Return Service: The Commercial Dispatch P.O. Box 511 Columbus, MS

SILVERINGS

STANDARD MAIL U.S. POSTAGE PAID MAILED FROM ZIP CODE 39705 PERMIT NO. 98

RETURN SERVICE REQUESTED

"Produce Pilots, Advance Airmen, Feed the Fight"

Vol. 40, Issue 12

Columbus Air Force Base, Miss.

March 25, 2016

Friday Partly Cloudy High 65°F Low 39°F Sunday Monday Partly Cloudy High 71°F Low 51°F High 67°F Low 44°F

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.

Forecast provided by the 14th OSS Weather Flight

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				PHASE III				IFF				Wing Sortie Board			
	Senior	Squadron			Senior	Squadron			Senior	Squadron		Aircraft	Required	Flown	Annual
Squadron	Class	Overall	Track Select	Squadron	Class	Overall	Graduation	Squadron	Class	Overall	Graduation	T-6	2,145	2,245	14,121
37th (16-15)	1.55 days	2.39 days	Apr. 1	48th (16-07)	-0.09 days	3.08 days	Apr. 8	49th (16-FBC)	-0.22 days	3.09 days	Apr. 1	T-1	731	716	4,723
41st (17-01)	5.43 days	3.15 days	Apr. 25	50th (16-07)	00.1 days	0.77 days	Apr. 8					T-38	689	791	4,638
The Specialized Undergraduate Pilot Training Class 16-08 guest speaker is Col. Murray Mitten, U.S. Air Force retired.										IFF	324	271	1,924		

SILVER WINGS
Mar. 25, 2016

NEWS



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.

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat/Sun</u>	Long Range Events	
28 Pilot for a Day: Andrew McCall	Wing Newcomers Orientation, 8 a.m. @ Club	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	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 Camporee 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	
4	Retired Chiefs Luncheon, 11:30 a.m. @ Club	6	7	SUPT Class 16-07 Graduation, 10 a.m. @ Kaye	9/10	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	

Silver Wings

How to reach us

14th Flying Training Wing Public Affairs 555 Seventh Street, Suite 210, Columbus AFB, MS, 39710 Commercial: (662) 434-7068 DSN: 742-7068 Fax: (662) 434-7009

E-mail: silverwings@us.af.mil

Editorial Staff

Col. John Nichols
14th Flying Training Wing
Commander

Mr. Sonic JohnsonChief of Public Affairs

Senior Airman Kaleb Snay Editor

Airman 1st Class John Day Staff Writer

> Mrs. Tina Perry Layout Designer

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.

Published by the Commercial Dispatch Publishing Company, Inc., a or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication does not constitute endorsement by the DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

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

Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB,

The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

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.

14 SILVER WINGS Mar. 25, 2016

SILVER WINGS 9 Mar. 25, 2016 **3** Produce Pilots, Advance Airmen, Feed the Fight Produce Pilots, Advance Airmen, Feed the Fight

News Around Town

March 28

call Visit Columbus at 800-920-3533 or 662-329-1191. information.

March 29

Visit Columbus kicks off Spring Pilgrimage with a The Columbus Arts Council will host Discrawfish and shrimp boil and Blues music on the Ten-cover Japan: Land of the Rising Sun, an edunessee Williams Home and Welcome Center lawn cational presentation that takes attendees on from 5 - 8 p.m. Teen guitar virtuoso and Clarksdale na- a journey through Japan. The presentation is tive, Kingfish, will perform. Enjoy an afternoon of great scheduled to begin at 7 p.m. at the Rosenzfood and live music to herald the start of Columbus' weig Arts Center and admission is free. Visit co-76th Annual Spring Pilgrimage. For more information, lumbus-arts.org or call 662-328-2787 for more

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 burchased through The Commercial Dispatch, 328-2424.

<u>Miscellaneous</u>

For Sale: White Kenmore chest freezer

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.

Visit us online! www.columbus.af.mi

GuideDog 🔭 Foundation **LEARN TO DIVE**



DOWN RIGHT DIVING SALES

SERVICE SCUBA CERTIFICATION

downrightdiving.com 662-549-1255



The Right Loans. The Right Lenders.



