

“Produce Pilots, Advance Airmen, Feed the Fight”

Vol. 34, Issue 47

Columbus Air Force Base, Miss.

Nov. 24, 2010

Weather



Today

High: 77, Low: 56
Partly cloudy



Thursday

High: 79, Low: 56
Few showers



Friday

High: 52, Low: 25
Mostly cloudy



Saturday

High: 60, Low: 27
Sunny

News Briefs

Holiday Hours

Please be aware of changed hours for certain base services over this Thanksgiving holiday.

Nov. 25 Shoppette open from 10 a.m. to 2 p.m. Base Exchange, Commissary, and mall will be closed.

Nov. 26 base Exchange will be open from 4 a.m. to 6 p.m. Mall opens at Midnight. Subway service begins at 2 a.m.

Nov. 27 base Exchange open from 6 a.m. to 7 p.m. Mall opens at 2 a.m. Subway service begins at 4 a.m.

Nov. 28 base Exchange open from 9 a.m. to 6 p.m.

Thanksgiving

Most Columbus Air Force Base offices will be closed Nov. 25 and Nov. 26 in observance of the Thanksgiving holiday.

Enlisted Call

Enlisted call on Nov. 29 at Kaye Auditorium. E-1 to E-4 (OG/MDG) 1 p.m. E-1 to E-4 (MSG/WSA) 2 p.m. E-5 to E-6 3 p.m. E-7 to E-9 4 p.m.

Inside



Feature **8**

Thanksgiving recipes are highlighted in this week's feature.



U.S. Air Force photo/Melissa Doublin

Brig. Gen. Arnold W. Bunch Jr., 312th Aeronautical Systems Wing commander and Air Force Executive Officer for the Fighters and Bombers Directorate, Aeronautical Systems Center, Wright-Patterson Air Force Base, Ohio delivered the graduation speech for Specialize Undergraduate Pilot Training Nov. 19 at Columbus Air Force Base. He is responsible for cost, schedule, performance, and life-cycle management of the fighter and bomber attack portfolio.

General officer, former graduate speaks at class 11-02 graduation

Staff Sgt. Bryan Franks
14th Flying Training Wing
Public Affairs

A former graduate of Specialized Undergraduate Pilot Training at Columbus Air Force Base returned Nov. 18 to address the latest SUPT class as a brigadier general during Class 11-02 graduation.

Brig. Gen. Arnold W. Bunch Jr., 312th Aeronautical Systems Wing commander and Air Force Program Executive Officer for Fighters and Bombers at Wright-Patterson Air Force Base, Ohio, began his career just like every one of them are doing today.

“When I got the invited to speak, my mind was immediately flooded with memories,” General Bunch reflected. “Day one showing up and having a classmate announce to everyone that he was going to get an F-16 and there wasn’t anything anyone could do about it....solos....assignment night...cross countries...you’ll notice my graduation speaker’s name was not one of these memories.”

This former graduate of the U.S. Air Force Academy reminded the newest additions to ranks of Air Force aviators that they are very fortunate to be sitting here.

“You have been blessed...first to get the opportunity and second to have the gifts and the fortune to successfully complete the program so please remember

See **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 (11-12)	-0.63 days	-1.27 days	Jan. 19	48th (11-03)	1.18 days	1.50 days	Dec. 17	49th (10-CB)	1.51 days	0.75 days	Dec. 21	T-6	2,077	1,722	4,671
41st (11-11)	0.43 days	-1.69 days	Dec. 13	50th (11-03)	3.00 days	0.33 days	Dec. 17					T-1	704	652	1,571
												T-38	839	586	1,493
												IFF	190	123	353

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

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

SPEAKER

(Continued from Page 1)

you are blessed," General Bunch emphasized.

However this "one barf bag away from not completing pilot training" turned general officer also told the class of 21 to bloom where planted.

"Some of you may not be overly thrilled with the particular platform you have been assigned," he continued. "My recommendation on that is....get over it and move on."

As a fighter rated graduate in Class 85-07 but assigned to B-52 he imparted on them that each platform has a critical mission to fill and that they were the most valuable resource on that platform.

"I strongly encourage you to avoid measuring your success by the platform you fly," General Bunch said. "Take your work success from being a professional aviator and successfully executing your mission whatever that mission may be."

While this was his first trip back to Columbus since he left in 1985 he said a lot has changed but some things have stayed the same.

"The exterior...buildings, roads and even the aircraft has changed," General Bunch said. "But the interior...getting the mission done and a commitment to excellence hasn't."

