



## INSIDE

VPP making strides, Page A2

116th CES helps Scouts, Page A3

It's all about wingmen, Page A4



**NEW!** The Robins Rev-Up now has two sections

# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

May 15, 2015 Vol. 60 No. 19

## Just Hangin' Around

### Demos help address fall injuries through education, awareness

BY JENNY GORDON  
jenny.snider.ctr@us.af.mil

Full protection was the focus of a two-week campaign across the Air Force as well as various construction and high-risk fields across the country.

At Robins that awareness message is taken to heart each and every day, and this week it included several live demonstrations of how protective equipment is used by professionals in the field.

Outside Bldg. 321, home of the 402nd Maintenance Support Group's Plant Services, harnesses, shock-absorbing lanyards, tie-down anchors and other equipment were showcased to workers, as well as a scenario of how much force can be exerted from a 220-pound weight if the proper fall protection is not used.

Team Robins partnered with the Occupational Safety and Health Administration in support of the message, giving workers like Johnny Watkins, a 402nd MXSG production mechanic, insight and additional information on equipment he uses on the job.

"This is very educational because we're out there in all of this every day," he said.

Coworker Jeff Cravey, 402nd MXSG equipment specialist, agreed.

"We basically have much of what they showed us in our own tool cribs," he said. "Most of the time people tell us how things work, but it's nice to have a demonstration."

A representative from Capital Safety also talked about the do's and don'ts of personal protective equipment. For example, no sharing of PPE is allowed, such as sharing and connecting lanyards. It's also important to frequently and closely inspect PPE.

Another thing for workers to pay close attention to is what is kept inside their pockets, as it can pose a hazard. Keys, pens and other objects have been known to cause serious injuries and fatalities when PPE such as harnesses were deployed.

The same hazards can be encountered by workers whether working in an industrial base atop a C-130 wing, or from someone stationed on top of a roof on a construction project.



U.S. Air Force photo by TOMMIE HORTON

Will Bazela, a representative from Capital Safety, demonstrates the safety features of various harnesses and attachments for fall protection Tuesday.

Much of the PPE demonstrated is used by 78th Civil Engineer Group and other units who may work on rooftops, tops of aircraft or on lifts.

A few times a week Juan Solis, also with 402nd MXSG Plant Services, uses some of the equipment described in the presentation.

"We use harnesses quite a bit, and I do a lot of work using hoists, scissor lifts and (equipment) that goes up to 135 feet," he said. "It's a good class to keep us on our toes. That's why we use wingmen and always have spotters - safety is our No. 1 concern."

Workers in the 402nd MXSG provide a wide range of industrial and engineering services for maintenance production groups in the Warner Robins Air Logistics Complex.

That can include designing, installing, modifying and maintaining, and repairing ground support equipment, and facilities maintenance.

Demos were also conducted in Bldgs. 91 and 125.

"We wanted to highlight this at Robins as a

▶ see HANGIN', A5

### Just the FAQs

**What standard covers fall protection?** AFI 91-203, Air Force Consolidated Occupational Safety Instruction and OSHA Standard 1910, General Industry and OSHA Standard 1926, Construction.

**How do I know if I need fall protection?** Your supervisor needs to perform an in-depth risk evaluation. Generally, you need fall protection when performing work in an elevated location, on open-sided floors and platforms, and near floor and wall openings.

**How do I get training?** Most people will receive fall protection training as part of their initial job safety training. However, your supervisor must ensure you are trained IAW AFI 91-203, Chapter 13 prior to performing work in a location where specified fall protection procedures or equipment is needed, such as working from heights above four feet.

**Is fall protection training an annual requirement?** For most workers it's not. However, for anyone who uses a Personal Fall Arrest System, recurring training should be done annually, when work conditions change or new fall arrest systems are used.

## Local campaign raises \$60K for Airmen helping Airmen

BY JENNY GORDON  
jenny.snider.ctr@us.af.mil

The Robins 2015 Air Force Assistance Fund campaign has ended successfully.

"This year's campaign for Team Robins was off to a rocky start, but overall we have managed to raise \$60,223," said Capt. Jaleesa Council, AFAP installation project officer. "This is a huge success and we all owe it to the contributors, key workers, unit and

wing project officers and leadership."

"Across the Air Force, we're just below the \$6 million mark, so it shows that as an Air Force, we're committed to the AHA! (Airmen Helping Airmen) slogan," she said.

This year's six-week campaign was an annual effort to raise funds that support active duty personnel, retirees, reservists, guard and dependents.

Supported charities include the Gen. and Mrs. Curtis E. LeMay Foundation; Air Force Enlisted

Village; Blue Skies of Texas - formerly Air Force Village; and Air Force Aid Society, with an office located in the Airman & Family Readiness Center in Bldg. 794.

"This year's theme was "Commitment to Caring." Funds from the annual campaign assist those in need of such things as emergency assistance, community programs and educational funding.

In 2014, the Air Force Aid Society provided more than 18,000 emergency



assists totaling \$9.6 million. Overall, the Air Force program awarded 2,714 education grants to the children and spouses of its members.

### FRIDAY FLYBY: Robins observes Asian American/Pacific Islander heritage, Page A6

#### Camellia Gardens Memorial Service



The annual Camellia Gardens Memorial Service - which pays tribute to deceased members of Team Robins - will be Thursday at 9 a.m. in the tranquil garden across from the Horizons Event Center. A reception will follow at Horizons.

At the garden's entrance, a brick wall displays plaques with the names of more than 1,600 deceased military and civilian members from Robins honored in past ceremonies.

#### Asian American/Pacific Islander Heritage Month

Asian American/Pacific Islander Heritage Month is an annual celebration of achievements by Asian Americans and the central role they have played in U.S. history.

Daniel Ken "Dan" Inouye was a Medal of Freedom recipient, a posthumous recipient of the Presidential Medal of Freedom, a United States Senator from Hawaii, a member of the Democratic Party, and the President pro tempore of the United States Senate from 2010 until his death in 2012, making him the highest-ranking Asian American politician in U.S. history.



Inouye

#### Weekend Weather

Friday 83/64



Saturday 87/65



Sunday 90/67



"Safety's simple - Just think!"

## SECOND FRONT

## Gold the standard in LRS flight

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

As safe sites at Robins begin or sustain their journeys through the Voluntary Protection Program, there's little argument it takes a can-do attitude to make workplaces safe for everyone.

Take for example the 78th Logistics Readiness Squadron Deployment and Distribution Flight which achieved Gold recognition in 2013. Although they achieved the status, they're quick to say there's always more to be done, and it's not time to rest on their laurels.

That sentiment holds especially true considering they work in a large warehouse near the flight line. The potential for mishaps can be found everywhere, but personnel actively make safety a priority in not only their dedicated work areas, but for visitors who routinely walk through the building.

