

ROBINS REV-UP

JUNE 16, 2017

SUCCESS HERE = SUCCESS THERE!

AIR FORCE



Checkin' it out

AFSC commander visits Global Hawk workers, views progress, Page 3

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!



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ON THE COVER

Lt. Gen. Lee Levy II, Air Force Sustainment Center commander, talks with Warner Robins Air Logistics Complex workers about organic paint work being done on the Global Hawk here. This is the first time a Global Hawk has had maintenance performed at an Air Force ALC. See more on Page 3. (U.S Air Force photo/TOMMIE HORTON)

COMMANDER'S ACTION LINE

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

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to live, learn, work and play. The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SUBMISSION GUIDELINES

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

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

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Checkin' it out



U.S. Air Force file photos/TOMMIE HORTON

Lt. Gen. Lee Levy II, Air Force Sustainment Center commander, speaks with members of Team Robins about work being done on a Global Hawk here during his site visit June 13. This is the first time a Global Hawk has flown into an Air Force air logistics complex. Warner Robins Air Logistics Complex maintenance professionals are meticulously painting the aircraft to prevent corrosion. Robins Air Force Base is the first installation to have a building-based Launch and Recovery Element, allowing the aircraft to take off and land from this location. While a programmed depot maintenance requirement for Global Hawk has not been established, the Air Force recognizes that having an organic maintenance capability for Global Hawk enhances our ability to manage the fleet and keep this resource flying.





Your Drinking Water Is Safe

Water Quality Report 2016

Robins AFB Water System Permit 1530042

Robins Air Force Base Drinking Water Program

This Water Quality Report summarizes the quality of your drinking water during calendar year 2016. Robins Air Force Base met all parameters set by the Georgia Environmental Protection Division and the U.S. Environmental Protection Agency for the period of January through July 2016, and September through December 2016.

Our water system had an administrative/ procedural failure and failed to submit samples for bacteriological analysis during the month of August 2016.

See the "Notification of Non- Compliance" section for more information. Incorporated in this report you will find detailed information about these standards and our efforts to meet them.

This report also provides detailed accounts of the detected water monitoring and testing results gathered from January to December 2016 for the Robins Air Force Base Public Water System.

Details about where your water originates, what it contains and how it compares to standards set by regulatory agencies is included.

The purpose of this report is to advise consumers about drinking water quality and heighten awareness of the need to protect precious water resources. The report reflects the hard work and dedication of the 78th Civil Engineer Squadron, who operates and maintains the water distribution and treatment systems and the 78th Medical Group, who tests the drinking water for safety and quality.

To comply with the Consumer Confidence Reporting Rule of the Federal Safe Drinking Water Act, the 78th Medical Group Bioenvironmental Engineering Flight issues this annual report on drinking water monitoring results.

For additional information about this report or to provide input regarding the Robins Air Force Base public water system, contact the Robins AFB Bioenvironmental Engineering Office at 478-327-7555. Base organizations who manage the water system have an open door policy with our residents.

Our Raw Water Source

Our drinking water is drawn from the Blufftown Aquifer, one of the best groundwater sources in the State.

This is a safe and reliable source that provides high-quality water that is free of microorganisms, such as Giardia and Cryptosporidium that are sometimes found in rivers and lakes.

Rain water percolates down into the Blufftown Aquifer through layers of soil and sand, which act as natural cleansing filters to remove impurities.

At Robins, the drinking water aquifer is located more than 300 feet below the ground surface and is separated from surface water by several thick clay layers.

Robins is permitted to withdraw water through the seven water supply wells located across the base, one of which is currently inactive.

Public water systems are required to develop a Source Water Assessment Plan to identify potential contamination sources and review the controls to mitigate potential impacts.

Management strategies to control current and future potential contamination sources have been identified and implemented.

These controls are designated as adequate to protect our drinking water supply. Contact Robins AFB Bioenvironmental Engineering Office at 478-327-7555 if you have questions regarding the SWAP.

