

## Publication date changes

Due to Sequestration, the "Robins Rev-Up" will be published each Thursday until furloughs end. Because of the production schedule change, all submissions must be received by the Rev-Up staff no later than Wednesday at 4 p.m., the week prior to the desired week of publication.

As for stories which are already scheduled for publication, any and all revisions must be completed and returned to the staff no later than noon on Tuesday the week of publication.

For further information, contact Geoff Janes, Robins Public Affairs Internal Information chief, at DSN 472-

0802, or Lanorris Askew, Robins Rev-Up editor, at DSN 472-0806.

Our promise is to continue striving to provide the base with the most up-to-date official news. As always, we are consistently looking for story ideas. Also, don't forget to check the website at [www.robins.af.mil](http://www.robins.af.mil).

# ROBINS REV-UP

July 11, 2013 Vol. 58 No. 26

## Management, Union ink commitment

BY ROBINS PUBLIC AFFAIRS OFFICE

Base and local union officials signed a joint statement June 25 in which they agreed to "work together ... for the betterment of the Robins Air Force Base mission and all employees."

The statement was developed during a meeting with the two sides and a representative of the Federal Labor Relations Authority – an independent agency which oversees labor relations between the government and its

*Robins  
Air Force  
Base*

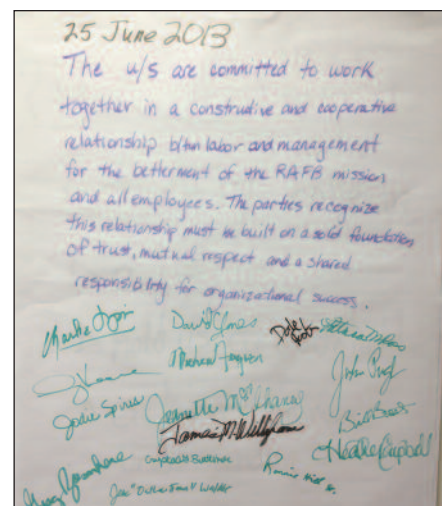
*"The Place to  
Live, Learn,  
Work, and Play"*

employees. Several months ago, it was highlighted that during the last year more grievances were filed by employees here than at the two other bases with air logistic complexes – Hill in Utah and Tinker in Oklahoma – com-

bined. Warner Robins Air Logistics Complex, 78th Air Base Wing and Union leadership decided it was time to work with a neutral party to improve relations and communications.

To complete the statement, Robins and local Union officials acknowledged their relationship "must be built on a solid foundation of trust, mutual respect and a shared responsibility for organizational success."

They then affixed their signatures – 16 in all – to the document.



U.S. Air Force photo by CAPT. PAMELA STAUFFER

Master Sgt. Joel Furlough, 116th Civil Engineer Squadron, performs an inventory and acceptance inspection of a route clearance kit. The civil engineering arm of the 116th Air Control Wing will use the kits, consisting of multi-purpose Kubota tractors, when called upon to respond to disasters in the region.

## JSTARS unit beefs up for disaster

BY MASTER SGT. ROGER PARSONS

116th Air Control Wing Public Affairs

The 116th Air Control Wing Civil Engineer Squadron was selected among a group of Air National Guard CE units across the nation to take on an additional mission, bolstering disaster response in the Southeast United States.

To meet the mission, the Prime Base Engineer Emergency Force, or Prime Beef unit, took delivery of two route clearance kits June 27 at Robins.

"During Hurricane Katrina, which we responded to, Domestic Operations found that getting to a location hit by a disaster could be time consuming because of debris," Chief Master Sgt. David Fite, 116th CES superintendent said.

"Whether it's trees on the road, overturned cars or piles of rubble, this equipment will give us the capability and skill set to clear the way for emergency operations personnel to

respond," said Fite.

Located in the heart of FEMA Region 4, the 116th CES will use the multi-purpose Kubota tractors with buckets, grappling hooks and brooms to provide Guardsmen a mobile and versatile tool set to respond quickly to disasters that strike their region, said Senior Master Sgt. James Love, 116th CES Prime Beef Manager.

Col. Greg McCreary, 116th Mission Support Group commander, said the new equipment is a boon to the unit.

"The addition of route clearance kits to the 116th CES' equipment provides a tremendous capability to the Georgia Air National Guard to assist our civilian partners in times of disaster. It also ensures the 116th Air Control Wing will play a vital role in protecting the citizens of Georgia," McCreary said.

Having the equipment in their own backyard will provide more opportunity for drill status Guardsmen to get the training they need at home, added Fite.



## SecAF, CSAF to civilian workforce: We're proud to stand beside you

WASHINGTON (AFNS) – Acting Secretary of the Air Force Eric Fanning and Air Force Chief of Staff Gen. Mark A. Welsh III send the following furlough message to the Airmen of the United States Air Force:

As you all know, Department of Defense civilian furloughs begin this week. With few exceptions, our civilian Airmen face involuntary furlough one day per week from the pay period starting July 8 through the pay period ending Sept. 21.

Civilian furloughs are a measure of last resort and we deeply regret that the arbitrary across-the-board cuts imposed by sequestration led to this result. Despite standing down combat flying units, reducing space and mobility operations, reducing weapon system support, cutting installation support and facility repairs and cancelling most travel, training and exercises, we must still take this painful action. We recognize that this action inflicts

personal and financial hardships on our civilian Airmen and their families. We need all of our great Airmen to do the Nation's work, and furlough is not the way to reward our dedicated civilian workforce for their service. We're sorry this is happening.

While furloughs have real consequences for civilian Airmen, the reduction in productivity and capability

resulting from this action will affect all Airmen. We appreciate your professionalism in dealing with this situation and promise we will continue to work with DOD and Congress to seek repeal of sequestration and an end to the frustration and mission impact it causes.

