "With our current system, we have that aircraft scheduled to complete 80 days ahead of schedule."

Despite a regularly large amount of unplanned workload within the 559th Machine, the team is committed to a reduced flow day mark of 185 flow days. This feat is better understood when the numbers are looked at. The average "planned" hourly package for a C-5M Galaxy is approximately 72,000 hours requiring 265 flow days. On top of this, adding in the "unplanned" or "over and above" work that is typical for this aging fleet routinely brings the standard requirement to 292 flow days vs. 265.

However, through recent LEAN initiatives, Value Stream Mapping event and good old "service before self" attitudes, the 559th AMXS team has managed to do what many thought impossible and produced their first C-5M MSG aircraft in less than 240 flow days despite it accumulating over 82,000 planned/unplanned required maintenance hours.

"Aircraft 85-004 completed its PDM package of approximately 82,000 hours, more than 10,000 hours above planned," Rudd explained. "Despite a manpower shortage and other obstacles believed difficult if not impossible to overcome."

All six gates within the machine had to cut their required days down in order to meet the goal of 185. An example of this cut can be seen at the inspect gate. This gate was previously scheduled to take 30 flow days to complete yet the C-5 team reduced this requirement to 16 flow days. By completing the aircraft inspection sooner, the supply chain now has more time to get the needed parts sooner for subsequent repair and build-up gates.

Due to the increasing needs of the aging fleet, this was a must. However, it must be recognized as a huge accomplishment considering the C5 maintenance team has been able to inspect the Air Force's largest cargo aircraft in half the time previously required.

Many other areas of the six-gate machine have been similarly reduced and have proven achievable. Although 85-004 was the first C-5M to be produced in less than 240 flow days, there are others projected to complete even sooner. Aircraft 85-002 and Aircraft 85-009 are both projected sooner than the 238 flow day mark 85-004 achieved and although the 559th Maintenance team realizes there will be obstacles to overcome, their track record shows they're capable of overcoming and achieving what once was unachievable.

Having the unique inspection and repair capabilities as opposed to buying replacement aircraft is a tremendous strategic value to the Air Force and nation. The repairs, overhauls, upgrades and modifications done by Team Robins keep this aging fleet flying.

The WR-ALC is one of the key reasons the Air force is able to continue to safely fly the 47-plus-year-old C-5 Galaxy.

Honoring their SERVICE

Robins' 2017 Police Week kicks off today

By HOLLY LOGAN-ARRINGTON
Robins Public Affairs

Service before self – it's a well-known part of the Airman's Creed. But, for police officers, it's a motto to live by, and one some police officers have lost their lives exemplifying. National Police week will be observed May 15 through 19.

Golf Tournament

Team Robins will kick off the occasion a bit early with a Police Golf Tournament at Southern Landings Golf Course at 8 a.m. on May 12.

Tech Sgt. Brandon Owens, 78th Security Forces Squadron's noncommissioned officer in charge of Standardization and Evaluations, who is the 2017 Police Week Committee chair, said the tournament is a way to support the law enforcement community while having fun. Prizes will be awarded to the first, second and third place teams.

Motorcycle Ride, Car Show & Police Expo

Robins will host a motorcycle charity ride, car show and police expo on May 13 at 10 a.m., at the Museum of Aviation.

"Motorcycle riders will meet up starting at 10 a.m., and then depart on an approximately two-hour ride," Owens said. "Along the way, riders will hit checkpoints along the way. Concurrently, there will be a car show and Police expo at the Museum of Aviation."

The 78th Security Forces Squadron, Warner Robins Police Department, Houston County Sheriff, Georgia State Patrol and the Byron Police Department will have informational booths, tactical vehicles, weapons displays, Military Working Dog demonstrations, Taser demonstrations and much more.

The 78th Force Support Squadron is also partnering and supporting us with food trucks, bouncy houses and more for families to stop by and participate.

Reveille

On May 15, at 8 a.m., Police Week will officially begin with a reveille ceremony and ribbon cutting at the Museum of Aviation.

"There will be a traditional flag ceremony to officially start Police Week, and immediately after, 78th Security Forces will have a ribbon cutting ceremony on the third floor of the museum for the new security forces display exhibit



U.S. Air Force file photo

showcasing the history of security forces and honoring defenders that have lost their lives," Owens said.