Kitchen energy-savings tips

- Be sure to place the faucet lever on the kitchen sink in the cold position when using small amounts of water; placing the lever in the hot position uses energy to heat the water even though it may never reach the faucet.
- If you need to purchase a natural gas oven or range, look for one with an automatic, electric ignition system. An electric ignition saves natural gas because a pilot light is not burning continuously.
- In natural gas appliances, look for blue flames; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed. Consult the manufacturer or your local utility.
- Keep range-top burners and reflectors clean; they will reflect the heat better, and you will save energy.
- Use a covered kettle or pan to boil water; it's faster and it uses less energy.
- Match the size of the pan to the heating element.
- Use small electric pans or toaster ovens for small meals rather than your large stove or oven. A toaster oven uses a third to half as much energy as a full-sized oven.
- Use pressure cookers and microwave ovens whenever it is convenient to do so. They will save energy by significantly reducing cooking time.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 77 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
29 Wing Enlisted Call, E1-E4 OG/MDG 1 p.m., E1-E4 WSA/MSG 2 p.m., E5-E6 3 p.m., E7-E9 4 p.m., @ Kaye	30 Native American Heritage Golf Tournament, 1 p.m., @ Whispering Pines Enlisted Promotions, 4 p.m., @ Club 12-02 PPW, 6 p.m., @ Tampico Bay	1 AETC/CV visit, base wide	2 Hanukah Class 11-03 Assignment Night, 5 p.m., @ Club	3 Base Christmas Tree Lighting, 5:15 p.m. @ MSG complex	4/5 Dec. 5: WG/CC Christmas Open House
6 Dec. 6: Base Cookie Drive Dec. 6: Sex Signals Show Dec. 6: Downtown Christmas Parade	7 Dec. 7: Pearl Harbor Anniversary Dec. 7: Hearts Apart	8	9 Happy Fund Shop (7:30 AM) and wrap (9 AM @ Club)	10 Dec. 11: Parents Day Out	11/12

Long Range Events
Dec. 13: 11-11 Track Select
Dec. 14: Congressman elect Nunnelee visit
Dec. 14: MDEQ visit
Dec. 14: CSC Social and dinner
Dec. 15: Base Christmas hayride and caroling
Dec. 17: 11-03 Graduation

Visit
columbus.af.mil
for more
information!

Home cooking fires peak on Thanksgiving Day

Fire Prevention Office
14th Civil Engineer Squadron

As Americans prepare Thanksgiving meals, it is imperative that they keep safety in mind since cooking fires are more likely to occur on Thanksgiving than on any other day of the year. The incidence of home cooking fires is roughly three times the daily average on Thanksgiving.

National Fire Protection Association studies show cooking fires are the number one cause of home fires and home fire injuries. Hundreds of Americans are killed each year due to home cooking fires and thousands more are injured. Cooking fires also cause roughly half a billion dollars in direct property damage to the homes and the belongings inside.

It can be easy to get wrapped up in entertaining guests, but it is important to remember to stay in the kitchen and monitor meal preparation closely as most cooking fires start because cooking has been left unattended.

People may look to vary the traditional turkey entrée by using a turkey fryer, but due to the unique fire and injury hazards associated with this specific piece of equipment, National Fire Protection Association recommends against their use.

The deep-frying cooking process requires that up to five gallons of oil be heated before placing the turkey into the device. Tests have shown that a number of available turkey fryer devices are not sturdy and can easily tip over, allowing hot oil to spill, creating a serious risk of fire or scald burn from contact. There also have been reports of turkey fryers overheating, which can also lead to hot oil spilling or splattering outside the fryer, which is again a recipe for dangerous fires, serious injuries, and property loss.

If having fried turkey is a must this Thanksgiving, National Fire Protection Association recommends that consumers turn to commercial sources where professionals will prepare their entrée with a safety and skill unlikely to be matched at home. Some supermarkets and restaurants accept orders for fried turkeys during the holiday season.

Thank you for your support, for any questions please contact the

Fire Prevention office at 434-2270/2272/2274.

Deployed Defender



Staff Sgt. Stephen Strouse, a deployed member of the 14th Security Forces Squadron, utilizes an M-249 Squad Assault Weapon during a flight level exercise at a base in Southwest Asia. U.S. Air Force photo

Airmen embracing fitness culture

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

“Readiness,” said the chief master sergeant of the Air Force, “is the primary purpose of developing the new fitness standard, and so far Airmen are stepping up to the challenge as the program normalizes.”

The new physical training standard is a way to ensure Airmen are prepared to do the nation’s work and encourage them to embrace a culture of fitness, said Chief Master Sgt. of the Air Force James Roy.

The statistics reflect Chief Roy’s assertions. Amber Hass, 14th Force Support Squadron fitness assessment technician, said that during July of this year Columbus Air Force Base watched 84 percent of Airmen who took the PT test pass and has since pulled up to a 92 percent pass rate in October.

According to Air Force senior leaders, the service has seen the percentage of the total force passing the test increase from 77.9 percent to 82.6 percent in three months since the July 1, 2010, launch of the revised fitness program.

Chief Roy credits leadership involvement, unit cohesion and the wingman concept for the uptick in passing numbers across the board.

“We’re already seeing a cultural change, even for Airmen engaged in combat operations in extreme environments,” Chief Roy said. “I see individuals or entire commands working with each other, helping their wingmen through team building and esprit-de-corps sports activities.”

