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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

June 24, 2016 Vol. 61 No. 25

Success Here = Success There!

Propelling ahead

572nd CMXS maintains propellers to keep C-130s in the fight

BY JENNY GORDON
jenny.gordon.ctr@us.af.mil

If you're familiar with the Air Force's C-130 fleet, you know they're among the most versatile aircraft in the service's inventory assisting with worldwide humanitarian and tactical missions.

Because of the wide-ranging mission, extensive wear and tear on its propellers is inevitable, and they come to Robins for refurbishment and repair.

The successful work done here is ensuring success downrange. The 572nd Commodities Maintenance Squadron produces an average of 45 blades per month, which includes assemblies from foreign military sales, the Air Force, and a Navy workload that began last fall for the P-3 Orion aircraft.

Propellers make their way through Robins across five gates, or work processes, which include over 40 'micro gates.'

Those processes begin when a set of propellers arrive at Robins. They're unpacked, cleaned, inspected and routed to the squadron's machine shop for refurbishment.

Repairs can include any drilling and sanding of parts due to cracks, then they're balanced, anodized with a protective coating, painted, balanced and inspected before being shipped



Steven Vann, 572nd Commodities Maintenance Squadron aircraft propeller mechanic, tightens barrel bolts on a C-130 propeller prior to testing. Propellers make their way through five gates, or work processes, at the Warner Robins Air Logistics Complex.

U.S. Air Force photo by TOMMIE HORTON

throughout the Defense Logistics Agency supply chain for use in the field.

"This is a huge resource because so much of what we're doing today is trying to make our legacy aircraft last longer," said Steven Bachelor, 572nd Commodities Maintenance Squadron director. "The work we do is what gives these aircraft longevity."

"The C-130 covers a variety of platforms," he added. "They're going to be an important part of the Air Force mission for the foreseeable future, not to mention for our NATO allies and our joint force partners."

Dedication Ceremony

In commemoration of all the men and women who tirelessly labor to keep the C-130 flying, a 1/25 scale model of the aircraft has been displayed outside the C-130 System Program Office here. There will be a short dedication ceremony outside Bldg. 301, door 440, Wednesday at 1 p.m.

Robins BiRD program to end in July

BY JENNY GORDON
jenny.gordon.ctr@us.af.mil

The Robins BiRD program, or Buses into Robins Daily, will offer its last ride July 19.

"We'd like to thank everyone for their support and participation of the program," said John Pugh, 78th Mission Support Group deputy director. "For the riders who enjoyed BiRD, we hope they were able to see the benefits, such as no wear and tear on their vehicles as well as reimbursements through the Department of Transportation."

Due to a decline in ridership and the loss of government funding to support the development of new transportation services, the Macon-Bibb County Transit Authority won't be able to continue maintaining and supporting the route from Macon to Warner Robins.

According to Jade Daniels, MTA operations manager, the reduction in funding resulted in a move to reduce services and routes. That included a reduction in support for riders commuting to Geico in Macon as well as services to Mercer University.

The mass transit initiative first became operational here in 2010. In December of that year, ridership was at

214 people. It gradually increased as word began to spread of its benefits, which included a significant savings on gas money, insurance and personal vehicle maintenance, while also reducing parking congestion on base, traffic reduction and delays getting to work.

Dennis Julius, with the 429th Supply Chain Management Squadron, and his wife, Julie, who works with the Support Equipment and Vehicles Division in Bldg. 300, have been riding BiRD almost daily since 2010.

"It didn't come as a surprise to Julie or me," Dennis Julius said. "We knew the day was coming for quite a while, we just didn't know when. Although we're disappointed, we understand and accept the decision."

"Overall, riding the BiRD has been a very positive experience for us," he added.

Julius said some of the advantages were kind and conscientious drivers, along with a flexible schedule that allowed the couple to work early or leave late. He estimated the BiRD eliminated 60,000 to 65,000 miles of driving in their personal vehicles. Although the ride to and from Macon took longer, parking was a non-issue, stops were almost at the office door and fellowship with others made the trips worthwhile.



U.S. Air Force file photo

Buses into Robins Daily will offer its last ride July 19.

"We've made friends with base personnel we wouldn't have met in our normal work environment," he said.

During the BiRD's first year there were 12 on-base stops. That equated to 16 bus runs on base in the mornings and afternoons, with off-base stops at various locations in Macon, and routes along Ga. Highway 247.

Those interested in other transit options to and from work can look into community vanpool services.

Editor's note: A public hearing is scheduled at 5:30 p.m. July 5 at the MTA Terminal Station, 4th Floor conference room.

