

"The base of choice in the command of choice."

Vol. 34, Issue 34

Columbus Air Force Base, Miss.

Aug. 27, 2010

Weather



Today

High: 93, Low: 68
Mostly Sunny



Saturday

High: 91, Low: 70
Partly Cloudy



Sunday

High: 90, Low: 66
Partly Cloudy



Monday

High: 92, Low: 66
Mostly Sunny

News Briefs

Civilian Call

Col. Barre Seguin, 14th Flying Training Wing commander, will hold a civilian call at 2:30 p.m. Aug. 31 in the Kaye Auditorium.

Air Force Ball

Tickets are on sale for the 2010 Air Force Ball. Tickets are \$20 for E-5 and below and \$30 for all others. Contact your squadron POC for more information. (Editor's note: the cost of tickets for E-5 and below is in thanks to support from the Top-3 and BLAZE 5/6).

14th OG Change of Command

The 14th Operations Group will hold a change of command ceremony Sept. 8 at 9:14 a.m. in the BLAZE Hangar.

Inside



Feature **10**

What time do you open? The hours of operation of many base facilities are listed in this week's feature.



U.S. Air Force photo/Staff Sgt. Jacob Corbin
Recently selected for promotion Team BLAZE Airmen stand with Col. Barre Seguin, 14th Flying Training Wing commander, and Command Chief Master Sgt. Zef Smith, 14th FTW command chief, at the staff sergeant promotion party Aug. 19 at the Columbus Club. Thirty-one senior airmen were selected from Columbus AFB for elevation to the NCO corps.

Team BLAZE Airmen selected for promotion to staff sergeant

Staff Sgt. Jacob Corbin
14th Flying Training Wing
Public Affairs

Air Force officials announced Aug. 19 that thirty-one Team BLAZE Airmen were selected for promotion to the rank of staff sergeant.

Officials selected 13,518 of 28,510 eli-

gible senior airmen for promotion to staff sergeant across the service, for a selection rate of 47.41 percent.

"This is a significant accomplishment for our promotees, their families and Team BLAZE," said Col. Barre Seguin, 14th Flying Training Wing commander.

Congratulations to the following senior airmen:

Eugene Brown, 14th Operations Support Squadron; Jennifer Callahan, 14th Medical Operations Squadron; Brandon Carter, 14th Force Support Squadron; Andrew Dickey, 14th OSS; Richard Franks, 14th Security Forces Squadron; Kyle Graves, 14th MDOS; Carlos Harris, 14th MDOS; Kendra

See PROMOTION, 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 (11-08)	-0.12 days	-2.47 days	Sep. 28	48th (10-14)	-0.64 days	-0.72 days	Sep. 9	49th (10-KB)	3.16 days	3.12 days	Sep. 13	T-6	2,835	2,677	31,324
41st (11-07)	1.73 days	-1.61 days	Sep. 3	50th (10-14)	-0.10 days	-0.87 days	Sep. 9					T-1	978	860	10,533
												T-38	918	899	10,344
												IFF	193	189	2,186

The graduation speaker is Col. Barre Seguin, 14th Flying Training Wing commander.

SILVER WINGS

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14th Flying Training Wing
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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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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.

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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.

PROMOTION

(Continued from Page 1)

Harris, 14th OSS.

Joel Johnson, 14th OSS; Kevin Jordan, 14th Medical Support Squadron; Jason Kislow, 14th Civil Engineer Squadron; Christa Koutsovalas, 14th SFS; Richard Leslie, 14th SFS; Tranquavious Mason, 14th MDOS; David MacDonald, 14th SFS; Nicholas McDonough, 14th SFS; Nathan Milan, 14th CES.

Alexandria Montoya, 14th Flying Training Wing; Stephanie Nash, 14th FSS; James Nelson, 14th OSS; Ruelas Pelayo, 14th MDOS; Edgardo Rosero, 14th SFS; Jennifer Rosero, 14th SFS; Marquis

Skinner, 14th Communications Squadron; Katie Smith, 14th OSS; Siddharth Sunny, 14th FSS; Byron Taylor, 14th SFS; Amanda Thompson, 14th MDOS; Joshua Van Zuiden, 14th CES; William Westmoreland, 14th OSS; and Michael White, 14th CES.

The average score for those selected was 282.88, with an average time in grade of 1.97 years and an average time in service of 4.55 years, respectively. The average score was based on the following point averages: 131.31 for enlisted performance reports, 0.94 for decorations, 71.18 for the promotion fitness examination and 59.08 for the specialty knowledge test.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 63 BLAZE TEAM members are deployed worldwide.



Remember to support the Airmen and their families while they are away.

Mon	Tue	Wed	Thur	Fri	Sat/Sun
30	31 Newcomers, 8 a.m. @ AFRC Enlisted Promotions, 4 p.m. @ Club Civilian Call, 2:30 p.m. @ Kaye	1 Commander's Leadership Onsite, all day Mr. Hunter "Servant Leadership" presentation	2 OG Flt/CC Course	3 OG/CC Fini-flight, 11 a.m. Class 11-07 Track Select, 5 p.m. @ Club Class 11-13 Commander's Welcom, 4p.m. @ Club	4/5
6 Labor Day Holiday	7 OG/CC Farwell @ Tampico Bay, 6:30 p.m.	8 Newcomers, 8 a.m., @ AFRC 14th OG CoC, 9:14 a.m., @ BLAZE Hangar Daedalian's, 6 p.m., @ Club	9 Class 10-14 Graduation, 10 a.m., @ Kaye	10 Wing Dining Out, 6 p.m., @ Trotter Convention Center	11/12

Long Range Events
Sept 13: IFF Grad
Sept 14: CES Sports day
Sept 15: ALS Graduation
Sept 16: Dorm Dinner
Sept 17: POW/MIA Day Retreat
Sept 17: Class 10-15 Assignment Night
Sept 21: Hearts Apart
Sept 21: CSC Dinner Social
Sept 22: Newcomers
Sept 25: Retiree Appreciation Day

Visit us online!

Web page:

www.columbus.af.mil

Facebook: www.facebook.com/ColumbusAFB

Twitter: www.twitter.com/Columbus_AFB

Columbus AFB Top 3 Spotlight



At the end of each month, the Columbus AFB Top 3 will select two outstanding BLAZE Team members, one NCO and one Airman, to be spotlighted in the last issue of the month. The men and women selected for this are some of the best and the brightest at Columbus AFB. Look to future issues for more of your fellow Airmen!

Category: NCO
Nominee:
Staff Sgt. Brent Heath
14th Flying Training
Wing Judge Advocate's
Office

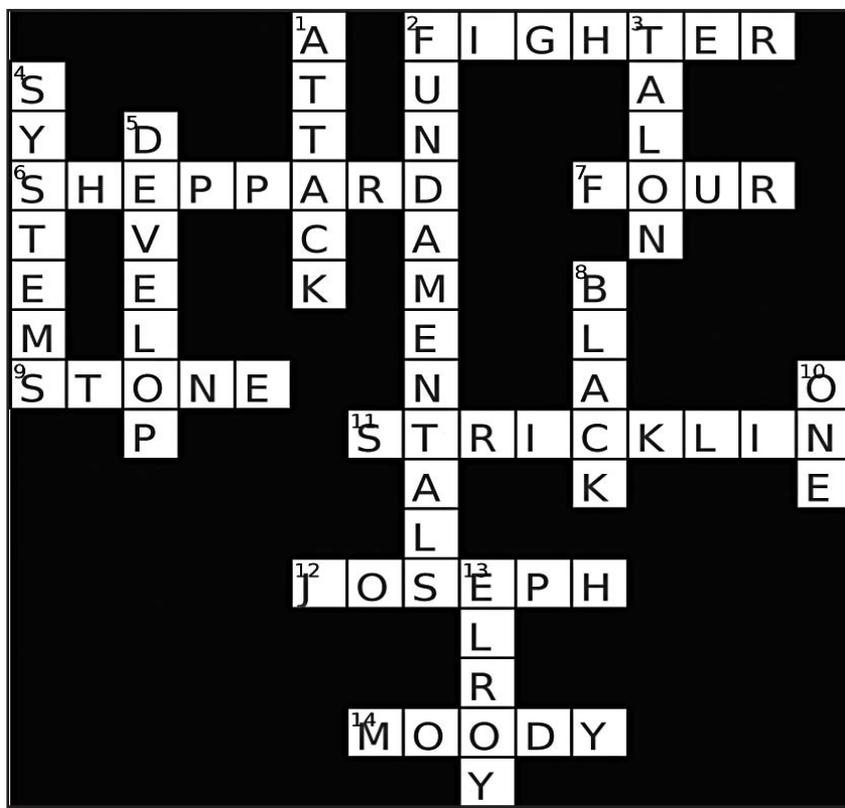
- Information:**
1. Home Town: Jacksonville, Fla.
 2. Time in the Air Force: 9 years, 10 months
 3. Time at Columbus AFB: 2 months
 4. Career Short Term Goals: Complete Bachelor of Science degree in Information Technology
 5. Career Long Term Goals: Become a first sergeant.
 6. Nominated by: Master Sgt. Alexius Reid



7. Nomination reason: Sergeant Heath is a professional, perceptive and team-focused Airman. Not only is

he the pulse (NCOIC) of military justice at Columbus AFB, but he is extremely active in the base community. Sergeant Heath was elected as the Blaze 5/6 Club secretary during the first meeting he attended. He also coordinated a presentation to the Command Chief for the Chief's support of their organization. Additionally, he coordinated the upcoming AAC-5/6 Mentorship luncheon and the upcoming Amn vs. NCO Kick Ball Challenge. Finally, Sergeant Heath was the recipient of JA's highly coveted Vanguard Leadership Award, in recognition of excellence, innovation and customer service.

