



## 101 Critical Days of Summer

The National Safety Council estimates 400 people will be killed and 35,000 others injured in various types of accidents during the Labor Day weekend. Don't end your summer tragically. To learn how not to become a statistic, visit [www.nsc.org](http://www.nsc.org).

Keep everyone alive; don't drink and drive.  
Call Airmen Against Drunk Driving at 478-222-0013 or DSN 472-0013.

## Summertime Safety



# ROBINS REV-UP

August 28, 2014 Vol. 59 No.34

## Air Force secretary sees Robins' wow factor

BY JENNY GORDON  
[jenny.snider.ctr@us.af.mil](mailto:jenny.snider.ctr@us.af.mil)

Secretary of the Air Force Deborah Lee James visited Robins Air Force Base last week to get an up close look at the installation's diverse and dynamic missions.

This was the Secretary's first visit to the installation, where she spent two days touring several areas of Georgia's largest industrial complex, taking an opportunity to meet with active duty, Guard, Reserve, civilians and contractors at Headquarters Air Force Reserve Command, the Warner Robins Air Logistics Complex, 78th Air Base Wing and the 116th and 461st Air Control wings.

During a Robins All Call conducted Friday at the Museum of Aviation, James described the experiences of her visit, confirming what she'd heard about the excellence evident at the base.

"I think you bring the wow factor to the United States Air Force. I have been uniformly impressed with everyone I have met, with all of the missions you are working on, as well as the energy, passion,

dedication and professionalism that you are bringing in each of your respective areas," she said.

She outlined her top three priorities of taking care of people, balancing today's readiness with tomorrow's modernization and the importance of making every dollar count.

James said she was encouraged by success stories she learned while at Robins, such as better communication efforts, teamwork and the focus on processes, procedures and safety, which all contribute to a good work environment.

"You've been an extremely busy team, with everything from flying sensitive reconnaissance missions, to deployed air traffic control, to depot-level maintenance, as well as partnering with your local community in many ways," the Secretary continued.

She spoke on the importance of readiness, citing recent events in Iraq and how the Air Force must be able to respond when needed.

She also predicted the Air Force of the future

► see SECAF, 5



U.S. Air Force photo by RAY CRAYTON

Lt. Col. Jennifer Hammerstedt, 402nd Aircraft Maintenance Group commander; Lt. Gen. Bruce Litchfield, Air Force Sustainment Center commander; Brig. Gen. Walter Lindsley, Warner Robins Air Logistics Complex commander; Secretary of the Air Force Deborah Lee James; and Robbie Tidwell, American Federation of Government Employees Local 987 president; join members of Team Robins Friday in a rallying call at Hangar 47 during the secretary's visit to the 402nd Aircraft Maintenance Group.

## NEWS

### YOU CAN USE

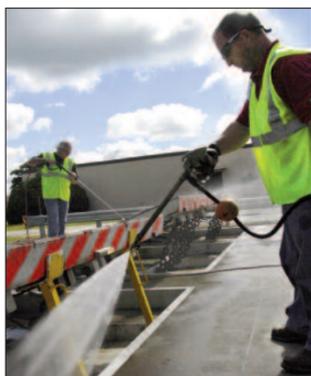


#### Air Force Ball

Robins' 2014 Air Force Birthday Ball, themed "A Hero's Welcome," will take place Sept. 20 in the Museum of Aviation's Century of Flight Hangar.

The event is set to kick off at 6 p.m. with a social hour before the bell rings signaling formal festivities at 7 p.m.

Tickets are \$30 and on sale from unit representatives.



#### Gate maintenance

Gate 14, the Russell Parkway Gate, will be closed Tuesday from 9 a.m. to 3 p.m.

Routine gate closures allow the 78th Civil Engineer Squadron to perform maintenance on vehicle barriers.

All gates will be closed from 9 a.m. to 3 p.m. according to the following schedule: first Tuesday of the month – Gate 14, Russell Parkway Gate; second Tuesday of the month – Gate 3, Watson Boulevard Gate; and the third Tuesday of the month – Gate 1, Green Street Gate.



The Classy Chassy, a C-60 Lodestar, is towed through the streets of Robins Air Force Base Aug. 20 from the Museum of Aviation. The World War II era twin-engine transport aircraft is scheduled for airlift on a C-5 from the base to Air Mobility Command Museum at Dover Air Force Base, Del. next week. During World War II, the Army Air Forces used the aircraft for training and transporting personnel and freight. A Dover disassembly team helped the Museum of Aviation staff prep the aircraft for the move.

## Looking for a chance to show your resiliency?

BY JENNY GORDON  
[jenny.snider.ctr@us.af.mil](mailto:jenny.snider.ctr@us.af.mil)

When things get tough, what do you do to get through your day at work or at home? If you had an opportunity to write a very simple sentence on what makes you resilient, how would it read?

