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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

Nov. 25, 2015 Vol. 60 No. 47

'Making Tomorrow Better than Today'



78th MDG clinic

►Closed Thursday and Friday.

Services Activities

►Bowling Center, open Thursday and Friday from 11 a.m. to 11 p.m.
►Fitness Center, open Thursday and Friday from 8 a.m. to 4 p.m.
►Golf Course, open Thursday and Friday regular hours
►Wynn Dining Facility, open Thursday, lunch from 11 a.m. to 4 p.m.; open Friday, lunch from 11 a.m. to 1 p.m.;

Dinner 4:30 to 7 p.m.

►Flight line Kitchen, open 24/7

* Unless listed all FSS activities will be closed Thursday and Friday. For more FSS hours, visit <http://www.robinsfss.com>.

78th SFS

►Gate 3, the Watson Boulevard Gate; open 24 hours a day Thursday and Friday
►Gate 14, the Russell Parkway Gate; open 5 a.m. to 1 a.m. Thursday and

Friday.

►The Visitor Control Center and Gates 1 and 4, closed Thursday and Friday
►Police Services, closed Thursday and Friday.

Exchange Main Store

►Closed Thursday
►Open Friday from 4 a.m. to 8 p.m.

Service Station

►Closed Thursday
►Open Friday from 6:30 a.m. to 6 p.m.

Shoppette/Class Six

►Closed Thursday
►Open Friday from 6:30 a.m. to 8 p.m.

Commissary

►Closed Thursday and Friday.

Military Clothing Store

►Closed Thursday
►Open Friday from 10 a.m. to 4 p.m.

For more Robins Exchange holiday hours, visit www.shopmyexchange.com.

Don't worry, 78th CE will keep the lights on for you

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

Some might think the 78th Civil Engineer Squadron decorated a little early when walking through the doors to its building. Behind a large glass window, red, yellow and green blinking lights cover a 7-foot by 18-foot section of the wall. But this isn't a set of flashing lights set to holiday-themed music. It's a representation of the exterior electric distribution for Robins Air Force Base.

Billy Bandy, an electrical engineering technician, is one of the people in charge of maintaining the board.

"The map itself is from the old CE building," he explained. It was brought to the current building in 1991 and runs on its own server.

The board itself is made up of tiny individual mosaic tiles with about 1,700 LED lights representing closed and open connections.

The yellow lines represent underground cables. While most of the base's cable is underground, there are a few areas, noted in blue, where there are overhead wires. Above the board is the motto "reliability our goal - maintainability our asset."

The base high voltage shop takes its task seriously. Although the map isn't on real time and Bandy updates it, making sure the power doesn't go out is the most important task.

"We control and maintain everything inside this fence," Bandy said. During the road work on First Street, the shop was able to cut power to one large section where



U.S. Air Force photo by RAY CRAYTON

Above and right, Billy Bandy, 78th Civil Engineer Squadron electrical engineering technician, explains how exterior electric distribution for Robins is monitored using a giant light map.

the construction was being done without losing power in any of the neighboring buildings.

There is no loss of power in any of the buildings when the crews are doing maintenance on the cables.

The map board is a visual reminder of how important it is that CE keeps the lights on.



FRIDAY FLYBY: Worldwide travel alert issued by State Department, Page A2

When not in use, turn off the juice: Help conserve energy during Thanksgiving holiday



With the upcoming Thanksgiving Day holiday and Air Force Materiel Command Family Day, Team Robins has another opportunity to save energy across the installation.

Every time you turn out a light, whether it's in restroom facilities or your immediate office area, or even unused lights in your building, it saves and adds up over time.

Before you leave today, do a quick walkthrough of your area and turn off unnecessary equipment and lights. Remember to turn off your computer monitor (but leave your computer on since important updates are performed).

Robins has made great progress in using holiday periods to reduce energy consumption.

Over the July 4th holiday this year, we reduced electricity consumption by 7.31 percent over the same period in 2014.

More recently, the installation logged an 8.72 percent reduction over the Columbus Day weekend. This success was due in large part to increased employee energy awareness.

— Staff reports

Weekend
Weather

Wednesday
57/44



Thursday
61/52



Friday
63/51



"Don't drink and drive; arrive alive."

SECOND FRONT

Base legal office gives rules, regulations on holiday gifting

BY TIMOTHY “GREER” AIKEN

Staff Judge Advocate
Civil Law Division attorney

Federal law sets forth standards which prohibit a Department of Defense employee from soliciting or accepting any gift from a prohibited source or given because of the employee’s official position unless the item is excluded from the definition of a gift or falls within a number of exceptions.

Gift questions are best understood by breaking down the components of this general prohibition and defining the terms *gift*; *prohibited source*; *because of the employee’s official position* and *the gift exceptions*.

What is considered a gift?

