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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

July 10, 2015 Vol. 60 No. 27

Herc Heads Home

Afghans receive fourth C-130; Robins played close role in planning, maintenance



U.S. Air Force photos by Capt. Eydie Sakura

A C-130 Hercules touches down at Hamid Karzai International Airport, Kabul, June 20, bringing increased tactical airlift and mobility operations to Afghanistan. It is the fourth and final aircraft in the fleet from the United States that will enable the Afghan Air Force to transport supplies or troops throughout the country and to partner nations where they can execute missions, trainings and exercises.

BY JENNY GORDON

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A fourth C-130H Hercules was delivered June 20 at Hamid Karzai International Airport in Kabul, Afghanistan, and its significance can be traced back to planners, program managers, engineers and maintainers at Robins.

Prior to its delivery to the Afghan Air Force, it first made a stop here for something quite interesting and unique – the complete separation of the aircraft's nose from its fuselage in March 2014.

The move to build a C-130 fleet in support of the AAF – which received its first two C-130s in the fall of 2013 – will bring increased tactical airlift capabilities for troops engaged in various missions, as well as resupply and casualty evacuation capabilities.

The new fleet of four C-130s is a complete departure from anything the Afghan Air Force has owned before, according to Lt. Col. Tyler Faulk, Combined Security Transition Command-Afghanistan's Security Assistance Office deputy director.

"These C-130s are the Afghan Air Force's first four-engine aircraft with this type of expanded capability," he said.



"This fleet allows them to transport supplies or troops within Afghanistan, as well as to partner nations where they can execute missions, trainings and exercises, and a whole host of international activities."

With Robins' support, the 560th Aircraft Maintenance Squadron, which includes more than 800 personnel, along with the 402nd Aircraft Maintenance Support Squadron and 339th Flight Test

Squadron, successfully completed 2,890 maintenance operations and logged over 17,904 labor hours on the aircraft.

Among those operations were the removal and replacement of the entire nose assembly, accomplishing inspections and maintenance tasks necessary to make the aircraft flight worthy. It also included painting the aircraft, and accomplishing the functional test flight.



Left and above, U.S. Air Force photos by ED ASPERA

Above, Chris Grimsley, 560th Aircraft Maintenance Squadron sheet metal worker, removes the last remaining bolts which held the C-130H nose and fuselage together in March 2014.

At Left, the nose and fuselage were slowly separated with a hand-operated ratchet lever winch. An engineering team from the Air Force Life Cycle Management Center and 402nd Aircraft Maintenance Group C-130 maintainers worked together to remove a nose from a second donor aircraft which was scheduled to be retired.

Because of a hard landing experienced by the C-130H, major structural damage occurred to the aircraft's nose, which was later removed and replaced with a nose from a second donor aircraft that was scheduled to be retired.

This unscheduled depot level maintenance

► see HERC, 5A

Stop and Go: 78th CES works hard to keep base moving

BY JENNY GORDON

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Do you get a little frustrated sometimes sitting in your car, waiting for the traffic signal to someday change in your favor? It's OK to say yes because we've all been there.

But where you stop when you approach that traffic signal can have a great deal to do with whether you move or sit a little longer.

The ideal location is to stop directly behind what's called the stop bar – a solid, white line that extends across all approach lanes in advance of a traffic signal. You'll immediately notice it several feet in advance of and parallel to a crosswalk line.

"Cars need to stop at the stop bar because it is sensed or detected from the stop bar to 15 to 20 feet behind it," said Steven Hall, 78th Civil Engineer Squadron Alarm Shop supervisor. "At that stop bar you're in a detection field."



U.S. Air Force photo by MISUZU ALLEN

For example, a car's tires should not be stopped on top of a crosswalk – which is out of the detection zone. The crosswalks are located at 10th Street at Robins Parkway; Richard Ray Boulevard at Robins Parkway; First Street at Page Road; and Watson Boulevard at Byron Street. Depending if you're driving on a main street (such as Robins Parkway) or a side

► see GO, 5A

FRIDAY FLYBY: Enhanced e-learning for cyber airmen, Page A4

Worldwide Troop Talk

Secretary of Defense Ash Carter is hosting a Worldwide Troop Talk, event Thursday, starting at 10 a.m. EST. The Troop Talk will feature live and pre-recorded questions from service members worldwide, streamed live via www.Defense.gov and rebroadcast throughout the American Forces Radio and Television Service network. Service members can participate live on FaceTime or Skype.

Service members are also encouraged to submit questions now via Facebook, Twitter @ #AskSecDef or to email questions to AskSecDef@mail.mil.

CE detects West Nile Virus, takes steps to reduce impact

West Nile Virus was detected in mosquitos captured on base in late June. No cases of the disease have been reported.

The 78th Civil Engineer Squadron is working to minimize the risk of West Nile Virus by reducing the number of mosquitoes. Entomology used a mosquito killing fog around the Child Development Center campus, where the affected mosquitos were found. Entomology also conducted a walk-through of the facility and provided recommendations to childcare staff on ways to minimize

standing water around the playground areas. Routine mosquito trapping and testing is conducted during the peak mosquito season from April through September. These tests revealed the virus.

Public Health will continue to monitor mosquito activity around base weekly and Entomology will continue fogging to ensure risk has been minimized. For information on West Nile Virus visit: www.cdc.gov/westnile/. For info regarding the virus, contact your healthcare provider or Public Health at (478) 327-8019.

Weekend Weather

Friday 96/72



Saturday 98/72



Sunday 98/72



"The goal of resilience is to thrive."

SECOND FRONT

It's a dirty job ...



U.S. Air Force photos by TOMMIE HORTON

Chip Renfro, a local contractor, takes soil borings to analyze soil strength on the site of a future 10-megawatt solar farm at Robins. The solar farm will require the lease of 50 acres at the southwest corner of Robins. Analysis of the soil samples allows the contractor to determine which foundation design to use with the solar panels. The lease is structured using the Enhanced Use Leasing legislative authority with an anticipated signing later this summer. Robins Air Force Base will benefit from this lease by receiving additional funds to use for energy conservation efforts, receiving energy credits towards meeting federal energy goals, and contributing a renewable energy generation source for a more resilient off-base electricity grid.

Putting the brakes on civilian motorcycle PPE rumors

Over the past few months the 78th Air Base Wing Safety Office has received multiple calls concerning questions related to civilians and Air Force Motorcycle Safety personal protective equipment requirements.

In September 2013 there were a few changes to the Air Force Motorcycle Safety Program, but removing PPE requirements for any riders was not one of them – long sleeves are still required.

Civilian riders are no longer required to participate in the Air Force Motorcycle Safety Program. That means civilians who ride a motorcycle to and from work as their primary mode of transportation no longer have to comply with tracking or training requirements associated with the program and Military Unit Safety Tracking Tool.

But, civilian riders must continue to comply with all Air Force requirements related to PPE.

