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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

May 20, 2016 Vol. 61 No. 20

Robins hosts AFMC/AFGE Council 214

BY JENNY GORDON
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Robins was host to the Air Force Materiel Command and American Federation of Government Employees Council 214 partnership meeting this week.

A dozen AFMC and AFGE representatives met to discuss several topics, including the Civilian Acquisition Workforce Personnel Demonstration Project, council progress in Washington D.C., information on the violence-prevention initiative known as Green Dot and local partnering updates.

Including Robins, the bargaining council includes AFMC and AFGE

officials representing management and employees from Edwards, Eglin, Hill, Kirtland, Tinker and Wright-Patterson Air Force bases, as well as Hurlburt Field, Duke Field and Air Force Metrology and Calibration.

Participants included Patricia Young, AFMC executive director, and Troy Tingey, AFGE Council 214 president.

AFGE membership at Robins includes about 4,000 members, led by Robert Tidwell, AFGE Local 987 president, who shared recent production successes, including fiscal 2015 being the most productive year for the Warner Robins Air Logistics Complex in the last five years. Tidwell also spoke of workers' compen-

sation reductions.

He emphasized the ongoing commitment of the workforce to always strive to do better and increasing capacity for future workloads.

"There's a culture change that started here," Tidwell said. "Everyone is working together."

"We are winning at Robins, but we're still in a constant fight with ourselves to be better, and we're going to do that with more workload," he added.

Ashley Hightower, Robins' Labor Relations Office chief, shared how ongoing training of 440 management and AFGE members has been a success in addressing workplace issues.

She also briefed how Robins identified and structured its installation-

level labor meetings, highlighting its labor relations forum and labor management production council, and various sub-forums.

She discussed Robins' attention to conflict resolution and its focus on pre-decisional involvement – a formal engagement process between labor and management to tackle workforce matters before agency leaders make important decisions.

"The goal is for PDI to become an everyday discussion – we want it ingrained in our everyday culture," said Hightower. "We're also very excited about our joint training. We used to have an 'us and them' mentality, but we realized we're here for the same mission and same overall goal."

LOCKDOWN, LOCKDOWN, LOCKDOWN!

Installation-wide exercises a continual learning process

BY JENNY GORDON
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Experiencing delays at the gates and reacting to the possible threat of an active shooter were just two of the events that took place May 9 through 13 as part of a week-long base exercise designed to train Team Robins to respond to situations that require immediate attention.

The installation-wide exercise was the second one conducted this year.

The active shooter scenario involved a shooter and 10 victims in Bldg. 255. Lockdown procedures were evaluated for more than 50 installation facilities.

No live weapons were used, and all guns were painted blue or red and made of plastic. Base inspection team members followed the shooter, generating loud noises to simulate weapons fire, as he made his way through the building.

"We try to make it as real as possible," said Tony Purtee, with the 78th Air Base Wing Inspections and Exercise Office. "We want to involve as many people as we can to ensure they know the procedures for lockdown situations."

The Command Post announced the lockdown via the giant voice system as the entire installation was closed for roughly 15 minutes, with the exception of outbound traffic at the Green Street gate.

"Safety was paramount. The bottom line is we didn't want anybody getting hurt," said Master Sgt. Vince Heath, 78th ABW Inspector General superintendent. "It continues to be an educational process during our exercises."

Following the incident, mental health evaluations were even carried out for first responders and witnesses acting as sufferers of post-traumatic stress.

Also, in preparation for this fall's Thunder Over Georgia Air Show Oct. 1-2, an air show major accident response tabletop exercise dealing with a downed aircraft was also held. A second exercise just before the air show will be held on Aug. 11.



U.S. Air Force photos by TOMMIE HORTON

Team Robins conducted a series of exercises last week which included an active-shooter scenario involving airmen who were moulaged to portray victims. Clockwise from above, a 78th Security Forces Squadron defender secures Bldg. 255; a base firefighter departs the scene following the scenario; and first responders assess a victim's simulated wounds at the scene. See related exercise stories on pages 2 and 4.



FRIDAY FLYBY: CHPS coordinators focus on wellness of AFMC workforce, Page A6

IDS Tip of the Week

It's vital to keep the virtual Record of Emergency Data updated as it's the sole source of contact information for your next-of-kin and other persons in case of an injury, death or emergency. Need help with your vRed? Call the Airman & Family Readiness Center at 478-926-1256.

Construction update

The pavement replacement on 3rd and Eastman and Warner Robins streets has been delayed. The work will begin Monday and is scheduled for completion around June 24. Construction could take longer due to inclement weather or unforeseen circumstances. Please contact Ricky Davis at 478-327-2940, or Lorrie Simmons at 478-327-3977 for more info.