We could not be the world's greatest Air Force without the contributions of every part of our Total Force – active duty, Guard, Reserve, and civilian Airmen. Thank you for your service to our Air Force and our Nation. We're proud to stand beside you.

See furlough operating hours for Robins on Page 2.

For more on furlough, visit [www.robins.af.mil](http://www.robins.af.mil).

## VPP culture at Robins happens at home too

BY JENNY GORDON

[jenny.gordon@robins.af.mil](mailto:jenny.gordon@robins.af.mil)

The 78th Logistics Readiness Squadron's MOBAGS section has taken the installation's Voluntary Protection Program's Safe Site Challenge to an interesting new level.

The shop's eight members wanted to do something different in preparation for a June 14 Gold assessment by VPP team members.

After hearing discussion on the importance of practicing safety not

### WHAT TO KNOW

There are currently 348 total safe sites at Robins. Including this site, there are 192 gold sites, 106 silver, 27 bronze and 23 green sites.

only at work but also home, the results prompted the section's eight family members to be part of the VPP site visit by sharing moving testimonials.

"We wanted to take it one step further and bring 'home' here. So we brought our family," said

Suzanna Holloway, MOBAGS supervisor. "We also wanted to take something that the VPP assessment team sees all the time and deliver it differently."

After experiencing a house fire, Holloway's daughter wrote a song about the family's ordeal and mom's VPP mindset, performing for VPP members.

Richard Porter, another shop member, had been hospitalized earlier this year. Rather than attending a Wingman Day event



U.S. Air Force courtesy photo

The 78th LRS MOBAGS section's mission is to store, maintain and issue mobility gear, gas masks and weapons at Robins.



# Page Two



U.S. Air Force photo by RAY CRAYTON

## Coins for the committment

### Robins C-130 PDM team receives special recognition

Brig. Gen. Cedric George, Warner Robins Air Logistics Complex commander, and Tom Scott, American Federation of Government Employees Local 987 president, presented a specially designed coin commemorating the winning of the 2012 Robert T. Mason Award for Depot Maintenance to every member of the C-130 maintenance team in Hangar 91 on June 27. The ceremony featured a symbolic exchange between complex and union leadership and maintenance workers with Scott, left, passing one of the commemorative coins to Col. Tim Molnar, 402nd Aircraft Maintenance Group director, and George, second from left, presenting a coin to Gary Dearborn, a C-130 mechanic and union steward. George said acknowledging the C-130 team members' mission achievement represented "another commitment to building and sustaining a partnership based on trust and respect, which balances mission and people."

## VPP

Continued from 1

on base, the entire section visited him in the hospital. His wife Nina, shared how much it meant that Robins coworkers cared about their well-being.

A coworker's son, who had been linking surge protectors with extension cords at home, stopped the practice after learning it was a safety hazard.

Another discussed senior care at home.

MOBAGS members created a 'Par for Safety' event which enhanced safety at home. Harry Childress, VPP lead, and three other golfers decided to raise money each time they made par, donating money to buy coworkers fire extinguishers. They felt giving back was just as important during sequestration.

"In the end we didn't want this to be just another safety program. We wanted it to change our lives, with VPP culture at work and home," said Childress.

The team also created a handbook on home safety, with emergency preparedness plans, contact lists and other helpful material.

Going above and beyond what's usually seen during VPP visits, Capt. Mohamed Savage, Material Management Flight commander, explained that by seeing others take the first step, it's OK to go the extra mile.

"We try to emphasize the VPP culture in LRS, that it's not something we're just forcing," he said. "Every injury you or your family members avoid as a result of practicing VPP is headaches, hassle, money and time that the program has saved you. Look at it as something

bringing benefit to you and your families."

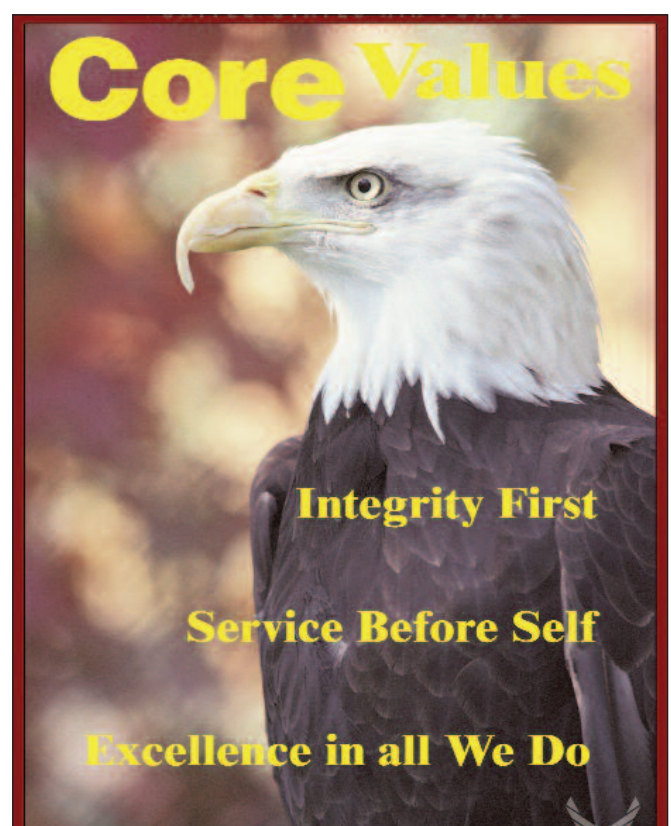
Including Holloway, Childress and Porter, the MOBAGS (which stands for mobility bags, or formally known in the Air Force as the Individual Protection Equipment Element) team includes Burton Dennis Ard, Harold England, Robert Lemons, Terry Walker and James Wooten.

"The 78th LRS MOBAG shop provided one of the most unique VPP Safe Site presentations to date by including testimonials from family members," said Allen Quattlebaum, installation VPP program manager. "Their testimonials drove home the importance of our wingman culture and applying risk management principles to everyday activities."