The current PPE requirements are as follows:

- ▶IAW Department of Defense Instruction 6055.04 and Air Force Instruction 91-207 airmen and civilians can now ride a motorcycle without wearing high visibility personal protective equipment (orange/yellow vest).

Although, no longer mandatory, it is still highly encouraged for riders to wear clothing that makes them more visible to

other motorists.

Active duty and civilian riders are still required to wear the following PPE:

- ▶Department of Transportation approved helmets
- ▶Full-fingered gloves made of leather or abrasion-resistant material
- ▶Long-sleeved shirt or jackets
- ▶Long trousers
- ▶Eye protection (goggles, wrap around glasses or full-face shield) must meet ANSI Std. Z87.1

- ▶Foot protection (sturdy over the ankle footwear to protect feet and ankles)

- ▶Jackets, pants constructed of abrasion resistant materials (Kevlar/Cordura) containing impact absorbing padding is strongly encouraged.

If a civilian employee is required to ride a motorcycle as a part of their official duties, he or she will be identified and required to follow the guidance set forth in AFI 91-207, (para. 1.1.). They will be identified by their supervisor and referred to their unit motorcycle safety representative at which time they will be tracked in MUSTT and required to follow all AF Motorcycle Safety Program requirements to include PPE while performing assigned duties.

– Courtesy 78th Air Base Wing Safety Office.

Construction projects

A project to install concrete curbing along the fence line and reconstruct the drainage inlet between Bldgs. 44 and 46 will result in a portion of the parking area north of Bldgs. 44 and 46 being closed Monday through Aug. 14.

The work is part of a project to install a new drainage system around Bldg. 44. Twenty parking spots will be blocked off during this phase of work.

For a map, visit the Robins Splash Page.

EES/WAPS briefing set for Tuesday

Personnel from Headquarters Air Force and the Air Force Personnel Center will visit Robins Tuesday to share information about Enlisted Evaluation System and Weighted Airman Promotion System changes.

The team will conduct two base-wide briefings for airmen (enlisted, officers, civilians, and those associated with supervising enlisted members.) The first will be at 9:30 a.m. at the Base Theater and the second at 2 p.m. at Coats Hall – Bldg. 2051.

For more information, call Master Sgt. Corey Blackburn at 497-7337 or Capt. Jaleesa Council at 497-3429.

AF small business event Tuesday

The Air Force will host a Small Business Industry Day in Macon

Tuesday and Wednesday at the Middle Georgia State College Professional Sciences Conference Center.

The conference will start Tuesday at 8 a.m. Registration will be Monday from 3 to 5 p.m. and on Tuesday from 7 to 8 a.m.

Lunch will be provided both days to non-government attendees.

For more information, contact the AF SBID planning team at afs-bid@brtrc.com.



Tech Expo July 30

The annual Robins Technology Expo hosted by the Armed Forces Communications and Electronics Association Middle Georgia Chapter will be July 30 from 9:30 a.m. to 1:30 p.m. at the Heritage Club.

The event is open and free to all DOD, government and contractor personnel with gate access.

Dozens of exhibitors will be on hand with their latest technological gadgets.

Interested parties may pre-register to attend at <https://fdaexpo.com/register.php?id=169#.VZL4gflViko>.

Registering on this link does not give you gate access – you must have your own security clearance to enter the base.

For more information, call Daniel Gillis at 468-3264.

SNAPSHOTS



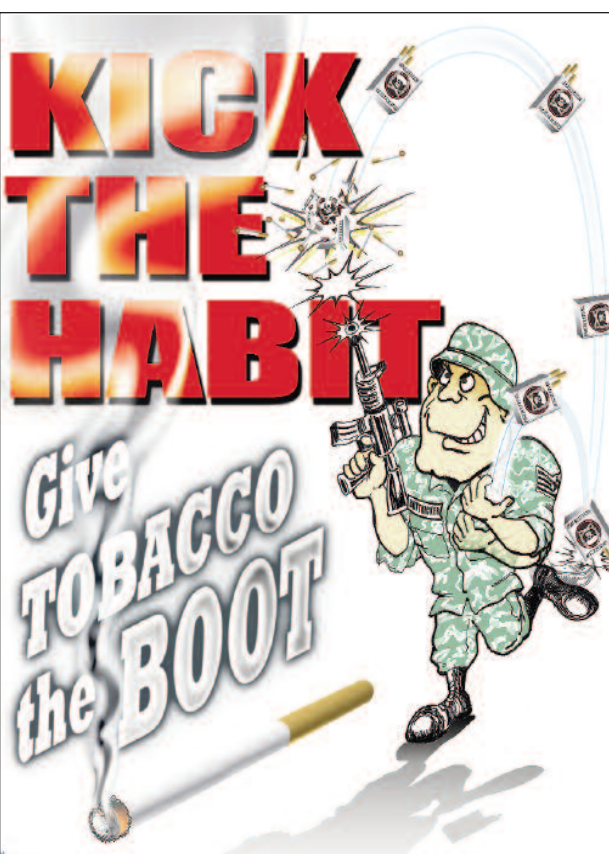
U.S. Air Force photos by TOMMIE HORTON

Above, local contractors work to replace a section of asphalt at Robins' airfield. Airfield maintenance is a never-ending job that is overseen by the 78th Operations Support Squadron.

Left, 560th Aircraft Maintenance Squadron sheet metal mechanics, overhaul a C-130's cargo area flooring as part of programmed depot maintenance here. The C-130 is the Air Force's principal tactical cargo and personnel transport aircraft.



U.S. AIR FORCE
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REPORT
SUSPICIOUS ACTIVITY
TO 468-EYES



AROUND THE AIR FORCE

5,000 days of war filled with dedication to service

BY AIRMAN KAI WHITE AND
AIRMAN FIRST CLASS RYAN CONROY

1st Special Operations Wing Public Affairs

HURLBURT FIELD, FLA. – It's been 5,000 days of struggle, rugged landscapes, blood and sweat.

It's been 5,000 days of exhaustion, injuries, and long separations from family, friends and home.

On June 27, the 17th Special Tactics Squadron marked 5,000 days of unremitting war.

Their 5,000-day epoch began in October 2001, one month after the 9/11 terrorist attacks, when the 17th STS deployed to Southwest Asia with the U.S. Army Rangers.

Since then, the squadron has been continuously deployed for almost 14 years in support of Operations Enduring Freedom and Iraqi Freedom.

"I've seen extreme dedication to the mission," said Chief Master Sgt. Troy Lundquist, 17th STS senior enlisted manager. "Our focus has constantly been downrange and working to accomplish the mission to the best of our ability."

The 17th STS, located at Fort Benning, primarily consists of tactical air control Airmen, who provide joint terminal attack control by directing combat air-

craft engaged in close air support and other offensive strike operations.

