

"Produce Pilots, Advance Airmen, Feed the Fight"

Vol. 36, Issue 45

Columbus Air Force Base, Miss.

November 9, 2012

Upcoming Inspection



86

3 Excellents
3 Zeros
100%
Accountability

Days until the CUI

News Briefs

Veterans Day

The Veterans Day federal holiday will be observed on Monday, Nov. 12, most base offices will be closed. For a full listing of on base closures see page 2.

Fall Wingman Day

The 14th Medical Group, 14th Mission Support Group and 14th Flying Training Wing Staff Agencies will be participating in a Fall Wingman Day Nov. 15 in the Kaye Auditorium. The 14th MSG and WSA Commander's Call will be held at 1 p.m. and the 14th MDG Commander's Call at 4 p.m.

Class 13-10 Track Select

The Specialized Undergraduate Pilot Training Class 13-10 Track Select will take place Nov. 14 at 10:30 a.m. in the Phillips Auditorium.

Dormsgiving

The Dormsgiving for enlisted dorm residents will be held Nov. 15 at 5 p.m. in the Chapel Annex.

Inside



Feature 8

Comprehensive airman fitness is highlighted in this week's feature.

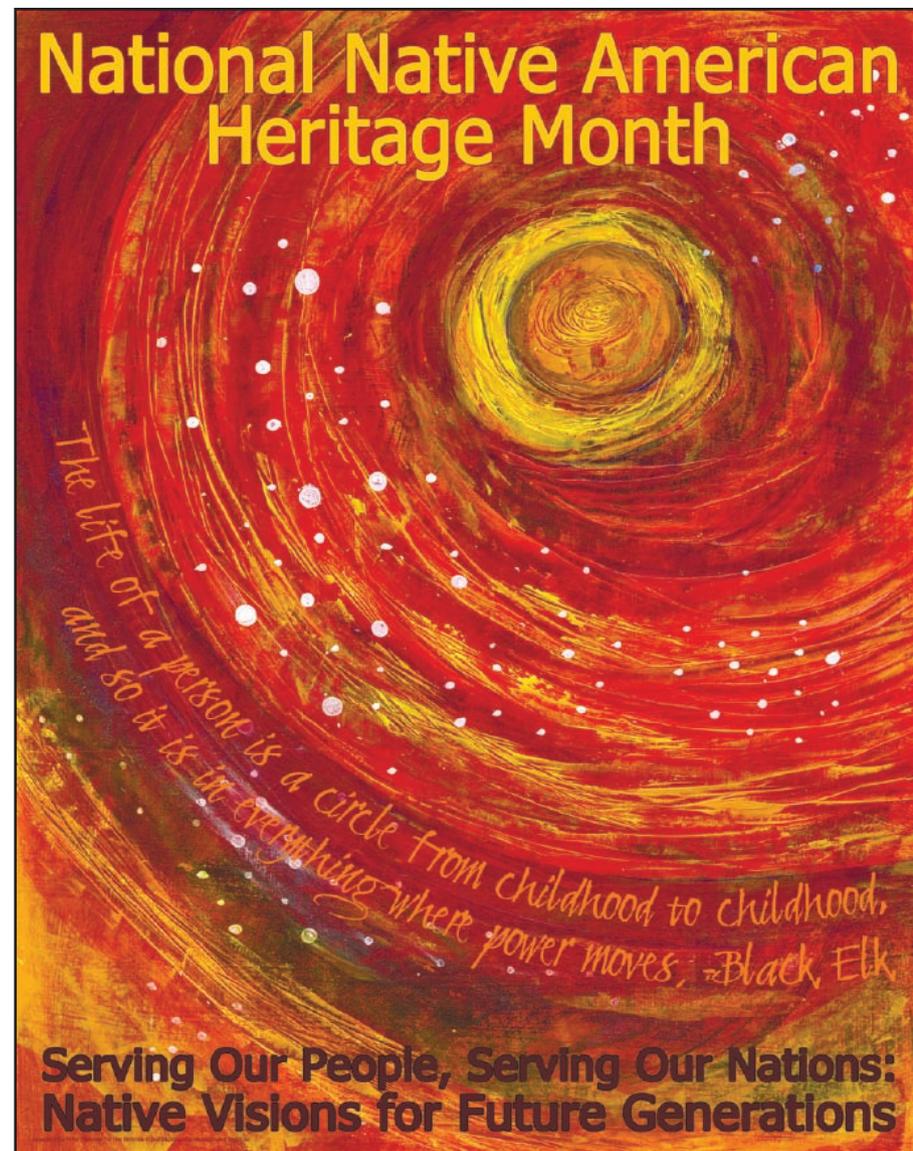
November marks Native American Heritage Month

Defense Equal Opportunity
Management Institute
Public Affairs

PATRICK AIR FORCE BASE, Fla. – National Native American Heritage Month honors the many contributions and accomplishments of American Indians and Alaska Natives. During November, we remember the legacy of the first Americans and celebrate their vibrant culture and heritage. Since the Revolutionary War, Native Americans and Alaska Natives have played a vital role in our country's freedom and security. They proudly serve in all departments of the United States Government today.

From the Aleutian Islands to the Florida Everglades, American Indians and Alaska Natives have contributed immensely to our country's heritage. During National Native American Heritage Month, we commemorate their enduring achievements and reaffirm the vital role American Indians and Alaska Natives play in enriching the character of our Nation.

In 1976, the United States' bicentennial year, Congress passed a resolution authorizing President Ford to proclaim a week in October as "Native American Awareness Week." On Oct. 8, 1976, he issued his presidential proclamation doing so. Since then, Congress and the President have observed a day, a week or a



month in honor of the American Indian and Alaska Native people. And while the proclamations do not set a national theme for the observance, they do allow each federal department and agency to develop their own ways of celebrating and honor-

ing the nation's Native American heritage.

The Society of American Indian Government Employees developed the

See NATIVE AMERICAN, 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 (13-10)	1.81 days	1.09 days	Nov. 14	48th (13-02)	0.25 days	1.47 days	Nov. 16	49th (13-BB)	-0.12 days	1.40 days	Nov. 16	T-6	602	559	2,971
41st (13-11)	3.93 days	4.25 days	Dec. 11	50th (13-02)	1.08 days	0.33 days	Nov. 16					T-1	222	212	1,277
												T-38	271	252	1,596
												IFF	98	77	520

The graduation speaker is Maj. Gen. Samuel Cox, Director, Strategy, Policy, Programs, and Logistics, U.S. Transportation Command, Scott Air Force Base, Ill.