Celebrating Diversity

When first elected as a U.S. Democratic representative in 1964, Mink became the first Asian-American congresswoman. She served in the House until 1977. She reentered national politics in 1990, when she won a seat in Congress. As a U.S. representative, Mink focused on education, childcare and the environment. She championed equal opportunity, having been the victim of racial discrimination as a child and adult.



MINK

Weekend
Weather

Friday
81/67



Saturday
83/60



Sunday
79/56



Safety - it's a cultural thing.

SECOND FRONT

78th Medical Group gears up for decon training

BY JENNY GORDON
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You're shopping at the Base Exchange. All of a sudden patrons next to you begin passing out.

Some sort of unseen chemical agent is floating in the air. You can't see or smell it, but you know something's up because you start to feel confused, dizzy, sick.

Next thing you know you're laid out next to a large white tent, and you're about to be sprayed down with warm water and soap by strangers wearing what looks like alien space suits.

Airmen in the 78th Medical Group prepare to respond to situations like the one above on a regular basis.

The May 5 scenario was part of a three-day, In-Place Patient Decontamination specialized class that included classroom training and hands-on instruction on assembling a shelter, setting up a containment system for wastewater runoff, and processing and caring for affected patients in the event of a chemical, biological, radiological or nuclear incident.

"The training prepares us for real-world contamination situations," said Master Sgt. Beth Wakefield, 78th MDG Clinical Laboratory flight chief. "We need to be able to treat patients or get them care."

Once the clock started ticking for the shelter assembly, 23 airmen began dispersing in various directions. Some disappeared bringing back carts filled with equipment: a tent, tables, water heater ... everything needed to begin processing patients.

The tent itself included three separate sections: a center lane for patients who can't walk and are placed on flat surfaces; and two side lanes for those who are mobile and can rinse off.

Tom Bocek, a DECON instructor, travels the world providing education and consulting about CBRN incidents.

During the first few minutes of a situation, he explained, "the first step is triage, sorting the casualties who can be saved. It's all about assessing and making the rounds."

Requirements are to be fully mission-capable, up and operational within 15 minutes.

The team knocked it out in less than half that time.

To be completely set up, the requirement was 20 minutes. The team did that in less than 12 minutes.

On the week's successful training, instructor Don Sampson said, "We just don't know what people are capable of doing so you have to be prepared for it."



U.S. Air Force photo by RAY CRAYTON

Airmen from the 78th Medical Group recently participated in a three-day, In-Place Patient Decontamination specialized class that included classroom training and hands-on instruction on shelter assembly, setting up a containment system for wastewater runoff and processing, and patient care during a chemical, biological, radiological or nuclear incident.

AFMC team outlines planned activities related to transition

BY TED SINGER

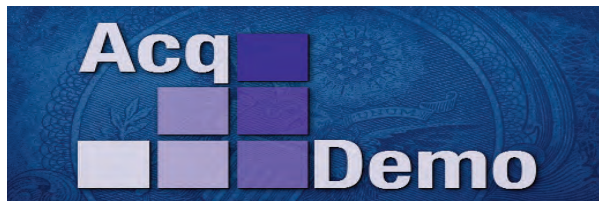
Air Force Materiel Command AcqDemo Team lead

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – In late May to mid-June, Air Force Materiel Command employees who will transition into the Department of Defense Civilian Acquisition Workforce Demonstration Project will receive information detailing their individual conversion into the new pay system. The AcqDemo transition effective date is June 12.

Employees will be notified via letter through their supervisors and advised of their Position Requirements Document assignment. PRDs will identify the career path, broadband level, position tier and pay pool assignment. The PRD takes the place of the GS Standard Core Personnel Document or Personnel Document.

Town halls or informational sessions will be provided by officials at centers and complexes. These sessions will provide an AFMC AcqDemo overview, detail AFMC business rules and provide for question and answer sessions. Dates and locations of the town halls and informational sessions are forthcoming.

At an AcqDemo town hall meeting here in the AFMC headquarters on May 12, Gen. Ellen Pawlikowski, AFMC commander, said "AcqDemo



takes the management of our civilian workforce out of the hands of the Air Force Personnel Center and puts it into the hands of MAJCOM leadership. AcqDemo allows supervisors the flexibility to hire the right people, develop skillsets as employees mature and reward employees based on their performance. Employees will be rewarded based on the effectiveness of their contributions, not by how long they have been here."