"The flight really came together to resolve issues and took care of their environment in the places they worked," said 1st Lt. Colton Reid, 78th LRS D-Flight commander. They've not had a safety incident in more than three years.

When you discuss the VPP culture in a unit, it's of note to mention how the flight's 40 military and civilian personnel engage with each other, routinely self-identifying areas for improvement.

"We have a good mix of folks who take it upon themselves to do different VPP projects. Everyone participates and interacts," said Master Sgt. Terrence Oglesby, flight superintendent. "It's like a family ... I know you've probably heard this before, but the biggest thing is we try to take care of each other and have a good time.

"It's really the atmosphere," he added. "Without communication and instilling a culture of safety and camaraderie, it would be tough."

Once you walk through the administrative areas of Bldg. 127 toward the warehouse, you can't go very far without noticing painted areas around doorways, steps and walkways – potential areas where someone could bump into something, trip or fall.



U.S. Air Force photo by TOMMIE HORTON

Staff Sgt. Clington Smith, 78th Logistics Readiness Squadron air transportation specialist, guides Staff Sgt. Aaron Belew, 78th LRS craftsman, as he positions a K-Loader to be loaded with cargo.

Inside the building, out-processing procedures occur for Robins members who get ready to deploy, as well as in-processing for those who return. Their bags end up getting placed inside large baggage bins, with sides which reach about 8-feet high.

In the past, someone would have physically pulled their legs over the sides of the bin to get luggage – a potential hazard when heavy bags are being passed to someone on the ground.

To remedy the issue, members built and modified several bins. They took one side of a bin, and created a drop-down contraption where someone could just pull it down without having to climb up and over any areas.

Also, the flight knows how important it is to share its

successes with other squadrons, sharing information and advice, pointing out areas they may need to look at, no matter how small.

Sean Johnson, Installation VPP manager, said successful VPP implementation and sustainment is established in work sites focused not solely on the VPP Banner status (Bronze, Silver, Gold), but what can be referred to as 'VPP ownership.'

"Each VPP safe site has unique characteristics that shape its challenges in safety, production and VPP," Johnson said. "Implementing VPP principles in ways that are compatible with safety and production goals promotes leadership and employee buy in, which in turn generates outstanding results."



U.S. Air Force photo by ED ASPERA

ROBINS OBSERVES  
POLICE WEEK

U.S. Air Force photo by TOMMIE HORTON

Above, Airman 1st Class Valencia-Ruiz, 78th Security Forces Squadron, lights a candle during the National Police Week Candlelight Vigil Monday at Southside Baptist Church. The memorial service recognized all the law enforcement officers in the state of Georgia, Air Force Office of Special Investigations, and Security Forces who have given their lives in the line of duty during the past year. Eight civilian and military officers were honored.

Left, Lt. David Hill, Perry Police Department, reviews a score sheet Thursday with Staff Sgt. Ladonna Winston, 78th Security Forces Squadron, during a shoot-out competition at the Perry Firing Range. The competition was one of several events celebrating National Police Week.

## 78th ABW closures

■The 78th Comptroller Squadron will be closed today for wingman day. For emergencies, call Senior Master Sgt. Stephanie Rumley at (478) 334-8039.

■The 78th Force Support Squadron Military Personnel Section will be minimally manned Thursday due to Wingman Day. Please contact Master Sgt. Corey Blackburn at (478) 327-7337 or Master Sgt. Erica Plummer at (478) 926-5037 in case of emergency.

## Military Caregiver PEER forum

The next Military Caregiver PEER Forum will be conducted Thursday from 11 a.m. to 1 p.m. in Bldg. 707, SARC conference room.

These forums encourage spouses, friends, family members and loved ones who assist wounded, ill or injured service members to discuss topics they would like to focus on. These topics may include mental wellness, managing stress, nutrition, financial wellness, etc.

The PEER Forum aims to provide a military caregiver a peer support network through guided discussion; allowing caregivers to share practical and accurate information based on their personal experiences.

For more information, call the Military Family Life Counselor at (478) 538-1732; PEER support coordinator at (706) 302-0160 or visit <http://warriorcare.dodlive.mil/caregiver-resources> for additional information.

## Robins Family Child Care

The Family Child Care program provides care for children ages two weeks to 12 years in military and civilian family homes. All FCC Providers are licensed child care professionals. Only licensed providers may provide care in government quarters for more than 10 hours per week on a regular or recurring basis.

If you are interested in becoming a provider please contact the FCC coordinator at (478) 926-6741.



COURTESY PHOTO

Air Force civil engineers from the 116th Civil Engineer Squadron erect a small shelter system, or Triple S, at Camp William Hinds Boy Scout Camp, Raymond, Maine, in April.

## 116th CES lends a helping hand

BY SENIOR MASTER SGT.  
ROGER PARSONS

116th Air Control Wing Public Affairs

A team of 34 Georgia Air National Guard civil engineers recently headed north for two weeks to provide muscle and expertise helping the Boy Scouts and training for a new deployment method at Camp William Hinds in Raymond, Maine.

Of the 87 Prime Base Engineer Emergency Force – or Prime BEEF – the 116th Civil Engineer Squadron from Robins was chosen as the lead unit to kick off an Innovative Readiness Training project to construct a new dining facility for the Boy Scout camp.

Established in 1993, the Civil-Military IRT program provides real-world training opportunities for military units while supporting the needs of underserved communities.

According to Chief Master Sgt. David, 116th Mission Support Group superintendent, this IRT deployment provided the opportunity to train for the new future of Prime BEEF deployments.

“We’re used to deploying a handful of folks here and there,” he said. “In the years ahead we will start doing a spin-up and deploying as a whole unit.

“This project allowed our squadron to build teamwork, and we did it while using both junior commissioned and noncommissioned officers and Airmen to make it happen,” added the Chief.

The project also offered less-experienced Guard members the chance to grow.

“This was my first deployment for training with the 116th and my first as an officer,” said 2nd Lt. Chad, a newly com-

missioned officer who served as second-in-command during the deployment.

“This rotation, in my opinion, is by far the most important rotation of the entire Innovative Readiness Training project,” he said. “If the bare base is not set up during our rotation, the next rotation will not have the necessary infrastructure in place to start their tasks.”

Similar to contingency operations overseas and stateside disasters like Hurricane Katrina – which the 116th CES supported – the civil engineers constructed a tent city complete with sleeping shelters, latrine, showers and a morale tent.

In all, the squadron set up nine tents, installed an entire electrical grid, renovated electrical, plumbing and HVAC systems on two shower trailers, and worked with the staff to ensure materials and equipment were on site to continue the mission for future rotations.

Future rotations will include Navy Seabees, Air National Guard and Marine Corp civil engineers.

For many 116th CES members, the opportunity to work at the Boy Scout camp was more than just an opportunity for valuable training.