The 17th STS is unique in the U.S. military as the only special tactics unit made up solely of TACP Airmen to support the Army's elite 75th Ranger Regiment. About 5 percent of TACPs are selected as special operators from their previous assignments in support of conventional ground forces to a special operations forces capacity.

"We're fortunate to be able to select from a talented pool of dedicated TACPs, who desire to take on a special operations mission," said Lundquist, who has served as a TACP for 29 years.

The 17th STS has a long-storied, valorous impact on the special operations battlefield since 9/11, with members receiving more than 80 high-valor medals for courage in combat.

"I'm very proud to be associated with the men of the 17th STS, formerly the (17th) Air Support Operations Squadron," said Chief Master Sgt. Jason Quesenberry, a Silver Star recipient currently serving with the 1st Air Support Operations Group at Joint Base Lewis-McChord, Wash. "Their unmatched commitment and contribution has been astounding. Five thousand days continuously deployed is amazing for such a



U.S. Air Force photo by SENIOR AIRMAN JAMES RICHARDSON

Airmen from the 17th Special Tactics Squadron from Fort Benning, Ga., control airspace operations during exercise Jaded Thunder, in Salina, Kan. Joint special operations forces, including the 17th STS, are trained to ensure high proficiency for deployment requirements.

small unit."

The medals aren't the reason the Airmen have fought for more than a decade. Instead, the decorations showcase their capacity to accomplish the tasks set before them – whether it is clearing drug and weapon caches or eliminating potential suicide bomb kits that endanger the local populace.

In just the last year alone, the 17th's

TACPs have completed more than 1,300 combat missions with their Army Ranger teammates to integrate airpower into the special operations battlefield and eliminate nearly 1,400 enemy insurgents.

To read the full story, visit <http://www.af.mil/News/ArticleDisplay/tabid/223/Article/602661/5000-days-of-war.aspx>.

In Other News

Enhanced e-learning for cyber Airmen

WASHINGTON(AFNS) –

Air Force cyber Airman training takes a giant leap forward with the latest enhancement to AF e-Learning.

The upgrade allows Air Force supervisors and trainers to facilitate better skill-level upgrade and on-the-job training with customizable learning programs that can be updated on the fly to remain current as technology changes.

Computer-based training courses typically cover few training tasks and take hours to complete. Now, supervisors, training managers and the Air Force cyber training team at Keesler Air Force Base, Miss., can drill down using modules, chapters and videos to focus cyber Airmen on particular tasks.

This will shorten the amount of time Airmen spend on task training while allowing them to learn in a way that works best for their learning style.

To access the Air Force e-Learning site, log into the Air Force Portal and type in "AF e-Learning" under the quick links section on the main page.

Decorations processing now initiated through virtual Personnel Center

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS

(AFNS) – Supervisors of active-duty Airmen can now use the virtual Personnel Center via myPers to initiate and track decorations throughout the review and approval process.

"The online application allows for automated routing and approval, in addition to prepopulating certain personnel data in the forms," said Christine Stingley, the military future operations branch requirements and testing chief. "vPC also allows for the electronic review and processing into a members record."

Active-duty decorations will be initiated, processed and tracked through the vPC application dashboard.

Video tutorials and user guides for commanders and supervisors are available on myPers under the "I Would Like To" section. Select the "View vPC Information" for tutorials and guides on using vPC. After reviewing instructions, Airmen can also visit the vPC Dashboard page.

Gen. Larry O. Spencer Innovation Award unveiled

WASHINGTON(AFNS) –

Secretary of the Air Force Deborah Lee James, along with Air Force Vice Chief of Staff Gen. Larry O. Spencer, unveiled the innovation award named in his honor during a ceremony at the Pentagon June 29.

The award – conceptualized by Air Force Chief of Staff Gen. Mark Welsh III – is intended to annually recognize Airmen who come up with creative and efficient ways to save time and money.

"The award is new, but what's not new is the laser focus on innovation and the passion that General Spencer has brought to us in many ways," James said. "General Spencer has put much of his personal time into innovation and efficiency."

According to James, the programs championed by Spencer – the Every Dollar Counts campaign and the Airman Powered by Innovation website – are working so well that the Air Force is saving more than \$35 million annually.

The award will be presented July 23 at the Pentagon.



U.S. Air Force photo by SENIOR AIRMAN DAVID OWSIANKA

When sparks fly

Airman 1st Class Curtis Doherty, 374th Maintenance Squadron aircraft metals technology journeyman, welds a post hole for a B-1B Lancer platform at Yokota Air Base, Japan, June 23. The average time it takes to fix or create a piece of equipment is roughly eight hours.

PERSPECTIVE

3,000-mile bike trek sparks Air Force career

BY SENIOR AIRMAN JESSICA HINES

31st Fighter Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) – In 1968, a 16-year-old Oklahoma native and veteran Boy Scout rode his bike across more than 3,000 miles of Europe, changing his life forever.

Recently, Mike Nishimuta celebrated the 45th anniversary of his historic trip by recently revisiting part of his journey through Europe and biking along the same 50-mile path from Venice to Bassano, Italy.

"I wanted to see if I could do it again," said Nishimuta, Embry-Riddle Aeronautical University campus director at Aviano Air Base and retired Air Force lieutenant colonel.

Nishimuta got the idea from an article he read in a National Geographic magazine.

The issue, published July 1955 and titled "Europe Via the Hostel Route," talks about a young man who stayed in hostels and pedaled his way across Europe.

With the idea in mind, not much stood in the way of

making his dreams a reality.

All he needed was a way.

Having completed high school two years ahead of schedule, he was too young to be drafted for the Vietnam War or attend college.

While working at the Officers' Club on Fort Sill, Okla., Nishimuta received an invitation for a hiking trip in Sweden with a group of Swedish Boy Scouts, which he met one year earlier during a Boy Scout Jamboree.

"I thought if I'm going to spend the money to go to Sweden for this hike, I might as well stay for a while," he said.

With the support of his family, Nishimuta set a budget and began planning his trip.

"I pretty much looked at the map, looked at the cities and the geography, and would pick a distance that I thought was doable," he said.

Over the course of five months, Nishimuta would visit an astonishing 11 countries, staying at youth hostels or with family friends and Boy Scout contacts.

Always prepared, he even kept a sleeping bag and

tent with him if he couldn't find a place to stay for the night.

"It was a different time back then, sometimes I hitchhiked if the weather was too bad. There were so many young people who hitchhiked their way around, it was just an accepted way of traveling," he added.

With limited means of communication, Nishimuta relied on a banking and travel agency service to receive and send mail back home.

To keep up with world events, he would read the newspaper in hotel lobbies or listen to a small AM transistor radio he carried.

"I was able to hear the night that Nixon was elected, probably on AFN radio, the world was definitely changing. You think about Europe in 1968, it was only 20 years after World War II, many of the countries and areas still had damage that hadn't been repaired," he said.

