



TALKING TÜRKIYE

MARCH 27, 2015

NEWSLETTER

VOL. 9, NO. 6

Serving Izmir Air Station, Türkiye

39th ABW command chief visits Izmir



Chief Master Sgt. Vegas Clark, 39th Air Base Wing command chief, took time during his visit to Izmir to meet and speak with Airmen during an NCO call March 20, 2015. Clark addressed a wide range of issues and sought out Airmen's views on mission-related issues and other concerns.

Easy ways to improve your workspace comfort

By Michael Zimmerman

425th Air Base Squadron Safety Manager

Workspace discomfort can lead to aches and pains in the back and neck muscles and cause fatigue that can increase stress.

Uncomfortable working conditions can create short-term physical problems such as headaches and eyestrain. More serious problems, such as back pain, can develop over time. Workspace comfort can be improved by making these simple changes:

- **Adjust your computer.** Set the computer so a member's eyes look slightly downward at the screen. Typing materials should be at eye-level.
- **Improve lighting.** Fine-tune workspace lighting with a desk lamp that allows a member to adjust the light angle.
- **Reduce glare.** Reposition the computer terminal so it is perpendicular to a window. A member has a bright reflection off the screen when a person sits with their back toward a window and if facing a window, a member is looking at a dark screen against a bright background. Use a glare-reducing screen that attaches to the terminal if you are unable to reposition the computer.
- **Add a footrest.** While sitting, raising the feet and legs makes sitting more comfortable, helps relieve pressure on the back and legs and improves circulation.
- **Take a break.** Briefly rest eyes every 30 minutes or so. Spend 10 to 30 seconds looking across the room or out a window. Take a 10-minute break every two hours. Get up and move around to relieve stress and reduce muscle tension.

For questions and concerns about improving a workspace or for a personal survey of your area, contact 425th Air Base Squadron ground safety manager at DSN 675-6748.

Action Line



The Action Line is your direct link to me. I use the Action Line to help identify and address your concerns when normal command and agency channels haven't been able to resolve them. To submit an action line, e-mail: action.line@izmir.af.mil, or complete a form at NATO Building # 1 or the Izmir Consolidated Center entry control point.

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Contents of Talking Türkiye are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. All photographs are Air Force photographs unless otherwise indicated.

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Get your hands off the relics!

Commentary by Dilek Nam
425th Air Base Squadron Legal Advisor

Türkiye, often referred to as the cradle of many civilizations, is like an open air museum. There are many historical sites where no one is present to guard the grounds.

When you visit a historical site, if you take a piece of stone from the walkway, even one so small that you may not see any wrong in taking it back home as souvenir, it may still get you in big trouble.

In a historical site like Ephesus, each and every stone is considered antique. You cannot keep them or move them. All underground and underwater artifacts found belong to Türkiye.

Not everything that looks old is an antique, but it has the potential to be one. If you are unsure, ask for the assistance of an expert. This can be a museum official or an officer from the Ministry of Culture and Tourism working at tourist information desks.

In 1983 the "Antiquities Law" went into effect, which identifies movable and immovable cultural and natural assets.

What are movable assets?

-All kinds of movable cultural and natural assets belong to geological, prehistoric and historical periods, which either have a value as a document from the viewpoint of geology, anthropology, pre-history, proto-history, archaeology, history of art and ethnography or reflect the social, cultural, technical and scientific characteristics and the level of the period they are related to, or have characteristics that are very rare and precious.

(Commentary continued from Page 3)

Get your hands off the relics!

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-Due to their importance in Turkish national history, documents and goods that have a historical value related to the National War of Liberation, and the establishment of the Turkish Republic or personal belongings of Mustafa Kemal Atatürk, the first president of Türkiye.

Immovable cultural and natural assets to be preserved are classified as:

-Natural assets to be preserved and immovable cultural items that were made before the end of 19th Century.

-Immovable cultural items that were made after the 19th Century, but due to their importance and uniqueness, their preservation is required by the Ministry of Culture and Tourism.

-Immovable cultural assets within the "site" areas.

-Due to their importance in Turkish national history, regardless of time concept or registration, buildings and areas which have been the scene of a great historical event in the National War of Liberation or establishment of the Turkish Republic and houses of Mustafa Kemal Atatürk.

-Rock graves, stones with inscriptions, picture or reliefs, caves with pictures, artificial mounds or hills, tumuli, acropolis and necropolis, ruins, castles, forts, towers, and historical buildings, remnants of old monuments and walls, frescoes, mosaics, and similar immovable cultural items are examples of immovable cultural assets.

