

“Produce Pilots, Advance Airmen, Feed the Fight”

Vol. 36, Issue 21

Columbus Air Force Base, Miss.

May 24, 2012

Weather



Today

High: 92, Low: 66
Sunny



Friday

High: 95, Low: 67
Sunny



Sat./Sun.

High: 98, Low: 69/70
Sunny



Monday

High: 97, Low: 71
Mostly Sunny

News Briefs

Safety Briefings

Mandatory safety briefings will be held today in the Kaye Auditorium at 07:30 a.m., 10 a.m., 01:30 p.m. and 03:30 p.m.

AETC Family Day/Memorial Day

May 25 will be an AETC Family Day. The golf course and outdoor recreation center will continue business at regular hours, the bowling alley will be open from 11 a.m. to 11 p.m., the fitness center will be open from 10 a.m. to 6 p.m. and all other services will be closed. The base pool opens on May 26. All services will be closed May 28 in observance of Memorial Day. The commissary will be closed on May 29.

Officer Calls

Mandatory officer calls will be held June 1 in the Kaye Auditorium at 08:30 a.m., 10 a.m., 1 p.m. and 3 p.m.

IFF Graduation

Introduction to Fighter Fundamentals Class 12-HBC will graduate May 31 in the 49th Fighter Training Squadron Heritage room at 4:49 p.m.

Inside



Feature 8

2012 critical days of summer are highlighted in this week's feature.

Woodward addresses AF newest pilots

Airman 1st Class Charles Dickens
14th Flying Training Wing
Public Affairs

Maj. Gen. Maggie Woodward, acting Director, Operational Planning, Policy and Strategy, Deputy Chief of Staff, Operations, Plans and Requirements, Headquarters U.S. Air Force, Washington, D.C. and retired Brig. Gen. Dan Woodward returned to Columbus Air Force Base to speak at the graduation of Specialized Undergraduate Pilot Training class 12-09 May 18 at the Kaye Auditorium.

This was the first time in CAFB history that there were two speakers for a class graduation ceremony.

“Our careers have been interlaced since we were cadets together and then first assignment instructor pilots here at Columbus together. It seems natural to us to come back together and be able to share our thoughts on what Columbus means to the Air Force and the importance of graduating pilot training,” said Maj. Gen. Woodward.

“We have a lot of great memories here. We both got our wings here, we flew in the same formation and we both spent our first assignment here, so it just seemed to make a lot of sense to speak together here,” said Brig. Gen. Woodward, spouse of Maj. Gen. Woodward.

The duo presented a slideshow photo album of many photos from American history that outline the service and sacrifice that the men and women from previous years have endured. The photos were also used to show the importance of the jobs of those who choose to wear a military uniform and the boots they have to fill.

“People learn differently, some learn by voice and some learn by visual. We like combining the voice and the visual



U.S. Air Force Photo/Melissa Doublin

Maj. Gen. Maggie Woodward, acting Director, Operational Planning, Policy and Strategy, Deputy Chief of Staff, Operations, Plans and Requirements, Headquarters U.S. Air Force, Washington, D.C. presents Specialized Undergraduate Pilot Training Student 2nd Lt. Joel Loftus with the Order of Daedalians Air Education and Training Command Commander's Trophy during the SUPT class 12-09 graduation. Maj. Gen. Woodward and her husband, retired Brig. Gen. Dan Woodward, were the first dual graduation speakers at Columbus Air Force Base.

aspects because we think those are the images that stick,” said Maj. Gen. Woodward. “We hope that what we had to say is something that stays with the graduates.”

“The biggest thing is that we wanted to make sure that the class understood that there are tens of hundreds of thousands of people that went before them that they represent and when they put their wings on they are representing a whole line of

aviators that went before them,” said Brig. Gen. Woodward.

Maj. Gen. Woodward explained that what she and her husband learned about the importance of team work, dedication, hard work and community support all came from here at Columbus AFB and grounded them for the rest of their careers.

After some time it's easy for instructors to lose sight of how important their job is

See **SPEAKERS**, 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 (13-04)	0.82 days	2.89 days	Jun 28	48th (12-10)	2.97 days	2.49 days	Jun 15	49th (12-HB)	1.32 days	1.69 days	May 31	T-6	2,360	2,311	20,651
41st (13-03)	2.86 days	2.12 days	Jun 6	50th (12-10)	-1.40 days	-1.56 days	Jun 15					T-1	800	722	6,565
												T-38	839	978	6,903
												IFF	228	268	2,145

The graduation speaker is Maj. Gen. Frank Padilla, SAF/IG.

SPEAKERS

(Continued from Page 1)

to the students and to the rest of the Air Force, said Maj. Gen. Woodward.

"I think it's important for us to come from the outside and come back and remind them that everything in the Air Force begins here and we can't do anything without what Columbus AFB is producing, and that's pilots for the Air Force and our allies."

Maj. Gen. Woodward said that three pieces of advice to take away from the speech would be to forever trust in family, forever trust in the U.S. Air Force and forever trust in fellow Wingmen.