## Furlough facility hours

The following Robins facilities will have altered hours during the upcoming furlough period.

- ▶ Airman and Family Readiness Center: closed except for emergencies
- ▶ Base Information Transport Center (Mail Center): closed
- ▶ Base Restaurant: closed
- ▶ Base Restaurant Snack Bars: closed
- ▶ Base Restaurant Mobile Service: 2 of 5 mobile food trucks operating. To receive mobile food truck service on Fridays call 472-7253 before the Friday you would like service to be added to the route.
- ▶ Base Safety: limited operations
- ▶ Child Development Center East: closed
- ▶ Finance Civ Pay and Disbursing Office; GTC, GPC, & Cash Collection Vouchers; and Budget Section: closed
- ▶ Equal Opportunity: limited operations
- ▶ Fitness Center Annex (Bldg. 301): closed
- ▶ Gate 1 Green St Gate: closed
- ▶ Gate 5 MLK Gate: closed
- ▶ Gate 4 Commercial Gate: reduced hours, 8 a.m. to 6 p.m.
- ▶ Gate 14 Russell Gate: same as weekend hours, 5 a.m. to 1 a.m.
- ▶ History Office: closed
- ▶ Information Protection Office: limited operations
- ▶ Inspector General: limited operations
- ▶ Judge Advocate General: limited operations
- ▶ Main Fitness Center: reduced hours, 8 a.m. to 4 p.m.
- ▶ Medical Clinic (including Pharmacy): reduced hours, 7:30 a.m. to noon
- ▶ Museum of Aviation (Government Offices): closed
- ▶ Public Affairs: limited ops (in Bldg. 270)
- ▶ Quick Turn: closed
- ▶ Robins Commissary: currently closed Mondays, will also be closed on Tuesdays.
- ▶ Robins Conference Center: closed
- ▶ Robins VTC Center (Bldg. 300): closed except for emergencies
- ▶ 78th ABW Protocol: limited ops
- ▶ 78th LRS Resources Office: closed
- ▶ 78th LRS Material Management: closed
- ▶ 78th Information Protection Office: limited ops
- ▶ 78th Medical Group Clinic: will be open Mondays through Thursdays, from 7 a.m. to 4:30 p.m. and Fridays from 7 a.m. to noon. Prescription filling will end at 11 a.m. on Fridays.





# AIR FORCE

NEWS FROM AROUND

## Joint STARS: Deployed maintainers saving lives

**SOUTHWEST ASIA (AFNS)** – U.S. and coalition ground forces deployed to the U.S. Central Command area of operations depend on different airframes and assets to complete their day-to-day operations.

That includes the E-8C Joint Surveillance Target Attack Radar System maintained by the 7th Expeditionary Aircraft Maintenance Unit and operated by the 7th Expeditionary Airborne Command and Control Squadron here.

Joint STARS provides ground situation information through communication via secure data links with Air Force command posts, Army mobile ground stations and centers of military analysis far from the point of conflict. Joint STARS provides a picture of the ground situation equivalent to that of the air situation provided by the E-3 Sentry, Airborne Warning and Control System. Joint STARS is capable of determining the direction, speed and patterns of military activity of ground vehicles and helicopters.

But, these jets can't support the joint warfighter without the tireless efforts of 7th EAMU Airmen deployed from Robins – the U.S. military's only Joint STARS installation.

"Our job is to make sure we provide a safe and reliable aircraft to the aircrew," said Capt. Stephanie Furrer, 7th EAMU officer in charge. "Our aircraft fly a lot of hours, so we complete an array of inspections to ensure all the aircraft's systems are good and the airframe is sound."

Furrer said there are a lot of maintenance and man hours that go into keeping the jets in the air. Her Airmen complete several different inspections including a 45-day home station check of all the systems on the aircraft and a 700-hour contingency inspection that goes more in-depth.

To read more, visit [www.af.mil](http://www.af.mil).

## Air Force, Army unite to protect Transit Center

**TRANSIT CENTER MANAS, Kyrgyzstan (AFNS)** – When faced with a manning shortfall, an Air Force reservist here devised a plan to join forces with the Army to keep security operations on par.

"Most of the time, a singular service component is given the mission of base security," said Master Sgt. Brian Nicoletti, 376th Expeditionary Security Forces Squadron Transit Center Access Point NCO in charge of midshift. "That service component will own every part of that – main gate, entry control points, pass and registration ... all of it."

At the Manas transit center, the Air Force controls the installation and the exterior perimeter.

"If anything stupid is going to happen," he said, "it'll

## Close inspection

**Senior Airman Nicholas Smyth, 4th Aircraft Maintenance Squadron crew chief from Seymour Johnson Air Force Base, N.C., inspects an F-15E Strike Eagle during Green Flag-West 13-5, at Nellis Air Force Base, Nev. A typical Green Flag exercise involves two multi-role fighter or bomber squadrons, unmanned aircraft, electronic warfare aircraft and aerial refueling aircraft.**



U.S. Air Force photo by Senior Airman Brett Clashman

happen at the main gate, and we're knife-fighting distance from it."

On a regular basis, the post performs enforcement action and over time have had significant increases in occurrences ranging from petty theft to major crimes, Nicoletti said.

Simultaneously, as the workload increased, Nicoletti's workforce decreased due to his Airmen leaving on forward missions and job reassignments.

To read more, visit [www.af.mil](http://www.af.mil).

## Pararescueman train with Army, military canines

**BAGRAM AIRFIELD, Afghanistan (AFNS)** – Look in the air ... it's a bird ... it's a plane ... Well, not quite: It's a German Shepard in a harness hanging from an HH-60G Pave Hawk.