“So many of us in the unit were Boy Scouts growing up so we went from one uniform to another when we joined the military,” said Maj. Michael, 116th CES commander.

“This deployment provided a chance to give back to an organization that gave many of us our military roots.

**Editor’s note:** Last names of military personnel withheld for security purposes. To read more, visit <http://www.116acw.ang.af.mil>.

Safety saves lives. Start your savings account today

## AROUND THE AIR FORCE

**AFMC's Wingman Intervention program going strong**BY AIR FORCE MATERIEL COMMAND  
PUBLIC AFFAIRS

More than a year after it was introduced, Air Force Materiel Command's Wingman Intervention program is still going strong.

"During the spring 2013 Wingman Day, AFMC made a concerted effort to provide its Airmen with the skills and confidence they need to safely intervene when they see fellow Airmen entering into potentially harmful situations, both on- and off-duty," said Jennifer Treat, AFMC Community Support Coordinator.

To build on that theme, AFMC launched an initiative in the fall of 2013 to capture, acknowledge and highlight real-life instances where Airmen took action to keep themselves and their wingmen safe. The goal of the Wingman Intervention program is to turn those situations -- where personnel recognized at-risk behavior and proactively intervened -- into teachable moments and to encourage similar behavior in others. So far, more than 30 interventions have been highlighted.

"A good wingman stays alert for signs of danger from whatever source -- whether suicide, safety mishaps, alcohol abuse, sexual assault, bullying, medical issues or other difficulties -- and gets involved by knowing their fellow Airmen and assisting when necessary," Treat con-

tinued. "We're proud to have so many true wingmen in our command who look out for the welfare of their colleagues and community."

As a recent example of successful wingman intervention, an airman was volunteering at an off-duty event when he noticed a teenager collapsed, unconscious, and with a blocked airway. The airman directed a bystander to contact emergency services while he cleared the teenager's airway. The teenager regained consciousness and began breathing, and the wingman monitored his vitals and kept him engaged until an ambulance arrived. At the emergency room, it was discovered that the teenager, a diabetic, had not taken his insulin and was just above a diabetic coma state. The quick thinking of the wingman kept a bad situation from becoming potentially fatal.

In another situation, a supervisor received an email from an employee stating she wouldn't be at work. The supervisor was disturbed by the tone of the message and worried that something was wrong. The supervisor and the commander attempted to reach both the employee and her family members by phone, and when the attempts failed they contacted the Employee Assistance Program. EAP recommended a welfare visit by the county sheriff's department. When the sheriff's department arrived, the employee agreed to check herself into

the hospital for help. By staying engaged and being concerned, the supervisor and commander ensured their employee got the help she needed.

In yet another example, a wingman noticed a neighbor's outdoor trash bin on fire. He called the fire department, used buckets of water to extinguish the flames and moved the bin away from the house. The wingman continued to soak the bin -- filled with embers -- with water until the fire department arrived and took over the scene. Thanks to the vigilance of the wingman, no damage was done to the house or yard.

Finally, when an airman was in shock after the death of her boyfriend in an automobile accident, her supervisor had a coworker stay with the airman so she wasn't alone. The compassion of the wingmen in this situation ensured the Airman had a comfortable presence and assistance during a difficult time.

If you become aware of situations in which personnel have recognized at-risk behaviors and proactively intervened, please contact your local community support coordinator Lesley Darley, 497-7692.

**Editor's note:** *The Robins Wingman Saves submission form can be found on the You Matter Desktop Icon. You can access the icon from your desktop or through the Robins website. Complete the form and submit to Darley.*



U.S. Air Force photo by TECH. SGT. BRITTANY JONES

**Challenge accepted!**

U.S. Airmen with the 386th Air Expeditionary Wing participate in an Explosive Ordnance Disposal Memorial Challenge in Southwest Asia, May 2. The challenge honors the sacrifice EOD Service members make and to raise awareness for the EOD Warrior Foundation, a non-profit organization.

**\$2M Air Force Prize for development of a small, efficient turboshaft engine**WRIGHT-PATTERSON AIR  
FORCE BASE, Ohio (AFNS) –

Registration is now open for the \$2 million Air Force Prize that will be awarded to the first entrant to successfully develop a small, light-weight, fuel-efficient turbine engine.

"In order to continue to move forward and to ensure that our Air Force has the best technology available, it's imperative we collaborate with industry and academia," said Secretary of the Air Force Deborah Lee James. "The Air Force Prize is an exciting step in the right direction to encourage this kind of innovation."

The Air Force Prize is designed to spark American ingenuity by inviting a wide audience to compete, and to encourage innovative solutions to Air Force mission requirements beyond typical acquisition programs.

"Recent advances in materials and manufacturing techniques hold extraordinary promise for someone with a great idea and the ability to

**In Other News**

make it a reality," says Lt. Col. Aaron Tucker, the program manager of the Air Force Prize. "Rapid prototyping techniques like 3D printing can help produce a turbine engine that meets the performance criteria."

**Website improves, simplifies military child care search**JOINT BASE SAN ANTONIO-  
LACKLAND, Texas (AFNS) –

With frequent moves, Air Force families face the challenging, and often frustrating task of making new child care arrangements every few years.

A new Defense Department website is helping ease those moving transitions by simplifying the search and registration process for child care.

MilitaryChildCare.com offers access to comprehensive information on military-operated and subsidized child care options, including installation child development centers, school-age programs and family child care. Serving as the single gateway for child care info, the site gives families a streamlined, convenient

process for finding and requesting care, said Patti Mehrens, the chief of the Air Force Services Activity Child Development Programs Branch.

**Active-duty Airmen to have direct access to physical therapy clinics**

FALLS CHURCH, Va. ((AFNS)

– Injured active-duty Airmen have better access to care now.

The Air Force Medical Operations Agency has directed all Air Force military treatment facilities to establish direct access physical therapy clinics for active-duty members. The policy shift allows an active-duty member with an acute musculoskeletal injury to make an appointment directly with a physical therapist.

For three of the past five years, musculoskeletal injuries, such as knee sprains, have been the number one reason for an active-duty Airman to seek care at an MTF. In addition, musculoskeletal injuries are the largest reason for limited-duty profiles in the AF, causing more than 47 percent of the profiles in 2013.

**PERSPECTIVE****Ten seconds later and that picture still exists**

BY LIZ JACOBSON

USAFE-AF/AFRICA Public Affairs

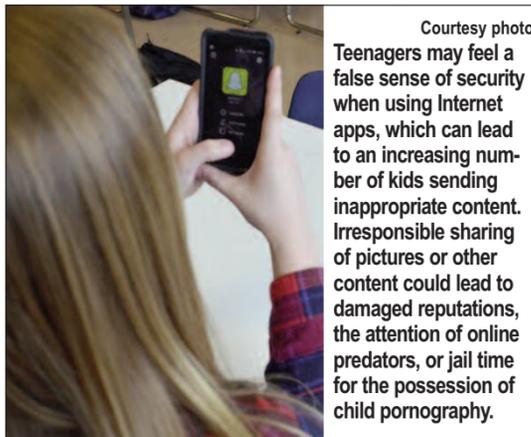
There is a conversation many teenagers have had with their parents or friends -- me included.