49th FTS Answers



Category: Airman
Airman 1st Class Justin
Pribble
14th Medical Operations
Squadron

- Information:**
1. Home Town: Virginia Beach Va.
 2. Time in the Air Force: 11 months
 3. Time at Columbus AFB: 3 months
 4. Career Short Term Goals: To be selected for promotion as senior airman below-the-zone.
 5. Career Long Term Goals: Be selected for the Nurse Enlisted Commissioning Program.
 6. Nominated by: Chief Master Sgt. Barbara Steffen



7. Nomination reason: Airman Pribble is described by his superiors as an

Airman who exceeds expectations! As a new Airman out of technical training, he has taken ownership of every task he is given and has applied an attention to detail that exceeds the standards. His self-initiative has enabled him to conduct extensive patient interviews and record reviews, which ultimately lead to minimizing pilots' Duty Not Involving Flying time and maximizing their fly time. Because the 14th FTW's mission is to train pilots, having pilots medically prepared to fly is critical and Airman Pribble is leading the way to uphold our wing mission.

Congratulations to this month's BLAZE team members!

Team BLAZE Airman of the Week

Name: Staff Sgt. Charles E. Ball Jr.
Unit: 14th Medical Support Squadron
Job title: NCOIC, Referrals Management
Time at Columbus AFB: 9 months
Time in Service: 8 yrs 6 months
Hometown: Gulfport, Miss.
Career goals: Making master sergeant and becoming a first sergeant
Family members: Wife, Darien F. Ball; Daughter, Ariana S. Ball; and Daughter, Amira D. Ball
Favorite musician: Dewayne M. Carter
Favorite movie: The Great Debaters
Biggest pet peeve: N/A
Favorite book: "Before You Do" : by Bishop T.D. Jakes
Inspirations: My inspirations in life are family and friends.
Personal motto: "Don't sweat the small stuff"



"Every week one of the four Columbus AFB groups (14th MDG, 14th MSG, 14th OG and 14th WSA) will nominate an Airman (enlisted, officer or civilian) to the wing commander for excellence. Col. Barre Seguin, 14th FTW commander, will present the selectee a wing coin at that week's staff meeting."

Dollars and Sense: Travel Vouchers

For non Defense Travel System travel vouchers, please ensure you type all travel vouchers (DD Form 1351-2) prior to submitting them to 14th CPTS Financial Customer Service. Hard-copy travel vouchers must be scanned/faxed to the Air Force Financial Services Center (AFFSC) and hand-written travel vouchers have a high probability of being rejected due to poor copies and illegible information. In order to ensure quick processing of your travel voucher and prompt GTC split disbursement and reimbursement, please type your travel voucher. For a blank travel voucher (DD 1351-2), please go to the following site: <http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd1351-2.pdf>
 To see an example of how to fill out a travel voucher, please go to the following website: <http://www.baseops.net/finance/travelvoucher.html>
14th CPTS finance customer service:
 Bldg 730, first floor lobby.
 Hours of operation: Monday-Friday, 7:30 a.m. to 3:30 p.m.
 **If you are unable to come during customer service hours due to mission requirements, please call 434-2705/2095 to schedule an appointment.

Torch photographer flies with Team BLAZE



U.S. Air Force photo
Tech. Sgt. Sam Bendet, AETC Safety Torch Magazine Aerial Photographer, confirms the desired aircraft flight geometry for an upcoming T-1A Jayhawk photo shoot with 48th Flying Training Squadron T-1 instructor pilots 1st Lt. William Gordon (l-r), Capt. Joseph Ratterer, Capt. Dominique Haig and Capt. Chad Forman Aug 25. Sergeant Bendet flew in all four of the wing-assigned aircraft during his three day photo assignment for Torch Magazine and calendar.

AROUND TOWN

Mississippi Symphony Orchestra

The Mississippi Symphony Orchestra will perform at MUW's Rent Auditorium Sept. 18 at 7 p.m. Tickets are \$20 for adults and \$10 for senior citizens and students. Call 328-2787 for more information.

Actors and Technicians Needed

Columbus Arts Council is looking for technicians for the Sept. 8 to 11 run, a production of Tennessee Williams' Sweet Bird of Youth. If interested, contact Brook Hanemann at 889-5746.

Friends of the Library

Friends of the Library opens its fall Table Talk series Sept. 1 with director Rus Blackwell. Blackwell will present a scene from the play "Sweet Bird of Youth" for the Tennessee Williams Tribute and discuss the challenges of bringing a theatrical work to life on stage. Table Talk runs from 11:30 to 13:00 at the Columbus-Lowndes Public Library, 314 Seventh Street North. Bring your lunch at 11:30 and the Friends of the Library will provide the iced tea or come later and join friends from 12:00 to 13:00 for the Table Talk program.

Columbus-Lowndes Humane Society seeking volunteers

The Columbus-Lowndes Humane Society is seeking volunteers and foster homes. We are a non-profit and we depend on donations to operate. If you would like to help volunteer, foster, or donate; please call 662-327-3107.

Hitching Lot Farmer's Market

Located at 2nd Avenue and 2nd Street North.
 Open Tuesday and Thursdays from 6 until 10 a.m.
 Open Saturdays from 7 until 10 a.m.

Sports Shorts

Youth Soccer

Register by Sept. 10 at the youth center for this program open to ages 3 to 18. Cost is \$35 for ages 5-18 and \$25 for ages 3-4. Volunteer coaches are needed. Visit www.cafbservices.com for coaching applications. For more information, call 434-2504.

Cosmic Storm Bowling in September

Bowling Friday and Saturday nights from 7 to 11 p.m. is \$12 per person and includes shoe rental. For more information, call 434-3426.

Wingman Bowling Special

One customer pays for three games of bowling and a second person bowls those three games of bowling free anytime during open bowling in September. For more information, call 434-3426.

Whispering Pines Club Championship

Register no later than Sept. 2 for this annual tournament Sept. 4-6 to determine the club champion for Columbus AFB. Tee times start at 8 a.m. each day. Entry is \$50 for golf course members and \$75 for nonmembers. Entry includes golf, and lunch on Saturday and Sunday. For more information, call 434-7932.

September Golf Special

Throughout September, purchase a green fee before noon, Monday through Friday, and receive a second green fee free. Cart fees not included. For more information, call 434-7932.

Fall Golf League

Join the fall golf league starting Sept. 13. Get four people together for your team to play two 2-man matches. Cost is \$3 for golf course members and \$10 for non-members each week. Each week,

the \$3 goes into a prize fund. Number of weeks of play is determined by number of teams registered. Format includes a scramble, alternate shot and 4-ball on selected holes each week. Register NLT Sept. 10 at the pro shop. For more information, call 434-7932.

POW/MIA Remembrance Run

Join the Fitness Center in this special run at 6 a.m. and 7 a.m. Sept. 17. For more information, call 434-2772.

Paintball Tourney

Enter this tournament by calling Lt. Haggard at 434-2500. Your challenge: Capture the flag! Entry fee is \$55 per team which includes 2000 paintballs per 5 to 6 man teams. Entry does not include the \$10 range fee or equipment rental. Play begins at 8:30 a.m. Sept. 25.