Reduced Monitoring Approved

The Source Water Assessment and Vulnerability Assessment show the base water system's raw water is not in a high potential pollution risk status.

The Georgia EPD has authorized reduced monitoring requirements for certain contaminants in our system to less than once per year because their concentrations have been very stable over many years, and the history of testing has shown no levels of concern.

Reduced monitoring requirements, called waivers, have been issued to our drinking water system for arsenic, asbestos and cyanide, as well as 31 synthetic organic compounds, effective Jan. 1, 2014 to Dec. 31, 2016. Please contact the Robins AFB Bioenvironmental Engineering Office at 478-327-7555 if you have questions about drinking water waivers or wish to receive a copy.

Our Treatment System

A variety of techniques are used to treat your tap water, including chlorination disinfection as well as fluoridation to protect children's teeth.

The water also goes through a softening process by adding a corrosion inhibitor and soda ash.

The water treatment operation is staffed by highly trained, state-licensed water treatment plant operators.

Our water system has storage capacity of more than 2 million gallons, a pumping capacity of 10.4 million gallons per day and uses advanced technology to monitor and control drinking water distribution 24 hours per day.

During 2016, nearly 580 million gallons of water was distributed to Robins Air Force Base consumers.

Who needs to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population.

Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV, AIDS or

other immune system disorders, some elderly, and infants can be particularly at risk from infections.

Those people should seek advice about drinking water from their health care providers.

The Environmental Protection Agency/Centers for Disease Control guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 800-426-4791.

Notification of Non-Compliance

We are required to monitor your drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. During the month of August 2016, we did not submit samples to GA EPD for bacteriological analysis and therefore can't be sure of the quality of the drinking water during that time.

Although the EPD-required samples were missed, 17 samples analyzed by the Bioenvironmental Engineering Flight were negative for contamination in August 2016 and regular sample submissions resumed in September 2016.

We have adjusted administrative procedures and increased sampling activity oversight to prevent any future missed sampling. There are no known long-term health effects associated with microbial contamination and short-term effects may consist of diarrhea, cramps, nausea and headaches. Anyone consuming contaminated water is susceptible but infants, young children and individuals with compromised immune systems are particularly vulnerable.

For further information please contact Senior Airman Chambers at the number above.

You are encouraged to share this information with other people who drink this water, especially those who may not have seen this notice.

Information About Total Coliforms

Coliforms are bacteria that are naturally present in the environment and used as an indicator that other, potentially harmful, bacteria may be present.

Fecal coliform and E. coli are bacteria whose presence indicates that water may be contaminated by human or animal wastes.

Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.

In addition to the required monthly total coliforms sampling, the Bioenvironmental Engineering Flight conducts in-house total coliform monitoring at 25 locations, analyzing more than 300 samples per year to ensure the water is safe to drink on Robins Air Force Base.

Water Quality Report 2016

Complaints regarding color, taste, or odor? Please call the 78th Civil Engineering Service Desk at 478-926-5657. If you have questions about the contents of this report, contact Senior Airman Arina Chambers, 78AMDS/SGPB at 478-327-7555.

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Emerging Contaminants

Chemicals that are recognized as a potential threat to human health or the environment but lack a published health standard are known as "emerging contaminants." Perfluorooctane sulfonate and perfluorooctanoic acid are two perfluorinated chemicals that have been produced in large quantities in the United States. These organic compounds are very persistent in the environment and resistant to degradation. This means that once introduced in the ground water, they will not naturally degrade quickly and require active treatment for removal. Animal studies have shown potential developmental, reproductive and systemic effects. Due to the recognition of the hazards presented by these chemicals, the Department of Defense added PFOS and PFOA to water sampling schedules this year. All results were below detectable limits; therefore, PFOS/PFOA do not present a hazard in our drinking water system.