The first AcqDemo appraisal cycle, the Contribution-based Compensation Appraisal System, will be an abbreviated cycle covering the period June 12 through Sept. 30. A contribution plan will be created as a joint effort by the employee and supervisor, and completed by July 1. The AFMC approved format for contribution plans is the Contribution, Results and Impacts format. Both AFMC AcqDemo employees and their supervisors, including military supervisors, should take advantage of Contribution Planning training to meet the July 1 deadline. The Contribution Planning

module is available on-line, takes about 20 minutes, and can be found at the DOD AcqDemo site at <http://acqdemo.hci.mil/training.html>.

AFMC will provide supplemental training on how to write contribution plans in the CRI format. This CCAS tools seminar will cover an overview of the pay pool process, provide in-depth information on contribution planning and self-assessment writing and will be offered starting in June 2016. It should be noted that contribution plans may be updated at any time during the performance period, so contribution plans may be revised/adjusted after the AFMC supplemental training seminars. CCAS seminars will be offered on site at major AFMC locations, with Defense Collaboration Services web-conferencing sessions scheduled at minor locations.

For additional information on AcqDemo:

► Within AFMC, contact HQ AFMC/A1KA, (937) 257-0112, DSN 787-0112

► Department of Defense Civilian Acquisition Workforce Personnel Demonstration Project website <http://acqdemo.hci.mil/>

EDITOR'S NOTE: This is the fifth feature in a series of Acquisition Demonstration Project articles.

DON'T JUST STAND BY

Fraud hurts everyone

BY AIR FORCE OFFICE OF SPECIAL INVESTIGATIONS

The Air Force has made it easy for its employees to be aware of external threats to the mission.

When members of Team Robins drive onto base, they see what the force protection posture is. When they log onto their computers, they see what the information protection posture is. And, they even get notices of severe weather.

But the question is, "Have you ever stopped to think about what threats jeopardize your individual duties?"

Fraud is a word that is getting more use in the media lately. Large corporations are being fined and executives indicted for structuring business deals.

But, does that kind of corruption take place within the Air Force? Most Air Force employees don't want to think about that because they like to believe everyone has the same ethical standards – surely, no one would exploit taxpayer money for their own benefit.

To combat corruption, the Air Force Office of Special Investigations created a directorate specifically organized to investigate those kinds of threats within weapon system acquisitions and sustainment efforts.

According to the 2016 "Report to the Nations on Occupational Fraud and Abuse" by the Association of Certified Fraud Examiners, a typical organization loses 5 percent of revenue because of fraud.

In the Air Force, that percentage affects operational budgets, and ultimately the ability to support the warfighter. The average loss from fraud was \$2.7 million. When plugging those statistics into an

How to report fraud:

If you suspect fraud or other illegal activities within your programs, there are multiple ways for you to report:

▶ Robins Inspector General Fraud, Waste & Abuse Hotline at 478-926-2393

▶ AFOSI Office of Procurement Fraud Investigations, Det. 5 OL-A at 478-926-2141 or AFOSI.PFDET5.OL-A@us.af.mil

▶ Department of Defense Hotline dodig.mil/hotline

▶ Federal Bureau of Investigation at 478-745-1271

operational perspective, the impact is devastating.

One area where a tremendous vulnerability exists is the insider threat, which manifests itself as public corruption.

In fact, 35 percent of fraud cases in the past year fell into the corruption category with a median loss of \$200,000.

In the past couple years, several employees have been prosecuted for accepting cash and other items of value from outside vendors in exchange for preferential consideration or as a thanks for helping a contractor with a project.

Despite annual ethics courses and warnings from leadership, government employees still knowingly engage in corrupt practices.

In roughly 95 percent of the cases in the ACFE study, the perpetrator took some efforts to conceal their fraud.

The most common concealment methods were creating and altering physical documents.

It's hard to imagine, but those

bad actors exploit gaps in existing internal controls to perpetuate their crimes.

According to the study, lack of internal controls was cited in more than 29 percent of cases, and authorized deviations to internal controls contributed to fraud losses in 20 percent of cases.

In other words, people are finding loopholes in the system, or simply authorizing fraudulent behavior for various reasons.

OSI has found after years of investigating these types of cases – and the ACFE report confirms it – that fraud perpetrators tended to display behavioral warning signs when they were engaged in their crimes.

The most common red flags were living beyond means, financial difficulties, unusually close association with a vendor or customer, excessive control issues, a general wheeler-dealer attitude involving unscrupulous behavior and recent divorce or family problems.

At least one of those red flags was exhibited during the fraud in 79 percent of cases.

Quite often, fellow employees suspect their co-worker is up to no good, but they feel powerless to make a change, either from fear of reprisal or lack of management support.

In over 40 percent of cases, the victim organizations decided not to refer their fraud cases to law enforcement, with fear of bad publicity being the most-cited reason.