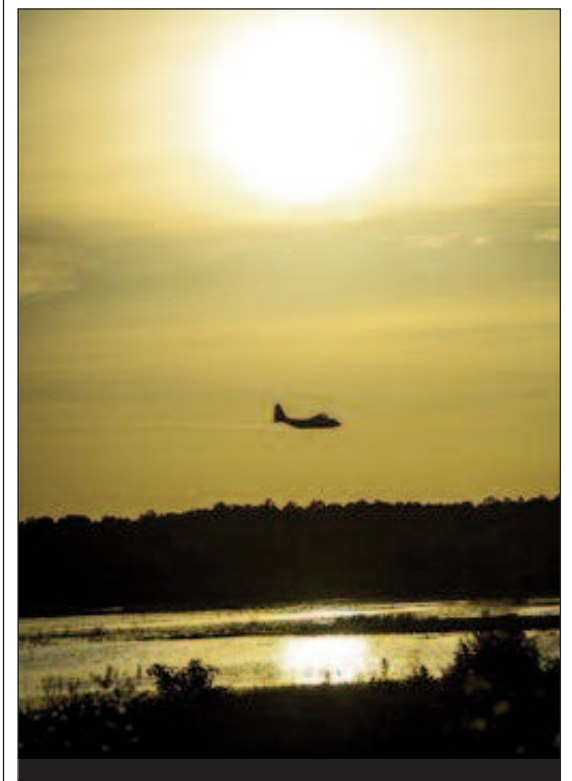
More than 15 Army tactical explosive detection dog handlers and their canines recently participated in rescue training scenarios with 83rd Expeditionary Rescue Squadron pararescuemen here.

The training required soldiers to practice hoisting their dogs into a helicopter.

According to Army Sgt. Jack Barsley, the infantry career field inherited the tactical explosive detection dogs less than five years ago.

The dogs are trained to detect 14 different scents, including TNT, C4, homemade explosives and even detonation cord that could be wired to an improvised explosive device.

"The MPs have military working dogs, but we (infantry) perform more of the tactical portion outside the wire," Barsley said. "We fight in combat while using our dogs to help find IEDs. The chances of us needing rescued are high while here."



U.S. Air Force photo by SENIOR AIRMAN DENNIS SLOAN

## Sun spray

**An Air Force Reserve aircrew flying a C-130 Hercules performs aerial spraying for mosquitoes over Joint Base Charleston, S.C. The insecticide is mixed with water to dilute the product. The aircrew is assigned to the 910th Airlift Wing, Youngstown Air Reserve Station, Ohio.**

## ABWs assigned AFSC fourth Strategic Plan goal

BY BRANDICE J. O'BRIEN

**AIR FORCE SUSTAINMENT CENTER, Okla.** – Reducing energy consumption is not only a top Air Force priority, but it's also an Air Force Sustainment Center Strategic Plan goal.

In fact, AFSC senior leadership aims to optimize infrastructure and reduce energy consumption while exceeding mission requirements.

To help achieve that goal, senior leaders have brainstormed four correlating objectives. They include: Reducing energy consumption by 5 percent annually; reducing square footage by 20 percent by 2020; Ensuring there is no mission impact due to failure of key installation infrastructure; and planning to optimize information technology standardization for maximized cost effectiveness and mission readiness by the end of fiscal 2013.

"This is about our ability to enhance the infrastructure to support the AFSC mission much more efficiently," said United Kingdom royal air force Wing Commander Jonathan Durke at Wright-Patterson Air Force Base, Ohio. Assigned to the Logistics Directorate, he's working with the strategic planning team on the development, maturation and socialization of the AFSC Goals and Objectives.

Overseen by the center's three air base wings, the center has a strong grasp on how to reduce energy consumption and put theory into practice.

Prior to the standup of the AFSC, air base wings took considerable steps to reduce usage.

Now, as budgets tighten, the practicality of reducing consumption is not only good for the environment, but necessary for the Department of Defense, Durke said.

"It's a fact of life now for the workforce to understand we're in a financially-constrained environment, and we need to continue to not only do business but do it better and more efficiently," he said.

While the Air Force may be more focused on energy, Durke said that AFSC Commander Lt. Gen. Bruce Litchfield is centered on reducing energy use and wants to bring it down by 5 percent each year. Col. Stephen Wood, 72nd Air Base Wing vice commander, leads those efforts.

"Col. Wood was specifically selected to drive the infrastructure and energy initiatives because he comes with the background and extensive experience in that area at Tinker," Durke said.



The second objective – Reducing square footage 20 percent by 2020 – is also led by Wood, and it's also an Air Force-wide priority.

"That doesn't mean every organization in the Air Force drives down its infrastructure by 20 percent," Durke said. "Strictly speaking, the

Air Force could do one major infrastructure reduction that may meet the Air Force requirement."

The third objective of ensuring there is no mission impact due to failure of key installation infrastructure is led by 75th Air Base Wing Commander Col. Kathryn Kolbe at Hill Air Force Base, Utah, and is about balancing the second objective.

"We have to make sure we understand we can't affect the mission through the lack of infrastructure," Durke said. "So, we have to understand what critical infrastructure is and make sure it's available at all times to support the mission."

The final objective – planning to optimize information technology standardization for maximized cost effectiveness and mission readiness by the end of fiscal 2013 – is led by the Col. Chris Hill, Robins' Installation commander.

It's a tactical IT piece, but asks impor-

tant questions:

- Is the workforce surrounded by unnecessary equipment?
- Should the center consider storage-area networks?
- Does the center need to reconsider the networks that are managing its business?

"This objective is about cleaning up simple efficiencies," Durke said. "There are a number of individual project teams within the IT area looking at their own areas, requirements and software and hardware pieces to make sure there is harmony across the AFSC."