Defenders Decathlon

The week's other events include a Defenders Decathlon on May 16 at 9 a.m. and a Lantern Memorial on May 18 at 7 p.m. at Duck Lake on base.

Due to time constraints, the Defenders Decathlon is open only to the 78th Mission Support Group.

To wrap up, Robins will hold a Police Ruck March & Closing Retreat ceremony on May 19 at 7:30 a.m.

"Security Forces will be leading a 3.5 mile ruck march starting at Luna Lodge," Owens said. "Rucks aren't required; however, please feel free to bring one and participate."

Closing Ceremony

A closing retreat ceremony will follow at Bldg. 905.

"Police Week gives everyone the opportunity to take a break from their busy schedules and not just to honor the fallen police officers and their families but it gives people a chance to reflect on their lives," Owens said. "One of the best ways to honor the fallen is to learn from their experiences. If we can remember how they lived and learn from how they passed, we can try to have more desirable outcomes in future situations."

Editor's Note: For more information on Robins Police Week, call Owens at 478-926-4800 or contact him via e-mail at Brandon.owens@us.af.mil.

Celebrating Diversity

ROBINS PUBLIC AFFAIRS

Each year, Asian American Pacific Islander Heritage Month recognizes the challenges faced by Asian Americans, Pacific Islanders, and Native Hawaiians and their vital contributions to the American story.

In June 1978, Representative Frank Horton introduced House Joint Resolution 1007.

This joint resolution was passed by the House and Senate, and was later signed by President Jimmy Carter on October 5, 1978. This law directed the President to declare a seven day period, beginning May 4, 1979, as 'Asian/Pacific American Heritage Week.'

It wasn't until 1992, that Congress designated May as Asian/Pacific American Heritage Month.

May was selected to commemorate the anniversary of the completion of the transcontinental railroad, May 10, 1869, which was laid by a majority of Chinese workers, and the immigration of the first Japanese to the

U.S., May 7, 1843.

Asian American Pacific Islander Heritage Month honors Americans with a proud heritage that encompasses all of the Asian continent and the Pacific islands of Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island), Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), and Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia).



Asian & Pacific Islander BBQ

Please come join us and celebrate cultural diversity

May 24, 2017

Museum of Aviation

1100 - 1400

FREE!!! Donations welcome

Delicious Food Sample Entertainment

Open to military, civilians, and local community

Event POC: MSgt Charletia Johnson 478-201-4111



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A time to reflect

Thompson looks back on his command of AFLCMC

By AMY ROLLINS
Skywriter staff

WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- As the final day of his command of the Air Force Life Cycle Management Center, headquartered at Wright-Patterson Air Force Base, approached, Lt. Gen. John Thompson said it's the people he'll miss most.

Thompson's new duty will be as commander of the Air Force Space Command's Space and Missile Systems Center at Los Angeles Air Force Base, California.

Maj. Gen. Robert McMurry, Air Force Research Laboratory commander, will succeed Thompson.

A grateful commander

"I want everyone to know it's truly been my honor to be commander of this awe-inspiring unit called the Air Force Life Cycle Management Center," he said. "We have two customers we support – first and foremost, our warfighters with effective weapons

systems, and our U.S. taxpayers as we acquire those weapons systems as efficiently as we can. No matter where you look in our portfolio, there are rock star-quality people doing exactly that every day," he said.

Thompson had the opportunity to provide Gen. Ellen Pawlikowski, Air Force Materiel Command commander, with the names of AFMC, Air Force or Department of Defense-level awards for 2016.

"To be able to show six pages' worth of winners for 2016 tells me there are hundreds of charts of people who probably deserved awards for their performance," he said. "They were all contributing to the team, and that's what makes our Air Force the greatest air force on the planet."

Big successes

The general said he has been extremely pleased with the number of successful contracting awards.

"It's amazing how well we've accomplished our mission of awarding contracts and the billions we've saved in cost initiatives," he said, "and then returned that money to our warfighters to be able to procure something else."

Thompson pointed to the Air Force Cyber Campaign Plan as one of AFLCMC's greatest individual achievements. Ensuring weapons systems are cyber resilient is now an AFLCMC core competency.

The Cyber Resiliency Office for Weapons Systems, often called CROWS, stood up at Hanscom Air Force Base, Massachusetts, in December.

"Cyber awareness is everybody's responsibility. What makes us special – the secret sauce – is we have a very, very robust systems engineering process. We need to make sure cyber resiliency, or systems security engineering, is included in that process," he said. "All these different lines of action in the Cyber Campaign Plan, orchestrated by the CROWS office, are already paying us huge dividends."