To read the full story, visit <http://www.af.mil/News/ArticleDisplay/tabid/223/Article/467369/3000-mile-bike-trek-sparks-air-force-career.aspx>.

ROBINS REV-UP

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.ctr@us.af.mil and vance.janes@us.af.mil

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

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A C-130 Hercules taxis from the flight line at Hamid Karzai International Airport, Kabul, June 20.

U.S. Air Force photo by Capt. Eydie Sakura

HERC

Continued from A1

nance nose repair was disassembled at the factory break, and took about three weeks, with the final nose separation taking place in about 90 minutes.

“This team took two 1974 model aircraft that were slated for retirement and built a combat ready aircraft to support our foreign military sales partners,” said Jim Russell, 560th Aircraft Maintenance Squadron director. “Our maintenance professionals took on this never before performed task and excelled. This just goes to prove the professionals at the Warner Robins Air Logistics Complex are force multipliers who are willing and ready to support when the call of duty comes our way.”

The C-130’s versatility, including its short takeoff and landing capabilities, makes it an ideal aircraft for use in Afghanistan’s rugged terrain.

GO

Continued from A1

street (for example, Ninth Street) and how much traffic there is, cycle times in waiting for a light to change vary with a wait time of up to two minutes – even if it seems longer.

Signal lights at the intersection of Richard Ray Boulevard and Robins Parkway were the most recent signals installed, with new mast arms replacing span wire signal systems.

There are four span wire intersections left at Robins to be replaced with mast arms.

When the base has all mast arms, it will be better travel for all vehicles, as those are placed higher for clearance.

Another benefit is that traffic signals on mast arms last longer.

When lights are replaced, there is a method to it.

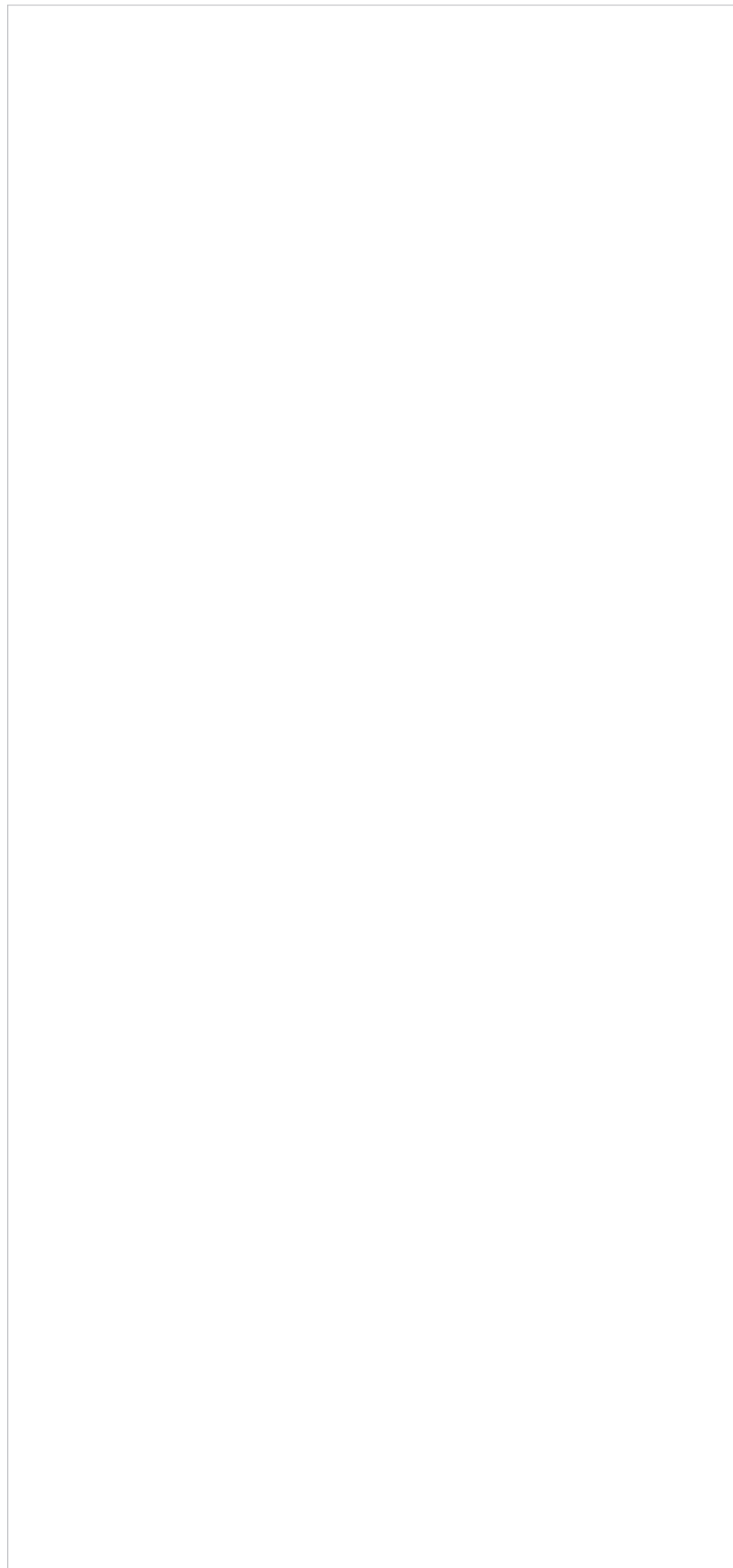
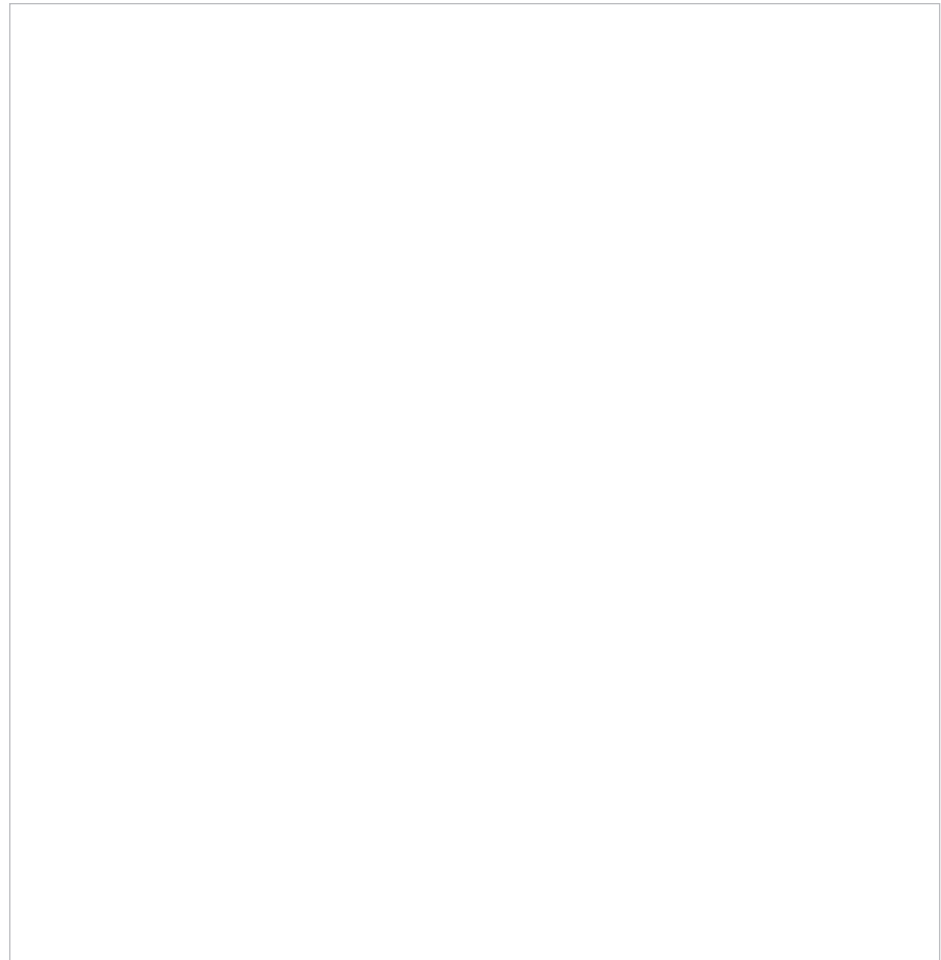
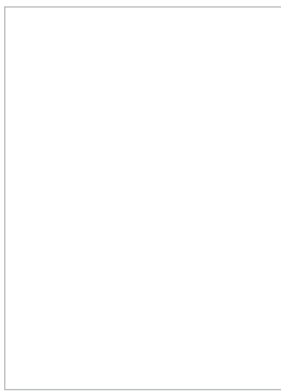
The most recent project involved placing signals within a certain distance of the street’s stop bar. The intersection at Richard Ray and Robins now has signals in front of the lanes for proper placement, according to Hall. With the upgrade there’s better signal visibility and vehicle detection.