A special event will take place Sept. 12 that will give members of the Team Robins family a chance to highlight their resiliency – defined as the ability to withstand, recover

and grow in the face of stressors and changing demands.

A resiliency campaign, known as "I am Resilient Because ...," will be part of an interactive, community-based effort to promote the four pillars of Comprehensive Airmen Fitness – mental, physical, social and spiritual.

Volunteers may come to Bldg. 610 from 9 to 11 a.m. on Sept. 12 to have an opportunity to show what makes them resilient. You will be able to create individualized messages, which will appear through photo-

graphs and video.

Everyone in the community is invited to attend, to include all military members in the Air Force, Army and Marines, Navy, active duty, Guard, Reserve, retired members, civilians, contractors, spouses and family members.

"Resiliency is being able to bounce back from difficult life events, to keep growing in the face of challenges and adversity," said Capt. Nicole Campbell, Robins Air Force Base Suicide Prevention Program

► see RESILIENCE, 5

U.S. Air Force photo by MISUZU ALLEN

Patricia Williams, Houston County hospital worker, performs traditional Cherokee music in honor of Native American Indian Heritage during the base Diversity Luncheon at the Heritage Club Tuesday. The event highlighted presentations from all five cultural subcommittees as part of Diversity Month.



## Base celebrates unity, cultural differences

BY BRIAN SHREVE  
Robins Public Affairs

The Heritage Club Ballroom was alive with a harmonious buzz Tuesday with the United through Diversity Luncheon, a highlight of what has been a month-long celebration of cultural differences.

The event included artwork, memorabilia and other displays from various ethnic and social groups, representing each of five base subcommittees – Women's History and Equality, Asian-American and Pacific Islander Heritage, Black Heritage and Lesbian, Gay, Bisexual and

Transgender Pride.

Col. Christopher Hill, Installation commander, delivered opening remarks before finger foods were served to what was a substantial crowd on hand for the ceremony.

"This is a great day and the culmination of a great month," said Hill. "Diversity is one of our great strengths in the Air Force. All of us coming together is an example of how strong we are."

Hildred Jones, Defense Logistics Agency customer support specialist, spoke of the origins of Diversity Month, which stems from a presidential order that promotes inclusion and

fairness in federal workplaces.

"We work better together with our differences, not despite them," said Jones, who served as event coordinator.

Members from each subcommittee delivered presentations honoring their culture, beginning with Trish Williams' rendition of traditional Cherokee songs on behalf of National American Indian Heritage.

"I'm honored to be invited to show people this culture that has overcome a lot," she said. "I'm proud of it and want to teach it and keep it alive."

► see DIVERSITY, 5

# Second Front

## Isakson visits Robins



U.S. Air Force photo by TOMMIE HORTON  
Lt. Col. Philip Eilertson, Marine Aircraft Group 49 Detachment A commanding officer, shows Sen. Johnny Isakson the interior of an AH-1W Super Cobra attack helicopter during the senator's visit to Robins Saturday. While here, Isakson also visited the 561st Aircraft Maintenance Squadron.

## NOW OPEN FOR BUSINESS

U.S. Air Force photo by MISUZU ALLEN  
Staff Sgt. Kaitlyn Salvatore, 461st Maintenance Group training manager and Staff Sgt. Daniel Letchworth, 78th Communications Directorate radio maintenance, look at clothes for their daughter at the Airman's attic grand opening Monday. The volunteer-run facility, which relocated to the old Outdoor Recreation Center in Bldg. 914, provides E-1s to E-5s and O-1s and O-2s with free items donated by the community. Those items include things such as clothing, furniture, small appliances and electronics. New hours are Tuesdays from 9 a.m. to noon; Thursdays from 3 to 6 p.m., with the last Saturday of each month open as needed.



## Military Retiree Appreciation weekend Sept. 26

The Retiree Activities Office is sponsoring the Annual Military Retiree Appreciation Weekend, Sept. 26 through 28.

The fair will provide on- and off-base organizations which support retirees to introduce themselves and provide education on available resources and services.

A job fair at the Heritage Club kicks off the weekend Sept. 26 from 9 a.m. to 1 p.m. Saturday's activities begin at 6:30 a.m. with a pay-as-you-go breakfast at the Wynn Dining Facility.

Briefings begin at 9 a.m.

Col. Chris Hill, Installation commander, will speak to attendees. Other briefings may be provided by the base

pharmacy, immunization clinic, TRICARE, security forces and others.

A pay-as-you go lunch will be available in the Heritage Club's Pizza Depot from noon until 1 p.m.

A vendor fair will be held in the Heritage Bingo Room from noon to 4 p.m.

Local businesses and organizations can set up a vendor table at no charge on a first-come, first-served basis. Set up for the event will be from 10:30 a.m. to noon.