### To view AFSC Strategic Goals and Objectives, visit:

<https://org4.eis.afmc.af.mil/sites/1533/lgx/1gxa/Lists/Announcements/DispForm.aspx?ID=1&Source=https%3A%2F%2F%2F%2Eeis%2Eafmc%2Eaf%2Emil%2Fsites%2F1533%2Flgx%2Flgxa%2Fdefault%2Easpx>

### To view the AFSC Leadership Model, visit:

<https://org4.eis.afmc.af.mil/sites/1533/lgx/1gxa/Lists/Announcements/DispForm.aspx?ID=3&Source=https%3A%2F%2F%2F%2Eeis%2Eafmc%2Eaf%2Emil%2Fsites%2F1533%2Flgx%2Flgxa%2Fdefault%2Easpx>

## ROBINS REV-UP

COMMANDER  
Col. Christopher Hill

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## SUBMISSION GUIDELINES

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

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

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

## DELIVERY

To report delivery issues, call 472-0802.

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# On the Fly

PLEASE RECYCLE THIS NEWSPAPER

**The following leadership class is scheduled for July:**

►Bob Zwitch and Eric Jones will present “Supervisors Guide to Mentoring on Resumes & Interviewing Prep” Wednesday from 2 to 4 p.m. in Bldg. 301, PK conference room.

Please view the Robins Splash Page and click on Team Robins for any changes in class schedules.

**The 78th Medical Group will be performing school screenings and sports physicals July 20 from 9 a.m. to 3 p.m. for enrolled beneficiary students.**

School screenings will be open to all ages for children requiring the Georgia Form 3300 for registration.

Sports physical appointments will be open to children aged 12 to 18 and scheduled in hourly windows. Physicals will be conducted at the Medical Group in the Family Health and Pediatrics Clinics.

Children with special needs are recommended to be evaluated by their primary care provider.

To schedule an appointment for a sports physical, call the Central Appointments Line at 327-7850 or DSN 497-7850. Prior to your child’s sports physical appointment, fill out the “Pre-participation Physical Evaluation” form on the

Medical Group’s webpage: <http://www.robins.af.mil/units/78thairbasewing/78thmedicalgroup/index.asp> or Facebook page: <https://www.facebook.com/78MDG>.

You can also find a copy of the Georgia Department of Human Resources Form 3300; certificate of Ear, Eye and Dental Examinations, for your child’s school.

For all other sports physicals – such as spring sports – an appointment must be requested after Aug. 1 through a PCM. Fall sports begin Aug. 1.

**The Middle Georgia Chapter of the Armed Forces**

**Communications and Electronics Association** will host a free Technology Expo Aug. 1 from 9 a.m. to 1 p.m. at the Heritage Club. Come see the latest in information technology from various vendors.

The expo is free and open to all DOD, government and contract personnel with gate access to Robins. Continental breakfast and light lunch will be served.

For more information contact David Grosche at 478-222-8537 or DSN 472-8537.

**The following leave recipient has been approved** through the Voluntary Leave Transfer Program:

*Dorothy Haines* of AFRC.

Contact Jan Brister at 497-1323.

To have a Voluntary Leave Transfer Program recipient listed here, email Lanorris Askew at [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil).

**This is a reminder about gate closures** which allow CE to safely perform maintenance on vehicle barriers. Schedule: First Tuesday of the month – Russell Parkway Gate, closed 9 a.m. to 3 p.m.; Second Tuesday of the month – Watson Boulevard Gate, closed 9 a.m. to 3 p.m.; and Third Tuesday of the month – Green Street Gate, closed 9 a.m. to 3 p.m.

