

SILVERWINGS

"Back to the basics"

Vol. 33, Issue 33

Columbus Air Force Base, Miss.

August 21, 2009

Weather



Today

High: 88, Low: 63
Isolated T-storms



Saturday

High: 87, Low: 61
Partly Cloudy



Sunday

High: 85, Low: 60
Sunny



Monday

High: 87, Low: 63
Sunny

News Briefs

Class 09-14 Assignment Night

Specialized Undergraduate Pilot Training Class 09-14 will hold their Assignment Night tonight at 5 p.m.

Enlisted Promotions

The next Enlisted Promotions Ceremony will be at 3 p.m. Monday, August 31 at the Columbus Club.

Class 10-13 Track Select

Specialized Undergraduate Pilot Training Class 10-13 will hold their Track Select at 5 p.m. September 1 at the Columbus Club.



U.S. Air Force photo/Tammi Baudoin

Senior Airman Jennifer Frost, a services journeyman with the 78th Force Support Squadron, Robins Air Force Base, Ga., and Senior Airman Jeffrey Collins, an emergency management apprentice with the 87th Civil Engineer Squadron, McGuire AFB, N.J., members of Tops in Blue 2009, perform their show "To Dream," at the Mississippi University for Women's Rent-Whitfield Auditorium August 13. Known as the Air Forces' Expeditionary Entertainers; the group's main mission is to perform for military personnel and their families throughout the world. Tops in Blue has been touring the U.S. and world since 1953.

Inside



Feature 10

The base library is featured in this week's Silverwings.

General Feucht speaks to guests, graduates of Class 09-13

Senior Airman Jacob Corbin
14th Flying Training Wing Public Affairs

An Air National Guard general officer offered words of advice and congratula-

tions to the latest class of pilots to graduate from Columbus Air Force Base.

Maj. Gen. Harry "A.J." W. Feucht, Jr., Assistant Adjutant General for Air and as Commander, Ohio Air National Guard, spoke to the students of Specialized

Undergraduate Pilot Training Class 09-13 and said there are three things that are important for the young officers: teamwork, humility and effective communication.

See GRAD SPEAKER, Page 2

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				IFF				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (10-07)	5.17 days	-1.87 days	Sept. 2	48th (09-14)	-1.48 days	1.52 days	Sept. 4	49th (09-KB)	2.42 days	1.34 days	Sept. 14	T-6	1,981	1,996	28,307
41st (10-08)	3.19 days	0.05 days	Sept. 25	50th (09-14)	2.57 days	2.86 days	Sept. 4					T-1	667	708	10,687
												T-38	613	477	7,866
												IFF	160	113	2,623

Class 09-14 Graduation speaker: Maj. Gen. Jack Ramsaur II, mobilization assistant to the Commander, HQ AETC, Randolph AFB, Texas.

Ezell assumes command of 14th FSS



U.S. Air Force photo/Melissa Duncan

Col. Ken Bryson, 14th Mission Support Group commander, presents Maj. Wilshelia Ezell, incoming 14th Force Support Squadron commander, with the 14th FSS guidon August 18 at an Assumption of Command ceremony at the Columbus Club.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 45 BLAZE TEAM members are de-ployed worldwide. Remember to support the Airmen and their families while they are away.



GRAD SPEAKER

(Continued from Page 1)

"You will have a personal and professional impact on your squadrons and your squadrons goals," the general said. He said the lieutenants should follow their leaders objectives and work to ensure the squadrons goals are met.

The general also said a common trait along all good leaders is humility.

"Being humble, no matter how successful (someone) is, is important," General Feucht said.

General Feucht said one of the most important aspects of any operation is clear and effective communications.

"Once a command decision is made, you must be ready and motivated," he said. "(You must be) focused in the same direc-

tion to achieve the needed results. Also, (Airmen) must understand why their performance and role is integral to the missions success."

The general offered one final piece advice for the new pilots as they soared into the next stage of their career also.

"Take advantage of every opportunity to fly and love every minute of it," he said. He said one day the officers would have a job where they weren't able to fly every day, and they would miss it.

General Feucht is responsible to the adjutant general for directing Air National Guard operations and establishing policy to ensure mission readiness of over 5,000 personnel in four flying wings and eight support units that serve our communities, state and nation for both homeland defense and federal missions.

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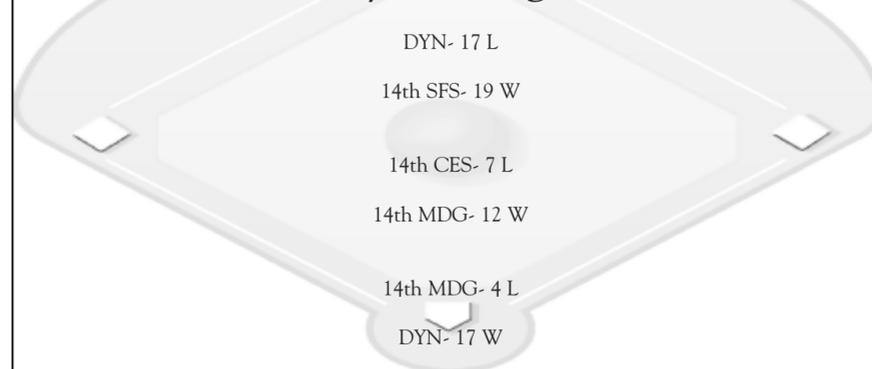
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Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.

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.

Here are the scores from the games held Wednesday 19 August 2009.



Mon	Tue	Wed	Thur	Fri	Sat/Sun
24	25	26	27	28	29/30
Night Flying Week			Newcomers, 8 a.m. @ Phillips Auditorium		
Bowling Center Grand Opening, 8 a.m.					
31	1	2	3	4	5/6
Enlisted Promotions, 3:30 p.m. @ Club		Class 10-13 Commander's Welcome, 4 p.m. @ Club Class 10-07 Track Select, 5 p.m. @ Club	Daedalians, 6 p.m. @ Club	Class 09-14 Graduation Ceremony, 10 a.m. @ Kaye Auditorium Howlin' Memorial Blues Festival, West Point	MSU vs. Jackson State Prairie Arts Festival, West Point

Long Term Events

Sept. 7-13 - TN Williams Tribute to Victorian Homes
Sept. 8 - OSC Social
Sept. 9 - N.A.R.F.E. Luncheon
Sept. 10 - Newcomers Orientation
Sept. 10 - United Way "Day to Care" Luncheon
Sept. 11 - Columbus Idol Competition
Sept. 12 - Blaze Race
Sept. 12 - Experienced Riders Course
Sept. 15 -SNCO Academy Graduation

Sept. 15 - Dorm Dinner
Sept. 15 - OSC Social
Sept. 15-Oct. 15- Hispanic Heritage Month
Sept. 16 - Hispanic Heritage Food Tasting
Sept. 16 - ALS Graduation
Sept. 17 - 09-15 Assignment Night
Sept. 18 - POW/MIA Retreat/Flyover
Sept. 18 - AF Ball
Sept. 19 - AF Birthday

Weather fails to dampen Air Force-NASCAR relationship at Pocono

Dale Eckroth
Headquarters Air Force
Recruiting Service

POCONO RACEWAY, Pa. — The Air Force and NASCAR have long enjoyed a proud relationship that continues to grow with each race. That relationship was very much in evidence at the Pocono Raceway in Pennsylvania.

In between heavy down pours, light showers and peaks of sun, those who braved the elements on the original scheduled race day were treated to military pomp and circumstance at its finest. Approximately 100 young men and

women destined for the Air Force, Army, Navy or Marines gathered in front of the winner's circle to raise their right hand as General Schwartz administered their oath of enlistment into the delayed entry program. Applause and cheers erupted in the stands as they accepted the call into their respective service.

In addition to numerous military displays and presentations, other pre-race activities included a KC-135 flyover provided by Airmen from the 97th Air Mobility Wing at Altus Air Force Base, Okla., and music by the Air National Guard's Band of the Mid-Atlantic.

Sports Shorts

Bowling Center Closure: The Bowling Center will be closed August 9-23 for renovations.

Bowling League Meeting: The Tuesday Night Intramural Bowling League meeting will be at 5:30 p.m. Aug. 25 at the Bowling Center. Election of officers and approval of the league bylaws will take place at the meeting. League is limited to the first 10 teams that register. For more information, call the Bowling Center at 434-3426.

Bowling Center Grand Opening: The Bowling Center Grand Opening will be August 24 8 a.m. – Food specials all day long – customers may register to win a \$100 VISA gift card. Drawing will be at 8 a.m. August 25 – do not have to be present to win.

National Bowling Week: National Bowling Weeks is Aug. 29 to Sep. 5 – A special every day of this week – Monday is kids, ages 12 and under, bowl free all day long, Tuesday is League Signs Ups, Wednesday – bring in your bowling equipment for a free check up and cleaning, Thursday is Bowl one game and get one free bowling, Friday is Cosmic bowling for \$1.50 per game and Saturday help set the world record for bowling. A



Free T-shirt and certificate to participants while supplies last. For more information, call 434-3426.

The toughest job after college...