Another success during Thompson's command has been the increase in small business contracts. There has been 78 percent growth since 2013.

"The small business awards are nearly \$2 billion now. That's due to not only the great people of the small business office, but it has to do with everybody in the center and their focus on developing small business opportunities," he said.

The amount of support to AFLCMC from large industry partners also has been gratifying, Thompson added.

Thompson also talked about the success AFLCMC has in foreign military sales. The \$160-plus billion of case lines to 109 countries in FMS is big business,



but those sales also build partnership capacity with current and future allies, Thompson commented.

"From a national security perspective, it's very important we deliver on those promises we have made through FMS programs," he said. "Those are critical for our national allies and by default, also very critical to us."

Challenges

The general said he would like to see continued improvement in FMS. An improvement program has been devised and shows great benefit in improving execution processes to be more efficient and more robust.

As for personnel issues, Thompson pointed out competency gaps and the need to grow and develop personnel skillful in game-changing technologies.

"The center has to bring them in the gate and then transform them into the autonomy or human factors experts we need," he said. Results from a Defense Equal Opportunity Management Institute survey are another source of concern.

"One finding we've had is that a large percentage of our workforce – more than 30 percent – feels mentally 'burned out,'" he said.

To combat that, each AFLCMC directorate has developed an action plan to assist personnel in developing greater resilience and adapting to the workload.

Airmen lift him up

Thompson said his "magic antidote" to the few bad days he has experienced is interfacing with someone like Senior Airman Sawyer McIntyre, a defender with the 88th Security Forces Squadron, who "has it together and is a rock star."

"You come away with a new sense of what it is like to be an Airman and you're in a great mood. People like him – military, civilian and contractor teammates – exist all over this center and are there to lift you up."

The general said he likes to paraphrase a quote from the 1986 movie "Starman": "When things are at their worst, you need to be at your best." I get to see that every day."

Wishing his successor well

Thompson said he knows Maj. Gen. McMurry will take the AFLCMC to even higher levels of performance, but he is thrilled his new job at Space Command's Space and Missile Systems Center will still interface with the "superstar organization AFLCMC is."

"That makes me happy," he said.



Memorial Ceremony Nomination Deadline today

Base officials will pay tribute to the living and deceased Team Robins members (military and civilian) at the annual Camellia Gardens Memorial Service in the Museum of Aviation Century of Flight Hangar on May 25, at 10 a.m.

If you would like to submit a family member, friend or coworker to be recognized (Nomination Deadline: May 12), Use the following link:

<https://www.surveymonkey.com/r/S38H8HV>

A guest speaker will provide the memorial address and the Robins Honor Guard will deliver a 21-gun salute followed by taps.

Nominated individuals are eligible if Robins Air Force Base was their last duty station.

For more information, contact the Chaplains office via email at 78abw.hcworkflow@us.af.mil or by phone at 478-926-2821.

Time for Chow!

Anthony's Pizza closes, makes room for Qdoba



By HOLLY LOGAN-ARRINGTON
Robins Public Affairs

The Exchange is making an exchange — Anthony's Pizza is out, Qdoba Mexican Grill is in.

With the May 9th closure of Anthony's Pizza, located next to Popeye's Chicken in the Exchange's food court, construction recently began on Qdoba Mexican Grill, an eatery that offers tacos, burritos, burrito bowls, nachos and tortilla soup.

Robins Exchange's General Manager Stephanie Wilson said the decision to close Anthony's Pizza came as historical trending of sales and participation rates indicated there was an opportunity to reinvest in a new & popular trending brand.

"Intensifying national brands that are current and growing in the marketplace is essential in maintaining relevancy with our Exchange customers and in making the Exchange their premier dining choice," she said.

The restaurant will offer healthy menu options.

"Popular fast casual trend is moving towards the "better for you menu segment" and "fresh made for you" options," Wilson said.

"Qdoba fits both categories and is working well with us for development at additional military locations."

Dishes can be made with better-for-you ingredient choices, including fresh vegetables, whole-wheat tortillas, brown rice and grilled chicken.

Wilson said she expects Qdoba Mexican Grill to be a hit with Airmen and their families.