FRIDAY FLYBY: This month's Put Your Hands Together for ... , Page A2

IDS Tip of the Week

Reduce Your Debt. Review bank statements and develop a budget. Evaluate spending and only purchase necessities to increase your surplus. Pay the minimum payment on all debts but one. Blast the one with all your surplus. When this debt is paid, roll entire payment to next debt and continue until all debt is gone. Starting with the highest interest rate saves the most money. For more information, call the Airman & Family Readiness Center at 478-926-1256.



Celebrating Diversity

Lesbian, Gay, Bisexual, Transgender Pride Month is a yearly observance of achievements by members of the LGBT community. Lisa M. Diamond is an American psychologist and feminist. She is a professor of developmental psychology and health psychology at the University of Utah. Her research focuses on sexual orientation development, sexual identity and bonding. She is best known for her 2008 book, "Sexual Fluidity: Understanding Women's Love and Desire." In the book, she discusses the fluidity of female sexuality, based on her study of 100 non-heterosexual women over a period of 10 years.



DIAMOND

Weekend Weather

Friday 97/72



Saturday 100/73



Sunday 94/71



Sun can damage skin on a cloudy day - protect it!



Fifty years and counting

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

Before Pat Deike was hired at Robins, she was rejected three times.

The only thing she had to do to get the job the last time was carry a 75-pound box across the room.

"I would've done it if I had a hernia," Deike said with a laugh.

She was hired March 9, 1966 as a sheet metal mechanic making \$1.92 an hour.

"I was so excited to get the job with all the aircraft out here," she said.

At her 50-year pinning ceremony, Deike was humble but proud about her work. She has held several positions including C-130 overhaul foreman, F-15 deputy branch chief, Paint/Depaint F-15 foreman and is currently a mechanical engineering technician.

One of her favorite memories was getting her photograph taken in front of the F-15 near the main entrance to Robins.

Deike has the distinction of being the first female maintenance supervisor in 1986. It was for that reason she asked Col. Jennifer Hammerstedt, the first female commander of the 402nd AMXG, to preside over the ceremony.

"I'm always talking about heritage and soul and dedication. It is right here," Hammerstedt said.

She went on to say that military members don't get the luxury of having 50 years in uniform.

About three dozen people attended the event including her son Tony Norrell; daughter-in-law Carla Norrell; and granddaughter Marla Norrell – all from Fort Valley.

"The thing that makes me so proud is that she's



U.S. Air Force photo by TOMMIE HORTON

Pat Deike, a 402nd Aircraft Maintenance Group mechanical engineering technician, receives a 50-year service award from Col. Jennifer Hammerstedt, then 402nd AMXG commander.

worked in maintenance the entire time," Tony Norrell, a firefighter for Peach County, said. "She hasn't left the flight line."

Many of her current and former coworkers spoke about her wealth of knowledge and her commitment to her job.

With 50 years at Robins, she's known to have the answers to any question that comes up.

"Every day, I'm helping people," Deike said. "I have loved my job."

When asked in front of the group if she would like to say something about her time at Robins, Deike's only words were, "keep 'em flying."

The "Put your hands together for ..." feature is a monthly installment to the Robins Rev-Up.

Due to the overwhelming number of awards people at Robins receive, we just aren't able to cover them all. This feature is our way of ensuring we give credit where we can.

The installment will run in the last issue published each month.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpegs.

For more information, contact Geoff Janes at vance.janes@us.af.mil or Lanorris Askew at lanorris.askew.ctr@us.af.mil. Either can be reached by phone at 468-6386.



U.S. Air Force photo by RAY CRAYTON

A heartfelt thank you

David Phelps, who fell ill in January, jokes with from left, Assistant Fire Chief Janie Blanco; Lt. Hameed Zagadinow; and Lt. Marcus White. Phelps and Brig. Gen. Walter Lindsley, Warner Robins Air Logistics Complex commander, recently thanked the first responders for providing quick medical response. Not pictured is Capt. Tait Iverson.

Aircraft technician receives Command Civilian Valor Award

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

Sometimes being at the right place at the right time can mean the difference between life and death.

On a cold November morning, Trent Miller was on his way to work when he saw a small pickup truck run into the back of a log truck on Ga. Highway 96 in Twiggs County.

Miller, a 402nd Aircraft Maintenance Group aircraft technician, responded to the accident by making quick decisions that could have saved the life of the driver.

The driver was injured, and when Miller saw the flames coming from the engine, he rushed to the log truck to retrieve a Department of Transportation required fire extinguisher.

"Luckily I had the training and was in the right place," he said.

Miller, who lives in Cochran, was formerly a Middle Georgia State College police officer.