"Hey, don't worry! It'll be fine; all of the pictures disappear after ten seconds. That's how Snapchat works."

While many teenagers only share their silly, cross-eyed, quadruple-chinned faces with friends, there's a growing number sending inappropriate content that "will disappear."

High school students all feel a certain level of anonymity or safety that doesn't exist using the Internet and apps like Tinder, Omegle, Chat Roulette, Instagram, and Snapchat. Unfortunately, it's incredibly simple for the receiver to take advantage of the sent content, and though the picture may disappear after 10 seconds, it can actually last a lot longer. While the apps can easily be used inappropriately, the apps themselves are not bad, but should just be used responsibly.

It is easy to protect yourself from online predators, but it is rarely done. The most effective way to keep information secure is to lock any social media accounts and turn all privacy settings on. Many people spend their time clicking on pictures and profiles but it is impossible to know who is viewing your profile. It could be a friend from school or it could very easily be an online predator. Before friending or accepting anyone's follow request, it is necessary to actually know who they are. Social media is a great tool for keeping in touch with friends, new or old, and family members, but it is important to use cau-



Courtesy photo

**Teenagers may feel a false sense of security when using Internet apps, which can lead to an increasing number of kids sending inappropriate content. Irresponsible sharing of pictures or other content could lead to damaged reputations, the attention of online predators, or jail time for the possession of child pornography.**

tion and be responsible.

I have many friends that pride themselves on the fact they have over one, two, or ten thousand followers. This is dangerous because it is impossible to be safe with so many unknown people seeing so much of their lives.

That behavior and feeling of invincibility starts early. I remember during middle school that Omegle was the next best thing on the Internet. At sleepovers or on Saturday afternoons, young girls and boys would sit around a laptop and pretend to be whomever they thought of, giving off silly answers and laughing at the accents they pretended their user to have. However, we all knew that unless you wanted to see the "gross stuff" you had to turn the camera off. Many of us have since moved on from this fear and feel that sending pornographic content

over apps is okay.

This attitude towards sharing everything on the Internet has also led to unfortunate, yet completely avoidable situations. Why do so many teens participate in an activity that can have so many bad repercussions?

Teenage girls reported to Dosomething.org and the National Campaign to Prevent Teen Pregnancy that there are three major reasons for their sending of nude photos: as a joke, to feel sexy, or because of peer pressures.

Sending inappropriate photos is not a joke nor will it boost a person's confidence. While it may be a thrill at first, the psychological damage could deteriorate a girl's or boy's self-esteem. Peer pressure is a horrible, but a real-life thing. Everyone experiences peer pressure at some point or another in his or her lifetime, but your body, whether you are male or female, is yours.

For teenagers, Snapchat is the most common app where pictures are shared. Snapchat is available for anyone, regardless of age and it is based on the idea of pictures disappearing forever after 10 seconds. Despite this, it is easy to either screenshot the picture or use a third-party app to save the picture automatically. The pictures can be used at the receiver's convenience.

Even two people with a trusting relationship should not partake in this kind of activity for two reasons: First, it could be considered illegal. Second, it can easily be shared or shown to others.

*To read the full story, visit <http://www.af.mil/News/Commentaries/Display/tabid/271/Article/584602/ten-seconds-later-and-that-picture-still-exists.aspx>.*

**ROBINS REV-UP****SUBMISSION GUIDELINES**

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

They should be e-mailed to [lanorris.askew.ctr@us.af.mil](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.

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COMMAND INFORMATION  
CHIEF**Geoff Janes**

EDITOR

**Lanorris Askew**

PHOTOGRAPHERS

**Ray Crayton  
Tommie Horton  
Misuzu Allen**

STAFF WRITERS

**Jenny Gordon  
Angela Woolen  
Holly Logan-Arrington**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



U.S. Air Force photo by TOMMIE HORTON

**Will Bazela, a Capital Safety representative, demonstrates Monday the safety features of various harnesses and attachments for fall protection. Anyone who uses a Personal Fall Arrest System should receive training annually, when work conditions change or new fall arrest systems are used.**

**Safety saves lives. Start your savings account today.**

## HANGIN'

Continued from 1

reminder to everyone why fall protection is important,” said Scott Eck, Installation Safety chief. “We want everyone to come to work, do their job and go back home to their families. They shouldn’t have to worry about getting hurt on the job.”

Anytime a worker is elevated more than four feet from the ground, fall protection is required.

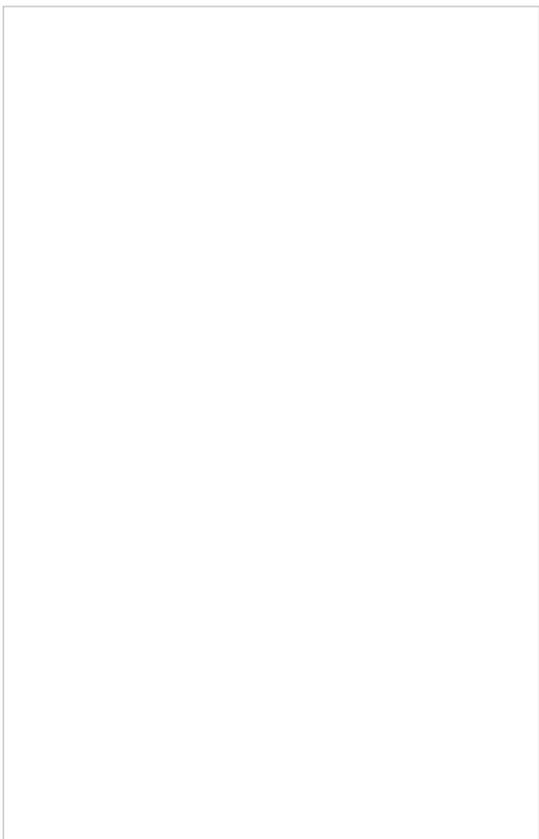
“Falls nationwide account for about 30 to 40 percent of all the fatalities we investigate. That’s why this area is something we are focused on,” said William Fulcher, OSHA’s Atlanta East Area Office director, who participated in the week’s event at Robins. “In Georgia in 2014, we had 38 fatalities we investigated. The statistics hold true of those resulting from falls.”

According to the Air Force Safety Center, from fiscal 2010 to 2014, falls were responsible for more than 7,600 ground mishaps with injuries, including three fatalities. This resulted in 44,000 lost work days at a cost of more than \$30 million.