Congratulations to BLAZE members

Columbus Air Force Base congratulates the following Team BLAZE members for their achievements and awards:

Tech Sgt. Chenoa Clardy, 14th Operation Support Squadron — 2011 Air Education and Training Command Air Traffic Control Training Achievement

Senior Airman Rory Hayes, 14th Medical Operations Squadron — 2011 Air Force Medical Services Aerospace and Operational Physiology Airman of the Year

Michael Whipp, 14th Mission Support Group — 2011 AETC John F. Lavin Fuels Civilian Supervisor/Leader of the Year Award

Loren Fenstermacher, 14th Mission Support Group — 2011 AETC Transportation Civilian Technician of the Year

CAFB congratulates CCAF grads



U.S. Air Force Photo/Melissa Doublin
Forty-five members of Team BLAZE graduated from the Community College of the Air Force recently and were recognized in a graduation ceremony May 17 at the Columbus Club. The CCAF is the only college that is specifically for enlisted members of the Air Force and allows the student to obtain an Associate's Degree while further enhancing their military training.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 59 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.



Mon	Tue	Wed	Thur	Fri	Sat/Sun
28 Memorial Day, most CAFB offices closed Starkville Memorial Day Ceremony, 11 a.m.	29 Newcomers Orientation, 8 a.m. @ Club	30 West Point Memorial Day Ceremony, noon @ City Hall	31 Enlisted Promotions, 4 p.m. @ Club IFF Graduation, 4:49 @ 49th Elvis Festival in Tupelo	1 Commander Calls, 8:30 a.m., 10 a.m., 1 p.m. 3 p.m. @ Kaye Class 12-10 Assignment Night, 5 p.m. @ Club	2/3 St. Leo Commencement, 10 a.m. @ Club (2nd)
4 Night Flying Week Vacation Bible School, @ the Chapel	5 Class 13-10 PPW, 6 p.m.	6 Class 13-03 Track Select, 11 a.m. @ Phillips Aud.	7	8 Medical Group Closed for Exercise Wing-Wide Exercise	9/10

Long Range Events

June 12: Enlisted Calls
June 12: Hearts Apart
June 12: Wing Flight CC Course
June 14: Flag Day
June 14: Class 12-11 Assignment Night
June 15: Class 12-10 SUPT Graduation
June 19: Newcomers Orientation
June 21: Medical Group Closed
June 22: Wing CC Farewell Picnic
June 27: Wing Change of Command

SILVER WINGS

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Submission Deadline

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

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

APAH committee hosts Dorm Dinner

U.S. Air Force Photo/Airman 1st Class Charles Dickens
Senior Airman Grace Faatitai, 14th Security Forces Squadron performs a knife dance during the Asian Pacific American Heritage-themed Dorm Dinner May 17 in the Chapel Annex. The month of May honors the Asian Pacific heritage with several events including the dorm dinner and a Luau.

Feeling stressed? There's an app for that!!

Major Beatrice Chapa

How many times have you let the tensions of the day creep up on you until you could feel it in your shoulders or neck? Or got that tension headache? Ever wished you had a quick, easy way to relax? Well now there's an app that will train you to use your breathing to reduce stress.

Breathe2Relax, a new mobile application program developed by the National Center for Telehealth and Technology (T2), guides you through diaphragmatic breathing exercises. Also known as relaxation breathing, learning to breathe deeply

helps to reverse stress by turning on the relaxation response. People are often amazed at how easily, and quickly, they become relaxed just by breathing deeply.

With the Breathe2Relax app you can customize the program to select photos and music you find relaxing, set the tempo of your

breathing, and track your progress over time. Used on a regular basis, diaphragmatic breathing is shown to decrease stress and improve mood. And the best part is that the Breathe2Relax app is FREE! Use the bar code here or visit <http://t2health.org/mobile-apps> to download.

May is Mental Health Awareness month. Take this month to think about how you are managing the stress in your life. If you want to try diaphragmatic breathing, consider downloading the Breathe2Relax app. You can also make an appointment with a mental health provider.



Active Duty members and family members can be seen at the Mental Health Clinic (434-2239). No referral is needed. The Military Family Life Consultants at the Airman and Family Readiness Center are also available to teach more about stress management (434-2790).

AETC EM Manager of the Year

U.S. Air Force Photo
Staff Sgt. Jonathan Marion, 14th Civil Engineering Squadron pauses from duty as the Emergency Manager and Wing Plans and Exercises NCO at an International Airport in Southwest Asia. Marion was recently selected as the 2011 Air Education and Training Command Emergency Manager of the Year. He was handpicked to represent AETC at the Chemical, Biological, Radiological and Nuclear Challenge, sustained a 95 percent completion rate for more than 1,600 requirements and was the subject matter expert during the Armed Forces Vocational Aptitude Test visit among many other achievements.

