

Weather

Friday



Partly Cloudy

High 65°F Low 39°F

Saturday



Sunny

High 72°F Low 51°F

Sunday



Rain

High 71°F Low 51°F

Monday



Partly Cloudy

High 67°F Low 44°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Wing Newcomers Orientation

A Wing Newcomers Orientation is scheduled for 8 a.m. - 1 p.m. March 29 at the Columbus Club for newly arrived active duty and civilian personnel.

14th STUS Change of Command

The 14th Student Squadron is hosting a Change of Command ceremony 9:14 a.m. March 31 at the Fire Station.

Women's History Month Luncheon

A Women's History Month Luncheon is scheduled for 11:30 a.m. March 30 at the Columbus Club.

Inside



Feature 8

Sexual Assault Awareness and Prevention Month is highlighted in this week's feature.



U.S. Air Force photo/Airman 1st Class John Day

A CV-22 Osprey static display sits on the SAC ramp March 22 at Columbus Air Force Base, Mississippi. Several Special Operation Forces Airmen and aircraft visited Columbus AFB for a roadshow to generate interest in the SOF community.

SOF Roadshow inspires student pilots

Airman 1st Class John Day

14th Flying Training Wing Public Affairs

Columbus Air Force Base, Mississippi was the first stop for the Special Operation Forces Undergraduate Pilot Training Base Roadshow March 21-25.

Among the aircraft visiting were one CV-22 Osprey from the 9th Special Operations Squadron, Kirtland Air Force Base, New Mexico, one MC-130J Commando II from the 522d Special Operations Squadron Cannon Air Force Base, New Mexico, and one AC-130U Spooky II from the 4th Special Operations Squadron, Hurlburt Field, Florida.

The SOF Roadshow's purpose was to visit each Specialized Undergraduate Pilot Training base to connect with student pi-

lots and to generate interest in flying for each aircraft in the Air Force Special Operations Command inventory.

Each aircraft brought along a crew of Airmen in each position of the aircraft to better communicate each mission set and to give student pilots a broader scope of what flying each aircraft would be like and what to expect.

For the duration of their stay, the aircraft remained on static display for Airmen to visit with and interact with its crewmembers. There were also two briefings showcasing the AFSOC mission and history.

"History makes you smart, heritage makes you proud," said Maj. Eric Forsyth, AFSOC Commanders Action Group, Hurl-

See ROADSHOW, Page 3

COLUMBUS AFB TRAINING TIMELINE

PHASE II

Squadron	Senior Class	Squadron Overall	Track Select
37th (16-15)	1.55 days	2.39 days	Apr. 1
41st (17-01)	5.43 days	3.15 days	Apr. 25

PHASE III

Squadron	Senior Class	Squadron Overall	Graduation
48th (16-07)	-0.09 days	3.08 days	Apr. 8
50th (16-07)	00.1 days	0.77 days	Apr. 8

IFF

Squadron	Senior Class	Squadron Overall	Graduation
49th (16-FBC)	-0.22 days	3.09 days	Apr. 1

WING SORTIE BOARD

Aircraft	Required	Flown	Annual
T-6	2,145	2,245	14,121
T-1	731	716	4,723
T-38	689	791	4,638
IFF	324	271	1,924

The Specialized Undergraduate Pilot Training Class 16-08 guest speaker is Col. Murray Mitten, U.S. Air Force retired.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 50 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

2016 Tax Center hours

The Columbus AFB Tax Center is located on the first floor of the old Personnel Center, bldg. 926, room 105.

If you are an active-duty member, retiree, or dependent with a combined family income under \$58,000, then you may qualify for this free tax preparation service.

The hours of operation are:

8 a.m. - 4 p.m. Wednesday and Friday by Appointment only

(Friday afternoon scheduling varies upon volunteer availability)

Walk-in hours are from 8 a.m. - noon on Mondays for simple 1040 returns.

Dorm residents may also contact Master Sgt. Jeffrey Randolph at 434-2392 to schedule on-site tax preparation with him.

The scope of our tax preparation is limited. For more information, or to schedule an appointment, please call the updated Tax Center number at 434-7030.

Studio photography unavailable during Multimedia move

The Public Affairs and Multimedia offices will be limited in their operations on March 29. The PA Multimedia office will not have studio capability from 1 p.m. March 28 through 7:30 a.m. March 30. Please schedule studio photo appointments before or after these hours. After 7:30 a.m. March 30, the Multimedia office will be located on the first floor of the wing headquarters building, Suite 120.