All local veterans organizations are encouraged to participate.

Drawings for door prizes will be held from 1:30 to 4 p.m. in the Heritage Club Bingo Room.

## ALL IN A DAY'S WORK

**Airman 1st Class Angela Kritsikokas**

**UNIT:** 78th Dental Squadron

**JOB TITLE:** Dental assistant

**TIME IN SERVICE:** Two years

**HOMETOWN:** Bayville, N.J.



**What does your work involve?** "I support dental care delivery by assisting in various procedures such as exams, fillings, crowns, root canals, veneers and oral surgery. I also take dental radiographs and manage the administration portion of dental records"

**How does your work contribute to the Robins mission?** "Assuring our patients meet the Air Force IMR (Individual Medical Readiness)."

**What do you enjoy most about your work?** "Having the satisfaction of helping patients with their smile."

**What prompted your interest in your current career field?** "During my senior year of high school, I took a vocational class for dental assistance and became certified in N.J. Since then, my interests sparked in the career field."

**Who has been the biggest influence in your life?** "My mother. She showed me how a positive attitude can influence other people in a great way."

**What's something people would be surprised to know about you?** "I am 100 percent Greek."

**What is an accomplishment you are most proud of?** "My entry into the Air Force."

**What's your favorite food? Movie?** "Grilled octopus and 'Life of Pi.'"

# In the Spotlight

## *Training Days*

Defenders  
learn self defense,  
combat skills

U.S. Air Force photos by MISUZU ALLEN AND ED ASPERA  
Seventy Eighth Security Forces Squadron Airmen conducted Shoot, Move and Communicate, and Combatives training at the EOD Range and fitness center annex respectively Aug. 19 and 21. During the SMC training, Airmen hone their skills on how to react. Participants go over different firing positions, fighting stances, maneuvers and communications while targeting the enemy.



Combatives training includes self defense, weapons retention, hand-to-hand combat, submission holds and non-lethal techniques and strikes. The two-part training starts in the morning with intense warm-ups and stretching, followed by basic fighting techniques, including a light sparring session with a partner to recap all of the techniques taught as it applies in use-of-force regulations.



# Around the Air Force

## CMSAF discusses 'way ahead' for Airmen

**JACKSONVILLE, Fla. (AFNS)** – The Air Force's top enlisted leader focused on the future force, the new enlisted evaluation system and professional development during the Air Force Sergeants Association Professional Airmen's Conference Aug. 19.

Chief Master Sgt. of the Air Force James Cody addressed an audience of Airmen, former enlisted and retired NCO members of the association and discussed the challenges of a smaller Air Force and the impact it's having and will have on its Airmen.

Cody emphasized that today and tomorrow's Air Force will be the smallest, most globally engaged force in its history, and that programs such as evaluations, promotions and professional education will need to evolve as the Air Force evolves.

"If we're going to develop future leaders, and ask them to do things that we don't even know have to be done today, then we have to evolve," said Cody.

He also said he believes that Airmen develop along a path much like the structure of a pyramid.

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

## Changes to academic degree and developmental education expectations

**WASHINGTON (AFNS)** – Air Force officials announced actions designed to set clear expectations, restore Airmen's time and refocus officer promotions on job performance.

The Air Force has addressed long-standing perceptions that to be promoted, officers must complete an advanced academic degree, and those officers selected by a promotion board to attend developmental education in-residence, are expected to first complete that same level of developmental education by correspondence.

"My No. 1 priority is taking care of people, and these initiatives aim to do just that," said Secretary of the Air Force Deborah Lee James.

"Our intention is to set clear expectations and ensure that, where possible, we give time back to our officers," added Air Force Chief of Staff Gen. Mark Welsh III.

Effective Dec. 1, advanced academic degrees will no



U.S. Air Force photo by STAFF SGT. JEREMY BOWCOCK

## TORCH LABOR

Staff Sgt. Jesse Mitchell, 557th Expeditionary RED HORSE Squadron pavement and equipment operator, cuts a metal structure with a blow torch in Southwest Asia. Airmen from the 557th are establishing permanent structures to replace tents being used as passenger terminals. The unit is comprised of Pennsylvania Air National Guard members deployed in support of Operation Enduring Freedom.

longer be considered for officers meeting line-of-the-Air Force promotion boards below the grade of colonel.

Also, information provided to all promotion board members will only show the "completed" level of developmental education or whether the officer is a "select" to attend in-residence. The method and year of completion will no longer be displayed.

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

## CSAF Call to Airmen: 2015 Reading List

**WASHINGTON (AFNS)** – For the past eight years the chiefs of staff of the Air Force along with the chief master sergeants of the Air Force, have created a comprehensive reading list of motivating and inspiring material that invigorates and gives a perspective to Airmen in their Air Force careers, highlighting a common theme.