Trail BLAZE'r

Name/unit: Emilie Warren, 14th Contracting Squadron

Job title: Government Purchase Card Program Manager

Time at Columbus AFB: Seven years

Time in Service: 1.5 years as a civilian

Hometown: Des Moines, Iowa

Career goals: To become an instructor in the Contracting career field

Family members: Joe (spouse) and sons: Chris, Addison and Ben

Favorite musician: Josh Groban (singer) and George F. Handel (composer)

Favorite movie: The Lord of the Rings trilogy

Biggest pet peeve: Bullying

Favorite books: The Holy Bible and



Persuasion by Jane Austin

Inspirations: My faith and my spouse Joe, my children, my mentors Pat Fisher and Waimon Hendrix and my dearest friends Terry (Isaiah) and Jackie, Lesley Anne and Leslie

Personal motto: Do unto others as I would have them do unto me

Police honored in Downtown ceremony

U.S. Air Force Photo/Airman 1st Class Charles Dickens
Tech Sgt. Ryan Gilbert, 14th Security Forces Squadron sings the National Anthem during a police memorial ceremony May 15 in downtown Columbus. The ceremony was held to honor the fallen police men and women on Police Memorial Day during Police Week.

Hall takes lead of 48th FTS



U.S. Air Force Photo/Elizabeth Owens
Lt. Col. Brad Hall, 48th Flying Training Squadron commander, receives the 48th FTS guidon from Col. Steve Stater during the change of command ceremony May 17 inside the fuel hangar. Colonel Hall replaced outgoing commander Lt. Col. Michael O'Connor.

Disc golf tournament held

Since the opening of the disc golf course this past fall, the Fitness Center has hosted two tournaments. The first tournament was held this past November with three qualifying rounds and then a two round tournament, to name the base champion. Over 15 competitors participated in the first ever Columbus Air Force Base disc golf tournament. Brad Harris of the 14 CES took home first place.

The second tournament was held this past April with four teams participating. Team Vickery, a father and son duo, took home first place with a two round score of 86. Joel Vickery is a retired U.S. Air Force Staff Sgt. and his son, DJ, is entering basic training for the Air Force on the 14th of May. In the coming weeks, a few enhancements will be made to the disc golf course, so feel free to stop by the Fitness Center and pick up a set of discs.



U.S. Air Force Photo
Brad Harris, 14th Civil Engineering Squadron won the first disc golf tournament held on Columbus Air Force Base. The disc golf course opened this past fall and has held two tournaments with a third in the works.

The Fitness Center is planning a 4-Person Team tournament in the near future. If interested in competing in a disc golf tournament please feel free to contact the Fitness Center at 434-2772.

The risks of driving unbuckled

14th Flying Training Wing Wing Safety

Learning and mitigating risks is an integral part of our primary mission. Team BLAZE personnel are trained and ready to Produce Pilots, Advance Airmen and Feed the Fight, providing invaluable service both at home and abroad. But sometimes, the basics of safety aren't applied to personal lives outside of duty, and that's when tragedy strikes.

One of these times is during every day, ordinary trips in personal vehicles. Motor vehicle crashes are actually the leading cause of death for everyone between the ages of three and 40. With so many threats to service members, it's shocking to think that the biggest danger is our own streets and highways. So for those not mitigating the risks themselves, the 14th Security Forces Squadron is joining with state and local law enforcement for the 2012 Click It or Ticket national mobilization.

Starting May 21st through June 3rd our Columbus Air Force Base defenders will be aggressively patrolling the roads both day and night, on the lookout for unbelted drivers and passengers. Why? Because wearing a seat belt is the easiest

way to protect against death or injury in a crash, and anyone caught without their seat belt properly buckled will face a ticket and suspension of base driving privileges.

"Seat belt use is required in all vehicles on base, but that's not enough," said Maj. Joe Ringer, 14th SFS commander. "We want to make sure that personnel also buckle up anytime they get in a motor vehicle. It's not about giving a ticket; it's about lowering risks and saving lives."

Year after year, seat belt use prevents thousands of fatalities, saving more than 12,000 lives nationwide annually, but many still don't use this easy defense. In 2010, more than 22,000 people in passenger vehicles were killed in traffic crashes nationwide, and over half of those killed were not buckled up.

National Highway Traffic Safety Administration research has shown that nighttime and pickup truck passenger vehicle occupants are among those least likely to buckle up. In 2010, well over half of the 10,647 passenger vehicle occupants who were killed in motor vehicle traffic crashes overnight, 6 p.m. to 5:59 a.m., were not wearing their seat belts at the time of the fatal crash. Pickup trucks

rollover twice as often as cars and rollovers are one of the most deadly forms of crashes among passenger vehicles, yet many feel safer in their trucks. However, in 2009, 68 percent of those killed in pickup truck crashes were unbuckled, the highest percentage of unrestrained occupant deaths over all passenger vehicles.

"The most difficult aspect of dealing with traffic fatalities is the knowledge that so often they could have been prevented if the motorists had simply been wearing their seat belts," said Lt. Col. Lee Gentile, 14th Flying Training Wing chief of safety. "It's heartbreaking to tell a parent or spouse that their loved one is gone, not due to combat, but from simply not taking a moment to buckle up on their drive home."

"It is absolutely necessary that all BLAZE team members are aware of the risks on the roadways," said Col. Matt Isler, 14th FTW vice commander. "Wearing a seat belt may seem inconsequential to you right now, but at the instant that it makes the difference between life and death, it's too late."

