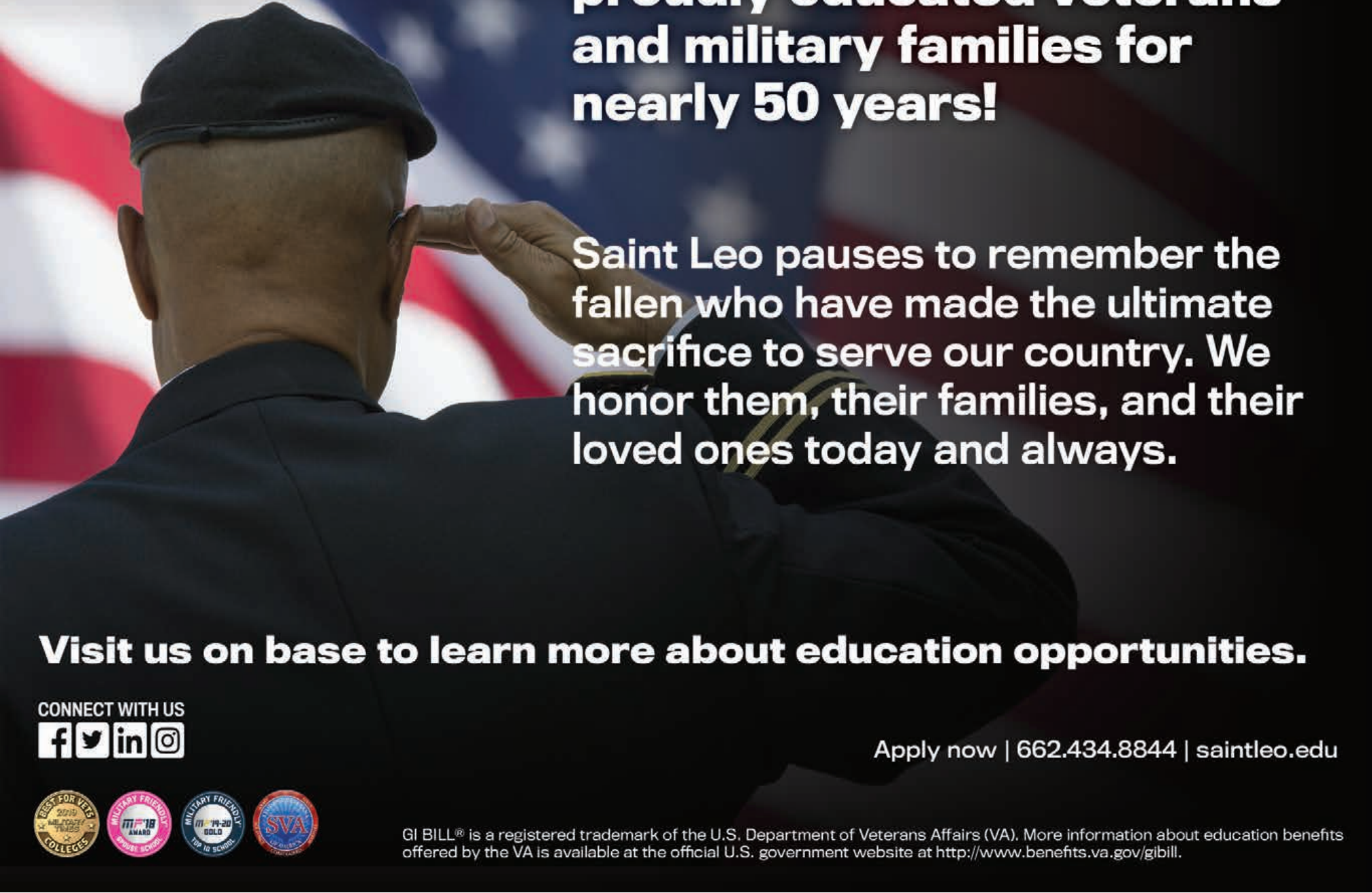


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Vol. 43, Issue 23

Columbus Air Force Base, Miss.

May 23, 2019

Weather

Friday  Partly Cloudy High 92°F Low 69°F	Saturday  Partly Cloudy High 94°F Low 70°F
Sunday  Partly Cloudy High 94°F Low 70°F	Monday  Partly Cloudy High 94°F Low 70°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Federal Holiday

Most base offices will be closed May 24 and May 27 due to an Air Education and Training Command family day and Memorial Day.

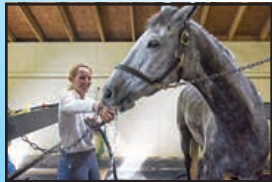
Enlisted Promotions

An Enlisted Promotions ceremony will begin at 3 p.m., May 30 in the Columbus Club. Join us to celebrate and congratulate our newly promoted Airmen!

SUPT Class 19-10/16 Graduation

SUPT Classes' 19-10/16 Graduation will begin at 10 a.m. May 31 in the Kaye Auditorium. Stop by and join the newest Air Force aviators in celebrating their accomplishment.

Inside



Feature 8

This week's front page article is also highlighted in this week's feature.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Maj. Andrea Matesick, F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals, and her horse, Calvin, jump over an obstacle inside the arena at Tokaruk Show Stables April 10, 2019, in Collierville, Tenn. Matesick is an instructor pilot with the 49th Fighter Training Squadron at Columbus AFB, Mississippi, and is also one of two athletes in the Air Force Sport program's equestrian division, in which she competes in show jumping.

From cockpit to saddle, Columbus AFB Airman excels in both

Tech. Sgt. Christopher Gross

14th Flying Training Wing Public Affairs

She grew up a horse loving and riding kid in Northern California and put her dream of riding professionally on hold when she enlisted and later commissioned into the Air Force.


It wasn't until 2013, while stationed at Mountain Home

Air Force Base, Idaho, that Maj. Andrea Matesick, now an F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals at Columbus AFB, Mississippi, would reach out to the Air Force Sports program. This was when she discovered

See EQUESTRIAN, Page 8

COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (20-22)	June 11	48th (19-16)	May 31	49th (19-HBC)	May 29	T-6	1,888	1,994	17,850
41st (20-03)	May 30	50th (19-16)	May 31			T-1	675	514	5,827
Brig. Gen. Edward Vaughan, Special Assistant to the Director of Training and Readiness, Deputy Chief of Staff for Operations, Headquarters U.S. Air Force, the Pentagon, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-10/16 graduation at 10 a.m., May 31 in the Kaye Auditorium.						T-38	840	721	6,917
						IFF	350	304	2,871
						* Mission numbers provided by 14 FTW Wing Scheduling.			



14TH FLYING TRAINING WING DEPLOYED

As of press time, 54 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

Deployment numbers provided by the Installation Personnel Readiness Office.

News Around Town

Free haircuts

Currie's Barber Shop is offering free haircuts to active-duty, Guard, Reserve and retired veterans on Memorial Day and Veteran's Day at 805-C Alabama St. Columbus, Mississippi.

14th FTW awarded 2018 AFOUA

Congratulations to the 14th Flying Training Wing for receiving the 2018 Air Force Outstanding Unit Award. The AFOUA is awarded to units for "exceptionally outstanding achievement clearly setting the unit above and apart from similar units" and Team BLAZE has accomplished just that. This is a result of the hard work and continued commitment from each and every member of the 14th FTW.

Security and policy review

Did you know that as a military member you must coordinate all information relating to speeches, presentations, academic papers, multimedia visual information materials and information proposed for release to a publicly accessible Worldwide Website, with exception of Air Force publications, through the 14th Flying Training Wing Public Affairs Office? For more information contact the 14th FTW/PA at 434-7068.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
27 Memorial Day, Most base offices closed	28 Memorial Day Retreat Ceremony, 4:14 p.m. @ Wing HQ	29 IFF Class 19-HBC Graduation T-6 Heritage Painting Unveiling, @ Walker Center	30 49th FTS Change of Command, 8:49 a.m. @ Fire Station Enlisted Promotions, 3 p.m. @ Club	31 SUPT Class 19-10/16 Graduation, 10 a.m. @ Kaye Auditorium	1/2	June 9-15: National Flag Week June 14: Flag Day June 14: SUPT Class 19-17/18 Assignment Night June 16: Father's Day June 18: Wing Newcomers June 25: IFF Class 19JBC Graduation June 27: Post Traumatic Stress Disorder Awareness Day June 27: Enlisted Promotions June 27: 14th SFS Change of Command
3	4 Wing Newcomers, 8 a.m. @ Kaye Auditorium	5	6 D-Day Anniversary 37th FTS Change of Command, 9:37 a.m. @ Fire Station Enlisted Partnering, 6 p.m. @ Huck's Place	7 Wing Diversity Day, 10 a.m.-2 p.m. @ Club	8/9	

Silver Wings

How to reach us

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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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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.