The definition of “gift” is very broad and includes “any gratuity, favor, discount, entertainment, hospitality, loan, forbearance, or other item having monetary value.

It includes services as well as gifts of training, transportation, local travel, lodgings and meals, whether provided in-kind, by purchase of a ticket, payment in advance, or reimbursement after the expense has been incurred.”

This broad definition also includes a gift that is “given with the employee’s knowledge and acquiescence to his parent, sibling, spouse, child, or dependent



courtesy photo

Military, civilian and contract employees should know and abide by rules regarding holiday events and gift giving.

relative because of that person’s relationship to the employee.”

Certain items are specifically excluded from the definition of “gift,” including modest items of food and refreshments that are not part of a meal such as soft drinks, coffee and donuts.

What is considered as a prohibited source?

- A “prohibited source” is defined as:
- Is seeking official action by the employee’s agency;
 - Does business or seeks to do business with the employee’s agency;
 - Conducts activities regulated by the employee’s agency;
 - Has interests that may be substan-

tially affected by performance or non-performance of the employee’s official duties;

►Is an organization a majority of whose members are described in (the previous four sections). The classic example of a prohibited source is a DOD contractor or DOD contractor employee.

When is a gift considered to be given/accepted because of an official position?

A gift is considered to be solicited or accepted “because of the employee’s official position” if it is from a person other than an employee and would not have been solicited, offered, or given

had the employee not held the status, authority or duties associated with his or her federal position.”

Despite the general prohibition, there are several gift exceptions.

Though too numerous to list, the most common is the “de minimis gift exception,” which provides that an employee may accept an unsolicited gift having an aggregate market value of \$20 or less per source, per occasion, provided that the aggregate market value of individual gifts received from any one person shall not exceed \$50 in a calendar year.

Other exceptions exist for certain gifts based on personal relationships, social invitations, widely attended gatherings, gifts from foreign governments, awards and honorary degrees, and much more.

Remember that, even if a gift falls under one of the exceptions to the gift rule, it’s never inappropriate for you to decline a gift offered by a prohibited source or given to you because of your official position.

This is especially true when a person or organization whose interests could be affected by your official actions offers the gift.

Editor’s note: *If you have questions regarding gifts, always seek the advice of one of the attorneys in the Civil Law Division at DSN 468-9276.*

Worldwide Travel alert issued

The State Department alerts U.S. citizens to possible risks of travel due to increased terrorist threats.

Current information suggests that ISIL, al-Qa’ida, Boko Haram, and other terrorist groups continue to plan terrorist attacks in multiple regions. The Travel Alert expires on Feb. 24.

Authorities believe the likelihood of terror attacks will continue as members of ISIL return from Syria and Iraq. There’s a continuing threat from unaffiliated persons inspired by major terrorist organizations but conducted on an individual basis.

Extremists have targeted large sporting events, theatres, open markets and aviation services. U.S. citizens should exercise vigilance when in public places or using transportation.

Be aware of immediate surroundings and avoid large crowds or crowded places. Exercise particular caution during the holiday season and at holiday festivals or events.

U.S. citizens should monitor media and local information sources and factor updated information into personal travel plans and activities.

Those with specific safety concerns should contact local law enforcement authorities who are responsible for the safety and security of all

visitors to their host country.

U.S. citizens should:

- Follow the instructions of local authorities. Monitor media and local information sources and factor updated information into personal travel plans and activities.
- Be prepared for additional security screening and unexpected disruptions.
- Stay in touch with your family members and ensure they know how to reach you in the event of an emergency.
- Register in our Smart Traveler Enrollment Program.

Foreign governments have taken action to guard against terrorist attacks, and some have made official declarations regarding heightened threat conditions. Authorities continue to conduct raids and disrupt terror plots.

Information is routinely shared between the United States and key partners in order to disrupt terrorist plotting, identify and take action against potential operatives, and strengthen our defenses against potential threats.

– Courtesy U.S. State Department

CFC update

The 2015 Combined Federal Campaign is inching closer to its goal. This week, the campaign has raised over \$600,000 of its \$1 million goal - benefiting a significant number of local and national charity organizations.

You can continue to turn-in any remaining campaign paper pledges to your unit super monitors or use the myPay option until Dec. 15.

For more information contact your USM or Bobby Munda, Robins CFC chair, at 472-7675.

Promotion ceremony

A 78th Air Base Wing Promotion Ceremony will be conducted Monday at 3:30 p.m.



in the Heritage Club Ballroom.

The event will honor all enlisted promotees who will pin on in December.