Voting Information

Register and request your ballot now.
 All States, Three Territories and the District of Columbia will hold General Elections on November 2, 2010. Puerto Rico will not be holding an election this cycle.
 All members of the U.S. Uniformed Services, their family members and citizens residing outside the U.S. who have not registered or requested an absentee ballot this year, should do so as soon as possible. To register or request an absentee ballot use the Federal Post Card Application (FPCA).
 For persons residing inside the U.S. it's quick and easy. Go to www.fvap.gov and get started! Follow the prompts to register and request an absentee ballot for the Nov. 2 election. Some States allow submitting the FPCA by email or fax in addition to regular mail. The instructions will tell you how to fax or email the form. FVAP recommends you use these options. If you don't have access to the internet to fill out the FPCA online, get a copy from your military Unit or Installation Voting Assistance Officer, or from your nearest US Embassy or Consulate.
 Send your FPCA to your election office NOW to ensure you have enough time to receive, vote, and return the ballot!
 For more information, visit FVAP at: www.fvap.gov or contact your Unit Voting Assistance Officer or the 14FTW Installation Voting Office at:
 Installation Voting Assistance Officer:
 Office: Personnel Center Bldg 926, Rm 245
 24 Hour Hotline: (662) 434-2927 or DSN: 742-2927
 E-Mail: vote@columbus.af.mil

BARGAIN LINE

Homes

For sale: Beautiful home situated on 3.8 acres in New Hope. Approximately 2,800 sqft, 13 rooms to include 3 bedrooms, bonus room, living room, office, huge den/ in laws quarters, 2 and 1 half bathrooms, whirlpool tub. Approximately one acre of fenced yard with large wired shop. One year home warranty. \$289,900. Call 240-0226.
For sale: Great 3/2 brick home just outside of Caledonia city limits. Open floor plan with 10 ft. ceilings throughout, wood laminate and ceramic tile flooring, gas fireplace, wood blinds, laundry room, pantry, large covered patio w/ceiling fans, two-car carport w/attached workshop, on circle drive. Must sell due to military move. For photos and contact information, visit www.fsbo.com, listing #138068.

Transportation

For sale: 2000 Chrysler Town and Country LXi Minivan, loaded, leather seats, power seats and power windows. Seven passenger, regular maintenance with receipts and dates of service, extra nice condition. Gold with tan interior. Price is \$4,500 or reasonable offer. Call 356-4292.
For sale: 2008 Harley Davidson, 883 Sportster Low Rider, Under 150 miles, 2.5 Year Extended Service Plan, Midnight Pearl Blue, accessories included. \$6500. Call 889-0113.
For sale: 2002 White Honda Accord Ex. 131,000 highway miles, leather, auto, excellent condition. \$7,500 or best offer. Call 295-6634
For sale: 2003 Gold Honda Civic, 106,000 miles, cloth, auto, excellent condition, recent tune-up, serious

inquires only. \$6,500 or best offer. 425-9290.
For sale: 2003 Chevy Suburban. White, Cloth seats with CD player and all the extras. Well taken care of. 88,000 miles. \$10,000. Please call 574-7864 or 329-0005.

Miscellaneous

For sale: HOWA 1500 bolt action rifle, 7 mm WSM. Less than 1 year old, only 15 rounds fired. \$400 or best offer. Formal dining room set with china cabinet and six chairs. Cherry finish. Paid \$2,500. Set in overall good condition, but the table top requires refinishing. \$450 or best offer. Call (478) 737-9892.
For sale: 20G XBOX 360, WIFI equipped, three games, HDMI cable, controller, and headset.

Services

Needed: Experienced English teacher for private tutoring at the intermediate level for an older adult for who English is a second language. Please contact (210) 396-0824.
Needed: Help working on a 75 Super Beetle. Priority is the electrical, but there is plenty to work on. Call (931) 206-7922.
Needed: Pilots who fly to Nashville on weekends and need a paying passenger. Call (931) 206-7922.

Sell your item in Silverwings today!

Base News

District School Choice

On base Residents: The Interlocal Agreement between the Lowndes County School District and the Columbus Municipal School District allows for school choice for on base residents. The approval process requires parents who reside in on base housing who choose to send their children to Columbus Municipal Schools, to make a formal written request. Please contact the School Liaison Officer at 434-2792 for details on how to complete this action.

Housing Asset Management Office Co-location

The Housing Asset Management Office in-processing and relocations services have co-located to 256 State Loop (Landings at Columbus). The Relocations Services telephone number is 434-8402

Compulsory School Attendance: Home School

Parents who are teaching their children at home (home school) are required to complete a certificate of enrollment card each school year. You can complete this card at the Columbus Air Force Base School Liaison Office, located in Building 730, Suite 174A. Mississippi law requires this card to be completed prior to Sept. 15. Please contact the School Liaison Officer at 434-2792 or via email at: slo@columbus.af.mil for an appointment to complete your registration.

DRMO as a source of supply

Authorized personnel may retrieve property that is marked for DRMO Facilities only if they are still physically located in Base Supply. For more information, call the Inspection Section at extension 434-7233 to review the property, Stock Control at 434-7198 to check for authorization and Customer Support at 434-7178 to order the property. All other DRMO processing is done via the Web at: www.drms.dla.mil.

Do you have a supply problem?

Do you need status on an item you ordered? Did you receive the wrong part? The Customer Support section is the single point of contact when requiring assistance on supply related matters. For assistance, you may contact Customer Support at 434-7178.

Attention Supply Customer

If you are looking for that special piece of equipment or furniture for your office, your point of contact is the Inspection Section of Base Supply. Inspection maintains the Last

Look Area, which has used equipment and furniture turned in from other organizations that no longer have a need for the items. All items in the Last Look Area are available without charge to your organization. For more information, you can contact the Inspection Section at 434-7233 or 434-7234.

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 afr@columbus.af.mil.)

Self-paced Tutorials

Available on MS Office 2007 Suites; Access, Excel, Outlook, PowerPoint, Word and Windows Vista. Set your own learning pace at your AFRC.

Relocation assistance

Weekly workshop on programs, services and resources available through the Airman & Family Readiness Center held every Wednesday from 9 to 10 a.m. at the AFRC. Topics of discussion include preparing for a move, environment/cultural issues or needs, adaptation and community awareness.

Spouse welcome

For new personnel assigned to CAFB held every Wednesday from 10 a.m. to 11 a.m. in the Magnolia Inn lobby. Local information is presented.

Budgeting Basics

Every Wednesday from 11 a.m. to noon. Learn practical ways to tell your money where to go rather than wonder where it went.

Pre-Separation Counseling (DD Form-2648)

Mandatory briefing for personnel separating or retiring. Briefing should be completed at least 90 days prior to separation and may be completed up to 12 months prior to separation or retirement. Counseling held daily at 8:30 a.m. and takes approximately 30 minutes.

Pre and Post Deployment Tour Brief

Mandatory briefings for active duty personnel who are 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 1:30 p.m., 434-2790.

Thumbs up from the Scooters



U.S. Air Force photo/Airman 1st Class Chase Hedrick
Pioneer club "Scooters" follow along with a bible story on Aug. 26. The pioneer club meets each Wednesday evening from 6 p.m. to 7:30 p.m. This program is open to children ages three years to seventh grade.

Chapel Schedule

2010-2011 Pioneer Clubs Program

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 through 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.

Wednesday Evening Adult Bible Study

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.

Protestant Worship Service

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 Services

Tuesday
6:30 p.m. — Choir Practice
Sunday:
3:30 p.m. — Religious Education, grades K-9
3:45 p.m. — Choir Practice
4 p.m. — Confession
5 p.m. — Mass
6 p.m. — RCIA

Wing command chief presented with first BLAZE 5/6 T-shirt

Airman 1st Class Chase Hedrick
14th Flying Training Wing Public Affairs

The BLAZE 5/6 organization presented Command Chief Master Sgt. Zef Smith, Command Chief for the 14th Flying Training Wing the first BLAZE 5/6 T-shirt on Aug. 17.

Staff Sgt Ka'Li Borders, BLAZE 5/6 vice president, said the presentation was a major milestone for the organization because it bears the first logo for the organization. She also mentioned BLAZE 5/6 honored Chief Smith with the presentation because he is one of the organization's mentors.

BLAZE 5/6 is currently made up of 30 active members and is open to any E-5 or E-6 in the armed forces said Sergeant Borders. She said the organization meets the third Friday of every month at 3 p.m. in the Columbus Club.

Sergeant Borders also said that the BLAZE 5/6 is a networking organization which takes care of each other. Members of BLAZE 5/6 are involved in giving back to the community, giving back to the veterans and mentoring junior enlisted members. She said the membership includes a T-shirt that bears the new logo, voting rights and free admission to BLAZE 5/6 events.



U.S. Air Force photo/Mary Crump
BLAZE 5/6 members present 14th FTW Command Chief Master Sgt. Zef Smith with the first BLAZE 5/6 T-shirt Aug. 17 in the chief's office. Chief Smith is also one of the organization's mentors.

Air Force Career Advisors

The Career Assistance Advisor position is designed to help you in your careers. CAAs provide supervisors with the necessary tools to conduct career counseling with all enlisted members. We are a resource for the commander, first sergeant, and most importantly, immediate supervisor. If I can assist you in any way, please call MSgt Brian Bailey at 434-7004.