The Chief of Staff of the Air Force Gen. Mark A. Welsh III has issued a call to all Airmen, to help create the 2015 CSAF Professional Reading Program, asking

for submissions that center on the profession of arms and more specifically the Air Force core values: integrity first, service before self and excellence in all we do.

"I ask you to give me your thoughts on those books and movies that have inspired you throughout your service as an Airman, that have made you proud to be among the half-a-percent of Americans who've dedicated themselves to the profession of arms, or gave you a new perspective on integrity, service, or excellence," Welsh said.

The list has inspired and highlighted many areas throughout the years of its existence to include books, conferences, films, art and photographs that give sight into the military way of life and Air Force core values.

"A list will be built that will make our Air Force stronger," Welsh said. "I'm excited to hear from you and excited to read some terrific books recommended by the greatest Airmen in the world! Thanks for all you do."

To view the current 2014 CSAF reading list visit <http://static.dma.mil/usaf/csafreadinglist/index.html>.

## Perspective

# 15 seconds: A rude awakening

BY AIRMAN 1ST CLASS CLIFFTON DOLEZAL

19th Airlift Wing Public Affairs

**LITTLE ROCK AIR FORCE BASE, Ark. (AFNS)** – Gut-wrenching screams, shattering glass and the unforgettable sound of metal twisting around me as my truck rolls over and over ...

I thought those were going to be my last memories.

April 12, 2012, started out like any other Thursday for me. I woke up early enough to take a quick shower and grab some breakfast before heading to work. I was working a double that day, so I made sure to grab a coffee.

It was a 45-minute drive to work, which gave me time to finish my cup a joe and relax before I spent the rest of the day on my feet.

Halfway through my shift, I got a call from my girlfriend, who was elated to find out her Friday classes had been canceled, and she had a three-day weekend.

Any other time I'd have told her I was on my way and make the three-and-a-half-hour trek to Ball State University to bring her home. Instead, I decided to tell her I had to work, and that I wouldn't be able to make it until Friday night. I was lying. I wanted to surprise her.

After finishing my shift, I made the 45-minute drive back home and got ready to make the drive to Muncie, Ind. I asked my sister if she'd like to join me to surprise Nicole, and we hopped into the truck and were on our way.

I remember not feeling as tired as I had thought I would be. In hindsight, I'm sure I was just too eager to surprise Nicole and unable to perceive the drowsiness and lethargy that were creeping over me.

### We helped her pack

We hit the road around midnight. We talked and laughed most of the way home, but it was late. Before long, my sister fell asleep and Nicole laid her head on my shoulder and dozed off too.

After 30 minutes of driving without someone to keep me company, the fatigue of work and more than seven hours on the road started to get to me.

With the heat blowing full blast to keep the frigid weather at bay, no music and no one to talk to, my eyes grew heavy and my concentration slowly deteriorated.

My head started to bob, and my eyes shut as we started to cross the shoulder of the road. I quickly woke feeling the roughness of the shoulder and pulled the truck



U.S. Air Force illustration by STAFF SGT. JAMAL SUTTER

**Airmen and their families hit the road every summer to travel and enjoy a little relaxation. When making travel arrangements that involve driving long distances, be sure to get enough rest the night before and take breaks as needed.**

back on the road. I looked at my sister and Nicole to see if they woke up during our little detour, but they hadn't moved an inch.

That sluggish, drowsy feeling quickly returned. As we crossed the county line, I remember saying, 'We'll be home in 10 minutes guys.' I was so tired I don't remember if I actually said it or just thought it.

After more than seven hours of driving I turned on the cruise control. I remember stretching and thinking about sleeping. The thought got the best of me, and I got my wish.

### I was asleep

Flying down Ind. Highway 10, with the cruise control set to 60, my truck started to creep across the centerline carrying us to an unknown fate. We were in the other lane facing oncoming traffic, but the truck still pulled left taking us onto the bank of a 10-foot ditch. Riding completely on the two left tires, I woke up. I remember starting at a telephone poll 15 yards from us. I gripped the wheel and ripped it to the right. Still traveling 60 mph, the truck began rolling.

Nicole and my sister woke up to the sound of breaking glass and the airbags deploying as the truck slammed into the ground. We were stopped by a tree 40 yards from where we originally started rolling.

### 15 seconds

We came to a complete stop upside down with the driver's side pinned against the tree. I released my seatbelt and fell against the roof of the vehicle.