In case you were wondering, Robins has 11 signalized intersections. While busy times at traffic signals can vary depending on the time of day, it’s believed the light at Tenth Street and Robins Parkway is the busiest.

In the event of a power outage, there are battery backup systems to ensure lights will work.

If you witness a traffic light that isn’t working, call the 78th Civil Engineer Group’s customer service desk at 926-5657.

REPORT SUSPICIOUS ACTIVITY TO 468-EYES

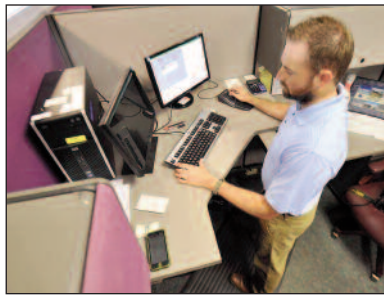




Thought for the Day

“Life is what happens while you are busy making other plans.”

– John Lennon



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Lighter Fare

THE ROBINS REV-UP ■ JULY 10, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY



Tee Time!

Pine Oaks Golf Course welcomes newbies, pros

U.S. Air Force photos by TOMMIE HORTON

Jeff Dahlinger, a retiree, enjoys a morning of golf at Pine Oaks as 8 year-old acting caddy, Garrett Rogers, looks on. The 18-hole course at Robins features 6,343 yards of golf from the longest tees for a par of 71.

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

On a typical summer day, Pine Oaks Golf Course sees about 60 people try their swing at its 6,343-yard course. Hoping to increase the number of people taking it to the greens, Michael Baker, PGA professional and facility manager, has started to offer new incentives.

In 2015, Baker started offering squadron memberships. With a minimum of four members, monthly dues would be \$70 for a single member. If a golfer plays four rounds of golf a month, it is a savings of \$60. That savings only increases for the squadron if more people join.

“If you’re a golfer, it’s a no-brainer,” he said.

The goal is to have 200 members to help offset the cost of maintaining the golf course to the high standards that Baker expects.

“I would put us up against any golf course in the area,” he said.

With four par-5, five par-3 and nine par-4 holes, the course is challenging and has no bad holes, Baker said. The longest holes are 13 and 17, which are both 560 yards.

Other programs, such as Clinics and Cocktails, a beginner’s league and evening special rates are also some things the resident golf professional has put together to drum up business.

Between 4 and 7 p.m. each day, the cost is \$20 per person to play for 18 holes with a cart. Walking costs \$12 per person. Sunday afternoons from 2 p.m. to closing are family days. Prices are based on rank and start at \$22.50 for E1s through E4s, with children playing for free.

Baker is also offering a healthy incentive to those who walk the course. The 100-mile club members will be put on a wall of honor in the clubhouse and also be given a T-shirt. A nine-hole round is roughly 2.5 miles. The whole course is 5 miles, which equates to playing 20 rounds of 18 holes to reach the 100-mile mark.

“This is their base. This is their facility. It is going to continue to get better,” Baker said.

For more information about Pine Oaks, call DSN 468-4103 or (478) 926-4103.



Daniel Brewer, 5th Combat Communications Support Squadron vehicle maintenance technician, receives golf tips from Mike Baker, Pine Oaks Golf Course manager. The facility offers “Tips from the Pro” on Tuesdays from 5 to 6 p.m.



Left to right, Garrett Rogers, 8, acts as caddy during a morning of golfing at Pine Oaks Golf Course.

Sean St. Peter, Air Force dependent, takes a swing at Pine Oaks Golf Course.

The Pine Oaks Golf Course Pro Shop has a little bit of everything for the golf lover. The shop is open seven days a week from 7 a.m. to 7 p.m.

A BETTER YOU

Keep it covered

Robins' family medicine physician sheds light on UV safety

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

The sun's warmth may bring good memories to mind, but its ultraviolet rays carry dangers to the body.

Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes, according to the Centers for Disease Control and Prevention.

Capt. Jacqueline Yurgil, a family medicine physician in the 78th Medical Group's Family Health Clinic, said the sun's effects are more serious than most people realize.

"Ultraviolet light is a form of radiation that has damaging effects to the DNA of skin cells, and is the main cause of sunburn and skin cancer," she said.

Even on cloudy days, UV rays can damage the skin. The CDC recommends sunscreen usage no matter the temperature or cloud coverage.

"UV radiation is only partially blocked by clouds or fog and can cause long-term skin injury even without signs of sunburn," Yurgil said. "It's used in tanning booths which may cause the same type of skin and eye damage as natural sunlight, but may also be as much as 20 times stronger."

UV ray exposure can cause cataracts, macular degeneration and corneal inflammation.

For ultimate protection, wear sunglasses that block both UVA and UVB rays.

Yurgil said people should avoid sun exposure from 10 a.m. to 3 p.m., when the sun's rays are the most direct.