Holiday parades

The following parades will take place in the local area with base representatives in their lineups:

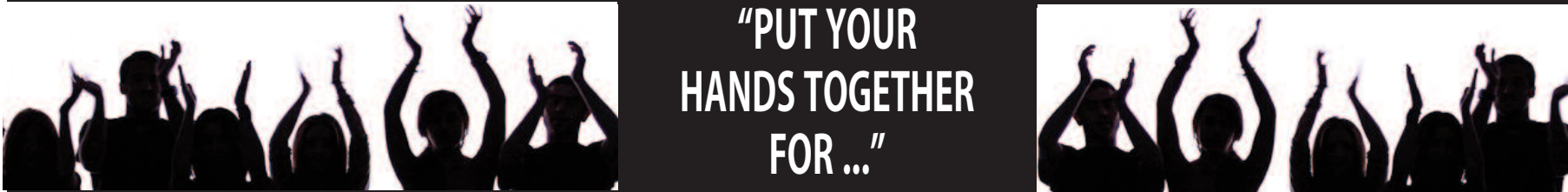
Dec. 4
Cochran, 7 p.m.

Dec. 5
*Warner Robins, 10 a.m.
Dublin, 2 p.m.
Perry, 4 p.m.
Fort Valley, 5 p.m.
Hawkinsville, 6 p.m.
Centerville, 7 p.m.

Dec. 6
Macon, 3 p.m.

Dec. 19
Unadilla, noon

**Route change: The Warner Robins parade will now turn south at Davis Drive and end at McConnell-Talbot Stadium.*



Team Robins Awards

The winners are:
Airman: Senior Airman Chi Wong, 5th CCG
NCO: SSgt. Jesus Zepeda, 5th CCG
SNCO: MSgt. Gary Hutcheson, 5th CCG
CGO: Capt Jennifer Lindberg, WR-ALC
Civ. Category I: Janie Sharpston, 78th ABW
Civ. Category II: Ashley Schein, AFLCMC
Civ. Category III: Michael Rak, HQ AFRC
Civ. Category IV: James Corrigan, 78th ABW
Civ. Category V: Joshua Icard, WR-ALC
Civ. Category VI: Debra Napier, AFLCMC

AFRC Quarterly Awards

The winners are:
Airman: SSgt. Kina Flye
NCO: TSgt. Demetria Williams
SNCO: SMSgt Rebecca Luckie
CGO: 1Lt. Kimberley Brant
Civ. Category I: Robin Hodgkins
Civ. Category II: Ronnie Golden
Civ. Category III: Michael Rak
Civ. Category IV: Michael Klug

Civilian valor award

Doug Smith, 562nd Aircraft Maintenance Squadron hydraulic work leader, recently received the Command Civilian Award for Valor for his actions following a multiple-car accident in June.

Smith was traveling on his motorcycle near Canton, Texas, with fellow motorcycle club members, when in his rear view mirror he saw an accident.

He quickly turned around.

First on the scene, Smith noticed several vehicles scattered about. After a quick triage assessment, he

determined there was one fatality.

Kicking out the window of an overturned SUV,



Smith

Smith pried the door open gaining access.

Orienting himself, he and a friend were able to quickly and safely extract a young boy and girl.

They then focused on keeping them calm until the

Medivac team arrived to transport them to the Children’s Medical Center in Dallas where they were admitted into the critical care unit.

Smith went to the hospital to check on and provide comfort to the family.

The “Put your hands together for …” feature is a monthly installment to the Robins Rev-Up.

Due to the overwhelming number of awards people at Robins receive, we just aren’t able to cover them all. This feature is our way of ensuring we give credit where we can.

The installment will run in the last issue published each month.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpegs.

For more information, contact Geoff Janes at vance.janes@us.af.mil or Lanorris Askew at lanorris.askew.ctr@us.af.mil. Either can be reached by phone at 468-6386.

VPP Gold presentations

As organizations continue to participate in Robins’ Voluntary Protection Program Safe Site Challenge, several were recently awarded with Gold recognition for their efforts.

Congratulations to the following organizations which were presented Gold banners during cere-

monies Nov. 6:

- 402nd AMXS Corrosion Control
- AFSC Engineering/Technical Management
- 78th ABW/IP
- 78th ABW Command Post

Fostering Leadership in People Awards

Fostering Leadership in People awards are given to those who make contributions to improving labor and management relations here at Robins. The latest recipients are:
►Nicholas Hamilton, 78th CEG
►Andrew Shutes 78th LRS

AROUND THE AIR FORCE

The wait is over: E-3 Block 40/45 deploys to combat theater

BY JENNIFER GREEN-LANCHONY
U.S. Air Force Academy Research Office

TINKER AIR FORCE BASE, Okla. (AFNS) – The long-awaited, highly anticipated deployment of the E-3 “Sentry” Airborne Warning and Control System Block 40/45 aircraft is finally over, with the arrival of the first upgraded weapon system to a combat theater of operations.