-Historical caves, rock dwellings, trees or group of trees with characteristics and similar items are example of immovable natural assets.

Individuals willfully causing damage to the immovable cultural items and natural assets to be preserved in any way will be sentenced to 2-to-5 years of heavy imprisonment and fines. If these acts are committed in order to smuggle the assets out of country, penalties will be doubled. Individuals violating the

restriction on taking out of the country will be sentenced to from 5 to 10 years of heavy imprisonment and fines. The artifacts will be confiscated and delivered to a museum.

For more information, call the Izmir Archaeological Museum at 4890796 or the 425th Air Base Squadron legal office at DSN 675-6805.



Press warning

There have been several instances where local reporters ask for interviews with servicemembers and civilians on military installations. They may request photos and information about the mission and people of the base.

Squadron members are reminded they should immediately contact the 425th Air Base Squadron public affairs office when approached by the press for information. For more information, call 425th Air Base Squadron public affairs office, at DSN 675-6698.

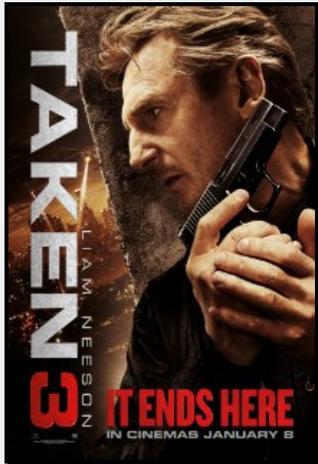
**Daylight saving time starts March 29:
Türkiye is springing forward.**



Do not forget to set your clocks and watches ahead an hour at 3 a.m. March 29.

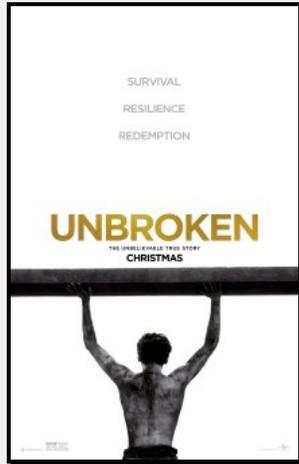
MOVIE NIGHT AT THE IZMIR CLUB THIS COMING SATURDAY

March 28, 2015



5.30 p.m.
Taken 3
(PG-13)

March 28, 2015

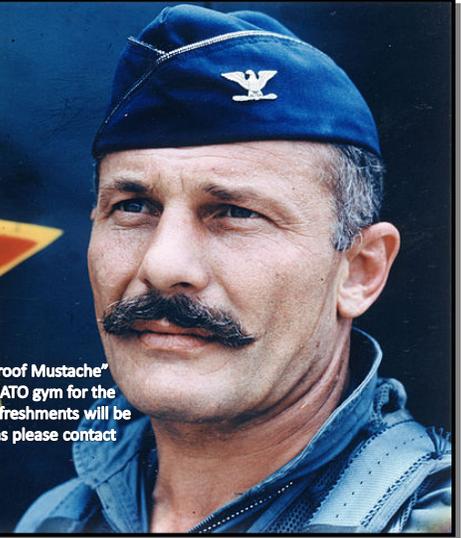


8 p.m.
Unbroken
(PG-13)

"Taken 3" Plot Summary: Ex-government operative Bryan Mills is accused of a ruthless murder he never committed or witnessed. As he is tracked and pursued, Mills brings out his particular set of skills to find the true killer and clear his name.

"Unbroken" Plot Summary: After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.

Mustache Stride 5k



Come out and show your "Bulletproof Mustache" March 31 at 0900 in front of the NATO gym for the Mustache Stride 5k. Water and refreshments will be provided. If you have any questions please contact SSgt William Cintron @ 675-6823.

Upcoming Services Events



Easter Brunch at the Club Dining Room

April 5, 2015

Sunday, 1030 – 1430hrs
FREE for club members,
\$9.50 non-club members



UPCOMING TRIPS

- ❖ MARCH 28 TRIP TO DIDYMA/PRIENE/MILETOS
- ❖ APRIL 3-6 TRIP TO ATHENS
- ❖ APRIL 17-19 TRIP TO CAPPADOCIA
- ❖ APRIL 23 HIKING/HORSEBACK RIDING
- ❖ APRIL 25-26 TRIP TO CHIOS
- ❖ MAY 1-3 TRIP TO THE SEVEN CHURCHES
- ❖ MAY 16-17 TRIP TO SAMOS

SPECIAL EVENT