Silver Wings

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
28 Pilot for a Day: Andrew McCall	29 Wing Newcomers Orientation, 8 a.m. @ Club	30 Women's History Lunch, 11:30 a.m. @ Club	31 14th STUS Change of Command, 9:14 a.m. @ Fire Station Enlisted Promotion Ceremony, 3 p.m. @ Club Daedalians, 6 p.m. @ Club	1 16-15 Track Select, 9 a.m. @ Phillips IFF 16-FBC Graduation, 4:49 p.m.	2/3 2nd - Spring Pilgrimage Half Marathon/5k, 7 a.m. @ TN Williams Welcome Center 2nd-Mayor's Unity Picnic, 4 p.m. @ Riverwalk	Apr. 15: 16-08 Assignment Night Apr. 16: Boy Scout Camp-oree Apr. 19: Wing Newcomers Orientation Apr. 21: 48th FTS Change of Command Apr. 22: 43rd FTS Change of Command Apr. 29: First Quarterly Awards Ceremony Apr. 29: Enlisted Promotions Ceremony Apr. 29: SUPT Class 16-08 graduation May 6: 16-09 Assignment Night May 10: Wing Newcomers Orientation May 13: CCAF Graduation May 14: BLAZE fest May 20: SUPT Class 16-09 graduation
4	5 Retired Chiefs Luncheon, 11:30 a.m. @ Club	6	7	8 SUPT Class 16-07 Graduation, 10 a.m. @ Kaye	9/10	

NEWS AROUND TOWN

March 28

Visit Columbus kicks off Spring Pilgrimage with a crawfish and shrimp boil and Blues music on the Tennessee Williams Home and Welcome Center lawn from 5 - 8 p.m. Teen guitar virtuoso and Clarksdale native, Kingfish, will perform. Enjoy an afternoon of great food and live music to herald the start of Columbus' 76th Annual Spring Pilgrimage. For more information, call Visit Columbus at 800-920-3533 or 662-329-1191.

March 29

The Columbus Arts Council will host Discover Japan: Land of the Rising Sun, an educational presentation that takes attendees on a journey through Japan. The presentation is scheduled to begin at 7 p.m. at the Rosenzweig Arts Center and admission is free. Visit columbus-arts.org or call 662-328-2787 for more information.

BARGAIN LINE

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@us.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the

right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be purchased through The Commercial Dispatch, 328-2424.

with power light, sliding basket and in excellent condition; must sell, \$195. For more information call 356-4511.

For Sale: Whirlpool Duet Sport, front loader washer and dryer with pedestals; energy star rated, \$600 or best offer. For more information call 251-1786.

Miscellaneous

For Sale: White Kenmore chest freezer

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Featured Home



**215 Spring Gardens Drive
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Fabulous home, amazing location in Upper North Columbus. This home is a knockout!! Home features new granite counters, gourmet kitchen, large formal dining and a breakfast nook, spacious bedrooms, bonus room that could be used as a 4th bedroom, tall living room ceilings with tons of natural light, storage galore, lots of decking and porch space, lavish landscaping including mature fruit trees.



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ROADSHOW

(Continued from page 1)

burt Field, Florida. "We know our history here at AFSOC and we live our heritage."

Though not all aircraft were present, Airmen from nearly every aircraft in

AFSOC were present to brief the mission and workflow of their respective platform. The SOF Roadshow is scheduled to visit Sheppard Air Force Base, Texas, Vance Air Force Base, Oklahoma, and Laughlin Air Force Base, Texas, this week as well.



U.S. Air Force photo/Airman 1st Class John Day
An MC-130J Commando II comes in for a landing on Columbus Air Force Base, Mississippi March 22, to attend the Special Operations Forces Roadshow. The MC-130J flies low-level air refueling missions for special operations helicopters and tilt-rotor aircraft, and infiltration, exfiltration, and resupply of Special Operations Forces by airdrop or airland intruding politically sensitive or hostile territories.



U.S. Air Force photo/Airman 1st Class John Day
A static display of an AC-130U Spooky II sits on the SAC ramp March 23 at Columbus Air Force Base, Mississippi. The AC-130 is primarily a gunship with a primary mission set of close air support, air interdiction and armed reconnaissance.

ALS, MAC, AFA bond with barbeque



U.S. Air Force photo/2nd Lt. Carlos Monge
Airman Leadership School class 16-3 members enjoy a barbeque with Military Affairs Community and local Air Force Association members March 19 at the Stennis Lock and Dam. ALS is a milestone for enlisted members and MAC and AFA uses the opportunity to broaden their scope and get them more involved in the community to help strengthen their leadership skills.