**Note:** In case of inclement weather, work will occur on the following Wednesday 9 a.m. to 3 p.m.

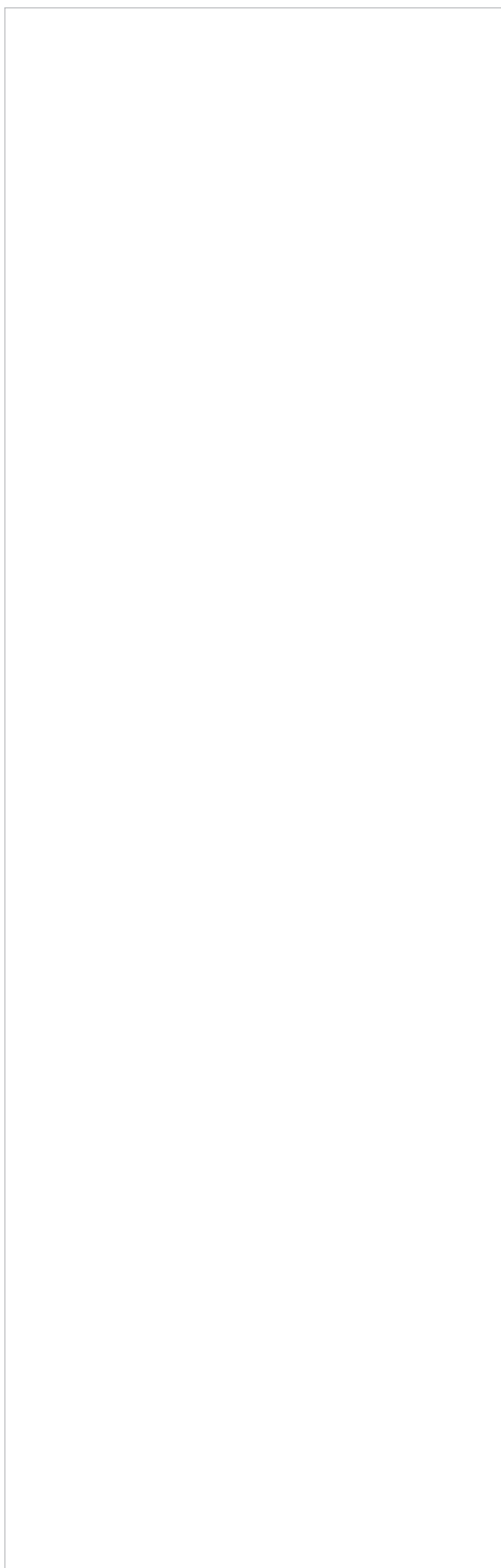
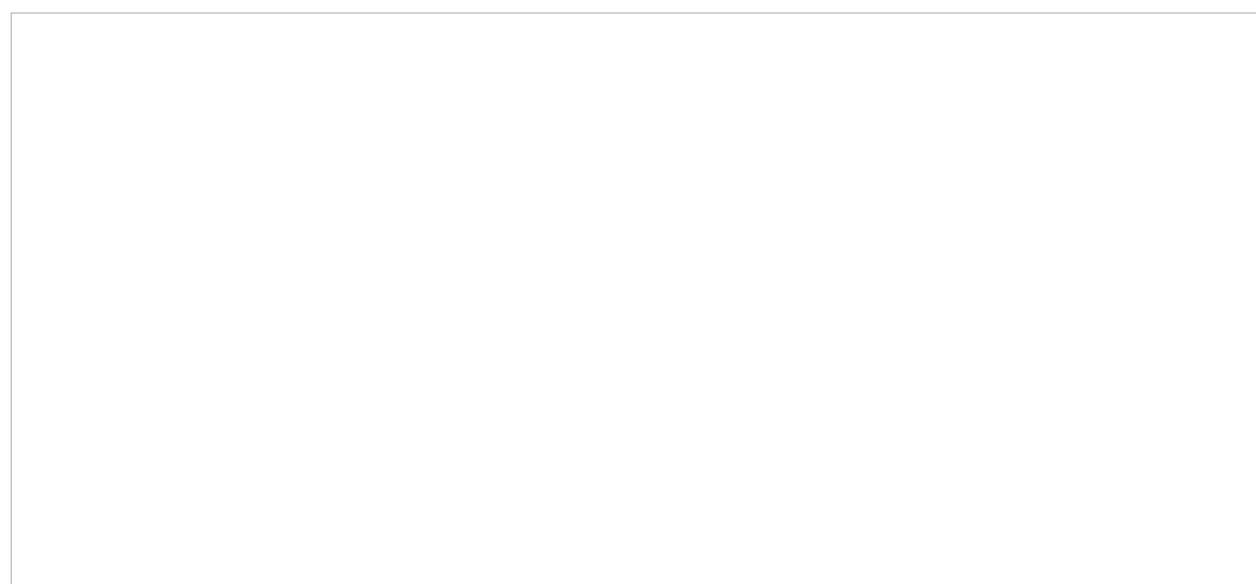
Robins continues to partner with **The Clean Air Campaign** to help reduce local traffic and air pollution.

To participate, visit [www.logyourcommute.com/TeamRobins](http://www.logyourcommute.com/TeamRobins).

**The 78th Security Forces Squadron Crime Prevention**

**Program** is available to organizations for various unit events.

To schedule an appearance or for more information, call Staff Sgt. Santana Simpson at 472-1997 or Staff Sgt. Michael Garza at 472-1980.





# Ask yourself, 'Am I Fire Safe?'

BY ROBINS  
FIRE DEPARTMENT

Lives are lost and thousands of injuries occur due to fire every year.

Because of that, everyone should exert every effort to eliminate fire hazards to ensure homes and work areas are fire safe.

Improper use and storage of gasoline and other flammable materials accounts for many reported accidents.

Proper storage and handling procedures can significantly decrease the number of injuries.

Gas should never be stored or used in basements, garages or utility rooms where sources of ignition, such as water heaters, furnaces and clothes dryers are present.

Gas and flammable materials should be stored in Underwriters Laboratory (UL) and Factory Mutual (FM) approved containers and should be stored away from combustible materials.

Containers should be labeled to identify the contents and should be handled with extreme caution.

To ensure you're fire safe, conduct a self-inspection of the home and work environment.

A facility manager's checklist is available at the end of Robins AFB Instruction 32-2001, "The

## Fire prevention safety tips:

- ▶ Know the fire reporting number 9-1-1 from a base phone or program 222-2900 into your cell phone for the base 911 Center.
- ▶ Be familiar with the location of your facility's fire extinguishers.
- ▶ Store flammables and other combustibles properly; make sure the containers are UL listed or FM approved. Never store flammables near potential ignition sources.
- ▶ Never smoke around flammables and never smoke in bed.
- ▶ Make sure extension cords are UL listed or FM approved. Do not use extension cords as permanent wiring. Make sure the extension cord is of sufficient gauge for the intended use. Don't use extension cords with splices, frayed or exposed wiring. Never hang extension cords over nails, rafters, or in any manner that could cause or constitute a fire hazard.
- ▶ Check clothes dryers lint traps for lint accumulation after each use.
- ▶ Space heaters must be either UL listed or FM approved and must have the appropriate label attached to the unit.
- ▶ Space heaters must have a built-in tip switch and a metal screen over the heating elements.
- ▶ Keep all space heaters 3 feet away from furniture and other combustible material.
- ▶ Never leave a space heater on unattended or while you are asleep.
- ▶ Do not use space heaters to dry clothes or defrost pipes.
- ▶ Never use space heaters around flammable liquids or gases.

**For more information, call the Fire Department or Fire Prevention Office at 468-2145 or commercial (478) 926-2145.**

Fire Protection Operations and Fire Prevention Program."