Jackie Bowman NMLS #546281 802 Highway 12 W Starkville, MS 39759 jackie.bowman@bxs.com (662) 324-4367



Grace Ward NMLS #546648 2220 Hwy 45 N Columbus, MS 39705 grace.ward@bxs.com (662) 341-0804



BancorpSouth.com/Mortgage





215 Spring Gardens Drive Columbus, MS 39705

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

Kendra Bell CRYE*LEIKE. Licensed Real Estate Agent Office: 662-328-1150 4170 Hwy 45 North Cell: 662-386-9750



ROADSHOW

(Continued from page 1)

burt Field, Florida. "We know our historv here at AFSOC and we live our her-

Airmen from nearly every aircraft in week as well.

AFSOC were present to brief the mission and workflow of their respective platform. The SOF Roadshow is scheudled to visit Sheppard Air Force Base, Texas, Vance Air Force Base, Oklahoma, Though not all aircraft were present, and Laughlin Air Force Base, Texas, this



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 Assistance Fund website

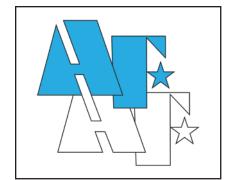
(Editor's note: the following story is an editorial on how the Air Force Assistance Fund Impacted their life.)

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 ba-

bies, 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.

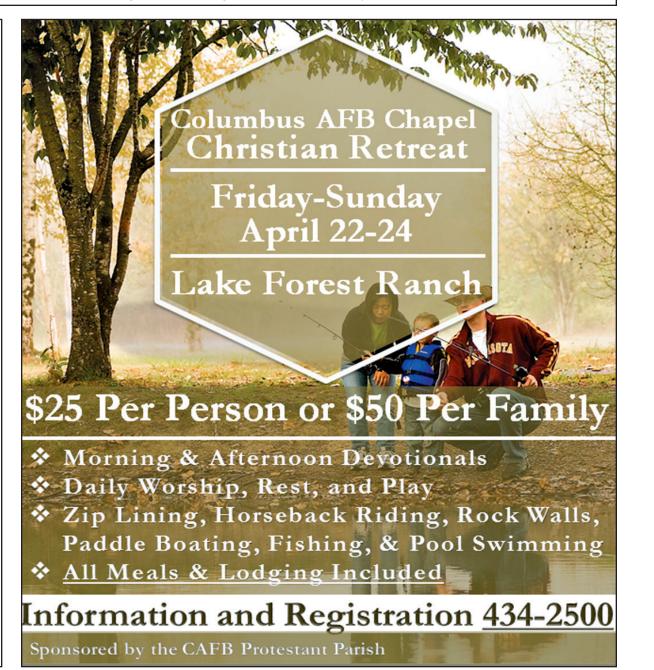
It was truly amazing and I could not be more thankful for what they did. We were doing everything in our power to get through the times and the AFAS took a bit of the weight off our shoulders so we could focus on the babies instead of making ends meet. Now we are doing better than ever watching them 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



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. I 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.



Featured Home



243 Winchester Drive Columbus, MS 39705

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.

Enjoy peaceful, lake

the fabulous deck,

or out on the private

front views from the

bedrooms, large sunroom



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 MTIs 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

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

"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."







12 SILVER WINGS Mar. 25, 2016 Produce Pilots, Advance Airmen, Feed the Fight Produce Pilots, Advance Airmen, Feed the Fight

AETC command chief shares vision, priorities

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

JOINT BASE SAN ANTO-NIO-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 "Airpower starts here" couldn't be more

can best help them accomplish their released the command's 2016 Strate-



Chief Master Sqt. 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 gic Plan in January listing his vector 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 families, innovation, and leadership. support them."

Staton said AETC is on a great oath 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 "I look forward to learning more are in line with and support the straabout how the recruiters operate and tegic goals of Lt. Gen. Darryl Roberattract our country's finest, and how I son, AETC commander. Roberson areas as motivational mission accomplishment, taking care of Airmen and

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)

"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

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

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

"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

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.'

BLAZE Hangar Tails: CV-22 Osprey

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 Osprey. The first two test aircraft were deliv-

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 envi-

Backaround

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.

