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# SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”





Vol. 43, Issue 24

Columbus Air Force Base, Miss.

June 28, 2019

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## Weather

|  |  |
|--|--|
| <b>Friday</b><br><br>Partly Cloudy w/chc of Thunderstorms<br>High 92°F Low 70°F | <b>Saturday</b><br><br>Partly Cloudy w/chc of Thunderstorms<br>High 93°F Low 72°F |
| <b>Sunday</b><br><br>Partly Cloudy<br>High 93°F Low 73°F                        | <b>Monday</b><br><br>Partly Cloudy<br>High 93°F Low 73°F                          |

Forecast provided by the 14<sup>th</sup> OSS Weather Flight

## News Briefs

### Wing Newcomers

A Wing Newcomers will begin at 8 a.m., July 2 in the Kaye Auditorium. Newcomers is mandatory for all newly arrived military and Department of Defense civilian personnel. This base-wide connection orientation consists of a guided base tour. You must register with your unit command support staff to attend due to limited space on the bus.

### BLAZE Fest

Get ready for food, fun and fireworks at BLAZE Fest, kicking off at 4 p.m., July 3, along Lockhart Street and Independence Avenue. Live music featuring Style Entertainment begins at 6 p.m. with fireworks starting around 9 p.m.

### Federal Holiday

Most base offices will be closed July 4-5 due to Independence Day and an Air Education and Training Command family day.

## Inside



### Feature 8

SUPT Class 19-17/18 graduates today at 10 a.m. at the Kaye Auditorium.



U.S. Air Force photo by Airman 1st Class Jake Jacobsen

**Col. Samantha Weeks, 14th Flying Training Wing commander, and Chuck Bigelow, Base Community Council president, discuss the importance of community relations between BCC members and Airmen, June 20, 2019, on Columbus Air Force Base, Mississippi. The BCC is a multi-community organization that focuses on connecting civilian communities to Air Force Bases.**

## Weeks discusses economic impact, announces future plans at BCC luncheon

### Airman 1st Class Jake Jacobsen

14th Flying Training Wing Public Affairs

Col. Samantha Weeks, 14th Flying Training Wing commander, spoke to members of the Base Community Council June 20 during a luncheon at the Club on Columbus Air Force Base, Mississippi.

During the luncheon newly appointed BCC officers were announced and Weeks revealed the fiscal year 2018's Economic

Impact Report and shared the wing's latest initiatives and projects as well as upcoming base events. Among those events mentioned was the 2020 Wings Over Columbus air show, scheduled for April 25-26 and it will feature the U.S. Air Force Thunderbirds.

The BCC is a multi-community organization that focuses on connecting the local Columbus, Mississippi, community to Columbus AFB. Members promote friendships between one another. See LUNCHEON, Page 3

## COLUMBUS AFB TRAINING TIMELINE

| PHASE II  |              | PHASE III    |            | IFF           |            | WING SORTIE BOARD                                     |          |       |        |
|---|--------------|--------------|------------|---------------|------------|---|----------|-------|--------|
| Squadron  | Track Select | Squadron     | Graduation | Squadron      | Graduation | Aircraft  | Required | Flown | Annual |
| 37th (20-06)  | July 10      | 48th (19-17) | June 28    | 49th (19-JBC) | July 23    | T-6   | 2,235    | 2,412 | 21,077 |
| 41st (20-07)  | July 23      | 50th (19-17) | June 28    |               |            | T-1   | 810      | 688   | 6,746  |
| Retired Brig. Gen. John A. Cherrey, former A-10A/C Thunderbolt II instructor pilot, evaluator, weapons officer and operational test and evaluation pilot, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-17/18 graduation at 10 a.m., June 28 in the Kaye Auditorium. |              |              |            |               |            | T-38  | 1,008    | 927   | 8,154  |
|   |              |              |            |               |            | IFF   | 384      | 342   | 3,352  |
|   |              |              |            |               |            | * 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.