If people's activities call them to the great outdoors, Yurgil said people should:

- ▶ Apply sunscreen with at least a 30 SPF at least every two hours.

- ▶ Wear lip balm with sunblock.

- ▶ Wear sun-protective clothing (hats, long-sleeved shirts, long pants and sunglasses) if you'll be outside.

Clothes made from tightly woven fabric offer the best protection, according to the CDC. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

For the most protection, wear a hat with a brim all the way around that shades the face, ears, and the back of the neck. A tightly woven fabric, such as canvas, works

best to protect skin from UV rays.

Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If wearing a baseball cap, protect the ears and the back of the neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Check sunscreen's expiration date before use. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures, according to the CDC.

To lower skin cancer risk, the CDC recommends people avoid indoor tanning as well.

For more information, visit www.CDC.gov.



HEALTHY START SCREENING

It's that time of year again. The 78th Medical Group will be providing Healthy Start Screenings for Tricare beneficiaries entering Georgia schools for the first time.

Screenings are for students from pre-k through 12th grade and will be conducted Saturday and July 25 from 9 a.m. until noon in Bldg. 700A; no appointments are necessary.

Children will have vision, hearing and dental exams – all of which are required by the Georgia school system. In addition, height, weight, blood pressure and scoliosis screenings will be performed.

Immunizations will be available, so bring a copy of your child's latest shot record. Georgia school forms 3300 and 3231 will be available and may be completed at the event.

Only the above services will be performed at the school screenings. Sports physicals are offered daily; call DSN 497-7850 or commercial (478) 327-7850 to schedule an appointment.

For more information, call Tech. Sgt. Konshinea Edwards at DSN 497-9441 or commercial (478) 327-9441.

78th Med Group to offer anger management classes

Do you find yourself with a short fuse or getting into frequent arguments?

Anger is a normal, healthy emotion. You experience it along with other emotions. But when chronic, explosive anger spirals out of control, it can have serious consequences for your relationships, your health, and your state of mind.

You have more control over your anger than you think. You can learn to express your emotions without hurting others – and when you do, you'll not only feel better, you'll also be more likely to get your needs met. With insight about the real reasons for your anger, and with the use of anger management tools, you can learn how to laugh at yourself and see humor in situations.

Mastering the art of anger management takes work, but the more you practice, the easier it will get. Learning to control your anger and express it appropriately can help you build better relationships, achieve your goals, and live a healthier life.

The Family Advocacy Program is here to help you beat your anger today. This is a five-session class which meets once per week for two hours.

Upcoming dates are Wednesday, July 22, 29 and Aug. 5 from 2 to 4 p.m. in the FAP/Mental Health conference room in Bldg. 700.

For more information, or to register for the program, call 478-327-8398 or email Robins.fap@us.af.mil. Remember, getting angry is okay. Blowing up on others isn't.

Money Matters

The truth about payday loans

BY SENIOR AIRMAN MICHAEL DAVIS

78th Comptroller Squadron

“Have Bad Credit? Need Cash fast?”

We’ve all seen the advertisements about payday loans.

They claim they can give you up to \$1,000 in less than 24 hours – regardless of bad credit.

That might sound good to someone in a pinch with a family emergency, but do you really know what you’re getting yourself into?

A payday loan is also referred to as a check advance loan, a cash advance loan, a post-dated loan, or a deferred deposit loan.

Regardless, the process is the same: The borrower writes a check to the lender for the amount they want to borrow, plus the fee charged to borrow the money. The lender then gives the borrower the amount of the loan – minus the fee, and holds the check until your next payday – usually about two weeks.

The amount owed is debited out of your bank account on your next payday. If you can’t pay the loan off by the due date, the business will give you the option of extending the loan for two weeks – with another fee charged. That’s where they make their money, and it can get very expensive over time.

The fee charged for taking out a loan can vary, it can be a percentage of the loan face value or it can be based on how much money is borrowed.

For example, you want to borrow \$500 and the fee is 15 percent, you end up paying \$575 if you pay off the loan in two weeks.

If the fee is based on increments, let’s say a \$15 fee for every hundred dollars borrowed, you would end up paying the same amount. Either way you’re still paying \$75 to borrow \$500 for two weeks. Many don’t realize how much they’re actually paying to borrow the money, and it only increases when the loan is rolled-over.

Each roll-over incurs another fee.

Using the previous example, if you borrowed \$500 initially, and you extended

the loan another two weeks, you incur another \$75 fee, bringing the total amount of money you owe the lender to \$650.

This gets out of control fast, and there are no payment plans for payday loans. The lender wants their money paid in full, and if you can’t afford to pay it off, you’re forced to continue rolling the loan over.

Payday loan shops have very few customers when compared to other businesses, but still have the same expenses as other businesses; payroll, office space rent, office supplies, etc.

In order to pay their expenses and make a profit, they charge customers high interest rates to borrow money. They want customers to roll over the loan as many times as possible to get the highest profit.

A credit card’s average annual percentage rate is usually between 14 and 21 percent, but if you were to convert the APR for a payday loan it would be well over 300 percent.

To give you a better understanding of how high the interest rate is let’s go back to our example. You borrowed \$500 at a 15 percent fee for two weeks. If you extended the loan for a whole year, in two week increments, your simple APR would be 390 percent or 15 percent times 26 weeks). That’s 26 times higher than the average interest rate for a credit card.

The Military Lending Act protects military consumers from paying interest rates higher than 36 percent; however, the payday loan shops are aware and take full advantage of nebulous areas in the act.

The MLA shouldn’t be your first defense against a payday loan. Your best defense is a good offense. Have a budget that includes emergency funds, stick to your budget, and steer-clear from payday loans completely.

The Airmen Family and Readiness Center offers financial counselling and can assist in building a budget. In an emergency, they can also put you in contact with a helping agency for a grant or loan and your local finance office can see if you qualify for a pay advance.

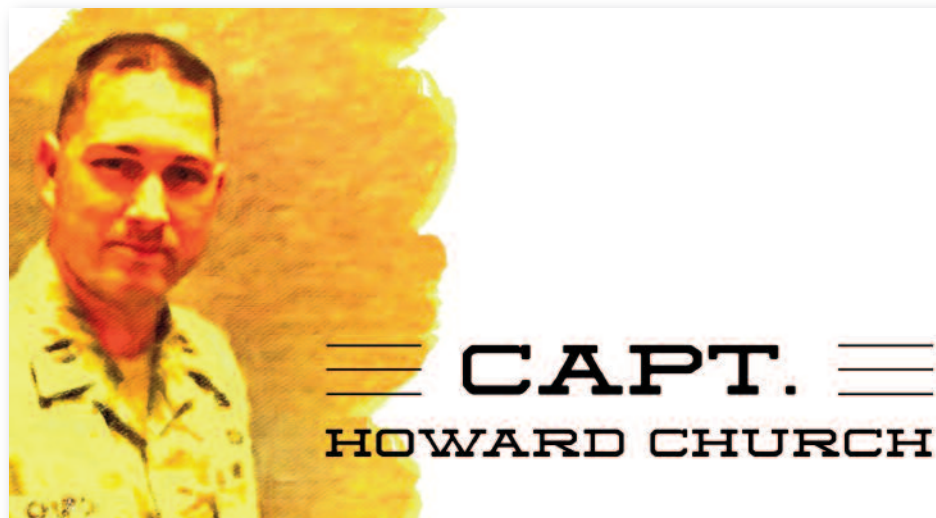
Don’t rely on pay day loans to save the day. Plan for the unexpected.