Required Consumer Confidence Report Statement Addressing Lead in Drinking Water

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

Water Quality Data 2016

Contaminant	Units	MCL	MCLG	Average (Results)	Range	Year Sampled	Violation	Typical Source
Inorganic								
Chlorine	ppm	MRDL=4	MRDLG=4	1.48 ^b	0.41-3.1	2016	No	Water additive used to control microbes
Fluoride	ppm	4	4	0.9 ^b	0.7-1.1	2016	No	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Nitrate/Nitrite	ppm	10	10	0.37	ND-0.71	2016	No	Runoff from fertilizer use; leaching from septic tank sewage; erosion of natural deposits.
Copper	ppb	AL=1300	1300	The 90th percentile = 240 Zero out of 20 samples were found to have copper levels in excess of the AL of 1300 ppb		2016	No	Corrosion of household plumbing systems; erosion of natural deposits
Lead	ppb	AL=15	0	The 90th percentile = 1.4 Zero out of 20 samples were found to have lead levels in excess of the AL of 15 ppb		2016	No	
Volatile Organic								
Tetrachloroethylene	ppb	5	0	0.66 ^c	0.61-0.72	2016	No	Discharge from metal degreasing sites and other factories
Disinfection By-Products								
Chloroform	ppb	N/A	N/A	1.8	ND-1.8	2016	No	By-product of drinking water disinfection
Total Trihalomethanes	ppb	80	N/A	1.8	N/A	2016	No	
Microbiological								
Total Coliform	N/A	1 ^a	0	0 ^a	N/A	2016	No	Naturally present in the environment
Radioactive								
Combined Radium	pCi/L	5	0	0.42	ND-1.27	2015	No	Erosion of natural deposits

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

b. Reported the annual average of monthly fluoride/chlorine results.

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

Table Definitions

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

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

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

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

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

ppm: parts per million

ppb: parts per billion

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

Notes About Contaminants

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, naturally occurring radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in any source water BEFORE it is treated include:

▮ **Microorganisms contaminants**, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural live-stock operations, and wildlife.

▮ **Inorganic contaminants**, such as salts and metals, that can be naturally occurring, or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

▮ **Pesticides and herbicides**, which may come from a variety of sources such as agriculture, urban stormwater runoff, or residential uses.

▮ **Organic chemicals contaminants**, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, agricultural application, and septic systems.

▮ **Radioactive contaminants**, which may be naturally-occurring, or be the result of oil and gas production and mining activities.

Most surface water contaminants never reach the drinking water supply. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration regulations establish limits for contaminants in bottled water which must provide the same protection for public health. More information about contaminants and potential health effects can be obtained by calling the US EPA's Safe Drinking Water Hotline at 800-426-4791.

Million Dollar Mission

Little known team of maintenance pros keeps slow, earthbound vehicles rolling

By TIM KURTZ

WR-ALC Management Operations

By keeping a fleet of slow, earthbound vehicles rolling, a small, little-known team of mechanics helps keep fleets of supersonic jets and giant airlifters flying.

The highly beneficial "low speed vehicles" are golf carts. And a four-to-six-mechanic crew in the 402nd Maintenance Support Group is saving loads of time and money while sustaining the carts for the Warner Robins Air Logistics Complex.

With 400 golf carts in the complex fleet, it's a big job.

"We're working our butts off," David Barrentine, a member of the 402nd Maintenance Support Squadron's golf cart maintenance crew, said. "I've worked a bunch of places on the base, and we work hard."

"And there's no light at the end of the tunnel," Royce Morgan, a fellow golf cart mechanic, added.

"And when we think there is light, they run more carts at us," Barrentine said.

As the perfect transportation platform for a myriad of jobs big and small, golf carts are visibly prevalent on the roads of Robins Air Force Base. The complex uses carts for tasks ranging from moving small parts, tools and personnel from building to building, to pulling trailers carrying large aircraft parts such as wings.

"It's like the life blood of getting things from one place to another," Lamar Wallace, 402nd MXSS production support flight chief, said. "You stop those carts, it's like stopping the blood flow."