**BLAZE FEST**  
July 3, 4 p.m.

Fireworks  
Bouncy Castles  
Mechanical Children Rides  
Food Trucks/Vendors  
Beer Garden  
Bands  
Various Food/Eating Contests  
Most Patriotic Attire Contest

**AND MANY MORE!!**

COLUMBUS AIR FORCE BASE  
SUPPORT SQUADRON

Courtesy Graphic

## Celebrate Independence Day at BLAZE Fest

Get ready for food, fun and fireworks at the upcoming BLAZE Fest along Lockhart Street and Independence Avenue July 3, 2019 on Columbus Air Force Base, Miss. Celebrate the fourth BLAZE style with food vendors, bouncy castles & carnival rides. A kickball game of the Chiefs versus the Eagles will kick off at 4 p.m. at the Youth Baseball fields on Lockhart Street and Independence Avenue. Airmen will also have a chance to dunk wing leadership in a dunk tank, starting at 5 p.m. near the youth baseball fields. Style Entertainment will be providing live music starts at 6 p.m. and fireworks start around 9 p.m.

## Silver Wings

### How to reach us

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555 Seventh Street, Suite 210,  
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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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Editorial content is edited, prepared and provided by the 14 FTW Public Affairs Office of Columbus AFB, Miss. All photographs are Air Force photographs unless otherwise indicated.

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) 328-2424.



*"The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."*


Photo for illustration purposes only.

"I came to the Pines at a point when I was physically addicted to alcohol. I was in a suicidal state and chose treatment over the other option. I relapsed in treatment when I went on a weekend pass because I was triggered by my anger. Today, I use the 12 Steps as a way of dealing with my problems. I make a meeting every day, attend aftercare, and have two sponsors. Working with others is the best way for me to get outside of myself and find purpose. The 12 Steps have put me in touch with a power greater than myself and for that I am grateful."



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| Mon                           | Tue  | Wed  | Thur                  | Fri  | Sat/Sun | Long Range Events  |
|-------------------------------|--|--|-----------------------|--|---------|--|
| 1<br>National Ice Cream Month | 2<br>Wing Newcomers, 8 a.m. @ Kaye Auditorium<br><br>14th FSS Change of Command, 10:14 a.m. @ Club | 3<br>14th CONS Change of Command, 9:14 a.m. @ Club<br><br>BLAZE Fest, 4 p.m. | 4<br>Independence Day | 5<br>AETC Family Day   | 6/7     | July 16: Wing Newcomers<br><br>July 18: Storytellers Resiliency Event<br><br>July 19: Col. Denhem Retirement Ceremony<br><br>July 22: 14th MDG Change of Command<br><br>July 23: IFF Class 19JBC Graduation<br><br>July 26: SUPT Class 19-19/20 Graduation<br><br>July 30: Wing Newcomers<br><br>July 31: Quarterly Awards/Enlisted Promotions<br><br>Aug. 7: SUPT Class 19-21/22 Assignment Night |
| 8                             | 9  | 10   | 11                    | 12<br>14th Conptrol-ler Squadron Change of Command, 9:14 a.m. @ Club<br>SUPT Class 19-19/20 Assignment Night, 5:30 p.m. @ Club | 13/14   |  |




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COMMUNITY

(Continued from page 13)

Pre- and Post-Deployment Tour Briefing

These briefings are mandatory for active duty personnel who are either deploying or returning from deployment or a remote tour. The briefings are held daily at the A&FRC. Pre-deployment is at 9:30 a.m., and post-deployment is at 1:30 p.m. Please contact A&FRC at (662) 434-2794/2790 for more information.

Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or 24 months prior to retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact A&FRC at (662) 434-2790 for more information.

Employment Workshop

An employment workshop on local and

FSS

(Continued from page 12)

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.

Instructors Needed

The Youth Center is seeking instructors for tumbling classes, dance classes, piano and guitar lessons. For more information, contact the Youth Center.

Fitness on Request

The Fitness Center offers a truly comprehensive group fitness platform

Claims against estate:

Maj. Stephen Osakue died on June 14, 2019. Anyone having claims against or indebtedness to the estate of Osakue should contact 2nd Lt. Brandon Solomon, Summary Court Officer, at (662) 434-1252 or email: brandon.h.solomon.mil@mail.mil. Any claims and/or supporting documents may be sent to Solomon at: 14th Medical Support Squadron, 201 Independence Drive, Columbus AFB, MS 39705.

al Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411/434-2790 or e-mail PFC.Columbus. USAF@zeiders.com, located in the A&FRC.

Key Spouse Program (KSP)

The mission of KSP is to provide information and resources to military spouses, supporting families in successfully navigating through the military life cycle. The KSP is a CC's program. The CC establishes and maintains the program within the unit, to include choosing team members. Once selected as a KS in writing, you will need to attend initial/refresher KS training and continuing education. For more information, please call (662) 434-3323.

Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs)

provide non-medical counseling to help Airmen (single and married), spouses and other family members cope with stressful situations created by deployments, reintegration and life challenges such as marital issues, parenting, career stress and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110.

Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military One Source's MilLife Learning training Course Catalog at this link <https://militarylearning.militaryonesource.mil/MOS/f?p=SIS:2:0:> For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

LUNCHEON

(Continued from page 1)

other, discuss business ideas and boost local business relationships with the base.

"This is a great opportunity for us to connect with our mission partners from across the community and get updates so we can try to learn more about each other," Weeks said. "This way our partners can be more integrated into our operations and economic impacts for Columbus AFB."

During her brief she mentioned Columbus AFB had 324 pilots graduate in fiscal 2018, 26 of those were international pilots from 23 nations, and 92 wingmen combat systems officers also graduated.

The economic impact for Columbus AFB during the fiscal 2018 was \$314.8 million which is a \$43.6 million increase from fiscal 2017. Payroll increased by \$12.2 million, personnel increased by 495, and construction contracts were up \$25 million from the previous year.

She also discussed some other quality of life initiatives the base is currently invested in, such as the repaving of the Base Exchange and Commissary parking lot and the new Freedom Park, which is currently under construction. Some of the other events that Weeks spoke about included BLAZE Fest, Air Education and Training Command's change of command, the



U.S. Air Force photo by Sharon Ybarra

**Bulletin boards with information displayed at the Base Community Council luncheon, June 20, 2019, on Columbus Air Force Base, Mississippi. The BCC luncheon gave local residents of Columbus, Mississippi, and Columbus AFB a chance to interact with each other and find out how they impact each other.**

wing's Unit Effectiveness Inspection, and the Air Force Ball which will focus on celebrating 50 years of modern pilot training.

Weeks mentioned the base's plans to continue having events such as the A-BLAZIN' Race and last year's profes-

sional development day, "Fight's On: Airmen Hackin' the Mish," to continue to inspire Airmen and help strengthen the four pillars of the Comprehensive Airman Fitness — mental, social, spiritual and physical.

*"This is a great opportunity for us to connect with our mission partners from across the community and get updates so we can try to learn more about each other," Weeks said.*

New BCC officers were also announced during the luncheon. Among the newest BCC officers were President Chuck Bigelow and Vice President Lynn Robinson.

Bigelow said he's excited about the opportunity and mentioned some things the council can look forward to, such as a new BCC logo, a revamped Facebook page and new sponsors. He also said he wants to help council members be invested in the council learning about the base and wing's mission in the coming months.

Toward the end of the luncheon Weeks also took time to answer questions and talked about some of the challenges faced; like the permanent party quality of life on and off the base along with budget cuts.

Columbus AFB to celebrate UPT 50th anniversary

Team Blaze is invited to come out and connect with some of the original UPT graduates from Class 71-01 July 3, 2019 on Columbus Air Force Base, Miss.

**Lunch:** Eat lunch with Class 71-01 at the new 14th Operations Group Pavilion from 11 a.m.-12:30 p.m., July 3. Bring a \$5 donation for burger/hot dogs, or bring your own lunch.

**Presentation:** Commemorate Columbus AFB's 50th Anniversary of the start of UPT in the Kaye Auditorium at 3 p.m., July 3, and learn what UPT was like 50 years ago!



Courtesy photo


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- ☒ Waste paper baskets are cleared of papers
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Contact your Unit Security Manager for more information

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# Award-winning filmmaker visits Columbus AFB for documentary



U.S. Air Force photo by Melissa Doublin  
Kevin Everson, University of Virginia Studio Art and Film professor, chats with Staff Sgt. Darnell Bowden, 14th Civil Engineer Squadron firefighter, June 20, 2019, on Columbus Air Force Base, Miss. Everson and the Air Force Entertainment Liaison Office visited the 14th Flying Training Wing to film a documentary on the dedicated African American Airmen of Columbus AFB.



U.S. Air Force photo by Melissa Doublin  
Kevin Everson, University of Virginia Studio Art and Film professor, films Staff Sgt. Darnell Bowden, 14th Civil Engineer Squadron firefighter, June 20, 2019, on Columbus Air Force Base, Miss. Everson is an international award winning filmmaker. His films have been screened at numerous international film festivals to include the Sundance Film Festival, European Media Arts Festival, Media City Film Festival and so many more.