## Helpful tips to fight, prevent fatigue while driving:

- **Sleep – Get at least eight hours of sleep prior to a long drive.**

- **Sit up straight – Slouching down in a seat can promote sleepiness.**

- **Take a break – For every two or three hours of driving, try to pull over and get at least 20 minutes of rest or even take a nap if you can.**

- **Avoid heavy meals – Larger meals tend to make us feel lethargic. If you have to eat try and keep it light when driving long distances.**

- **Caffeine – One to two cups of coffee is actually good for you and a better alternative than carbonated beverages such as pop and energy drinks. But do not rely on it to keep you awake.**

After checking to see if everyone was alright, I began kicking out the front windshield and helped Nicole and my sister out of the vehicle. Once out, we ran to the road and flagged down the next vehicle we saw to call 911.

### We were lucky

We all walked away with only minor injuries.

According to the National Sleep Foundation, 60 percent of drivers – about 168 million people – say they've driven drowsy. More than a third – 37 percent or 103 million people – have actually fallen asleep at the wheel.

Of those who have nodded off, 13 percent say they have done so at least once a month. Four percent – about 11 million drivers – admit they've had an accident or near accident because they dozed off.

## ROBINS REV-UP

COMMANDER  
Col. Christopher Hill

## HOW TO CONTACT US

Robins Public Affairs  
620 Ninth Street, Bldg. 905  
Robins AFB, GA 31098  
468-2137  
Fax 468-9597

## 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](mailto:lanorris.askew.ctr@us.af.mil) and [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil)

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

## DELIVERY

To report delivery issues, call 472-0802.

The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Robins Rev-Up are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, or Department of the Air Force.

The appearance of advertising, including inserts or supplements, does not constitute endorsement by the Department of Defense, Department of the Air Force, or The Telegraph.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

INTERNAL INFORMATION CHIEF  
Geoff Janes

EDITOR  
Lanorris Askew

PHOTOGRAPHER  
Ray Crayton  
Tommie Horton

STAFF WRITERS  
Jenny Gordon  
Brian Shreve  
Holly Logan-Arrington

## SECAF

Continued from 1

will not only be more technologically advanced but also smaller in an environment of tight budgets.

“What’s our Air Force going to look like?” James asked rhetorically. “It needs to be modern. We need to keep our technological edge and we need to make sure we are more agile. All of this requires us to put policy, process and procedures, and funding in place today.”

The Secretary said there will be continued talk among Air Force leaders on important programs of tomorrow, such as the F-35A Lightning II Joint Strike Fighter, the KC-46A Pegasus tanker, the Long Range Strike Bomber and the future of the Joint Surveillance Target Attack Radar System here.

“We will also invest more in space and in our nuclear enterprise going for-

ward,” she said. “Getting the balance between today and tomorrow is tricky business, particularly in this tight budget environment.”

James thanked employees for their dedication, and said she looked forward to returning in the future to learn more.

“Thank you for everything you are doing here. As I’ve travelled around the Air Force, I haven’t come across any crowd that is more impressive than the people I have met here. Thank you for your focus on people, on readiness, and for your efforts on making every dollar count,” she said.

James is the 23rd Secretary of the Air Force with more than 30 years of defense experience, both in government and in the private sector. In the last several months, she has visited 44 different bases in 23 states, as well as overseas locations, where she has seen Air Force missions at work.

## RESILIENCY

Continued from 1

manager. “We want to know, ‘How do you do that?’”

“We know the definition of resiliency, but how do people exercise it? What do they rely on during times of stress and distress?” she said. “Most of the time it falls under one of the four pillars.”

For example, if you participate in sports, volunteer, attend religious services or are involved in performing arts, how would you answer the question of what

makes you resilient?

“We’re trying to promote self-care,” she said. “You should be focusing on resiliency every day.”

To schedule a time to promote your resiliency efforts during the Sept. 12 event, call Capt. Campbell at 327-8398 or email [Nicole.campbell.6@us.af.mil](mailto:Nicole.campbell.6@us.af.mil). As this is an ongoing campaign, if you are unable to make it Sept. 12, please call for future alternate dates.

Be on the lookout for other communication tools as part of this ongoing resiliency campaign across Robins.

## DIVERSITY

Continued from 1

The luncheon continued with an AA&PIH observance, featuring lessons in Japanese origami by Airman Luke Hoang, 78th Communications Directorate secure network infrastructure technician, as the audience made their own attempts at the art form.

A poetry monologue was then performed by Senior Airman Princeter Fazon, 78th Comptroller Squadron quality assurance manager and LGBT Pride Month committee member.

Speaking for Hispanic Heritage was Lorenzo Davila, Life Cycle Management Center C-130 Technical Coordination

Group country manager, who performed the Mexican tradition of cascarones – a tradition involving busting confetti-filled eggs over each other’s heads for luck – with Tech Sgt. Lizeth Martinez, Diversity Committee chair.