"Old" versus "New" in ALS volleyball game



U.S. Air Force photo/Senior Airman Kaleb Snay
Airman Leadership School class 16-3 members challenge chiefs, first sergeants and members of the Top 3 to a volleyball game March 22 at Columbus Air Force Base. In the end the chiefs, first sergeants and Top 3 members came out victorious.

Air Force Aid Society supports family of seven

Air Force Assistance Fund website

(Editor's note: the following story is an editorial on how the Air Force Assistance Fund Impacted their life.)

My wife Roxanna and I found out we were having Quintuplets and soon would have to move from New Jersey to Arizona in order for them to have the best chances medically. Roxanna had to spend over 75 days in the hospital while I moved out here. Once I finally arrived, she gave birth to five seemingly healthy babies but this was only the beginning of our journey.

Since then we have found out the large demand of five tiny babies, which turned into not so tiny dollars needed. They are growing faster than ever expected which means we needed expensive items like cribs, car seats, and diapers since they grew out of everything else which is where the Air Force Aid Society came into play. They generously granted money to us to pay for all these items.

It was truly amazing and I could not be more thankful for what they did. We were doing everything in our power to get through the times and the AFAS took a bit of the weight off our shoulders so we could focus on the babies instead of making ends meet. Now we are doing better than ever watching them grow and finally getting settled in our house. The new cribs look great and the financial support gave us much needed breathing room. Thanks again Air Force Aid Society!



Columbus Spring Pilgrimage volunteers needed



Courtesy Photo

Allison Strouse volunteers at The Amzi Love Home in 2015 during the Columbus Spring Pilgrimage. The Columbus Spring Pilgrimage 2016 is scheduled to run March 28 - April 9. If you are interested in volunteering as a host in the antebellum mansions during the tours please email Marla Fisher at hostsforpilgrimage@gmail.com. Time period clothing will be available for volunteers.



Columbus AFB Chapel Christian Retreat

Friday-Sunday April 22-24

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- ❖ All Meals & Lodging Included

Information and Registration 434-2500

Sponsored by the CAFB Protestant Parish

Featured Home



Enjoy peaceful, lake front views from the bedrooms, large sunroom, the fabulous deck, or out on the private screened in dock! This beautiful home features a remodeled kitchen with granite counter tops, new cabinetry, breakfast bar, SS appliances, and great tile work. 4 BR/3 BA, almost 2500 square feet, plus a bonus room.

**243 Winchester Drive
Columbus, MS 39705**



Kendra Bell
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AETC
(Continued from page 12)

“Being that AETC has more than 90 percent of DSD positions I am extremely invested in continual improvement of the program. We are right in the middle of taking a hard look at the number of military training leaders in the command, as well our professional development of these outstanding non-commissioned officers,” he said. “It doesn’t stop with MTLs though. We need to make sure we have the right manning and opportunities for our ROTC cadre and staff, as well as our recruiters. Trust me, there is plenty to do, and we have the right leaders in place to get after these opportunities.”

The chief said he believes the basics of Airmanship are what sets us up for success; following and trusting in the chain of command, pride in appearance, taking care of each other and properly supervising are the tasks Airmen should be striving to do right every day.

Staton said if the Airmen of AETC should know anything about him, it’s that he is a product of what he learned from his MTLs in basic training.

“I still stand up when a second lieutenant, who is as young as my son, walks into a room because that is what we are supposed to do. I take pride in my uniform because it represents the United States of America and our great Air Force. I walk on the left side of someone

The chief said he believes the basics of Airmanship are what sets us up for success; following and trusting in the chain of command, pride in appearance, taking care of each other and properly supervising are the tasks Airmen should be striving to do right every day.

senior to me. I am a loyal servant to those I follow and those I lead and I take out my own trash,” Staton said. “In other words, I don’t ever want to forget where I came from and I make an effort to conduct my business with that in mind.”

The chief concluded by expressing his thanks for the opportunity to lead the enlisted men and women of AETC.

“I couldn’t be more proud of the Airmen and families that make up this command. From our men and women in uniform, to our civilians and contractors, every single person and job counts and has a direct influence of keeping our Air Force the greatest in the world,” he said. “My family and I will do our best to make our Airmen proud.”

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AETC command chief shares vision, priorities

Tech. Sgt. Beth Anschutz
Air Education and Training
Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Education and Training Command's newest senior enlisted leader, Chief Master Sgt. David Staton, recently shared his vision of a successful tour as command chief.

Staton took the reins as command chief in January but is no stranger to the First Command.