Following the review of the fitness program last year, greater emphasis was placed on the aerobic portion of the test. Abdominal circumference measurement is a very clear indicator of health and fitness, but the abdominal circumference is now worth 20 points to allow more points for the run, said Chief Master Sgt. Mark Long, enlisted promotions, evaluations and fitness chief.

The new fitness standard also mandates that Airmen must pass each portion of the test to earn an overall passing score, and fitness assessment cell monitors said a long-term health commitment is critical to success.

Chief Long said the Air Force’s long-term fitness goals are simple. “We want to continue to emphasize a fitness culture for the Air Force and create a better warfighter by having healthier Airmen,” he said. “Injuries or health problems take our Airmen away from the fight.”

A fit force reduces not only overall health care costs, but helps keep Airmen invested in their wellness, even beyond the parameters of duty, he said.

“Leaders at all levels need to emphasize fitness year round,” Chief Long said. “When Airmen see that we care from the top, I believe they’ll want to take control of their fitness.”

The chief noted since Airmen have already surpassed the Air Force’s projected 75-80 percent passing rate, he predicts the service will continue to raise the bar.

“We still have more opportunity for improvement, but so far Airmen have risen to the challenge,” he said. “We’re very pleased.”

(Localized from Secretary of the Air Force Public Affairs story)

Dormsgiving gives to Enlisted Dorm Residents

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

Some BLAZE team members will not be home for this Thanksgiving, but base leadership came together to give a Thanksgiving dinner to those staying at the enlisted dorms over the holiday.

All sections of the base were well represented by enlisted dorm residents and base leadership at this year's "Dormsgiving" event on Nov. 18 at the Chapel. The evening brought food, raffle prizes, and words of wisdom from senior leaders to many junior enlisted Airmen.

Before eating, a small meeting was held to go over dorm business, including one special hail for Col. Barre Seguin, 14th Flying Training Wing Commander, who joined the dorm residents for his first dorm dinner.

Colonel Seguin took a few moments to speak during the event and communicate his intent for the coming holiday, telling the attendees he would be minimizing operations to make sure they could enjoy their well earned holidays.

"Take this time and do what advances your passion. Be it family, friends or in this case food," said Colonel Seguin.

A warm home cooked Thanksgiving meal containing many traditional foods as well as several unique dishes welcomed a high turnout of junior enlisted Airmen. Commanders and leaders from around the wing piled plates high as they served the meal.

Alongside the food, a raffle was held for the Airmen with gifts donated by the Airman's Activity Council, Army and Air Force Exchange, Air Force Sergeants Association, BLAZE 56, Columbus Spouses Club, Commissary, First Sergeants Association, Pinnacle Housing, and Top 3.



U.S. Air Force photo/Airman 1st Class Chase Hedrick
The base chapel annex was packed with attendees and volunteers for the Nov. 18 Dormsgiving event. Leaders from all over the base came and offered their services to help make a Thanksgiving dinner for enlisted dorm residents.

Dollars & \$ense Topic #16: Government Travel Card cardholder responsibilities

Cardholders are required to submit travel vouchers within five business days of completion of travel, use split disbursement to pay the outstanding balance and are responsible for payment in full of all undisputed amounts due in the monthly billing statement from the GTCC contractor by the due date, regardless of the status of their travel reimbursement.

A cardholder is a government employee (Civilian or military) who has been issued a GTCC for use while performing

official government travel. Cardholders must adhere to the procedures set forth in the DoD Financial Management Regulation (DoD FMR), volume 9, chapter 3, and applicable DoD Component guidance to include the GTCC contractor's cardholder agreement and terms and conditions of use.

Reference:
DoD FMR, volume 9, chapter 3, paragraph 030208

14th CPTS Finance Customer Service:
Bldg 730, first floor lobby.
Hours of operation: Monday-Friday, 7:30 a.m. to 3:30 p.m.
14th CPTS Finance Customer Service e-mail:
14CPTS.FCSC@columbus.af.mil
**If you are unable to come during customer service hours due to mission requirements, please call 434-2705/2095 to schedule an appointment.

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 327-3107.

Foster and Adoption Opportunities

The Mississippi Department of Human Service is in need of foster and adoptive families in Lowndes Clay County. If you would like to open your heart and home to a child

please contact Penny Peralto in Lowndes County at 329-1101. For adoption contact Karen Ward in Clay County at 494-8987.

Volunteers needed

The Happy Christmas Fund is in need of volunteers on Dec. 9 to shop, wrap or deliver packages to schools. Shopping will start at 7:30 a.m. at Wal-Mart. Wrapping will begin at the club at 9 a.m. Delivery to schools will commence upon completion of wrapping, normally around 1 p.m. For more information about the Happy Fund or to sign up to volunteer, call Linda Dodson at 434-2314 or 574-2898.

BARGAIN LINE

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@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.

6844. Please leave message.

For sale: Brick home in East Columbus with fireplace. Six bedroom, three bath, large living and dining area. Freshly painted interior of main house, nice ceiling fans in all rooms, carpeted. In ground pool and pool house with full bath, kitchenette and air conditioning. Fenced back yard, one year homeowner warranty. \$115,000. Call 425-5394.