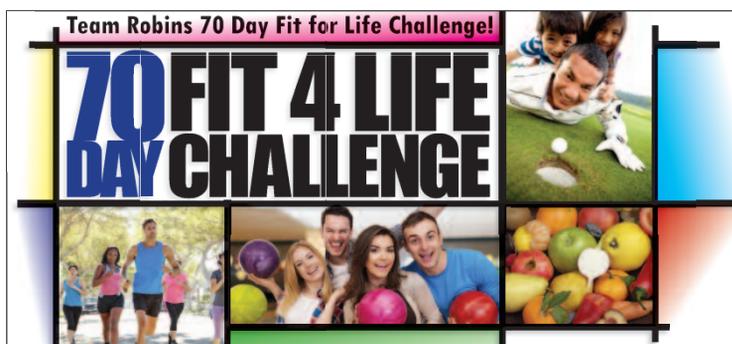
On behalf of Women’s History and Equality, Tech Sgt. Tiffany Jackson, 78th Logistics Readiness Squadron customer service, and Tech Sgt. Adria Edwards, 78th bioenvironmental engineering flight, read poetry by notable women, including Maya Angelou. Robert Hayes, an Atlanta performance artist, wrapped up the observances with a show of African pantomiming in honor of Black Heritage.

The luncheon marked one of several events as part of Robins’ inaugural Diversity Month.

# A Better You



U.S. Air Force photo by MISUZU ALLEN  
**Scott Peavy, 78th Force Support Squadron recreation assistant, talks with the members of Team Robins during 70 Day Fit 4 Life Challenge kick-off at the main base gym Aug. 22. See information at right to learn how you can participate.**



Registration for the Team Robins 70 Day Fit 4 Life Challenge has begun. The fitness challenge officially runs through Oct. 31.

Initial assessments will be Mondays through Thursdays. The challenge is open to all base ID cardholders and their families.

Enter individually or in teams of four. Challenge and compete with friends and family.

**Earn points for:** working out; bowling; golfing; participating in events at 78th Force Support Squadron facilities; renting from Outdoor Recreation; partaking in CDC and Youth Center activities; attending classes at the Health and Wellness Center; and making healthy meal choices at the Base Restaurant, On-Spot Café, Fairways Grille and Pizza Depot.

Individuals and teams may register at the Fitness Center, Bldg. 826.

Family teams may register at the Youth Center, Bldg. 1021, Family Child Care, Bldg. 942, and Child Development centers, Bldgs. 943 and 946.

## Civilian Health Promotion Services

You're always invited to join Civilian Health Promotion Services in the Fitness Center Annex conference room in Bldg. 301, east wing, Wednesdays at 1 p.m. for a weekly wellness class. Classes are open to anyone with base access. Classes typically last 45 to 60 minutes.

Call DSN 497-8034 or email [April.Gray.2.ctr@us.af.mil](mailto:April.Gray.2.ctr@us.af.mil).

### Upcoming classes:

- ▶ **Super Market Shopping** - Wednesday
- ▶ **Nutrition Labels** - Sept. 10
- ▶ **Benefits of Exercise 2** - Sept. 17
- ▶ **Cholesterol Education** - Sept. 24
- ▶ **Women's Health Part 1** - Oct. 1
- ▶ **Men's Health Part 1** - Oct. 8
- ▶ **Women's Health Part 2** - Oct. 15
- ▶ **Super Market Shopping** - Oct. 22

For a calendar of all CHPS classes and health screenings, visit [AFMCwellness.com](http://AFMCwellness.com).

**Editor's note:** *Workload permitting and with prior supervisory permission, employees may be excused to attend CHPS classes. Employees may use any leave options that are available to them.*

*As a reminder, full-time employees may be excused with no charge to leave, up to a combined total of three hours per week for fitness and wellness initiatives.*

## Chill Out ... the safe way

BY SENIOR AIRMAN  
**GARRY MITNAUL**

Public Health technician



When you're getting ice for your beverages at work, do you ever stop to think about inspecting the ice machine first?

Most would say no. But, if you make that journey to the ice machine, it's important to understand some preventive measures to ensure your safety.

Things to consider when handling ice machines or scoops:

Wash your hands before you get ice. Even when there's a scoop, you should always wash or sanitize your hands. That minimizes the chance of cross contamination.

Always use an ice scoop when retrieving ice for all purposes including consumption. Never handle ice directly with your hands.

Ice scoops should be properly stored in an appropriate holding container.

Never leave the ice scoop in the machine because the handle could be contaminated with bacteria.

Bacteria can transfer to the ice, and it can contribute to illnesses such as Norovirus, Salmonella, and Shigella with associated symptoms such as diarrhea, nausea, stomach pain and body aches.

According to "**Food Code U.S. Public Health Service FDA 2005 para. 3-304.11 (A) Food Contact with Equipment and Utensils,**" food should only contact surfaces of equipment and utensils that are cleaned and sanitized.

The code also states that during pauses in food preparation or dispensing, utensils should be stored in a clean, protected location if the utensils, such as ice scoops, are used only with a food that's not potentially hazardous.