"Qdoba Mexican Grill is another example of the Exchange striving to offer the household names Airmen and their families desire — right where they live, work and play," she said. "Bringing restaurants rich with healthy options on base supports not only force readiness but the health and well-being of military families."



Fitness Month

The Benefits of physical activity

By STUART BAPTIES

Robins Health Promotions Office

May is National Physical Activity Month, and while it's no secret that regular physical activity is one of the most important things you can do for your health we can all use a reminder of just what the exact benefits are.

Regular physical activity can help:

- *Manage weight*
- *Reduce the risk of cardiovascular disease*
- *Reduce the risk of type 2 diabetes and metabolic syndrome*
- *Reduce the risk of some cancers*
- *Strengthen muscles and bone*
- *Improve mood and mental health*
- *Improve the ability to do daily activities and prevent falls, if you're an older adult*

Increase the chances of living longer

If you're worried about becoming active or boosting physical activity because you're afraid of getting hurt, the

good news is that moderately-intense aerobic activity, like brisk walking, is generally safe for most people but, here are a couple of things to remember when starting out:

Start slow. Cardiac events, such as a heart attack, are rare during physical activity but, the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you **aren't usually physical active and then all of a sudden** start off with vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slow and gradually increase your level of activity.

If you have a chronic health issue such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum guidelines, ask your doctor how much is safe for you and try to do as much as you can. What's important is that you avoid being inactive because even as little as 60 minutes a

week of moderate-intensity aerobic activity is good for you. Generally speaking, the health benefits of physical activity far outweigh the risks.

So now let's talk about the ways that physical activity improves your health by reviewing a synopsis of information from both the National Institute of Health and the National Physical Activity Society:

Physical Activity Helps Manage Weight

Are you looking to get to or stay at a healthy weight? Good nutrition and physical activity play a critical role in weight control. You gain weight when the calories you burn are less than the calories you consume. For more information talk with your doctor or stop by the Health Promotions Office to explore one of our free Body Composition Improvement programs and tools. Remember, **when it comes to weight management, it's not one size fits all**; people vary greatly in how much physical activity they need depending on their goals and you may need to be more active than others to achieve or maintain a healthy weight based on other factors.

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To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time.

To lose weight and keep it off: **You'll need a high** amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. While physical activity is important for maintenance, nutrition is even more important. The Health Promotions Office has tools and information about nutrition, physical activity and weight loss. Give us a call at 478-327-8480 or stop by and ask about our Performance Nutrition and Better Body Better Life Programs.

Physical activity helps reduce the risk of cardiovascular disease

Heart disease and stroke are two of the leading causes of death in the United States but getting at least 150 minutes a week (2 hours and 30 minutes) of moderate-intensity aerobic activity can put you at a lower risk for these diseases. You can reduce your risk further with even more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels and you know what? There is a class for that as well, taught by our disease management nurses at the 78th Medical Group so call the Health Promotions Office for dates and times.

Physical Activity helps reduce the risk of Type 2 Diabetes and Metabolic Syndrome

Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is a condition in which you have some combination of too much fat around the waist,

high blood pressure, low HDL cholesterol, high triglycerides or high blood sugar. Research shows that lower rates of these conditions are seen with 120 to 150 minutes (2 hours to 2 hours and 30 minutes) a week of at least moderate-intensity aerobic activity and the more physical activity you do, the lower your risk will be.

Already have type 2 diabetes? Regular physical activity and proper nutrition can help control your blood glucose levels. To find out more, enroll in one of the monthly Diabetic Nutrition classes through the Health Promotions Office.

Physical Activity helps reduce the risk some cancers

Being physically active lowers your risk for colon and breast cancer. Research shows that:

- *Physically active people have a lower risk of colon cancer than people who are not active.*
- *Physically active people have a lower risk of breast cancer than people who are not active.*
- *Physical activity may help reduce your risk of endometrial and lung cancer. Although the research is not yet final, some findings suggest that your risk of endometrial cancer and lung cancer may be lower if you get regular physical activity compared to people who are not active.*

Improve your quality of life. If you are a cancer survivor, research shows that getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness.

Physical activity helps strengthen muscle and bones

As we age, it's important to protect bones, joints and muscles because they not only support our bodies and help us move, but keeping bones, joints and muscles healthy can help ensure that you're able to do daily activities and be physically active.

Research shows that doing aerobics, muscle-strengthening and bone-strengthening physical activity

of at least a moderately-intense level can slow the loss of bone density that comes with age.