Energy & Water Conservation Guidance

The 2010 Air Force Energy Plan lays out the targets that Major Commands like AETC must meet. A few of those targets are:

- Provide energy awareness training to all personnel by the end of 2010
- Reduce costs 20% by 2020
- Reduce energy intensity by 3% per year
- Reduce water usage by 2% per year
- Increase the use of renewable energy by the Air Force (5% by 2012)
- Reduce transportation fuel use by 2% per year
- Increase alternative fuel use by 10% per year
- Install electric, natural gas and water meters at facilities by 2012
- Conduct energy evaluations at facilities every four years

New federal laws, executive orders and DoD guidance will continue to escalate these targets in the coming years. It's up to each of us to do all that we can to make energy a consideration in all we do.

CAFB officials explain MMRP soil testing at town hall meeting

Staff Sgt. Jacob Corbin
14th Flying Training Wing Public Affairs

Columbus Air Force Base officials released the results of the Military Munitions Response Program initial study at a town hall meeting Aug. 20.

Initial sampling showed the levels of lead in Columbus AFB Housing soil is below residential screening levels, but the levels of polycyclic aromatic hydrocarbons were higher than the Environmental Protection Agency residential screening levels.

Dr. Doug Cox, senior toxicologist with the Air Force Center for Engineering and the Environment, said initial screening results were insufficient to define the site risk. Doctor Cox said PAH's are associated with skin irritation and (cancer in experimental animals) with long-term exposure to high levels of PAH.

PAH's are a group of over 100 different chemicals commonly found in the environment. PAHs are formed by burning coal, oil, gas, garbage, or other organic substances like tobacco and charbroiled meat.

PAH's are generally fairly inert – insoluble compounds that don't easily migrate through soil and are poorly absorbed into vegetation. For instance, Doctor

Cox said vegetables and fruits grown in the soil on-base are safe to eat.

Many people are exposed to PAHs on a daily basis through tobacco smoke or occupational exposure. In the past, PAHs were used extensively in the manufacturing of clay targets.

The PAH's found in Columbus AFB Housing soil is attributed by officials to a skeet range located in the area during the 1940's and early 1950's. Doctor Cox said if housing members encounter pieces of the used skeet, it is safe to pick up and throw them away, and they are not hazardous materials.

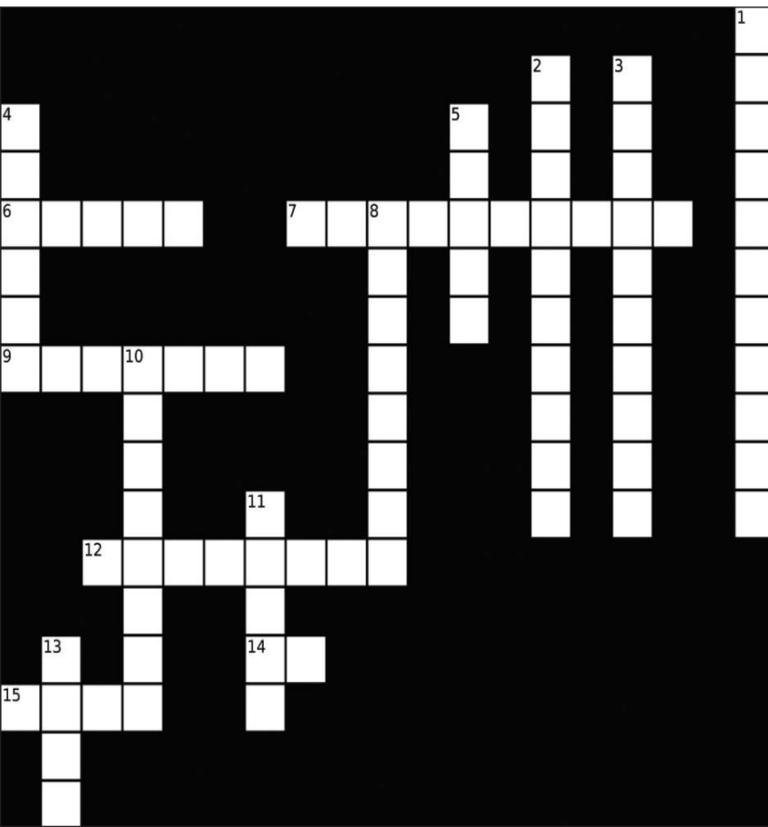
Col. Barre Seguin, 14th Flying Training Wing commander and base housing resident, said his number one priority is to take care of Airmen and their families.

"What we can say as of right now, is based on the initial results it is safe to live in our base housing," Colonel Seguin said.

The colonel said additional testing will be accomplished to greater define the PAH amount at Columbus AFB and to better understand the way forward. Housing residents will be kept informed by Pinnacle Family Housing and Columbus AFB as information is gathered.

How can I minimize exposure?

1. Wash hands before meals, naptime, and bedtime.
2. Wear shoes outside; wipe shoes before entering the home.
3. Play in sandy and grassy areas instead of dirt, which sticks to fingers and toys.
4. Do not eat dirt.
5. Change central heating and cooling systems filters and air cleaners according to manufacturer's directions.
6. Use raised garden systems and wash produce before eating.



Organization Listing Crossword

Across

- 6 Airmen E-4 and below can visit the Airmen's _____ for donated uniforms and household items.
- 7 Grocery store located on-base ran by DECA.
- 9 The 14th Force _____ Squadron runs a large number of NAF programs on-base.
- 12 Housing on CAFB is found in State, _____ and Capitol villages.
- 14 Common acronym for the large retail store ran by AAFES.
- 15 For a medical appointment, call 434-_____. (In letters/words, not numbers).

Down

- 1 The Child _____ Center is a daycare ran by the 14th FSS.
- 2 The _____ Pines Golf Course is a nine-hole course located on-base.
- 3 Outdoor _____ offers a variety of services, including the ability to rent camping items.
- 4 Arts and _____ has a woodshop, framing shop, engraving shop and a variety of other services.
- 5 The Daily _____ is a coffee shop located in the base fitness center.
- 8 The _____ Inn offers lodging to people without orders on a space available basis.
- 10 Privatized housing company on CAFB.
- 11 The Auto _____ Shop lets Team BLAZE members work on their own vehicles.
- 13 Auditorium named after WWI pilot, previously the basetheater.

2010 AIR FORCE BALL
BLAZING THROUGH THE DECADES

14TH FLYING TRAINING WING

September 10, 2010
Trotter Convention Center
Columbus, Mississippi

Social Hour 6:00 PM
Dinner 7:00 PM
Attire: Mess Dress/Formal
Distinguished Speaker:
General Donald Hoffman

For Tickets Contact Squadron POC

AF surgeon general issues warning about safety of electronic cigarettes.

WASHINGTON — The Air Force surgeon general has issued a memo alerting all Airmen about safety concerns regarding electronic cigarettes, a new type of nicotine product.

Also known as "e-cigs," electronic cigarettes are battery-operated devices that look like conventional cigarettes. The e-cig contains a cartridge filled with nicotine, which is delivered to the user as a vapor. Water vapor is emitted from the end of the device to mimic the appearance of smoke.

"Advertisements claim electronic cigarettes are a healthier way to smoke, but one sample tested by the Food and Drug Administration contained diethylene glycol, a toxic chemical used in antifreeze," wrote Lt. Gen. (Dr.) Charles B. Green, the Air Force surgeon general.

Other samples tested by the FDA contained cancer-causing agents, yet there are no health warnings on these products similar to those seen on conventional cigarette packages, the memo states.

"Manufacturers offer cartridges with decreasing levels of nicotine, with the idea that they can be used to help someone quit smoking," Dr. Green wrote. "No studies have been done to demonstrate the safety or effectiveness of these products as tobacco cessation aids, and they are not approved by the FDA as a drug delivery device. Commanders also need to be aware that the cartridges used in these devices are replaceable and could be used to discreetly deliver substances other than nicotine."

The memo states that due to the nature, appearance and safety concerns of electronic cigarettes, they are considered to be in the same category as tobacco products, the use of which is governed by Air Force Instruction 40-102, Tobacco Use in the Air Force. This new product will be included in the upcoming revision of AFI 40-102 due out this fall.

OSC changes to CSC, welcomes all Team BLAZE spouses



U.S. Air Force photo/Staff Sgt. Jacob Corbin
Greg Fletcher, spouse of 14th Medical Group Commander Col. Diane Fletcher, rolls the dice at the Columbus Spouses Club Casino Night and Membership Drive at the Columbus Club Aug. 17.

Staff Sgt. Jacob Corbin
14th Flying Training Wing
Public Affairs

Recently the Officer's Spouses Club passed an amendment to change to the Columbus Spouses Club and now welcomes all Team BLAZE spouses into the organization.

Andrea Caswell, president of the CSC, said the organization is open to spouses of officers, enlisted, civilians, and contractors.

Mrs. Caswell said the initiative to change the organization began six months ago. Leslie Watkins, wife of former 14th Flying Training Wing Commander Col. Roger Watkins, the new board members and Mrs. Caswell all agreed this was a step they wanted to make.

"We are a small base," Mrs. Caswell said. "We need to network together as spouses, hearing from one another is important. We don't really mind what our spouses do (referring to whether they are officers, enlisted, civilians or contractors), we just want to be there for each other."