“This is as an important issue to the Air Force, as it is to me,” said Bill Parsons, Air Force ground safety chief. “Preventing fall injuries and fatalities in every workplace – the flight line, the construction site, the office and at home – through education and awareness keeps our airmen mission ready.”

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



# Robins celebrates diversity, promotes equality and inclusion

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

May is Asian American Pacific Islander Heritage Month.

The month promotes awareness of Asian Americans who have impacted society, said Airman 1st Class Richard Chan, 78th Medical Group Medical Records technician.

Congress selected May for this celebration because it includes the anniversaries of the arrival of the first Japanese immigrants in America on May 7, 1843, and the completion of the first transcontinental railroad on May 10, 1869 – partially completed by the labor of thousands of Chinese immigrants.

Vivian Siu, Civilian Personnel Policy and Operations human resources specialist, has been on the base committee for years.



“My vision is to bring people together and celebrate the human spirit,” she said.

Siu, who is of Vietnamese descent, hopes she can bring awareness of the more than 30 countries which make up the Asian American Pacific Islander culture.

The theme for 2015 is “Many Cultures, One Voice: Promote Equality and Inclusion.”

In previous years, Siu hosted a fashion show on base to promote the culture. This year, the committee decided to bring food to the table.

There will be a dinner at The Refuge May 27 at 6 p.m. to celebrate the month.

The dinner will include traditional Asian dishes such as Vietnamese spring rolls; Dak Bulgogi, a Korean chicken dish; and Filipino Pancit – a Philippine noodle dish – Chan said.

For a non-base sponsored event celebrating the heritage of Asian Pacific Americans, Siu is also heading up an Asian Pacific Gala at the Wellston Center in Warner Robins on May 30 from 5 to 9 p.m.

The event will feature a fashion show, silent auction, martial arts displays and entertainment.

**Editor’s note:** For more information, contact Siu at 786-247-5445 or by email at [thewomanwarrior@gmail.com](mailto:thewomanwarrior@gmail.com).

*Positive workplace relationships enable everyone to perform at their very best.*



### Did You Know?

A specially modified F-15A known as the Streak Eagle was able to out-climb a Saturn V Moon Rocket to almost 60,000 feet. The aircraft broke eight time-to-climb world records between Jan. 16 and Feb. 1, 1975. During its last record-setting flight, it reached 98,425 feet just 3 minutes, 27.8 seconds from brake release at takeoff.

### What's inside

Air Force Youth of the Year, B4

Blood Pressure Education Month, B2

Money Matters – BAH, B5



# Lighter Fare

THE ROBINS REV-UP ■ MAY 15, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY

## GOING Hog Wild

BY JENNY GORDON  
jenny.snider.ctr@us.af.mil



**A healthy snout and a well-pronounced pair of tusks – that's all you need to inflict extraordinary damage to any well-manicured landscape.**

Each year, reports surface of wild hogs wreaking havoc across the installation.

They've been known to cause considerable destruction near base housing, in and around the golf course, along Hannah Road and other locations.

Due to the growing population problem of wild hogs rooting its way across the southeastern United States, Georgia has had particularly aggressive control programs in place for years.

### Plowing the ground

Hunting season at Robins usually lasts about nine months. The fiscal 2014 season was increased to 11 and a half months – the longest hunting season ever authorized on base – according to Dr. Bob Sargent, Robins' natural resources manager and wildlife biologist.

Recently, a group of wild hogs was documented leaving a trail of upturned grass, roots, dirt and 10-foot potholes. The damage left in their wake blemishes the scenery, inhibits grounds maintenance, costs the government substantial dollars to repair or replace turf and reduces food sources for native wildlife.

In conjunction with the Department of Agriculture, the animals were captured using corral traps. More have been captured since.

In this instance the group of three adults and two piglets had successfully found an ideal spot for their feeding routine. Chalk it up to unusually wet winter weather, a diminished supply of acorns, and the fact that moist soil equates to a smorgasbord of treats.

“What's happening here is we've not only had a

### 'Three Little Pigs'

It doesn't take very many, or very long, to cause damage. Three adult hogs can scar the ground of a football-sized field area in just a few nights.



lot of rainfall, which often pushes hogs out of the river swamp, but the grass is especially palatable right now,” said Sargent. “This is a nightly restaurant for them.”

The animals in the late winter and spring are starting to eat grasses and more roots, as well as worms and grubs. In doing so they cause a great deal of damage to turf across the base.

“What looks like domestic pigs are frequently crosses between feral pigs and Eurasian wild boar,” Sargent said. “They often have spots on them, but have a long, coarse coat, with a more streamlined shape than you'd see in captive pigs. Most of the time when we catch them on base, they look like domestic pigs.”

They make a nightly trek out of the nearby wetlands that border the eastern perimeter of the base, and feast on a bounty of earthworms and the like.

Sargent said he has seen them out during daylight, but for the most part they are hidden away from humans in the nearby forest, under cover and away from heat.

But when it comes time to feast, they use their snouts and powerful tusks to plow several inches under the soil to discover a worthy meal.

The results of their escapades are evident in some outlying areas of the golf course. Moist, low-lying areas and ditches are ideal restaurants for them, as are landscaped beds dressed in wood chips or pine straw. They're a magnet for grubs and worms to come to the surface where they're scooped up by the rototiller-like behaviors of hogs.

It doesn't take very many, or very long, to cause damage. Three adult hogs can scar the ground of a football-sized field area in a few nights.

To control wild hogs – considered a nuisance animal in Georgia – a long hunting season, and various trapping methods are used by the USDA and private trappers throughout the year.

### Trapping on base

In a typical year, from 125 to 150 hogs are captured on installation property. That's in addition to what's harvested during hunting season.

Terry Owens has been one of the more success-

ful trappers over the years. He builds and sets his own box traps, and cooks the hogs for personal consumption.

Currently, he's one of 12 permitted volunteers who trap on base. In the last two to three months he's caught about 20 hogs.

It's not for everyone, and requires a great deal of patience, persistence and expense. You have to know what you're doing and how to handle them, as there's always the potential they can carry and transmit disease, or injure you with their tusks.

“It's a passion of mine,” Owens, who works in the 78th Civil Engineer Group industrial utility shop, said. “It's something I've done since I was a kid hunting with my dad.”

He's been trapping on base for roughly eight years. The 20 hogs he's caught in the last few weeks is added to the almost 300 he's caught in the last year and a half (including at other locations).

One of his box traps has captured up to seven wild hogs at a time, including a female and her young. The hogs he catches range in size from 50 to 150 pounds, but can sometimes weigh more than 300 pounds.

### What do you do if you run into a wild hog or see one trapped?

“They have a much better sense of smell and hearing than we do. Give them their distance, because on rare occasions they've been known to act aggressively. I've encountered them many times and they always run away,” he said.