Miscellaneous

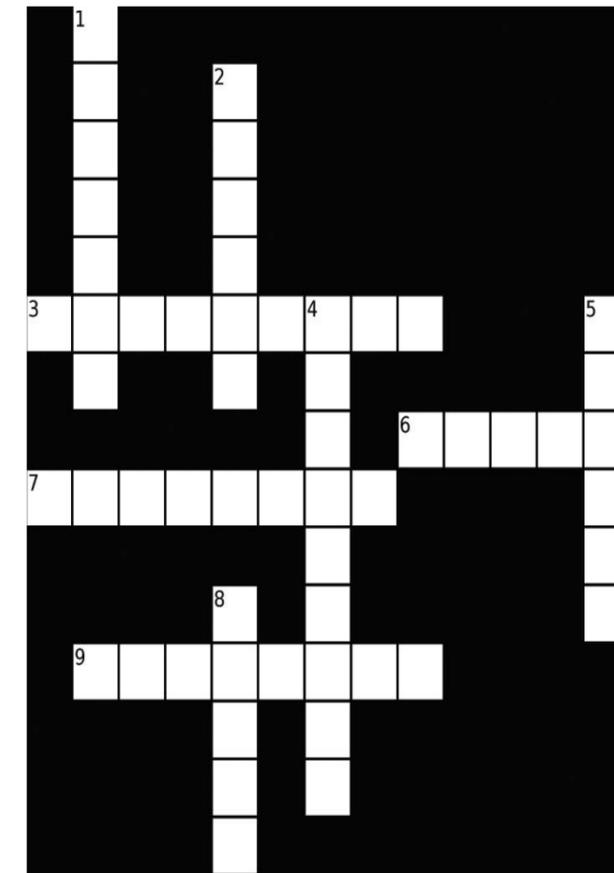
For sale: 1,000 pound capacity hydraulic motorcycle lift for use with motor home or heavy duty pick up. Call 356-6844. Please leave message.
For sale: IBM Thinkpad laptop, 1.7mhz, p4, 40ghd, 512ram, DVD-CDRW drive, USB, internal wifi, laptop bag, windows XP, MS office productivity suite. Asking \$215. Call 386-6981.

For sale: Step two toddler fire engine bed for sale. Great condition, \$100. Call 352-1790.

For sale: Gun safe with lockable internal ammunition safe. Safe holds eight to twelve rifles and the outer door is double locked with separate keys. The inner safe is locked again with a separate key. The dimensions of the safe are: 16" deep by 21" wide by 55" high. Asking \$150. Call 327-4766 in the evening or 434-2450 during the day.

For sale: Over one hundred year old four drawer dresser with three section mirror. \$400. Call 327-8315.

Thanksgiving Crossword



- Down
- The turkeys produced in 2009 weighed 7.1 _____ pounds all together.
 - Thanksgiving is also sometimes called _____ Day.
 - The last NASA astronauts to celebrate the holiday in space were the STS-113 and Expedition 5 and 6 crews during Space Shuttle _____'s visit to the International Space Station in 2002.
 - Thanksgiving is also celebrated by _____ on the second Monday of October.
 - The first Thanksgiving celebration lasted _____ days.

- Across
- President _____ signed a joint resolution in 1941 to celebrate Thanksgiving on the fourth Thursday of November.
 - The word 'pumpkin' comes from the Greek word, '_____', which means a 'large melon.'
 - An alternative to turkey for vegetarians is _____.
 - A turkey's furcula, a bone sometimes broken for good luck is better known as a _____.

Visit us online!

Web page:
www.columbus.af.mil

Facebook: www.facebook.com/ColumbusAFB

Twitter: twitter.com/Columbus_AFB



Base News

Landings at Columbus Holiday Hours

The Landings at Columbus Office will be closed on the following days: Nov. 25, Nov. 26, Dec. 23, Dec. 24 and Dec. 31. Maintenance on-call service will still be available.

Information Protection Moved

The 14th FTW Information Protection Office has moved to building 926 Room 125. Anyone requiring fingerprints, security manager training, safe custodian training, e-QIP/SIF/JPAS training, classified briefing or secure room information, ISAG information or security clearance final processing, please call Master Sgt. Pender at 434-2603 or Senior Airman Rosero at 434-2413 to schedule an appointment.

Adjunct Instructors Needed

Embry-Riddle Aeronautical University needs instructors for their Master of Aeronautical Science and Master of Science in Management degree programs at Columbus AFB. Email resumes to the ERAU's Director of Academics at reginald.boring@erau.edu.

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 434-7231 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. All items in the Last Look Area are available without charge to your organization. For more information, contact 434-7233 or 434-7234.

Zero overpricing program-incentive awards

Overpricing is an issue everyone should be

working. All personnel are encouraged to participate, and will be rewarded for any tangible savings resulting from their price challenge. Monetary awards will be given in accordance with AFI 38-401, The Air Force Innovative Development Employee Awareness (IDEA) Program. Advice and guidance are available by calling the Customer Support section of Base Supply, located in Building 158, at 434-7178.