And if the risk of a crash doesn't persuade you to buckle up, base law enforcement will be on the lookout to motivate you... with a ticket.

CAFB defenders run the torch



U.S. Air Force Photo/Elizabeth Owens
The 14th Security Forces Squadron participates in the Torch Run May 11 on Columbus Air Force Base to honor of fallen comrades during Police Week. Annually, the week surrounding May 15 is known as Police Week and honors those in the police force that have paid the ultimate sacrifice.

CAFB hosts teen driving course



U.S. Air Force Photo/2nd Lt. Brionna Ruff
Senior Airman Ross Crimaldi, 14th Comptroller Squadron finance customer service technician demonstrates how to properly execute the figure-eight driving exercise during the Tire Rack Street Survival driving course May 19 on Columbus Air Force Base. The driving course was hosted by the local Sports Car Club of America chapter and Tire Rack as a way for teenagers to get experience with every day driving occurrences in a controlled environment and learn the limit of their cars and driving skill.

Hang up and drive

John Lindell

14th Flying Training Wing Ground Safety Manager

At the risk of offending many readers I would like to pose a question. How many parents out there don't mind having a few cocktails and then driving their children around? I'll hazard a guess that not many moms and dads raised their hands for that question! But what if I asked how many parents use a cell/smart phone to talk or text with their children in the car? An honest answer would be a whole lot more than answered the first question.

Don't stop reading because you think I'm comparing apples to oranges, the statistics say otherwise. For comparison, I'll use some statistics from the last decade. In 2005 the National Highway Traffic Safety Administration reported that roughly 42 percent of all accidents and 48 percent of traffic fatalities could be attributed to alcohol consumption. In other words, nearly half of all accidents and traffic fatalities were caused by someone driving while impaired or legally drunk. In the same

year, distracted driving caused only 10 percent of all accidents and traffic fatalities.

As more of us reach for our smartphones, there has been a staggering shift in the data. Fast forward to 2009, the last year with complete data, and we see that there are significant changes in drunk driving as well as distracted driving. By 2009 drinking and driving accounted for 32 percent of all traffic fatalities, a four year decrease of 16 percent. In 2009, 16 percent of fatal traffic accidents were attributed to distracted driving. Why the focus on distracted driving and particularly on talking and texting? Simple, cell phones are contributing to the death of more Americans every year. Although the numbers are not complete, the NHTSA suspects that distracted driving may account for more than 25 percent of fatal accidents in 2010. That's one out of four traffic fatalities that resulted because of driving while distracted.

Distracted driving is a growing problem in America. At the current rate of growth, it will be as large a contributor to traffic fatalities as drunk driving in just five years. Distracted driving doesn't just mean your phone, it also means adjusting the radio, eating, yelling at kids or fiddling with a GPS, which takes your

attention off of driving as well.

And before all the pilots out there complain "I used to lead a four ship, de-conflict attacks and talk on the radios with no problem, I think I can drive and talk at the same time", no you can't. A moment distraction while flying in a three dimensional world with limited collision threats, is not the same as momentarily distracted in a two dimensional world with numerous collision threats, and you need to be more vigilant on the roads because the other guy might be texting and driving.

If you've read this far I think it is clear that I don't think you should be talking on the phone or worse, texting while driving. The statistics back me up that it is a risky proposition. Hang up the phone while you are driving. Do it for your kids, or my kids or your mom and dad. Do it for your spouse. Hang up so your kids don't see you doing it and think it will be alright for them to do it too. There is nothing so important that you can do on the phone that can't wait until you are not driving.

One last Safety rule of thumb, if you are prohibited from doing something while performing your regular duties (driving and talking on the phone while on a government installation) why would you do it as soon as you get off base?

AF NEWS

Air Force vice chief nominated to be next USAFE commander

Tech. Sgt. Markus M. Maier

U.S. Air Forces in Europe Public Affairs

RAMSTEIN AIR BASE, Germany — Defense Secretary Leon E. Panetta announced May 11 that the president has nominated Air Force Vice Chief of Staff Gen. Phil Breedlove to be the next U.S. Air Forces in Europe commander.

If confirmed by the Senate, Breedlove will replace Gen. Mark A. Welsh III, who the president nominated to become the next Air Force chief of staff after Gen. Norton Schwartz retires this August.

"I am deeply honored to be nominated," Breedlove said. "If confirmed, going to USAFE would be like going back home. I was stationed in Europe as a young officer and again as a commander at Aviano (Air Base, Italy), 16th Air Force and, most recently, 3rd Air Force.

"I love the area, believe in the mission and have always been inspired by the fantastic Airmen who serve in the European Theater," he said.

Breedlove, who was raised in Forest Park, Ga., has served in his current position since January 2011. As the vice chief of staff, he assists the chief of staff with organizing, training, and equipping 680,000 active-duty, Guard, Reserve and civilian forces serving in the U.S. and overseas. The general also presides over the Air Staff and serves as a member of the Joint Chiefs of Staff Requirements



U.S. Army photo/
Sgt. Darron Salzer

Air Force Vice Chief of Staff Gen. Phil Breedlove.

Oversight Council and Deputy Advisory Working Group.