“Nothing to panic about, but as always, exercise caution. They're big, fast and armed animals.”

The most recent data Sargent has seen indicates there are between 4 to 6 million wild hogs in the U.S.

Although the base utilizes trappers and hunters, even resorting to using professional sharpshooters, what these efforts remove from the hog population is still a drop in the bucket compared to how young and fast they can multiply.

Wild hogs can reproduce at least twice per year, starting when they're six months old, and may produce eight piglets at a time, sometimes 12 in a litter. They can double their population in a matter of months.

“You have to take out 60 to 70 percent of the population every year just to prevent their numbers from growing,” he said. “Hunting and trapping doesn't nearly accomplish that – it may take out 20 percent a year.”

“We know we're not going to eliminate them. Instead, what we try to do is keep their numbers down and the damage they cause at a tolerable level,” he added. “The data from wildlife agencies across the country shows their numbers, in terms of where they're found in counties across the southeast, has doubled on average every 20 years. Doubled ... It's an enormous management challenge.”



U.S. Air Force photo by TOMMIE HORTON

Bob Sargent, Robins' natural resources manager and wildlife biologist, surveys an area damaged by wild hogs.

## Wild SWINE Ancestry

Wild hogs are often referred to by other names – wild boar, feral hogs, feral pigs, razorbacks and Eurasian wild boar.

The majority of them have domesticated ancestry. Feral hogs mostly resemble domesticated pigs, only with thicker, darker hair.

Their ancestors were brought to this country by Spanish explorers

in the 1500s. Many of those animals escaped or were allowed to 'free range' (no fences) for food.

The Eurasian wild boar, the prototypical razorback, was imported to this country from the Old World in the early 20th century.

Hunters 100 years ago released a small group of them from a pen in North Carolina, and now this

species thrives in the wild of the U.S.

In comparison with domestic pigs, this species of hog is jet black with spiky hair, has a big head with a small body and big tusks.

Interbreeding with domestic-like feral hogs led to the various curious hybridizations seen in the wild today.

# A BETTER YOU

## Get moving

# Robins' HAWC says staying active leads to overall well-being

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

The mind and body are more connected than people may think.

May is Physical Fitness Month and Mental Health Awareness Month. Stuart Bapties, Health and Wellness Center flight chief, said staying active means staying healthier overall.

"We often talk about the mind and body as though they're completely separate, but they aren't," he said. "The mind can't function at full capacity unless your body is working properly. It also works the other way around. The state of your mind affects your body."

Bapties said bodies need regular physical activity; however, modern conveniences have caused people to live more sedentarily.

"We drive cars, so we walk less, while vacuum cleaners and dish washers make cleaning easy, and washing and drying clothes is also done by a machine," Bapties said. "Even at work we may not have to move around in the office because much of our work can be done just sitting at the computer."

However, people can get more active by taking small steps.

"It doesn't have to be about running around a track or working out in a gym," Bapties said. "It can be moving more each day, perhaps just walking more, or taking the stairs rather than the elevator or escalator."

Bapties recommended people with medical limitations ask their doctor for guidance.

Moderate physical activity seems to benefit most people long-term, Bapties said.

"Moderate activity is roughly equivalent to walking fast, but being able to talk to someone at the same time," he said. "You need to do about 30 minutes of moderate physical activity at least five days every week, done in one 30-minute session or broken up into shorter 10- or



15-minute sessions. That not only lowers the risk of heart disease, diabetes and cancer, but also seems to help depression so you get a double benefit."

Despite appearances, staying healthy takes work, Bapties said.

"Even though some people seem to get away with doing very little and still live to a ripe old age, most people aren't wired that way and, generally speaking, the less you do, the more likely you are to end up with depression, tension, worry or stress," he said.

Bapties said being active improves mental health too.

"Physical activity also seems to have an effect on certain chemicals in the brain, like dopamine and serotonin which brain cells use to communicate with each other," he said. So, they affect your mood and thinking and appear to reduce harmful changes in the brain caused by stress."

For mild depression, physical activity can be as good as antidepressants or psychological treatments like cognitive behavioral therapy, Bapties said.

"It may be harder to get yourself motivated to be active when you are depressed, but being active lifts your mood and gives you a sense of being in control and in touch with other people," he said.

Setbacks may happen, but don't dwell on them, Bapties said.

"Tomorrow is another day and short term setbacks don't matter," he said. "They're just temporary and as long as you stay committed to meeting your goal, you'll be successful."

## National Blood Pressure Education Month



BY 78TH MEDICAL GROUP

Blood pressure is the measure of how hard the blood in your body pushes against the walls of your arteries. Having high blood pressure makes your heart work too hard and increases your risk for heart disease and stroke. Blood pressure checks are an important part of taking care of yourself.

It is easy and painless to have your blood pressure checked. Most Primary Care Providers, and pharmacies have free blood pressure checks. Some people with high blood pressure never have symptoms, this is why it is called the silent killer. Very high blood pressure can cause changes in vision, headaches and nausea.

Reading your blood pressure is also very easy: The systolic (top) number shows how hard the blood pushes against your artery walls when your heart is pumping. It is best to keep this less than 120. The diastolic (bottom) number measures how hard the blood pushes against your artery walls between heartbeats, when the heart is relaxed. The bottom number should be under 80.

Here are some steps for reducing your blood pressure:

- ▶ Lose any extra weight
- ▶ Eat less salt
- ▶ Exercise 4 to 5 times per week
- ▶ Limit your alcohol consumption
- ▶ Do not use tobacco products
- ▶ Follow the DASH Diet (Dietary Approaches to Stop Hypertension), a diet rich in fruits and vegetables, low in fat.

**Did you know?** The 78th Medical Group Facebook page is open to the public and you don't have to be a TRICARE beneficiary or be eligible to use the base clinic to benefit from the wide array of content including information and tips on nutrition, tobacco use/cessation, physical fitness, and monthly health awareness topics. Like us on Facebook: <https://www.facebook.com/78MDG>

## 24/7 fitness available now

Airman 1st Class Jessica Coleman, 52nd Combat Communications Squadron, scans her Common Access Card on the new scanner at the Fitness Center Annex in Bldg. 301 Bay H. The Air Force provided funds for Robins to install equipment that allows 24-hour access. Once registered, people can access the Fitness Center Annex after duty hours by swiping their CAC through the reader. The annex will continue to operate during normal duty hours with 78th Force Support Squadron personnel in the facility. For more information, call the Fitness Center at 468-2840.