There are various myths surrounding ice, and despite its reputation as the forgotten food, it can't escape the risk of food-borne illnesses from unclean or unsanitary equipment.



# SKY COUNTRY



Tuesday, September 2<sup>nd</sup>  
7:00PM  
Outdoor Amphitheater

Ga. Highway 247 at Russell Parkway  
Warner Robins, Ga. 31088



Performance is free and open to the public

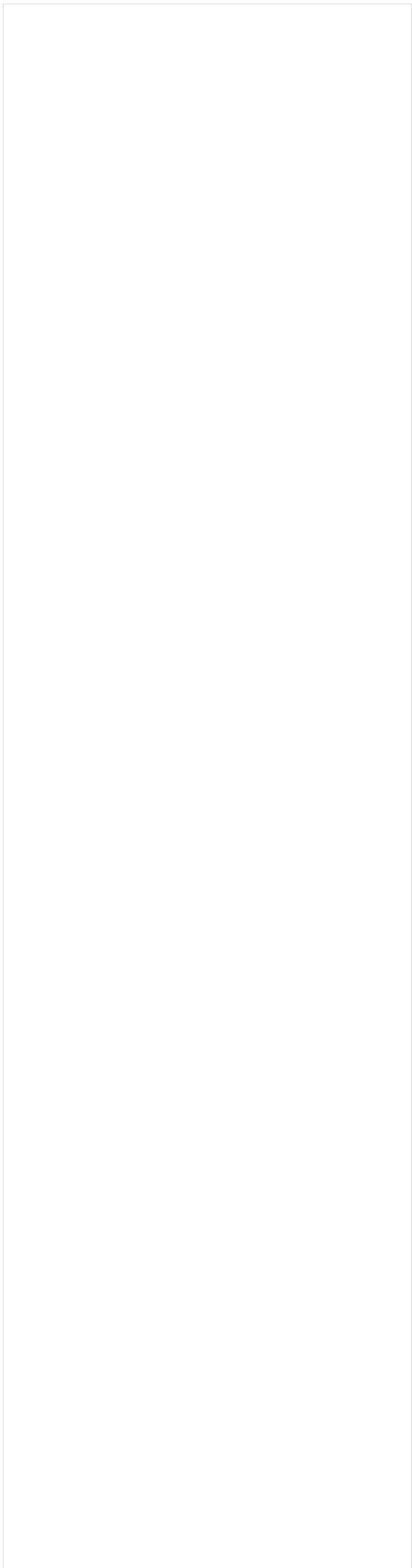
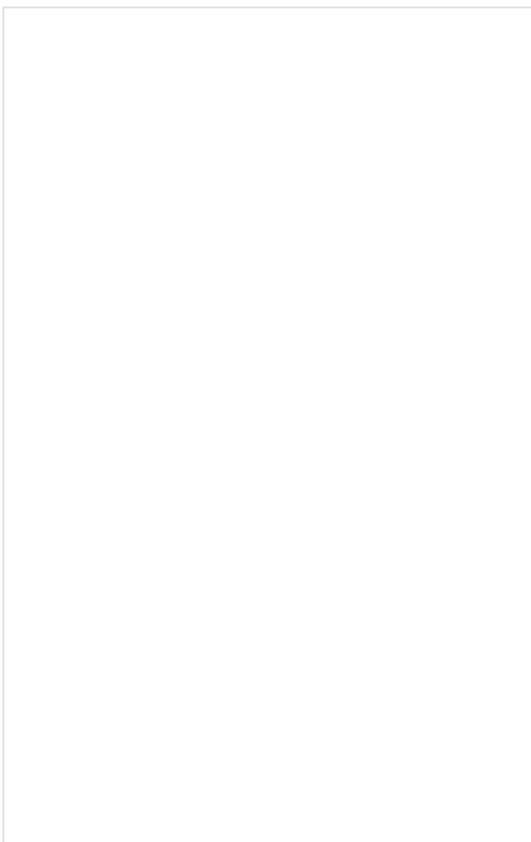


[WWW.BANDOFTHWEST.AF.MIL](http://WWW.BANDOFTHWEST.AF.MIL)



## Robins Air Force Base on Facebook

Check out Robins on Facebook.  
Get regular news updates and other base information.  
Visit [www.robins.af.mil](http://www.robins.af.mil) and click on the Facebook link.



# Out and About

|             |            |            |            |            |            |            |
|-------------|------------|------------|------------|------------|------------|------------|
| <b>THUR</b> | <b>FRI</b> | <b>SAT</b> | <b>SUN</b> | <b>MON</b> | <b>TUE</b> | <b>WED</b> |
| <b>28</b>   | <b>29</b>  | <b>30</b>  | <b>31</b>  | <b>1</b>   | <b>2</b>   | <b>3</b>   |

**ON TAP**  
**Atlanta Braves Game**  
 Braves vs. Marlins  
 Saturday  
 Cost is \$50  
 Includes transportation,  
 entry and 755 Club access.  
 For details,  
 call 468-4001.