U.S. AIR FORCE
R.O.T.C.

...doesn't have to be finding one

What is AFROTC?

AFROTC is a 2- to 4-year program that produces officers to serve on active duty in the Air Force for a 4-year commitment

What are the benefits of active duty?

- * \$48,000 starting salary
- * Free medical/dental coverage
- * 30 days vacation each year
- * 100% tuition assistance

Who can join?

- Students who:
- * Are pursuing a college education
 - * Have a 2.0 grade point average or higher
 - * Are in good physical shape
 - * Are U.S. citizens
 - * Have high moral values

What scholarships are available?

- * In-College Scholarship Program: Competitive program for any major
- * High School Scholarship Program: High school seniors only

To learn more, visit www.afrotc.com



DET 425
Mississippi State University
Mississippi University for Women
(662) 325-3810



DET 432
University of Southern Mississippi
(601) 266-4468



DET 430
University of Mississippi
(662) 915-7166



DET 006
Jackson State University
(601) 979-1630

IFF 09-JB Graduates Six

The 49th Fighter Training Squadron hosted a graduation on August 11th in the squadron heritage room. Six members graduated this phase of training on their way to becoming fighter pilots and fighter Weapons System Officers in various aircraft for the Combat Air Forces.

The 49th FTS is responsible for Active Duty, Guard, Reserve, and International flying training in the T-38C aircraft. The 49 FTS provides training to fighter pilots and WSOs entering Air Force major fighter weapons systems, which include the F-16, F-15C, F-15E, and A-10.

The eight-week course begins with tactical formation flights and

then introduces pilots and WSOs to basic fighter maneuvers and air-to-air employment in offensive, defensive, high aspect, and Air Combat Maneuvering fight scenarios. Students bound for aircraft with an air-to-ground attack capability then move on to surface attack, low-altitude tactical navigation, and Surface Attack Tactics phases learning to employ ordnance against ground targets. The skills learned during IFF directly translate to the fighters these students will soon fly in their follow-on training and one day employ in combat.

Congratulations to the following fighter candidates!



1st Lt Tim Anderson
F-15E WSO
A/A Top WSO



1st Lt Terry Fregly
F-15C
A/A Top Gun



1st Lt Jonathan Hudgins
F-15E
Distinguished Graduate



1st Lt Austin Kennedy
F-15E WSO



1st Lt Todd Possemato
F-16
A/G Top Gun



Capt Clint Warner
F-15E

BLAZE Team members urged to not fish at base entrance



U.S. Air Force photo/Senior Airman Jacob Corbin
Sonic Johnson, 14th Flying Training Wing Chief of Public Affairs, and Mr. Frank Ferguson, Lowndes County District 2 Supervisor, place a no-fishing sign reminding BLAZE Team members and the public that there is no fishing at the pond near the front-gate static display.

Military Working Dog recertifies on mission



U.S. Air Force photo/Senior Airman Jacob Corbin
Leon, a military working dog with the 14th Security Forces Squadron, performs a search pattern for narcotics at the lead of his handler, Senior Airman Benjamin Lafoon, 14th Security Forces Squadron, during Leon's recertification August 12.

Mississippi and Columbus AFB Crack Down on Drunk Drivers through Labor Day

Family vacations, boat trips, and backyard barbecues are common ways to enjoy the Labor Day weekend off-base. Unfortunately, the holiday is also accompanied by an increase in crime — the crime of impaired driving.

The national alcohol-impaired driving crackdown, Drunk Driving. Over the Limit. Under Arrest., a large-scale law enforcement effort to prevent tragedies in Mississippi and across the U.S., kicks off on August 21 and continues through Labor Day. The Labor Day holiday is traditionally a dangerous time as a result of impaired drivers. In 2007, there were 519 people killed in traffic crashes over the Labor Day weekend alone, and 40 percent of those crashes involved an alcohol-impaired driver or motorcycle rider with a blood alcohol concentration (BAC) of .08 or higher.

Drunk driving is no accident. It is a serious crime. The Federal Bureau of Investigation estimates that there were about 1.5 million DWI (driving while impaired) arrests in 2007, an

average of 167 drunk drivers arrested per hour! That year, 13,000 people were killed in crashes involving a driver or motorcycle rider with a BAC of .08 or higher. In fact, motor vehicle crashes are still the leading cause of death and serious injury for all military personnel, and most of those crashes occur off base.

Mississippi and Columbus AFB law enforcement will be working diligently to help make the streets and highways safer with intensified enforcement and sobriety checkpoints. Remind your friends, family, and fellow service members to celebrate wisely this Labor Day by setting a good example with your own behavior — be a designated driver. If you will be drinking alcohol, plan ahead. Make arrangements with a designated driver, take public transportation, or spend the night where you are. Also, always wear your seat belt; it's your best defense against an impaired driver or other hazards on the road. Remember, Drunk Driving. Over the Limit. Under Arrest.

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@columbus.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.

Homes

FSBO: 2002 Caledonia home for sale; beautiful home only 12 minutes from base, Caledonia School district, quite neighborhood; 1800+ sq. ft, 3 BR / 2 baths, plus huge bonus room (4th BR), 2-car garage, fenced back yard, all situated on 3/4 acre corner lot. Must sell soon: Best deal in Caledonia! Asking \$155,000. FMI please call 662-889-2958 or 2953.
FSBO: 82 Cedar Dr, Columbus; beautiful home located in Sherwood Forest, 3BR, 2BA, 2156 SF, new tile/carpet, vaulted ceilings, enclosed

sunroom, spacious kitchen, fenced in backyard w/ shed, 2- car garage. Call 662-549-7745/662-889-4264. See pictures at Ahm.com
FSBO: 42 Cedar Drive in family, friendly Sherwood Forest. 3 Bed/2 Bath plus bonus room. Sunny, open kitchen/ living area. Over 2050 sq.ft. Asking \$164,900. Call 662-425-6901 for your showing.
For Sale or Rent: 3406 John Hancock Dr; great home 10 minutes from base! 1400 sq ft 3 BR 2BA located in Bluecutt Estates across from the post office on Bluecutt. See Pictures at militarybyowner.com or AHRN.com, asking \$115,000; \$900/month. FMI call 215-589-2911 or 662-434-2678.

Transportation

For sale: 1974 Corvette Stingray, Vintage Air A/C, recently rebuilt 350 "hot rod" engine, very hot 700R4 overdrive trans, great gas mileage, new custom paint, custom interior, lots of new parts, \$27,500 o.b.o; FMI Call 229-834-9909.
For sale: 2005 Pontiac Grand Am; V-6, all power options, good A/C, only 50K miles, runs and looks very nice; Blue Book retail over \$8K, asking \$5,500. FMI call 662-889-2958.
For sale: 1995 Infinity J-30, auto/air/CD/XM, green metallic with

beige leather, sunroof, custom wheels; fully equipped \$4,900 or make offer. (662) 327-1205.

For sale: 2008 Toyota RAV4, black pearl with only 27,203 miles. 30m.p.g. hwy, AM/FM/CD, auto, cold air, with factory warranty; must see; \$17,900 or make offer (662)327-1205.

For sale: Boat: 1999 Lowe's 20' pontoon; 90 h.p. Evinrude outboard, cost \$23,000 new; now \$10,200. FMI call 662-329-1843.

For sale: (Motorcycle) 1979 Triumph Bonneville, 750cc, purchased from original owner, have all papers, excellent condition. \$4250 o.b.o. 808-221-2005.

For sale: (Motorcycle) 2005 Honda 600RR, 6700mi, Devil exhaust, lots of extras - \$5750 o.b.o. 808-221-2005.

For sale: (Motorcycle) 2007 Honda 230CRF, 15+ hours, very little use, excellent condition. - \$2500 o.b.o. 808-221-2005.

For sale: Black '07 Dodge Ram 1500 Quad Cab 5.7L V8 Hemi Laramie Edition; 20" chrome wheels w/ tow package; tan leather, sun roof, auto everything; 6 disc CD player & GPS Nav.; 29K, asking \$28,000 o.b.o. FMI call (314) 578-0628 or (662) 434-7618.

For sale: 2008 Buck Dandy 5x8 Utility Trailer; grey paint exterior, large heavy duty 15 in. tires, 4 ft gate; hardly used, \$700, FMI call 356-4611.

Miscellaneous

For sale: Homeschool - ABEKA 4th grade teacher guides for all subjects and readers for 4th grade; 33 books in all. Call for a very negotiable price. 662-574-6211 or Joe at 662-434-2578.

For sale: Top quality "Hot Spring" portable spa/hot tub; perfect condition, seats four; two years old. New \$7500; firm selling price, \$3500. FMI call 662-329-1843.

For sale: Ethan Allen leather "Normandie" couch \$400; Natuzzi, brown leather couch & Ottoman, \$400; queen mattress set \$50; whirlpool washer & dryer set (Washer missing knob) \$150. FMI call 662-549-0506.

For sale: China cabinet, lighted, 54"L X54"H X 15" D. \$395.00 o.b.o. 662-327-1205.