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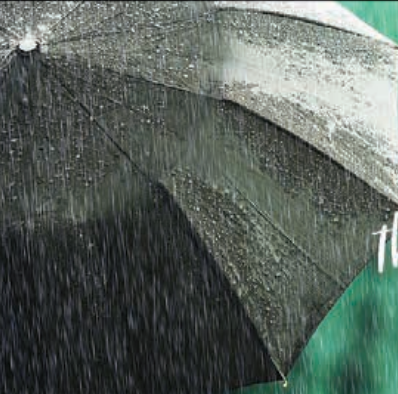
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Year of Defender revitalizes security forces squadrons

Senior Airman Tryphena Mayhugh
62nd Airlift Wing Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash. — Security forces is the largest enlisted career field in the Air Force with approximately 38,000 defenders spanning 120 bases. In order to better care for these Airmen and ensure they have everything they need to complete their mission, 2019 was declared The Year of the Defender by top Air Force officials.

During the 2018 Air Space Cyber Conference, Air Force Chief of Staff Gen. David L. Goldfein announced the Air Force would begin implementing the Reconstitute Defender Initiative in all security forces squadrons.

“We must always take integrated and layered base defense to a new level by increasing investment in our defenders with new equipment, new training, new tactics, techniques and procedures and renewed focus at every echelon of command,” he said. “This is the Year of the Defender because we don’t project power without the network of bases and infrastructure needed to execute multi-domain operations.”

The RDI is a multi-year approach to enhance mission effectiveness across the security forces career field. Its purpose is to restore readiness, revitalize security forces organizations at all levels and build a more lethal force in accordance with the secretary of defense and secretary of the Air Force direction.

For the 627th Security Forces Squadron at Joint Base Lewis-McChord, this is not something new.

“When the command team came in before RDI, our squadron said we needed to be revitalized,” said Maj. Michael Holt, 627th SFS commander. “We kind of ran with RDI before RDI was even a concept and have just been grinding it out.”

“We have done a lot in the two years since I’ve been here, not just with facilities, but also with the overall mindset,” he continued. “I think we have changed the atmosphere a little with owning the battle space.”

Eight objectives fall under the RDI: human capital, modern weapons, improved policy, modern equipment, integrate technology, competent and lethal Defenders, improved facilities and improved infrastructure.

Now that the initiative is in place, Holt and his squadron are receiving the time and funds to continue to implement many of the ideas they have had to improve the squadron’s effectiveness and morale.

In order to restore readiness to their squadron, they have digitized their mobility folders, re-aligned their organizational structure, implemented a leader-led training focus and more.

One major step was upgrading the Defenders’ training time from twice a month to four times a month. They also have more funds to purchase better training equipment, such as simulators that enhance and test active-shooter; use-of-force; and shoot-no-shoot scenarios.

“It’s making them more lethal, but it’s also resurging and revitalizing them as defenders,” said Tech. Sgt. Jessica Stilwell, 627th SFS noncommissioned officer in charge of training. “I think because we don’t have a deployed mission set at this base, you can become stagnant and complacent.”

Stilwell added the funds and time afforded to them this year are going to help them better respond to threats as training builds a kind of muscle memory.



U.S. Air Force photo by Senior Airman Tryphena Mayhugh

A Warrior Training Alliance instructor explains to 627th Security Forces Squadron Airmen the process for training with a simulator that puts the defenders through various scenarios to test them on use of force and other tactics at Joint Base Lewis-McChord, Wash., April 30, 2019. The Warrior Training Alliance is just one of several opportunities the 627th SFS can take advantage of as a part of the Reconstitute Defender Initiative that was implemented by top Air Force leaders.

Secretary of the Air Force Heather Wilson is one of the leaders spearheading the defender initiative. She believes training for defenders is an integral part in the success of the Air Force mission.

“Throughout our 71-year history, we have had the primary task of defending the bases from which we project combat power,” she said. “At the heart of this no-fail mission is the elite defender who must be the best in the world at 21st century integrated base defense.”

As a part of that base defense, one of the 627th SFS’ primary missions at JB Lewis-McChord is flight line security. To revitalize the squadron, the 627th SFS is focusing on providing up-to-date vehicles, weapons and gear that will make the defender’s tasks easier and more effective.

“Since I have been here, we really were struggling to get the gear or equipment we need, but that’s starting to change,” said Staff Sgt. Ashley Thomas, 627th SFS flight chief. “We are getting new weapons systems all the time. It’s nice the higher ups are giving us the tools we need to be effective with our mission for flight line security.”

“Any equipment you can get that makes the job easier helps keep our spirits up,” she continued. “It’s nice to know these things are being looked at and we’re being taken care of.”

Having the training and equipment needed to effectively defend the base is important. The 627th SFS has started

doing mounted operations convoy simulations, added a combatives room to their squadron and training at a full distance range with pop-up targets to increase lethality.

In addition, the 627th SFS armory has also received an upgrade to their system, shortening the time it takes to arm a flight of approximately 10 Airmen.

“In case of emergency, or even for day-to-day operations, our old system would take us ten minutes to arm up flight,” said Senior Airman Cory Loicao, 627th SFS flight armorer. “You would have to shove stuff aside to get the right guns out or fight with the locker system. With this new system, it has taken it down to (less than five minutes) per person.”

The new armory system is on rollers that can be moved back and forth to open up an aisle. This provides more shelving in a smaller space, allowing the weapons to have more room per shelf. Before, the weapons were crowded together and could be torn up while being taken off or put back on the shelf. The added space also allows the weapons to dry more efficiently when necessary.

“It makes it a lot more efficient for just about everything,” Loicao said. “It’s easier to access weapons, it gives us more walking room when we’re going in and out of it so it’s not so crowded and it’s a lot easier to grab the guns off the row.”

The bottom line of the RDI is working to restore full spectrum-readiness and retain the tactical advantage so defenders always have the advantage in defense.

Memorial Day Retreat Ceremony

A Memorial Day Retreat Ceremony will begin at 4:14 p.m., May 28 in front of the Wing Headquarters. Join us in honor and remembrance of Master Sgt. John A. Chapman and 1st Lt. David Albandoz for their heroic service.

Master Sgt. John A. Chapman was posthumously awarded the Medal of Honor for actions on Takur Ghar Mountain in Afghanistan on March 4, 2002, when his team was ambushed by the enemy and came under heavy fire from multiple directions. Despite severe wounds, he fought relentlessly, sustaining a violent engagement with multiple enemy personnel before making the ultimate sacrifice. With his last actions, he saved the lives of his teammates and dozens of members of his rescue team. Chapman is survived by his spouse Valerie Nessel and two



Courtesy photo
Master Sgt. John A. Chapman

daughters, Brianna and Madison.

First Lt. David Albandoz dedicated over 16 years of his life to the U.S. Air Force. Most recently, Albandoz attended undergraduate pilot training at Columbus Air Force Base, Mississippi, graduating in 2017 as a member of Specialized Undergraduate Pilot Training Class 17-14. After competing C-130H training at Little Rock AFB, Arkansas, he returned to the 198th Airlift Squadron, Muñiz Air National Guard Base, Puerto Rico, as a qualified C-130H co-pilot. Albandoz logged over 2,000 flying hours while assigned to the 198th Airlift Squadron. He died on May 2, 2018, at the age of 37 in a non-combat related incident involving a WC-130 Hercules aircraft departing from Savannah, Georgia. He is survived by his wife Nikki along with his daughter Aeliana.



Courtesy photo
1st Lt. David Albandoz

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Police Week 2019



U.S. Air Force photo by Senior Airman Keith Holcomb

Members from the 14th Flying Training Wing stand at parade rest during the Police Week Retreat Ceremony May 17, 2019, on Columbus Air Force Base, Miss. National Police Week activities were held from May 13-18, 2019, to highlight the Airmen who put their lives on the line to keep their fellow Airmen safe.