The CV-22 is the Special Operation Forces variant of the U.S. Marine Corps MV-22

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



U.S. Air Force photo

SILVER WINGS

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

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

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

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

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

Deployment date: 2006 Unit cost: \$90 million

Inventory: active duty, 46; reserve, 0;

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

VIEWPOINT AF News SILVER WINGS

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

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

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.



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





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 Android QR code 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 jiujitsu her own Feb. 20, when she entered her first competition.

"Jiujitsu 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

When not pushing papers, she practices jiujitsu in a free class on base. After her first jiujitsu fight at the Submissao competition in Karlsruhe, Germany, she received a belt pro- ent coping mechanisms. No matter what life threw at me, motion.

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 practice this despite a challenge she recently faced.

"When I first started (jiujitsu), I was going through some mentally and physically," she said. "Jujitsu taught me differ- comed.



Mariah Johnson, a 52nd Force Support Squadron value-added tax officer who practices Brazilian jiujitsu, 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.

there would always be a way to keep moving forward and essentially fighting for what I want and getting to the place

"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. its Airmen and community to practice. Johnson continues to 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 hard times in my personal life that were dragging me down relief; it also provided a community that makes her feel wel-

"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.' Jiujitsu is

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 jujitsu 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, jiujitsu 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

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 'ser-



Air Force Secretary Deborah Lee James speaks about the wingman's role in sexuvice before self' is not only answering the nation's call to serve, but also the call to serve Pentagon March 17, 2016. The event included participants who read actual victims See EVENT, Page 12 testimonials.

Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, MyAirForceLife App on any smart phone or visit our website at columbusafbliving.com to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

The Overrun Now Open Evenings

The Overrun is open each Thursday 4:30 p.m. – 8 p.m. and Friday 4:30 p.m. until Midnight. Bar Menu includes chicken wing basket, chicken tender basket, club wrap, or buffalo chicken wrap. For more information, contact 434-2419

Free Open Karaoke

Join the Columbus Club for free Open Karaoke every Thursday in March from 6 p.m. – 10 p.m. Food and drink specials available. For more information, contact 434-2489.

March Madness NCAA Tournament

Watch the NCAA tournament games at the Columbus Club. For more information and event times, call 434-2489.

Easter Brunch

The Columbus Club is offering Easter Brunch March 27 10:30 a.m. – 1:30 p.m. Reservations required. Brunch prices: club member \$17; non-member \$20; children (5-11) \$8; ages four and under free. For more information, contact 434-2489.

Supply Drive for St. Jude and Baptist Hospitals

The Youth Center is collecting donations for St. Jude Children's Hospital and Baptist Memorial Hospital. Drop off school supplies at the Youth Center Monday – Friday from 10 a.m. – 6 p.m. April 1 - 30. For more information and a complete list of items needed, please contact 434-2504.

"Run for Recovery" 5K Obstacle Run/Walk

The Fitness Center is offering a 5K obstacle run/walk in honor of Sexual Assault Awareness Month. This event will be held April 1 at 7 a.m. at the Fitness Center. Informational booths will be set up for giveaways and to learn more about sexual assault prevention, substance abuse prevention, and domestic violence prevention. Commander's trophy points awarded. For more information, contact 434-2772.

Free Breakfast for Club Members

The Columbus Club is offering free breakfast for club members April 4 from 6:30 a.m. – 8 a.m. Non-members pay \$8 per person. Become a Club Member and eat for free plus enjoy all the benefits of being a member. For more information, contact 434-2489.

Monthly Family Dining

The Columbus Club is offering All You Can Eat Country Dinner Buffet April 7 from 5 p.m. -8 p.m. The cost is only \$12 for members; \$14 non-members; \$5 ages 5-11; 4 and under free. For more information, contact 434-2489.

Air Force vs. Army Bench Press Competition

The Fitness Center is offering an Air Force vs. Army Bench Press Competition April 18 at 6 p.m. Competition includes: 1 rep max and max reps, male and female divisions, 300 Club qualification, and overall winner. All participants receive a free t-shirt. For more information or to sign up, contact 434-2772.