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.)

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.

Sponsorship Training

Nov. 30 from 9 a.m. to 10 a.m. Information for all Unit Intro Monitors and Sponsors on the importance of a good, effective sponsorship program and resources available for both Unit Intro Monitor and Sponsor. Web-based training is also offered through the AF Portal, under Bases-Org-Functional Area TAB, select My Base and look under Training.

Resume and Cover Letters

Dec. 1 from 10 a.m. to 11 a.m. Workshop on writing Resumes and Cover Letters for employment.

Heart Link

Dec. 9 from 10:45 a.m. to 1 p.m. Spouse orientation for spouses with less than five years of Air Force affiliation or those new to CAFB.

Hearts Apart

Dec. 7 from 4:30 p.m. to 6:30 p.m. Hearts Apart social gathering for families of deployed (over 30 days) or remote personnel. Information, refreshments, and prizes. Advance registration required.

Fall fest a hit



U.S. Air Force photo/Airman 1st Class Chase Hedrick
Junior Enlisted Airmen put together and attended the Fall Fest on Nov. 19 at the Pinnacle Community Center. The event, sponsored by the Airman's Activity Council, is designed to bring Junior Enlisted Airmen together and socialize in a safe and fun environment.

Chapel Schedule

2010-2011 Program	Pioneer Clubs	Protestant Worship Service
	Pioneer Clubs meets every Wednesday evening 6 p.m. to 7 p.m. This program is open to children ages three years through seventh grade. All are invited to attend. 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. For more information, contact Ms. Ida Hall, 434-2500.	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.
	Wednesday Evening Adult Bible Study	Catholic Services
	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.	Thursday 6 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 Baptisms every third Sunday of the month except Lent and Advent. Call (808) 271-4882 for more information.

DBIDS introduced to CAFB



U.S. Air Force Photo/Melissa Doublin
14th Flying Training Wing Commander Colonel Barre Seguin and 14th FTW Command Chief Master Sergeant Zef Smith register their existing CAC cards into DBIDS with the assistance of Officer Jacalyn L. Caisse, DOD Police/Guards Superintendent, 14th Security Forces Squadron on Monday, Nov. 22 at the Visitor Center. All BLAZE Team members will be required to register their ID cards during the Defense Biometric Identification System conversion. DBIDS automates the gate screening entry process and validates credentials against a known verified database thus reducing risk of allowing unauthorized personnel on the installation. It also will allow guards to verify lost, stolen, or fake identification cards, along with the ability to flag persons suspected of inappropriate activities. Columbus AFB is scheduled to complete the transition by mid-2011.

The Airman's Creed

<i>I am an American Airman. I am a warrior. I have answered my nation's call. I am an American Airman.</i>	<i>Guardian of freedom and justice, My nation's sword and shield, Its sentry and avenger. I defend my country with my life.</i>
<i>My mission is to fly, fight, and win. I am faithful to a proud heritage, A tradition of honor, And a legacy of valor.</i>	<i>I am an American Airman: Wingman, leader, warrior. I will never leave an Airman behind, I will never falter, And I will not fail.</i>
<i>I am an American Airman,</i>	

Trail BLAZE'r



Name/unit: 2nd Lt. Rebekha Collins, 14 Medical Operations Squadron

Job title: Bioenvironmental Engineering Element Chief

Time at Columbus AFB: 15 months

Time in Service: 16 months

Hometown: Lampasas, Texas

Career goals: Two more years as a flight medic then medical school at UT Southwestern

Family members: Two brothers (Jim and Will), two sisters (Margaret & Hannah)

Favorite musician: George Strait

Favorite movie: Tombstone

Biggest pet peeve: If you make a mess, clean up after yourself

Favorite book: Of Mice and Men

Personal motto: Let no man's ghost say my training let me down.
Complacency kills. Don't become a statistic

Base families offered a variety of activities

AETC Family Day holiday hours

The following activities will be open Nov. 26. The golf course from 10 a.m. to 5 p.m., the bowling center from 11 a.m. to 4 p.m. and the fitness center from 10 a.m. to 6 p.m. For more information, call 434-2405.

School Age program holiday camp

The youth center's school age program offers a holiday camp for ages 5 to 12, during the Christmas holidays. Children must be registered by Dec. 16. Fees are based on total family income. For more information, call Terry Graves at 434-2504.

Black Friday shopping trip

The ITT office offers a bus trip to Birmingham Malls and surrounding areas from 5 a.m. to 5 p.m. Nov. 26. Cost is \$20 per person. Must have at least 10 people registered to offer this trip. For more information, call 434-2507.