For Mrs. Caswell, the idea to make the switch started after she arrived here from an overseas tour in England, where she said combined organizations for spouses are the norm.

According to the CSC president, the CSC offers spouses a support network to rely on and learn from. She also said the CSC is a great organization for new Team BLAZE spouses who may not know much about the Air Force or its way of life.

"I've been in with my husband ten years and I'm still learning the lingo," she joked.

Mrs. Caswell said the CSC is a great way to meet spouses from all over the base and learn about other sides of Columbus AFB's mission.

In addition to the monthly socials (held the third Tuesday of each month), the CSC hosts volunteer opportunities, fundraisers to help support things such as the CSC's scholarship fund and other events.

In addition to meeting other spouses from around the base, Mrs. Caswell said her time in the CSC has helped her learn more about the local community and what goes on in it.

"The base has a strong relationship (with the local community)," Mrs. Caswell said. "The club helps to let us know what is going on in it."

Team BLAZE spouses interested in joining the CSC or learning more about it should e-mail CSCAFB@gmail.com.

Dorm council shows appreciation

Airman 1st Class Chase Hedrick
14th Flying Training Wing Public Affairs

Members of the enlisted dorm council took time Aug. 17 to show their appreciation for the chapel and command staff by cooking breakfast at the chapel annex.

The chapel staff as well as several senior leaders such as attended the breakfast consisting of freshly cooked bacon, sausages, eggs and pancakes.

Airman 1st Class Heather Godon, president of the dorm council said the council did this because they wanted to thank the chapel and the command for their support. She said the chapel opens their doors for the dorm dinner each month, and also provides addition support such as offering the chapel as a place for dorm residents to relax during a scheduled power outage in July.

Tech. Sgt. Charles Thompson, the enlisted dorms manager also assisted and supported the dorm council with the breakfast. He said that he was especially glad the leadership could make it out to see that Airmen care enough to give back.

"I want to thank the new executive council for your generosity and for sharing this with us," said Col. Barre Seguin, 14th Flying Training Wing commander.



U.S. Air Force photo
Airman 1st Class Brooke Rachocki, a public health technician with the 14th Medical Operations Squadron, cooks bacon for a chapel appreciation breakfast. Airmen from the enlisted dorms cooked breakfast to thank the chapel for their support.

Commissary eggs safe to eat

Airman 1st Class Chase Hedrick
14th Flying Training Wing Public Affairs

As of Aug. 24, the Columbus AFB Commissary and other food serving facilities on-base are not affected by the massive Wright County Egg voluntary recall, Columbus AFB and Defense Commissary Agency officials reported. (Editor's note: Information from an article found on www.af.mil was used in writing this story).

Although the commissary may carry some of the brands mentioned in the Aug. 13 recall action, the eggs sold in military stores are not part of those linked to salmonella contamination, officials said. All military commissaries are not affected by the recall.

Dr. Misty Looney, public health officer with the 14th Medical Group, said all facilities with food on-base, such as the bowling alley and the Columbus Club, were not affected by the salmonella contamination or the recall.

Doctor Looney said while Columbus AFB is not affected by the re-call, it is always prudent to practice safe food handling at home. She said to make sure eggs and meats are thoroughly cooked and to wash hands when working with raw eggs and meat.

The initial Wright County Egg recall announcement involved more than 228 million shell eggs. On Aug. 18, the



U.S. Air Force photo/Airman 1st Class Chase Hedrick
Defense Commissary Agency food safety officials and Columbus Air Force Base public health officials have both confirmed that eggs sold in the commissary were not affected by the salmonella contamination which caused a recent massive recall of eggs.

recall expanded to more than 380 million eggs sold in cartons of six, 12 or 18.

Commissary customers can check the status of their eggs at home by looking for the Julian date and plant code stamped on the end of each egg carton. The plant number begins with the letter P, followed by a number. The Julian date follows the plant

number. Example: P-1946 223.

The Aug. 13 recall applied to the following brand names, plant codes and Julian dates:

— Lucerne, Albertson, Mountain Dairy, Ralph's, Boomsma's, Sunshine, Hillandale, Trafficanda, Farm Fresh, Shoreland, Lund, Dutch Farms and Kemps; plant numbers 1026, 1413 and 1946; Julian dates of 136 to 225.

The Aug. 18 recall of cartons of six, 12 and 18 applied to the following brand names, plant codes and Julian dates:

— Albertson's, Mountain Dairy, Glenview, Ralph's, Boomsma's, Sunshine, Pacific Coast, Farm Fresh, Lund and Kemps; plant numbers 1720 and 1942; Julian dates of 136 to 229.

To date, the recalled eggs are known to have been distributed to stores nationwide, according to the Food and Drug Administration's recall alert sent Aug. 13. Illnesses relating to the shell eggs have been confirmed, and traceback investigations are ongoing, the FDA statement said.

The salmonella organism can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Healthy people infected with salmonella often experience fever, diarrhea, nausea, vomiting and abdominal pain. In rare circumstances, infection with salmonella can result in the organism getting into the bloodstream and producing more severe illnesses such as arterial infections, endocarditis or arthritis.

AFIT Heritage Symposium promises riveting speaker schedule

Bill Hancock
88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force Institute of Technology will host its annual AFIT Heritage Symposium here on Sept. 21 and 22. The symposium will feature several key note speakers representing some of AFIT's most successful graduates.

Scheduled to speak at this year's event is Maj. Gen. David W. Eidsaune. General Eidsaune's current position is director, Strategic Plans, Programs and Analyses at headquarters, Air Force Materiel Command.

AFMC's mission is to conduct research, development, test and evaluation, and provide acquisition management services and logistics support necessary to keep Air Force weapon systems ready for war.

General Eidsaune received a Master of Science degree in Aeronautical Engineering in 1987 from AFIT and holds the distinction of also having served as the commandant of AFIT from 2003 to 2005.

The general will draw on his past and current experiences to offer his perspective



on AFIT's relevance to the Air Force and Department of Defense.

General Eidsaune earned his commission

upon graduation from the U.S. Air Force Academy in 1978. Upon completion of undergraduate pilot training in 1979, he

served as an F-111 instructor and evaluator pilot, and F-4, F-111 and F-15 experimental test pilot. He has commanded at the squadron, group and wing levels and served as vice commander of the Aeronautical Systems Center.

General Eidsaune was a principal adviser to the Royal Saudi Air Force during operations Desert Shield and Desert Storm; and during operation Iraqi Freedom, he served as the principal adviser to the Commanding General, Multi-National Force - Iraq on air component issues. The general is a command pilot with more than 2,700 hours primarily in the F-111, F-4, F-15 and F-16 aircraft.

Other presenting speakers include: Lt. Gen. Allen Peck (commander, Air University), Dr. Guion S. Bluford, Jr. (former NASA astronaut), Dr. Kevin A. Ford (NASA astronaut), and Joseph E. Zeis (Dayton Development Coalition).

To register for the symposium, visit the AFIT Heritage Symposium website at www.afit.edu/symposium.

Air Force family, strategic balance among top SecAF priorities

Tech. Sgt. Amaani Lyle

Secretary of the Air Force Public Affairs

ATLANTA — At the Air Force Sergeant's Association Professional Airmen's Conference here Aug. 18, the Air Force secretary emphasized his commitment to Airmen and their families, and a focus on strategic balance to best support current and future operations.

Secretary of the Air Force Michael Donley addressed hundreds of Airmen, other service members, civilians and six former chief master sergeants of the Air Force to share his vision of building a greater sense of community related to service, Department of Defense and national priorities.

"Simply put, this is an expeditionary Air Force, and deployments are part of our culture," Secretary Donley said. "This year, you'll see a tremendous transition from operations in Iraq to surge operations in Afghanistan. We must continue to refine our efforts and recognize that an Airman's deployment is really a family's deployment."

Secretary Donley said the number of Airmen deployed to Iraq has dropped from about 9,800 to 7,300, with nearly 10,000 Airmen on the ground in Afghanistan, up from 7,600 since this time last year.

To assist Airmen returning from these deployments and others, the secretary said redeployers in certain career fields will see the reintegration process eased through a new deployment transition center at Ramstein Air Base, Germany.

Though the Year of the Air Force Family ended in July 2010, Secretary Donley used the opportunity to highlight the significant and ongoing progress the service has made in enhancing support to families.

To gain a better understanding of where gaps in services might exist, about 250 helping professionals supported the 2009 and 2010 Caring for People forums, creating 62 base-level focus groups. Through these groups, Airmen voiced concerns about health and wellness, childcare, spouse education and employment, housing, dining facilities, and single Airmen issues.

"These forums helped us paint a valid picture of our needs and helped (guide) our next steps," Secretary Donley said. "Our truest core asset remains you, our Airmen; and now, more than ever, we need to keep our eyes on that target."