He received his commission in 1977 as a distinguished graduate of Georgia Tech's ROTC program and has since earned master's degrees in aeronautical technology from Arizona State University and in national security studies from the National War College.

Breedlove has been assigned to numerous operational, command and staff positions, and has completed nine overseas tours, including two remote tours. He has commanded a fighter squadron, an operations group, three fighter wings and a numbered air force.

Additionally, he has served as operations officer in the Pacific Command Division on the Joint Staff; executive officer to the commander of Headquarters Air Combat Command; the senior military assistant to the secretary of the Air Force; and vice director for Strategic Plans and Policy on the Joint Staff.

Breedlove flew combat missions in Operation Joint Forge/Joint Guardian. He is a command pilot with more than 3,500 flying hours, primarily in the F-16 Fighting Falcon.

His awards include the Distinguished Service Medal, Defense Superior Service Medal and the Legion of Merit with three oak leaf clusters.



Photo by Jim Dresbach

Buglers from across the nation gathered at Arlington National Cemetery on Saturday, May 19, 2012 to honor the 150th anniversary of taps.

Arlington ceremony honors 150th anniversary of taps

Jim Dresbach
Pentagram Staff Writer

WASHINGTON — Intermingled with song birds and reverent silence, 200 buglers from around the country collectively sounded America's most recognizable bugle call May 19 at Arlington National Cemetery.

From Section 60 to the Kennedy gravesites, the 150th anniversary of the bugle call "taps" was commemorated at

a morning tribute in the Old Amphitheater and by sounding a mid-day rendition from corner to corner of the cemetery.

"This is an enormous privilege. I am honored," said Jay Callahan of Greensboro, N.C., who sounded the call in the vicinity of Gen. John Pershing's grave.

Like Callahan, who wore a typical World War I-era uniform featuring leg-

See ARLINGTON, Page 10

Base News

The Base Thrift Shop

The Base Thrift Shop is open on Tuesdays and Thursdays from 9 a.m. to 1 p.m. Consignments until noon. The Thrift Shop is non-profit and all proceeds benefit CAFB Community. It is located in building 530. Phone: 434-2954.

Contraceptive Counseling Class

There are currently many safe and effective options for preventing or delaying pregnancy. The staff of the 14th Medical Group, wants to make sure you have the information you need to make your best choice. The Family Health Clinic is now offering a Birth Control Counseling Class covering topics ranging from natural family planning to tubal ligation. The class is offered once a month and taught by a Women's Health Provider and a Registered Nurse. Classes will be held at the Koritz Clinic, the last Friday of each month from 9:00 a.m. to 10:30. Please call the clinic appointment line at 434-2273 to reserve your spot in the next Birth Control Counseling Class.

Sleep Enhancement Class

There is a new Sleep Enhancement Class at the Koritz Clinic held every other Friday. You are a good candidate for the Sleep Enhancement Class if you have trouble falling asleep or staying asleep. Call 434-CARE (2273) to schedule.

CLEP Testing Discontinued

The Columbus Education Office no longer offers CLEP exams. Computerized CLEP testing however will be available at the Mississippi State Univ. Assessment and Testing Center (<http://www.ats.msstate.edu/testing/>). Military members will only be charged a \$23 service fee for the first-time administration of any CLEP exam at MSU. DANTES paper-based exams will continue to be administered in the CAFB Ed Office. Please call 434-2562 or 434-2563 for more information or to schedule an exam.

Motorcycle PPE at Exchange

Air Force compliant personal protection equipment for motorcycle riders is now carried at the base Exchange.

vMPF Post 9/11 GI Bill Transfer of Benefits

Members can now access the vMPF and click DoD TEB website to transfer Post 9/11 GI Bill benefits. The vMPF application will verify the Airman's eligibility to transfer benefits, provide timely notice regarding eligibility issues and allow Airmen to complete, sign, and forward the required statement of understanding

to the Automated Records Management System. You can link to the vMPF through the AF Portal at <https://www.my.af.mil/afpc2ww3/vmpf/Hub/Pages/Hub.asp>.

LGR Mobility Individual Protective Equipment Element closed for Training

The 14th Logistics Division, Mobility and Individual Protective Equipment Element located in the Walker Center, building 1030 will close for training Tuesdays and Thursdays from 1 p.m. to 4:15 p.m. beginning Thursday, May 10, 2012. All appointments must be scheduled around these days/times to avoid delays and inconveniences. Walk-ins are no longer accepted. All appointments must be scheduled in advance by calling 434-7305, 7306, 3363 or 3364. For more information, please call 434-7212 or 434-7306.

DRMO

Recycle first... by using DRMO as your facilities source of supply. Authorized personnel may retrieve property free of charge if the property is still physically located here in Base Supply and marked at DRMO facilities. Other DRMO processing is available via the web at www.drmo.dla.mil. Cost of shipping will apply.

Please call: Inspection at 434-7231 to review DRMO property or Stock Control at 434-7197 with questions or concerns you may have. Parking and assistance available in the back of building 158.