The first E-3G arrived in Southwest Asia Nov. 18, 2105, marking the deployment of the most comprehensive modification to the weapon system in its 38-year history. The changes improve communications, computer processing power, threat tracking and other capabilities.

The \$2.7 billion upgrades replace some hardware and software that dates to the 1970s, signaling a game-changer to airborne surveillance and air battle management.

“This modification represents the most significant upgrade in the 35-plus year history of the E-3 and greatly enhances our crewmembers’ ability to execute the command and control mission, while providing a building block for future upgrades,” said Col. David Gaedecke, commander of the 552nd Air Control Wing, which flies the E-3.

To date, nine of the 27 E-3s assigned to the 552 ACW have received the modification and have met their crew certification on the Block 40/45 systems.



U.S. Air Force photo

An E-3G “Sentry” Airborne Warning and Control System aircraft patrols the skies over the U.S. on a recent homeland defense mission.

“This is the initial combat deployment for the capability after numerous exercises,” Gaedecke said. “Crews will be able to process tactical information, providing combatant commanders with increased situational awareness.”

The Block 40/45 provides solutions to operational and technological reliability, maintainability, supportability, and integration of future technologies and growth opportunities.

What’s more, the new modifications automate previously manual functions and improve the amount of data that E-3 aircrews can receive and share with allied forces on missions, such as counterdrug surveillance.

“This upgrade takes computing capability from 1970s technology to current day,” Gaedecke said. “Tied with the Deployable Ground System, this allows

both operators and intelligence personnel capabilities far beyond [the older model] 30/35.”

The upgrade has been a partnership between the 552 ACW; the E-3 System Program Offices at Hanscom Air Force Base, Massachusetts., and Tinker Air Force Base; the Oklahoma City Air Logistics Complex, which performs the modification; and the Boeing Co., the prime contractor.

The E-3G model reached Initial Operating Capability on July 28, and the OC-ALC went into full-rate production shortly thereafter, a milestone marking the start of faster upgrades for the remainder of the airborne surveillance and battle management fleet.

While the E-3Gs have been flown in counterdrug operations for U.S. Southern Command and in homeland defense missions as part of Operation Noble Eagle, they have yet to be flown in active combat missions until now.

Gaedecke had previously laid out the plan for the aircraft to participate in Red Flag in August and, if all went well, deploy the weapon system in combat this fall.

“While our tactics, techniques and procedures employing this new capability continue to be refined, exercises like Red Flag allowed crews to gain experience with the system, which included capabilities unavailable with 30/35,” he said.

Editor’s Note: *To read the full story, visit <http://www.afmc.af.mil/news/story.asp?id=123463680>.*

In Other News

2016 FEHB open season effective through Dec. 14
JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) –


The 2016 open season for the Federal Employees Health Benefits Program, the Federal Employees Dental and Vision Insurance Program and the Federal Flexible Spending Accounts Program will run through Dec. 14.

During open season, employees and retirees can review their current plans and make changes. For the first time, plan participants may now choose a “self plus one” option.

The self plus one option allows enrollees to cover themselves and an eligible family member. Eligibility for the option is the same as for the self and family enrollment. Eligible family members include spouses and children under age 26; however, a child with a mental or physical disability that existed before age 26 is also eligible.

Air Force shows leadership, commitment in Dubai
UNITED ARAB EMIRATES (AFNS) – American Airmen showcased the capability of airpower

This week in Air Force History



On November 26, 1956, Secretary of Defense Charles Wilson issued a memorandum to the Armed Forces Policy Council, giving the AF responsibility for developing intercontinental ballistic missiles.

through senior leader engagements, Airmen interactions with a global audience, and aircraft on the ground and thundering through the skies at the 2015 Dubai Airshow during the week of Nov. 11.

The Airmen are a part of a large U.S. presence as every service branch supplied both man and machine to increase and sustain relations with not only the Middle East region, but to send a message to allies around the world.

“We’re here to send a visible sig-

nal of the importance of the relationship between the United Arab Emirates and the United States,” said Lt. Col. Allen Specht, the deputy director of theater security cooperation for U.S. Air Forces Central Command.

“Collectively, the Department of Defense components provide a robust presence, which highlights our commitment to key strategic partners,” he added.

Secretary of the Air Force Deborah Lee James spoke of the importance of working with allies.

AF hosts, wins wounded warrior sitting volleyball tourney
WASHINGTON (AFNS) – The Air Force hosted a joint-service Warrior Care Month Sitting Volleyball Tournament Nov. 19 at the Pentagon Athletic Center, and the Air Force wounded warrior Airmen took home the trophy.

The tournament was part of the weeklong Warrior CARE Event, held primarily at Joint Base Andrews, where more than 75 wounded, ill or injured service members from different branches of the military competed in adaptive



U.S. Air Force photo by AIRMAN 1ST CLASS ELIZABETH BAKER

Oceanfront view

Staff Sgt. Christopher Rector, a 459th Airlift Squadron special missions aviator, keeps his eyes on the water off the coast of Tokyo.

sports and various activities aimed at healing of the body and mind.