Recycle! When you are done reading this paper.

PRIVATE
INFORMATION
IS WORTH
KEEPING
HIDDEN

Protect
Your
Personal
Information

GETTING TO KNOW YOU



U.S. Air Force photo illustration by CLAUDE LAZZARA

UNIT: Air Force Life Cycle Management Center/C-17 Program Office

JOB TITLE: C-17 Depot Program Manager

TIME IN SERVICE: 17 years

HOMETOWN: Auburn, NY

What does your work involve at Robins? Providing program oversight, scheduling coordination and interacting with our Boeing partners on all C-17 aircraft that induct into and deliver from the Air Logistics Complex’s depot maintenance facility.

What do you enjoy most about your work? I truly enjoy supporting the C-17 aircraft from a different perspective, networking close with our Boeing partners, and ensuring our customers are getting the highest quality maintenance to make sure the aircraft can perform its intended mission. I work with a great group of people in the C-17 System Program Office who are dedicated, experienced professionals, who make sure we’re providing top notch support at all times.

How does your work contribute to the Robins mission? We ensure all C-17 aircraft receive their applicable heavy maintenance and upgrade modifications to ensure the warfighter has a safe, reliable jet to put in the fight.

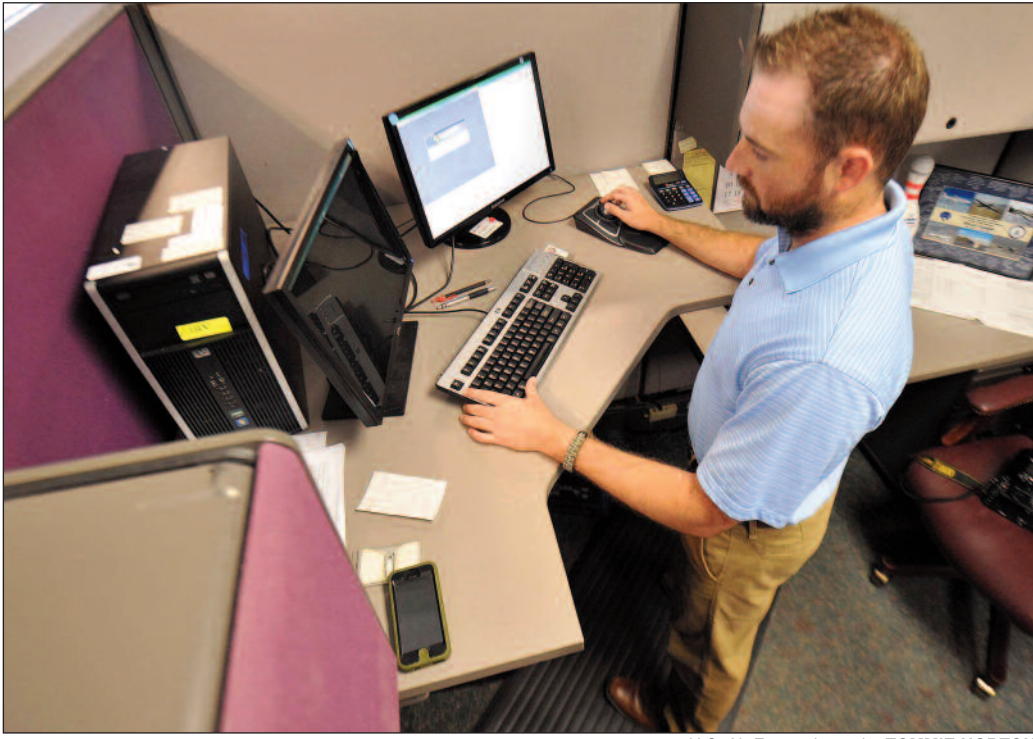
What prompted your interest in your current career field? I began my career as an enlisted maintainer and have always enjoyed being hands-on, and making the mission happen. It’s very satisfying being able to see the tangible result of your efforts. Maintainers work hard every day, so when I decided to pursue my commission, I knew I wanted to stay as a maintenance officer and be able to support those same maintainers and the warfighter from a different perspective.

Who has been the biggest influence in your life? My dad has been my biggest influence. He taught me the meaning of hard work, integrity, teamwork, respect, and to understand the pride of earning everything you have. I have held true to those values, and I firmly believe I have built a character based on honesty, credibility, and faith.

What is an accomplishment you are most proud of? My entire Air Force career thus far. It’s been a remarkable journey starting as an airman basic and culminating in my acceptance into officer training school and earning a commission 12 years later. If I could use one word to describe the Air Force it would be: opportunity. I’ve been afforded multiple opportunities to excel and succeed over the last 17 years, and for that I am very proud and deeply grateful.

New way to work

Bryan Canady, Air Force Life Cycle Management Center contracting specialist, performs his job while standing at the computer. Several of Canady's coworkers have adopted this type workplace arrangement for its health benefits.



U.S. Air Force photos by TOMMIE HORTON

Quick adjustments give workers a way to stand up for their work

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

When part of the contracting team left Bldg. 300 due to construction, they didn't take the move sitting down — literally.

Capt. Kyle Smith, along with almost a half dozen coworkers, modified their work desks in Bldg. 255 to allow them to stand up instead of the traditional sit-down desk.

"I was having back problems and heard that standing would be better," said Smith, Automated Test Systems and Support Equipment and Vehicles Contracting Branch manager. He was the first in the area to adopt the stand-up desk. It wasn't long until his coworkers started following suit.

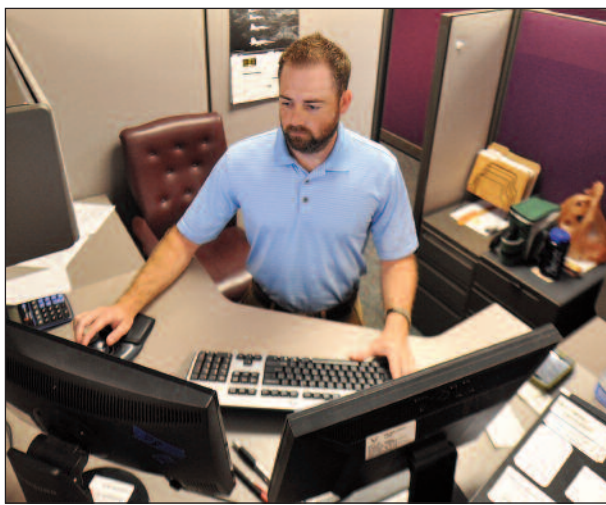
Smith said his back problems eased and he feels better.