For sale: Electric organ with bench; Troubadour has accompanying flute, trombone, clarinet, violin, mandolin and banjo, plus plays automatically; excellent condition, \$395.00 o.b.o. (662)327-1205.

For sale: RV rock shield for towed vehicle; heavy duty plastic RM4000; protects motor home towed vehicle from rocks and gravel; excellent condition; \$195.00 o.b.o. (662) 327-1205.

For sale: Ford F-150, Set of 4, 20-inch Rims with Pirelli Scorpion tires;

excellent condition. \$800 o.b.o. FMI call 808-221-2005. Also an Aerostich Darien two piece Gortex motorcycle riding suit, jacket (large), pants (size 34), liner (large), and all pads; cost over \$1000 new, excellent condition - \$525 obo. 808-221-2005.

For sale: Olympic Queen Pillow Top Mattress set with frame. Good condition, sell for \$400. Call 660-238-3687.

For sale: 14' trampoline w/enclosure, \$200; extra large dog crate \$40; guinea pig 2/food, \$20; 100' chain-link fence, \$50. FMI call 434-0019.

For sale: Two 12" Pioneer premier championship series pro 3000watts ea subwoofers \$450; Planet Audio 1400d amp \$400; lightning capacitor 1 farad \$100; batcap \$200; Fahrenheit cd/dvd player 5.2 touch screen \$300. Call 549-3094.

For sale: Three Person Couch in good condition; \$125 FMI call 321-848-2410 or 662-434-3130.

Pets

Free: female spayed kitten to a good home; good with other pets and kids; FMI call 321-848-2410.

Free: 4-yr old German Sheppard, spayed w/microchip. Call 434-0019.

Guard chief encourages 'continual support' of families

Master Sgt. Mike R. Smith
National Guard Bureau

WASHINGTON — The state's are doing a great job of supporting the National Guard and its families, but it takes continuous support to make sure no one falls through the cracks, the National Guard's top military officer said Aug. 18 here.

"If there is an area that we have to concentrate on, to continue to focus on, it's the caring and understanding of the stress on the family," said Gen. Craig R. McKinley, the chief of the National Guard Bureau to an audience at the Minuteman Institute for National Defense Studies.

To emphasize his point, General McKinley first read word-for-word from his notes about the National Guard's Yellow Ribbon and reintegration programs, stating they provide "sufficient informa-

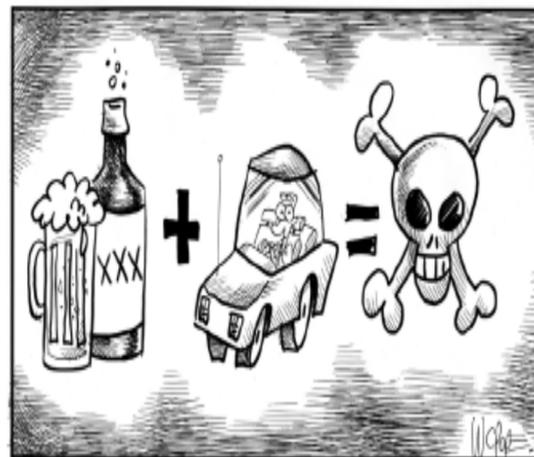
tion, services, referral and proactive outreach opportunities for Soldiers, their families, employers and youth throughout an entire deployment cycle."

"But I have to tell you, that (statement) is the bumper sticker," he said. "When I travel around, I see a lot of stress on the families."

The general said there is added stress on the Guard's families since the nation's financial downturn, which has left many spouses of deployed guardsmen at home with financial difficulties.

"Most states are doing an outstanding job, but it takes continual emphasis, continual support to make sure we do not let anyone fall through the cracks," he said.

General McKinley also spoke about the future of the National Guard, its recapitalization, its force structure and strengthening relationships in homeland security and overseas missions.



AROUND TOWN

Volunteer Opportunity of the Week

Did you know that tutoring can make the difference between becoming a high school graduate or becoming a high school drop out? Volunteer today as a tutor by calling the Community Volunteer Center at 327-0807.

Volunteer opportunities

Looking for something to do on Saturdays? Want to get off base from time to time? Sign up as a special

events volunteer. Call Meagan at 327-0807 for more information.

Memorial Blues Festival

The 14th Annual Memorial Blues Festival in West Point, Miss., will be held Friday Sept. 4. For more information or to buy tickets please visit www.wpnet.org/Howlin_Festival.htm.

Prairie Arts Festival

The 31st Annual Prairie Arts Festival will be Sept. 5 in West Point, Miss.

Base News

Pioneer Club

The CAFB Chapel has begun registration for the children's program Pioneer Club. The program will be held each Wednesday evening 6 p.m. to 7:30p.m. This program is open to children ages three years thru seventh grade. This is an ecumenical religious program geared to teach children about Christ in every aspect of life. A pot luck dinner will be served each week at 5 p.m. parents must join their children at dinner.

Pioneer Club Pool Party

There will be a kick off Pool Party August 22 at the Base Pool from 7:30 to 10 p.m. All parents and children are invited to attend. Volunteers are needed for the Pioneer Club program. Please stop by the Chapel Office Monday through Friday from 7:30 a.m. to 4:30 p.m. to register your children or to volunteer. Registration will also be taken at the Pool Party. Questions can be directed to Ida Hall, the Pioneer Club Coordinator, at 434-2500.

Wednesday Evening Adult Bible Study

Beginning August 19 the CAFB Chapel will be holding a variety of Adult Bible Studies from 6 p.m. to 7:30 p.m. A Pot Luck dinner will be served at 5 p.m., please bring a side dish or dessert to share if you are able. Please call the Chapel at 434-2500 for a list of studies.

Columbus Idol II

The Columbus Idol II event is right around the corner! If you've been wondering who these courageous and outstanding performers are that will be battling for the grand prize of \$300, here they are! These are your 2009 Columbus Idol II Performers: Christina Godlewski, Becca Hepner-Liston, Tracy Tate, Becky Rigdon-Ousley, Janel Hamilton, Jesse Wilhelm, Natasha Sykes, Aundre Lawrence, Heather Hildrich, Kareema Palmer, Juliette Zuber, Lillie Ivy, KeUndra Gibson, Kendrick Johnson, Justin Simms, and Benjamin Mitchell. The Columbus Idol event is scheduled for Friday, Sept. 11 at 6 p.m. at the Columbus Club. Mark your calendars! Who will be the next Columbus Idol! POC for this event is Staff Sgt. Mia Hall at 434-3190.

RefreshHer

Time to get together with the girls for fun and fellowship at the CAFB Chapel! Join us once a month for a different kind of ladies ministry. We start at 6 p.m.

August 27 - We'll watch Joe vs. the Volcano (dress like you are going to the beach), followed by a short Bible Study relating to the movie, bring a side dish or dessert to share with our Roasted Pig.

September 24 - It's a Back to School Theme with games galore, bring your own sack lunch and

favorite board game, we'll provide the drinks and dessert.

October 22 - We'll watch Hope Floats, bring a favorite stew or soup, and for dessert we'll have Coke floats. A short Bible Study relating to the movie will end the evening.

November 12 - Time to dust off the cook books and cook up your favorite holiday recipe, don't forget to bring a few copies of the recipe to share. We'll fellowship, swap recipes and stories.

Library Story Time

The base library will hold Story Time on Tuesday from 10 a.m. to 10:30 a.m. Story Time will continue to be held each week.

Airmen's Attic

The Airmen's Attic offers gently used items donated by Airmen to be given free of charge to other Airmen. It is located in the Services Complex (bldg 520) directly across the street from the post office/BITS building. Please come visit us on the following days and times:

Tuesdays	3 p.m. to 6 p.m.
Thursdays	10 a.m. to 1 p.m.
First and third Saturday's of each month	10 a.m. to noon

The Airmen's attic is always in need of quality used items to include: kitchenware, clothing free of stains and tears, gently used toys, baby items and linens in good condition. If you have large appliances/furniture items to donate, please contact the Airmen's Attic or your first sergeant to get the item directly to an airman in need. Please drop off all other items during business hours or contact your first sergeant to set up a scheduled drop-off time. Donations are NOT ALLOWED to be left curb side.

Saint Leo U. Military Spouse Discount

Military spouses seeking a degree at Saint Leo U. can enroll in two classes and take a third class for FREE. Contact Dew White at 434-8844 or stop by the Saint Leo U. office in the Personnel Bldg., Room 120.

AETC Civilian Tuition Assistance is still available for FY09

To be eligible for Civ TA, the civilian employee must be an appropriated fund, permanent AETC employee or in a term position with more than one year before the "not to exceed" date. Temporary employees will be considered on a case-by-case basis. AETC civilians can use up to \$4500 per fiscal year. Civilians are restricted to ONE course per TERM, and the per semester hour tuition cap is \$250. Courses must be Air Force mission-related. Call the Education Center at 434-2562/2563 or send an email to edward.hodge@columbus.af.mil for more information.

Education Counseling Hours

Education counseling (CCAF, Bachelor's/Master's programs, Tuition Assistance, etc.) is now available Mondays and Wednesdays from 1 p.m. to 4 p.m. by appointment only. Please contact Edward Hodge at 434-2562 to schedule.