FSS Veteran's Day Hours of Operation

Library: Open Nov. 10 and 11, closed Nov. 12
Club: Closed Nov. 11
Golf Course: Closed Nov. 11
Fitness: Open Nov. 12 from 10 a.m. to 6 p.m.
Lodging: No change
MPS: Closed Nov. 10-12
Manpower: Closed Nov. 10-12
NAF Human Resources: Closed Nov. 10-12
Civilian Personnel: Closed Nov. 10-12
AFRC, CDC and YP: Closed Nov. 11 and Nov. 12
Bowling: Closed Nov. 11 and 12
ODR: Closed Nov. 12
Arts and Crafts, Closed Nov. 11

Skills/Auto: Closed Nov. 10-12
C o l u m b u s Exchange (BX)
Monday Nov. 12:
The Express: Open from 10 a.m. to 6 p.m.
The Main Exchange: Open 11 a.m. to 5 p.m.
Taco Bell: Closed
Subway: Open 11 a.m. to 4 p.m.
GNC: Closed
Barber Shop: Closed
Beauty Shop: Closed
Optical: Closed
 Normal hours will resume Nov. 13
Commissary
 The Commissary will be open regular hours Nov. 11

NATIVE AMERICAN

(Continued from Page 1)

theme for this year's National Native American Heritage Month observance products: "Serving Our People, Serving Our Nations: Native Visions for Future Generations."

Pete Hemmer, Defense Equal Opportunity Management Institute illustrator describes the artistic design of this year's National Native American Heritage Month Observance poster:

"My inspiration started with an article I read about Hoop Dancing," he said. "It featured several quotes from Black Elk, a warrior, as well as a medicine man or priest of the Oglala Lakota (Sioux) tribe, including the following:"

"The flowering tree was the living center of the hoop, and the circle of the four quarters nourished it. The east gave peace and light, the south gave warmth, the west gave rain, and the north with its cold and mighty wind gave strength and endurance. This knowledge came to us from the outer world with our religion. Everything the Power of the World does is done in a circle."

"The sky is round, and I have heard

that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nests in circles, for theirs is the same religion as ours. The sun comes forth and goes down again in a circle. The moon does the same, and both are round. Even the seasons form a great circle in their changing, and always come back again to where they were."

"The life of a person is a circle from childhood to childhood, and so it is in everything where power moves."

"I tried to create an image that was based on the circle, yet felt celestial, echoing the quotes from Black Elk. The idea that all Nations are connected in the circle of humanity—rings of larger and larger circles from the smallest cell in the human body to the sphere of our planet and the stars spinning in the cosmos can support the thought of visions for future generations," said Hemmer.

Here at Columbus Air Force Base the Mississippi Band of Choctaw Indians Pearl River Rep.

Cheriena Ben will speak at a luncheon on Nov. 29 from 11 a.m. to 12:30 p.m. at the Columbus Club.

SILVER WINGS

How to reach us

14th Flying Training Wing Public Affairs
 555 Seventh Street, Suite 210,
 Columbus AFB, MS, 39710
 Commercial: (662) 434-7068
 DSN: 742-7068
 Fax: (662) 434-7009
 E-mail: silverwings@columbus.af.mil

Editorial Staff

Col. Jim Sears
 14th Flying Training Wing
 Commander

Mr. Rick Johnson
 Public Affairs Chief

Senior Airman Chase Hedrick
 Editor

Staff Sgt. Bryan Franks
 NCOIC

Airman 1st Class Charles Dickens
 Staff Writer

Mrs. Tina Perry
 Layout Designer

Submission Deadline

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

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

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

Mon	Tue	Wed	Thur	Fri	Sat/Sun
12 Federal Holiday Daedalian Golf Tournament, 8 a.m. @ Whispering Pines	13 Hearts Apart, 4:30 p.m. @ AFRC	14 Class 13-10 Track Select, 10:30 a.m. @ Phillips Mr. Yonkers, SAF/IE, Base Visit	15 Fall Wingman Day Dormsgiving, 5 p.m. @ Chapel Annex	16 Class 13-02 Graduation, 10 a.m. @ Kaye IFF Class 13-BBC Graduation, 4:45 p.m. @ 49th	17/18
19	20 Street Smart Program, 7, 10:30 a.m., 1 p.m. @ Kaye	21	22 Thanksgiving	23 AETC Family Day	24/25

Long Range Events

Nov. 29: Enlisted Promotions
Nov. 29: Native American History Luncheon
Nov. 30: Class 13-03 Assignment Night
Dec. 3: Base Cookie Drive
Dec. 3: Base Christmas Tree Lighting
Dec. 3-8: Services Transformation Base Visit
Dec. 4: Hearts Apart
Dec. 9: Hanukkah
Dec. 10-14: Night Flying Week
Dec. 11: CSC Holiday Social
Dec. 11: Newcomer's Orientation
Dec. 11: Class 13-11 Track Select
Dec. 14: Class 13-03 Graduation
Dec. 24: AETC Family Day
Dec. 25: Christmas Day
Dec. 31: AETC Family Day

Terry A. Yonkers bio

Terry A. Yonkers is the Assistant Secretary of the Air Force for Installations, Environment and Logistics, Washington, D.C. Mr. Yonkers is responsible for providing oversight for all matters pertaining to the formulation, review, and execution of plans, policies, programs, and budgets for installations, energy, environment, safety and occupational health as well as weapon systems logistics support.

Mr. Yonkers was born and raised in Hemet, Calif. He has more than 35 years experience developing and managing environmental, safety and occupational health programs. This includes 22 years in government and more than 16 years in private industry. Mr. Yonkers has worked extensively within the Department of Defense's

planning, programming, budgeting and resource allocation as well as congressional budgeting processes. As the acting Deputy Assistant Secretary of the Air Force for Environment, Safety and Occupational Health, he developed strategic policies, guided and oversaw Air Force's ESOH programs worldwide and a \$1.5 billion annual appropriation.

As Senior Vice President, Business Development, ARCADIS, Inc., Mr. Yonkers advised government clients on innovative and cost-saving environmental and energy security solutions as well as represented business interests in national forums seeking process improvements to environmental security, energy security, climate change, environmental cleanup/compliance and property redevelopment.



U.S. Air Force photo/Senior Airman Chase Hedrick
Sixteen Airmen were inducted as senior non-commissioned officers on Nov. 1 at the Columbus Club, joining them in the photo are the 14th Flying Training Wing group chief master sergeants, 14th FTW commander and the guest speaker Chief Master Sgt. Lonnie Slater Air University command chief master sergeant.

Airmen inducted as SNCOs at dinner

Senior Airman Chase Hedrick

14th Flying Training Wing Public Affairs

Sixteen newly inducted senior non-commissioned officers were honored at a dinner in the Columbus Club on Nov. 1.

The command chief master sergeant for Air University, Chief Master Sgt. Lonnie Slater visited Columbus Air Force Base to speak to the graduates at the dinner.

"Congratulations to those who have achieved the rank of senior NCO. You will not be inducted into anything else in the military," he said. "So when you think about that in a sense you could say have arrived."

Slater said the equivalent to have arriving at the SNCO tier is much like arriving on a return trip from a deployment, with the triumphant welcome before returning to the job.