**UPCOMING**  
**Awana Clubs**  
 Begins Wednesday  
 6:15 p.m.  
 Volunteers needed.  
 For details,  
 call 497-3780 or email  
 athenaromo.ctr@us.af.mil.

**Military Retiree**  
**Appreciation Weekend**  
 ►Sept. 25 through 27 – com-  
 missary case lot sale 9 a.m.  
 to 5 p.m.  
 ►Sept. 27 – Military retiree  
 pay-as-you-go breakfast,  
 briefings open at 5:30 a.m.  
 ►Sept. 27 – yard sale, 8 a.m.  
 to Noon  
 ►Sept. 28 – golf tourna-  
 ment, 1 p.m.

**Job Fair**  
 Sept. 26  
 9 a.m. to 1 p.m.  
 Heritage Club  
 Open to all Team Robins  
 members and eligible family

members with base access.

**ONGOING**  
**Afterburner**  
**August Special**  
 Base Restaurant, Bldg. 166  
 Monday through Friday  
 5:30 a.m. to 1 p.m.  
 Espresso Marble  
 For details,  
 call 472-7827.

**Before and**  
**After School Care**  
 Youth Center  
 For details,  
 call (478) 327-6834  
 or 497-6834.

### Education Fair set for Sept. 5

The Robins Education and Training Office will host an Education Fair at the Heritage Club Ballroom Sept. 5 from 10 a.m. to 1 p.m. All base personnel, retirees and family members interested in learning more about educational opportunities available are invited. Representatives from about 30 colleges and universities from throughout the U.S. will be in attendance to provide information on their programs. For information, call 497-7312.



U.S. Air Force photo by ED ASPERA

## Base hosts Special Olympics Bowling Tourney

High scorers celebrate during the awards ceremony Aug. 23 at Robins Lanes. The facility played host to the Special Olympics Georgia Master's Bowling Tournament Aug. 22 through 24. More than 1,000 athletes, partners and coaches participated in the event which split its time between the base and the Gold Cup Bowling Center on Russell Parkway. The event included singles, unified team and ramp bowling competitions as well as health screenings for the athletes.

# ROBINS FAMILY DAY, LABOR DAY HOURS

*Have a safe Labor Day*



**FSS OPEN FRIDAY**

- ▶ Afterburner 6 a.m. to 12:30 p.m.
- ▶ NAF Accounting Office normal hours
- ▶ Aero Club 8 a.m. to 4 p.m.
- ▶ Family Campgrounds 10 a.m. to 2 p.m.
- ▶ Fast food cafeteria 6 a.m. to 12:30 p.m.
- ▶ Outdoor Rec 8 a.m. to 5 p.m.
- ▶ Main Fitness Center 8 a.m. to 4 p.m.
- ▶ Mobile Routes 3, 4 & 6 – 7 a.m. to 12:30 p.m.
- ▶ Youth Center normal hours
- ▶ CDC East and West normal hours
- ▶ Bowling Center 11 a.m. to 11 p.m.
- ▶ Golf Course normal hours
- ▶ Education & Training 7:30 a.m. to 4 p.m.
- ▶ ITT 9 a.m. to 5 p.m.

▶ Wynn Dining normal hours

**FSS OPEN MONDAY**

- ▶ Bowling Center 11a.m. to 6 p.m.
- ▶ Golf Course normal hours
- ▶ Main Fitness Center 8 a.m. to 4 p.m.
- ▶ Heritage Club Pool noon to 6 p.m.
- ▶ Wynn Dining normal hours

**EXCHANGE MAIN STORE**

- ▶ Open Friday, 9 a.m. to 8 p.m.
- ▶ Open Monday, 11 a.m. to 4 p.m.

**SERVICE STATION**

- ▶ Open Friday, 6:30 a.m. to 9 p.m.
- ▶ Open Monday, from 10 a.m. to 5 p.m.

**SHOPPETTE/CLASS SIX**

- ▶ Open Friday, 6:30 a.m. to 9 p.m.
- ▶ Open Monday, from 10 a.m. to 5 p.m.

**MILITARY CLOTHING STORE**

- ▶ Open Friday, 9 a.m. to 6 p.m.
- ▶ Closed Monday

**COMMISSARY**

- ▶ Open Friday normal hours
- ▶ Closed Monday

**78th MDG**

- ▶ Closed Friday and Monday

**For more 78th Force Support Squadron information, visit [www.robinsfss.com](http://www.robinsfss.com).  
For more Robins Exchange holiday hours, visit <http://www.shopmyexchange.com>.**