Attention All Deployers

The 14th Communications Squadron has a new system which allows you to place "free" telephone calls back home from your deployed location via DSN. You can call every day or once a week; whichever you prefer (allotted time is 3.5 hours a week). Pin numbers are required and can be picked up along with instructions from the Telephone Systems office located in Building 900, Room 9. Please call 434-2020 for additional information.

Military Personnel

CAC/PKI Restriction of AF Knowledge Now (AFKN)

Effective Sept. 1, the AF Portal will CAC/PKI restrict access to AFKN. This affects off-base access from home or while TDY and particularly regular off-base users (National Guard, Reservists, and DoD contractors). This means you will require either a CAC with reader or an External Certificate Authority (ECA) software certificate to access AFKN via the AF Portal (.com access). There is no change to .mil access to AFKN—CAC/PKI enabled since March 2007. Please ensure widest dissemination.

The AFKN and AF Portal are committed to supporting the Warfighter and to meeting USAF and DoD PKI/PKE mandates. There are many benefits with CAC/PKI enablement.

- Members receive secure worldwide access to information and applications, greater information confidence, peace of mind with regard to the security of their account identity, and fewer usernames/passwords to maintain and remember.

- The Air Force benefits from easier user/account administration by leveraging the CAC/PKI as the method of self-registration/maintenance. More importantly, the AF enterprise achieves a greater Information Assurance posture reducing the overall risk to data, networks, and mission systems.

Airman and Family Readiness Center

(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 or email afrc@columbus.af.mil.)

Medical terminology class

Learn medical terminology for business applications and employment. Class starts August 24, and meeting on Tuesday 6 p.m. To 9 p.m. For 8 weeks. Students are required to purchase a text book, cost approximately \$70.00. Open to family members, active duty, retirees, naf, civil service, and contractors. Advance registration required. POC: airman and family readiness center, 434-2790 or afrc@columbus.af.mil.

Sponsorship training

Sponsorship training will be held August 25 from 9 a.m. to 10 a.m. For all unit intro monitors and sponsors. Info on the importance of a good, effective sponsorship program and resources available for both unit intro monitor and sponsor. To register call 434-2790. In addition, web-based training is offered thru the af portal, under bases-org-functional area tab, select my base and look under training.

Wing newcomer's orientation

The next wing newcomers orientation will be held August 27 from 8 a.m. to 4 p.m. For newly arrived ad and civilian personnel. Spouses are encouraged to attend. Held at the Phillips Auditorium.

Pre-separation counseling

Mandatory briefings for personnel separating or retiring need to be completed at least 90 days prior to separation. Members may complete up to 12 months prior to separation or retirement. Counseling held daily at 8:30 p.m. Takes approximately 30 minutes. Please call 434-2839 or 434-2790 for more information.

Pre and post deployment tour brief

Mandatory briefings for active duty personnel who are either deploying or returning from deployment or a remote tour. Briefings are held daily at the AFRC. Pre-deployment at 9:30 a.m., and post-deployment at 1330. POC AFRC, 434-2790.

Chapel Schedule

Protestant

Sunday: 9 a.m. — Adult Sunday School
10:45 a.m. — Traditional

Worship Service (Children's Church)
All are invited to a fellowship luncheon following the 10:45 a.m. service the fourth Sunday of each month

Catholic

Thursday:
5 p.m. — Choir Practice
Sunday:
3:45 p.m. — Choir Practice
4:30 p.m. — Confession
5:00 p.m. — Mass

Fitness lies I told myself

Chief Master Sgt. Rob Tappana
Command Chief, Air Education and Training
Command

RANDOLPH AIR FORCE BASE, Texas — As we prepare for the revised Air Force fitness testing program, I've spent the last couple of months educating myself on diet and fitness - subjects I thought I knew plenty about. I was mistaken. Throughout my career I've prepared for and passed each physical training test. Although I never scored high, I felt good because I always passed, and I told myself I'd done my best. I was wrong. I'd actually done just enough to get by and made excuses for not doing better. I thought I'd take this opportunity to share some of the lies I discovered I was telling myself. Some of them may sound familiar to you.

1. The weight standard/waist measurement (take your pick) just isn't fair to tall/big guys like me, we're "big-boned."

I've heard people say this many times over the years and spoke those words myself. I finally had to admit they are not true. I am not "big-boned"; I am "big-spooned." That's right, I like to eat more than I like to exercise and I can eat faster than I can run. One day I realized I was 29 pounds heavier than when I enlisted. I didn't have 29 more pounds of bone, just 29 more pounds of lunch hanging from the bones I already had. It is a simple math problem. 3,500 calories is roughly equal to one pound. If you take in 3,500 extra, you gain a pound; work off 3,500 more than you take in, and you lose a pound. My weight and waist went up as my intake went up and exercise went

down. One more thing, there is no waist measurement in the new fitness program, it is an abdominal circumference. The measurement is taken above the iliac crest (the top of the hip bones). The only bone structure there is the spinal column. I don't have a 38 inch spine. The good news is my weight and waist (and abdominal circumference) are coming down as my consumption drops and my exercise goes up. Yours will too.

2. I can run for a long time but I can't run fast.

I've always enjoyed jogging but never worked on speed. I like long slow runs. When preparing for my test I usually added an extra mile or two. Sadly, it is impossible to get faster by running slowly, even if you run slowly for a long time. My local Health and Wellness Center helped out with a running clinic. They provided helpful information on selecting proper shoes for my running style/form as well as instruction for adding interval training and other speed work to my routine. I am not the fastest runner on base but my times are steadily getting better.

3. I've never been a "strength guy" and with my "bad back" getting max points on the pushup portion of the test is simply out of reach.

While it is true I have never been particularly strong, it turns out this is not genetic. I find pushups, crunches and other forms of strength training to be pretty boring. Therefore, I seldom did any. When I did try, I soon felt pain in my back and stopped. What I've learned is that my back is actually doing quite well. I lacked good core conditioning. After reading an article on how to use core conditioning and strength training to ensure good support to the spine, I decided to give it an HON-

EST try. I was very happy to find both my crunches and pushups improved considerably. Best of all, when I have to stop it is usually not from pain but from muscle fatigue. I am not where I want to be yet, but the goal is in sight. If you are having problems in this area, go see the HAWC or the fitness center staff. They will provide help to get you started.

4. It is very important to get ready to take my PT Test. This is perhaps the biggest lie of all. It isn't important to get ready for a PT test, it is important to get fit - period. I don't want to be "fit to test" or even to just be "fit to fight." I want to - no, I need to - be "fit for life." I want a long, healthy life unmarred by preventable weight-related medical problems like diabetes, high cholesterol and high blood pressure. I don't want to keep growing larger, especially since that impacts my ability to keep growing older. I love my wife and daughters and I adore my grandkids. I am determined to spend as much time with them as I can.

For me, this is a journey. I am determined to spend the next six to eight months investing in better health to achieve my highest PT score yet, and to be at or below the weight I was when I enlisted. What is more, I want to develop sustainable fitness habits which will last a lifetime. If after reading this you find yourself feeling the same way, stop by the HAWC and sign up for a class or two. Learn how to take better care of yourself. Give yourself and your family the gift of good health. Let the Air Force fitness program motivate you to take better care of yourself.

Obama: Health care reform won't affect VA, Tricare

Donna Miles
American Forces Press Service

WASHINGTON — In ongoing discussions about health-care reform, President Barack Obama offered assurance Aug. 4 to those receiving medical care through Tricare or the Department of Veterans Affairs: Your benefits are safe.

Eligibility for health care under VA or Tricare "will not be affected by our efforts at broader health-care reform," President Obama told military reporters at the White House.

"I want to make sure that message gets out to our veterans," the president said. "I think it's very important to get the message out: If you are in the VA system and are happy with your care, great. We have no intention of changing your eligibility."

While a new, national program won't force

anyone to change health-care systems, President Obama said it could offer benefits or geographic convenience that might make some veterans elect to join it. A national program "will actually give them more choices, more flexibility."

The VA "has probably made more progress than most systems out there in increasing quality" during the past 25 years, and could help shed light on better ways of delivering health care, he said.

But the cost of delivering that care is high even at VA, and Tricare consumes a big piece of the Defense Department's budget, he said.

With the fiscal 2010 budget reflecting the largest VA funding increase in 30 years, President Obama told American Legion leaders he is committed to ensuring that VA provides America's veterans the highest-quality health care possible.

DOD, VA work to create lifetime electronic records

Navy Lt. Jennifer Cragg
American Forces Press Service

WASHINGTON — For servicemembers who still remember hand-carrying their medical records back and forth to appointments, the new virtual lifetime electronic record will help prevent misplaced paperwork and help providers maintain and offer quality health care, the acting director of the program said Aug. 13.

President Barack Obama, along with Defense Secretary Robert M. Gates and Veterans Affairs Secretary Eric Shinseki, announced April 9 that VA and the Defense Department have taken steps toward creating a joint virtual lifetime electronic record, or VLER.