"I would like to pass on some nuggets I learned that were given to me by my SNCO mentors," said Slater. "It's nice to be important, but it's more important to be nice. A good name is the most important achievement in life, and maintaining that good name, will be the hardest achievement you will ever earn. Always be respectful to people, even if you disagree with them. Always say thank you, even if the person was unable or even unwilling to help you. Be careful about those you hang around, my mom used to

say you are known by the company you keep. Don't be afraid to stand up for truth and what is right, even if you are standing alone. Listen, more than you speak."

Congratulations to our newest senior non-commissioned officers:

Master Sgt. Dante Arcenal, 14th Force Support Squadron

Tech Sgt. Jason Behrens, 14th Operations Support Squadron

Tech Sgt. Christopher Calo, 14th Medical Support Squadron

Tech Sgt. Ryan Caviness, 14th Medical Operations Squadron

Tech Sgt. Joseph Geiger, 14th OSS

Tech Sgt. Jeremy Lewis, 14th Flying Training Wing

Tech Sgt. Jacob Longest, 14th MDOS

Tech Sgt. Stephanie Mills 332nd Recruiting Squadron

Master Sgt. Thomas Phillips, 332nd RCS

Tech Sgt. William Reynard, 14th FTW

Master Sgt. Maria Rodriguez, 14th MDOS

Master Sgt. Ricky Schriver, 14th Communications Squadron

Tech Sgt. Kimberly Simon, 14th OSS

Tech Sgt. Shane Seelnacht, 14th FTW

Master Sgt. Kenneth Smith, 332nd RCS

Tech Sgt. Drew Spradley, 14th OSS

Major General Samuel D. Cox bio

Maj. Gen. Samuel D. Cox is the Director, Strategy, Policy, Programs, and Logistics, U.S. Transportation Command, Scott Air Force Base, Ill. He is responsible for strategic planning, force programming and policy development to ensure war fighter readiness and the capability to meet current, projected, and emerging requirements. The Strategy, Policy, Programs and Logistics Directorate is the hub for transportation initiatives including organizational developments, process enhancements, advocacy of key enablers, and system developments to advance global war fighting capabilities.

General Cox graduated from the U.S. Air Force Academy in May 1984. Following undergraduate pilot training, the general served as a C-141 special operations low level II flight examiner aircraft commander, air-dropping the initial insertion force into Panama for Operation Just Cause. The general has flown in support of multiple combat operations, including Desert Shield and Desert Storm, and deployed as operations officer with the 17th Expeditionary Airlift Squadron supporting Operation Allied Force. The general's staff assignments include Headquarters U.S. Air Force; Air Mobility Command; aide-de-camp to

Commander, Air Force Special Operations Command; and Deputy Executive Secretary in the Office of the Secretary of Defense.

General Cox has commanded at the squadron and wing levels. As the 14th Airlift Squadron Commander, he led his unit to the Lt. Gen. Joseph Smith trophy for the most outstanding airlift squadron in Air Mobility Command. During his tenure as the 436th Airlift Wing Commander at Dover AFB, Del., the general deployed to Southwest Asia as Deputy Director of Mobility Forces supporting operations Enduring Freedom and Iraqi Freedom. Shortly after, General Cox was the Commandant of Cadets, U.S. Air Force Academy, Colorado Springs, Colo., responsible for cadet military training and airmanship education, supervising cadet life activities, and providing support to facilities and logistics for more than 4,000 cadets and 300 Air Force and civilian personnel. Prior to his current assignment, General Cox was the Commander, 618th Air and Space Operations Center (Tanker Airlift Control Center), Scott Air Force Base, Ill.

The general is a command pilot with more than 4,600 hours in C-141, C-17 and C-5 aircraft.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 58 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.



End of October events on Columbus AFB



U.S. Air Force Photo/Airman 1st Class Charles Dickens
Mackenzie Havens plays a game of soda bottle ring toss during the 2012 Harvest Fest Oct. 31 on Columbus Air Force Base. The Harvest Fest was hosted by the Protestant parish at the chapel and gave children an opportunity to dress up for Halloween and participate in many games and activities.



Courtesy photo
Wendy Gilbert posted this photo on the Columbus Air Force Base Facebook page of costumed trick-or-treaters from this year's Pumpkin Patrol on Columbus AFB.

2012 CFC wraps up

Capt. Joel Kliewer
48th Flying Training Squadron

The 2012 Combined Federal Campaign came to a close in true Team BLAZE style on Wednesday, Oct. 31. The campaign was a resounding success as \$104,892 was raised for charity worldwide. Team BLAZE went above and beyond once again and absolutely crushed the Wing goal of \$90,000 by nearly 17 percent.

"I am very proud of the giving spirit displayed by our Airmen in this year's Combined Federal Campaign," said Col. Jim Sears, 14th Flying Training Wing Commander. "Team BLAZE truly pushed the bar higher like we do every day to be the premier pilot training wing and community in our Air Force."

The mission of the CFC is to promote and support humanity through a program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. The wing campaign definitely stepped up to the plate and executed the mission flawlessly. Most importantly, all federal employees

here at Columbus were given the opportunity to participate with each unit's CFC coordinators guaranteeing 100 percent contact.

As this year's campaign closes, there are many Americans who are suffering great tragedy. Hurricane Sandy has provided a stark reminder of one of the many causes that CFC donations will go to support. For those who would still like to help, unit CFC representatives will continue to accept donations until Dec. 15, which marks the end of the national campaign.

With the approaching holiday season, the men and women of the 14th FTW can be very proud of their fundraising efforts. While it is nearly impossible to measure the exact impact of CFC fundraising, you can be sure that there will be thousands in need that will have their immediate needs met as well as some hope for coming 2013.

If you would still like to give or need more information, please either contact your unit representative or go to the following website: <http://www.greatermilitary.com>.

For specific local questions please contact Capt. Joel Kliewer at 434-1621 or via email at joel.kliewer@columbus.af.mil.



Courtesy photo

Jason Chrest posted this photo on the Columbus Air Force Base Facebook page of his son Jakob Chrest's injured Robin Hood costume done primarily with liquid latex.



U.S. Air Force photo/Senior Airman Chase Hedrick

Airmen pulled together to create a haunted maze at this year's Halloween Costume Party at the Columbus Club. With music from the next room a few "Thriller" moments were had by costumed volunteers between the scares.

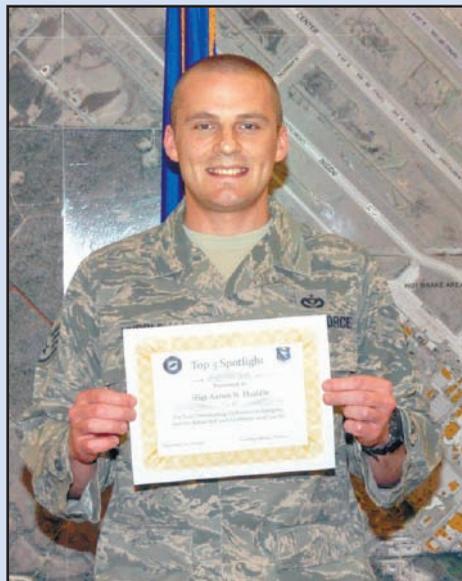
Royal Saudi AF visit Columbus



U.S. Air Force photo/Elizabeth Owens

Jim Cucchiara, 14th Student Squadron shows Royal Saudi Air Force Maj. Gen. Ali Bin Juwayr Ali Alhamad, Commander of King Faisal Air Academy around a T-6A Texan II simulator at the 14th Operations Group Building on Nov. 1. Members of the Royal Saudi Air Force visited Columbus Air Force Base Oct. 31 to Nov. 1 to gain a better understanding of the international pilot training program here.