The secretary noted that military children and spouses face challenges that few civilian

counterparts will ever know or experience, to include moves and deployments which can result in family separations and the inability to pursue careers.

In addition to a standardized key spouse program at each base, service initiatives include spouse educational and employment assistance, as well as transitional support for Air Force children.

The Air Force has also allotted about \$2 million in the next fiscal year for programs such as marriage care retreats and enhanced social connections that provide balance and support for families, the secretary said.

An estimated \$140 million will go to improved fitness centers with longer operating hours. Other initiatives include zero- or reduced-cost youth sports and childcare programs.

"We've already extended childcare through several programs, and we'll continue to reduce our childcare space deficit through new construction and additional personnel which will help us eliminate that deficit by the end of fiscal year 2012," Secretary Donley said.

For the 16,000 Airmen who comprise the exceptional family member program, Airmen and their families will receive timely and accurate information, streamlined assignment coordination, and adequate care through the newly established Air Force-wide standards, Secretary Donley said.

Noting a 40 percent population of single Airmen, the secretary added that "significant funding" has been allotted for the single Airman working group to help bridge gaps in communications and technology support, social and recreational opportunities, and single Airmen development.

Secretary Donley said Airmen have asked for, and will receive, better dining facilities and safe, contemporary and affordable housing.

"We have built or renovated 23,000 privatized homes by the end of this fiscal year," the secretary said. "There are many dorms worthy of updating, and we've programmed more than \$250 million over the next two years toward improvements."

Secretary Donley lauded Airmen for their commitment to today's fight.

"Whether discussing air, space or cyber operations, our Airmen are engaged in today's conflicts," Secretary Donley said. "They're also engaged in shaping the perspectives of others and preventing conflicts through deterrence."

The secretary pledged to continue to pre-



U.S. Air Force photo/Scott M. Ash
Secretary of the Air Force Michael Donley addresses some 1,000 people attending the Air Force Honors Banquet and Chief Master Sergeant of the Air Force Awards presentation on Aug. 18, 2010, in Atlanta. Secretary Donley spoke about the Air Force's commitment to Airmen and their families, and discussed the importance of strategic balance within the service. The banquet was part of the Air Force Sergeants Association Professional Airmen's Conference and International Convention.

pare for tomorrow's fight across the full spectrum of conflict.

He related the criticality of organizing, training, equipping and posturing the Air Force, while enabling the capabilities on which the entire joint force depends.

In addition to mobility, air refueling, and intelligence surveillance and reconnaissance, Secretary Donley said counter-insurgency capabilities and the Joint Strike Fighter program were but one part of the service's strategic balance blueprint.

"While working on command and control for missile defense, we're pursuing light attack/armed reconnaissance light air support aircraft to more effectively train (up-and -coming) air forces who seek assistance from us," Secretary Donley said. "While planning for the recapitalization of the tanker fleet, we're strengthening space situational awareness and cyber defense."

The secretary added that while building the language and cultural competency program, the Air Force will continue to advance

research on directed energy weapons and other future capabilities.

"This balanced approach provides a path for modernization in each of our Air Force core functions," Secretary Donley said. "It ensures the Air Force will have the capabilities we need to address potential threats across the spectrum of conflict and will enable joint and coalition forces to rapidly collect and move information at any time and place."

The secretary said Airmen perform to their highest potential if they are unencumbered by home-front or family issues, and highlighted the importance of base-level, grass-roots participation and feedback reflecting Airmen's needs.

"The Air Force has long been recognized as the service for its exceptional commitment to people and to families," Secretary Donley said. "Base-level leadership often has the best visibility into local needs and can most efficiently and effectively respond to and meet those needs."

Leslie Lorenz on Leadership — Spouse Wingmen

Leslie Lorenz
Air Education and Training Command

RANDOLPH AIR FORCE BASE, Texas — I recently met two young military wives. I was so happy to meet these bright, young, eager, new spouses as they and their husbands begin an exciting career in our wonderful Air Force.

Randolph AFB is the first assignment for one of the couples. They are originally from the northeast and come from families with virtually no military connection. They've also just completed their first year of marriage. For the other couple, this is their second duty station. They previously had a wonderful experience at Columbus AFB and have also been married a year. Both spouses had been here at Randolph for a short time. Unfortunately, their common experience is that no one has welcomed them yet. This made me sad.

I invited them to come to my house for a potluck salad luncheon, with other spouses I've come to know since arriving at Randolph. Six spouses attended - my two new acquaintances and four others who were married to Airmen in training. The spouses of the trainees were busy, knew each other and

seemed happy and looking forward to their next assignment.

I opened the lunch by sharing my experience as a new Air Force wife 35 years ago. I differed from these military spouses in that I was an Air Force "brat" so therefore knew about the Air Force culture before jumping into it with Steve. I was also a bit older, having taught school for five years before we were married.

I told them that a couple of months into our marriage I went through what we now call our "annulment period." Steve was so busy sitting alert, flying at odd hours of the day and night, and going to school on the weekends for his master's degree. I began to think it had been a mistake to get married. I missed my friends, my job and my family ... and I wanted to go home. Based upon my upbringing it was assumed I would simply adjust to the rigors of supporting my service member and everything he had to do. Over time, Steve and I worked through our initial struggles, and we've loved our Air Force life and all our assignments.

A short time after our spouses' luncheon, one of my new acquaintances sent me a thank you note and said she felt like I did 35 years ago. I realized that if these young spouses were feeling this way, probably others were too.

So, as military spouses what can we do? How do we respond to this inadvertent neglect? First, I implore active-duty members to be aware of the sacrifices their wives and husbands make. In the scenario of the two spouses I recently met, I'm talking about the beginning of the Air Force life for new families. I observed two young people who love their active-duty spouses but have left everything that is familiar to start their life's adventure.

The staff sergeant or lieutenant is doing what he or she wanted to do - they are serving the Air Force. They go to work, meet people, learn new skills and, hopefully, step closer to their life goals. However, their civilian wife or husband is in a new place, probably doesn't have a job or is trying to get one, or perhaps is enrolling in college. Worst of all is the lack of social support because they don't know anyone. The active-duty member should be aware and supportive while their spouse is making this transition. I would also submit that finding another couple in their situation can make the transition much easier. A retiree I once spoke to put it poignantly, "The spouse needs a wingman too."

This concept of wingmen transcends the active-duty force. I believe every member of the unit plays a role in supporting our spouses

... especially commanders and supervisors. I ask you to please consider your own experience in your unit. Did you feel welcomed, cared for and significant when you arrived? If the answer is no, think about what you can do. I understand the challenge with personal time constraints and operations tempo - but if your squadron, work area or office isn't welcoming new people, consider volunteering to lead this effort.

An additional asset the Air Force has formalized is a spouse care network through its Key Spouse program. The program is essentially a peer support group that units at all levels can use to integrate new spouses into the organization. The program also encourages key spouses to meet with Air Force leadership and collectively solve issues and concerns unique to Air Force families. It is another tool meant to be employed by unit leadership to foster the care and support our families deserve.

We owe it to each other to welcome and support our Air Force family members. This commitment involves creativity, persistence, passion and, most importantly, a heart for service to others. Are you willing to become a Spouse's Wingman?



Air Guard's 'Wingman Project' lifts the fog of suicide

by Master Sgt. Mike R. Smith
National Guard Bureau

8JOINT BASE ANDREWS, Md. — Citizen Airmen and their loved ones worry about the risks of combat, but they should know that a far greater risk lies in suicide, according to statistics compiled by Air National Guard officials.

In fact, the Air Guard's suicide prevention program, "Wingman Project" at www.wingmanproject.org, states that for every Airman killed in combat, seven Airmen take their own lives.

Air National Guard officials are providing such facts, along with the resources and tools to prevent suicide, through the "Wingman Project", which was named as one of the best suicide prevention programs in Air Force last year.

"We are trying to use ... 'Wingman Project' as a way to get the word out and to get those materials out there to the field," said Col. Doug Slocum, the director of safety at the Air National Guard Readiness Center.

The website lists the National Suicide Prevention

Hotline as well as suicide training and resources available online and in the states and territories. The state hotlines and program links are available on an interactive map.

Colonel Slocum said Airmen and their families and friends can read articles and watch videos on suicide awareness and intervention. They can also join in on Internet blogs and other social media activities.

The "Wingman Project" goal is to train citizen Airmen and their families to recognize the signs of suicide and get help for that person.

Everyone can learn to recognize the warning signs of someone at risk of suicide through the tools that the "Wingman Project" offers, Colonel Slocum said.

The site offers tiers of training on how to ask the right questions and how to get help for someone.

Follow-on classroom training can certify users in Ask, Care and Escort and in Applied Suicide Intervention Skills Training, which prepare members to intervene to stop a suicide.

"Suicide is preventable," Colonel Slocum said. "There are very few suicides that just happen out of the blue."