U.S. Air Force photo by Melissa Doublin  
Staff Sgt. Darnell Bowden, 14th Civil Engineer Squadron firefighter, sits in front of a camera inside the aircraft trainer June 20, 2019, on Columbus Air Force Base, Miss. Over the four days Everson visited Columbus AFB with the Air Force Entertainment Liaison Office, he filmed the dedicated work of African American Airmen of various ranks for a film project.



U.S. Air Force photo by Melissa Doublin  
Kevin Everson, University of Virginia Studio Art and Film professor, films a pilot June 21, 2019, on Columbus Air Force Base, Miss. Everson is an international award winning filmmaker. His films have been screened at numerous international film festivals to include the Sundance Film Festival, European Media Arts Festival, Media City Film Festival and so many more.



U.S. Air Force photo by Melissa Doublin  
Kevin Everson, University of Virginia Studio Art and Film professor, films Master Sgt. Carmina Beedle, 14th Operations Support Squadron Aircraft Flight Equipment superintendent, June 20, 2019, on Columbus Air Force Base, Miss. Over the four days Everson visited Columbus AFB with the Air Force Entertainment Liaison Office, he filmed the dedicated work of African American Airmen of various ranks for a film project.

## 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.)

### Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-2 p.m. July 2. 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. The event's main foundation is a mobile App, so if you plan to attend, please locate and download the Columbus Air Force Base App from the App Store prior to attending. To register, please contact your unit CSS, or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

### Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. July 3 in the A&FRC. This workshop is highly recommended 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 this event.

### 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.

### Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. July 10; 8 a.m.-5 p.m. July 11; and 8 a.m.-noon Jul 12 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.

## DHA assistant director visits Columbus AFB



U.S. Air Force photos by Airman 1st Class Jake Jacobsen  
Barclay Butler, Defense Health Agency assistant director, talks to members of Team BLAZE, June 27, 2019, on Columbus AFB, Miss. Butler discussed new plans for the migration of our health care to the DHA's system and how the civilian workers would be affected.

### 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.

### Hearts Apart

The next Hearts Apart is from 5-7 p.m. July 25. 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.

formation, 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.

### Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Sept. 19-20. 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.

### 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.

See COMMUNITY, Page 14

## 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:

10 a.m. – Daily Mass (Phillips Auditorium)

#### Wednesdays:

10 a.m. – Daily Mass (Phillips Auditorium)  
10:30 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)



### 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](http://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.

### Buck & Bowl

Forget Rock & Roll, this is Buck & Bowl! Stop by the Bowling Center for \$1 games and \$1 shoe rentals! Every Thursday in June and July from 2-8 p.m. call 434-3426 for more information.

### Buy One Game Get One Free Monday

Come and get your bowl on every Monday at the Strike Zone Bowling Center! Available all day. Call 434-3426 for more information.

### Saturday Movie Matinee

June 29 make plans for a free movie matinee featuring Wonder Park (Rated: PG) at 12:30 p.m., and Us (Rated: R) at 3:30 p.m. Contact 434-3426 or 434-2337 for more information.

### BLAZE FEST

Get ready for Fun, Food and FIREWORKS July 3! Join us for a day full of bounce castles, mechanical children's rides, food trucks, vendors, beer garden, bands, contests and many more!

### Family Day Bowling

Join us at the Strike Zone Bowling Center during Air Education and Training Command Family Day on July 5 from 11 a.m.-8 p.m.

### Yoga & Beer

Join Columbus Club for a fun night learning yoga poses and drinking a pint on July 11 from 6-7 p.m. For more information, contact Columbus Club at 434-2489.

### Powerlifting Competition

Early Weigh in is on July 12 from 5:15-7:15 p.m. Day of event registration and weigh in is on July 13 at 8-8:30 a.m. Event begins at 9 a.m. on July 13. Early bird registration: July 6 for \$15 and registration deadline: July 13 for \$20. The competition has 3 elements: squat, bench press and deadlift. For more information please contact Fitness Center at 434-2772.

### Alabama Comic Con

Join ITT for a fun filled day at Birmingham on July 13 from 8 a.m.-7 p.m. Transportation and admission will be provided for a cost of \$40 per person. Last day to register is on July 8. Contact 434-7861 for more information or to reserve a seat.