U.S. Air Force photos by ED ASPERA

# IN THE SPOTLIGHT



U.S. Air Force photo illustration by **CLAUDE LAZZARA**

**UNIT:** Marine Light Attack Helicopter Squadron 773

**JOB TITLE:** Aviation Ordnance Technician

**TIME IN SERVICE:** 4 years

**HOMETOWN:** Amarillo, Texas

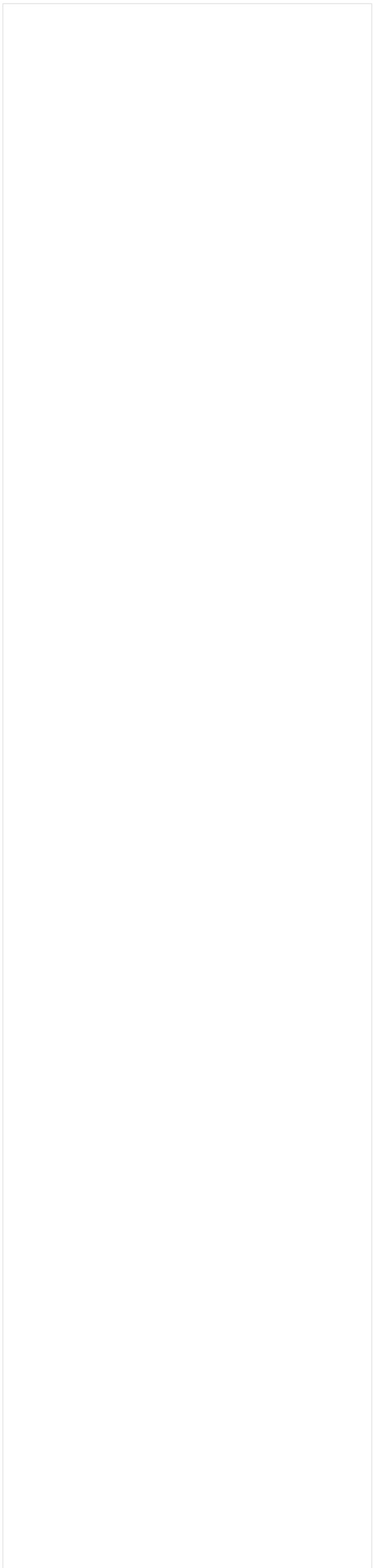
**What does your work involve at Robins?** A normal day starts with taking accountability of all our shop tool boxes, pouches, cranials and parts bins, and everyone participating in a FOD walk to ensure we have a safe work area and flight area for our Marines and aircraft. I'm also a team member involved in all ordnance evolutions during the flight schedule ... There's a lot of maintenance involved in order for our weapons systems to work properly. We track the maintenance due for our aircraft and for weapons, and on a regular basis we clean weapons, forward-firing ordnance devices and all other support gear.

**What do you enjoy most about your work?** I really enjoy the adrenaline rush of performing the different duties of my job. From running to arm an aircraft while it is powered up, to arming the different weapons systems carried on the aircraft, it makes me appreciate the experience and the fact that I may never get to do half of the things that I do now outside of the Marine Corps.

**What prompted your interest in your current career field?** When I enlisted, during combat, we had many Marines, including my father, on the ground who were in need of aid. Our pilots and those who work on the aircraft are what those Marines on the ground pray for when they're all out of fight. We wouldn't be Marines if we didn't have the backs of our brothers. I felt a sense of self-worth to be responsible for getting these aircraft up with reliable ordnance to cover our guys on the ground. I wanted to help groundside Marines come home alive.

**What is something people would be surprised to know about you?** Sometimes my job scares me. You'd think that after doing this for several years I'd be used to handling ordnance, but the truth is, it can still be scary. Anything and everything can go wrong at any given time; that's why it's so important to be safe and pay attention.

**What is an accomplishment of which you are most proud?** I'm most proud of having only been at Robins for a short period of time and making a good impression on my Marines. Anywhere you go in the Marine Corps you must strive to hold yourself to a higher standard, and I feel that I constantly strive to do so. I like to think of myself as a sponge, always absorbing as much knowledge as I can so that I can learn, lead and teach Marines within my squadron and my peers.



# Belles and beaux of the ball

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

Satin, sparkly sequins, tiaras and taffeta adorned the girls while the boys wore bow ties, suits and crisp shirts with their gold crowns. At Matt Arthur Elementary School's Cinderella Ball, all 120 first-graders were royalty.

An 18-year tradition, the students are taught about fairy tales for two weeks leading up to the dance. Barbara Winner volunteers to teach manners and the waltz as well as eating etiquette and how to properly go through a procession.

"They're so excited," Winner said. She has been volunteering for years and said she has teenagers come up to her and tell her they remember the ball from their time at the school.

Prince Charming was played by Matt Arthur, former superintendent for Houston County schools.

After the students walk through the hall with their schoolmates, teachers and parents cheering, the students

enter the ballroom – formerly the cafeteria – on the red carpet under an arch of purple tulle.

For parents, it was a memory to cherish when the children asked them to dance the final waltz.

"It's been awesome," said Capt. Zachary Wright in the 461st Air Control Wing.

He said his daughter, Emma Wright, has been talking non-stop all week about the dance. She even got to buy a new royal blue dress for the event.

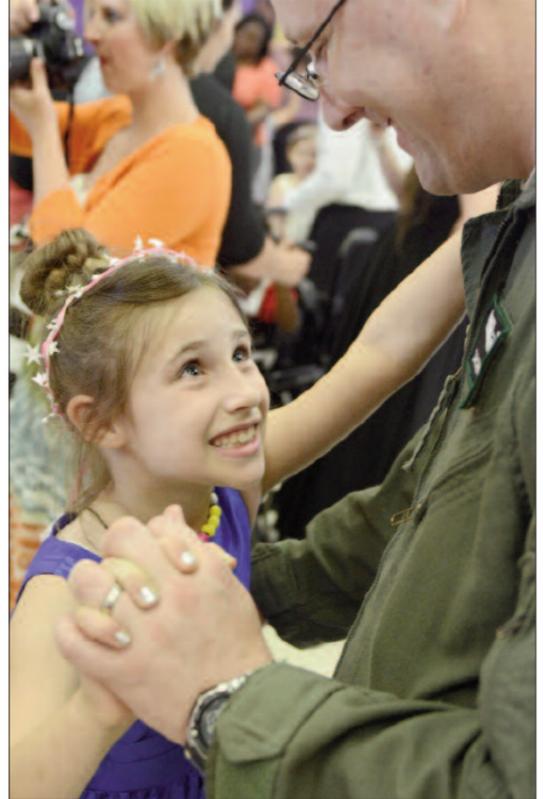
Tech. Sgt. Branden McMorris, attended the dance with his 6-year-old daughter Kambrie, who was sporting long brown curls and a long sea green-colored dress.

Principal Richard Rogers played the part of the knight. Administrator VaRee Harrell and vice principal Kelly Rush were dressed as the fairy godmothers.

"My favorite part was when we got to dance with our parents," said Linda Gorman, 7, who danced with both her mother and father.