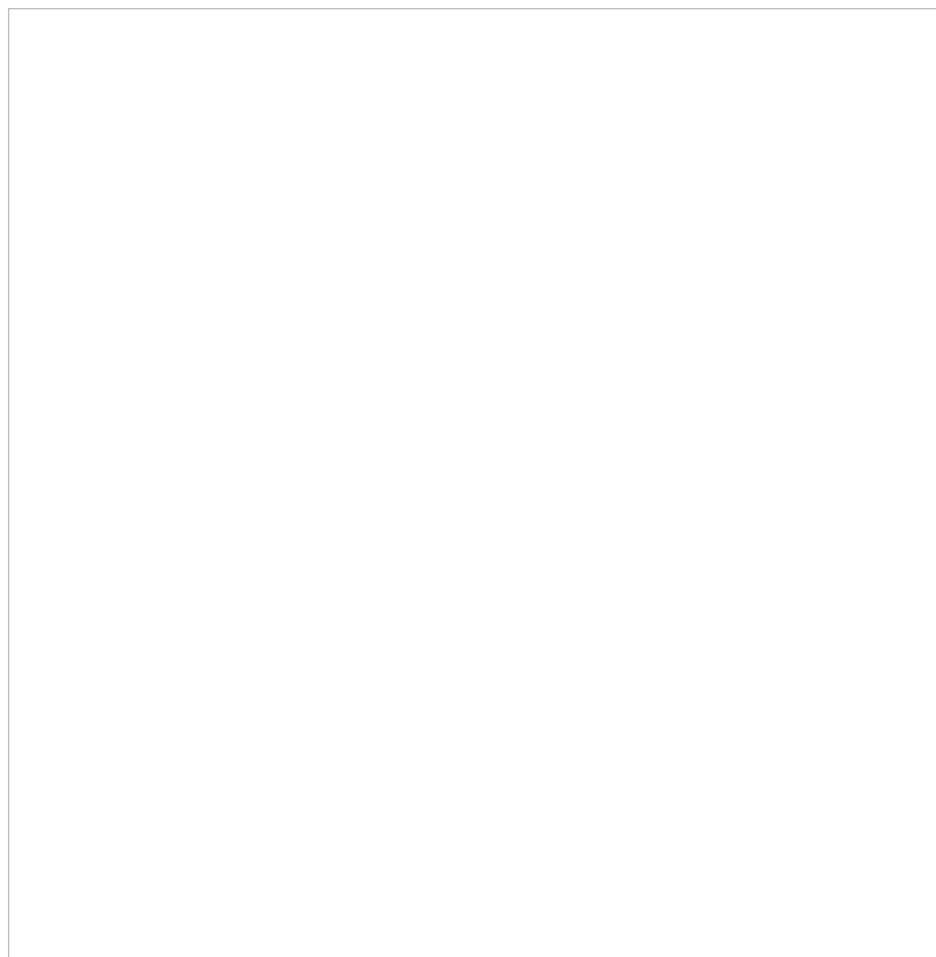
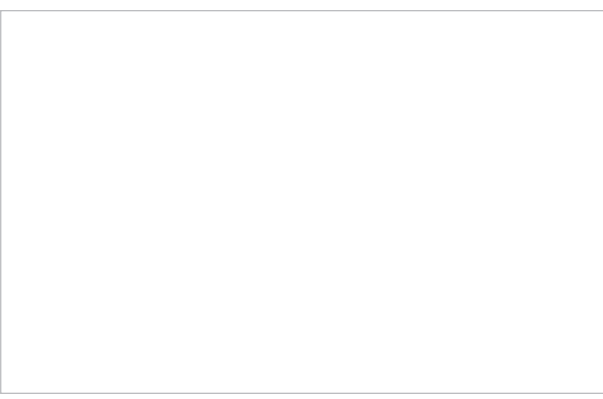
By performing periodic self-inspections, using the facility manager's check-

list and using sound fire prevention measures, a safer home and work environment can be obtained and maintained by everyone.



**WINGMEN  
WANTED**  
EAP – 327-7683;  
926-9516

AIRMAN AGAINST  
DRUNK DRIVING –  
335-5218;  
335-5236; 335-5238



# Heat illness prevention tips

## ROBINS HEALTH AND WELLNESS CENTER

As everyone can tell from several blistering days during the last couple of weeks; summer has arrived in Middle Georgia.

Not only that, but it's a hot and humid one.

With the temperature extremes and humidity locally, people become especially susceptible to heat-related illness such as dehydration, heat exhaustion and heat stroke.

Local ambulances have been quite busy the last couple of weeks responding to heat-related injuries at the track and fitness testing areas.

Most serious heat illness can be prevented by following some basic guidelines; however, if these guidelines are ignored, they may lead to a life-threatening heat emergency.

The Centers for Disease Control and Prevention have provided good suggestions for preventing heat-related illnesses that are always helpful to review and follow as the temperatures continue to climb.

### Preventing Heat Related Illness

Normally, a person's body temperature is regulated by sweating.

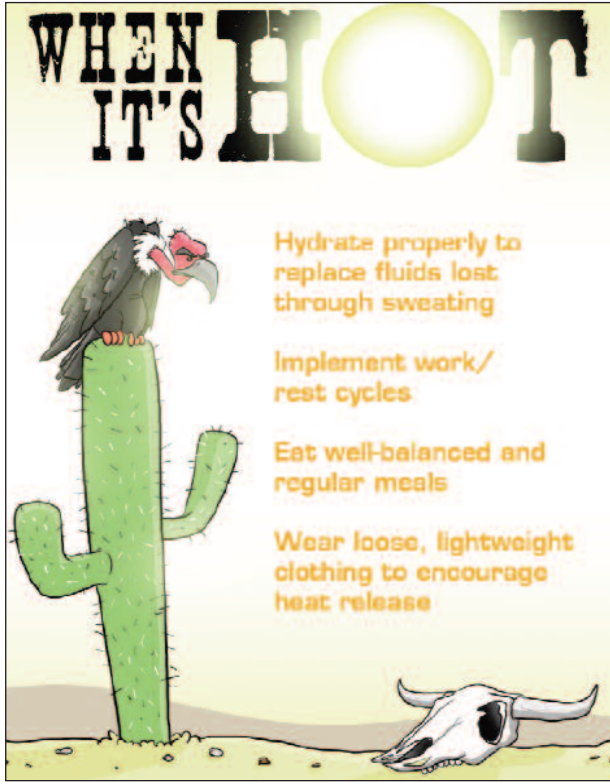
A number of factors can limit the sweat response, including exercise in high temperatures or high humidity, age, obesity, fever, dehydration, illness, medications and alcohol.