Government employees stand at a fork in the road then: should we report suspicious behavior, or should we continue to tolerate fraud through inaction. I hope that we choose the first option.



REPORT
SUSPICIOUS
ACTIVITY TO 468-EYES



*Life is about balance
Remember to take time for yourself*

R 1
YOU 2
USING 3
OPSEC 4
TO DENY YOUR 5
ADVERSARY VITAL 6
MISSION INFORMATION 7

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Mission makeover

Robins uses moulage expertise to make exercises more realistic

BY HOLLY LOGAN-ARRINGTON
holly.logan-arrington@us.af.mil

When most people think about the military, dabbling with makeup is probably the last thing that comes to mind.

But the moulage team – which consists of four to 10 military members in the 78th Medical Group’s Laboratory Flight – does just that. In fact, they often practice creating a variety of fake injuries on each other using makeup.

Team members often dig through bags of makeup to create life-like injuries during staged tornados, plane crashes or other simulated disasters to exercise Robins’ skills in responding to potential real-world emergencies and practicing self-aid and buddy care.

First Lt. John Shorter, 78th Medical Support Squadron Medical Readiness Flight commander, said moulage plays a vital role in the readiness of troops, both at home and abroad.

“Broken bones, lacerations, burns and many other injuries are all fair game,” he said. “Most military members rarely encounter the types of trauma simulated by moulage in their daily duties. These simulations prepare them for scenarios they may encounter downrange or disasters that occur closer to home.”

Shorter said moulage is an essential part of making exercises as realistic as possible.

“Although our troops, and particularly medics, receive training to help them respond to these types of injuries, they often have limited practice or experience,” he said. “Exercises are a way to bridge the gap between our home station mission and our ultimate responsibilities across the globe.”

Maj. Carlos Doria Jr., 78th Medical Support Squadron Laboratory Flight commander, said depending on the scenario, it can take up to a half hour or more to make an injury look convincing.

“If the exercise called for an active shooter situation where an actor was shot once, it could take 10 minutes to create,” he said. “On the other hand, if the actor was in a fire scenario, the artist may have to simulate burn injuries throughout different parts of the body. That would require up to 40 minutes or more depending on the injury detail.”

Exercise participants aren’t the only ones whose skills are tested. Doria said a lot of moulage involves on-the-job training, a factor that can challenge even the best makeup artist.

“The most difficult moulage project for the team has been the recent tornado exercise,” he said. “What made it difficult was that the artists had to simulate injuries ranging from broken limbs to minor cuts and bruising throughout the body. The artists had to process 16 actors within two hours. Additionally, the actors, while being moulaged, had to be prepped for the role. They had specific acting instructions such as wincing in severe pain, being hysterical or playing unconscious.”

Doria said knowing that the team was helping first responders and team members meet their mission made it worthwhile.

While moulage isn’t part of Doria’s primary profession, it’s a real asset to mission readiness.

“The team sees this as an excellent opportunity to not only meet our wing’s mission but to express our creative and artistic skills,” he said.

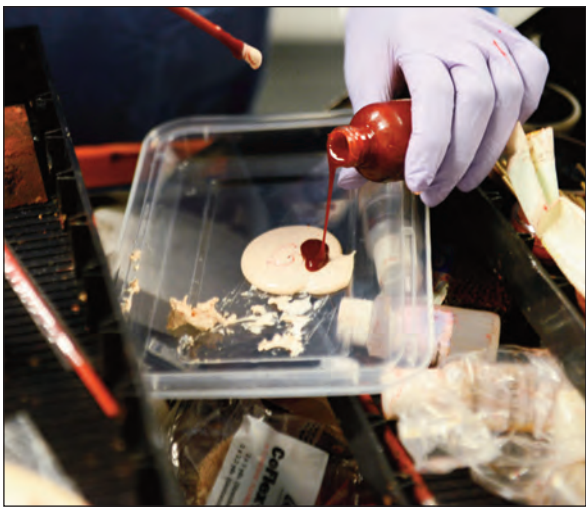


U.S. Air Force photos by TOMMIE HORTON

Above, Senior Airman Brittaina Wilson, 78th Medical Support Squadron laboratory technician, uses makeup and skill to simulate injuries on Senior Airman Shawnee Ryan, also a 78th Medical Support Squadron laboratory technician. Her uniform is used for exercises and has a different name on it.

Left, Senior Airman Shawnee Ryan, 78th Medical Support Squadron laboratory technician, shows off her moulage makeover.

Members of the 78th Medical Group’s Laboratory Flight are the magicians behind the victims seen during base exercises.