Smith estimated it took a week for his body to adjust. He also tries to work out to help stay fit.

Bryan Canady, Air Force Life Cycle Management Center contracting specialist here, said he feels better after just one week of his stand-up desk.

"I don't feel tired and I have more energy," Canady said. He also bought himself an ergonomic mat to stand on.

Canady said when he would sit in a chair he would slouch. Standing up to work also makes him feel more alert. He decided to try the stand-up desk after reading in



a few articles how much healthier it was.

After seeing her coworkers try, and enjoy, using the stand-up desk, Donna Pallini, AFLCMC contracting officer, is set to have her desk raised so she can try to reap the benefits of standing versus sitting.

"I want to get up," Pallini said.

Converting the desks was an easy chore as well. There are just six screws to take out and then raising the desk to the correct height.

Because adjusting the desks are fairly easy, Smith doesn't see any reason for people not to give the stand-up desk a try.

"Just try it. If it works for you, that's great," he said.

Office Ergonomics Tips

Follow these 10 office ergonomics tips to help you avoid fatigue:

1) Make sure the weight of your arms is supported at all times. If your arms are not supported, the muscles of your neck and shoulders will be crying by the end of the day.

2) Watch your head position, and try to keep the weight of your head directly above its base of support, your neck. Don't crane your head and neck forward.

3) Don't be a slouch! Slouching puts more pressure on your back. Use the lumbar support of your chair and avoid sitting in a way that places body weight more on one side than on the other. Move your chair as close to your work as possible to avoid leaning and reaching.

4) The monitor should be placed directly in front of you, with the top no higher than eye level. The keyboard should be directly in front of the monitor so you don't have to frequently turn your head and neck.

5) Talking on the phone with the phone receiver jammed between the neck and ear is really bad practice.

6) The keyboard and the mouse should close enough to prevent excessive reaching which strains the shoulders and arms.

7) Avoid eye strain by making sure that your monitor is not too close, it should be at least an arm's length away.

8) Take steps to control screen glare, and make sure that the monitor is not placed in front of a window or a bright background.

9) You can rest your eyes periodically for several seconds by looking at objects at a distance to give your eyes a break.

10) The feet should not be dangling when you are seated. If your feet don't comfortably reach the floor or there is pressure on the backs of your legs, use a footrest or lower the keyboard and chair.

HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR
 10 11 12 13 14 15 16

ON TAP
2nd Friday Club Affair
 Today
 5 p.m.
 Heritage Club
 For details,
 call DSN 472-7899.

Fight Night – UFC 189 World Featherweight Championship
 Saturday
 Doors open at 8 p.m.
 Heritage Club Lounge
 For details,
 call DSN 472-7899.

Education Fair
 Tuesday
 10 a.m. to 1 p.m.
 Heritage Club
 Open to both military and civilian Team Robins members.
 For details,
 call DSN 497-3884.

Heritage Club Membership Drive
 Thursday
 4:30 to 6:30 p.m.
 Heritage Club
 For details,
 call DSN 472-7899.

UPCOMING Boss and Buddy
 July 17
 5 p.m.
 Heritage Club Lounge
 For details,
 call DSN 472-7899.

Family Fun Movie Night at the Heritage Pool
 July 17
 8 to 10 p.m.
 \$5 includes popcorn and drink. Bring your floaties and water guns.
 For details,

call DSN 468-4001.
Membership “BBQ Cuisine” Dinner
 July 21
 5:30 p.m.
 Heritage Club
 For details,
 call DSN 472-7899.

Combat Fitness Country Run
 July 22
 Registration 7 a.m.
 Starts at 8 a.m.
 Fitness Center
 For details,
 call DSN 468-2128.

Lucky Leo Big Bingo Blowout
 July 23
 6:15 p.m.
 Heritage Club
 For details,
 call DSN 468-4515.



U.S. Air Force file photo by MISUZU ALLEN
Bob Zwitch, Robins Wood Crafts Club president, demonstrates how to use a saw at the facility. Members can use the various tools located in the crafts room to create furniture, shadow boxes, shelves and more. The club started a few months ago after the base craft shop closed.

Wood Crafts Club needs members

The Wood Crafts Club is welcoming new members. The club, located in Bldg. 981 on 10th Street, gives Team Robins members a place to work on their wood projects and save money.

Members pay an annual fee of \$100, prorated based on the time a person joins.

Non-members can pay a \$3 hourly rate to use the club facility. Once newcomers pay their membership fees,

they're eligible to use any of the shop equipment and have expanded facility hours of operation using the two-person buddy system.

Family membership rates are also available.

For more information, call (478) 926-4001 or Robins Wood Crafts Club Council President Bob Zwitch at (478) 926-2901.

Airman & Family Readiness Center Classes, workshops & seminars

- ▶ **Group Pre-Separation Briefings* (separates)** – Tuesday and July 28 from 8:30 a.m. to 12:30 p.m. **(retirees)** – July 21 from 8:30 a.m. to noon.
- ▶ **Key Leaders Orientation Course** – Thursday from 8 a.m. to noon.
- ▶ **Right Start*** – Wednesday from 8 a.m. to 12:30 p.m.
- ▶ **Bundles for Babies** – July 21 from 8:30 a.m. to noon. Call (478) 327-8398 to register.
- ▶ **Money and Credit Management** – July 23 and 24 from 1 to 3 p.m.
- ▶ **Entrepreneur Training Track*** July 23 and 24 from 8 a.m. to 4 p.m.
- ▶ **VA Benefits Briefing** – July 29 from 8 a.m. to 3 p.m.
- ▶ **Educational Track** – July 30 and 31 from 8 a.m. to 4 p.m. Call 497-3410 to register.
- ▶ **DAV Medical Records Review** –

- Appointments only. Call 472-1256.
- ▶ **Department of Labor** – Tuesdays, Wednesdays and Fridays from 8 a.m. to 4:30 p.m. Call 478- 929-6801.
- ▶ **Military and Family Life Counseling** – Mondays through Fridays from 8 a.m. to 8 p.m. Call (478) 538-1732.
- ▶ **PreDeployment Briefings*** – Tuesdays and Thursdays from 1 to 2 p.m.
- ▶ **Survivor's Benefit Plan*** – Appointments only from 7:30 a.m. to 4 p.m.

*Editor's Note: All classes require pre-registration. For more information, call DSN 468-1256, commercial (478) 926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m. * denotes military spouses welcome.*



Robins Air Force Base on Facebook

Get regular news updates and other base information. Visit www.robins.af.mil and click on the Facebook link.