Terry Andrews, a planner and industrial engineering technician for the squadron, indicated golf carts are particularly important to mission success for two WR-ALC groups. He said the 402nd Aircraft Maintenance Group and the 402nd Maintenance Support Group are dependent on the carts "more than anyone because of the need for response time to the customer."

The AMXG uses 178 golf carts, and MXSG has 100.

Of course, high demand means significant wear and tear ... and a greater need for upkeep.

Complex golf cart sustenance was previously accomplished by contract until the 402nd MXSG took over the workload in March 2016. In just one year, the crew had not just kept up with demand for the vehicles; it had vastly improved every facet of the operation.

Between March 2016 and February 2017, the 402nd crew inspected all 400 carts in the complex fleet. John Kieweg, 402nd Maintenance Support Squadron director, said the ALC carts were in "deplorable" condition. But by year's end, the 402nd mechanics had significantly reduced the turnaround time for the carts; getting the assets back into the hands of the users at a much faster pace.

— Continued on next page.

Royce Martine, 402nd Maintenance Support Squadron mechanic, checks the oil level on one of the base golf carts used daily to complete a myriad of missions at Robins Air Force Base. (U.S. Air Force photo/RAYMOND CRAYTON, Jr.)



— Continued from previous page.

From June 2016 to March 2017, work in progress was reduced from a high of 47 to eight. Preventive maintenance – oil changes, safety checks, replacement of parts such as windshield wipers and bulbs – that had been taking an average of 21 days was now being done in one day. The average time for corrective maintenance – front end rebuilds, replacing bad tires and busted parts – was cut from 40 days to four.

After a year of intensive work that included 500 tire changes and 100 front end rebuilds, the crew had the entire WR-ALC fleet up to standards. All complex golf carts are now on a regular preventive maintenance cycle of being checked every six years.

The drastic advances in cart sustainment were accompanied by equally dramatic financial improvements.

Kieweg said the first year cost for the 402nd crew's handling of the job was \$400,000.

On paper, the final year contract cost was \$525,000. But Kieweg calculates contracting the work was actually costing around \$1.5 million per year after additional costs were figured.

"We figure it out to be about \$1 million (savings per year) with all the over and above costs," Kieweg said. "Probably more, but I just can't quantify that number. It's almost impossible to."

Wallace said it took \$125 per cart just to transport one from the base to the contractor. Getting the carts back would take five to six weeks.

With the quick turnaround being realized by the 402nd crew, Wallace said more savings are anticipated for the future because "the need for more assets has dropped." The improved maintenance and availability of the golf carts also means the complex won't have to buy new vehicles as often.

Success is bringing in more business, as well. Wallace said the squadron has started taking workload from other Robins organizations, including the 78th Air Base Wing and its 78th Logistics Readiness Squadron.

"People have seen the good our guys are doing and they're coming to us saying, 'Can you do the same to ours?'" he said.

The road to success in golf cart sustainment wasn't always a smooth one. After trying the contracting route, Kieweg said it was the right time for a change last year. "The contract had expired. We were paying for it on the GPC card. It was costing so much and taking so long, we just decided to take it on ourselves," he said.

That's when the 402nd leadership turned to Andrews, who Wallace described as "just a planner with a dream and a shade tree."

"Terry started us off with a blank slate," Kieweg said. "To be where we're at now, a year later, busted every expectation I have as a squadron director. We

really came from nothing."

Andrews had actually tried tackling the golf cart maintenance workload five-to-seven years prior, but found the organization wasn't ready. "We didn't have the resources. We weren't set up for it yet," he said.

Given another opportunity, Andrews and the squadron's crew of golf cart mechanics used the Art of the Possible management philosophy to improve processes and create a better maintenance machine.

With 27 different models of golf carts in the ALC fleet, the mechanics had to figure out where to get parts, manage configuration control and establish a flow to doing the work. The team designed the flow and costs of the work and created processes to order and work on the carts. They practiced regular "Walk the Wall" sessions to monitor progress.