He was presented the Command Civilian Valor Award by Brig. Gen. Walter Lindsley, Warner Robins Air Logistics Complex commander.

"The decisions made in the first minute are the ones that matter," Lindsley said. "It's a gut check every time."

Mitchell was quite humble about the experience. Two others helped extract the man from the burning car while Mitchell extinguished the flames.

"I just happened to come across this one. First responders deserve medals every day," he said.



U.S. Air Force photo by RAY CRAYTON

Trent Miller, right, speaks with Brig. Gen. Walter Lindsley, Warner Robins Air Logistics Complex commander, prior to receiving the Command Civilian Valor Award.

Independence Day celebrations

The following Independence Day celebrations are set for the upcoming week at no cost to attendees:

Sunday- Perry Independence Day Parade & Freedom Fireworks - A parade will take place in downtown Perry at 6 p.m. with a freedom fireworks celebration including live music and kids zone starting at 7 p.m. at Ga. National Fairgrounds West Gate – fireworks will begin at dusk.

For more information call 478-987-1234 or visit <http://www.perrygachamber.com/independence-parade-freedom-fireworks>.

Thursday- City of Centerville 3rd Annual Independence Day Celebration – This event will be held at City Hall on Church Street from 5:30 to 7:30 p.m. and includes entertainment. For more information visit <http://www.centervillega.org/>.

No federal endorsement intended of the sponsors.

Editor's Note: See next week's *Robins Rev-Up* for more events and safety tips.

Construction updates

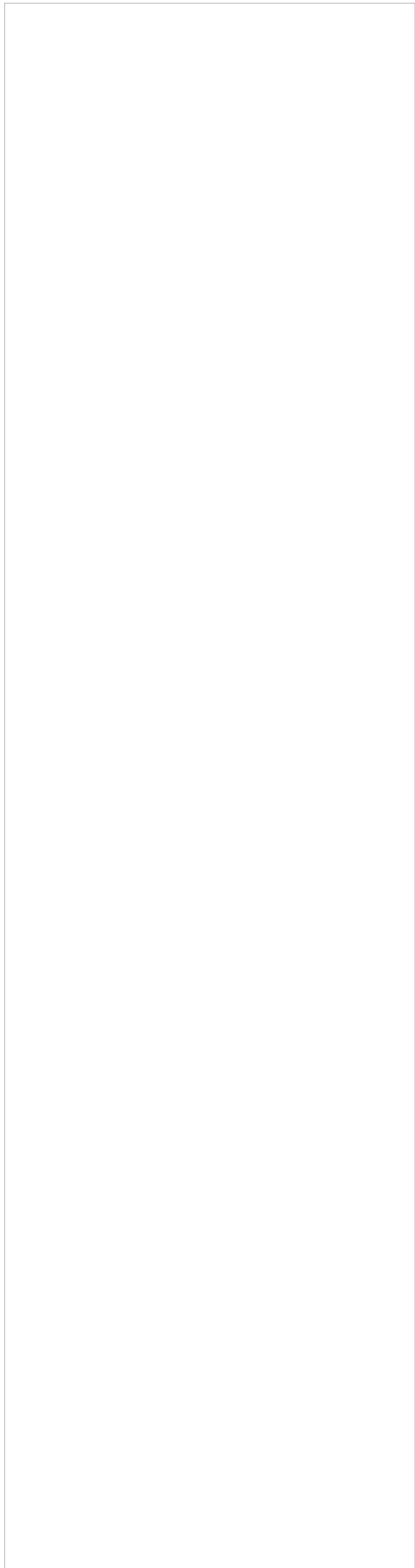
Beginning Tuesday, the parking lot on the east side of Bldg. 2089 will be partially closed for about two years. In addition, a small portion of Beale Drive in the area of Bldg. 2089 will be temporarily rerouted during Phase 1B of construction to allow the contractor to install new fuel supply lines from Bldg. 2089 to the JSTARS ramp. When Phase 1B is completed, Beale Drive will reopen. When the project is complete, the contractor field office/staging area will be removed. The parking lot will lose 32 spaces during the project.

Coordination with impacted organizations is underway. For more information, contact Bill Buecker, at 478-327-2912 or Lorrie Simmons at 478-327-3977.

Gate closure

The Watson Gate will be closed on July 20, from 6 to 8 p.m. for maintenance. The Martin Luther King Gate will open during this period to accommodate traffic.

USE YOUR WITS NOT YOUR WATTS.