U.S. Air Force photo by Senior Airman Keith Holcomb

Members from the 14th Flying Training Wing stand at attention while the American Flag is folded during the Police Week Retreat Ceremony May 17, 2019, on Columbus Air Force Base, Miss. An annual retreat ceremony is held to honor defenders, past, present and future.



U.S. Air Force photo by Airman First Class Hannah Bean

Members from the 14th Security Forces Squadron drive through base housing during Police Week parade May 18, 2019, on Columbus Air Force Base, Miss. National Police is a week dedicated to the defenders of all generations who protect U.S. citizens and assets, at home and abroad.

Gen. Vaughan to speak at SUPT Class 19-10/16's graduation

Brig. Gen. Edward L. "Hertz" Vaughan is the Special Assistant to the Director of Training and Readiness, Deputy Chief of Staff for Operations, Headquarters U.S. Air Force, the Pentagon, is the guest speaker for Specialized Undergraduate Pilot Training Class 19-10/16's graduation at 10 a.m. May 31 in the Kaye Auditorium. The directorate, which includes the Air Force Agency for Modeling and Simulation, executes policy, guidance and oversight of Air Force readiness. General Vaughan leads the Air Force Physiological Episodes Action Team and strategic execution of live, virtual, constructive multi-domain combat simulation.



Vaughan completed Reserve Officer Training Corps at Rensselaer Polytechnic Institute and received his commission as top graduate from ANG's Academy of Military Science. He served in military leadership roles at the squadron, group, wing, MAJCOM and higher levels in both the mobility and combat air forces, including command tours in Antarctica and Puerto Rico. A joint qualified officer, he held national scope roles in Office of the Secretary of Defense, Headquarters Air Force, and National Guard Bureau.

Vaughan is a frequent speaker on exponential leadership, aviation safety, disruptive innovation and airpower. He served as adjunct faculty with the National Defense University and Air University. General Vaughan also has extensive private sector experience, including manufacturing and test engineering, marketing, entrepreneurship and small business operations.

Vaughan is a command pilot and prior navigator with more than 2,700 flying hours in fighter and mobility aircraft, more than 200 of them in combat. His contingency experience includes operations Iraqi Freedom, Tomodachi, Southern Watch, Coronet Oak, Enduring Freedom, Katrina, Deep Freeze and Maria Relief Puerto Rico. He holds life memberships in the Air Force Association, Red River Valley Fighter Pilots, Old Antarctic Explorers and Order of Daedalians.

EDUCATION

- 1991 Bachelor of Science degree in mechanical engineering, Rensselaer Polytechnic Institute, Troy, N.Y.
- 1997 Squadron Officers School, Distinguished Graduate, Maxwell Air Force Base, Ala.
- 2002 Air Command and Staff College, Maxwell AFB, Ala., by correspondence
- 2003 Joint Air Commanders Course, Air Warfare Center, Nellis AFB, Nev.
- 2009 Master's degree in strategic studies, Academic Distinction, Air War College, Maxwell AFB, Ala.
- 2010 Joint Air Operations Planning Course, LeMay Center for Doctrine, Maxwell AFB, Ala.
- 2012 Joint Faculty Development Course, Air War College, Maxwell AFB, Ala.
- 2012 Joint Faculty Development Course, Joint Forces Staff College, Norfolk Naval Air Station, Va.

- 2015 National Security Studies Program, George Washington University, Washington, D.C.
- 2017 Director of Mobility Forces Course, USAF Expeditionary Operations School, Hurlburt AFB, Fla.
- 2017 Joint Task Force Commander Training Course, U.S. Northern Command, Peterson AFB, Colo.

ASSIGNMENTS

- 1. April 1992 – February 1993, specialized undergraduate navigator training, Mather Air Force Base, Calif.
- 2. February 1993 – April 1993, student navigator, C-130 Replacement Training Unit, Little Rock AFB, Ark.
- 3. May 1993 – August 1995, Tactical Navigator, LC/C-130, 139th Airlift Squadron, Stratton Air National Guard Base, N.Y.
- 4. August 1995 – August 1996, undergraduate pilot training, Columbus AFB, Miss.
- 5. August 1996 – December 1996, student pilot, C-130 Replacement Training Unit, Little Rock AFB, Ark.
- 6. December 1996 – March 1998, Airlift Pilot, LC/C-130, 139th Airlift Squadron, Flying Executive Officer, C-130H Tactical Airdrop Pilot, 109th Operations Group, Stratton ANGB, Scotia, N.Y.
- 7. April 1998 – July 1999, Fighter Pilot Upgrade, F-16 Replacement Training Unit, Luke AFB, Ariz.
- 8. July 1999 – December 2000, F-16 Fighter Pilot, Squadron Scheduler; Bomb Range Control Officer; Squadron Training Officer, 138th Fighter Squadron, Hancock Field, Syracuse, N.Y.
- 9. December 2000 – March 2002, F-16 Instructor Fighter Pilot, Wing Plans Officer; Standardization-Evaluation Liaison Officer, 163rd Fighter Squadron, Fort Wayne International Airport, Ind.
- 10. March 2002 – February 2005, Chief of Wing Safety, Instructor Fighter Pilot, 122nd Fighter Wing, Fort Wayne IAP, Ind.
- 11. February 2005 – July 2008, Division Chief, Aviation Safety/Deputy Director, Safety, National Guard Bureau, Arlington, Va.
- 12. July 2008 – October 2009, student, Air War College, then Deputy Director, USAF Blue Horizons, Center for Strategy and Technology, Maxwell AFB, Ala.
- 13. October 2009 – September 2011, Chief, Joint Operations and Plans; Joint Task Force–Support Forces Antarctica, U.S. Pacific Command, Joint Base Pearl Harbor-Hickam, Hawaii
- 14. October 2009 – September 2011, Commander, Forward and Garrison, Detachment 1, (formerly 13th Expeditionary Support Squadron), 13th Air Expeditionary Group, JTF-Support Forces Antarctica, McMurdo Station, Antarctica
- 15. September 2011 – October 2013, ANG Advisor to the Commander and President, Air University, Maxwell AFB, Ala.
- 16. November 2013 – October 2015, National Director of Safety, National Guard Bureau, Headquarters USAF, the Pentagon, Arlington, Va.

- 17. October 2015 – June 2017, Commander, 156th Airlift Wing, Muñiz ANGB, Carolina, Puerto Rico
- 18. June 2017 – July 2018, Director for Integration – Air National Guard, Office of Reserve Integration, Office of the Secretary of Defense, the Pentagon, Arlington, Va.
- 19. August 2018 – present, Special Assistant to the Director for Readiness and Training and Lead for the Air Force Physiological Episodes Action Team, Headquarters USAF, the Pentagon, Arlington, Va.

SUMMARY OF JOINT ASSIGNMENTS

- 1. October 2009 – September 2011, Chief, Joint Operations and Plans; Joint Task Force–Support Forces Antarctica, United States Pacific Command, JB Pearl Harbor-Hickam, Hawaii, as a lieutenant colonel
- 2. June 2017 – July 2018, Director for Integration, Office of Reserve Integration, Office of the Secretary of Defense, the Pentagon, Arlington, Va., as a colonel

FLIGHT INFORMATION

- Ratings: command pilot
- Flight Hours: more than 2,700, including over 200 combat hours
- Aircraft Flown: A-10C, F-16B/C/D/F, C-130E/H1/H2/H3, WC-130, LC-130, AT-38, T-38, T-37, T-43 and T-3A

MAJOR AWARDS AND DECORATIONS

- Legion of Merit
- Defense Meritorious Service Medal
- Meritorious Service Medal with two oak leaf clusters
- Air Medal
- Aerial Achievement Medal with two oak leaf clusters
- Joint Service Commendation Medal
- Air Force Commendation Medal with oak leaf cluster
- Antarctica Service Medal
- Iraq Campaign Medal with service star

OTHER ACHIEVEMENTS

- Chief of Staff of the Air Force Individual Safety Trophy (USAF level), 2007
- Inductee to the Air Force Safety Hall of Fame (USAF level), 2008
- Patent: "USAF method/apparatus for mitigating aircrew fatigue," #US20110071873A1, 2011
- Executive Producer: "Welcome to 2035...the Age of Surprise," USAF Strategy Video, 2012

EFFECTIVE DATES OF PROMOTION

- Second Lieutenant April 9, 1992
- First Lieutenant April 15, 1994
- Captain April 15, 1996
- Major April 13, 2001
- Lieutenant Colonel May 4, 2005
- Colonel, May 24, 2012
- Brigadier General, Aug. 1, 2018
- (Current as of December 2018)

Wilson praises Airmen, expresses gratitude in farewell remarks reflecting on her tenure as Air Force secretary

Charles Pope
Secretary of the Air Force
Public Affairs

JOINT BASE ANDREWS, Md. — Two years and nine days since becoming the 24th Secretary of the Air Force, Heather Wilson bid a formal farewell, May 21, to the institution and its Airmen, expressing gratitude for the opportunity to serve and declaring, "I will always be an Airman."