Once they'd built an efficient system, the mechanics put it all down in a five-page process guide.

"Terry and those guys out there basically built the AoP on those carts," Wallace said.

"It's not just a process, it's a working business is what it is," Kieweg said. "It's an efficient, working business."

"It's the guys in the back that do it all," Andrews said, giving credit to the mechanics that work in the temporary shop just outside of Bldg. 321. "It was rough about the first six months. It started to get better about November. These guys back there did it all. They put 10-11 hours a day in back there for a long time."

Barrentine, Morgan, Mike Davis and Jon Michael Jensen were on the original crew. Ben Morse, Tim Plank and Terry Talcott have worked on the team over the past year. All of them are career mechanics who

volunteered for the job.

"We feel like we have done a good job not just for Robins, but for the Air Force in general," Davis said. "There have been high tensions. There have been victories. There have been defeats. The team spirit over here is really high."

"When we started, these carts were in terrible shape mechanically," Davis said. "We literally started at ground zero. We had a lot of carts to work on, but not a lot to work with."

The makeshift garage the crew worked in wasn't ideal for the job, either. At first, the temporary shop had one work bay, one stand and one jack.

All of the electricity receptacles and lights were on one circuit. The mechanics worked in extreme heat and cold and originally stayed busy just finding supplies and parts.

"It wasn't an overnight spring up," Barrentine said. "Everybody came together and got what we needed."

Now, the crew has three bays, computers and Wi-Fi at its disposal with more improvements planned. "It's still a work in progress," Barrentine said.

Wallace said plans are in the works for a new, larger building designed to include the cart crew's workshop.

The 402nd crew credits plant services warehousing and all of the base organizations that own the carts for helping them work toward the success they've achieved in the maintenance program.

The current crew continues to hone their craft and work toward even better outcomes for the golf cart fleet. The mechanics finished Original Equipment Manufacturer training in April to expand their knowledge, skills and abilities.



David Barrentine, 402nd Maintenance Support Squadron mechanic, jacks up a golf cart for to perform maintenance on its wheel and tire assembly. Complex golf cart sustainment was previously accomplished by contract until the 402nd Maintenance Support Group took over the workload in March 2016. In just one year, the crew had not just kept up with demand for the vehicles; it had vastly improved every facet of the operation. (U.S. Air Force photo/RAYMOND CRAYTON, JR.)



(NBC Photo)

Ryan and Stephenie Starkey recently appeared on the game show, "The Wall," and the couple took home \$570,344. Master Sgt. Ryan Starkey is the 461st Air Control Wing Staff superintendent.

BRINGING HOME THE BACON

By TECH. SGT. KELLY GOONAN
Robins Public Affairs

A desire to fly and be a part of something bigger than himself is what led Master Sgt. Ryan Starkey, 461st Air Control Wing Staff superintendent, to enlist nearly 20 years ago.

Although Starkey's career has kept him busy, along with multiple deployments, he and his wife, Stephenie, still find time to have fun together.

"On our way home from a trip together, my wife began asking me all sorts of questions," he said. "I'd asked her what she was doing, and she explained that she'd found an application online for this new game show which had advertised they were looking for good people who had done good things.

"She said she thought of me, filled out the application and submitted it," he added.

Starkey didn't think much of it at the time but says he received a phone call from Los Angeles a week later, shrugging the caller off as being a telemarketer.

"That's when one of my coworkers said, 'What if it's Steven Spielberg?'" Starkey recalled. "I said, 'Well what if it is Spielberg? I've got to take this!'"

Little did the master Sergeant know that this phone call would ultimately be the first step for him and his wife winning over \$550 thousand dollars with NBC's game show "The Wall."

"Being on this show was one of the most intense experiences I've ever had," he said.