Regular physical activity helps with arthritis and other conditions affecting the joints. If you have arthritis, research shows that doing 130 to 150 (2 hours and 10 minutes to 2 hours and 30 minutes) a week of moderate-intensity, low-impact aerobic activity can not only improve your ability to manage pain and do everyday tasks, it can also make your quality of life better.

Regular physical activity builds strong, healthy muscles. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength while slowly increasing the amount of weight and number of repetitions you do gives you even more benefits, no matter what your age is.

Physical activity helps improve mood and mental health

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobics or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits.

Physical activity helps improve the ability to do everyday activities and prevent falls

A functional limitation is a loss of the ability to do everyday activities such as climbing stairs, grocery shopping or playing with children.

If you're a physically active middle-aged or older adult, you have a lower risk of functional limitations than people who are inactive and if you are already having trouble doing some of your everyday activities, aerobic and muscle-strengthening activities can help improve your ability to do these types of tasks. If you are you an older adult who is at risk for falls doing balance and muscle-strengthening activities each week along with moderate-intensity aerobic activity, like brisk walking, can help reduce your risk of falling.

Physical activity helps increase the chance of living longer

Physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers and is a lifestyle choice that has a large impact on your health.

People who are physically active for about seven hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week.

If you don't think that's where you are at yet, keep in mind that you don't have to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death; you can lower your risk of dying early by doing at least 150 minutes a week of moderate-intensity aerobic activity.

Everyone can gain the health benefits of physical activity - **age, ethnicity, shape or size don't matter**, so, take advantage of all the activities and **facilities at Robins Air Force Base. Whether it's bowling or golfing, hitting the gym or pool at the fitness center, participating in intramural sports activities, or using the 5K nature trail while participating in fun runs and Health Promotions/ Fitness Center events, there is sure to be something for everyone.**

For more information call the Health Promotions Office at 478-327-8480.

Gear Up for the Ride



Ensuring motorcyclists' safety is a two-way street. Often, motorists are advised of their role keeping motorcyclists safe on roadways, but Brandon Mitchell, Robins Safety & Occupational Health Specialist and Alternate Motorcycle Safety Program manager, said motorcyclists' safety is just as much in their own hands.

"First and foremost, wear the appropriate Personal Protective Equipment," he said. "Get trained and obtain a motorcycle operator license."

Mitchell said motorcyclists should always wear U.S. Department of Transportation compliant helmets and other protective gear, as well as remain visible while riding.

Additionally, Mitchell said motorcyclists should ride alert and unimpaired by alcohol or other drugs. And motorcyclists should ride within their limits, always leaving a way out of a situation. As for riding on base, Air Force Instruction 91-207 governs the do's and don't's of motorcycle operation.

Motorcycle operators must possess a valid motorcycle license, endorsement or learners permit.

Appropriate Personal Protective Equipment:

- ◆ **Head Protection:** A helmet, certified to meet current Federal Motor Vehicle Safety Standard No. 218 Department Of Transportation approved. Shall be worn and properly fastened under the chin.
- ◆ **Eye Protection:** Goggles, wrap-around glasses or a full-face shield designed to meet or exceed American National Standards Institute Standard Z87.1 A windshield does not constitute proper eye protection.
- ◆ **Hand Protection:** Full fingered gloves, made from leather or other abrasion-resistant material
- ◆ **Protective Clothing:** Motorcycle jacket and pants constructed of abrasion-resistant materials containing impact absorbing padding is strongly encouraged. Wearing a long-sleeved shirt or jacket and long trousers is required.
- ◆ **Foot Protection:** Sturdy over-the-ankle footwear that affords protection for the feet and ankles.

Active Duty members

- ◆ Must notify their immediate supervisor, commander and Unit Motorcycle Safety Representative of their intent to ride, and must receive initial motorcycle safety briefing within 30 duty days of arrival to the unit.
- ◆ Create and maintain a Military Unit Safety Tracking Tool account
- ◆ Attend all mandated training IAW AFI 91-207; Table 4.1

Civilian Riders: As of 2013, civilian riders are no longer required to participate in the Air Force Motorcycle Safety Program. Civilians who ride a motorcycle no longer have to comply with tracking or training requirements. However, they must continue to comply with Air Force requirements related to personal protective equipment.

In 2015, 4,976 motorcycle riders and passengers died in crashes, and nonfatal injuries totaled 88,000, according to Injury Facts® 2017.