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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Camellia Gardens Memorial Service moved to museum

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

Since 1976, Robins has held an annual memorial service at the Camellia Gardens on base which pays tribute to deceased Team Robins members. On the 40th anniversary of the Camellia Gardens Memorial Service, the event will move from on base to the Museum of Aviation's Century of Flight Hangar. Because access to the base is limited, officials have decided to move the memorial to the museum.

This will allow family members full access to the memorial 361 days a year according to Lt. Col. Jonathan Wade, 78th Air Base Wing chaplain. The museum is closed four days each year.

The base is in the planning stages for what the new memorial will look like and where it will be at the museum. What will happen to the current memorial is also being discussed.

This year though, families will be able to tour the current memorial after the ceremony with pre-registration.

"The security posture of the base has changed since 1976," Wade said. This change limits the access of those families who have a family member memorialized at Camellia Gardens.

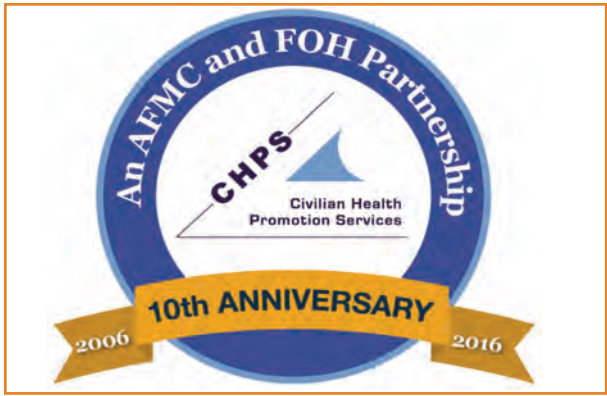
Forty to 80 names are added each year which also creates an issue with the current site. With the number of names, the memorial would run out of room in a few years, he said.

Names are added based on when they are recognized, not when the person passed away. In order to be accepted for the Robins memorial, a person's last duty station had to be Robins and have an honorable discharge. Another way is for those who retired as a civilian at Robins.

"The memorial has served its purpose there for 40 years. We want something better and the number one thing is access," said Wade.

The service will take place at 10 a.m. Thursday. For more information or to register for the tour, contact Master Sgt. Stacey Hazewood at 478-497-3772.





CHPS coordinators focus on AFMC wellness

BY AIR FORCE MATERIEL COMMAND HEALTH & WELLNESS TEAM

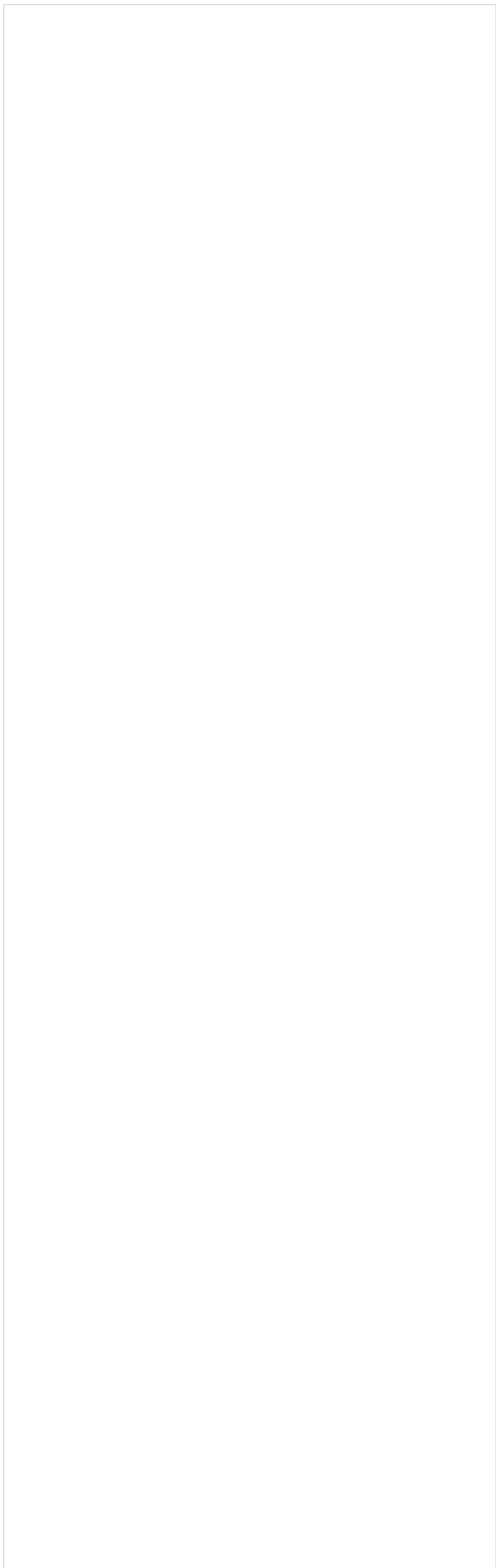
WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Enhancing the health and well-being of the Air Force Materiel Command workforce was the focus of a recent Civilian Health Promotion Services coordinators meeting. As stated in the 2016 AFMC strategic plan, “Our people are AFMC’s most precious resource.” AFMC leadership’s support and funding of the CHPS program has allowed the 66,000-person civilian workforce to have access to work site wellness resources to monitor their health status and motivate lifestyle behavior change.