The Starkeys have plans for their winnings; donating about 20 percent to charitable causes, looking forward to living without debt, and investing for the future within their four children.

"Money aside, the biggest take away from this experience was the spiritual journey my wife and I went through together," he said.

"I learned a lot about myself, about my marriage and I learned a great deal about where I am spiritually."

What's all the buzz about?

B

ees, wasps, and hornets are the deadliest non-human animals in

America. According to the Centers for Disease Control and Prevention, bee, wasp, and hornet stings cause an average of 58 deaths yearly, and the best way to avoid being stung is prevention.

These insects sting primarily to defend themselves, their hives and nests.

Effective prevention means not attracting bees and wasps, and not frightening them when they are present.

Tips to Avoid Bee and Wasp Stings

- Be careful when mowing the lawn or trimming vegetation, activities that might arouse insects in a beehive or wasp nest.
- Remain calm if a bee or wasp is flying around and slowly walk from the area. Swatting at the bee may cause it to sting.
- Be aware when drinking sweet beverages outside, as they will attract bees and wasps. Wide, open cups may be your best option because you can see if a bee is in them.
- Tightly cover garbage and recycling cans.
- Avoid wearing loose clothing, which can trap bees between the cloth and your skin.
- Wear clean clothing and bathe daily as sweat may anger bees.
- Avoid fragrances, lotions, and scented soaps that may smell like flowers.
- Wear close-toed shoes when walking outside.
- When driving, keep your windows rolled up. If a bee comes inside your vehicle, stop the car slowly, and open all the windows.
- If you are attacked by several bees or wasps at once, run to get away from them. Bees release a chemical when they sting, which may attract other bees.
- Have hives and nests near your home removed by a professional.

Bee and wasp stings can produce different reactions, ranging from temporary pain and discomfort to a severe allergic reaction. Most of the time, sting symptoms are minor and include:

- Instant, sharp burning pain at the sting site
- A red welt at the sting site
- Slight swelling around the sting area

Treatment of Bee and Wasp Stings

- Remove the stinger immediately. Scrape the stinger out using a credit card or fingernail.
- Wash the sting site with soap and water.
- Apply a cold compress to the site for 20 minutes every hour as needed.
- Take an over-the-counter pain reliever as needed to ease discomfort.