Last Look Area:

Recycling... is what the Last Look Area provides! Slightly used furniture and equipment available to all Columbus Air Force Base facilities for free. Pick-up and delivery is the customer's responsibility. Three days max for customers who wish to reserve items. Facility hours: Monday through Friday from 8 a.m. to 4 p.m. Need more information? Contact Inspections at 434-7231 or 434-7332. Parking available at the back of building 158.

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.)

Military and Family Life Consultant Program

MFLC consultants provide a non-medical counseling to help Airmen, (both single and married) their spouses and other family members to cope with stressful situations created by deployments, reintegration, and life challenges,

such as martial issues, parenting, career stress and anger. All consultants are licensed mental health providers. Consultants can meet either on or off base. There is no charge for services and appointments can usually be made within one to two days. To contact the MFLC call 251-8627.

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 and Family Readiness Center held every Wednesday from 9 a.m. to 10 a.m. Topics of discussion include preparing for a move, environment/cultural issues or needs, adaptation and community awareness.

Employment Workshop

Workshop on local and base employment opportunities, held every Wednesday at 1 p.m.

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.

Sponsorship training

An electronic version of sponsorship training called eSponsorship Application and Training (eSAT) is now available. It can be found on the MilitaryINSTALLATIONS homepage <http://www.militaryinstallations.dod.mil>, under "Are You a Sponsor?"

Chapel Schedule**Catholic Community****Sunday:**

4 p.m. – Choir Practice

4 p.m. – Confession

5 p.m. – Mass

Thursday:

4:15 p.m. – Choir Practice

Protestant Community**Sunday:**

9 a.m. – Mother's Day Breakfast (free), Chapel Annex

10:45 a.m. – Traditional Service

Noon – The Monthly Potluck Lunch (4th Sun)

Tuesday:

5 p.m. – Lieutenants Bible Study

Wednesday:

4:30 p.m. – Choir Practice

Survivor-Benefit Plan

One of the best feelings about retiring from the military Service is to know you are guaranteed a lifetime income as the result of a successful career. What about your spouse or dependent children? If you die, what guarantees do they have? Enrolling in the SBP prior to retiring will ensure they will have guaranteed income after your death. Additional details are available by calling your SBP Counselor Jamey Coleman at 434-2720.

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.

Wing Newcomers Orientation

May 29, 8 a.m.-3:30 p.m., for newly arrived Active Duty and Civilian personnel. Spouses are encouraged to attend. Held at the Columbus Club, for more information call 434-2839.

Hearts Apart Social

June 12, 4:30-6:30 p.m., social gathering for families of deployed (over 30 days) or remote personnel, information, refreshments, and activities. Please RSVP when invitations are received. Headcount of attendance prior to event is critical for planning and preparation. Advance registration required, call 434-2790.

5 p.m. – Dinner (summer break—resumes Aug. 22)

6 p.m. – Religious Education: (summer break—resumes Aug. 22)

Saturday:

7 a.m. – Men's Monthly Breakfast and Study—*Twelve Ordinary Men* (2nd Sat)

Vacation Bible School

The Columbus AFB Chapel is excited to present this year's "Sky" Vacation Bible School to the BLAZE community. This year's "Sky" theme will remind children that by trusting God, everything is possible. With "Sky" VBS, the sky's the limit! It will run from June 4 to 8 at the Base Chapel. For registration information, age requirements, or volunteer opportunities on this ecumenical Christian event, please contact the Base Chapel at 434-2500.

A variety of activities are offered to base families

U GOT TALENT?!

Columbus AFB amateur performers can strut their stuff on stage at Kaye Auditorium, Thurs., May 31, 6:30 p.m. at the annual U Got Talent! Family Talent Show and Competition. Sign up by May 22 in these categories: ages 6-8; ages 9-12; ages 13-18; and Group or Family. Participants may enter in solo/individual act, vocal, instrumental, performance or specialty. For more information, contact Mr. Hamilton at 434-2504.

Summer Bowling Specials

Attention, Students! Strike Zone Lanes has an After Class Pack Special every Mon. – Fri., 2 – 5 p.m., throughout the summer. A game of bowling with shoes, hot dog and small soda is only \$5. Also, don't miss Dollar Days every Thursday, 2 p.m. – close, all month long. Enjoy bowling games, shoe rental, hot dogs, sodas and domestic drafts...all for just \$1 each. FAM-tastic Saturdays and Sundays offer family and friends and afternoon of Cosmic Bowling from 2 – 4 p.m. with unlimited games, a hot dog, small soda and shoe rental...all for just \$8 per person. Bowling punch cards are back on sale with 10 games for \$10, 25 games for \$20 and 50 games for \$40. Finally, Bingo at the Bowling Center is back for just \$1 per card. Dads, visit the Bowling facility on Wednesday, June 20th for the Father's Day Special; enjoy two free games of bowling and free shoe rental. Also, check out the Summer Sizzling Specials to win great prizes for your patronage. Call the Bowling Center at 434-3426 or 3577 for more information.

Arts and Crafts

Visit Arts and Crafts for incredibly low prices on all framing and engraving needs. For more information, call framing and engraving at 434-7836.

Club Scholarships Up for Grabs!