Fatalities among motorcycle riders and passengers have increased nearly 3 percent from 2006 to 2015, driven largely by an 8 percent increase in 2015.

Although motorcycles make up 3 percent of registered vehicles and only .7 percent of vehicle miles traveled in the U.S., motorcyclists accounted for 14 percent of traffic fatalities, 17 percent of occupant fatalities and 4 percent of occupant injuries in 2014.

"Simply put, motorcyclist are more likely to die in a crash than passengers in a vehicle due to their exposure," Mitchell said. "Motorcycles are the smallest vehicle on the road and can be hidden in vehicle blind spots."

"Drivers should always look out for motorcyclists by using mirrors and signaling when making lane changes. With that said motorcyclists have a responsibility as well by obeying all traffic laws, be alert to drivers, ensure visibility, never ride impaired or distracted and wear Personal Protective Equipment," Mitchell said.

For details, call the 78th Air Base Wing Safety office at 478-926-6271 or register for classes through the Robins' Motorcycle Safety training page at <https://motorcycle.robins.af.mil/>. Training classes are free and open to all Robins identification card holders.

— Holly Logan-Arrington



WORKLIFE4YOU

Civilians - Simplify Your Life

Call Toll-Free for Expert Guidance

No matter what life brings, our experts can help you understand your options.

Get Personalized Matches

Specialists will help you find child care, senior care, fitness centers, schools, adoption resources, home improvement, pet care and much more – **all with confirmed availability.**

Request Free Educational Materials

Read up-to-date info on child care, parenting, pregnancy, adoption, elder care, fitness, weight loss, budgeting, relocation, college, pet care, balancing home/work life, and much more.

Online Tools and Info

Access online tips and tools including articles, webinars, moderated discussion groups, educational guides and more.

1-800-222-0364

Worklife4You.com

Click on “Start Now” and enter the Registration Code: **AFMC**



“I was anxious to find a new nursing home for my father. WorkLife4You allowed me to focus on the nursing homes that met his needs. The program helped alleviate my anxiety, plus it saved me a lot of time.” – Federal Employee

What's Happening

78th FSS

2017 Air Force Club Scholarship Program
Ends today
Visit MyAirForceLife.com/Clubs for eligibility, essay or video topic, instructions and rules.
Good Luck!

Robins Skeet Range
May 13
Noon to 6 p.m.
\$20
Robins Skeet Range - 478-926-4733

Zip Line (Single Airman Only)
May 20
\$50
Register no later than May 15 at Bldg. 984, Outdoor Rec counter
Outdoor Recreation - 478-222-1107 or DSN 472-1107

Swim Lesson Registration
Call Outdoor Rec - 478- 926-4001 or DSN 468-4001

Saturday Brunch
10 a.m. to 12 p.m.
Pancakes, Waffles, Scrambled Eggs, Sausage, Hash Browns, Chicken Tenders, **Mac 'N Cheese, Roast Beef & Vegetable**
Members & Family \$5 per person
Non-Members \$7 per person
5 to 7 p.m.
Spaghetti & Meatballs and Pizza Buffet
Members & Family \$5 per person
Non-Members \$7 per person
Pizza Depot - Comm. 478-926-0188 or DSN 468-0188

2017 Air Force Photo Contest
Theme: Travel Destinations
Categories for adults and youth
Prizes: awarded in each category
For more information go to MyAirForceLife.com/photo-Contest

Sunday Fun Day
Bowl till you drop
Sundays, 4 to 8 p.m.
Bowling Center - 478-926-2112 or DSN 468-2112

Friday Special at the Pizza Depot
Two Fried Catfish Filets, Hush Puppies, **Vegetable & Mac 'N Cheese \$6.95**
11 a.m. to 1 p.m.
Pizza Depot - Comm. 478-926-0188 or DSN 468-0188

Daily Special at the Pizza Depot
Soup of the Day, Salad & Breadstick Combo \$6.25
Pizza Depot - 478-926-0188 or DSN 468-0188

On-Spot Café Special
Spicy Chicken Sandwich, Fries with Medium Drink, \$6
Bowling Center - 478-926-2112 or DSN 468-2112

Twilight Special Rates
Every day
4 to 7 p.m.
Play 18 holes with cart for \$20 per person
Play 18 holes walking for \$12 per person
Pine Oaks Golf Course - 478-926-4103 or DSN 468-4103