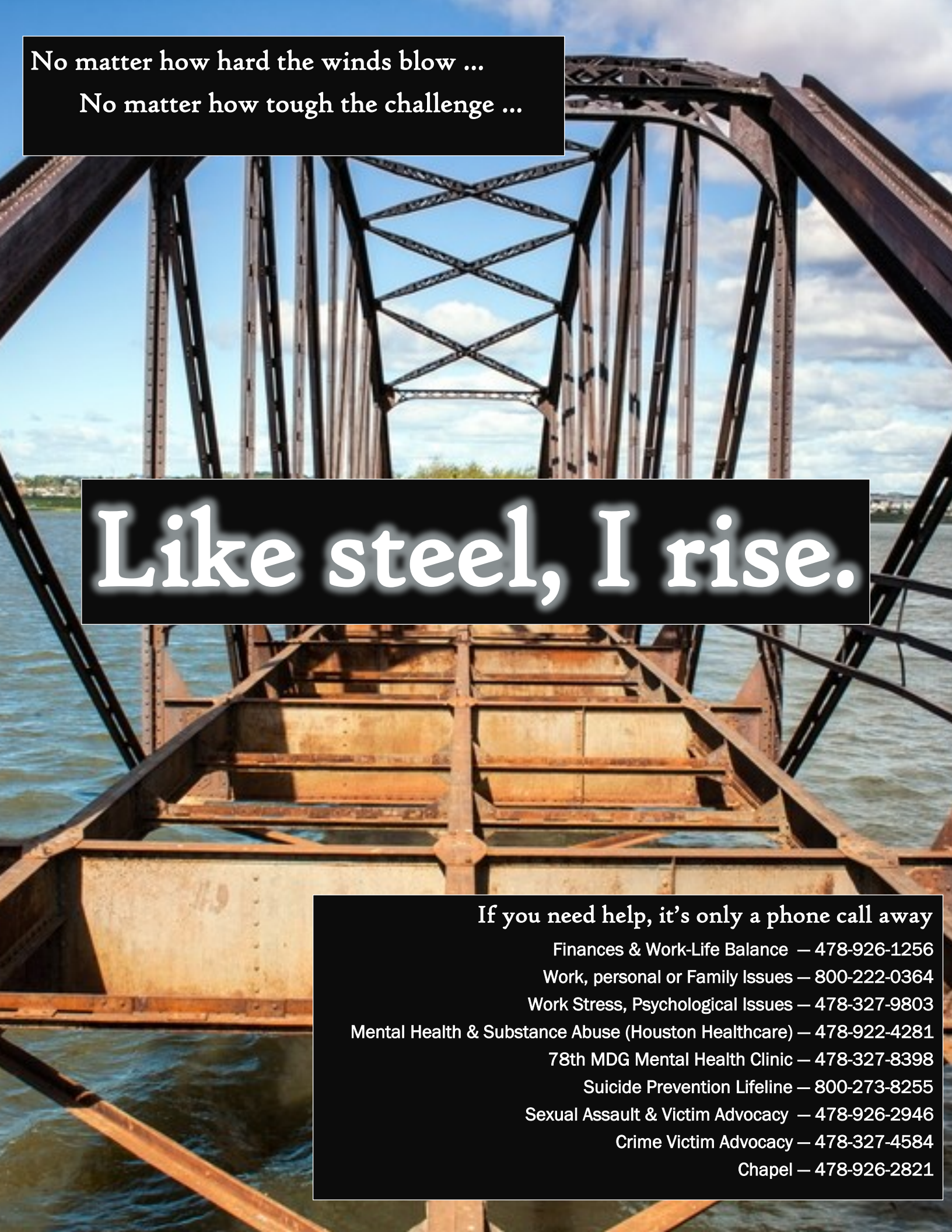
Severe Allergic Reaction to Stings

A severe allergic reaction to bee stings is potentially life-threatening and requires emergency treatment. Signs and symptoms of a severe allergic reaction include:

- Skin reactions, including hives, rash, and itching skin
- Difficulty breathing
- Swelling of the throat and tongue
- A weak, rapid pulse
- Nausea, vomiting, or diarrhea
- Dizziness or fainting

Call 911 or other emergency services if you or someone you know is having a serious reaction to a bee or wasp sting, even if it's just one or two symptoms. Also, seek prompt medical care if you've been swarmed by bees and have multiple stings.

Civilian Health Promotion Services will be offering educational briefings on summertime safety during June. For more information, visit AFMCwellness.com, or contact your local CHPS team. Comprehensive information on bees, wasps, and hornets can be found on the Centers for Disease Control and Prevention website, www.cdc.gov.



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

Like steel, I rise.

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

Finances & Work-Life Balance — 478-926-1256

Work, personal or Family Issues — 800-222-0364

Work Stress, Psychological Issues — 478-327-9803

Mental Health & Substance Abuse (Houston Healthcare) — 478-922-4281

78th MDG Mental Health Clinic — 478-327-8398

Suicide Prevention Lifeline — 800-273-8255

Sexual Assault & Victim Advocacy — 478-926-2946

Crime Victim Advocacy — 478-327-4584

Chapel — 478-926-2821



WORKLIFE4YOU

Civilians - Simplify Your Life

Call Toll-Free for Expert Guidance

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

Get Personalized Matches

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

Request Free Educational Materials

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

Online Tools and Info

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

1-800-222-0364

Worklife4You.com

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

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



What's Happening

78th FSS

Robins Skeet Range

June 17

Noon to 6 p.m.

\$20 Includes 50 targets and lunch

Robins Skeet Range - 478-926-4733

Triathlon

June 17

8 a.m.