"I lived a blessed life," Wilson said in a 15-minute speech which reflected on her tenure as the Air Force's highest-ranking civilian official.

She praised the skill and dedication of Airmen while comparing lessons learned from gardening as a corollary for the qualities that make for good leaders and an effective Air Force secretary. You need a plan, she said; you need friends to help, meaning allies, and "as long as it's safe, let people tinker with the tools."

"Our Airmen...tinker and fix things in new ways," she said, extending the reference. "Let your people tinker with the tools. ... As a leader, you have to think about the long term and strengthen the positive culture."

"Every one of you in this hanger, every single one of you, is a leader," Wilson said, speaking at Joint Base Andrews in Hanger 3, surrounded by her family, senior Air Force leaders, including three former secretaries, approximately 900 Airmen and a B-2 bomber.

Wilson's comments came at the end of the two-hour ceremony in which she was praised for her service and her achievements. Wilson announced her resignation in March after she was selected to be president of the University of Texas, El Paso. Her last day as Air Force secretary is May 31.

In a clear reference to what she sees as her legacy, Wilson told the crowd that a good gardener is someone who "accepts with confidence you won't be able to be able to harvest all the fruits of your labor" and embraces the "beauty of work well done on something good."

While Wilson reflected on two years as secretary by highlighting the achievements and contributions of Airmen across the Air Force's global enterprise, other speakers focused squarely on Wilson herself.

"You have been the leader we needed at



Jay Hone, spouse of Secretary of the Air Force Heather Wilson, is presented an award by Air Force Chief of Staff Gen. David L. Goldfein during the SECAF's farewell ceremony at Joint Base Andrews, Md., May 21, 2019.

this exact time in our Air Force," Air Force Chief of Staff Gen. David L. Goldfein said, praising Wilson. "As an Airman's Airman, you have served as a driving force for positive change."

Under her direction and in partnership with Goldfein, the Air Force became both more prepared and nimble in the last two years. A shortage of more than 4,000 active duty maintainers that greeted Wilson when she arrived in 2017 has been closed to zero. Aggressive efforts to streamline the procurement process has shaved 100 years off traditional timelines while a series of major contracts approved in recent years saved more than \$17 billion.

Wilson has been a catalyst as well driving innovation. She spearheaded the analysis which said the "Air Force we need" must increase to 386 squadrons from 312 to confront threats in an era of great power competition.

Wilson was also a key architect of an ambitious upgrade for the service's science and technology strategy released in April. That document will serve as a blueprint to better identify, develop and deploy breakthrough technologies in the future.

Wilson is leaving a considerable mark on the institution and its total force of 685,000 Airmen worldwide. She helped develop and manage the Air Force's annual budget of more than \$138 billion and was an influential voice directing strategy and policy development, risk management, weapons acquisition, technology investments and talent management of Airmen across a global enterprise.

She was a central figure in efforts to strengthen and build the Air Force to meet new global threats, particularly those posed by Russia and China. She was a strong advocate for increasing overall readiness and

addressing personnel shortages that affected the Air Force's ability to fulfill any mission at any time.

Overall, the Air Force is 17% more ready today than it was when she was confirmed.

Wilson was a strong advocate for streamlining the contracting process when possible and injecting a more entrepreneurial approach.

In his remarks, Goldfein said Wilson will be remembered for "setting the conditions to build a more lethal and ready force we need for the future fight" while also paving the way "for the future Airmen who will follow in our footsteps."

And while hardware is important, Goldfein said Wilson, "understood the priority is with the people and improving the quality of service and quality of life for our uniformed volunteers and their families is where it starts."

Columbus Air Force Base Information and Events

Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus_afb_living, or visit our website at www.columbusafbliving.com to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

Get Connected with Your New Base App!

As a way to connect people together, Columbus Air Force Base launched a new app to connect Airmen and families to the mission and community! The app is available on all app stores and can be found by searching 'Columbus Air Force Base'.

Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday thru Friday at the Columbus Club. Daily buffets include: Tuesday – Tacos and Nachos \$9, Wednesday – Chicken Wings and Pasta \$10, Thursday – Southern Style \$10 and Friday – Fried Catfish \$10. Club Members receive a \$2 discount. For more information, contact 434-2489.

Focus on Your Mental Health at the Library

Join us at the library from 11 a.m. to 4 p.m. May 29 as we make vision boards. Call 434-2934 for more information.

Kids Triathlon

Starting at 5:30 p.m. June 7 at Independence Pool. Open to children ages 5-13. Swim, bike, and run to the finish line. \$15 per person includes T-shirt, Race bib, Swag bag, and participation medal. Call 434-2772 to sign up!

Blaze Triathlon

Starting at 6:30 a.m. June 8 at Independence Pool. First heat starts at 7:30 a.m. \$20 per person ages 14 and up, includes T-shirt, Race bib, Swag bag, and participation medal. Packet pickup will be June 4-5. Call 434-2772 to sign up!

Autobahn Indoor Speedway

Feed your need for speed! From 8 a.m. to 3 p.m. June 8. \$40 per person includes transportation, equipment and two hours of unlimited driving. Must be 18 and up. Call 434-2547 or stop by ODR to sign up.

Geyser Falls

Join us on June 14, for a fun day in the sun for all at Geyser Falls Water Park in Philadelphia, Mississippi. Guests can move about the water park and purchase food on their own. All participants will need to bring extra dry clothes for the bus ride back.

The cost is \$15 per person for single Airmen, and families of deployed military. \$20 per person for general participants, includes: admission to Water Park and transportation. Children under three are free. Call 434-7861 for more information.

SAVE THE DATE: BLAZE FEST

Get ready for Fun, Food and FIREWORKS!! July 3. More information coming soon!

Youth Summer Camps

The Youth Center offers a variety of camps during the summer to keep the kids from getting bored. Contact the Youth Center for a full list of camps available through August. For more information call 434-2504.

Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is only \$30 per hour for Columbus and local areas; a \$30 deposit is required and applied to the total cost of reservation. Reservation must be a minimum of four hours and reserved in person. For more information, contact 434-7861.

COLUMBUS AIR FORCE BASE

BLAZE TRIATHLON

SWIM 300M ~ BIKE 12mi ~ RUN 3mi

Saturday, June 8 (rain or shine)

Check-in 6:30-7:10 a.m. Race Meeting 7:15 a.m.
Official chip timing system will be used

First Heat Starts 7:30 a.m. at INDEPENDENCE POOL

\$20 per person ages 14 & up
Includes T-Shirt, Race Bib, Swag Bag & Participation Medal
T-shirts are not guaranteed after May 24.
Packet pick-up will be June 4-5 from 7am-9pm

14-16 Age Category Information
Swim 150m - Bike 9mi - Run 2mi

Sign-up at the Fitness Center 1-24 May and save \$5

FOR MORE INFORMATION 434-2772

Martial Arts

Martial Arts classes are available at the Youth Center every Tuesday and Wednesday from 5 p.m. to 6 p.m. Receive two free introductory classes, contact the Youth Center for more information at 434-2504.

Exclusive Military Vacation Packages

Did you know that you can book exclusive military vacation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation at www.americaforcestravel.com or visit your ITT office at (662) 434-7861.

Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3 – 6 years, Fridays at 10 a.m. and 3:30 p.m. for ages birth – 2 years, and 10 a.m. on Saturdays for all ages. For more information, contact 434-2934.

FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS Gift Card at the following locations: Arts and Crafts, Bowling Center, Café at Whispering Pines, Child Development Center, Columbus Club, Information Tickets and Travel, Outdoor Recreation or the Youth Center. For more information, stop by any of these locations.

Horse Boarding Available

The CAFB Riding Stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at 434-2505.

Free Mango Languages

Learn a new language today! Free Mango Languages available at the Base Library; real-life conversations in over 70 languages. For more information, contact 434-2934.

KIDS TRIATHLON

JUNE 7 INDEPENDENCE POOL

Check-in 5:30 p.m. Race Meeting 5:45 p.m.

\$15 PER PERSON

Includes T-Shirt, Race Bib, Swag Bag & Participation Medal
Sign-up at the Youth Center May 1 - Jun 7 (Save \$5 May 1-24)
T-shirts are not guaranteed after May 24.
Packet pick-up will be June 4-5 from 7am-9pm

Swim	Children 5-7 25m Children 8-10 50m Children 11-13 100m	Splash
Bike	Children 5-7 0.5m Children 8-10 2m Children 11-13 3m	Pedal
Run	Children 5-7 0.25m Children 8-10 1m Children 11-13 2m	Dash

FOR MORE INFORMATION 434-2772

Play Paintball

Outdoor Recreation offers paintball for groups or individuals. You must book twenty-four hours in advance; 17 years old and under must be accompanied by an adult. The cost is \$15 per person for party of 10 or more; \$20 per person for party of nine or less. You must purchase paint balls at Outdoor Recreation for \$50 per case of 2,000. For more information, contact 434-2505.

The Overrun is Open Friday Nights

The Overrun is open Fridays 4:30 p.m. until Midnight. Excluding Graduation nights. For more information, contact 434-2489.

Lawn Mower and Bicycle Repair

Outdoor Recreation is now offering lawn mower repair and self-help bicycle repair. For more information, contact 434-2507.

Hobby and Craft Instructors Needed

Do you have a hobby or craft project you can share with others? Arts & Crafts is looking for craft instructors. For more information, contact 434-7836.

Wood Shop is OPEN!

The Wood Shop is back in business! They are open from 10 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to 4 p.m. Saturday. Call 4347836 for more information.

Referees Needed

Referees needed for various sports at the Fitness Center. For more information or to sign up, contact 434-2772.

RV Storage Lot

Don't clutter your home space, park with us. Outdoor Recreation offers a great place to store your RV year around. You will have 24-hour access and can pay monthly or yearly. For more information, call 434-2505.

Volunteer firefighters from a volunteer force

Senior Airman Keith Holcomb

14th Flying Training Wing Public Affairs

A large smoke cloud billows up from a cabin in West Virginia, it was a backdraft situation. The grandfather told his grandson about the fire as trucks pulled up to help tame the flames.

The grandson, now Staff Sgt. Joshua Kenney, 14th Civil Engineer Squadron firefighter, recalls the afternoon being the moment he knew he wanted to become a first responder and firefighter.

Kenney isn't the only Airman who wanted to help the communities he's lived in, Tech. Sgt. Eric Lannon, 14th Contracting Squadron contracting officer; Senior Airman Ryan Younger, 14th Security Forces Squadron patrolman; and Senior Airman Dylan Fivecoate, 14th Operations Support Squadron air traffic controller, have all volunteered their free time to being a volunteer firefighter in Columbus, Mississippi's local area.

After raising their right hands to serve as an Airmen in the U.S. Air Force, they are all now assigned to the 14th Flying Training Wing, where each of them then chose to raise their hand again, this time to protect the surrounding community as a volunteer firefighter.

"When you're a full time firefighter you actually don't get thanked as much as arriving to a call as a volunteer firefighter," Kenney said. "People know when it's your job you're sitting at work waiting for the call, whereas a volunteer could be mowing their grass or grabbing groceries upon receiving an emergency call."

Being a volunteer firefighter also has a much different process from volunteering for another organization. Individuals must be voted into the volunteer firefighter community by community firefighters leadership based on their drive, grit and critical thinking skills.

"My father used to take me to calls when I was a kid," Younger said. "I eventually started helping out here and there and became a volunteer firefighter at 16 years old."

Younger later joined the Air Force as a security forces Airman, and upon arriving to the 14th FTW, found out there was a volunteer firefighting force. He approached the local Fire Station 1, beginning the process to become a part of the volunteer team.

"I've been a volunteer firefighter since I was 13," Lannon said. He explained as he is close to retiring from the Air Force, Columbus was one of the few bases with this opportunity for its Airmen.

Lannon also mentioned having the first responders from the 14th FTW gives a lot of great training to the community and other volunteer firefighters like himself who have never been a first responder professionally.

"Through the Air Force I've gotten the call volume, the training, the certifications, the on the job experience," Kenney said. "I like doing both because I can use my career knowledge to help a community who doesn't have the in depth experiences and training as the military fire training."

Much of their time on firefighting calls comes outside of



Senior Airman Ryan Younger, 14th Security Forces Squadron patrolman, Tech. Sgt. Eric Lannon, 14th Contracting Squadron contracting officer, Staff Sgt. Joshua Kenney, 14th Civil Engineer Squadron firefighter, and Senior Airman Dylan Fivecoate, 14th Operations Support Squadron air traffic controller, stand outside of the 14th CES fire station May 20, 2019, on Columbus Air Force Base, Mississippi.

"Through the Air Force I've gotten the call volume, the training, the certifications, the on the job experience," Kenney said. "I like doing both because I can use my career knowledge to help a community who doesn't have the in depth experiences and training as the military fire training."

their 'standard' duty hours. Their passion of leaping into danger to help others in a time of need truly exposes their ability

to live as warrior Airmen in and out of uniform.

Fivecoate recently won the 2019 Air Force Sergeants Association Pitsenbarger Award for his heroic efforts during a volunteer fire call. He like any other volunteer firefighter, simply did what he loves to do, but those actions spoke louder than words and earned him an award for his courageous response to a major automobile accident scene.

"If you are interested in becoming a volunteer firefighter you need to start talking with your supervisors. There is a part-time job form and hazardous duty form you'll complete, but then you can start talking to your district's fire station," Younger said. "The support from the military volunteer firefighters is great and the community is a close community for new Airmen."

All four Airmen unanimously agreed being a volunteer firefighter takes a determined individual and isn't for the faint of heart. They encourage anyone who is interested to find out more and talk to current local volunteer firefighters to see if it's a team they'd like to be a part of.

BLAZE Hangar Tails: F-16 Fighting Falcon

Mission

The F-16 Fighting Falcon is a compact, multi-role fighter aircraft. It is highly maneuverable and has proven itself in air-to-air combat and air-to-surface attack. It provides a relatively low-cost, high-performance weapon system for the United States and allied nations.

Features

In an air combat role, the F-16's maneuverability and combat radius (distance it can fly to enter air combat, stay, fight and return) exceed that of all potential threat fighter aircraft. It can locate targets in all weather conditions and detect low flying aircraft in radar ground clutter. In an air-to-surface role, the F-16 can fly more than 500 miles, deliver its weapons with superior accuracy, defend itself against enemy aircraft, and return to its starting point. An all-weather capability allows it to accurately deliver ordnance during non-visual bombing conditions. In designing the F-16, advanced aerospace science and proven reliable systems from other aircraft such as the F-15 and F-111 were selected. These were combined to simplify the airplane and reduce its size, purchase price, maintenance costs and weight. The light weight of the fuselage is achieved without reducing its strength. With a full load of internal fuel, the F-16 can withstand up to nine G's — nine times the force of gravity — which exceeds the capability of

other current fighter aircraft.

The cockpit and its bubble canopy give the pilot unobstructed forward and upward vision, and greatly improved vision over the side and to the rear. The seat-back angle was expanded from the usual 13 degrees to 30 degrees, increasing pilot comfort and gravity force tolerance. The pilot has excellent flight control of the F-16 through its "fly-by-wire" system. Electrical wires relay commands, replacing the usual cables and linkage controls. For easy and accurate control of the aircraft during high G-force combat maneuvers, a side stick controller is used instead of the conventional center-mounted stick. Hand pressure on the side stick controller sends electrical signals to actuators of flight control surfaces such as ailerons and rudder. Avionics systems include a highly accurate inertial navigation system in which a computer provides steering information to the pilot. The plane has UHF and VHF radios plus an instrument landing system. It also has a warning system and modular countermeasure pods to be used against airborne or surface electronic threats. The fuselage has space for additional avionics systems.