Columbus AFB Top 3 Spotlight



Category: NCO

Nominee Name Grade: Staff Sgt. Aaron Huddle

Unit: 14th Civil Engineer Squadron

Information:

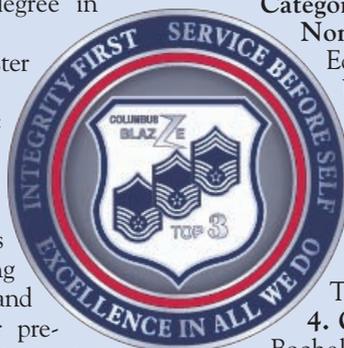
- 1. Home Town:** Bay village, Ohio
- 2. Time in the Air Force:** Eight years
- 3. Time at Columbus AFB:** Three years
- 4. Career Short Term Goals:** Obtain CCAF Degree in fire science, and make technical sergeant on the next cycle.
- 5. Career Long Term Goals:** Continue in the Air Force, make chief master sergeant

and pursue a bachelor's degree in human resources.

6. Nominated by: Master Sgt. Ian Hall

7. Nomination reason:

Staff Sgt. Huddle is a fireman assigned to the 14th Civil Engineer Squadron here at Columbus AF. He has excelled as a squadron training manager, ensuring all fire and rescue personnel are better prepared for all possible contingencies. His efforts to go above and beyond became even more evident when he seized the opportunity to train other firefighters on a C-5 airframe. Additionally, Huddle was key to the success of the 2012 MSG/WSA Celebration; his leadership and dedication ensured a spectacular event for over 300 attendees. He was also the Wing's POC for Hispanic Heritage month, which showcased Hispanic heritage to over 3,000 assigned base personnel. As the 14th CES Booster Club President, Huddle is responsible for managing fundraisers and ensuring squadron events are handled efficiently and professionally. In his spare time, Huddle puts education first by taking college classes in pursuit of a CCAF degree in fire science, followed by a bachelor's degree in human resources. Without a doubt, Huddle was the right choice as this month's Top 3 NCO to Spotlight!



Category: Airman

Nominee: Airman 1st Class

Eddie Gray

Unit: 14th Medical Operations Squadron

Information:

- 1. Home Town:** Joliet, Ill.
- 2. Time in the Air Force:** Two years, seven months
- 3. Time at Columbus AFB:** Two years, two months
- 4. Career Short Term Goals:** Bachelor degree in business management
- 5. Career Long Term Goals:** Receive an Air Force commission
- 6. Nominated by:** Master Sgt. Andre Gaskin
- 7. Nomination reason:** Airman 1st Class Eddie Gray is a dental technician assigned to the 14th Medical Operations Squadron. Gray recently impressed both superiors and peers when he wrote an article for the American Dental Assistant Journal, which will be published in the November/December edition. Gray has also attended the advanced oral hygiene course, which is normally reserved for staff sergeants and above. Outside of the gates of Columbus, Gray can be found coaching YMCA soccer, mentoring local youth on teamwork and discipline, and recently inspiring over 22 teenagers to always aim high. Within the gates, Gray pro-



vides direct patient care, regularly briefs first term Airmen on oral health and tobacco cessation and has recently ensured 100 percent medical readiness of 25 newly assigned personnel. Committed to achieving higher education, Gray is enrolled in The American Military University and has completed nine credits hours toward his degree; he has also managed to maintain a 3.5 GPA. The constant feedback provided by customers and Gray's leadership, substantiates his selection as this month's Top 3 Spotlight Airman!

Did You Know: Standards for CUI Prep

Master Sgt. Shawn Andrews
14th Operations Group
First Sergeant

One of the items that the 14th Flying Training Wing will be graded on during the upcoming Consolidated Unit Inspection is the wing's overall compliance with standards. This is different than the many checklists that your duty section may be running. This is an area that each person reading this column can impact.

As part of the Team BLAZE build-up to the upcoming CUI, this will be a continuing piece highlighting different standards in

each article. The standards discussed may be under-practiced, little known, or perhaps forgotten.

While some topics may seem trivial to the reader, see how many violators you notice as you go about your business throughout the wing. Each of you are encouraged to educate your peers on the topics, and correct those that are not compliant well before the 2013 CUI.

Did You Know?

• **Outer Garments:** (AFI 36-2908, paragraph 6.1) As the temperature gets cooler outside, people start wearing outer garments again. It is important to remember

that the only outer garments approved for wear indoors are the pullover sweater, cardigan sweater, and lightweight blue jacket. The APECS and Sage Green Fleece are NOT authorized to wear indoors.

• **Gloves:** This is also the season when we start seeing people wearing gloves while in uniform as a cold weather accessory. No matter what uniform combination you are wearing, ABU, FDU, blue service, or service dress uniforms, gloves can only be worn with appropriate outer garments (AFI 36-2903, paragraph 6.3.8.1). This means that if you are wearing gloves, you must also be wearing a

sweater, jacket, or fleece.

• **Necklaces:** Will not be visible at any time. If worn, will be concealed under a collar or undershirt (AFI 36-2903, paragraph 6.3.1.5). We hardly ever have an issue with this while wearing the ABU or blue uniform combination. However, this also applies to the PTU which is when most necklaces pop out. Even when you're in the gym trying to get "swole", you've got to keep your necklace concealed.

If you have questions about, or would like more information on, any of the above standards, see your First Sergeant!

Congratulations

The 2013 Professional Military Education school select list was recently released and we have seven Team BLAZE Airmen on it. Please take time to congratulate them and wish them well for their next phase in their career:

Squadron Officer School - Mr. Michael Fischer (SE)

Air Command and Staff College - Maj Steven Thomas (49 FTS), Maj Jennifer Varga (CPTS), Mr. Allen Reed (CE), and Mrs. Raquel Fischer (CE)

National Intelligence University - Maj Carl Miller (OSS) and Maj Joe Ringer (SFS)

Civilian Acculturation and Leadership Training - Ms. Ronisha Hodge (CE)

Get out this Veterans Day

Senior Airman Chase Hedrick
14th Flying Training Wing
Public Affairs

In case you haven't noticed, a lot of businesses nearby to where you live are offering a lot of free or heavily discounted stuff to you this Sunday. Did you go out on Veterans Day last year and take advantage of these deals? Forget about just the free doughnuts and such, there's other benefits like no huge blowout-sale lines or Black Friday stampedes. That doesn't keep you from going out and getting free swag?