The meeting was held at the surgeon general’s office of the command’s headquarters, and it was the first time in CHPS’ 10-year history that coordinators from all AFMC installations met as a group with the AFMC Health and Wellness team and Federal Occupational Health program managers. The focus of the meeting was to discuss future planning and program development.

Following opening remarks from Col. Janice Wallace, AFMC command surgeon, the health promoters discussed strategies on how to improve employee engagement in wellness activities, empower individuals for lifestyle behavior change and evaluate program success. With the support of AFMC installation commanders, CHPS has conducted more than 25 health awareness campaigns and wellness challenges to enhance the quality of life for the workforce over the past 10 years. Upcoming wellness program initiatives include: Fight the Bite to prevent mosquito-borne diseases such as the Zika and West Nile viruses, and Keeping your Cool when dealing with anger issues.

For more information, visit <http://www.afmcwellness.com> or call the Robins CHPS team at DSN 497-8030 or 478-327-8030.

PLEASE RECYCLE THIS PAPER

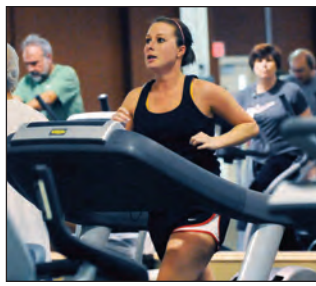




Thought for the Day

"Start where you are. Use what you have. Do what you can."

— Arthur Ashe



What's inside

National Physical Activity Month, B2

Storm water straight talk, B3

Services activities, B4

Lighter Fare

THE ROBINS REV-UP ■ MAY 20, 2016

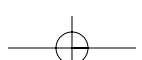
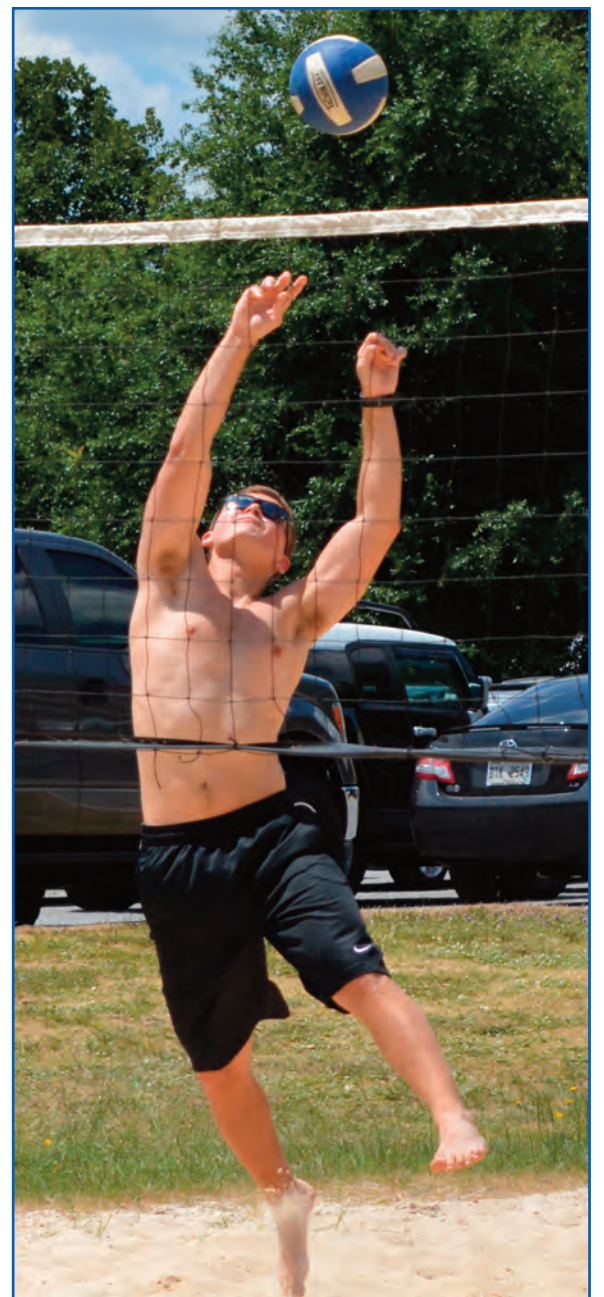
THE PLACE TO LIVE, LEARN, WORK AND PLAY