Worry free Christmas Tree

Travel to the Swedenburg Christmas Tree Farm to pick out your family tree. We will pick you up from the base, take you to the farm and bring you back Nov. 27. At the Farm you can pick out your tree, ODR folks will cut the tree down for you and load it on their vehicles to delivery to your home. ODR will also get the tree into your home. After Christmas we will come back and pick up for no extra fee. Outdoor Rec. is also offering this service on Dec. 11. Cost is \$20 plus the cost of the tree. For more information, call 434-2507.

Breakfast with Santa

This annual event is scheduled for 8 to 10 a.m. Dec. 4 at the Youth Center. Cost is \$5 per person if registered by Dec. 1. Its \$10 if registered after that date. Cost includes breakfast, games, crafts and children's photo with Santa. For more information, call the Youth Center at 434-2504.

Weekday Parents Day Out

The Child Development Center offers this program for holiday shopping during the week from 9 a.m. to 3 p.m. Dec. 7, Dec. 9, Dec. 14 and Dec. 16. Cost is \$22 per child. Register by Thursday for a Tuesday stay and by Monday for a Thursday stay. For more information, call 434-2479.

Holiday Golf Sale

The Whispering Pines Golf Course is having a sale on all their Cobra Drivers and fairway woods. For more information, call 434-7932.

Arts and Crafts Center Christmas Open House

The Arts and Crafts Center is hosting an open house from 5 to 7 pm. Dec. 3. There will be refreshments, free ornaments for each family and a free 4x6 photo with Santa in front of a sleigh. They offer at least ten gifts for \$25 or less and they will be showcased at the open house. For more information, call 434-7836.

Christmas Turkey Shoot No Tap Bowling Tournament

The Bowling Center offers this fun tournament starting at 7 p.m. Dec. 10. Entry is \$15 per person and includes three games and free shoe rental. There will be cash prizes and turkeys given away. For more information, call 434-3426.

Bowling Center New Years Eve Party

The bowling center offers this end of year party from 8 p.m. to midnight Dec. 31. Cost is \$50 per couple or \$25 per person. Limited to the first 50 people registered. Advanced tickets sales only. For more information, call 434-3426.

Dance Away the Decades New Years Eve Cocktail party

This end of membership drive event starts at 7 p.m. Dec. 31 at the Columbus Club. Cost is \$80 per couple but it's free for club members. This is a semi-formal adult event that features a live band playing music from the 60's to today's hits. The menu for the evening includes a carving station with roast beef, ham, turkey, rolls and condiments. Smoked side salmon with condiments and crackers, shrimp cocktail, spinach and artichoke dip, hot crab dip, tiered vegetable tray, brie en courte with raspberries, chocolate fountain with pound cake bites, pretzels, marshmallows, donut holes, bananas, strawberries and pineapple, champagne fountain and at midnight a breakfast buffet. There will be drawings for prizes throughout the evening. At midnight complimentary champagne will be served for the toast. For more information, call 434-2490.

Mommie and me crafts classes
Stop by the Arts and Crafts Center to check out the display of upcoming projects 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, Geyser 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.

Thanksgiving memories

Col. George Ross
14th Flying Training Wing Vice Commander

Thanksgiving Day has been an annual tradition in the United States since 1863. Thanksgiving means many different things for everyone. For me it always brings memories of watching TV of the Macy's parade with its bands, floats and helium characters drifting over the streets of New York City, watching college football (Tennessee vs Vanderbilt), the annual neighborhood kid's touch football game and of course our large family dinner.

In grade school I learned of the Pilgrims, who founded the Plymouth Plantation in

Massachusetts, celebrated their first harvest after a successful growing season. That was in 1621 when the first Thanksgiving was celebrated to give thanks to God for helping the Pilgrims of Plymouth Colony survive their first brutal winter in New England. My second grade teacher Mrs. Smith (who lived right behind my house one street over) had us put on a Thanksgiving play for our school, Lakeview Elementary. Afterwards the parents, teachers and kids celebrated our own Thanksgiving feast in the school cafeteria. I'm sure our Wednesday school celebration was nothing like the Pilgrims' feast with fish, eels, lobster, clams, duck, goose, turkey, venison,

maize, squash, pumpkin, etc. The Pilgrims' feast lasted three days, ours was two hours including the play.

Since Friday is an AETC family day, your Thanksgiving feast could last three days. If it does please use common sense and be safe. We've all grown up with slogans like "click-it or ticket," arrive alive, etc. Monday's Street Smart presentation in the Kaye Auditorium graphically showed you why it is important for all vehicle occupants to wear their seat belt. So as you travel over hill and dale, through the woods to Grandmother's house, please wear your seat belt, and don't drink and drive. We need every Airman and their family to return

safely.

We also need everyone to return from the Thanksgiving holiday well rested. The wing continues its marathon run up toward the unit compliance inspection, which Colonel Seguin has emphatically identified as our number one priority as a wing. Today there are 65 work days remaining before the AETC/IG shows up for the UCI in March. In mid December, we will kick off the last self inspection program review. From that review we must finalize all discrepancies, make sure all our appointment letters are correct, and continue the outstanding work toward the wing's mission of producing pilots, advancing airmen, and feeding the fight.