This is the one day America has set aside specifically to thank you for what you've done, and what you continue to do. There's nothing forcing these American businesses to make offers that sacrifice their profit margin, but

they want to because you've offered to sacrifice your life for them. Maybe you've been to the dustbowl, maybe you've been someplace a little more exotic, or maybe you haven't been anywhere at all. It doesn't matter because you've offered to, and they recognize that.

Historically Veterans Day didn't exist until 1954. Before, it was a holiday to remember WWI and WWI veterans known as Armistice Day. When WWII ended a movement began to change Nov. 11 to celebrate the service of all veterans.

Step out this Nov. 11 and give your fellow Americans a chance to see and talk to a real, live veteran and keep the traditions and the holiday alive. In World War II 1,076,245 Americans gave their lives. That's what it took to spark Veterans Day and it takes you to keep it going.

Domestic violence awareness 'experiment'

Paula Spooner

81st Medical Operations Squadron
family advocacy outreach manager

KEESLER AIR FORCE BASE, Miss. — Every year, the Family Advocacy Program staff plans and implements a community awareness campaign designed to educate Keesler Air Force Base Airmen, as well as reinforce the reality that prevention and detection of interpersonal violence is truly a base-wide responsibility.

This year, FAP teamed up with Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, to conduct a social experiment. Fifteen male and female volunteers of various ranks, ages and job descriptions were recruited to don realistic moulage injuries indicative of non-accidental trauma. Each victim was then embedded within his or her duty section to conduct the routine day-to-day responsibilities of the job.

The objective? It was to observe and evaluate bystander response to the perceived injury, both from friends and co-workers as well as casual observers. Would others approach, express concern and offer support? Would the bruises, bites or scratches be a source of discomfort or embarrassment for others and responded to with jokes or deliberate avoidance?

If approached by concerned bystanders, volunteers offered no explanation, but handed them cards explaining the experiment, confirming their actual safety and thanking the wingmen for intervening. Otherwise, the volunteers were to go about their normal daily routine — working, going out to lunch or hitting the gym for a quick workout. The volunteer victims were instructed to pay careful attention to their own personal thoughts and feelings as they observed others.

Many of the participants reported being surprised by their observations. One common finding was the frequency with which the clearly visible injuries were actively ignored, even in situations in which they interacted with others one-on-one. In fact, 61 percent of the tallied responses were described as "purposely ignoring the injury or saying nothing."

Virtually all participants reported that many of the colleagues closest to them seemed the least likely to respond. All participants agreed that when this occurred, the

negative impact was significantly greater than feeling ignored by acquaintances or strangers.

Although there were a few reported exceptions, most Air Force members in leadership positions expressed concern and offered support. The majority of participants agreed that the attitude with which a bystander approached them was critical, as many were addressed in the presence of others or in a teasing or joking manner.

Virtually all volunteer victims reported experiencing an emotional response, citing sadness, depression, anger, disappointment and hurt as examples. One victim wrote, "If I was an actual victim that day, it would have been one of the worst days of my life. The lack of concern from my peers could have hurt and angered me more than the actual (domestic violence) attack."

This feedback is consistent with what we know about interpersonal violence. The message conveyed by a bystander's lack of response is, "I'm not worth anyone taking the time. No one cares. I must deserve it." Worse, the senses of betrayal, hopelessness and despair experienced when someone they trust chooses to ignore the signs of non-accidental trauma are often the toughest hurdle for survivors to overcome in counseling. It's not that most people don't care, won't take the time or think it's none of their business. To the contrary, most people are concerned; they want to do the right thing, but too often people don't intervene because they worry that they might offend the victim, or they simply have no idea what to say.

Maybe the biggest lesson about the experiment is the reminder that every one of us has tremendous power in others' lives. You don't need to know details about the private lives of everyone in your office to recognize if one of them suddenly comes to work with a black eye. And after talking to hundreds of trauma survivors through the years, I can tell you this: If someone is being hurt, your silence damages far more than if you should say something that seems awkward.

So be discreet, be respectful, be kind. If you are concerned, say something like, "Hey, if you want to talk or you ever need anything, I'm always here." Those simple words of compassion have the potential to become a lifeline that might become the hope that makes a difference in that person's life.

Nuclear treaty monitoring aircraft visits Patrick AFB

Susan A. Romano
AFTAC Public Affairs

PATRICK AIR FORCE BASE, Fla. — Special equipment operators from the Air Force Technical Applications Center's Detachment 1 visited Oct. 25 and invited base personnel to tour the detachment's flying workhorse, the WC-135 Constant Phoenix.

The detachment, which is located at Offutt AFB, Neb., is responsible for operating and maintaining the advanced atmospheric research equipment aboard the specially-configured WC-135 aircraft in support of the U.S. Atomic Energy Detection System.

USAEDS is a global network of nuclear detection sensors that monitor underground, underwater spaced based or atmospheric events. AFTAC is the sole Department of Defense agency tasked with operating the USAEDS for nuclear event detection, which is directly linked to the center's nuclear treaty monitoring mission.

The Air Force has two specially-configured WC-135s in its inventory. Interestingly, the jet that visited Patrick AFB, #667, was also the aircraft that was tasked to assist during Operation Tomodachi, the DoD's response to the earthquake and tsunami relief efforts in Japan in March 2011.

During the very early stages of the nuclear meltdown of the Fukushima Nuclear Power Plant on the Pacific coast of Japan, the WC-135 flew nine missions and analyzed 660 samples, which were forwarded to national laboratories for further examination and analysis. Fukushima was the largest nuclear disaster since Chernobyl in 1986, where the WC-135 also played a major role in tracking radioactive debris from that plant's disaster.

"One of the great success stories for Det. 1 was the fact that AFTAC's analysis of the Tomodachi airborne samples enabled our scientists to develop plume models that provided scientific evidence for senior leaders to make critical decisions regarding the evacuation of Americans in Japan," said Lt. Col. John Baycura, detachment commander. "We were able to collect, analyze and disseminate data that was considered the best in the nation — and was provided to the highest levels of our government."

Their efforts paid off: AFTAC's Tomodachi team was nominated for the prestigious Samuel J. Heyman Service to America medal, a national level award that recognizes significant contributions by those in federal service.

As people made their way through and around the aircraft on Patrick's flightline, crewmembers

briefed visitors on the features and capabilities of the atmospheric collection suite, which allows the mission crew to detect radioactive 'clouds' in real time.

"Our aircraft is equipped with external flow devices that allow us to collect airborne particulate on filter paper and a compressor system for whole air samples," said Staff Sgt. Matt Wilkens, Det. 1 Noncommissioned Officer in Charge of current operations. "The particulate samples are collected using a device that works like an old Wurlitzer jukebox. An arm grabs the paper from its slot and moves it to the exterior of the fuselage. After exposure, it is returned to the filter magazine where a new paper is selected for use. It's a simple, yet effective, concept."