Columbus Club Lunch Buffet Specials

The Columbus Club is offering a lunch buffet Monday - Friday 11 a.m. – 1:30 p.m.; Monday – Mexican Buffet, Tuesday- Italian Buffet, Wednesday – Pizza and Wings Buffet, Thursday- Southern Buffet, Friday – Catfish and Spaghetti Buffet. Cost of buffet is only \$7.95 for club members and \$8.95 for non-members. For more information, contact 434-2419.

at your Columbus Club inside the Event Center Seating begins at 10:30 with Fried Chicken additional seating times every

Bacon 30 minutes until 1:30 Make your reservations today Vegetable Station with: White Truffle Oil Mashed Potatoe **Green Beans Adult Cost** Rice Pilaf \$17 Members **Turnip Greens Bacon Cabbage** \$20 Non-Members Macaroni & Cheese Black Eyed Peas Salad Bar \$8 for children ages 5-11 Dessert Station Free to ages 4 & under **Waffle Station Omelet Station** Beverage Station with:

Learn to Cross Stitch like a Pro

The Arts and Crafts Center is offering a free cross stitch class on Mondays and Tuesdays at 3 p.m. Classes begin April 25 at 3 p.m. Participants must provide their own materials for the class. For more information, contact 434-7836.

Make Reservations by calling 434-2489 FORCE

Champagne Mimosa

Story Time at the Library

The Base Library is offering Story Time every Friday at 10:30 a.m. for all ages. The library is located in the Education Center, building 916, rooms 3, 4, and 6. Hours of operation are as follows: Tuesday, Thursday and Friday 10:30 a.m. - 2:30 p.m. and Sundays 1 p.m. – 5 p.m. For more information, contact 434-2934.

Cosmic Bowling Special

The Bowling Center is offering Cosmic Bowling for only \$12 per person every Friday and Saturday night from 5 p.m. – 8 p.m. You also may purchase individual games for \$3 per game with purchase of \$1.50 shoe rental. For more information, contact

Lawn Mower Repair

Lawn mower repair is now available at Outdoor Recreation. The cost is only \$40 per hour plus parts; pickup and delivery available. For more information, contact 434-2507

Gymnastics Instructor Needed

Gymnastics Instructors needed at the Youth Center. For more information, contact Kayline Hamilton at 434-2503.

Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? For more information, contact 434-7836.

more information or to sign up, contact 434-2772.

Play Paintball

Book your next paintball event at Outdoor Recreation. The cost is \$15 per person for a party of 10 or more; \$20 per person for party of 9 or less. You must purchase paint at Outdoor Recreation for \$45 per case of 2,000. For more information, contact 434-2505.

Free Pool Passes and FootGolf

Independence Pool Passes and FootGolf is included with Whispering Pines Golf Membership. . If you have an individual golf membership, you receive an individual pool pass and Foot-Golf membership and if you have a family golf membership, you receive a family pool pass and FootGolf membership. Visit Outdoor Recreation for your free pool pass today. For more information, contact 434-2505.

Make Your Shopping Easier

Force Support Squadron gift cards are available in increments of \$5 to fit any budget. They can be used at most Force Support Squadron facilities at Air Force installations worldwide and they never go out of style. Purchase your gift card at one of the following locations: Bowling Center, Golf Course or Youth Center. For more information, contact 434-3426.

Brazilian Jiu Jitsu Class

Free classes are scheduled every Monday, Wednesday, and Friday at 6 p.m. The benefits include huge gains in confidence, functional strength, flexibility, discipline, and overall physical conditioning. Mandatory equipment: BJJ Kimono (Gi); for ages 13 and up. For more information, contact 434-2772.

Wood Shop Self Help

Do you need to complete a wood project? The base wood shop is open Saturdays from 10 a.m. – 4 p.m. for only \$4 per hour. For more information, contact 434-7836

RV Storage Lot

Don't clutter your home space, park with us. Outdoor Recreation offers a great place to store your RV year around. You will have 24-hour access and can pay monthly or yearly. For more information, call 434-2505.