WATER MEETS STANDARDS



WATER QUALITY REPORT

2015

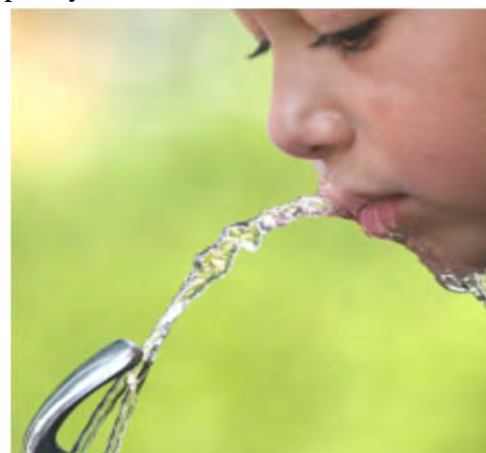
Robins Air Force Base Water System Permit No. 1530042

Robins AFB Drinking Water Program

This Water Quality Report summarizes the quality of your drinking water during calendar year 2015. Robins Air Force Base (Robins AFB) met all safety and quality standards set by the Georgia Environmental Protection Division (EPD) and the US Environmental Protection Agency (EPA) for the period of January 2015 to December 2015. This report details information about these standards and the installation's efforts to meet them.

This report also provides detailed accounts of the detected water monitoring and testing results gathered from January to December 2015 for the Robins AFB Public Water System. Details about where your water originates, what it contains and how it compares to standards set by regulatory agencies is included. The purpose of this report is to advise consumers about drinking water quality and heighten awareness of the need to protect precious water resources. The report reflects the hard work and dedication of the 78th Civil Engineer Squadron, who operates and maintains the water distribution and treatment systems and the 78th Medical Group, who tests the drinking water for safety and quality.

To comply with the Consumer Confidence Reporting Rule of the Federal Safe Drinking Water Act, the 78th Medical Group Bioenvironmental Engineering Flight issues this annual report on drinking water monitoring results. For additional information about this report or to provide input regarding the Robins AFB public water system, contact the Robins AFB Public Affairs Office at 478-926-2137. Base organizations who manage the water system have an open door policy with our residents.



Our Raw Water Source

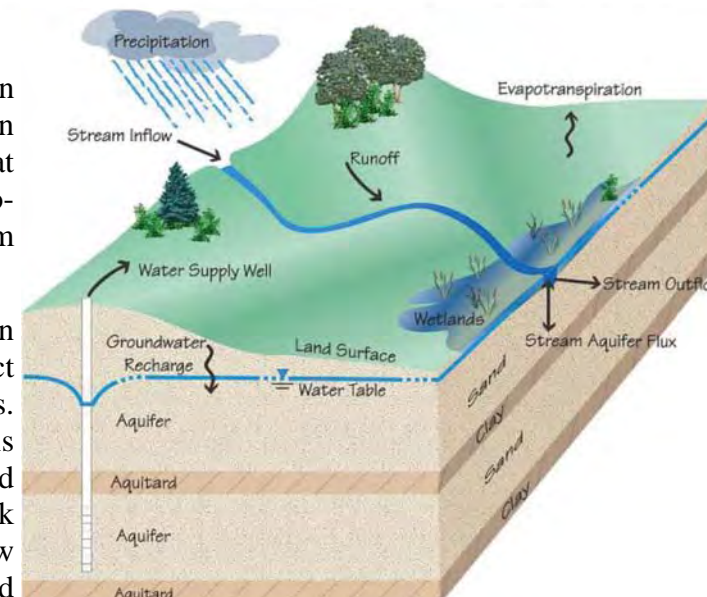
Our drinking water is drawn from the Blufftown Aquifer, one of the best groundwater sources in the State. This is a safe and reliable source that provides high-quality water that is free of microorganisms, such as Giardia and Cryptosporidium that are sometimes found in rivers and lakes.

Rain water percolates down into the Blufftown Aquifer through layers of soil and sand, which act as natural cleansing filters to remove impurities. At Robins AFB, the drinking water aquifer is located over 300 feet below the ground surface and is separated from surface water by several thick clay layers. Robins AFB is permitted to withdraw water through the seven water supply wells located throughout the base, one of which is currently inactive.

Public water systems are required to develop a Source Water Assessment Plan (SWAP) to identify potential contamination sources and review the controls to mitigate potential impacts. Management strategies to control current and future potential contamination sources have been identified and implemented. These controls are designated as adequate to protect our drinking water supply. Contact Public Affairs at 478-926-2137 if you have questions regarding the SWAP.