The Warrior CARE Event offered participants caregiver support, and recovering Airmen mentorship, training and adaptive and rehabilitative sports training. For more information on Warrior CARE, visit <http://warriorcare.dodlive.mil>.

PERSPECTIVE

Thankful for two special gifts

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

When my husband and I adopted our daughter six years ago, we changed our lives to become a part of our daughter’s world.

Over the years I’ve written about what it was like to receive that phone call – the one that finally declared that I was going to be a mommy.

I was a community writer working at “The Telegraph” in Warner Robins at the time, and our adoption agency had unexpectedly called during one quiet afternoon.

The words I heard that day changed my life.

But you must know – there are no suitable words. It’s a feeling. It isn’t fair to try to materialize it into language. I could never give it the adequate justice it deserves.

International adoption has its own set of challenges. First of all, I’m a strong believer in what many adoptive families already know: It’s not about finding children for families; it’s about finding families for children.

We had to change our world to fit our daughter’s. That’s because every child’s story, particularly when it concerns adoptions from my daughter’s birth country, begins with heartache.

Every single story.

We know there will be hard questions to come, and I pray I have the grace and wisdom to provide her the answers she will be looking for.

But oh, how these children thrive inside the homes of loving parents all over the world.

Time. Attention. Bonding. Play. Love ... Simple things that every child deserves.

How is she now? She’s smart as a whip, has an A average in school, cracks silly jokes, loves math, playing the violin and piano, and loves to dance. She’s our daughter. I have a daughter.

What I love most – she has a sweet giggle that always makes my husband smile when he hears it.

We have a young son now as well. He joined our family three years ago, and none of us has been the same since. He’s a handsome little guy, with big, beautiful eyes, an infectious laugh, and a sweet personality and spirit that shines through to everyone who meets him.

Children are a blessing. No doubt about it. And however they become a part of your family, I am so thankful each and every day to be a part of the ‘Mommy Club.’

We waited a long time for so many events to transpire to be a part of that special club. This involved months and years of gathering required

documents, repeated social worker visits to our home, filling out paperwork, gathering more documents required for two governments, miles of travel for paperwork, dozens of visits to the post office to mail said documents, phone calls and emails to our adoption agency ... but this was the easy part.

What wasn’t so easy was what happens after you submit all the paperwork for an international adoption, and then it’s all completely out of our hands.

As November is National Adoption Month, it’s a special time each year that gives us pause to reflect how we became a family, all the incredible children and parents we have met over the years, and how so many lives have changed. We’re all a part of something truly extraordinary.

With all the difficult and painful years of wanting to become a mother, were they worth it? The tears, the frustration and impatience, the doubt. But joy comes in the morning.

I am thankful that each and every day, as soon as I open the door to my home, I hear two sweet little voices cry out my name, “Mommy!”

Memorable music to my soul!

Our story to become a family was never easy. But we did it – and I love this life for it.

ROBINS REV-UP SUBMISSION GUIDELINES

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

They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

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

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U.S. Air Force illustration by ED ASPERA

Cell phone use on base

It is understood from time to time there is that one cell phone call that you have to make or don't want to miss while you're driving on Robins Air Force Base. Your spouse is calling you to get something on your way home from work or the kids are calling about something. It happens to almost all of us at some point; however, there are laws in place for all Federal installations for your safety and the safety of others. Security Forces members enforce this law when they observe someone using a cellular device while driving on the installation. Use of a cellular device can be making a phone call, sending or receiving a text, looking at email or anything else while in physical operation of your motor vehicle. Civilian employees can be issued a Central Violations Bureau 1805, which carries a fine of about \$75. Military members can be issued a DD Form 1408 and will have to answer to their first sergeant or commander for their actions. We want to save lives, not lose them. Please do not use your cell phone while driving unless you have a Bluetooth headset or wireless connection through your stereo system. If you need to take an important phone call, feel free to use one of the numerous parking lots on the installation so you can take your call.