DEERS/ID Card Appointments
If you need: A New ID Card, PIN Reset, DEERS Update, and Designated Agent Letter
Save time – Schedule an appointment <https://rapids-appointments.dmdc.osd.mil/> on any computer or mobile device

Base Library Hours
Tuesdays through Fridays, 10:30 a.m. to 7 p.m.
Saturdays, 11 a.m. to 5 p.m.
Closed Sundays, Mondays & Federal Holidays, 478-327-8761





Mother's DAY! Events

May 11 -12
**Mother's Day
Craft Day**
Robins Library,
Bldg. 905
478-327-8761

May 14
**Mother's Day
Brunch**
Heritage Club, Bldg. 956
478-327-7979

May 14
Mother's Day Bingo
Heritage Club, Bldg. 956
478-327-7979

May 14
**Mother's Day
Special**
Bowling Center,
Bldg. 908
478-926-2112

**Get Your
Mother's Day
Balloon Bouquets**
Arts & Crafts Center,
Bldg. 984
478-926-5282

May 14
**Mother's Day
Golf Special**
Pine Oaks Golf Course,
Bldg. 595
478-926-4103

Mother's Day Brunch

May 14

Heritage Club. Bldg. 956

Members:

Adults \$20 | Children 15 and Under \$5

Nonmembers:

Adults \$25 | Children 15 & Under \$7

Tickets:

Sold through the cashier Window M-F
9 a.m. - 4 p.m.

Times:

9:30 a.m. - 1:30 p.m.

Breakfast:

Scrambled Eggs, Bacon, Ham, Hash Browns,
Fresh Belgian Waffles & Pancakes,
Biscuits and Gravy

Lunch:

Roast Beef, Baked Chicken, Fried Chicken,
Carved Beef Tenderloin, Mashed Potatoes, Rice,
Gravy and Vegetable, Variety of Salads and
Dressing, Rolls and Butter, Peel and Eat Shrimp

Desserts:

Assorted Cakes, Pies and Cookies

Beverage Station to include Fruit Punch,
Tea, Sweet Tea, Water and Coffee.



For More Information:
DSN 497-7979
478-327-7979

Memorial Day Holiday Hours

	Family Day Fri., May 26	Sat., May 27	Sun., May 28	Holiday Mon., May 29	Tue., May 30
Fairways Grille	0700-1330	0700-1030	0700-1030	0700-1030	0700-1330
Golf Course	0700-1900	0700-1900	0700-1900	0700-1900	0700-1900
Bowling Center	1100-2300	1100-2300	1300-2000	1300-1800	Normal
Library	0900-1600	0900-1200	Closed	Closed	0900-0900 sks
CDC West	CLOSED	CLOSED	CLOSED	CLOSED	NORMAL
CDC East	CLOSED	CLOSED	CLOSED	CLOSED	NORMAL
Youth Center	CLOSED	CLOSED	CLOSED	CLOSED	NORMAL
Main Fitness Center	0800-1600	0800-1600	0800-1600	0800-1600	
Annex Fitness center	(24 Hr Access)	(24 Hr Access)	(24 Hr Access)	(24 Hr Access)	
MPS					
Heritage Club	Family Day Fri., May 26	Sat., May 27	Sun., May 28	Holiday Mon., May 29	Tue., May 30
Lounge	1530-2100	CLOSED	CLOSED	CLOSED	NORMAL
Bingo	NORMAL	CLOSED	CLOSED	CLOSED	NORMAL
Pizza Depot	1100-1400	CLOSED	CLOSED	CLOSED	NORMAL
Pool Snack Bar	CLOSED	1100-1700	1100-1700	1100-1700	1300-1700
Heritage Pool	1300 - 1800	1100 - 1800	1100 - 1800	1100 - 1800	1300 - 1800
Outdoor Rec/Equipment Rental	0800-1200	0800-1200	Closed	Closed	Normal
FamCamp	0800-1200	Closed	Closed	Closed	Normal
Skeet Range	Closed	1200-1800	1200-1800	1200-1800	Normal
ITT	0800-1200	Closed	Closed	Closed	Normal
Arts & Crafts	0800-1200	Closed	Closed	Closed	Normal
Aero Club	Normal	Closed	Closed	Closed	Normal
NAF AO	Open	Closed	Closed	Closed	Open
Marketing	Closed	Closed	Closed	Closed	Open
NAF HRO	Closed	Closed	Closed	Closed	Normal
A&FRC	CLOSED	CLOSED	CLOSED	CLOSED	NORMAL
Civilian Personnel Customer Service	Closed	Closed	Closed	Closed	Open
Education and training	Normal	Closed	Closed	Closed	Normal
Wynn Dining Facility	Family Day Fri., May 26	Sat., May 27	Sun., May 28	Holiday Mon., May 29	Tue., May 30
Breakfast	0530 - 0800	0530 - 0800	0530 - 0800	0530 - 0800	0530 - 0800
Lunch	1100 - 1300	1100 - 1300	1100 - 1300	1100 - 1300	1100 - 1300
Dinner	1630 - 1900	1630 - 1900	1630 - 1900	1630 - 1900	1630 - 1900
Flight Kitchen	24/7	24/7	24/7	24/7	24/7