U.S. Air Force photo by TOMMIE HORTON  
Above, Tech. Sgt. Branden McMorris and his daughter, Kambrie, get ready to dance. Right, Emma Wright is all smiles as she dances with her father, Capt. Zachary Wright, during the Cinderella Ball May 8 at Matt Arthur Elementary School.



## Team Robins Youth Honors

### 2015 Georgia State Military Youth of the Year

For the second consecutive year a Robins youth has been selected as the Georgia State Military Youth of the Year. Andrew Brown was selected for this honor and will receive a \$7,500 scholarship.

He's scheduled to compete for honors as Southeast Region Military Youth of the Year in June, and if selected will receive an additional \$40,000 scholarship and advance to compete for National Military Youth of the Year honors in September.

Brown is the son of Robbie and Adrienne Gowens; his dad is assigned to the 5th Combat Communications Group.

When asked about his selection he said it is truly an honor.

"I am proud to have the opportu-



Brown

nity to represent myself and our base at the next level, said Brown. "This honor happened because of the endless opportunities and relationships with caring adults at the Youth Center who have a genuine

interest in your education and personal growth." Brown, a Veterans High School junior, is manager of the baseball team, participated in the marching band for two years and is in the Beta Club. He's also president of the Robins Keystone Club and Teen Council. He plans to attend Morehouse College.

### Congressional Award goes to Robins youth

Matthew Carter, a Covenant Academy senior, was presented the Bronze Congressional Award by Rep. Sanford Bishop earlier this year.

Carter is the son of Kevin and Julie Carter. His dad is assigned to the 78th Communications Directorate, and his mom is a paralegal at a Macon law firm.

Carter worked with the Mentors Project of Bibb County helping with food organization and distribution for at-risk youth and their families. He also helped with a homework club at his school tutoring elementary students, and worked part time at a law firm to learn workplace and time-management skills.

Carter remains most proud of his personal development goal of performing his first solo flight.

His dedication to flight training and the pursuit of attending the U.S. Air Force



Carter

Academy provided him the focus to accomplish the feat.

In December, he was notified by Sen. Johnny Isakson, retired Sen. Saxby Chambliss, and Rep. Sanford Bishop of their nominations for him to attend the Air Force Academy.

Carter was recently notified by the Air Force Academy of his selection as an appointee, and will report June 25.

The Congressional Award was established by Congress in 1979 to promote and recognize achievement, initiative and service in America's youth, ages 14 to 23.

**For more information on the program call Marvin Hawkins at DSN 497-6831.**

## Local elementary students win state awards

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

Winning an award at the state level is an achievement – especially when you're a fifth-grader competing against middle and high school students.

Aiden Malcolm and Trystan Silverman are both fifth-graders at Pearl Stephens Elementary School in Carolina Randall's class.

Each did a social studies project about the military which is appropriate since they both live on Robins Air Force Base and their parents are active duty Airmen.

At Clayton State University in Morrow on April 18, Malcolm took home a special award in geography from the Georgia Geographic Alliance and was a Class I winner in geography while Silverman was a Best in Fair winner at the Georgia State Social Studies Fair. The two progressed from districts to regionals and then to state to capture their awards.

Malcolm, 11, is the son of Senior Master Sgt. Alan and Jami Malcolm. Silverman, also 11, is the son of Col. Shari and retired Col. Shawn Silverman.

Malcolm's project was titled "What was the Most Important Factor in the Union's Victory at Gettysburg?" Silverman did his project on "What

Major Country Made the Best Infantry Weapons During World War II?"

When Malcolm's number was called for his project, he said he stood up and then sat back down until prompted by his friends.

"I thought it's probably not going to happen. I'm at the bottom of the food chain," the 11-year-old said.

Malcolm said he has always been fascinated with the Civil War. His conclusion was that geography was the most important role in the victory at Gettysburg. During the judging at Clayton State, he wore a Union uniform his mother bought him to wear for Halloween.

Silverman said he was also shocked he came away with a Best in Fair award.

When his award was announced, Silverman said he thought, "I can't believe this is happening."

He said he hopes some of his research into weapons could improve current weapons.

The two are already planning on what projects they will do in the future. Both have a vast knowledge of the Civil War, World War II and weapons. The awards give the school recognition as well as the students.

"I couldn't be more proud of their accomplishment," fifth-grade teacher Caroline Randall stated in an email.



U.S. Air Force photo by ANGELA WOOLEN  
From left, Trystan Silverman and Aiden Malcolm, fifth-graders at Pearl Stephens Elementary School, both received awards for their social studies projects about the military. The two progressed from districts to regionals and then on to state to capture their awards.

# Money Matters

## Basic Allowance for Housing – What You Need to Know

**BY SENIOR AIRMAN CARL WHEATON**

78th Comptroller Squadron Financial Services representative

The thrills of finding a new home during a PCS or a simple upgrade to your current living situation as a military member usually depends on what the Continental United States Basic Allowance for Housing rate is at the new or current duty station, respectively.

While some prefer to find a home with a price range of their full BAH, others prefer to find a decent home a little under the cap for expenses like utilities, called the member's cost-sharing element or out-of-pocket expenses.

The members cost-sharing element was incorporated early in the BAH program to limit rates to a defined budget. Those out-of-pocket costs were reduced from nearly 20 percent in 2000 to elimination in 2005.

As part of the changes in the BAH program for 2015, out-of-pocket expenses are back.

Two major things happened this year; first a legislation was approved in the fiscal 2015 National Defense Authorization Act allowing the Defense Department to reintroduce out-of-pocket costs, not to exceed one percent of national average housing costs by grade.



Second, renter's insurance was eliminated from the 2015 BAH rate computation.

### How will that impact service members?

Again, the actual impact of the changes will vary depending on where the member decides to live. Members who choose to economize in their housing choices may have all their housing expenses covered.

Members who rent median-priced property will have to pay a small amount above their BAH rate. Some members, renting properties above the median-price for the area, have already been paying some out-of-pocket expenses.

This minor change might not be felt for most, due to rate protection. Rate protection means members currently receiving the BAH for a location will be rate protected at the previous year's BAH rate (if higher) as long as the member does not have a reduction in pay grade or change in dependency status. In other words, the incorporation of out-of-pocket expenses, removal of renter's insurance, declining rental/utility prices, etc., members receiving the BAH for the previous year will be protected. On the other hand, there are three separate circumstances where a member can lose their rate protection status. The first and most common, a decrease occurs when you PCS to a location at which the housing cost is less than at your current duty station, second, a demotion and third, your dependency status changes.

Now that you know the basics about the new changes to the BAH and rate protection, here's the bottom line to the actual impact on the removal of renters insurance. On average, the cost of renters insurance contributed about \$20 per month to the BAH rates, actual amounts will vary depending on grade and location. This expense will now need to be budgeted separately outside of the BAH rate. Renters insurance is still highly encouraged.