— 78th Security Forces Squadron



SNAPSHOTS



U.S. Air National Guard photo by **TECH. SGT. REGINA YOUNG**

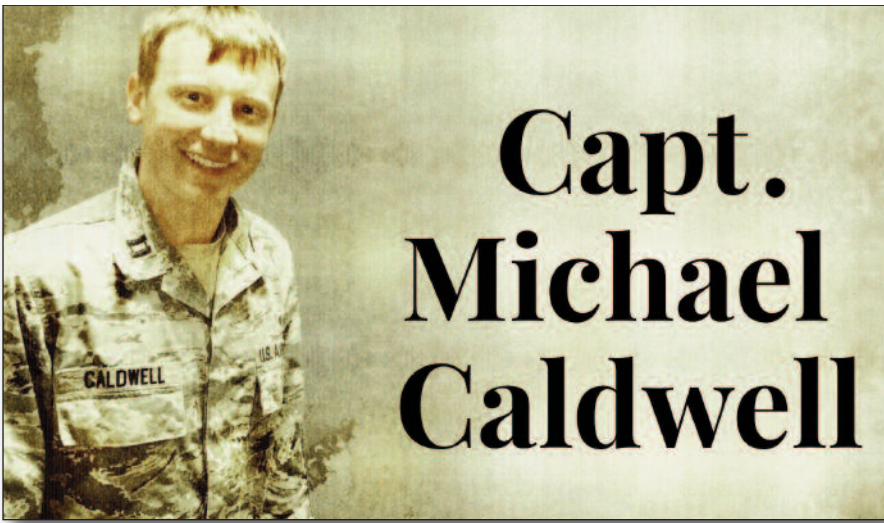


U.S. Air Force photo by **RAY CRAYTON**

Above left, Staff Sgt. Christopher Howard, 461st Air Control Wing, shows Col. Scott Caine, 9th Air Force vice commander, a panel on the flight deck during a tour of the E-8C Joint STARS Nov. 18. Caine visited Team JSTARS to gain firsthand knowledge of how the Air Force’s only E-8C Joint Surveillance Target Attack Radar System platform performs manned intelligence, surveillance, reconnaissance, command and control and battle management operations. The Joint STARS mission is accomplished by the Air National Guard’s 116th ACW, Air Force active duty 461st ACW, and 138th Military Intelligence Company Army JSTARS working together.

Above right, members of the 402 Aircraft Maintenance Support Squadron Corrosion Control Flight, prep the wing of a C-130 aircraft for repainting after going through programmed depot maintenance here.

GETTING TO KNOW YOU



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

UNIT: 78th Dental Squadron

JOB TITLE: General dentist

TIME IN SERVICE: 3 years

HOMETOWN: Lexington, S.C.

What does your work involve at Robins? “As a dentist my work involves diagnosing and treating dental diseases.”

What do you enjoy most about your work? “The most enjoyable part of my work is teaching people and seeing them change as a result.”

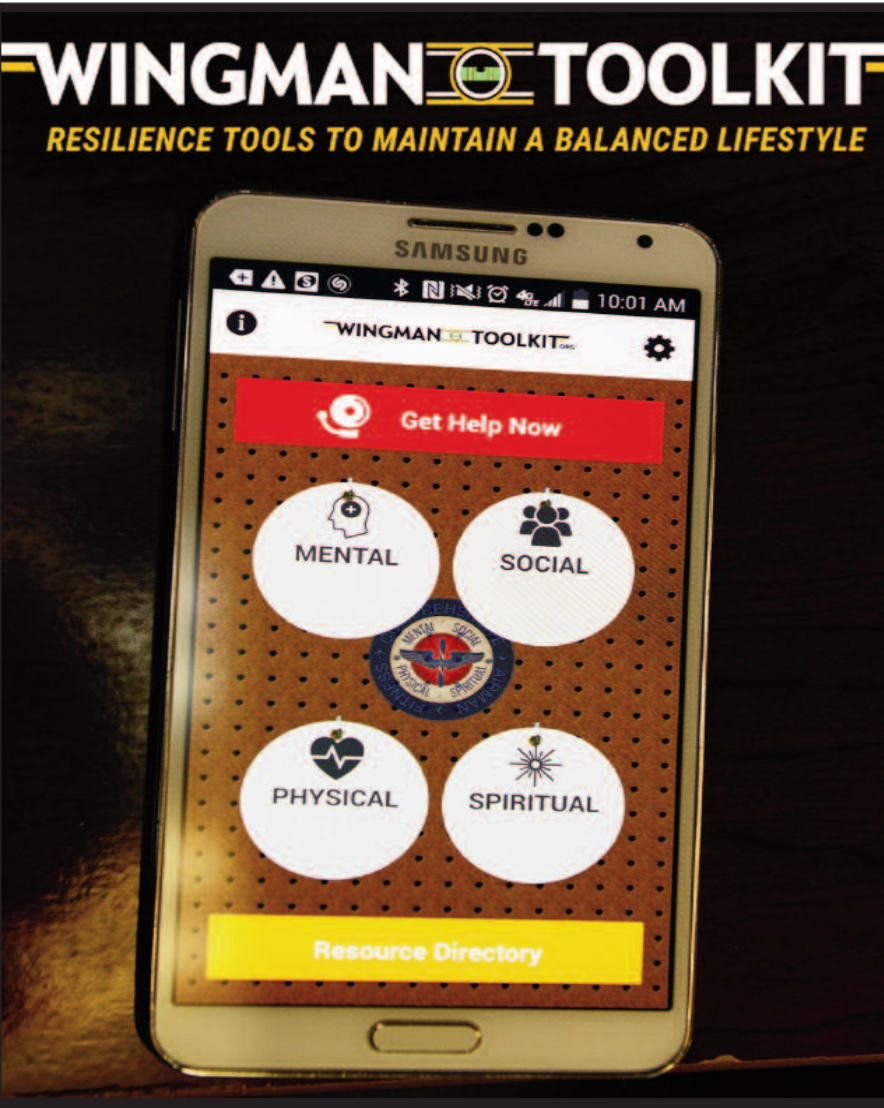
How does your work contribute to the Robins mission? “My work contributes to the Robins mission by keeping people healthy so they can deploy at any time.”