I ask everyone to continue to be a wingman for each other and use this time to care for yourself and your family. Happy Thanksgiving Team BLAZE, . . . BLAZE 2.

Fight against holiday depression

Tech. Sgt. Stacy Fowler
332nd Air Expeditionary Wing
Public Affairs

JOINT BASE BALAD, Iraq — The holiday season is viewed by many celebrants as a time of "peace on earth" and a sudden influx of packages through the post office.

But for some servicemembers deployed during the holidays, peace and packages might be hard to find, or replaced entirely by depression or even thoughts of suicide.

For those who are having problems at Joint Base Balad, Iraq, there is a support system readily available: the Balad Chaplaincy Corps; the 332nd Expeditionary Medical Group Mental Health Clinic; and friends, supervisors and base organizations who encourage deployed members to stay connected with family and friends during this time of year.

Mental health professionals advise servicemembers not to hide from the holidays.

"We know you can't be home with your family, so celebrate the holidays here with your friends," said Dr. (Maj.) Dennis Tansley, an Air Force certified psychologist. "Make the most of it, and do as much as you can of what you would do at home, whether it's decorating a tree or playing holiday tunes at work."

Many might view going to a chaplain or to a mental health professional as too "official," but there are just as many "unofficial" sources of support at JB Balad that can make a holiday season bearable.

The first lines of defense are front-line supervisors. "Front-line supervisors are our best bet for taking care of our Airmen, Soldiers, Sailors, Marines and civilian employees," said Chief Master Sgt. Harold Hutchison, the 332nd Air Expeditionary Wing command chief. "Supervisors should have a vast scope on the lives of their troops, includ-



U.S. Air Force photo illustration/Senior Airman Matthew Coleman-Foster

ing if they have a spouse, boyfriend, girlfriend, and if they have children. They should be vigilant of potential personal issues, especially if it begins to affect them at work to that point the issue must be addressed. Supervisors shouldn't be in their troops' chili, but they should know what's in it."

One of many benefits available at JB Balad is the overabundance of choices to stay connected with friends and family at home, Chief Hutchison said. Between the USO, the Red Cross, and the 332nd Force Support Squadron there are countless wired and wireless connection capabilities available.

"With all the available services, we have a bundle of ways to say 'happy holidays' to our folks back home," Chief Hutchison said.

However, if after a video chat or a phone call, you start to feel any of the following, it's probably a good idea to speak with someone:

- Feelings of sadness or unhappiness
- Irritability or frustration, even over small matters
- Loss of interest or pleasure in normal activities
- Insomnia or excessive sleeping
- Changes in appetite, including decreased appetite and weight loss or increased cravings for food and weight gain
 - Agitation or restlessness, including pacing, hand-wringing or an inability to sit still
- Slowed thinking, speaking or body movements
- Indecisiveness, distractibility and decreased concentration
 - Fatigue, tiredness and loss of energy -- even small tasks may seem to require a lot of effort
- Feelings of worthlessness or guilt, such as fixating on past failures or blaming yourself when things aren't going right
 - Trouble thinking, concentrating, making decisions and remembering things
- Frequent thoughts of death, dying or suicide
- Crying spells for no apparent reason
- Unexplained physical problems, such as back pain or headaches

But don't think that you have to start with a supervisor if you're having issues. There are first sergeants, friends at work and people around JB Balad who are more than willing to help.

"There may be times when you might not feel comfortable speaking with a supervisor, so find someone you trust or consider a friend," Chief Hutchison said. "As long as you confide in someone and get those issues out into the open, you're taking the first steps to making things better. We have a great support system here: chaplains, first sergeants, front-line supervisors. Use them, and they will help get you through."



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



Sweet Potato Casserole

Submitted by Nancy Seguin, Wife of 14th Flying Training Wing Commander Col. Barre Seguin.

- 3 large sweet potatoes or yams, cooked until soft and peeled
- 1 egg
- 3/4 tsp cinnamon
- 3/4 tsp nutmeg
- 1/2 stick butter (1/4 cup)

Mash all the above together and place in a casserole dish.

- Next, mix the following:
- 3/4 stick softened butter (6 tablespoons)
 - 1/2 cup brown sugar
 - 3/4 cup chopped pecans
 - 3/4 cup crushed corn flakes

Spread topping over sweet potato mixture. Bake uncovered at 350 degrees for 30 minutes to 1 hour, depending on thickness of potatoes.

Green Bean Casserole

Submitted by Carla Franks, Wife of Staff Sergeant Franks, 14th Flying Training Wing Public Affairs NCOIC.

- 3 cans of green beans
- 1 full container of sliced fresh mushrooms
- 1/3 onion chopped
- Lots of French fried onions
- 1/2-3/4 cup of shredded cheddar or Mexican cheese
- 1/2-3/4 cup of cream of mushroom soup
- 1 regular sized can of butter
- 1 large tablespoon of butter
- Salt, Pepper and Garlic to taste

Saute onion and mushrooms in the butter. Mix all ingredients in a bowl, holding out 1 cup of French fried onions. Bake on 350 for 35-40 minutes in a large casserole dish. Add the remaining cup of French fried onions across the top only and bake for five more minutes.