Reduced Monitoring Approved

The Source Water Assessment and Vulnerability Assessment show the Robins AFB water system's raw water is not in a high potential pollution risk status. GA EPD has authorized reduced monitoring requirements for certain contaminants in our system to less than once per year because their concentrations have been very stable over many years and the history of testing has shown no levels of concern. Reduced monitoring requirements, called waivers, have been issued to our drinking water system for arsenic, asbestos and cyanide, as well as 31 synthetic organic compounds, effective 1 January 2014 to 31 December 2016. Please contact the Robins AFB Public Affairs Office at 478-926-2137 if you have questions about drinking water waivers or wish to receive a copy.



Our Treatment System

A variety of techniques are used to treat your tap water, including chlorination disinfection as well as fluoridation to protect children's teeth. The water also goes through a softening process by adding a corrosion inhibitor and soda ash. The water treatment operation is staffed by highly trained, state-licensed water treatment plant operators. Our water system has storage capacity of over 2 million gallons, a pumping capacity of 10.4 million gallons per day and uses advanced technology to monitor and control drinking water distribution 24 hours per day. During 2015, nearly 496 million gallons of water was distributed to Robins AFB consumers. Our operations staff work diligently 365 days per year to ensure our water is safe, available and is meeting standards set by State and Federal agencies.

Who needs to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC (Environmental Protection Agency/Centers for Disease Control) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 800-426-4791.

Complaints regarding color, taste, or odor?
Please call The 78 Civil Engineering Service Desk at 478-926-5657.

If you have questions concerning this report, or any other aspects of Robins AFB facilities or operations,
please contact SSgt Joshua Kilgore, 78 AMDS/SGPB at 478-327-7555.

Notes About Contaminants

As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, naturally occurring radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in any source water BEFORE it is treated include:

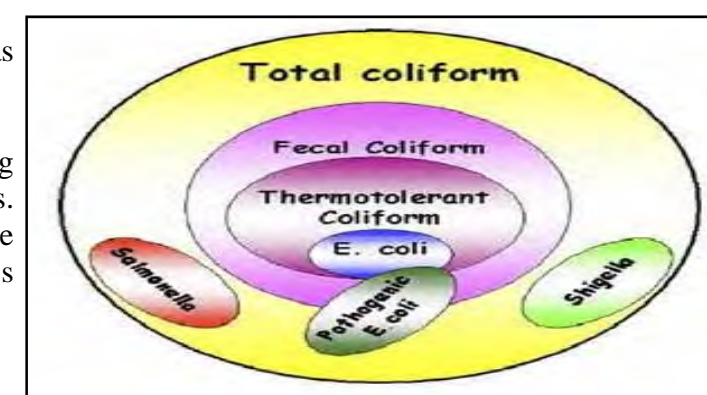
- **Microorganisms contaminants**, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- **Inorganic contaminants**, such as salts and metals, that can be naturally occurring, or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- **Pesticides and herbicides**, which may come from a variety of sources such as agriculture, urban stormwater runoff, or residential uses.
- **Organic chemicals contaminants**, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, agricultural application, and septic systems.
- **Radioactive contaminants**, which may be naturally-occurring, or be the result of oil and gas production and mining activities.

Most surface water contaminants never reach the drinking water supply. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the US EPA's Safe Drinking Water Hotline at 800-426-4791.

Information About Total Coliforms

Coliforms are bacteria that are naturally present in the environment and used as an indicator that other, potentially harmful, bacteria may be present. Fecal coliform and *E. coli* are bacteria whose presence indicates that water may be contaminated by human or animal wastes. Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.

In addition to the required monthly total coliforms sampling, the Bioenvironmental Engineering Flight conducts in-house total coliform monitoring at 15 locations, analyzing over 300 samples per year to ensure the water is safe to drink on Robins AFB.



Water Quality Data 2015

Contaminant	Units	MCL	MCLG	RAFB Water System Highest Detected	Range of Detection	Year Sampled	Violation	Major Sources in Drinking Water
Inorganic								
Chlorine	ppm	MRDL=4	MRDLG=4	1.38	0.2-1.38	2015	No	Water additive used to control microbes
Fluoride	ppm	4	4	1.4	0.1-1.4	2015	No	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Nitrate/Nitrite	ppm	10	10	2	ND-2.0	2015	No	Runoff from fertilizer use; leaching from septic tank sewage; erosion of natural deposits.
Copper	ppb	AL=1300	1.3	The 90th percentile = 170 Zero out of 20 samples were found to have copper levels in excess of the AL of 1300 ppb		2013	No	Corrosion of household plumbing systems; erosion of natural deposits
Lead	ppb	AL=15	0	The 90th percentile = 0 Zero out of 20 samples were found to have lead levels in excess of the AL of 15 ppb		2013	No	
Volatile Organic								
Tetrachloroethylene ^b	ppb	5	0	2.2	ND-2.2	2015	No	Discharge from metal degreasing sites and other factories
Disinfection By-Products								
Chloroform	ppb	N/A	N/A	2	ND-2.0	2015	No	By-product of drinking water disinfection
Total Trihalomethanes	ppb	80	N/A	1.6	N/A	2015	No	
Microbiological								
Total Coliform	N/A	1 ^a	0	0 ^a	N/A	2015	No	Naturally present in the environment
Radioactive								
Combined Radium	pCi/L	5	0	1.27	ND-1.27	2015	No	Erosion of natural deposits

a. The MCL for total coliform bacteria is based on the presence or absence of total coliforms in a sample.