Green Plate Special

Whispering Pines Golf Course offers a special for lunch Monday through Friday. For more information, call 434-7932 or check us out on Facebook at Columbus AFB Living or Twitter @CAFBLiving!

Instructional Classes at Youth Center

Youth Programs is offering piano lessons, guitar lessons, tumbling classes, dance classes, and martial arts instruction. Times and ages vary for all classes. Call 434-2504 or stop by the Youth Center for more information.

Fitness on Request

CAFB Fitness and Sports offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with over 30 different classes on the Fitness on Request system. For more information, call 434-2772.

Space A Lodging

The Magnolia Inn usually has openings for Space A family and single units. Contact the lodging desk at 434-2548.

Ride in Style

If you don't want to leave your car at the airport over a vacation, we can help you out. Outdoor Recreation offers a shuttle service to the airport of your choice. Transportation one way is Referees needed for various sports at the Fitness Center. For \$175 for Birmingham and \$50 for Columbus. Call 434-2505 for

Air Force Readiness Programs

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790.)

Wing Newcomers Orientation

This brief is from 8 a.m. - 12:15 p.m. March 29 and is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. The orientation is held at the Columbus Club, for more information call

First Term Officer's PFR

The First Term Officers' Personal Financial Readiness Workshop is required by AFI for all newly assignment personnel to their first station. The event is 9 - 10 a.m. March 29. Call 434-2790 to sign up.

Military Life Cycle

The Military Life Cycle workshop, 1 - 2 p.m. March 29, allows the VA contractors to explain to service members, whether first term, separating, retiring or a veteran, what services the VA offers and what they are able to provide through out the member's military career and how to apply for benefits. To register and more information please call 434-2790.

Hearts Apart,

The Hearts Apart Social program 5 - 7 p.m. March 24, is a monthly event to provide community bonding, fun and appreciation for the families of active duty personnel who are deployed, remote, or on an extended TDY. Food and activities are provided. Call 434-2790 to register.

Transition Assistance Program GPS Workshop

This workshop is held 7:30 a.m. - 4 p.m. April 4 - 8. The Transition Assistance Program Workshop For Senior Leadership is for entrance at the corporate level based on education and/or experience. It is reserved for officers and senior NCOs. It has seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, MS Dept of Employment Security, Dept of Veterans Affairs, Disabled TAP, Dept of Labor TAP portion. Pre-separation counseling is required before attending. Recommend attendance 8 - 12 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register call 434-2839.

Federal USAJobs Workshop

This workshop is April 13, 9 - 10:30 a.m. This is a workshop on writing resumes, applications, and job search, using USAJobs, Call 434-2790 to register.

Troops To Teachers

This workshop is April 13, 10:30 a.m.- noon. It is an informational workshop for members

Airmen enjoy Italian food at dorm dinner



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

Senior Master Sgt. Richard Lutz, 14th Mission Support Group Superintendent, serves spaghetti and garlic bread to Senior Airman Jason Rodriguez, 14th CS, during the dorm dinner March 22 at the chapel annex. Enlisted Airmen living in the dorms get the chance to socialize together and enjoy a free meal every other month at each themed dinner.

military. For more information or to register call 434-2790.

Wing Newcomers Orientation This brief will be on April 19, 8 a.m. – 12:15 p.m.

it is manadatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. The orientation is held at the Columbus Club, for more information call 434-2839.

Pre-separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. The counseling is held daily at 8:30 a.m. It takes approximately 60 minutes. more information.

Pre, Post Deployment Tour Brief

active-duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC, 434-2839/434-2790 for more information.

Survivor-Benefit Plan

Are you nearing military retirement? The retire involves participation in the Survivor 434-2790.

pursing or interested in a teaching career after Benefit Plan. As with all good decision-making, you need to know the facts before you can make a sound decision, and be wary of anyone telling you they can offer you a better deal. Always get the true facts about the SBP before making up your mind. Additional details are available by calling (662) 434-2720.

Military and Family Life Consultant

The MFLC counselors provide non-medical counseling to help Airmen (both single and married), their spouses and other family members to cope with stressful situations created by deployments, reintegration, and life challenges such as martial issues, parenting, career stress and anger. All consultants are licensed mental health providers. Counselors can meet either on or off base. Please contact A&FRC, 434-2839/434-2790 for There is no charge for services and appointments can usually be made within one to two days. To contact the MFLC, call 662-364-0504.