Application packages for the \$1,000 scholarships are due at the Columbus Club or in the Force Support Squadron front office (Bldg. 730, Rm. 231) by Mon., July 2, 2012. Air Force Club members in good standing and their family members who have been accepted by or are enrolled in an accredited college or university for entry for the Fall 2012 term as part-time or full-time students in either undergraduate or graduate programs are eligible. Entry forms with rules and full eligibility requirements are available at the Club, Library, Education Center and in the foyer of the MSG Building. Or go to www.afclubs.net for more information.

Massage Therapy is Back!

Massage therapy is available by appointment

Pool Opening

Independence Pool is set to open May 26, and pool passes go on sale at Outdoor Recreation May 7. These passes will NOT be sold at the pool or the Columbus Club, but only at ODR. Swim lessons are scheduled in two-week increments throughout the summer for all ages and all skill levels. Stop by or call ODR at 434-2505 for more information.

only at the Fitness Center. Swedish massage is just \$35 for 30 minutes, \$60 for 60 minutes and \$90 for 90 minutes. Therapeutic/deep tissue massage is \$45 for 30 minutes, \$70 for 60 minutes and \$100 for 90 minutes. Reflexology is \$35 for 30 minutes, and a chair massage is \$1 per minute. Call Terrance Bonner at 662-251-9255 for an appointment.

Living Fit for Families

USAF FitFamily has created a tool to help your family get into the best shape of your lives with a simple, easy-to-use weight loss program designed just for you. We know you're busy, and this program is sure to fit your lifestyle and needs. Just create a plan. Follow it. Lose weight. It's that simple. The program includes menu plans and other weight loss tools. Sign up today at www.usaffitfamil.com.

Daily Fitness Classes Available

Columbus AFB Fitness & Sports offers a variety of heart-pumping, sweat-inducing classes throughout the week including weekday spin classes, Mon., 11 a.m., Wed., 11 a.m. and 5 p.m., Tues. and Thurs., 5 p.m. There's a Stroller Fitness Class, Tues., 9 a.m., beginning at Freedom Park. Come check out Zumba every Tues. and Thurs., 11:30 a.m., and circuit training classes on Tues. and Thurs., 5:30 p.m. For more information, call 434-2772 or go online to www.cafbssrocks.com and click on the link to the Fitness page.

Check Out the New Books!

The Columbus AFB Library is now receiving a steady flow of new books to include adult best-sellers and children's new favorites. Also, soon to arrive are new teen books and updates to the non-fiction collection. Stop by your Base Library today to see what's arrived so far!

Car Maintenance on Base

Don't forget you can get your general automotive maintenance and repairs at the Auto Hobby Shop right here on base and even while you work. If you are a do-it-yourselfer or shade-tree mechanic, Auto Hobby offers a wide array of tools and equipment. For more information and

pricing, drop by Auto Hobby or call 434-7842. **Hot and Easy to Use - FSS Gift Cards**

These gift cards are available in increments of \$5 to fit any budget. They can be used at most FSS facilities (golf, bowling center snack bars, clubs) at Air Force installations WORLD-WIDE...and they never go out of style. FSS gift cards can be purchased at Whispering Pines Golf Course, Strike Zone Lanes or at the Youth Center.

Instructional Classes at Youth Center

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

Get off the Couch and Play!

Columbus AFB has an 18-hole disc golf course across the street from the Fitness Center. The course's layout includes par threes, fours and fives plus lots of trees making it great for beginners or pros alike. So grab your friends or family and a disc and have some fun! Disc sets are available for check out at the Fitness Center.

Disc Golf tournament: The Fitness Center will host a 4-Person Team Tournament beginning June 25th; you can sign up before C.O.B on June 20th! Depending on the number of teams, the tournament style will be Round Robin and will be held over a few weeks to allow teams to fit the matches into their schedules. Each match will be chosen at random and teams will have one week to complete the match and turn in scorecards. The two teams with the best record at the end of the tournament will meet for a Best of Three series to declare the CAFB Champion. Call 434-2772 for more information.

It's Like FREE Money!

Single airmen returning from deployment and families of deployed members can receive up to \$500 in special discounts and rewards through participating FSS facilities and programs. Get discounted trips at Information Tickets and Travel, rent equipment from Outdoor Recreation, play a round of golf, participate in a golf clinic, or go bowling with a friend. These are just some of the offerings through the PLAYpass program. To find out if you are eligible for a PLAYpass card, visit www.MyAirForceLife.com or call the A&FRC at 434-2790.

Share Your Knowledge

Volunteer tutors are needed for all subjects and all grades. Tutoring will take place at the Youth Center between the hours of 2:30 and

6:30 p.m., Mon.-Fri. For more information, contact Ms. Terri Graves at 434-2504.

Deep Disney Discounts Extended

There's still time to get the kids to the Disney parks in Florida for a great price! Disney Military Salute has extended the deeply discounted ticket specials to Sept. 30, 2012, along with an increase in the number of tickets available at the special prices at Columbus AFB's ITT office. For more information about this and other fun, affordable vacation ideas, contact Outdoor Recreation/ITT at 434-2505/2507.