Life is precious

Lt. Col. Douglas Schiess
4th Space Operations Squadron

SCHRIEVER AIR FORCE BASE, Colo. — Two weeks ago, I began a journey leading the 4th Space Operations Squadron through a tragedy. This was not something I ever wanted to do, but there were many lessons learned for me, our squadron, and, I hope, for all of you reading this commentary.

On July 19, I was informed that one of my squadron members had died and that it appeared to be a suicide. This notification started a process for my squadron that will continue for months. It is a process of grieving, of honoring our friend and fellow Airman's life, of taking care of the Airman's family, of ensuring his estate was taken care of, and lastly asking a lot of "why" questions. I hope after you read this commentary, you walk away with the knowledge that life is incredibly precious and suicide is a permanent solution to temporary problems.

Unfortunately, I was off station when I was notified of the suicide and had to travel back. However, that travel time allowed me time to think about what I had missed in this lieutenant's life. Were there stressors that we overlooked? Were there things going on that we brushed aside?

This was a tough internal battle in my mind, because this lieutenant was an outstanding performer. He was doing all the right things to excel as an Air Force officer and as a space operator.

As I began to talk to others in the squadron who knew the lieutenant well, I heard about some stressors in his life that hadn't been brought up to leadership. I also heard some say they knew he was struggling in some areas of life, but they never thought he would do something like this.

There was a theme that some of the closest people to him knew he was having problems, but none of them put any of these

together to realize he might be overwhelmed.

One lesson I learned from this experience is that we need to take care of each other, be the wingman that we talk about. I think some of his friends were concerned that he would be angry with them if they talked to him about his stressors, or they were afraid he would get in trouble if they told supervisors. Again, none of them thought he would do anything to hurt himself, so none of them pushed him to seek help or told supervisors that he might need help.

Be the wingman. Life is too valuable to worry about what people will think because you ask them if they need help. At the very least, make sure you talk to someone about this and let an outsider give you advice on whether you need to speak up to leaders or supervisors.

I did have the honor of greeting this lieutenant's parents at the airport and spent two days with them as we walked through the necessary paperwork and conducted a memorial service.

In a conversation with the lieutenant's family, they pleaded with me to develop programs in the Air Force for members to seek help without affecting their careers. I had to swallow the lump in my throat and tell the family members about all the programs the Air Force does have for members to seek help when life seems out of control.

I discussed with them the ability to see a military family life consultant, Airman and Family Readiness Center counselors, chaplains, and of course, mental health providers.

I started to wonder if we weren't getting the message out to our Airmen, but then remembered all the base bulletins with this information, the commander's calls where people from the MFLC, A&FRC and chaplains briefed these programs. I remembered the suicide training we received and how it covers the avenues for help. (Editor's note: Here are the phone numbers for Columbus AFB agen-

cies, MFLC, (662) 251-8627; AFRC, (662) 434-2790; Chaplain, (662) 434-2500).

I began to believe that our Airmen don't believe it is true. With any death in the Air Force, leaders and investigators from the Office of Special Investigation review the member's life, specifically the last few days.

As I looked at this lieutenant's life in hindsight, I was made aware of those stressors about which his friends knew. I can honestly say had I known about them, I would have ensured this lieutenant sought help. Additionally, there doesn't seem to be anything in his life that would have caused him to be in trouble or affected his career. However, even if there were something in his life that would have required administrative or disciplinary action, I wish I was doing that instead of him being gone.

Life is incredibly valuable; there is nothing else worth more. I remember what it was like to be a lieutenant and wonder if something was going to affect my career or not. The lesson learned here is your life is more valuable than your career and you can walk through anything if you are alive. If you take your own life, than we can't work together to deal with your problems. All of us will, someday, take off our uniforms and transition to another period in our lives. No matter what is going on in your situation, remember that you can get through it and there are people and agencies here to help.

Lastly, I learned how much hurt there is after a suicide. The family of this lieutenant was left with so many questions. At our squadron memorial, the father spoke to many members from our base. After he talked of how proud he was and how much he loved his son, he pleaded with everyone in attendance to never let this happen again. He begged the Air Force members to seek help. He said how he now knew of all the organizations available to help and wished his son had sought them out. He was hurting so much and wished he could help his son now.

This sentiment wasn't only shared by the family, but also members of the squadron. There were so many Airmen who were hurting: his flight members, the members of his

“At our squadron memorial, the father spoke to many members from our base. After he talked of how proud he was and how much he loved his son, he pleaded with everyone in attendance to never let this happen again.”

former crew and friends he had known in his short Air Force time. They, like me, were asking: "What did I miss?", "How could I have helped him more?" and "Why would he resort to this?" They weren't coming up with good answers. They missed their colleague, their friend and their brother-in-arms. The final lesson learned is that suicide hurts the ones you leave behind; they are left with a hole in their lives that only you could have filled.

In conclusion, I ask that if you are feeling overwhelmed, if you are depressed, if you just feel like you can't take it anymore, you will seek help from someone; a chaplain, a specialist from the MFLC or the Mental Health Clinic, your friends, anyone.

Don't give in to the misconception that it will hurt your career. Suicide is the ultimate career ender. For the wingman with friends going through rough times, please talk to them. Not everyone is going to commit suicide because times are hard, but you have to ask the tough questions to see where they are. If it appears they are overwhelmed, help them look to the helping agencies, and in a last resort, ask someone else to help.

It is the least we can do as wingmen to make sure someone is going to be OK. If we don't, then we could lose another Airman, and family and friends will be hurting again. I truly miss my squadron mate and I can only hope this situation will help another Airman to make the right decision, because life is precious.

Base families offered a variety of activities

Fall Festival

Specialty beer tasting along with an oompah band and German finger food buffet in the ballroom from 4 to 8 p.m. Sept. 24 in the Columbus Club. There will also be a wine tasting and hors d'oeuvres in the Happy Lounge. The cost is \$5 for members and \$15 for nonmembers which includes the price of the tasting. This is an adults only event.

Home Décor Project

Register by Sept. 17 for this workshop making a twin size upholstered headboard. Cost is \$50 plus three yards of your fabric. For more information, call the arts and crafts center at 434-7836.

New Orleans Saints tickets available:

The information, ticket and travel office has tickets for the Minnesota Vikings game Sept. 9. Cost is \$65 each.

Steak Night with Music on the Patio

The Whispering Pines Golf Course is hosting a steak night from 5 to 8 p.m. Sept. 23 on their back patio under the tent. Cost is \$10.95 for an 8 oz. ribeye steak or chicken breast. Price includes salad, baked potato, vegetable and a 16 oz. iced tea or fountain drink. Cost for children ages 12 and under is \$2.50 for a hot dog, chips and fountain drink. Stay for the acoustical sounds of base musicians from 6-8 p.m. Reservations are recommended for dinner. Make your reservation in the pro shop at 434-7932.

Norwegian Cruise Line Special to Alaska

Take a 7 night Alaskan cruise from Seattle to Ketchikan, Juneau, Skagway, prince Rupert BC Canada. Ship departs Aug. 27, 2011. Cost is \$881.64 per person for an inside cabin, \$1121.64 for ocean view and \$1501.64 per person for a balcony. Pricing does include port charges and taxes and a \$75 onboard ship credit but not transportation to Seattle. Fares are cruise only, per person based on double occupancy. Rates are subject to availability and can change without notice. Restrictions may apply. Contact the Information, Ticket and Travel Office at 434-7861 or visit www.aftouronline.com to make your reservations.

Royal Caribbean Cruise Special to Alaska

Take a 7-night Alaskan cruise from Seattle to Juneau, Skagway, Tracy Arm Fjord, Victoria, British Columbia and back to Seattle. Cruise

14th OSS wins Intramural Golf Championship, 12-8



U.S. Air Force photo/Pam Wickham
Tony Sedano, 14th Operations Support Squadron golf team, putts while his teammate Stefan Hulsey watches. The 14th OSS golf team, including Sedano, Hulsey, Team Captain Jackson Polivick, Bob LeTourneau, Andy Gilley and Penny Gilley, won the Intramural Golf Championship against the Logistics team Aug. 16 at the Whispering Pines Golf Course. The golf course is offering a fall league starting Sept. 13. If interested, sign up your four-person team at the pro shop by Sept. 10. For more information, call 434-7932.

departs June 10, 2011. Cost is \$939.17 per person for an inside cabin, \$1069.17 per person for an ocean view or \$1879.17 for a balcony. Pricing includes port charges and taxes and \$50 onboard ship credit. Prices are per person, based on double occupancy for cruise only. Price does not include transportation to Seattle. Rates are subject to availability and can change without notice. Restrictions may apply. Contact the Information, Ticket and Travel Office at 434-7861 or visit www.aftouronline.com to make your reservations.