b. The detection of Tetrachloroethylene at Well 1, although below the MCL, has triggered increased monitoring to quarterly sampling. This quarterly monitoring will continue until this compound can be proven to be consistently and reliably detected below the MCL.

Table Definitions

Maximum Contaminant Level (MCL): The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Regulatory Action Level (AL): The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

ppm: parts per million

ppb: parts per billion

pCi/L: picocuries per liter (a measure of radioactivity)

N/A: not applicable

ND: None Detected

Required Consumer Confidence Report Statement Addressing Lead in Drinking Water

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Robins AFB is responsible for providing high-quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (1-800-426-4791), or at <http://www.epa.gov/safewater/lead>.

EXERCISE YOUR RIGHT:

Base set to observe Armed Forces Voters Week

FROM STAFF REPORTS

Robins will give military members and other voting-age base ID cardholders the opportunity to complete their Federal Post Card application to submit their absentee ballot Monday through July 5.

The opportunity comes as part of the Defense Department-mandated Armed Forces Voters Week.

The Installation Voter Assistance Office – which provides non-partisan voting guidance to military members, their voting-age dependents or any other voting-age citizen with base access – will set up a table at the Wynn Dining Facility to provide guidance and information to

military members for the upcoming federal election cycle.

Information on the DOD-mandated program can be obtained through a members Unit VAO or the Installation VAO at 478-327-VOTE (8683) or via email at Robins.vote@us.af.mil.

Additional information can be obtained via the Federal Voting Program site FVAP.GOV.

For more information regarding voting-related matters, contact your unit voting assistance officer or the Installation Voting Assistance Officer at 478-327-8683 or by email at robins.vote@robins.af.mil. Access voting-related information online at www.fvap.gov.

WHAT TO KNOW

- ▶ Monday – July 5: Absentee Voters Week
- ▶ Aug. 15 – Recommended date to submit your Federal Post Card Application by in order to obtain a voting ballot on time.
- ▶ Oct. 4 – Recommended date for voters in Iraq, Afghanistan and other locations without access to the military postal system to mail absentee ballots.
- ▶ Oct. 25 – Recommended date for voters in overseas military installations to send voted ballots in to be counted.
- ▶ Nov. 1 – Recommended date for stateside uniformed service members to mail absentee ballots.



Thought for the Day

"Our defense is in the preservation of the spirit which prizes liberty as a heritage of all men, in all lands, everywhere. Destroy this spirit and you have planted the seeds of despotism around your own doors."

— Abraham Lincoln



What's inside

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Lighter Fare

THE ROBINS REV-UP ■ JUNE 24, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

Happy campers

Robins Youth Center camps offer summer fun for kids, peace of mind to working parents

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Got a bored kid sitting around the house? Well, worry not Team Robins parents, the Robins Air Force Base Youth Center's summer camps are now offering a fun way to pass the time.

From the center's open recreation camp to the School Age Program, Robins has activities to keep kids and teens' calendars full this summer.

Marvin Hawkins, the center's teen coordinator, said the camps allow kids to interact with old friends and even make some new ones in a kid friendly and safe environment.

"While a lot of focus and attention is placed on summer learning, youth have an opportunity to engage in fun activities for the entire season," he said. "Offering summer camps eliminates the concern parents have about leaving their children at home.

Parents can feel at ease knowing their child is in the care of highly-qualified and caring youth development professionals who allow them to focus on their jobs and other family matters."

Open recreation is available for those aged 9- to 17-years old and the School Age Program covers 5- to 12-year olds.

More than 20 children participate in the open recreation summer camp each week and nearly 100 youth participate in the School Age Program summer camp.

There are different specialty camps each week for Open Recreation including cheerleading and Hip Hop dance, flag football, music and video, golf, sports training and more," Hawkins said.

There is a partnership with the Robins Fitness Center to offer the free NFL Football and Cheerleading Camp July 9 from 9 a.m. to noon for youth ages 5 to 14. Youth, ages 5 to 17, can also participate in the free Missoula Children's Theater Camp Monday through July 1. The School Age Program is also offering a wide-variety of activities for campers.