When a heat illness develops, it usually occurs after exertion and excessive sweating that 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 upon a variety of individual factors including the length and intensity of exercise and other individual differences.

There are 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 a person is hydrated. Dark-colored, concentrated urine probably means they are dehydrated.

The second method is to weigh before and after exercise. Any weight lost is likely from fluid, so try to drink enough to replenish those losses.

**Replace lost electrolytes** – Sweat leeches salt and minerals from the body. It's important for a person to maintain sodium and electrolyte levels if they're 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, loose-fitting clothing. In the hot sun, a hat and sunscreen is also helpful. Wear light, loose-wicking clothing so sweat can evaporate.

Better yet, invest in some clothes made with CoolMax, Drymax, Smartwool or polypropylene. These fibers have tiny channels that 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 yourself and causes fluid loss.

Use sun block with SPF 15 or higher. Wear a hat that 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.

If traveling to a hotter climate, allow several days to acclimate before doing intense exercise.

Avoid exercise during the hottest time of day; train closer to sunrise or sunset.

**Use common sense** – Avoid hot foods, alcohol and heavy foods that increase your core temperature.

If you feel headaches, fatigue, irritability or notice your exercise performance decreasing, stop and cool off.

### Be aware of the temperature and have a plan

– The Bioenvironmental Engineering Flight performs Wet Bulb Globe Temperature monitoring daily, Mondays through Fridays, from 9 a.m. to 5 p.m., and posts them at <https://wwwmil.robins.af.mil/index.asp> under the Current WBGT Index.

WBGT is a measurement of heat stress on a person and is not equal to temperature displayed by weather.

The hyperlink below the flag titled "highlighted flag color descriptions" provides specifics on work and rest cycles as well as water consumption recommendations based on the level of work intensity.

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

THUR	FRI	SAT	SUN	MON	TUE	WED
11	12	13	14	15	16	17


## EVENTS AND ACTIVITIES

<p><b>ON TAP</b>  <b>First Friday</b>                      Friday                      5 to 6 p.m.                      Heritage Lounge                      Food, fun, entertainment and prizes.                      For details, call 472-7864.</p> <p><b>Give Parents a Break (Deployed Military)</b>                      Friday                      6:30 to 10:30 p.m.                      CDC East (Bldg. 943) and Youth Center (Bldg. 1021)                      For details or reservations, call 926-5805 or 926-1426.</p> <p><b>Thunder Alley</b>                      Friday                      9 to 11 p.m.                      Bowling Center                      \$10 for two hours of bowling with shoe rental.                      For details, call 468-2112.</p> <p><b>Money and Credit Management</b>                      Monday                      1 to 3 p.m.                      A&amp;FRC, Bldg. 794                      Information on credit management, debt reduction, and consumer rights.                      For details, call 468-1256.</p> <p><b>Bundles for Babies</b>                      Tuesday                      8 a.m. to noon                      A&amp;FRC, Bldg. 794,                      For details, call 497-9398.</p> <p><b>FTAC/Financial Professional</b>                      Tuesday</p>	<p>Development Center                      FTAC students learn how to manage their money and support savings.                      For details, call 472-0177.</p> <p><b>Fit Factor</b>                      Tuesday                      4:30 to 5:30 p.m.                      Youth Center                      Ages (9 to 18)                      For details, call 468-2110.</p> <p><b>Golf Tips from the Pro</b>                      Tuesday                      5 to 6 p.m.                      Pine Oaks Golf Course                      Pay \$5 for all the range balls you can hit and get free tips from the PGA head golf professional.                      For details, call 468-4103.</p> <p><b>PreSeparation Briefing (Seperating Airmen)</b>                      July 18                      12:30 to 4 p.m.                      A&amp;FRC, Bldg. 794                      This briefing is mandatory for all separating Airmen.                      For details, call 468-1256.</p> <p><b>Mug Night at the Heritage</b>                      July 18                      3:30 to 9 p.m.                      Heritage Lounge                      Bring your own beer mug (20 oz. or less)                      For details, call 472-7864.</p> <p><b>Healthy Heroes</b>                      July 18</p>	<p>5 to 6 p.m.                      Youth Center                      Youth interact in physical games and learn healthy eating habits and how to make healthy choices and decisions in life.                      For details, call 468-2110.</p> <p><b>UPCOMING</b>  <b>Military Fitness &amp; Tactical Challenge</b>                      July 19                      7 to 8 a.m.                      Fitness Center                      For details, call 468-2128.</p> <p><b>Boss-n-Buddy</b>                      July 19                      4 to 5 p.m.                      Heritage Club Lounge                      Join us for fun food, entertainment and prizes.                      For details, call 472-7864.</p> <p><b>PreSeparation Briefing (Retirees)</b>                      July 25                      12:30 to 4 p.m.                      A&amp;FRC, Bldg. 794                      This briefing is mandatory for all retirees.                      For details, call 468-1256.</p> <p><b>Writing a Winning Resume</b>                      July 29                      9 to 11 a.m.                      A&amp;FRC                      For details, call 468-1256.</p>
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The PLAYpass program has been extended through December 2013.

To get your PLAYpass, stop by the 78th Force Support Squadron Marketing Office in Bldg. 983, at the corner of Tenth and Warner Robins streets, Monday through Friday from 9 a.m. to 3 p.m.

For more details, call Venus Mansourzadeh at 468-6559.

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