Service to AETC is woven throughout Staton's career. In all, he has spent more than half of his 28 years of service within AETC, to include assignments as a military training instructor, an instructor at the MTI schoolhouse, a basic military training squadron superintendent and two command chief positions, one at the 56th Fighter Wing at Luke Air Force Base, Arizona, and most recently for 2nd Air Force at Keesler AFB, Mississippi.

Staton said although he is familiar with the majority of what the command accomplishes day-to-day, he is looking forward to learning even more about certain mission areas, such as Air University at Maxwell AFB, Alabama, where he immersed himself in the AU mission during a recent base visit.

"I have learned the AU machine is very complex and what they do day-to-day is critical to the success of the professional development and education of our Airmen across the Air Force," Staton said. "I am very excited to learn more and support the first-class, intellectual and leadership center of the Air Force."

Staton said he is also eager to learn more about the recruiting mission, where the command's mantra of "Air-power starts here" couldn't be more true.

"I look forward to learning more about how the recruiters operate and attract our country's finest, and how I can best help them accomplish their



U.S. Air Force photo by Airman 1st Class Brandon May

Chief Master Sgt. David Staton, command chief of Air Education and Training Command, left, and Lt. Gen. Darryl Roberson, AETC commander, speak to Senior Airman Samuel Hahn, 47th Medical Group Public Health technician during a base tour at Laughlin Air Force Base, Texas, March 16, 2016. During the visit to Laughlin, Roberson and Staton toured the medical facility and were briefed on programs operated by members of the 47th Medical Group.

mission," he said. "Recruiters are the face of the Air Force where there is little to no Air Force presence. It's important for me to know how I can best support them."

Staton said AETC is on a great path and his goal is to keep moving forward with the command vision to forge innovative Airmen to power the world's greatest Air Force.

"I plan to pick up the ball and move it forward, as best I can, by working very closely with our phenomenal commanders, chiefs and leaders in AETC," Staton said. "As the Air Force's First Command, we must continually help our Airmen to be more creative and find innovative means to effectively and efficiently prepare our newest Airmen to fly, fight and win."

The chief said his main priorities are in line with and support the strategic goals of Lt. Gen. Darryl Roberson, AETC commander. Roberson released the command's 2016 Strate-

gic Plan in January listing his vector areas as motivational mission accomplishment, taking care of Airmen and families, innovation, and leadership.

Staton believes the key to leadership is support and communication.

"I have a very basic leadership mentality; lead your Airmen, support them in their professional and personal life and help them grow," he said. "The most important and meaningful way to do this is simply good old fashioned, day-to-day, face-to-face contact with our Airmen, at all levels. I want supervisors to see their subordinates face-to-face every day, to the largest degree possible."

Staton said he is also focused on the Developmental Special Duty Program for which AETC plays a huge role. In 2013, 10 positions were designated as DSD because of the unique leadership roles and responsibilities they hold, which involve mentoring and molding future Air Force leaders.

See AETC, Page 13

EVENT

(Continued from page 11)

each other.

"Survivors of sexual assault deserve the support of the institutional Air Force, but they also deserve the support of their peers and their wingmen," James said. "Wingmen play a vital role in building and restoring units' climate and in supporting victims in their recovery."

James challenged leaders from commanders to frontline supervisors to demonstrate excellence by setting a professional atmosphere, enforcing the standards of conduct, and being prepared to walk the walk.

23 Year Old Female Testimonial

Chief of Staff Gen. Mark A. Welsh III spoke about members of one Air Force – active duty, Air National Guard, Air Force Reserve, officer, enlisted and civilian Airmen – who stand side by side and shoulder to shoulder to provide whatever is needed to prevent sexual assault.

"We have lots of numbers in the business, as we track different things," Welsh said. "I would offer to you that the only number that really matters is one. One victim, one criminal, one event, one life shattered, one family shattered, one unit forever affected ... now multiply that one person by all the lives that they touch and then multiply that number by 2,400. That's the impact."

Welsh also said that prevention starts with averting one sexual assault, and it must continue one by one until all are stopped.

"It's about one and the only number more significant than that one is zero," Welsh said. "When we get there, we will celebrate and we will work harder the next day to make sure it stays there."

24 Year Old Male Testimonial

Chief Master Sgt. of the Air Force James A. Cody said that in his time as the highest ranking enlisted member in the Air Force, he has evolved how he looks at sexual assault prevention after hearing a friend's story.

His friend's daughter was excited about joining the Air Force, but as she was getting ready to leave home, she told her father she was afraid of being raped. When her father asked why, she confided she had been sexually assaulted at a high school party after having a drink. Despite their great relationship, she had been ashamed to tell her father before because he had warned her not to drink and how to dress, and she blamed herself.