School Age Program summer campers take field trips to locations such as Sandy Beach, Johnny G's, Rigby's, Stone Mountain and Wild Adventure.

Youth in open recreation camps are under staff care from 9 a.m. to noon; at noon youth campers sign into open recreation where they're allowed to participate in programming until 6 p.m. each day. School Age Program campers are under staff care from 6:30 a.m. to 6 p.m. daily.

Hawkins said the summer programs help the center's staff form a bond of mutual respect with young people.

"Having a positive relationship with a caring adult – other than a parent – lets them know they have someone they can depend on other than the family because they know we have their best interest at heart," he said. "This type of caring and meaningful relationship can only improve the lives of families because they know their children will receive nothing less than five-star-care while in the program," Hawkins said.

What to know

To enroll in the Open Recreation Camps, call 478-926-1426 or stop by and complete the application.

For information on School Age summer camp call 478-327-6834.



U.S. Air Force photos by RAY CRAYTON



Robins Youth Center participants are able to take part in Open Recreation camps during the summer, as well as a variety of other activities like video games, air hockey, foosball, computer centers art, and reading. Each week during the summer the students go on a different field trip to places like Sandy Beach, Johnny G's, Rigby's, Stone Mountain and Wild Adventures.



Want to participate?

Cost for attendance is \$125 weekly. Parents interested in the School Age Program Summer Camp should complete an application indicating the weeks of care desired. For youth who just want to hang out with friends, the center is open from noon to 6 p.m., Mondays through Thursdays and noon to 10 p.m. on Fridays. Membership cost is \$25 quarterly or \$50 annually. Youth who choose not to purchase a membership must pay an \$8 daily use fee (extended hours noon to 3 p.m.) or pay a \$3 cost from 3 to 6 p.m.

A BETTER YOU

EAP offers tips on how to not take relationships for granted

BY ROBINS EMPLOYEE ASSISTANCE PROGRAM

People sometimes put an extra burden on their relationships by expecting them to live up to romantic love stories seen on television and film. While the reality of relationships can look different, these bonds can still be strong and fulfilling. The Employee Assistance Program can work with you to maintain healthy relationships.

Five misconceptions about relationships:

► *My partner and I should have everything in common.*

Some couples have a lot in common, but it is not a necessary requirement of a healthy relationship. Allowing the other person to be who he or she is – and to grow and change – is much more valuable.

► *My partner is responsible for my happiness.*

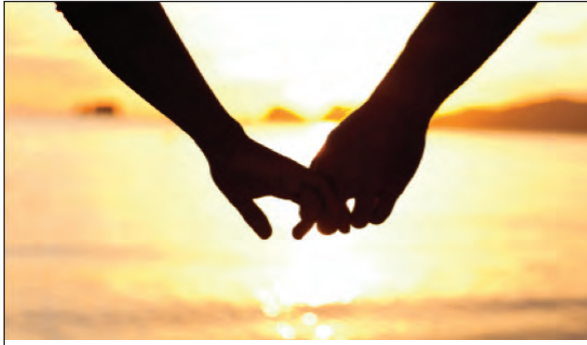
Many of us believe that the other person in a relationship will bring us happiness, but the most lasting way to find happiness is to work on the changes you need to feel more fulfilled. Expecting your partner or anyone else to make you happy puts a heavy and unrealistic responsibility on that person. However, there is nothing wrong with making someone else more content – as you pursue your own happiness.

► *I'm responsible for my partner's happiness.*

Just as expecting someone else to bring you happiness can be a no-win situation, trying to make another person happy can also be a losing battle. Doing nice things for your partner – and other people in your life – is a good idea; try not to think of their happiness as the ultimate goal. Otherwise, you may be setting yourself up for disappointment.

► *My partner will always be thinking of me.*

If you think about it, it is just not practical for



If you think your relationship is not meeting your needs and would like to talk to someone about it, contact your EAP experts at 1-800-222-0364; TTY: 1-888-262-7848 or visit FOH4You.com any time, day or night for information on counseling services that are available to you and your family members at no cost.

your partner to have you at the forefront of his or her thoughts all day. More likely, you will go in and out of your partner's thoughts. The important thing is to be present in the moments when you are together.

► *We will always be "in love."*

What people call being "in love" is sometimes confused with infatuation. This is an important stage that helps two people make their initial bond. As the relationship progresses, however, other things – such as the shared experiences and responsibilities of maintaining a family and a home – can help reinforce those bonds. Being head-over-heels "in love" often becomes less important as the relationship matures.