General Characteristics

Primary Function: Multirole fighter

Contractor: Lockheed Martin Corp.

Power Plant: F-16C/D: one Pratt and Whitney F100-

PW-200/220/229 or General Electric F110-GE-100/129

Thrust: F-16C/D, 27,000 pounds

Wingspan: 32 feet, 8 inches

Length: 49 feet, 5 inches

Height: 16 feet

Weight: 19,700 pounds without fuel

Maximum Takeoff Weight: 37,500 pounds

Fuel Capacity: 7,000 pounds internal; typical capacity, 12,000 pounds with two external tanks

Payload: Two 2,000-pound bombs, two AIM-9 and 1,040-gallon external tanks

Speed: 1,500 mph (Mach 2 at altitude)

Range: More than 2,002 miles ferry range (1,740 nautical miles)

Ceiling: Above 50,000 feet

Armament: One M-61A1 20mm multibarrel cannon with 500 rounds; external stations can carry up to six air-to-air missiles, conventional air-to-air and air-to-surface munitions and electronic countermeasure pods

Crew: F-16C, one; F-16D, one or two

Unit cost: F-16A/B, \$14.6 million (fiscal 98 constant dollars); F-16C/D,\$18.8 million (fiscal 98 constant dollars)

Initial operating capability: F-16A, January 1979; F-16C/D Block 25-32, 1981; F-16C/D Block 40-42, 1989; and F-16C/D Block 50-52, 1994.

Inventory: Total force, F-16C/D, 1,280



U.S. Air Force photo by Senior Airman Kevin Sommer Giron

A U.S. Air Force F-16 Fighting Falcon gains altitude, Jan. 28, 2019, near Aviano Air Base, Italy. The 31st Fighter Wing is home to the 555th and 510th Fighter Squadrons, capable of offensive and defensive air combat operations.



U.S. Air Force photo by Staff Sgt. Keith James

A U.S. Air Force F-16 Fighting Falcon assigned to the 157th Expeditionary Fighter Squadron receives in-flight fuel from a KC-135 Stratotanker during an aerial refueling mission in support of Operation Inherent Resolve over Iraq, Sept. 28, 2018. The F-16 Fighting Falcon is a compact, multi-role fighter aircraft. It is highly maneuverable and has proven itself in air-to-air combat and air-to surface attack. It can locate targets in all weather conditions and detect low flying aircraft in radar ground clutter. U.S. and Coalition aircraft provide unmatched combat capability in support of U.S. Central Command military objectives.

Air Force Readiness Programs

(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.)

Hearts Apart

The next Hearts Apart is from 5-7 p.m. May 30 and will be held at the Columbus AFB Bowling Center. This monthly social event is for family members whose sponsor is deployed, on a remote tour or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-2:30 p.m. June 4. This event is mandatory for all newly arrived military and DoD civilian personnel. This base-wide CONNECTION orientation begins at the Kaye Auditorium and consists of a guided base tour. To register, please contact your unit CSS, or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. June 5; 8 a.m.-5 p.m. June 6; and 8 a.m.-noon June 7 at the A&FRC. The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a RCC who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury, (2) are unlikely to return to duty within a specified amount of time, (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB A&FRC at (662) 434-2790.

Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. June 6 in the A&FRC. Highly encouraged for first-time and over-seas relocating members. Get the very latest moving information straight from base-wide relocation assistance agencies. Learn what to expect before you move with information from Tri-Care, Housing, Military Pay, TMO, Medical Records and A&FRC. Be sure to bring and ask any relocating questions you may have during his event.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. June 12-13. This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

Newcomers tour Columbus AFB



U.S. Air Force photo by Airman First Class Hannah Bean

Capt. Scott Mckeithen, 14th Medical Group practice manager, gives newcomers a tour of the Koritz Clinic during Wing Newcomers May 21, 2019, on Columbus Air Force Base, Miss. Wing Newcomers provides new military members and Department of Defense civilian employees an opportunity to learn all about the different organizations on base.

Transition Assistance Program GPS (Goals, Plans, Success) Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. July 8-12 and includes seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 12-24 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662) 434-2631/2790.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. July 17. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. July 22-23 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

Heart Link

The next Heart Link is from 8:30 a.m.-noon July 25 in the A&FRC. This half-day program is open to all spouses of active-duty military members assigned to Columbus AFB. Attendees will receive information about life in the Air Force, in the local area and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Aug 22 in the A&FRC. This program is designed for active-duty AF members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

Volunteer Opportunities

If you are interested in volunteering, please contact the A&FRC. We have volunteer opportunities located across the base for one-time events, special events or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Medical Clinic, Chapel, Airman's Attic, Thrift Store, the Retiree Activities Office and many other locations. For more information, please call A&FRC at (662) 434-2790.

Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office (VAO) which is open Monday - Friday, 7:30 a.m. - 4:30 p.m. and closed weekends/holidays. The VAO offers voting assistance including voter registration, absentee ballot requests and voting, change of address, and provides answers for other general voting questions to uniformed service members, their family members and civilians with access to A&FRC. Assistance includes but is not limited to aid in preparing and submitting Federal Post Card Application (FPCA) SF-76, Federal Write-in Absentee Ballot (FWAB) SF-186 and National Mail Voter Registration Form (NVRF). The VAO also leads and trains all installation unit voting assistance officers. For more information, please contact the Installation VAO at (662) 434-2701/2790 or e-mail: vote.columbus@us.af.mil.

Discovery Resource Center

The Columbus A&FRC has 12 computers with internet access available for job searches, assessments, resumes, cover letters, state and federal applications and companies' employment information. A printer and fax machine is available. A lending library of books, DVDs and periodicals on transition and EFMP topics are available for check out. These resources are available on a first-come-first-serve basis.

Chapel Schedule

Whether you are new to Columbus Air Force Base or have been around for a while, our parish communities welcome you to join us as we worship, fellowship, and encourage one another. For more information, please call 434-2500.

Catholic Community

Sundays:

3:30 p.m. – Religious Education, grades K-9 (Start in Fall)
4 p.m. – Choir Practice
4 p.m. – Confession (or by appointment)
5 p.m. – Mass
1st and 3rd Sunday - Fellowship Meal following Mass

Tuesdays:

11:30 a.m. – Daily Mass (Phillips Auditorium)

Wednesdays:

11:30 a.m. – Adoration (Phillips Auditorium)
2nd Saturday of each month - Faith Ablaze

Protestant Community

Sundays:

9 a.m. – Adult Sunday School
10:45 a.m. – Community Worship Service (Donut Fellowship following)
3rd Sunday of Each Month - Protestant Faith Ablaze

Wednesdays:

6 p.m. - AWANA: Begins September 26th (Open to all denominations)

Thursdays:

5:30 p.m. – Student Pilot Bible Study (Open to all denominations)

The Triad —

Lt. Col. Benjamin Jensen
14th Student Squadron commander

Great things tend to come in three's: the three legged stool, the three Stooges, the three French Hens, the tricycle, and my personal favorite, the three aircraft used in Undergraduate Pilot Training (the T-6 Texan II, the T-1 Jayhawk, and the T-38 Talon (all of which have three landing gear). Our leadership in the Air Force has this same structure. There is a commander, a director or vice commander and a senior enlisted advisor. This triumvirate has different titles in different organizations, and perhaps play slightly different roles at times, but there is none-the-less three, and each individual is critical to mission success like each leg on a three-legged stool. The senior enlisted role tends to be a lesser known element to the triad's success, particularly in pilot training, but has proven invaluable to operations.

This past week, the First Shirt Council trained approximately 15 up and coming first sergeants here at Columbus. What is notable about this particular First Sergeant Symposium is that flight commanders attended, marking the first time that officers and enlisted have taken a first sergeant course together. Chief Master Sgt. Jill Victor, Air Education and Training Command's new first sergeant functional, offered great advice to the crowd: always get the full story, do not operate in a bubble, know why you came to a certain decision, and clearly communicate both the decision reason to the boss. The officers in attendance were able to get into the weeds with the First Sergeants and gain the valuable understanding of the "First Shirt's" role and responsibilities. It was a huge win to have future First Sergeants and current Flight Commanders connecting at this early stage of their Air Force careers. Chief Victor mentioned this is a definite "best practice" submission.