That's when Cody realized he had often said the same things to his daughter.

"I wasn't helping her be any safer," Cody said. "I was really just building up an environment where if something happened she couldn't feel she could come to me because I had already told her it was her fault every single time I watched her walk out that door."

Cody said the experience changed his dialogue with his daughter and helped him better understand prevention. They began talking about the wingmen she was going out with and who would have her back.

"You are going to go out, you are going to experience life," Cody said. "Our Airmen have to trust each other enough so they know we will always be there for each other. We're never ever going to blame them for something horrific that's happening. We are just going to be there to try and help them. We can never rewind the clock, but we can be there to support them."

Produce Pilots, Advance Airmen, Feed the Fight

BLAZE Hangar Tails: CV-22 Osprey

Mission

The CV-22 Osprey is a tiltrotor aircraft that combines the vertical takeoff, hover and vertical landing qualities of a helicopter with the long-range, fuel efficiency and speed characteristics of a turboprop aircraft. Its mission is to conduct long-range infiltration, exfiltration and resupply missions for special operations forces.

Features

This versatile, self-deployable aircraft offers increased speed and range over other rotary-wing aircraft, enabling Air Force Special Operations Command aircrews to execute long-range special operations missions. The CV-22 can perform missions that

normally would require both fixed-wing and rotary-wing aircraft. The CV-22 takes off vertically and, once airborne, the nacelles (engine and prop-rotor group) on each wing can rotate into a forward position.

The CV-22 is equipped with integrated threat countermeasures, terrain-following radar, forward-looking infrared sensor and other advanced avionics systems that allow it to operate at low altitude in adverse weather conditions and medium- to high-threat environments.

Background

The CV-22 is the Special Operation Forces variant of the U.S. Marine Corps MV-22 Osprey. The first two test aircraft were deliv-



U.S. Air Force photo

The CV-22 Osprey is a tiltrotor aircraft with the capability to perform both fixed-wing and rotary-wing missions. Its mission set includes long-range infiltration, exfiltration and resupply missions for special operations forces.

ered to Edwards Air Force Base, California, in September 2000. The 58th Special Operations Wing at Kirtland AFB, New Mexico, began CV-22 aircrew training with the first two production aircraft in August 2006.

The first operational CV-22 was delivered to Air Force Special Operations Command in January 2007. Initial operational capability was achieved in 2009. A total of 51 CV-22 aircraft are scheduled to be delivered by the end of 2019.

General characteristics

Primary function: special operations forces long-range infiltration, exfiltration and resupply

Power plant: two Rolls Royce-Allison AE1107C turbo shaft engines

Thrust: more than 6,200 shaft horsepower per engine

Wingspan: 84 feet 7 inches (25.8 meters)

Length: 57 feet 4 inches (17.4 meters)

Height: 22 feet 1 inch (6.73 meters)

Rotary diameter: 38 feet (11.6 meters)

Speed: 277 mph (241 knots) (cruising speed)

Ceiling: 25,000 feet (7,620 meters)

Maximum vertical takeoff weight: 52,870 pounds (23,982 kilograms)

Maximum rolling takeoff weight: 60,500 pounds (27,443 kilograms)

Armament: one .50 Cal Machine gun on ramp

Range: combat radius of 500 nautical miles with one internal auxiliary fuel tank

Payload: 24 troops (seated), 32 troops (floor loaded) or 10,000 pounds of cargo

Crew: four (pilot, copilot and two flight engineers)

Builders: Bell Helicopter Textron Inc., Amarillo, Texas; Boeing Company, Defense and Space Group, Helicopter Division, Philadelphia

Deployment date: 2006

Unit cost: \$90 million

Inventory: active duty, 46; reserve, 0; ANG, 0



U.S. Air Force photo/Airman 1st Class John Day

A static display of a CV-22 Osprey sits on the SAC ramp March 22 at Columbus Air Force Base, Mississippi. Several Special Operation Forces Airmen and aircraft visited Columbus AFB for a roadshow to generate interest in the SOF community.

Visit www.columbus.af.mil to learn about Columbus AFB agencies and other important information.

Want to be a great leader? Then learn how to be a great follower...

Lt. Col. Jenny Christian
14th Mission Support Group
Deputy Commander

American society is obsessed with trying to teach people how to be great leaders.

For some, leadership is a skill that seems to be inherent in their personality. Charismatic leaders like Colin Powell or Martin Luther King Jr. seem to have always been masters at this elusive craft we call leadership, but even these dynamic personalities were followers at some point in their lives.