National Hispanic Heritage Month Library Program "Guess Who" Contest

Open to adults and teens ages 13-18. There will be photos of a dozen or more notable Hispanic Americans along with a brief bio of the person and contestants must take their best guess as to who these people are. They can use the databases in the library to research their answers. Entries are due no later than 7:30 p.m. Sept. 30. Winner will be announced the first week of October.

NFL tickets

The ITT office has home game tickets for the New Orleans Saints and the Dallas Cowboys —For more information about the tickets and group trips, call 434-7861. Limited seating/tickets available.

Tops in Blue

Four positions are available with this special group with auditions open now for trumpet, bass, video technicians and technician support stat. The deadline for audition packages for the 2011 worldwide talent search is Nov. 5, 2010. The competition will be held Dec. 5 to 13 at Lackland AFB. Go to www.topsinblue.com to begin the application process.

Mommy and me crafts classes

Stop by the Arts and Crafts Center to check out the display of upcoming projects during March for both youth and adult. Classes are held Thursdays at 10:30 a.m., 2:30 p.m. and 4:30 p.m. For more information, call 434-7836.

Squadron DUI-Free Bowling Party

The bowling center is offering a free squadron bowling party from 1 to 4 p.m. Monday thru Friday for those squadrons who have been without a DUI for three months. Shoe rental, food and beverage charges still apply. For more information or to reserve the center, call the Bowling Center at 434-3426.

Join FitFamily!

Air Force Services family fitness and wellness initiative, FitFamily is an integral component of the Year of the Air Force Family. Families can register as a team at www.USAFFitFamily.com to earn points and achieve levels for participation in Family Fun activities, family sports and fitness and family nutrition. Recognition is provided at each level to encourage families to continue on the path of wellness. The FitFamily program encourages Air Force families to make healthy lifestyle choices and provides resources and tips in an effort to promote overall family fitness. For more information, contact the Youth Center at 434-2504.

Space A lodging

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

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, Geysers Falls, and more. Call 434-2507 for more information.

Youth Center sponsorship program

Moving is hard, but it is also a time to meet new friends, find new hangout spots, get involved in fun and different things and go on trips to interesting places. The Youth Sponsorship Program at Columbus was created by and just for youth. To help make your transition from your old base on to your new base, contact the Youth Center and join in the fun of the youth sponsorship program. For more information, call 434-2504.

Casino trip

Register at outdoor recreation for this monthly trip the first Friday of every month to the Silver Star and Golden Moon casinos. Cost is \$25 and includes transportation and \$25 in player money. Bus leaves at 5:30 p.m. from the BX parking lot and returns at 1 a.m. For more information, call 434-2507.

Remember to turn off lights and computer monitors when you are done for the day!



The Columbus AFB Barber Shop is located inside the Base Exchange across from the Optical Shop and is open seven days a week. The Barber Shop now accepts both appointments and credit cards.



The Columbus AFB Youth Center offers a large selection of activities and recreation areas for children and teens.

What time do you open?

Airman's Attic

Tuesday: Noon to 5:30 p.m.
Saturday: 10 a.m. to noon.

Airman and Family Readiness Center

Monday-Friday: 7:30 a.m. to 4:30 p.m.
434-2790

Auto Hobby Shop

Sunday-Monday: Closed
Tuesday: 10 a.m. to 8 p.m.
Wednesday-Saturday: 9 a.m. to 5 p.m.
434-7842

Base Exchange

Monday: 10 a.m. to 5 p.m.
Tuesday-Saturday: 9 a.m. to 6 p.m.
Sunday: 11 a.m. to 5 p.m.
434-6013

Base Housing (Pinnacle Hunt)

Monday-Friday: 8 a.m. to 6 p.m.
434-8213

Base Operator

434-1110

Base Pool

Monday-Friday 4 p.m. to 7 p.m.
Lap Swim: 4 p.m. to 6 p.m.
Saturday-Sunday: 12 p.m. to 7 p.m.
434-2491
(Open seasonally from May to September, closes for this season Sept. 7)

Barber Shop

Monday-Friday: 9 a.m. to 5 p.m.
Saturday: 9 a.m. to 4 p.m.
Sunday: Noon to 4 p.m.
434-6699

Bowling Alley Grill

Monday-Thursday: 7 a.m. to 9 p.m.
Friday: 7 a.m. to 10 p.m.
Saturday: 8 a.m. to 10 p.m.
Sunday: 11 a.m. to 4 p.m.
434-3426

Bowling Alley

Monday-Thursday: 7 a.m. to 9 p.m.
Friday: 7 a.m. to 11 p.m.
Saturday: 8 a.m. to 11 p.m.
Sunday: 11 a.m. to 4 p.m.
434-2425

Chapel

Protestant Traditional Worship Service: Sunday 10:45 a.m.
Catholic Confession: Sunday 4:30 p.m.
Catholic Mass: Sunday 5:00 p.m.
434-2500

Child Development Center

Monday-Friday: 6:30 a.m. to 5:30 p.m.
434-2479

Columbus Club

Monday-Friday: 8 a.m. to 4 p.m.
Lounge: Friday: 4 p.m. to 12 p.m.
434-2489

Commissary

Sunday: Noon to 6 p.m.
Monday: Closed
Tuesday: 9 a.m. to 7 p.m.
Wednesday: 10 a.m. to 6 p.m.
Thursday: 10 a.m. to 7 p.m.
Friday: 9 a.m. to 6 p.m.
Saturday: 9 a.m. to 6 p.m.
434-7109

Custom Framing and Engraving

Monday-Friday: 10 a.m. to 5 p.m.
434-7856

The Daily Grind

Monday-Friday: 6:30 a.m. to 11 a.m.
434-1131

Emergencies

Please call 911 and inform them you are on Columbus AFB

Finance

Monday-Friday: 7:30 a.m. to 3:30 p.m.
434-2705

Fitness Center

Monday-Thursday: 5 a.m. to 11 p.m.
Friday: 5 a.m. to 9 p.m.
Saturday-Sunday: 8 a.m. to 8 p.m.
434-2772

GNC

Monday-Friday: 10 a.m. to 5 p.m.
Saturday-Sunday: 11 a.m. to 5 p.m.
434-5050

Legal Office

Monday-Friday: 7:30 a.m. to 4:30 p.m.
Power of Attorney walk-ins from 8 a.m. to 4 p.m., Monday through Friday.
Wills done Tuesday-Friday by appointment only
434-7030

Library

Monday-Thursday: 9 a.m. to 7:30 p.m.
Friday: 9 a.m. to 6 p.m.
Saturday: 1 p.m. to 5 p.m.
Sunday: 1 p.m. to 5 p.m.
434-2934

Lodging — Magnolia Inn

434-2548

Medical Appointments

434-2273 (CARE)

Military Family Life Consultants

251-8627

Optical Shop

Monday-Friday: 10 a.m. to 5 p.m.
434-8496

OSI

434-2852

Outdoor Recreation

Monday-Tuesday: 9 a.m. to 5 p.m.
Wednesday: 8 a.m. to noon
Thursday-Friday: 9 a.m. to 5 p.m.
Saturday: 8 a.m. to noon
Sunday: 9 a.m. to 1 p.m.
434-2507

Personnel Service

Monday-Friday: 7:30 a.m. to 4:30 p.m.
434-2626/434-2624

Customer Service

Shopette

Monday-Friday: 7 a.m. to 10 p.m.
Saturday: 8 a.m. to 10 p.m.
Sunday: 8 a.m. to 9 p.m.
434-6026

Subway

Monday: 7 a.m. to 5 p.m.
Tuesday-Friday: 7 a.m. to 6 p.m.
Saturday: 9 a.m. to 6 p.m.
Sunday: 10 a.m. to 5 p.m.
434-1369

Taco Bell

Monday: 10 a.m. to 3 p.m.
Tuesday-Saturday: 10 a.m. to 4:30 p.m.
Sunday: Closed
434-1369

Thrift Shop

Tuesdays and Thursdays: 9 a.m. to 1 p.m.
434-2954

Visitors Center

Monday-Friday: 7:30 a.m. to 4:30 p.m.
434-3161

Whispering Pines Golf Course

Every day: 7 a.m. to 8 p.m.
434-7932

Wood Shop

Wednesday-Thursday: 11:30 a.m. to 7 p.m.
Saturday: 8 a.m. to 4 p.m.
434-7836

Youth Center

Monday-Thursday:
Open Recreation: 3 p.m. to 8 p.m.
Office: 10 a.m. to 6 p.m.
Friday:
Open Recreation: 3 p.m. to 10 p.m. (Teens only 6 p.m. to 10 p.m.)
Office: 10 a.m. to 6 p.m. 434-2504



Len Kight, a retired colonel, picks out tomatoes at the Columbus AFB Commissary Aug. 25. The Columbus AFB Commissary is open six days a week with extended hours Tuesday and Thursday to help facilitate Team BLAZE members who may work longer hours due to mission requirements.



The Columbus AFB Exchange is open seven days a week and features new renovations to the store including a widely expanded military uniform supply section.