BOUNCING BACK

U.S. AIR FORCE PHOTOS by KENYA ASKEW

The Team Robins Wingman Day and Picnic Friday centered on resiliency, team building and good old-fashioned fun. Events kicked off at 7:30 a.m. with a 5K walk and run. There were walk-up activities such as corn hole and horse shoes, and team activities such as bubble soccer and volleyball. There was also a DJ on hand providing tunes. Another such event is planned for the future.



A BETTER YOU

Why Be Physically Active? The benefits of physical activity

BY STUART BAPTIES

Robins Health and Wellness Center director

May is National Physical Activity Month. While it's no secret regular physical activity is one of the most important things you can do for your health we sometimes need a reminder of the exact benefits.

REGULAR PHYSICAL ACTIVITY CAN HELP:

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

If you're worried about becoming active or boosting physical activity because of possible injury, the good news is moderately-intense aerobic activity, like brisk walking, is generally safe for most people but, remember:

- ▶ **Start slowly.** Cardiac events, such as heart attacks, are rare during physical activity but, the risk does go up when you start suddenly. Start slowly and gradually increase your level of activity.
- ▶ **If you have a chronic health issue** such as arthritis, diabetes or heart disease, talk with your doctor to find out if the condition limits your ability to be active. Then, work with your doctor to come up with a plan that matches your abilities. If your condition stops you from meeting the minimum guidelines, ask how much is safe for you and do as much as you can. What's important is to avoid being inactive. Even as little as 60 minutes a week of moderate-intensity aerobic activity is good for you.

So now let's look at ways that physical activity improves health by reviewing information from both the National Institute of Health and the National Physical Activity Society:

HELPS MANAGE WEIGHT

Both good nutrition and physical activity play a critical role in controlling your weight. You gain weight when the calories burned are less than the calories consumed. For more information, talk with your doctor or stop by the Health and Wellness Center to explore one of the free weight management programs.

Remember, when it comes to weight management, it's not one size fits all; people vary greatly in how much physical activity they need depending on goals.

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

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories consumed. Getting to



U.S. Air Force photo by RAY CRAYTON

May is National Physical Activity Month and the Robins Fitness Center has a calendar full of events, classes, challenges and competitions planned like the bench press competition. For more information on events, call 468-2128.

and staying at a healthy weight requires both regular physical activity and a healthy eating plan. The HAWC has some great tools and information about nutrition, physical activity and weight loss.

HELPS REDUCE CARDIOVASCULAR DISEASE RISK

Heart disease and stroke are two of the leading causes of death in the United States, but getting at least 150 minutes a week of moderate-intensity aerobic activity can put you at a lower risk for those diseases. You can reduce your risk further with even more physical activity. Regular activity can lower blood pressure and improve cholesterol levels. There's a class for that as well, taught by the 78th Medical Group Disease Management nurses. Call the HAWC for dates and times.

HELPS REDUCE THE RISK OF TYPE 2 DIABETES AND METABOLIC SYNDROME

Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is a condition in which you have some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with 120 to 150 minutes a week of at least moderate-intensity aerobic activity and the more physical activity you do, the lower your risk will be.

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

HELPS REDUCE THE RISK OF SOME CANCERS

- ▶ Physically active people have a lower risk of colon cancer than people who are not active.
- ▶ Physically active people have a lower risk of breast cancer than people who are not active.
- ▶ Physical activity may help reduce your risk of endometrial and lung cancer. Although the research is not yet final, some findings suggest that your risk of endometrial and

lung cancer may be lower with regular physical activity.

Improve your quality of life. If you're a cancer survivor, research shows regular physical activity not only improves quality of life, but also improves fitness.

HELPS STRENGTHEN MUSCLE AND BONES

As we age, it's important to protect bones, joints and muscles because they not only support our bodies and help us move, but keeping them healthy ensures that you're able to do daily activities and be physically active. Research shows that aerobics, muscle-strengthening and bone-strengthening physical activity of at least a moderately-intense level can slow the loss of bone density.

▶ Regular physical activity helps with arthritis and other conditions affecting the joints. If you have arthritis, research shows that doing 130 to 150 minutes a week of moderate-intensity, low-impact aerobic activity can not only improve pain management and the ability to do everyday tasks, it can also improve quality of life.