What prompted your interest in your current career field? “My interest in dentistry was prompted by the chance to help people and the artistic aspect of it.”

Who has been the biggest influence in your life? “The biggest influence in my life has been my wife, Liz. She has helped me grow as a person and challenges me to be better.”

What is an accomplishment of which you’re most proud? “One accomplishment I’m proud of is completing dental school and continuing to grow as a dentist.”

What is the best advice you’ve learned? “If you are going to do a job or anything in this life, do it well or don’t do it at all.”



A BETTER YOU

Don’t flush your holidays down the toilet

BY PUBLIC HEALTH

During November and December the kitchen and dining room are where the family comes together the most.

Cold weather is settling in, and it’s time for warm cider, pumpkin spice lattes, deep-fried turkeys and visits from the relatives.

Kids love being involved in cooking pies, cookies and other sweet treats, while most of us love to overindulge on all of the fantastic food.

With overindulgence of foods like turkey, ham and potato salad, folks should remain mindful of ways to keep food safe.

Tips to ensure your holiday season stays joyful and merry:

►*Wash your hands!* Possibly one of the easiest ways to prevent a food-borne illness is to keep your hands clean. Ensure you wash your hands prior to handling food, in between different tasks, after using the restroom, and after touching something such as you nose, hair, face, or pets. You should wash your hands with warm water and soap for at least 20 seconds to minimize cross contamination.

►*Clean and sanitize food contact surfaces.* Counters, cutting boards, knives, and other dishes should be washed after each use and prior to being used for a different food item. Keep in mind that cloth rags can harbor bacteria if not properly cleaned; therefore, you can use paper towels with a homemade sanitizing solution (one capful of bleach per a gallon of water) to clean



surfaces as needed.

►*Keep foods separated.* Along with using separate utensils, foods should also be physically separated. Raw meats should go on the bottom shelf of a refrigerator, below any ready-to-eat foods. Foods should also be prepared on separate areas of the counter.

►*Invest in a food thermometer.* Improper temperatures are a major factor in bacterial growth in food, which can lead to a foodborne illness.

Temperature matters:

►*Proper holding temperatures.* Cold foods should be kept at 41°F and below and hot food should be kept at 135°F and above.

►*Don’t overfill your refrigerator.* Holidays means company which means a lot of food. Too much food in your refrigerator can lessen air circulation and slow down cooling.

►*Properly cook foods to the right temperature.* Don’t rely on the color of meats to determine doneness.

Typically, chicken based foods should be cooked to 165°F for 15 seconds.

Beef-based foods should be cooked to 155°F for 15 seconds, with the exception of ground beef, which should be cooked to 165°F for 15 seconds. Pork and egg products should be

cooked to 145°F for 15 seconds. When in doubt cook your food to 165°F for 15 seconds. Use a thermometer to make sure foods reach the right temperature to kill bacteria.

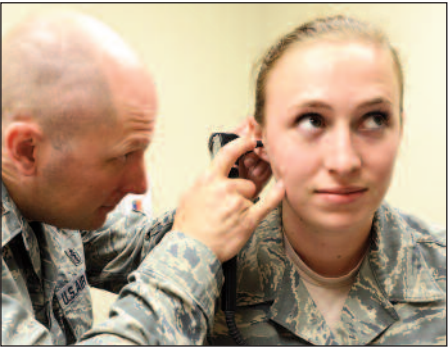
►*All leftovers should be cooked thoroughly* to at least 165°F for 15 seconds. If using a microwave, stir the food regularly for even heating.

►*After cooking, you are sure to have leftovers.* Use shallow pans to help the food cool quicker and stir regularly, if possible. Food should be cooled to 70°F within two hours and then to 41°F within four hours after that.

►*Properly defrost the turkey.* The sheer size of a turkey makes it a chore to thaw. When thawing a turkey, it will take 24 hours per five pounds to thaw in the refrigerator. Do not let the turkey sit out on the counter as the outside will thaw quickly and begin to gather bacteria while the inside stays firmly frozen. Another option is to buy the turkey fresh.