In the military, we tend to fill the role of leader and follower at the same time, so it only makes sense to hone our followership skills along with our leadership skills. In fact, most of the skills needed to be a great leader are inherent in the skills required to be a great follower. There are an infinite number of traits that would serve well.

First, be a team player. Make an effort to work with others and find solutions that may not always be exactly what you wanted, but in the end, serve

the best interests of all those involved. If you fall on your sword on every issue, it will be difficult for those around you to know what is really important. If you try to stand alone and bark orders, you may find yourself still standing there alone without anyone to lead.

Second, be a critical thinker and lean forward. Always try to anticipate problems and come up with solutions before being asked. You can't grow as a leader if you are always waiting for someone to tell you what to do and how to do it. When you see a problem, step up and make sure it gets fixed, because I guarantee no one else will. If your boss notices it, they will wonder why they had to tell you to do it in the first place.

Finally, as a follower, be courageous. Leaders are not looking for people to tell them what we think they want to hear, they want to know they are surrounded by people willing to call them out when they are heading in the wrong direction. Sometimes that may put you in an incredibly uncomfortable position and you may not always be right, but a good leader will appreciate the feedback.

Being a team player, critical thinker and courageous are just a few of the traits that will help you succeed as a follower and eventually, prepare you to step up into a multitude of leadership roles. The next time you are looking for a good book on how to be a great leader, I suggest you check out some books on how to be a great follower as well.



Walk-a-thon

Sponsored by Airman's Activity Council

Get out there! Get active! Get healthy!

Support participants through sponsorship. Participants will collect pledges.

Sponsors have two pledge options

- **Flat Rate:** no matter how many laps the walker walks, as long as they participate, the sponsor pays what they pledge
- **Fixed Rate:** pay a certain amount (ie. \$.25 or \$1) per lap.

50% of proceeds will go towards the 2016 Annual Awards Banquet.



Where: CAFB Fitness Center Track
When: 09 April 2016
Time: 0800-1100

AAC POC: A1C Brittani Amavizca-Waddington @ 434-2239
AAC Alternate: A1C John Day @ 434-7068



MyMC2 app



Welcome to the My Military Communities information page. MyMC2 is the mobile application that centralizes all of your installation's community events, organizations and services right in your pocket.



How do I get MyMC2 for my phone?

You can access this app by navigating to the native app store or market on your device and search for "MyMC2", or you can scan this QR code and it will take you directly to the download page in your phone.



iPhone
QR code

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QR code

If you have any questions or need support please visit www.facebook.com/mymc2support

'You either win or you learn': A tale of resilience

Airman 1st Class Timothy Kim
52nd Fighter Wing Public Affairs

SPANGDAHLEM AIR BASE, Germany — (This feature is part of the "Through Airmen's Eyes" series. These stories focus on individual Airmen, highlighting their Air Force story.)

She traded tax forms in a sterile office for strikes and grapples in an auditorium surrounded by peers cheering her on.

Mariah Johnson, a value-added tax (VAT) officer with the 52nd Force Support Squadron, took the first step to making the sport of jiu-jitsu her own Feb. 20, when she entered her first competition.

"Jiu-jitsu has been the most helpful thing in my life," she said. "It's taught me how to stay calm in any situation and to stay positive. With every bad thing, there's always something good that comes out of it."

Johnson works for the squadron's VAT office, an agency on Spangdahlem Air Base that handles the relief program that offsets the difference of what Airmen pay overseas compared to the U.S.

When not pushing papers, she practices jiu-jitsu in a free class on base. After her first jiu-jitsu fight at the Submissao competition in Karlsruhe, Germany, she received a belt promotion.

From a friend's recommendation, Johnson began practicing in November. Initially, she viewed it as a stress reliever; but soon realized it was not just a routine workout, but as something more meaningful in her life, she said.

Resilience is a crucial concept the Air Force encourages its Airmen and community to practice. Johnson continues to practice this despite a challenge she recently faced.

"When I first started (jiu-jitsu), I was going through some hard times in my personal life that were dragging me down mentally and physically," she said. "Jiu-jitsu taught me differ-



Courtesy photo

Mariah Johnson, a 52nd Force Support Squadron value-added tax officer who practices Brazilian jiu-jitsu, right, grapples during her first match at the Submissao competition in Karlsruhe, Germany, Feb. 20, 2016. Johnson lost to her opponent, but received a belt promotion after the match for taking the step to compete.

ent coping mechanisms. No matter what life threw at me, there would always be a way to keep moving forward and essentially fighting for what I want and getting to the place where I needed to be.