Join FitFamily!

All ages can benefit from the Air Force Services fitness and wellness initiative, FitFamily. 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.

Affordable Tickets at ITT

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, Dixie Stampede, Geyser Falls and more. Call 434-2505/7861 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 travel to interesting places. The Youth Sponsorship Program at Columbus was created by and just for youth. For assistance in this sometimes difficult transition, contact the Youth Center at 434-2504 and join in the fun of the youth sponsorship program.

Youth Golf Clinic

Youth Golf Camp will be held 19-21 June – 1 p.m. for 6-9 year olds and 2 p.m. for 10-14 year olds. Cost is \$99 per child and includes a youth set of clubs. If they have their own clubs it will be \$25. Contact 434-7932 for more information.

See Me... Save Me



Motorcycles are everywhere

U.S. Air Force Photo

May is Motorcycle Safety Awareness Month and 14th Flying Training Wing Safety produced these signs to urge vehicle drivers to be ever vigilant in watching for motorcycles.



U.S. Air Force Photo/Airman 1st Class Charles Dickens

Lt. Col. Lee Gentile, 14th Flying Training Wing Chief of Safety shows what personal protective equipment is approved for use for Columbus Air Force Base employees. Using PPE while riding motorcycles or other recreational vehicles allows the low-profile vehicle to be seen by using either bright colors or reflective gear.

2012 Critical Days of Summer

John Lindell

14th Flying Training Wing Ground Safety Manager

The "Critical Days of Summer" is the annual Air Force focus on safety through the summer months. This year the campaign runs from May 24 to Sept. 4. During the summer Air Force members engage in more outdoor and potentially hazardous activities such as boating and riding motorcycles. Additionally, the summer months afford an opportunity for increased outdoor activities such as cook outs and picnics. For these reasons the summer months have historically shown a dramatic increase in the number and severity of mishaps. Increased activity usually leads to an increased rate of mishaps.

This year the 14th Flying Training Wing kicked off our "Critical Days of Summer" campaign on May 4th and 5th during the City of Columbus' "Market Street Festival". The focus during the festival was motorcycle safety. This, coupled with multiple public service announcements produced gratis by WCBI, has alerted thousands in the local area to the presence of motorcycles in the area.

Along with motorcycle safety, there was a focus on proper wear and use of personal protective equipment while engaging in various outdoor activities. Multiple vendors displayed the latest and greatest PPE avail-

able for boating, bicycles, yard work and other activities. PPE has come a long way in recent years and is no longer cumbersome or uncomfortable.

Since FY 10 the US Air Force has had 115 non-combat related fatalities. Only 13 have occurred on duty. That means 102 fatalities occurred off duty where many of us think we are safest. For the math impaired, that means Air Force members are involved in fatal mishaps almost ten times more off duty than on duty.

While there are many contributing factors to this figure, most of these mishaps are preventable. In FY12 alone there have been 19 vehicle mishaps that resulted in a fatality or permanent total disability. Ten of those mishaps' investigations have been closed. Only one of these mishaps did not involve excessive speed, distracted driving or alcohol. An additional nine mishaps are still under investigation. Eight of these mishaps are suspected to have been caused by distracted driving or excessive speed. Just this year more than eighty percent of motor vehicle mishaps were easily preventable. Staying safe in motor vehicles is actually pretty simple.

- 1 Drive defensively.
- 2 Make sure your vehicle is in good repair.
- 3 Don't drink and drive.

4 Always wear your seatbelt.

All of us have heard these simple rules before and most of us are probably pretty sick of hearing them. However, rules one, three and four are responsible for more than 80 percent of vehicle fatalities in the Air Force. Again, these mishaps are easily preventable. There is rarely a good reason for speeding and driving aggressively. There is never a reason to not wear your seatbelt or to drive after drinking.

Another area for concern during the summer is the increase in outdoor activities. Every year there will be easily preventable mishaps related to summertime activities. There are dozens of examples of simple activities that turn ugly due to a lack of attention or prior planning. In the last two summers here at Columbus Air Force Base there have been eight reportable off duty mishaps. Five of the mishaps resulted in injury because of a failure to wear the appropriate PPE. During the same time frame there were zero mishaps due to the failure to use PPE while on duty. In fact, you would need to go back over three years to find an instance where a BLAZE team member was involved in a mishap on duty that involved failure to wear proper PPE.

When discussing safety, little things matter. Remember that safety is not a program, it is an attitude.



U.S. Air Force Photo/Sonic Johnson

Officers from the Mississippi Highway Patrol, Lowndes County Sherriff's, Columbus Police Department and the Lowndes County Coroner joined Columbus Air Force Base Security Forces, Fire Department, Wing Safety and the Green Knights Motorcycle Club to produce five public service announcements to heighten motorcycle safety awareness. Local CBS affiliate WCBI-TV produced the TV spots as a community service.



U.S. Air Force Photo

The 434-RIDE program was conceived to be a final safety net to keep the Airmen of Columbus Air Force Base from getting behind the wheel of a vehicle when they possibly shouldn't. The program allows members of Team BLAZE to get a safe ride home, no questions asked, when all other plans fall through.