Being attentive and aware of your partner's needs can help strengthen a relationship. And, being present – in the moment – when you are with your partner can help you create a deeper connection.

Four ways to be a more mindful partner:

► *Slow down.*

Life can be hectic. We have trained ourselves to be quick and efficient, but that does not always work for interpersonal relationships. Sometimes it takes a bit of time – and patience – to make worthwhile emotional connections. The first step is to slow down your breathing and begin to make time for connecting with the other person and actively listening to what he or she needs.

► *Clear away distractions.*

Distractions like television, phones and other electronics can get in the way of deeper communication that is so important to a relationship. Make a habit of turning these devices off or leaving them in another room as you mindfully connect with your partner every day.

► *Live in the moment.*

Part of being a good partner is living in the moment. Focus on what you are doing right now and enjoy the present moment. You will need to be agile and flexible to where the moment may take you both – without concern for what is coming next.

► *Make space for quality time.*

Take time to spend with your partner. You may even have to schedule a block of time each day to connect. Try a mini-honeymoon by having a week-end morning or afternoon that is just devoted to enjoying each other's company.

Signs of a Healthy Relationship

- Safe – both physically and emotionally fulfilled
- Heard
- Appreciated for who you are
- Comfortable with personal change and growth
- Respected

WASH ON, WASH OFF**Museum staff, volunteers make aircraft squeaky clean**

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

At least two dozen aircraft sit outside the Museum of Aviation. They're exposed to the hot, humid Georgia summers, and get covered in pollen just like everyone's car does.

However, one does not simply pull a large airplane into a car wash to make it look great again.

That's where the museum staff and volunteers come in.

Every year or two, they put on their safety gear, get up on lifts and pressure wash each plane. It's a grueling task that can take up to five days, depending on the weather and how large the aircraft is.

"You can really see how green they get, especially the dark gray ones," said John Bodenhamer, museum specialist.

Bodenhamer observed while Erwin Ross, exhibit specialist, used a scrub brush to get the grime off of a C-121 Constellation.

Ross, strapped to a lifter, used the brushes and water to clean the top and sides of the aircraft which sits near the restoration hangar on the south end of the complex.

So you might be wondering what they use to get the aircraft squeaky clean. It's really quite simple. The soapy mixture is nothing more than a combination of dishwashing liquid and baking soda.

Once part of a plane is washed, the difference is quite noticeable compared to parts which haven't been.

A good scrubbing not only makes the plane look better, but it also prevents corrosion.

Anthony Day, restoration supervisor at the museum, explained how just how well an effective corrosion prevention and control program can limit deterioration of an aircraft.

"All aerospace vehicles require a regular wash cycle as all aircraft displayed outdoors may and will be exposed to industrial gases, slats, rain or mud," he said.

WHEN TO VISIT

The museum is open daily from 9 a.m. to 5 p.m.; Christmas Eve and New Year's Eve hours are 9 a.m. to 1 p.m. The museum is closed on Easter, Thanksgiving, Christmas and New Year's Day. Admission is free. For more information, call 478-926-6870.



U.S. Air Force photo by ED ASPERA

Erwin Ross, exhibit specialist, uses a scrub brush to get the grime off of a C-121 Constellation.

HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
24	25	26	27	28	29	30

Last Friday

Today
 4 p.m. to midnight
 Heavy hors d'oeuvres
 from 4 to 6 p.m.
 Jazz band from 5 to 8 p.m.
 \$25 club card drawing for members
 present at 7 p.m.
 D.J. from 8:30 to midnight
 Soul Sophistication at 8:30 p.m.
 Free taco bar at 9 p.m.
 For details, call DSN 472-7899.

2016 Fall Soccer

Register now through July 1

Monday through Friday
 from 9:15 a.m. to 4:45 p.m.
 Youth Center
 For details, call DSN 468-2110.

Bowling Movie Days

Wednesdays
 2 to 4 p.m.
 Bowling Center
 \$6 per person, includes three games,
 rental shoes, movie and popcorn.
 For details, call DSN 468-2112.

Afterburner June Special

5:30 a.m. to 1 p.m.

Base Restaurant, Bldg.166
 Honey Nut Latte
 For details, call DSN 472-7827.

Heritage Club Splash Pad

Open Monday through Sunday
 10 a.m. to 8 p.m.
 For details, call DSN 468-4001.

Horizon Pool Open

Open Monday through Friday
 from noon to 6 p.m.
 Saturdays and Sundays
 from 11 a.m. to 6 p.m.
 Closed on Wednesdays
 For details, call DSN 468-4001.

PLEASE RECYCLE THIS PAPER