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

HELPS IMPROVE MOOD AND MENTAL HEALTH

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

HELPS IMPROVE ABILITY TO DO EVERYDAY ACTIVITIES, PREVENT FALLS

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

HELPS INCREASE CHANCE OF LIVING LONGER

Physical activity can reduce your risk of dying early from heart disease and some cancers. People who are physically active for about seven hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week. If you don't think that's where you are at yet, keep in mind that you don't have to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death; you can put yourself at lower risk of dying early just by doing at least 150 minutes a week of moderate-intensity aerobic activity.

Everyone can gain the health benefits of physical activity - age, ethnicity, shape or size do not matter so take advantage of all the activities and facilities at Robins to stay active. Between the HAWC and fitness centers, Robins has something for everyone.

Illicit discharges degrade our water bodies

An illicit discharge is a discharge into a storm sewer system that's not composed entirely of storm water. These discharges degrade the quality of our downstream water bodies by contributing to elevated levels of pollutants such as oil and grease, heavy metals, solvents, nutrients, viruses and bacteria.

They're also prohibited by the base's stormwater permits.

Generally, if it's not raining, flow through storm drain pipes, inlets and catch basins shouldn't be happening. Because of that, issues related to discharges may include seeing flow in storm drain infrastructure during dry weather.

Examples of illicit discharges can include:

- ▶ Improper waste oil disposal/auto fluids flushing
- ▶ Home improvement waste (i.e., concrete, paint)
- ▶ Pesticides and fertilizers
- ▶ Pet waste
- ▶ Laundry wastewater/detergents
- ▶ Septic tank seepage/illegal sanitary connections/broken sanitary sewer lines
- ▶ Household hazardous wastes

As part of the base's storm water management program, storm water outfalls are routinely inspected for illicit discharges. The purpose of those inspections is to identify and remove or repair illicit discharges and minimize illegal dumping into the storm water system.

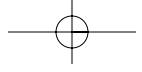
Inspections are conducted during periods of dry weather. If unanticipated flow is



observed at an outfall, it is tracked upstream to identify the source. If the source can't be identified, sampling can be conducted to identify if there are potential pollutants in the discharge.

Base personnel can report illicit discharge observations by calling the hotline at 478-926-5657 or filling out an online illicit discharge complaint notification form at: <https://org.eis.afmc.af.mil/sites/78abw/78ceg/cei/CEIE/Storm%20Water%20Management%20Program/Forms/AllItems.aspx>.

For more information, contact Water Quality Program manager Randy Stillwell at randall.stillwell@us.af.mil, 478-327-8304 or DSN 497-8304.



HAPPENINGS/SERVICES

Boss N Buddy and BFF's Night

Today
4 to 7 p.m.
Heritage Club Lounge
For details, call DSN 468-2670.

Thunder Alley

Today
9 to 11 p.m.
Bowling Center
12 and younger \$5;
13 and older \$10
For details, call DSN 468-2112.

Saturdays are Family Days

Saturday
Pizza Depot
8 to 10 a.m., \$3.95 breakfast buffet
5 to 7 p.m., \$5.95 spaghetti and pizza buffet
For details, call DSN 468-0188.

National Hamburger Day

Saturday
11 a.m. to 2:30 p.m.
Pine Oaks Golf Shop
Buy one hamburger, get one free.
For details, call DSN 468-4103.

Kids Run

Saturday
Youth Ages 5 to 13
Base track
Register now
For details, call DSN 497-6834.

Membership Dinner

Members only
Monday
5:30 to 7 p.m.
Heritage Club Ballroom
For details, call DSN 468-2670.

Tips from the Pro

Tuesday
5 to 6 p.m.
\$5 for unlimited balls
Pine Oaks Golf Course
For details, call DSN 468-4103.

Family Day at the Bowling Center

May 27
11 a.m. to 8 p.m.
Bowling Center
Bowl three games with shoes, \$5 per person
Minimum four family members per lane
For details, call DSN 468-2112.

Trap & Skeet Fun Event

May 30
Noon
Robins Skeet Range
For details, call DSN 468-4001.

Memorial Day Golf

May 30
Pine Oaks
All active duty and retirees can play and
get a free lunch until 2 p.m.
For details, call DSN 468-4103.

Afterburner May Special

5:30 a.m. to 1 p.m.
Base Restaurant, Bldg.166
Ice Coffee Ole'
For details, call DSN 472-7827.

May Twilight Special

Every day
After 6:30 p.m.
Pine Oaks Golf Course
Play as much as you can
with cart for \$15.
For details, call DSN 468-4103.