"If I gave this up, I don't know what I'd do," Johnson added. "Even if I never win, I'm fine with it, because this is what I love to do, and I'm helping people do what they love as well. Without me continuing to compete or fight, others won't be able to compete or win a match or learn something from me."

Johnson also pointed out that the class isn't just for stress relief; it also provided a community that makes her feel welcomed.

"Every single training partner is a part of my family," she said. "I can be around the people who I love because they go through the same struggles and know how it is. They are my family. We're all doing the same sport, we're all training the same way. We may be at different belt levels, but we were all once white belts, so there's always a mutual level of respect. After a sparring session, we become friends again and say, 'Thank you for teaching me something new.' Jiu-jitsu is my therapy."

Johnson said she learned a lot about remaining calm and focused during sparring sessions. But, through practice sessions, she learned something else from the sport.

"You don't really lose; you either win or you learn," she said. "Failure is not an option to me."

Johnson stated that jiu-jitsu focuses not on strength, but on technique to overcome an opponent. Mind games, Johnson said, are a major factor during a match as competitors must remain calm and think about their next move even though they are being choked out.

"When you panic, your mind clouds, and your judgment goes out the window," she said. "You start thinking about the worst-case scenario, but there's always a way to get out of a submission and to submit your opponent. In life, things get thrown at you. Are you going to panic or accept it? The key is to deal with it and to move on."

For Johnson, jiu-jitsu is not just a sport or a martial arts class she attends to stay physically fit, but a way for her to keep herself in tune with herself to practice resiliency and fitness in all aspects of her life.

"If you love what you're doing, then don't stop," she said. "If you fall, get right back up. Continue whatever you were doing, struggle with it and just continue. There's always a light at the end of the tunnel."

Event recognizes importance of wingmen all year #notjustApril

Tech. Sgt. Bryan Franks
Secretary of the Air Force Public
Affairs Command Information

WASHINGTON — Senior leaders kicked off the Air Force's Sexual Assault Prevention and Response #notjustApril campaign March 17 during an event at the Pentagon.

The secretary, chief of staff and chief master sgt. of the Air Force joined other Airmen to read testimonies from sexual assault survivors and discussed Airmen's roles in supporting sexual assault survivors and preventing this crime.

30 Year Old Male Testimonial

The event promoting the #notjustApril campaign came in front of the Defense De-

partment's official recognition of Sexual Assault Awareness Month in April to highlight the importance of Airmen's engagement all year.

Using the Air Force core values as the foundation for her comments, Air Force Secretary Deborah Lee James said integrity is imperative in this issue and the Air Force needs to look in the mirror and accept the fact that there is a problem.

"I think it's getting better," James said. "However, we need to look at ourselves and our shortcomings and identify ways we can continue to improve."

James went on to say that Airmen's 'service before self' is not only answering the nation's call to serve, but also the call to serve. See EVENT, Page 12



U.S. Air Force photo/Scott M. Ash

Air Force Secretary Deborah Lee James speaks about the wingman's role in sexual assault prevention during a special Sexual Assault Awareness Month event at the Pentagon March 17, 2016. The event included participants who read actual victims' testimonials.

Wednesday:
6 p.m. – AWANA, a religious education program for children ages three years old to 6th grade
6 p.m. – Adult Bible study on the Gospel of John
6 p.m. – Youth Group

SAAPM month 2016: Know Your Part, Do Your Part

**E
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SEXUAL ASSAULT
KNOW YOUR PART
DO YOUR PART**



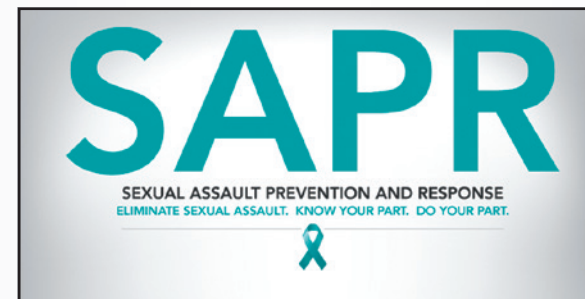
Sexual Assault and Response Coordinator Office

Eliminating sexual assault in the Air Force requires Airmen at all levels to be engaged all year, not just during April also known as Sexual Assault Awareness and Prevention Month.

Airmen are expected to embody the Air Force Core Values every day, whether on or off duty, uniformed or civilian. The Air Force has more than 110 Sexual Assault Response Coordinators, 70 full time Sexual Assault Prevention and Response victim advocates, 30 special victims' counselors and nine special victims' unit senior trial counsels who dedicate 365 days/year to supporting victims and seeking justice. The Air Force also expects each Airman to "Know Your Part. Do Your Part" to combat this crime.