12.9 Mile Bike, 5K Run & 500 M Swim

Pre-Register by June 15

Fitness Center - 478-926-2128 or DSN 468-

2128

Summer Break Youth Programs

Open Recreation

Now through July 25

7 a.m. to 6 p.m.

Nonmembers \$20 / Members \$17

12 to 6 p.m. Nonmembers \$8 / Members \$5

3 to 6 p.m. Nonmembers \$3 / Members free

Youth Center - 478-926-2110 or

DSN 468-2110

Tips from the Pro

Tuesdays, 5 to 6 p.m.

All the balls you can hit for \$5

Pine Oaks Golf Course - 478-926-4103 or

DSN 468-4103

Tips from the Pro

Tuesdays, June 20 & 27

5 to 6 p.m.

All the balls you can hit for \$5

Pine Oaks Golf Course - 478-926-4103 or

DSN 468-4103

Bowling Movie Days

2 to 4 p.m.

June 21 - "Moana"

June 28 - "Sing"

Bowl three games with shoes & popcorn for \$5 per person

Bowling Center - 478-926-2112 or DSN 468-2112

Car & Bike Show

June 24

11 a.m. to 4 p.m.

Live entertainment, bounce houses for kids & adults, base pool open for attendees, food & refreshments

Heritage Club bldg. 956

Outdoor Recreation - 478-222-1107 or DSN 472-1107

Sunday is Father's Day

Base Library Father's Day Craft Event

Through June 16

All Day

Base Library - 478-327-8761 or DSN 497-8761

Father's Day Golf Special

June 18

Dad plays FREE

Everyone who is playing with Mom \$28 for 18 holes and \$14 for 9 holes

Pine Oaks Golf Course - 478-926-4103 or DSN 468-4103

Father's Day Bingo Special

June 18

Father gets regular paper pack half price

2:15 p.m.

Heritage Club Bingo Room - 478-926-4515 or DSN 468-4515

Father's Day Bowling Special

June 18

Dad bowls Free with every paid game

Bowling Center - 478-926-2112 or DSN 468-2112

Membership Country Dinner

Members and Immediate Families Only

June 19

5 to 7 p.m.

Chicken Fried Steak, Chicken Nuggets, Mashed Potatoes, White Pepper Country Gravy, Vegetable, Mac 'N Cheese, Potato Salad, Hot Dogs, Desserts and Beverages
Heritage Club Ballroom - 478-926-2670 or DSN 468-2670

Reading by Design at the Base Library

June 28

register by June 21

Ages: Pre-K - Adult

Base Library 478-327-8761 or DSN 497-8761

Scotch & Cigar Night

June 28

5 to 7:30 p.m.

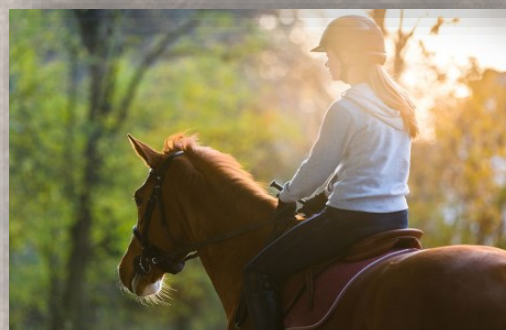
\$5 per person

Open to all base personnel 21 years or older

Pine Oaks Golf Course - 478-926-4103 or DSN 468-4103

Heritage Pool Hours of Operation

Monday, Tuesday, Thursday & Friday 1 to 6 p.m.; Saturday & Sunday 11 a.m. to 6 p.m.





Parting Shot

Airman First Class Rashard Howard, 116th Engineering Equipment operator, cuts into a fallen oak tree at Robins Air Base Wing, June 8. Howard is training with the 78th Civil Engineering Squadron as they clear fallen trees around the installation. (U.S. Air Force photo/TECH. SGT. KELLY GOONAN)