The WC-135 has been in the Air Force inventory since 1965 and currently supports the Limited Test Ban Treaty of 1963, which prohibits any nation from testing nuclear weapons above ground. The Constant Phoenix is the only aircraft in the USAF that conducts air sampling operations. The cockpit crews are from the 45th Reconnaissance Squadron at Offutt AFB.

"I was really impressed and really glad I had a chance to see the plane in person," said Yamilka Camacho, AFTAC Human Resources assistant. "I've been working at AFTAC for three years and knew what the Constant Phoenix' mission was, but getting to see it up close and listen to the crew talk about the equipment really put it all in perspective for me."

National Parks free to veterans this weekend

WASHINGTON — America's 398 national parks will offer the public free admission Nov. 10-12 during Veterans Day weekend in honor of those who serve and have served in the U.S. military, according to a National Park Service news release.

"National parks preserve places that commemorate our country's collective heritage — our ideals, our majestic lands, our sacred sites, our patriotic icons — which our military has defended through the years," National Park Service Director Jonathan B. Jarvis said in the release.

"We are grateful for the service and sacrifice of military members, past and present, and honored to tell their story at many of our national parks," Jarvis added.

From frontier forts to World War II battlefields, more than 70 national parks have direct connections to the military, the release said. These include the earliest national parks, where Army engineers designed park

See PARKS, Page 12

New DOD Safe Helpline Mobile App now available

WASHINGTON — The Department of Defense announced its new DOD Safe Helpline Mobile Application. With this new app, service members transitioning to civilian life will have access to critical resources that assist in managing the short- and long-term effects of sexual assault.

This new app is the latest in a string of technological innovations designed to support sexual assault victims in the military, officials said.

The app contains the option for users to record their current emotional state and create tailored self-care plans to address sadness, hopelessness and disconnection. These self-care plans include suggested resources and exercises, and can be stored for future reference. This includes a list of breathing, stretching and visualization techniques that can reduce anxiety, depression and symptoms of post-traumatic stress.

"Victims want to choose when and where they get support, so we are using technology to provide them as many options as possible," said Maj. Gen. Gary S. Patton, DOD Sexual Assault Prevention and Response Office director. "This new app, tied into the Safe Helpline, is another tool to provide support to military victims of sexual assault."

Users can connect with live sexual assault response professionals via phone or anonymous online chat from their mobile devices for support. Users can also navigate resources — disability assistance, medical benefits, housing help and employment assistance — or search for resources near their base or installation. The Safe Helpline mobile app is for short-term self-care and is not to be used as a substitute for professional medical advice or a mental health treatment plan.

The DOD Safe Helpline Mobile App is free and available for download from the Apple and Android app stores. DOD administers Safe Helpline via a contract with the non-profit Rape, Abuse and Incest National Network, the nation's largest anti-sexual violence organization.

Additional information regarding the Department's Sexual Assault and Response Office can be found at <http://www.sapr.mil>.

(Courtesy of the Office of the Assistant Secretary of Defense Public Affairs)

Order of Daedalians
Fall Golf Tournament 2012

4-Person, 18-Hole Scramble
Monday, November 12, 2012
0800 Registration
0900 Shotgun Start
Whispering Pines Golf Course, Columbus AFB

Entry Fee:
\$40 per player (pay at registration)
Entry fee includes prize fund, cart, greens fees & catered lunch

Featuring:
Prize for Longest Drive
Prize for Closest to the Pin
Prizes for 1st & 2nd place teams
Prize Raffle
Mulligan's, Strings & Rulers available for purchase at registration

Sign up:
Call Ryan Sullivan at (662) 434-1271 or Ben Oatley at (662) 434-2929
email: Ryan.Sullivan@columbus.af.mil;
Benjamin.Oatley@columbus.af.mil to register by 8 November 2012
ALL Benefits go to the Daedalians Scholarship Fund

New program provides recordable books to deployed Airmen

Tech. Sgt. Steve Grever

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force Personnel Center Directorate of Services officials are sending more than 900 recordable children's books to learning resource centers at six deployed locations throughout the U.S. Air Forces Central Command's area of responsibility.

The Air Force Library Program collaborated with the Directorate of Services' PLAYpass initiative to create the Get Out and READ Program to offer deployed Airmen an opportunity to keep in touch with their children by reading and recording books in their own voices.

"PLAYpass has invested over \$30,000 for the Get

Out and READ program to send recordable books to learning resource centers at six deployed installations," said Linda Weston, AFPC Directorate of Services PLAYpass program coordinator. "Deployed Airmen can request a recordable book kit that includes a book, instructions for recording their voice, a pre-paid mailing box and a message card to send a personal note to their families."

More than 150 recordable book kits are being shipped to each deployed location this month and additional book kits will be made available next year.

The PLAYpass card program provides families of deployed Airmen access to learning, recreation and leisure activities at a reduced cost or free of charge. For general information about services programs, visit <http://myairforcelifeline.com>.

Base families are offered a variety of fun activities

Columbus Club New Hours

In order to provide improved service while maintaining a budget, the Columbus Club will be closed on Mondays beginning Nov. 5. Indy's at the club will feature a revamped menu, and will be featuring a daily buffet starting Nov. 6 so come on out for some lunch.

Get Your Grill On

Come join us for the "Tailgating Cooking Contest and Party" on Nov. 10 from 12 p.m. to 2 p.m. in the Commissary parking lot. Registration forms are found at the BX, Commissary, or online at www.fssrocks.com if you are up to the challenge. Grand prizes include a 46" LCD TV for the best cooking dish, and an iPad 3 for the best decoration! For more information call 434-2405.

Flea Market Saturday

Do you make homemade goods or are interested in buying some? Do you have extra items lying around the house that you don't need. One person's trash is someone else's treasure! The flea market is open on Nov. 10 from 11 a.m. to 2 p.m. Cost is \$15 per space/table or \$25 for a double space/table. For more information call 434-2505

Thanksgiving Holiday Camp

The Youth Center is hosting a Thanksgiving Holiday Camp from Nov. 19-21 from 7 a.m. to 6 p.m. There is a \$10 non-refundable deposit for activities and the cost is based on family income. Registration must be completed by Nov. 13. For more information call 434-2504.

Wee Babies!

It's baby fun time! Bring your kid(s) ages 0-4 to the Library for rhythm, kinesthetic, body awareness, and song and dance activities! This event occurs on the 1st and 3rd Thursday of the month. For more information call 434-2936.

Native American Reading Night

Come enjoy the readings of Native American culture at the Library. This event will be held on Nov. 13 from 6 p.m. to 7:15 p.m. For more information call 434-2934

Mothers Happy Time!

The Child Development Center presents Mothers Happy Time! Let the CDC provide care for your children while you enjoy some "Happy Time" with friends. Get three or four mothers together and plan an outing. Available Tuesday and Thursday from 10 a.m.-2 p.m. For more information call 434-2479.

Sunday Lunch N Bowl

Lunch N Bowl on Sundays, for each adult combo purchased at the Bowling Center receive two free games of bowling, must pay for shoe rental. For more information contact 434-3426.