The steps to create the electronic record exchange began a little more than a year ago when the program office was established as the single point of accountability for the records in

response to Section 1635 of the National Defense Authorization Act for fiscal 2008.

While the electronic record will help to reduce the loss of hard-copy health records, it also is intended to provide a framework to ensure that health care providers have all the information they need to deliver high-quality health care, while reducing medical errors. The electronic record is a critical piece of the health care puzzle because, while the Defense Department and VA can share information electronically, it may not be easily accessible by private clinicians, Admiral Timberlake said.

"Every day, millions of pieces of health information are shared between [the Defense Department] and VA; however, as Congress mandated and as the departments have acknowledged, there is more work to do to make it flow smoother," he said.

'84 Academy grad to pilot shuttle

WASHINGTON — A U.S. Air Force Academy graduate will pilot Space Shuttle mission STS-134 to the International Space Station, NASA announced Aug. 12.

Retired Col. Gregory Johnson will serve as the pilot for the mission, commanded by Navy Capt. Mark Kelly.

Mission specialists are Col. Michael Fincke, Greg Chamitoff, Andrew Feustel and Italian air force Col. Roberto Vittori, a European Space Agency astronaut.

NASA also announced it is changing the designation of the STS-134 mission to STS-132.

The flight will deliver the alpha magnetic spectrometer to the station. The AMS is a state-of-the-art cosmic ray particle physics detector designed to examine fundamental issues about matter and the origin and structure of the universe. It will include three spacewalks and the installation of the AMS to the exterior of the space station using both the shuttle and station arms. The AMS will be attached to the right side of the station's truss, or backbone.

Colonel Johnson previously flew as a pilot

on STS-123 in 2008. He was born in South Ruislip, Middlesex, United Kingdom, but graduated from Park Hills High School in Fairborn, Ohio. Colonel Johnson is a 1984 graduate of the U.S. Air Force Academy in Colorado Springs, Colo. He holds master's degrees from Columbia University and the University of Texas, Austin.

Colonel Johnson was pilot of STS-123 Endeavour in 2008, which completed both launch and landing at night. It was the 25th Shuttle/Station assembly mission. Endeavour's crew delivered the Japanese Experiment Logistics Module - Pressurized Section, the first pressurized component of JAXA's Kibo Laboratory, and the final element of the station's mobile servicing system, the Canadian-built Dextre, also known as the special purpose dextrous manipulator. In addition to pilot duties aboard Endeavour, Colonel Johnson was a primary robotic arm operator, employing both the Space Shuttle and ISS robotic arms in support of numerous tasks throughout the mission. The STS-123 crew performed a record five spacewalks while docked to the station.

The crew also delivered Expedition 16 Flight Engineer Garrett Reisman, and returned to Earth with ESA's Léopold Eyharts.

He has logged 4,000 flight hours in 40 different aircraft. To date, Colonel Johnson's space flight experience includes 250 orbits of the Earth, traveling more than six million miles in 15 days, 18 hours, 10 minutes and 54 seconds.

Another bluesuiter going to space again is Colonel Fincke. He is a veteran of two long-duration missions aboard the space station. He served as the NASA science officer and flight engineer on Expedition 9, and commander for Expedition 18. He was born in Pittsburgh and considers Emsworth, Pa., his hometown. He has an Associate Science degree from El Camino College in Torrance, Calif., two bachelor's degrees from the Massachusetts Institute of Technology, and master's degrees from Stanford University and the University of Houston - Clear Lake.

(Information compiled from NASA press releases and staff reports.)



NASA photo
Retired Col. Greg Johnson has been selected as the pilot for Space Shuttle Discovery's upcoming mission, STS-134, which will deliver the alpha magnetic spectrometer to the International Space Station. Colonel Johnson is a 1984 graduate of the U.S. Air Force Academy in Colorado Springs, Colo.

Chief says Guard cannot go back to strategic reserve

Lt. Col. Ellen Krenke
National Guard Bureau

ARLINGTON, Va. — The National Guard cannot go back to the days of the strategic reserve, the chief of the National Guard Bureau told conferees in Rochester, Minn., on Aug. 9.

"We must maintain the level of efficiency and effectiveness that has been achieved today," said Gen. Craig R. McKinley, chief of the National Guard Bureau, who spoke at the 38th annual conference of the Enlisted Association of the National Guard of the United States (EANGUS).

"We can't be relegated to obsolete and incompatible equipment like we were during the Cold War," he said. "We have proven that that old way of doing business does not work in today's environment."

General McKinley added that the guard cannot return to a model of one weekend a month and two weeks a year.

"In an era of persistent conflict, we need a predictable rotational model and we must maintain proficiency and interoperability with the rest of the force," he said. "We must modernize at a proportional rate to the active component."

This period in history is exactly what the guard and reserve were built for, General McKinley said. "We are shock absorbers in an all-volunteer force that allows us to go to this level of tempo."

How long can the guard remain an operational force?

General McKinley said he asks the same question: "If resourced with the personnel and equipment to maintain readiness, can we maintain this optempo indefinitely, including floods, fires and hurricanes that we support for our governors? So far, I am hearing the answer is, 'Yes.'"

General McKinley said the guard proves this by enlisting high-quality recruits.

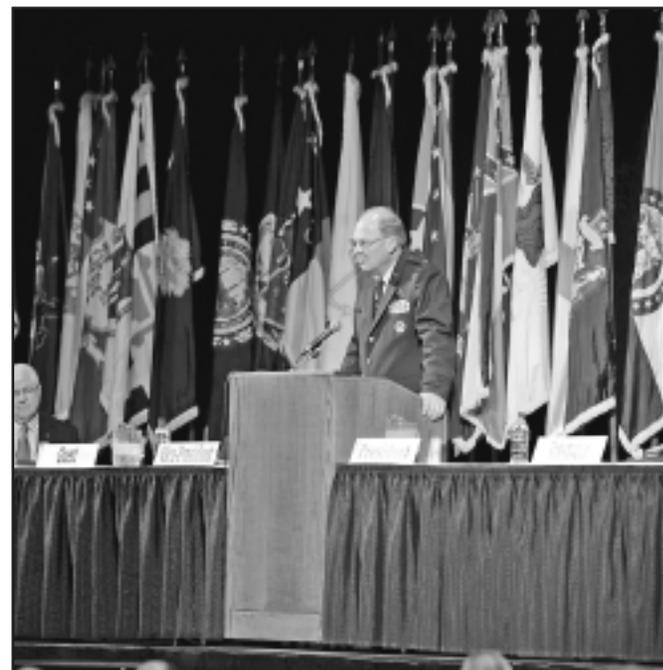
He said the better question is: What do we want to be when the war stops? "Even though the guard, properly resourced could sustain the optempo, our nation cannot afford to do so," he said.

Even during steady state, the guard will continue to have persistent requirements, General McKinley said. For example, the Air National Guard flies the vast majority of air sovereignty alert missions, and "we are going to be challenged here in the near future as we retire our aging fleet."

The Chief said persistent conflict and constrained resources will be with us for the foreseeable future.

"While I recognize this to be true, I fear our leaders may eventually become worn down in the fight for resources and lower our expectations for our Airmen and Soldiers," General McKinley said. "I fully expect you to continue to push enlisted issues up, so they are prioritized appropriately."

About 85 percent of the guard force is enlisted, and "central to the way I approach every issue as the chief of the National Guard Bureau, is how decisions we make affect you, the backbone of our services," General McKinley said.



Minnesota National Guard photo
Gen. Craig R. McKinley, chief of the National Guard Bureau, speaks at the 38th annual conference of the Enlisted Association of the National Guard of the United States in Rochester, Minn., recently.

Quick hire of military spouses starts in September

Gerry J. Gilmore

American Forces Press Service

WASHINGTON — Under a personnel rule that takes effect Sept. 11, some military spouses could be quickly hired for federal jobs without going through the usual competitive process.

Officials from the Office of Personnel Management here issued the authority's final regulatory guidelines Aug. 12, which are posted in the Federal Register under the title: "Noncompetitive Appointment of Certain Military Spouses."

The intended effect of the rule, according to documents listed in the Federal Register, "is to facilitate the entry of military spouses into the federal civil service as part of an effort to recruit and retain skilled and experienced members of the armed forces and to recognize and honor the service of members injured, disabled, or killed in connection with their service."

"Military spouse employment is a key to the quality of life of our military families," said Kathleen Ott, the director of talent acquisition, development and management in the Office of the Deputy Undersecretary of Defense for Civilian Personnel Policy.

The availability of jobs for military spouses contributes to the sustainment of the all-vol-

unteer force, Ms. Ott said, citing a recent survey in which employed military spouses reported that their work income constitutes about 48 percent of total family income.

"But, it's really hard to keep a job if you have to move from station to station," she said. Federal employment offers military spouses a portable career with transferable benefits and worldwide presence.

"We thought, in order to help our military spouses continue their employment, it would be a good thing for us to facilitate their entry into the federal government," she said.

Eligible individuals, Ms. Ott said, include spouses of active-duty servicemembers who have been called on to relocate. This includes spouses of Guard members or reservists who've been called up for more than 180 days of active service other than training. Eligible spouses must be moving to another duty station accompanied by their servicemember husband or wife.