I rely heavily on my recently assigned Shirt for advice, administrative support, and to care for and help my students and permanent party with their various needs. I cannot imagine how difficult command would be without a Shirt's perspective, experience, and all the details they work to sustain each Airman in my organization and throughout the base. The senior enlisted leg in the triad is vital to our flight, squadron, group, and wing's success. They are critical to the numbered Air Force and higher leadership as well. Several officers attending the symposium commented that they wish they could have attended the First Sergeant's symposium prior to beginning their duties as a flight commander. The officer and enlisted leadership team is vital to our Columbus mission. Our senior enlisted advisors and shirts are unsung heroes in our base mission to cultivate airman, create pilots, and connect. They are truly one leg of great things that come in threes.

- Chief Victor – Shirt Functional – Major Command First Sergeant
- Look at each situation as unique...past experience help-

ful but each situation is different

- Get the full story
- Read the AFI
- Know why you came to that decision and share that w/ the boss
- Each shirt sees the issues through their lens...call each other and see the problem from a different perspective
- Do not operate in a bubble....talk to peers and learn from them as well.
- Remain: Cool, Calm, Collected even when you want to come across the desk
- Years doesn't matter as much as the types of experiences or situations you have seen
- Example: no matter what is happening in the Airman's life, you have to still care for that airman.
- Help them
- Protect others
- Make sure they have services for help, you may be that Airman's one and only confidant.
- Example: functioning alcoholic – hoarder scenario in the house and in the car...how to help this person...get to inpatient and other support
- Shirts duty is to care for their people, not about accolades or anything else than caring for people well before there is trouble.
- SNCOs job is to mentor your officers, you can't help them until you have a relationship to build from
- You need to have the honest conversations with your airmen...honest...help them see the impact and the eventual results of the direction they are going.

Students, Habits and Success Be a Finisher

In baseball pitchers are hired for specific purposes in the game. Some pitchers are skilled at opening a game, others are the long stretch pitchers with many pitch types in their arsenal to battle through the middle innings. Finally there are those with specific skills that finish the game. They are called upon in the end to ensure the win. We do not the luxury of substituting out when you are the first responder on scene dealing with a tragic accident. Nor are pilots, medics or combat controllers able to sit on the bench during the heat of the battle. Our nation's defense demands that we be finishers. To effectively be a "Finisher" in the Air Force requires you understand your mission vision, objective and be willing to pay the price mission success requires.

Vision is critical to success. Just as the pitcher must know his role and purpose in the whole of a baseball game the Airman in the fight must see themselves in the bigger picture. Airman want to understand, they want to conquer the objective and accomplish the mission and need leaders to instill that vision. An anecdotal story about my boys and chickens illustrate this point. My boys go out every day and feed the chickens. To them feeding the chickens means placing food into a feeding apparatus inside the chicken pen. My boys think that putting food in the chicken coop equals feeding the chickens. The food could be lodged in the food dispens-

er, wet, moldy or even hung out of reach and in such a place or condition that chickens cannot possibly eat it. But when asked, "did you feed the chickens?" Their answer is yes we fed them! They are missing the vision. The purpose of having chickens is to get eggs to eat. The purpose of putting food into the pen is so the chickens can eat and produce eggs. Did your efforts equal chickens actually eating to accomplish the vision? Of course not!

Day in and day out our Airmen do great work in the Air Force. The Military Personnel Flight processes hundreds of emails and or documents that allow other Airmen to access information and provide services to accomplish our wing mission to create pilots. The Airman that has the vision sees their work as part of a greater whole and does more than accomplish a task. Instead they use energy and time to understand how that particular action benefits the greater mission. The have a shared vision with their supervisors, commander and the Air Force at large and see the bigger "why" behind what they are doing. It is simply not a task but a mission to accomplish an objective that creates mission success.

Airmen who have vision find their decisions are shaped and influenced toward completing the objective right. They see what objective has to be accomplished and attempt to accomplish it in the best way possible. Vision causes us to consider how the objective should be accomplished. It clarifies how to approach the problem and improves aligning the right talents and resources a given scenario. There is an old adage written found in several texts throughout the years that says, "as a man thinketh so is he". When people have the right vision, they think collaboratively to accomplish tasks in a unified manner. Working on an objective then is simply a subset of accomplishing the greater vision and it comes with a cost and huge reward.

The cost in this endeavor is the energy, thought, and effort put into acquiring the right vision and then working on the objective until the vision is achieved. The cost includes making mistakes and errors while learning how to best achieve the vision. It does not only mean completing a task or objective but it achieves the desired vision. Being a finisher means you do it and you do it right, all the way. It means that you do your part at the right time and you do it in its entirety. A finisher not only places food in the chicken pen but makes sure the chickens can eat it so the greater vision, having eggs is achieved. As an Airmen the greater vision is ensuring our nations freedom through creating pilots one at a time. It may mean for your task that the gym equipment and facilities are in top working order. It may mean that you spend additional time understanding an Airmen's orders and impact to his or her life before submitting for approval. It may mean extra time digging through the Air Force Instructions or even submitting changes to better accomplish the vision. Regardless of your mission, you must have vision otherwise we the Airmen, like the chickens, won't really be fed and the mission won't really be accomplished. Be a finisher because a "finisher" makes sure the vision is done right, completely, when it really counts and it really matters in our Air Force today.



Medical Corner



MENTAL HEALTH MONTH

Psychological effects of sleep deprivation

Sleep and mental health are closely connected. Sleep deprivation affects your psychological state and mental health. And those with mental health problems are more likely to have insomnia or other sleep disorders. Sleep problems are particularly common in patients with anxiety, depression, bipolar disorder, and attention deficit hyperactivity disorder (ADHD).

Depression. Studies using different methods and populations estimate that 65% to 90% of adult patients with major depression, and about 90% of children with this disorder, experience some kind of sleep problem.

Insomnia and other sleep problems affect outcomes for patients with depression. Studies report that depressed patients who continue to experience insomnia are less likely to respond to treatment than those without sleep problems.

Bipolar disorder. Studies in different populations report that 69% to 99% of patients experience insomnia or report less need for sleep during a manic episode of bipolar disorder. In bipolar depression, however, studies report that 23% to 78% of patients sleep excessively (hypersomnia), while others may experience insomnia or restless sleep.

Longitudinal studies suggest that insomnia and other sleep problems worsen before an episode of mania or bipolar depression, and lack of sleep can trigger mania. Sleep problems also adversely affect mood and contribute to relapse.

Anxiety disorders. Sleep problems affect more than 50% of adult patients with generalized anxiety disorder, are common in those with post-traumatic stress disorder (PTSD), and may occur in panic disorder, obsessive-compulsive disorder, and phobias. They are also common in children and adolescents.

ADHD. The symptoms of ADHD and sleeping difficulties overlap so much it may be difficult to tease them apart. Sleep-disordered breathing affects up to 25% of children with ADHD, and restless legs syndrome or periodic limb movement disorder, which also disrupt sleep, combined affect up to 36%.

Traditionally, clinicians treating patients with psychiatric disorders have viewed insomnia and other sleep disorders as symptoms. But studies in both adults and children suggest that sleep problems may raise risk for, and even directly contribute to, the development of some psychiatric disorders. This research has clinical application, because treating a sleep disorder may also help alleviate symptoms of a co-occurring mental health problem.

Sleep and mental health: Sleep deprivation can affect your mental health. Retrieved from https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health

Sleep and mental health lifestyle changes

In some respects, the treatment recommended for the most common sleep problem, insomnia, is the same for all patients, regardless of whether they also suffer from psychiatric disorders. The fundamentals are a combination of lifestyle changes, behavioral strategies, psychotherapy, and drugs if necessary.

Lifestyle changes. Most people know that caffeine contributes to sleeplessness, but so can alcohol and nicotine. Giving up these substances is best, but avoiding them before bedtime is another option.