Two for Tuesdays

Two for Tuesdays at Whispering Pines Golf Course, \$25 for two players to play up to 18 holes of golf including cart. For more information contact 434-7932.

Are you feeling lucky?

Information Ticket and Travel offers monthly casino trips every first Friday of each month. With more than 5,000 slot machines, 115 table games and 14 poker tables including the wildly popular Texas Hold'em, you will not be bored at the Silver Star Casino in Philadelphia, MS. Join the fun for only \$25 which includes transportation and receive \$25 IN BONUS BETS! Contact 434-2505 for more information.

utes 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 251-9255 for an appointment.

Daily Fitness Classes Available

Columbus AFB Fitness and Sports offers a variety of heart-pumping, sweat-inducing classes throughout the week including Aerobics Class. Come check out Zumba every Tues. at 6 p.m. and Sat. at 10 a.m., and circuit training classes on Tues. and Thurs., 5:30 p.m. Wednesdays at 5 p.m. spin. For more information, call 434-2772 or go online to www.cafbssrocks.com and click on the link to the Fitness page.

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 WORLDWIDE...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.

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.

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 AFRC at 434-2790.

Space A Lodging

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

Base News

2012 Columbus AFB Holiday Cookie Drive

The Columbus AFB annual Holiday Cookie Drive will take place on Monday, December 3, 2012. As the holidays approach, let's provide our single and unaccompanied personnel with home-baked goodies. Cookie donations will be accepted beginning at 6:30 a.m. the morning of Dec. 3 at the Columbus Club. There will also be collection boxes in squadrons around the base. For more information, please contact Mai Lan Isler at 434-0288, or Dawn Westphal at 434-6003.

Tax Volunteers

The Columbus AFB Tax Center will open in late January and we are looking for volunteer tax preparers and center assistants. All of our volunteers play a critical role in assisting service members, retirees and dependents complete and file their tax returns. This service helps our clients obtain the refunds they have earned! We welcome volunteers with special skills or training, and would appreciate your expertise. However, training will be provided on the latest tax preparation forms and software, so prior experience is not required. Great volunteers are individuals who have prepared their own tax returns; are comfortable with computers; are willing to learn; and enjoy working with people. If you want to become a trained tax preparer or volunteer in any other way, please contact Capt Wells in the legal office at 662-434-7030 to register.

donations with the staff during business hours. The Attic is located in building 530, across from the Thrift Shop. For any questions, please call 434-1614.

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 to 10:30 a.m. Please call the clinic appointment line at 434-2273 to reserve your spot in the next Birth Control Counseling Class.

FREE Computerized CLEP Exams

Computerized CLEP testing is available at the Mississippi State University Assessment and Testing Center (<http://www.ats.msstate.edu/testing/>). Military members will NOT be charged a fee for the first-time administration of any CLEP exam. However, retakes of CLEP exams must be paid for by the military member. DANTES (DSST) paper-based exams will continue to be administered in the CAFB Ed Office. Please call 434-2562 or 434-2563 for more information.

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.

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.)

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.

Airman's Attic

The Airman's Attic is open Tuesdays/Thursdays 10 a.m.-2 p.m. and Saturdays 10 a.m.-noon. The Attic serves junior enlisted members (E-1 through E-5) with uniforms and basic household items at no cost. Donations of uniforms, household goods, family clothing, maternity, infant care items and furniture are welcomed. Please coordinate furniture or other large

ments 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.

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?"

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.

Computer workshops

The cost is \$30 each if taken at the Golden Triangle campus. They are free and taught here on base at the AFRC. We need a minimum of six, maximum of 11. We currently have two in each. If we do not get enough students, EMCC cannot provide an instructor, and we may not be able to offer these workshops in the future.

Volunteer Opportunities

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

Air Force Aid Society's Gen. H.H. Arnold Education Grant

Online applications for the 2013-2014 academic year will be available from the Society's website, www.afas.org, after Nov. 1. Please visit their website for details on eligibility and requirements.

Hearts Apart Social

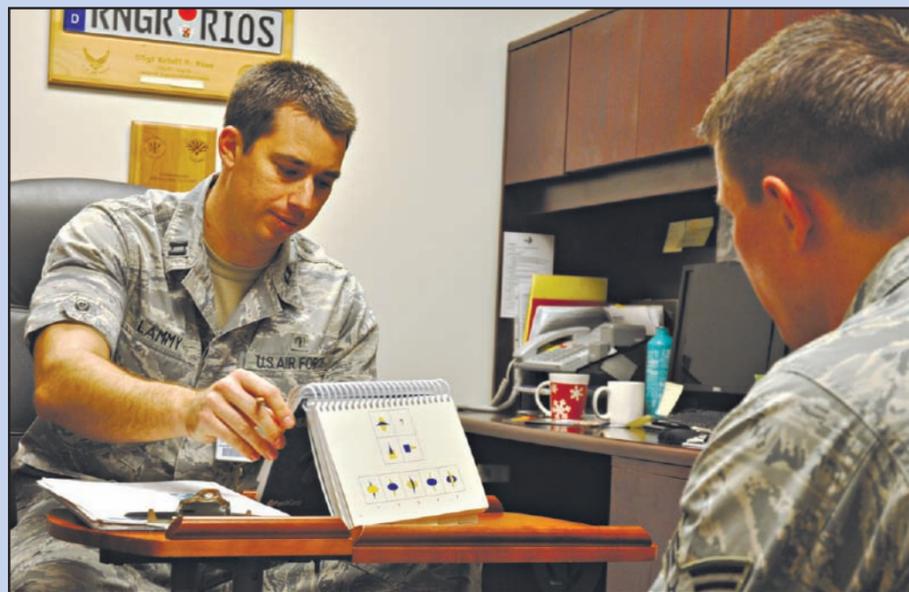
Nov. 13, 4:30-6:30 p.m. A social gathering for families of deployed (over 30 days) or remote personnel, information, refreshments, and activities. Please RSVP when invitations are received. Headcount of attendance prior to event is critical for planning and preparation. Advance registration required, call 434-2790.