Spouses of former servicemembers listed as 100 percent disabled and separated or retired, as well as widows or widowers of servicemembers who died on active duty and who have not remarried also are eligible.

The new hiring authority does not constitute a hiring preference for eligible military spouses, according to OPM.

"This authority is a noncompetitive hiring

mechanism; it does not establish or constitute a hiring preference for eligible spouses, nor does it create an entitlement to a federal job for an eligible spouse," according to regulatory documents listed in the Federal Register.

Applicants still must meet specific job-qualification criteria listed for individual positions, according to OPM documents.

"This is not a preference. We firmly believe that our spouses can compete on their own merits," Ms. Ott said, noting that the new hiring rules provide military spouses with "a streamlined, facilitated means of obtaining federal employment."

Use of the new hiring authority "is completely at the discretion of hiring agencies," according to OPM documents, and "it is one of many hiring tools agencies may use to recruit needed individuals."

Spouses who complete three years of continuous satisfactory service will be converted from a career-conditional appointment to career appointment, Ms. Ott said.

Personnel officials do not anticipate that the new military-spouse hiring authority would adversely affect the hiring of military veterans into the federal government, Ott said.

Military spouses can find out about federal job opportunities through OPM's USAJobs Web site, she said.

The new hiring authority "sends a very

important message to our military families that their sacrifice is recognized by the federal government, and that they recognize that having a career opportunity is really critical for their family's well being," said Barbara Thompson, the director of the Pentagon's Office of Family Policy/Children and Youth.

More than 77 percent of military spouses have indicated in surveys that they are interested in establishing careers, Ms. Thompson said. Other data indicates that military spouses are, overall, more highly educated than their civilian counterparts.

"I think it's a win-win situation that the federal government is accessing a pool of spouses who have the same levels of commitment and caring and service to the nation," Ms. Thompson said.

The department's Military Spouse Career Advancement Account, also known as MyCAA, provides employment, career, education/training, counseling and financial assistance for spouses of active-duty military and activated Guard and reserve members worldwide, she said.

President George W. Bush issued an executive order establishing guidelines for the hiring authority in September 2008, but implementation of the order was delayed while it was reviewed by the President Barack Obama administration.

Redesigned NCO retraining program begins with voluntary phase

RANDOLPH AIR FORCE BASE, Texas — The 2010 Noncommissioned Officer Retraining Program has a new look and focus as Air Force officials here seek to fill approximately 1,124 shortage career field and special duty positions.

The entire program has been reduced from nine months to 120 days to better serve both Airmen and the Air Force and will begin Aug. 19.

NCOs given the opportunity to retrain will be notified by memorandum and must then submit their career field or special duty choices by Oct. 20.

According to Master Sgt. Deitra Mathis, the Air Force Personnel Center's enlisted retraining section superintendent, there are a couple key improvements to this year's program that should give Airmen more control and flexibility over their career path than previous years.

"We've streamlined the program by constraining fiscal year 2010's program to 120 days versus the previous year, which ran about nine months," Sergeant Mathis said. "We believe this will have a smaller foot print on the Air Force, thus enhancing mission accomplishment and benefiting more Airmen."

Another improvement Airmen should take advantage of is initiating voluntary actions during Phase I of the program that make them ineligible for retraining like volunteering for a 365-

day deployment, permanent change of station, Physician Assistance and Officer Precommissioning Program, separation, or retirement. However, Airmen are encouraged to concurrently volunteer for retraining in the event their voluntary action is not approved.

Sergeant Mathis also stated that disqualified Airmen with 9A000 reporting identifiers can now apply for NCO Retraining Program quotas that are not otherwise restricted.

"This is another improvement to the program since in previous years our 9A000 disqualified Airmen could only get those last minute, hard to fill quotas," she said.

NCOs can best control the course of their future Air Force careers by taking action during the voluntary phase of NCORP.

"Many Airmen fail to act during the voluntary phase and then find themselves in the involuntary NCORP phase," Sergeant Mathis said. "Last year, Airmen who did not submit the mandatory package in Phase I were given an (Air Force specialty code) based on their qualifications and the needs of the Air Force."

If the voluntary phase fails to meet requirements to fill shortage career fields and special duty positions, then Air Force senior leaders will implement Phase II of the program to begin involuntary retraining.

In Phase II, eligible individuals in AFSCs not meeting retraining-out objectives, and without approved retraining or assignment to a special duty identifier by Oct. 12, will have an AFSC assigned involuntarily based on the individual's qualifications and the needs of the Air Force.

AFPC officials will post a list of eligible NCOs by grade and AFSC on the virtual Military Personnel Flight Web site. This secure site can be accessed through the Air Force Portal or the AFPC "Ask" Web site.

Military personnel sections will manage the retraining program and also notify members if they are eligible. Additionally, they will suggest special duty positions like recruiting, postal duty, military training instructor or professional military education instructor.

"It's important for all Airmen to understand once they are identified for retraining in Phase I that they remain eligible for Phase II unless they are retrained, released or separated from military service," Sergeant Mathis said.

For more information, Airmen should contact their base military personnel section, career assistance adviser or the Total Force Service Center at 800-525-0102.

VA creating 28 new vet centers

WASHINGTON — Secretary of Veterans Affairs Eric K. Shinseki announced Aug. 14 that combat veterans will receive readjustment counseling and other assistance in 28 additional communities across the country where the Department of Veterans Affairs will establish vet centers in 2010.

“VA is committed to providing high-quality outreach and readjustment counseling to all combat veterans,” Secretary Shinseki said. “These 28 new vet centers will address the growing need for those services.”

The community-based vet centers, already in all 50 states, are a key component of VA’s mental health program, providing veterans with mental health screening and post-traumatic stress disorder counseling.

The existing 232 centers conduct community outreach offering counseling on employment, family issues and education to combat veterans and family members. Staffs also offer bereavement counseling for families of servicemembers killed on active duty and counseling for veterans who were sexually harassed on active duty.

Vet center services are earned through service in a combat zone or area of hostility and are provided at no cost to veterans or their families.

They are staffed by small multidisciplinary teams, which may include social workers, psychologists, psychiatric nurses, master’s-level counselors and outreach specialists. More than 70 percent of vet center employees are veterans themselves, a majority of whom served in combat zones.

The vet center program was established in 1979 by Congress, recognizing that many Vietnam veterans were still having read-

justment problems. In 2008, the vet center program provided more than 1.1 million visits to over 167,000 veterans, including over 53,000 visits by more than 14,500 veteran families. More information about vet centers can be found at www.vetcenter.va.gov/index.asp.

Communities receiving new VA vet centers include:

- American Samoa
 - Arizona — Mohave and Yuma Counties
 - California — San Luis Obispo County
 - Delaware — Sussex County
 - Florida — Marion, Lake, Collier, Okaloosa and Bay Counties
 - Georgia — Muscogee and Richmond Counties
 - Hawaii — Western Oahu
 - Indiana — St. Joseph County
 - Louisiana — Rapides Parish
 - Michigan — Grand Traverse County, also serving Wexford County
 - Missouri — Boone County
 - Montana — Cascade and Flathead Counties
 - Ohio — Stark County
 - Oregon — Deschutes County
 - Pennsylvania — Lancaster County
 - South Carolina — Horry County
 - Texas — Jefferson and Taylor Counties
 - Utah — Washington County
 - Washington — Walla Walla County, also serving Umatilla County, Oregon
 - Wisconsin — LaCrosse County, also serving Monroe County.
- (Courtesy of VA)

CMSAF visits expeditionary center

Chief Master Sgt. Paula A. Paige
U.S. Air Force Expeditionary Center Public Affairs

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Chief Master Sgt. of the Air Force James Roy took stock of the people and the mission of the U.S. Air Force Expeditionary Center during a visit here July 29.

Joint Base personnel gathered in the expeditionary center’s auditorium for an “All Call” town hall-style gathering. Chief Roy answered a variety of questions on everything from uniform changes and enlisted performance evaluations to dining hall menus and physical fitness standards. He left no doubt about his priorities.

“What I’m focused on is taking care of you as Airmen, presenting you to that combatant commander, then taking care of our families,” he said. “That’s how your chief thinks.”

The chief stressed the joint fight and the importance of presenting the best trained and prepared Airmen to the combatant commanders. The recently appointed chief master sergeant of the Air Force toured and talked to Airmen across the 34-acre training campus.

“I know the chief of staff of the Air Force is very interested in making sure that every single Airman we place in harm’s way, regardless of Air Force specialty code, tasking, position, line number, is adequately and supremely pre-

pared,” Chief Roy said.

Chief Roy spent the early part of his career in the civil engineering career field. Prior to his selection as chief master sergeant of the Air Force, he served as the senior enlisted leader and adviser to the U.S. Pacific Command combatant commander and staff at Camp H. M. Smith in Hawaii.

Maj. Gen. Kip Self, the expeditionary center commander, said the Air Force will greatly benefit from the chief’s joint experience and background. The general said Chief Roy challenged the expeditionary center to remain relevant to our Airmen in the joint fight and he believes the EC Eagles are up to the challenge. The general said the chief also pointed out the importance of “doing it all together” by exchanging and standardizing best practices across the training enterprise.