These briefings are mandatory briefings for Volunteer Opportunities

If you are interested in volunteering please contact the Airman & Family Readiness Center. We have volunteer opportunities located throughout the base for a one-time event, special events, or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Golf Course, Medical Clinic, Chapel, Airman Attic, Thrift Store, the Retiree Activities office and many others. one decision you will need to make before you For more information please call A&FRC at

Air Force Recovery Coordination Program

The Recovery Coordination Program streamlines and improves the way care and support are delivered to wounded, ill, and injured Airmer and their families. The RCP provides the support of a Recovery Care Coordinator who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury (2) are unlikely to return to duty within a specified amount of time (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFE RCC at DSN: 493-3399, Office: 334-953-3399 or tim.griggs.1.ctr@us.af.mil.

Personal Financial Readiness

Make the most of your money. Contact Ms Delores Sherman, Personal Financial Counseling, for appointment, 426-2527, or 434-2790 ColumbusAFB-PFC@MFLC.Zeiders.com. She can help manage finances, resolve financial problems, and reach long-term goals such as getting an education, buying a home and planning for retirement.

Saint Leo University

SLU offers on-base classes in psychology criminal justice, and business administration Online and CD-ROM classes are also available Call Saint Leo at 434-8844 (dial 99 on-base) or stop by room 120 in building 926 (old Personne

Chapel Schedule

Whether you are new to Columbus Air Force Base or have been around for a while, our parish communities welcome you to join us as we worship, fellowship, and encourage one another. For more information, please call 434-2500.

Catholic Community Sundays:

3:45 p.m. – Religious Education, grades K-9 (Chapel Annex)

4 p.m. – Choir Practice (Chapel Sanctuary)

4 p.m. – Confession (or by appointment) p.m. – Mass w/Children's Church

Tuesdays: 11:30 a.m. – Daily Mass

Wednesdays: 11:30-12:30 p.m. – Adoration

Protestant Community

9 a.m. – Adult Sunday School (Chapel Library) 10:45 a.m. – Traditional Worship Service Tuesdays:

5 p.m. - Student Pilot Bible Study (Chapel Li-

Wednesdays:

4 p.m. - Music Rehearsal

Ecumenical services Wednesdays:

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

LIM INATE **SEXUAL ASSAULT KNOW YOUR PART** DO YOUR PART













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 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, Mississippi Veterans Medical Center. This is our first neighbor, or family member. The Air Force has services vear collaborating with the VA, our goal is to ensure we supporting victims and seeking justice. The Air Force 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 dress the issue of violence against women. It is a way for we first, define the problem, then identify risk and protective factors, develop and test prevention strategies, by decorating a shirt. They then hang the shirt on a and lastly, assure widespread adoption of those strate- clothesline to be viewed by others as testimony to the gies. The newly released Air Force Violence Prevention Strategy will bring this holistic approach to realization through an adoption of several programs. Airmen on 19 from 11 a.m. – 1 p.m. This is a great opportunity for Columbus Air Force Base are trained to be active bystanders and understand the importance of being a good

> the Green Dot program as its first gateway program into the violence prevention strategy implementation. The attention. Remember the motto, "Know Your Part. Do program will be introduced to reinforce bystander in- Your Part." For more information, visit the Columbus tervention skills along with addressing a multitude of SAPR page on the Columbus AFB Website and the prevention strategies to combat interpersonal violence DOD website at www.sapr.mil. 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 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 adwomen affected by violence to express their emotions problem of violence against women. The Clothesline Project will be on display in the Exchange lobby April

As SAAPM comes to an end April 30, we will continue our awareness and prevention campaign. Colum-To further this concept the Air Force has adopted bus AFB and the local community understand it takes everyone to combat this crime and it needs our daily

> 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.





Obstacle sk

In honor of Sexual Assault Awareness Month





Fun and interactive obstacles every 1/2 mile!



SAPR Giveaways and Information!

Bubstance Abuse and Domestic Violence will set up an information table