Memorial Day Holiday Hours

	Family Day Fri., May 26	Sat., May 27	Sun., May 28	Holiday Mon., May 29	Tue., Feb. 21
After Burner	Closing @ 1000	Closed	Closed	Closed	Normal
After Burner					
Cafeteria	Closed	Closed	Closed	Closed	Normal
Fast Food (Limited)		Closed	Closed	Closed	Normal
Mobile	Closed	Closed	Closed	Closed	Normal
2	Closed	Closed	Closed	Closed	Normal
3	Normal	Closed	Closed	Closed	Normal
4	Normal	Closed	Closed	Closed	Normal
5	Normal	Closed	Closed	Closed	Normal
6	Normal	Closed	Closed	Closed	Normal
91	0630-1100	Closed	Closed	Closed	Normal
91 Nights	Closed	Closed	Closed	Closed	Normal
645	Closed	Closed	Closed	Closed	Normal
640	Closing 1300	Closed	Closed	Closed	Normal
376	Closed	Closed	Closed	Closed	Normal
125	Closing 1300	Closed	Closed	Closed	Normal
125 Nights	Closed	Closed	Closed	Closed	Normal
300 Hallway	Closed	Closed	Closed	Closed	Normal
301	Closing 1300	Closed	Closed	Closed	Normal
140	Closing 1300	Closed	Closed	Closed	Normal
300 Foyer	Closing 1300	Closed	Closed	Closed	Normal
210	Closed	Closed	Closed	Closed	Normal
QUICK TURN	Closed	Closed	Closed	Closed	Normal

Current Chase Club Card Members



Things You Should Know

May 15th

Credit Card payment ability from Club-Works will stop. Chase card members will need to go to Chase.com to make credit card payments or they can go to any Chase Branch to pay in person.

June 12th-June 23rd

Chase will communicate to card holders explaining the end of the Chase Air Force partnership and the benefits of their new card (it will include their new Visa benefits and Rewards brochure).

August 15th

Will start to send out new credit cards to Chase card holders.

Private Label card holders accounts will close and they will be responsible for their balance.

TEAM ROBINS LIP SYNC

Are you ready to battle?

Join us for our first Lip Sync Wars!!

Teams of two to five people

Friday May 18, 2017

2 to 4 p.m.

Location: Base Theater



EVERYONE IS WELCOME! Airman, Civilians, Dependents!

For more information contact: Staff Sgt. DeMica McIntosh/ Staff Sgt. Jonisha Gibson

Demica.mcintosh@us.af.mil or jonisha.gibson@us.af.mil

No matter how hard the winds blow ...
No matter how tough the challenge ...

Like steel, I rise.

If you need help, it's only a phone call away

- Finances & Work-Life Balance — 478-926-1256
- Work, personal or Family Issues — 800-222-0364
- Work Stress, Psychological Issues — 478-327-9803
- Mental Health & Substance Abuse (Houston Healthcare) — 478-922-4281
- 78th MDG Mental Health Clinic — 478-327-8398
- Suicide Prevention Lifeline — 800-273-8255
- Sexual Assault & Victim Advocacy — 478-926-2946
- Crime Victim Advocacy — 478-327-4584
- Chapel — 478-926-2821

(U.S. Air Force graphic/GEOFF JANES)



Parting Shot

Team Robins got the opportunity to 'e-cycle' their old computers and other electronics last week. Items were collected by the 78th Civil Engineer Group at the recycling center behind the Exchange. (U.S. Air Force photo/MISUZU ALLEN)