The chief master sergeant of the Air Force met with Airmen, from all ranks, across the joint base. Additionally he visited with Airmen being trained by Fort Dix Army mission partners.

Praise for the chief master sergeant of the Air Force came from all ranks.

“He seems genuinely concerned about our ideas and what we bring to the table,” said Senior Airmen Christopher McShan of the 421st Combat Training Squadron. “He really wanted to see what he could take back to the Pentagon and how he could change things.”



U.S. Air Force Photo/Staff Sgt. Nathan G. Bevier

Staff Sgt. David McLaughlin briefs Chief Master Sgt. of the Air Force James Roy on how his unit contributes to the U.S. Air Force Expeditionary Center’s courses for deploying Airmen during a visit to a Fort Dix range July 29 on Joint Base McGuire-Dix-Lakehurst, N.J. Chief Roy visited the U.S. Air Force Expeditionary Center on Fort Dix and McGuire Air Force Base to learn more about expeditionary training and operations in both areas. Sergeant McLaughlin is assigned to the U.S. Air Force Expeditionary Center’s 421st Combat Training Squadron Explosive Ordnance Disposal section.

On Balance

Lt. Col. Steve Ankerstar
50th Flying Training Squadron commander

balance n. – A harmonious arrangement of parts or elements

Words matter. All of us have heard the word balance in our careers, but recently I heard a different take on balance and wanted to share it with you. The traditional explanation of balance I had always heard was the balance between mission and family. However, a guest speaker at the AETC squadron commander’s course at Randolph Air Force Base recently offered another take on balance by including self in there as well. He said that true balance is achieved by three parts – mission, family, and self – and that any of the three will create demands upon each individual, sometimes simultaneously.

Mission: By volunteering to serve our country, mission will, at times, be first priority. And rarely is it at a time of our choosing. We, as service members, must be prepared to deploy on short notice and stay deployed until our particular skill set is no longer required. Despite the best efforts of our Air Force to add structure to mission requirements with Air Expeditionary Force assignments, taskings, cycles, and banding, the fact remains that the “mission” requirements remain largely unknowable. However, we do know that when the mission calls, the mission receives first priority.

Family: We all have family. Whether a service member is single or married with multiple children, we all have demands that need to be met regarding family. These demands may or may not come at the time of our choosing either. Often, tragedy strikes and a service member must be cut loose from the mission to handle emergency matters until the situation resolves or at least stabilizes to a manageable level. However, barring the pop-up crisis, family needs need to be met on a regular basis to balance out all of those times where the mission calls. Air Force leadership continually emphasizes the importance of family and many leaders go so far as referring to an Air Force family because we all lean so much on each other in times of need. I believe we are doing everything right in emphasizing balance with the family.

Self: This is where the speaker particularly sparked my curiosity. We have an Air Force core value of Service before Self which guides our actions. However, without taking care of one’s self, can we truly take care of our family or our mission? There are so many things to balance just within one’s self that we may need to focus on Self before Service to be a productive member of our family or our Air Force. Each of us has a balancing act within ourselves of multiple areas – mental, physical, spiritual, emotional, financial, to name a few – all of which must be continually monitored. I truly believe that one must be balanced to be able to be productive members of our families or to effectively execute our mission.

I have seen firsthand the effects of what can happen when a person focuses so hard on the mission and taking care of family that they lost track of themselves along the way. Often this can lead to sudden and unexplainable tragedy that I believe is preventable. So, I encourage each of you to take some time and focus on yourselves and work on your inner balance. This is not being selfish; it is merely providing a better you to execute the mission and take care of your family.

Transit Center directly impacts the war

Maj. Rickardo Bodden
376th Air Expeditionary Wing Public Affairs

TRANSIT CENTER AT MANAS, Kyrgyz Republic — Some people really don’t know what we accomplish here at the Transit Center. In basic form, our main missions are onward movement of coalition personnel, airlift (cargo) and air refueling.

I’d like to spend some time explaining the air refueling portion. The contributions that our KC-135 Stratotankers make are significant for operations in Afghanistan. Our assigned KC-135 refuelers are providing the fuel that coalition aircraft need to conduct combat and combat-support operations.

I’ll give you a brief synopsis about missions we have supported within the last few days.

Over Afghanistan, near Qalat, Navy F/A-18E-F Super Hornets and B-1B Lancers performed armed overwatch of friendly forces. They conduct-

ed shows of force (presence patrols) letting the enemy know they were there to protect coalition forces if a situation required it. Navy aircraft strafed an enemy position after coalition forces were attacked with small-arms fire.

Coalition aircraft also dropped guided bombs on the enemy position, destroying an enemy’s arms cache. Without tanker gas this operation to protect friendly forces would not have been possible.

At Asmar, F-15E Strike Eagles provided cover for coalition forces taking small-arms fire. The Strike Eagles dropped precision-guided munitions that eliminated the threat to coalition forces. Without the fuel coming from the Transit Center, coalition forces would have had no close-air support.

Near Lashkar Gah, A-10 Thunderbolt IIs provided overwatch for friendly forces in a convoy. Enemy forces opened fire on the convoy with rocket-ropelled grenades and small-arms fire. The A-10s repeatedly strafed enemy positions, which stopped the

enemy’s engagement on the convoy. The A-10s were fueled with gas that came from the Transit Center.

And for a final example, several F-15Es were in the vicinity of Kabu to provide air cover for friendly forces. After a convoy was hit with an improvised explosive device, the F-15Es provided support to the friendly forces that were under imminent threat of enemy fire.

The F-15s’ presence deterred the enemy from further attack on friendly forces. The fighter aircrafts were able to be there and loiter around the area because of the fuel they received from our jets here.

It all amounts to this simple rationale. Our gas is saving lives. If we are not providing the fuel, more coalition forces lives would be in danger and even lost. The men and women of the 376th Air Expeditionary Wing, who assist in operating the Transit Center, all have a part to play in these air operations. We are all here supporting the same missions.

Military Spouse Career Advance Account (MyCAA)

The Department of Defense’s Military Spouse Career Advancement Accounts (MyCAA) program is now offering up to \$6,000 grant to military spouses who are interested in pursuing degree programs, licensing, or credentials leading to careers in high growth, high demand career fields. Eligible spouses who are ready to explore career options and develop a career goal and plan should establish a MyCAA account by visiting the MyCAA website <https://aiaportal.acc.af.mil/mycaa>. This is an easy, self help process. Once spouse profile information is provided, DoD will verify MyCAA eligibility through DEERS.

The spouse will be notified of his/her eligibility status through the MyCAA messaging system. Spouses are eligible to participate in MyCAA, if married to active duty, activated Reserve Component or Guard service member. MyCAA pays for expenses such as post secondary education and training, tuition, licensing and credentialing fees. This includes degree programs. Spouses are encouraged to work with their School Academic Advisor or call a Military OneSource Career/Education Consultant at 1-800-342-9647 if they need help.

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LEGACY OF HEROES

2009 AIR FORCE BALL

1st FLYING TRAINING WING

SEPTEMBER 18, 2009

TROTTER CONVENTION CENTER

COLUMBUS, MISSISSIPPI

SOCIAL HOUR 6:00 PM DINNER 7:00 PM

ATTIRE: MESS DRESS/SEMI-FORMAL

DISTINGUISHED SPEAKERS:

GENERAL STEVE LORENZ, AETC COMMANDER

LT COL (RET) GENE SMITH, FORMER POW

Base families offered a variety of activities

Gourmet Night at the club

The Club will hold a gourmet night Sept. 12 at 6 p.m. Enjoy a five course, five star meal prepared by Chef Carla. Assorted canapés, spring greens with sun ripened tomatoes topped with crab cakes drizzled with balsamic vinaigrette, watermelon granite, filet mignon stuffed with sautéed spinach and provolone cheese in a port wine-mustard sauce and chocolate treasures in a pool of ganache. Cost is \$45 per person. Reservations required by 9 September. For more information, call 434-2490.

New Vet Clinic Hours

New Hours at Vet Clinic are Every Wednesday 9 a.m. to 4 p.m. and every Thursday 9 a.m. to noon. Our next clinic dates will be August 5, 6, 19 and 20. We will take appointments for these clinics and call for appointments at 662-434-2281, please leave message and someone will get back to you.

Bowling Center Closure

The bowling center will close for renovation of the snack bar area until Aug. 23. The Columbus Club and Golf Course will offer lunch during the closure.

Canoe and camping trip

September 25-26 - \$30 per person - includes

campfire dinner and breakfast, canoe and transportation. Depart at 9 a.m. Saturday and return at 2 p.m. Sunday. Must have at least 15 registered by Sept. 10. For more information, call 434-2507.

Swimming Pool Hours

The new hours for the swimming pool start Aug. 10 - the new hours are from 2-7 p.m. 7 days a week. The pool will close September 7. The new lap swim hours will be from 11 a.m. to 1:30 p.m. and 4:30 to 7 p.m. effective August 10. For more information, call 434-2507.