Curry Pumpkin Soup

Submitted by Marti Ross, wife of the 14th Flying Training Wing Vice Commander Col. George Ross.

- Soup:
- 2 Tbsp. butter
 - 2 medium onions, chopped (1 cup)
 - 1 medium carrot, chopped (1/2 cup)
 - 1 tsp. curry powder
 - 1 tsp. pumpkin spice
 - 2-15 oz. cans pumpkin
 - 2-14 oz. cans chicken broth
 - 2/3 cup water
 - 1 cup half and half or light cream
 - 1/2 tsp. salt
 - 1/4 tsp. black pepper

In small bowl combine 1 cup dried cranberries, 1 tablespoon finely shredded orange peel, and 2 tablespoons snipped fresh Italian parsley. With a 4-quart Dutch oven melt butter over medium heat. Add onions, carrot, and celery. Cook, 10 minutes, stirring occasionally, until softened. Add curry powder and pumpkin pie spice. Cook and stir 1 minute. Add pumpkin, broth, and water. Increase heat to medium-high; bring to boiling. Reduce heat to medium-low. Simmer, covered, 15 minutes. Remove from heat; cool slightly. In food processor or blender, add one-third of the pumpkin mixture at a time, cover, and process or blend until smooth. Return all pumpkin mixture to Dutch oven. Stir half and half, salt, and pepper onto pumpkin mixture; heat through. Sprinkle each serving with orange-cranberry topper.



Sweet Potato-Apple Bake

Submitted by Diane Isler, wife of the 14th Medical Operations Squadron Lt. Col. William Isler.

- 4 medium to large sweet potatoes
- 4-6 apples
- 1 1/3 teaspoons cinnamon
- 1/3 cup brown sugar
- 1/2 to 1 stick butter, sliced into pats
- 3/4 cup pecan halves or pieces

Wash and prick sweet potatoes with a fork. Place in a microwavable dish and cook 5-8 minutes, until slightly tender but not thoroughly cooked; peel and slice into half-inch thick rounds.

Peel and core apples, slice into quarter-inch thick rings.

Mix together cinnamon and brown sugar.

Layer sweet potatoes and apples in a greased 9" by 13" baking dish. Sprinkle lightly with some of the cinnamon and brown sugar mixture, reserving the rest for other layers. Dot with pats of butter. Repeat layers until all potatoes and apples are used. Top with pecan halves.

Cover with foil and bake at 350 degrees for 30 minutes or until apples are tender.

Mother's Gingerbread

Submitted by Susan Rose, wife of DynCorp Division Manager David Rose.

- 1/2 cup shortening
- 1/2 cup butter
- 1 cup sugar
- 2 cup sifted flour
- 1 t. soda
- 1 t. ginger
- 1 t. baking powder
- 1 t. cinnamon
- 2 eggs-beaten
- 1 cup sorghum molasses
- 1 cup boiling water

Cream shortening and butter. Add sugar gradually while creaming. Sift dry ingredients. Add eggs, then sifted dry ingredients, then molasses and water to butter and sugar mixture. Beat to mix thoroughly. Pour into well greased oblong cake pans and bake at 350 degrees for 30 to 40 minutes. Serve with vanilla sauce*.

***Vanilla Sauce**

- 1 cup sugar
- 2 T. cornstarch
- 1/8 t. salt
- 2 cup boiling water
- 6 T. butter
- 2 t. vanilla

Combine sugar, cornstarch, and salt in pan. Add boiling water gradually. Simmer over low heat, stirring constantly for 5 minutes or until clear and thickened. Add butter and vanilla. Serve hot over gingerbread slices.



Bacon Cheeseburger Meatloaf

Submitted by Mik Smith, wife of 14th Flying Training Wing Command Chief Master Sgt. Zefrem Smith.

- 1 pound ground chuck
- 10 slices bacon, cooked and crumbled
- 1 (8-ounce) package sharp Cheddar, grated
- 2 large eggs, lightly beaten
- 1/4 cup bread crumbs, toasted
- 1/4 cup mayonnaise
- 1 tablespoon Worcestershire sauce (Mik recommends your favorite steak sauce or soy sauce)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/3 cup ketchup (Mik recommends tomato sauce)
- 2 tablespoons prepared mustard
- 1 (3-ounce) can French fried onions

Preheat oven to 350 degrees F. In a large bowl, combine the ground chuck and next 8 ingredients, mixing well. In a small bowl, combine the ketchup and mustard. Stir 1/4 cup ketchup mixture into meat mixture, reserving remaining ketchup mixture. Press meat mixture into a 9 by 5 by 3-inch loaf pan, or shape into a loaf and place on a rack in a broiler pan. Spread remaining ketchup mixture over loaf. Bake 40 minutes. Top with French fried onions; bake another 10 to 15 minutes, or until meat is no longer pink.