Spouse Deployment Briefing

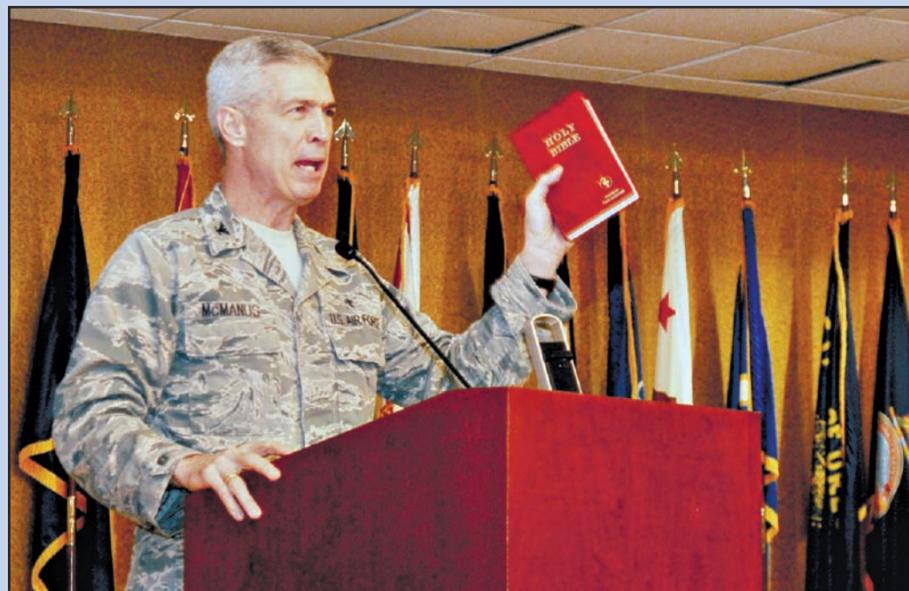
Nov. 14, 9-11:30 a.m. Information on deployment delivered to spouses of military members who may or may not already be tasked to deploy. Military sponsors are welcome to attend with their spouses! Please arrange care for your children during this adult class time. For more information call 434-2790.

Using the Internet for Job Search

Nov. 14, 10-11 a.m. Using the Internet to job search, transition, and employment applications. To register, call 434-2790.



U.S. Air Force photo
Approaching life's challenges in a positive way by demonstrating self-control, stamina and good character with choices and actions; seeking help and offering help. Organizations that can help with the mental pillar of Comprehensive Airman Fitness on Columbus AFB include the Mental Health Flight (434-2239), Military Family Life Consultant (251-8627), information from the Airman and the Airman and Family Readiness Center (434-2790).



U.S. Air Force photo
Strengthening a set of beliefs, principles or values that sustain an individual's sense of well-being and purpose. Spiritual fitness is about having a sense of purpose and meaning in your life. It's essential to an individual's resiliency as esprit de corps is vital to a unit's mission accomplishment. It includes but not limited to worldviews, religious faith, sense of purpose, sense of connectedness, values, ethics and morals. The 14th Flying Training Wing chapel can be reached at 434-2500.

Resiliency

Comprehensive Airmen Fitness

Staff Sgt. Amanda Dick
Air Force Public Affairs Agency

WASHINGTON (AFNS) — Resilience: Merriam-Webster defines it as “an ability to recover from or adjust easily to misfortune or change.”

Resiliency is a word used a lot throughout the Air Force, but not many take to heart; many see it, specifically Comprehensive Airmen Fitness, as just a program, but it's so much more.

“It's not a program,” said Lt. Col. Gregory Laffitte, the Headquarters Air Force Comprehensive Airman Fitness Branch Chief. “We're creating a culture. We want to foster this Air Force community that's thriving.”

The concept of resilience has been around long before the Air Force. Thomas Edison and the Wright Brothers were all resilient members of society who paved the way for many of today's luxuries, despite obstacles they faced and negative comments.

“There were two brothers — this was years ago — these two guys, they grew up together in the same household with the same mom and dad,” Laffitte said. “Their lives were challenged with the economy, the Great Depression, the down turn of how things can be. Historically, they struggled. As they got older, they had a hard time keeping jobs, becoming established and being successful. They had failed business ventures and enterprises.

One of them was out playing hockey and got hit in the mouth — knocked his teeth out. The other one elected to stay home to take care of family. As they faced these challenges, they didn't get to go on and do what they wanted to do or maybe had some failings along the way. One day, they opened up a bicycle shop in Dayton, Ohio. Guess who these guys ended up being? Orville and Wilbur Wright.”

Comprehensive Airmen Fitness aims to create a culture where Airmen have the skills they need to overcome adverse or traumatic events in their lives. CAF consists of four main pillars: mental, physical, social and spiritual fitness.

“(CAF) translates into readiness,” Laffitte said. “The data out there demonstrates, with a lot of validity, that if (the pillars) are in balance, a person is happier — they thrive. When Airmen receive training to gain skills to be more resilient, they do even better.”

No one knows this better than Chief Master Sgt. Richard Simonsen, the Joint Base Anacostia-Bolling senior enlisted leader, who suffers from post-traumatic stress disorder and minor traumatic brain injury due to several attacks from a prior deployment.

Comprehensive Airmen Fitness aims to create a culture where Airmen have the skills they need to overcome adverse or traumatic events in their lives. CAF consists of four main pillars: mental, physical, social and spiritual fitness.

Simonsen runs on the treadmill several times a week, shutting out the world with headphones and running with his eyes closed. When asked why, his answer was simple.

“It's 30 minutes I can spend with God,” Simonsen said. “I use it to enhance myself spiritually. I like to listen to Christian music; there's podcasts of Christian messages. I like to take care of the spiritual side of Rich Simonsen while I'm taking care of the physical side.”

While Christian faith is Simonsen's spiritual pillar, it's not the end-all-be-all for every Airman.

“The spiritual aspect means having faith or a belief in something that's bigger than yourself and not necessarily limited to a religion,” Laffitte said. “The notion of having a spiritual connection means a lot of things to different people, and the Air Force is not proselytizing one faith or another. It's a significant piece in people's lives. When you're

facing something that's really giving you a hard time, your faith — whatever that may be — is something you can draw upon and a source of strength for a lot of people.”

Laffitte said CAF is not a new concept, but merely one using existing resources available to all Airmen. There are assets available at every installation to help Airmen be mentally fit, especially if they hit a mental threshold.

For Airmen who are struggling with the physical portion, facilities like the health and wellness center can provide information one needs to shape up his lifestyle. As for the social pillar, Laffitte said this is an area the Air Force can work on.

“The digital age is undermining social contact,” he said. “We need to bring people together to create a culture where people look at each other and understand what's going on.”

Another piece of CAF is training. Recently, the first Air Force-level Master Resiliency Training Course ended. This class teaches students resiliency skills focusing on what Laffitte called the “power of positive psychology.” After the instructor teaches the class, the students then teach the material back to their peers to make sure each student understands it.

The goal is to have a minimum of four master resiliency trainers from each base trained who will return to their home installations and create resiliency training assistants who together will teach resiliency courses across the installation.

“We create a culture that empowers people to go back to the basics where you know who your people are,” Laffitte said. “Bouncing back from adversity is just ordinary people doing great big things.”



U.S. Air Force photo
Performing and excelling in physical activities that require aerobic fitness, endurance, strength, flexibility and body composition derived through exercise, nutrition and training. Organizations on base that can help include the 14th Medical Group (434-CARE), the Fitness Center (434-2397) and the Health and Wellness center (434-2477).



U.S. Air Force photo
Developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views and experiences. Organizations that facilitate social interaction include the Airman and Family Readiness Center (434-2790), 14th Force Support Squadron events, and the Columbus Club (434-2489). See the briefs section and FSS Page of the base newspaper for more information on events on Columbus AFB.