White Water Rafting trip

The information ticket and travel office offers this trip September 5 to 7. Cost is \$160 per person and includes transportation, chalet lodging, meals on Saturday (breakfast, lunch and dinner), rafting the middle river on the Ocoee River. Must have at least 16 registered by August 15 to offer. A \$60 deposit is required when registering. For more information, call 434-2507.

Youth and Adult crafts classes

The Arts and Crafts Center offers classes for youth and adult every Thursday at 10:30 a.m., 2:30 p.m. and 5:30 p.m. All youth classes are \$5 each. Take Home Crafts kits are \$3 each. Displays of the upcoming projects are in the

lobby of the arts and crafts center. For more information, call 434-7836.

New Orleans Saints football

The information, ticket and travel office is offering a trip August 15 to 16 for the Saints vs Bengals preseason football game. Cost is \$110 per person based on double occupancy. Game ticket is free to the first 24 paid sign-ups. For more information, call 434-2507.

Cruise in 2010

The information ticket and tour office has a great seven-day Halloween cruise special out of Mobile, Ala. Oct. 30, 2010. Visit the Grand Caymen Islands, Montego Bay and Cozumel on this cruise. Cost is \$875.70 for two people and that includes a \$100 shipboard credit. Cost for three people in a room is \$1123.54 and four people in a room is \$1371.38. These are inside-cabin rates. Outside cabin rates will be slightly higher. A \$25 deposit is required by October 1 and \$250 is due by May 1 with final payment due Aug. 1, 2010. For more information, call 434-2507.

Horseback riding lessons

Outdoor Recreation is offering riding lessons and special occasion rides. For more information, call 434-2505 or 7861.

Youth Employment Skills (YES) Program

The YES Program is an on-base volunteer program for high school students that pays \$4 per hour through the AF Aid Society. YES allows high school students to "bank" \$4 in grant funding for every hour volunteered in an on-base function. Students may accumulate as much as 250 hours over all 4 years of high school. Teens must be dependents of active duty air force to be eligible and must be at least a freshmen in high school. For more information, contact Mr. Hamilton at 434-2504.

Parents time out

The child development center offers a parents time out every Thursday from 9 a.m. to 3 p.m. for children, ages 1-3 years of age. Cost is \$20 for the day. For more information, call Martha Mann at 434-2479.

Tickets available

The information, ticket and travel office has discounted tickets for Disney World, Universal Studios, Dollywood, Sea World, Busch Gardens, Six Flags Over Georgia, the Memphis Zoo, Alabama Adventure, the Dixie Stampede, Geyser Falls, and more. Call 434-2507 for more information.

Dog handler team loses an 'Airman's worth of weight'

Staff Sgt. J.G. Buzanowski

U.S. Air Forces Central combat camera team

BAGRAM AIRFIELD, Afghanistan — The 455th Expeditionary Security Forces Squadron security forces dog handler team have lost an Airman, or at least the 134-pound equivalent of one.

"That's the funny thing; that's about what one of our guys weighs," said Tech. Sgt. Drew Odell, the NCO in charge of the team.

Collectively the eight-person team has lost 134 pounds since their deployment began in the spring. They're here as part of the 455th ESFS, and in addition to patrols, the dogs search for drugs and explosives on the base.

When they're not training with their German shepherds or making improvements to their compound, they spend their time staying fit. For fun, they go on group runs, sometimes up to eight miles at a time.

"Patrolling the base and keeping it secure are our jobs," said Sergeant Odell, deployed here from Davis-Monthan Air Force Base, Ariz. "But the dogs have to stay in shape too, so they run with us."



U.S. Air Force photo/Staff Sgt. J.G. Buzanowski
Staff Sgts. Justin Kitts and Scott Carpenter carry their dogs, Mayo and Kane, through the last leg of a training run Aug. 9 at Bagram Airfield, Afghanistan. Sergeants Kitts and Carpenter are dog handlers with the 455th Expeditionary Security Forces Squadron and deployed from Luke Air Force Base, Ariz., and Peterson AFB, Colo., respectively. K-9 units patrol the base and inspect mail, luggage, and vehicles.

Staying in shape is an important aspect of the defenders' everyday mission, said Chief Master Sgt. David Makowski, the squadron superintendent also deployed from Davis-Monthan AFB.

"Fitness is one of my top three priorities for all my Airmen," the chief said. "And for the dog handlers, if either they or their dog is out of shape, their performance suffers. It gives me a great sense of pride to see what they've done not only on duty, but off duty as well. Especially Sergeant Kitts."

Staff Sgt. Justin Kitts, deployed from Luke AFB, Ariz., has lost almost 50 pounds since the start of his deployment back in March. Like the other handlers, the eight-year Air Force veteran regularly exercises with his German shepherd, Mayo.

"I knew when I came here I needed to lose weight," Sergeant Kitts said. "I was living an unhealthy lifestyle before I came here, and one of my goals was to change that."

Sergeant Kitts said he and his wife were eating a lot of fast food since she was pregnant and it was easier to make those kinds of compromises after he'd come off a 12-hour shift. But after seeing his newborn daughter, he's "got something more to live for now."

It's in a book: Base Library offers variety of services



U.S. Air Force photo/2nd Lt. Edwin Miltenberger
Felicia Shields, wife of Senior Airman Ricardo Shields, 14th Medical Group, and her daughter, Sanai Shields walk through the library August 19.



U.S. Air Force photo/2nd Lt. Edwin Miltenberger
Library Aid Dianna Shirn talks with two patrons at the front desk of the Base Library August 19.

2nd Lt. Edwin Miltenberger
14th Flying Training Wing
Public Affairs

Many BLAZE Team members may not know about the various events and services at the award-winning Base Library.

The library has won the Air Force Five Star Award four years running now, which is given out for excellence in customer service, operations and facilities among other things.

If you have not been inside the Base Library it is time to head over for a visit, invited Ms. Pat Jones, library supervisor. The library offers a wide variety of services and her staff will be ready to assist you with whatever you may need explains Ms. Jones. "We encourage our customers to participate," she says and added there are many ways of doing just that, such as borrowing books and DVDs, or bringing your children to the pre-school reading time. Ms. Jones says that the library has the motto, "something for everyone," and that they follow this charge very successfully.

Some of the many services that the library offers include books for education and pleasure, DVD rentals, audio books and access to training software. Audio and visual items like CDs and DVDs can be checked out for 10 days while books may be borrowed for three weeks.

There are various movie titles in the library's collection along with many books on the national best seller list. Ten computers are located in the back of the library with internet access and wireless access

is available throughout the building. The newest addition to the library is the "play-away system" which is a small MP3 player-sized device, pre-installed with audio books so it is portable and easy to use.

Many learning databases can be accessed online through the library for training and continued education purposes which are very helpful and informative. The Chief of Staff reading list has its own area for those wishing to gain a better understanding of their service and how to develop their abilities. Anyone wishing to master another language can do so with help from the library which has learning material that can be checked out or a Rosetta Stone online language program.

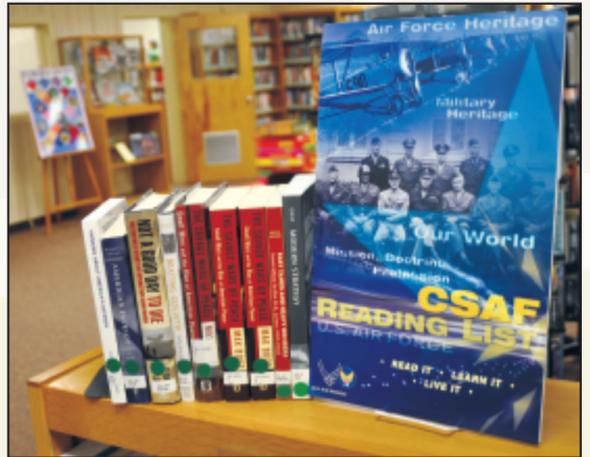
Some programs offered at the library are the paperback book swap and an Oprah's Book Club special collection series. There are many events scheduled during the year as well, including pumpkin carving which takes place the last week of October.

Something for children is the pre-school story time, an event were volunteers read to pre-school aged children. This event has been going on during the summer and is coming to an end this month. It will start up again during the school year from September to May. There are also two rooms full of children's books and a selection of fun and educational board games. Four Little Hands computers with learning software geared specifically towards kids are located in the main lobby.

For more information, please contact the Base Library at 434-2934.



U.S. Air Force photo/2nd Lt. Edwin Miltenberger
Jim Sztaba reads to his granddaughter Mirabelle Bishaw at the Base Library August 19.



U.S. Air Force photo
Featuring every title from the Chief of Staff of the Air Force's reading list, the base library offers numerous items to help with professional development.



U.S. Air Force photo
The base library features a host of reference materials, which are available for use by BLAZE Team members.



U.S. Air Force photo/Senior Airman Jacob Corbin
Matthew Stennis, son of Retired Maj. J.C. Stennis, plays an educational video game at the base library August 19.



U.S. Air Force photo
Educational board games are only one of many items available to check out for use by children. The library also features children's books and audio books; and educational computer games and software.