►*Thoroughly cook all eggs and egg products.* Eggs are a yummy treat around the holidays. Whether you are eating cookies, deviled eggs, or drinking eggnog, you are likely to come across this food item. Make sure you and your family are not eating raw or undercooked eggs. Look out for ready-to-cook cookie dough as it could have raw eggs.

This time of year is meant for happiness and family. Just make sure you keep safety on your mind and enjoy all of that holiday food as you sit around the fireplace with friends and family! Happy Holidays!



U.S. Air Force photo by TOMMIE HORTON
Maj. Dan Truscott, 78th Medical Group family physician, examines Senior Airman Morgan Mack at the base medical clinic.

New 78th Medical Group clinic hours

Starting Monday, the 78th Medical Group main clinic, located in Bldg. 700, will open its doors at 7 a.m. on normal duty days.

Operating hours for patient care and the pharmacy remain unchanged from 7:30 a.m. to 4:30 p.m. The alignment of the automatic doors to 30 minutes prior to clinic hours is an effort to maximize patient safety.

Clinic hours at Bldg. 207 and Bldg. 49 also known as the FASTFORWARD clinic, remain unchanged.

All services including pharmacy and central appointments are closed on federal holidays and Air Force Materiel Command Family Days. The medical group is also closed for training on the second and fourth Thursday of each month from noon to 4:30 p.m.

For specific clinic details, visit www.robins.af.mil/units/78thairbasewing/78thmedicalgroup.

What’s it for? Robins’ stormwater management plan

BY JIM RIEKER

Water Quality Program manager

To comply with Georgia permit requirements, the base has updated its Stormwater Management Program.

The goal of the stormwater management permit is to reduce pollutants in stormwater to the maximum extent practicable using best management practices.

In 2009, Robins started implementing the requirements of a new stormwater permit.

The permit was issued to the base because it’s designated by Georgia as an urbanized area.

The permit was re-issued by the state in 2013, and the state approved the base’s updated plan in October 2014.

The plan specifies best practices which are targeted to:

►increase public education and awareness;



►promote public involvement/participation;

►control illicit discharges, such as the discharge of non-stormwater flows to water bodies;

►control construction site runoff;

►construct and maintain post-construction stormwater management controls; and

►adopt pollution prevention and good housekeeping measures regarding stormwater.

For each best management practice, measurable goals have been developed which allows

the state to monitor permit compliance.

As an example, for public education and awareness, the base publishes quarterly articles related to stormwater management in the “Robins Rev-Up.”

Another example is a series of inspections that are conducted to assess the status of the base’s stormwater infrastructure.

Editor’s note: Stormwater Straight Talk is a quarterly column intended to educate and inform base personnel about stormwater pollution.

HAPPENINGS/SERVICES

WED	THUR	FRI	SAT	SUN	MON	TUE
25	26	27	28	29	30	1

ON TAP
Bowling Movie Day
Today
2 p.m.
Bowling Center
\$6 per person
Includes up to three games of bowling, rental shoes, movie showing and popcorn.
For details, call DSN 468-2112.

Tips from the Pro
Tuesday
4 to 5 p.m.
Pine Oaks Golf Course
All the golf balls you can hit for \$5
For details, call DSN 468-4103.

UPCOMING
First Friday
Dec. 4
5 to 7 p.m.
Heritage Club Lounge
For details, call DSN 472-7899.

Give Parents a Break and hourly care
Dec. 5
10 a.m. to 3 p.m.
CDC East/School Age Program
For details, call DSN 468-5805.

Santa’s Workshop
Dec. 5
10 a.m. to noon
Youth center
Registration ongoing.
This event is limited to 100 attendees.
For details, call DSN 468-1256.

Callaway Gardens Christmas Lights
Dec. 5
1:30 to 10:30 p.m.
\$35 Adult, \$20 ages 6 through 12
\$5 children up to age 5
Includes transportation and admission to Fantasy in Lights
For details, call DSN 468-4001.

Christmas Ornament Class
Dec. 7
4:30 to 6:30 p.m.
Arts and Crafts Center
\$25 for participants 13 years old and older
For details, call DSN 468-5282.

Base Restaurant Customer Appreciation Day
Dec. 10
10:30 a.m. to 1 p.m.
Turkey, dressing, potatoes and gravy, green beans, a dinner roll and a 12 oz. drink – all for \$3.95
For details, call DSN 468-6972.

ONGOING
Afterburner December Special
Mondays through Fridays
5:30 a.m. to 1 p.m.
Base Restaurant, Bldg. 166
Eggnog Latte “Hot Only”
For details, call DSN 472-7827.

Boss N Buddy
Dec. 18
4 to 5 p.m.
Heritage Club Lounge
For details, call DSN 472-7899.