Every Airman who enforces professionalism in their workplace and insists their wingmen treat each other with dignity and respect is taking action to eliminate sexual assault and support survivors. This includes refraining from mistreating those who have reported a sexual assault and those who have been accused of committing a sexual assault. The military justice system and chain of command are the proper authorities for addressing unrestricted reports of sexual assault, and will do so with all the information available after a thorough investigation. Airmen should not attempt to seek "justice" for either victims or accused perpetrators of sexual assault on their own. Airmen who are concerned that a report of sexual assault is not being handled fairly should contact their chain of command or Inspector General. Retaliation of any kind toward a victim of sexual assault is unacceptable in the Air Force, we are all here to support, and do our part.

Sexual Violence refers to sexual activity where consent is not obtained or freely given. Anyone can experience sexual violence. The person responsible for the



violence is usually someone known to the victim. The person can be, but is not limited to, a friend, coworker, neighbor, or family member. The Air Force has services in place to take care of victim concerns, your SAPR office is a good place to start to understand options and to get information on resources available.

The Air Force is moving toward a holistic approach when addressing interpersonal violence. The Public Health approach to prevention has been adopted where we first, define the problem, then identify risk and protective factors, develop and test prevention strategies, and lastly, assure widespread adoption of those strategies. The newly released Air Force Violence Prevention Strategy will bring this holistic approach to realization through an adoption of several programs. Airmen on Columbus Air Force Base are trained to be active bystanders and understand the importance of being a good wingman.

To further this concept the Air Force has adopted the Green Dot program as its first gateway program into the violence prevention strategy implementation. The program will be introduced to reinforce bystander intervention skills along with addressing a multitude of prevention strategies to combat interpersonal violence crimes. Green Dot is coming soon and leadership is excited to implement the program here at Columbus AFB.

CAFB 2016 Sexual Assault Awareness & Prevention Month events:

■ The month will begin with a "5K Obstacle Course" 7 a.m. April 1 starting at the base fitness center. This event will require the participants to run a 5K through several obstacles as a symbolic gesture to the recovery process of a victim affected by an interpersonal violence crime. It is a collaborative effort with the Family Advocacy Program, and the Alcohol and Drug Abuse Prevention and Treatment. These agencies are also emphasizing awareness of child abuse and alcohol during April. The SAAPM Proclamation will be read and tables with giveaways will be available. Prizes will

be awarded to the first ten members that finish the obstacle course. Members can sign up by calling the base fitness center at 434-2772.

■ The second event is also April 1 at the local college, SAPR will have an informational booth at the Mississippi University for Women Annual Health Fair from 9 a.m. – noon. Stop by on your lunch break and encourage your spouse to attend to receive valuable information from all the agencies present at the fair.

■ The third event is collaboration with the Veterans Medical Center and the Mississippi Coalition against Sexual Assault it will be held April 5 at the Jackson Mississippi Veterans Medical Center. This is our first year collaborating with the VA, our goal is to ensure we close the service gap for active duty Air Force service members and veterans concerning military sexual trauma, we are very excited about this effort.

■ The last event of the month is with The Clothesline Project which is a program started in 1990 to address the issue of violence against women. It is a way for women affected by violence to express their emotions by decorating a shirt. They then hang the shirt on a clothesline to be viewed by others as testimony to the problem of violence against women. The Clothesline Project will be on display in the Exchange lobby April 19 from 11 a.m. – 1 p.m. This is a great opportunity for anyone to design a T-shirt in honor of a victim.

As SAAPM comes to an end April 30, we will continue our awareness and prevention campaign. Columbus AFB and the local community understand it takes everyone to combat this crime and it needs our daily attention. Remember the motto, "Know Your Part. Do Your Part." For more information, visit the Columbus SAPR page on the Columbus AFB Website and the DOD website at www.sapr.mil.

To report a sexual assault, contact Ms. Daisy Jones-Brown, SARC, at 434-1228 or on the 24/7 Hotline at 364-0822; located in Bldg. 926, Rm 117.

DoD
Safe Helpline
Sexual Assault Support for the DoD Community
safehelpline.org | 877-995-5247



"Run for Recovery"
Obstacle 5K

In honor of Sexual Assault Awareness Month

**April 1
at
0700**



**Fun and interactive
obstacles
every 1/2 mile!**



SAPR Giveaways and Information!

Substance Abuse and Domestic Violence
will set up an information table.

For more information, 434-2772