Physical activity. Regular aerobic activity helps people fall asleep faster, spend more time in deep sleep, and awaken less often during the night.

Sleep hygiene is the term often used to include tips like maintaining a regular sleep-and-wake schedule and keeping the bedroom dark and free of distractions like the computer or television.

Relaxation techniques. Meditation, guided imagery, deep breathing exercises, and progressive muscle relaxation (alternately tensing and releasing muscles) can counter anxiety and racing thoughts.

Cognitive behavioral therapy. Because people with insomnia tend to become preoccupied with not falling asleep, cognitive behavioral techniques help them to change negative expectations and try to build more confidence that they can have a good night's sleep

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,

Lately my mood has been more negative than positive and I've noticed that my sleeping patterns have changed as well. Does the quality and quantity of sleep I get have an impact on my mood and mental well-being?

Sincerely,
Feeling Moody

Dear Feeling Moody,

Yes. Sleep impacts our mood and well-being. In both the short and long term, the amount and quality of our sleep can play a huge role in our mental health. This includes how we feel and how we act toward other people. Even just one night of insufficient sleep can bring on stress and a tendency to become easily frustrated. Not getting enough sleep can contribute to a negative mood. Someone who is sleep deprived is more likely to be sad, irritable, frustrated, stressed out, fatigued, and/or similar emotions. On the flip side, getting plenty of sleep can contribute to a happier and more positive mood. Starting your day feeling refreshed can give you more energy, gratitude, and overall pleasantness. This can translate to how you feel during the day and how you go about interacting with other people.

The impact of sleep on mood is not just about how much you sleep. Quality sleep is also important. If your sleep is fragmented or very light, there's a good chance that you won't get the same kind of mood-related benefits as someone who is getting an equal number of sleep hours but who has smoother progressions through their sleep cycles with fewer interruptions. Improve your sleep quality by following a consistent sleep schedule, stop watching television or using electronic devices at least 30 minutes before bedtime, and setting your bedroom thermostat to somewhere between 60 and 67 degrees Fahrenheit.

Sincerely,
Health Myth Busters

The Impact of Sleep on Mood and Mental Well-Being. Retrieved from <https://www.sleephelp.org/mood-emotions-sleep/>

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



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Maj. Andrea Matesick, F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals, gives her horse, Calvin, some water while inside Tokaruk Show Stables April 10, 2019, in Collierville, Tenn. Matesick and Calvin had just gotten done riding, and Matesick was giving Calvin a bath. She is an instructor pilot with the 49th Fighter Training Squadron at Columbus AFB, Mississippi, and is also one of two athletes in the Air Force Sport program's equestrian division, in which she competes in show jumping.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Maj. Andrea Matesick, F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals, puts front jumping boots on her horse, Calvin, as they get prepared to jump at Tokaruk Show Stables April 10, 2019, in Collierville, Tenn. The boots help protect his legs during performance. Matesick is an instructor pilot with the 49th Fighter Training Squadron at Columbus AFB, Mississippi, and is also one of two athletes in the Air Force Sport program's equestrian division, in which she competes in show jumping.

EQUESTRIAN

(Continued from page 1)

she could still be an F-15E Strike Eagle pilot in the world's greatest Air Force and travel the United States competing in professional equestrian events.

"(The process) took me a while to figure out," Matesick said. "But if you're competing in an Olympic sport and you're competing at a certain level, the Air Force will let you go compete for them."

Matesick is only one of two Airmen that represent the Air Force in professional equestrian competitions, but her journey into competitive horse riding began at a much younger age.

"I was always like that weird horse kid, (I) absolutely loved horses ... if there was a horse on the side of the road, I would be like 'Oh I need to go give it carrots,'" Matesick recalled about her childhood.

She started attending horse camps while in elementary school and began competing in seventh and eighth grade. She continued to compete through high school and college until she enlisted in the Air Force in 1999 as a weapons director. During her first four years in the Air Force, she finished her college degree and then was selected for Officer Training School and went on to fly the F-15E.

While at Mountain Home AFB, she recalled finding out about the Air Force Sports program – more specifically the equestrian division – luck. The program's equestrian division offers riders a chance to compete in one of three categories; dressage, eventing and then Matesick's category of show jumping. According to the program, there are also two people in the Air Force involved in modern pentathlon, in which horse jumping is an event. Since her involvement in the program, Matesick has been a big advocate for the program.

"There's only a few of us," she said. "It would be really neat to get more people, because I think there's actually a lot of people that ride horses competitively in the Air Force and they don't know about it."

Since joining the program back in 2013, Matesick said her riding has improved immensely, even more so in the past two years that she's been at Columbus AFB. While stationed here, Matesick trains locally and also in Collierville, Tennessee, where she's coached by Michael Tokaruk. Tokaruk owns and runs his namesake stables, where he and his team ride, train, show and sell horses all over the U.S. They also compete at regional, national and international shows at the Grand Prix level.

Tokaruk has coached Matesick for the past year and a half and said one of the things that makes her stand out is that she's a "self-starter," and very detailed oriented.

"She has a special level of dedication and ovation," Tokaruk said. "She's consistently wanting to improve and is striving for perfection, which is really a never ending pursuit in this sport."

He also said he has noticed Matesick's love for the day-to-day stuff of taking care of the horses, and her genuine love for the horses is evident.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Maj. Andrea Matesick F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals, makes her way to her T-38 Talon April 10, 2019, on Columbus AFB, Mississippi. Matesick is one of two athletes in the Air Force Sport program's equestrian division, in which she competes in show jumping.

Matesick said some mornings she'll be out in the barn at 4 a.m., taking care of her horse and getting a ride in before she has to fly in the afternoon; or, it can be the other way around, when she has to fly early, then she'll be out in the barn until the sun goes down. Whether it be early mornings or late evenings, Matesick said she doesn't mind it at all.

"I'll have horses till I'm old and someone has to wheel me out to the stall," Matesick said. "If I couldn't ride, I would still be involved somehow with the horses."

This love and care is also important in getting the most out of her partners. They need to be well taken care of in order to keep up with the high athletic demands of show jumping. Matesick typically jumps twice a week, helping keep her eyes keen and saving the horse's legs for competitions. Other days, she conducts fitness workouts with the horses, which helps keep them in tip-top shape.

Communication between Matesick and her horse is also crucial and according to her, one of the most challenging aspects. The Introduction to Fighter Fundamentals instructor pilot said it's not at all like flying an airplane.

"You put an input in (an airplane) and 99% of the time it's going to react the way an airplane is supposed to react," Matesick said. "Horses, not so much. So, depending

on what they're feeling like that day, you know, you put an input in and they're like 'no we're not going to do it that way I want to do it this way.'"

Persuading a 1,200-pound animal that dictates 100% of the movements and jumps can be hard, but it's why Matesick trains and it's what she loves doing, to the point in which she aspires to ride for the United States Olympic Team one day.

This dream could also not be far from reality as Matesick's success continues to further. In 2016, she was the Air Force's female athlete of the year runner up. Earlier this year, she placed in the top 10 and top 5 in several competitions at the Winter Equestrian Festival in Wellington, Florida, one of the biggest and most notable equestrian competitions in United States.

However, most recently, she won NAL/WIHS Adult Jumper Classic at the Brownland Farms Spring II Horse Show in Nashville. The prize money awarded for her win, and any previous wins, go toward entry and stabling fees at the show, anything left over goes back to the Air Force Sports program.

Matesick hopes to keep building on her success as she prepares for competitions out west later this year in Colorado, New Mexico, Nevada and finishing up in California.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Maj. Andrea Matesick, F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals, rides her horse, Calvin, around the arena at Tokaruk Show Stables April 10, 2019, in Collierville, Tenn. Matesick is an instructor pilot F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals at Columbus AFB, Mississippi, and is also one of two athletes in the Air Force Sport program's equestrian division, in which she competes in show jumping.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

Maj. Andrea Matesick, F-15E Weapons System Officer and instructor WSO with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals, cleans out the shoes of her horse, Calvin, as they get prepared to jump at Tokaruk Show Stables April 10, 2019, in Collierville, Tenn. Matesick is an instructor pilot with the 49th Fighter Training Squadron at Columbus AFB, Mississippi, and is also one of two athletes in the Air Force Sport program's equestrian division, in which she competes in show jumping.