### Tandem Skydiving

Join Outdoor Recreation for a high adrenaline rush on July 13 from 7 a.m.-5p.m. Last day to register is on July 8. Transportation,

July 3rd, 2019

# BLAZE FEST

## Order Of Events

| Activities                               | Contests                               |
|--|--|
| 4:00pm.....BLAZE Fest Begins!            | 5:15pm.....Pie Judging Conest          |
| 4:00pm...Eagles vs. Chiefs Kickball Game | 5:15pm....Watermelon Eating Contest    |
| 5:30pm.....Dunk Tank                     | 6:30pm.....Three-Legged Race           |
| 6:00pm.....Band Starts First Set         | 7:20pm.....Dizzy Three-Legged Race     |
| 7:45pm.....Band Starts Second Set        | 7:20pm.....Bubble Wrap Contest         |
| 8:45pm.....Activities Close              | 8:00pm...Most Patriotic Attire Contest |
| 9:00pm.....Fireworks                     | 8:15pm.....Shazam Contest              |

Explore the beer garden, order tasty treats from the food trucks or play in the jumpers!  
Check out our event on Facebook for contest details & more information.



instructors, equipment, snacks, drinks and admission will cost \$50. Contact 434-2507 for more information or to reserve a slot.

### Family Fun Night

Come join Family Fun Night at the Columbus Club on July 13 from 4-7 p.m. It will be a comic con theme so dress up in your best costume. For more information, contact Columbus Club at 434-2489.

### Education and Career Fair

July 17, from 10 a.m.-2 p.m. at the Columbus Club. If you are looking to further your education or maybe looking for new employment, this event is for you! Over 20 schools will be present to provide information on their programs as well as 66 employers that have been invited to attend and will be recruiting for industrial, business, computers, medical, transportation, education, service, and law enforcement for local, state, national and international positions.

### Alabama Splash Adventure

Join ITT on July 20 from 8 a.m.-7 p.m. for a fun-filled day in the sun at Alabama Splash Adventure Water Park in Bessemer, Alabama. Participants will need a set of dry clothes for the ride home. The cost is \$35 per person (ages 2 and under are free) \$25 per person for single airmen and families of deployed members. Price includes transportation and admission. Call 434-7861 for more information.

### 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.

### Martial Arts

Martial Arts classes are available at the Youth Center every Tuesday and Wednesday from 5-6 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](http://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 10a.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, 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.

### 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 Monday through Thursday from 10 a.m.-5 p.m. and Saturday 8 a.m.-4 p.m., call 434-7836 for more information.

See FSS, Page 14



Summer fun!



Protect yourself, wear a helmet.



Wear a life preserver.



Share the road. Watch for motorcyclists.



Be watchful of kids in pools.



Keep it fun, grill safe.



Don't drink and drive.

# PTSD: Where Columbus AFB Airmen can go for help

Senior Airman Keith Holcomb

14th Flying Training Wing Public Affairs

Post-traumatic stress disorder (PTSD) is a condition that develops in some individuals who are exposed to a shocking, traumatic, or dangerous event.

June is PTSD Awareness Month, June 27 is National PTSD Awareness Day, though these are only a fraction of the year, it's important to remember PTSD is a treatable mental health condition all year round.

While early treatment is preferable, even people who have suffered from PTSD for many years can experience improvements as long as they are given effective treatment. All military members are able to receive treatment through their Military Treatment Facilities (MTFs), both stateside and overseas.

The [www.airforcemedicine.af.mil](http://www.airforcemedicine.af.mil) webpage has a variety of information for PTSD and many other medical concerns on their 'Resources' page found on the bottom right dropdown menu.

Recognizing the issue and looking for help is a great step, said Senior Airman Robert Patterson, 14th Medical Operations Support Squadron mental health service specialist. He said most people wouldn't avoid getting a broken bone fixed, so mental health shouldn't be any different.

Columbus Air Force Base, Mississippi, also has numerous ways to get help for PTSD and other mental health issues. From the 14th Flying Training Wing chaplains to the Mental Health Flight's Behavior Health Optimization Program and counseling sessions, any Airmen can find the help they need to get back to '100%.'

"The base chaplains and the Military & Family Life Counselors are two great ways to receive supportive counseling," said Capt. David Marks, 14th MDOS Mental Health element chief. "If anyone wants to come to mental health for any concerns, even PTSD, we will recommend they visit BHOP; first to assess their situation and potentially provide help within the first day."

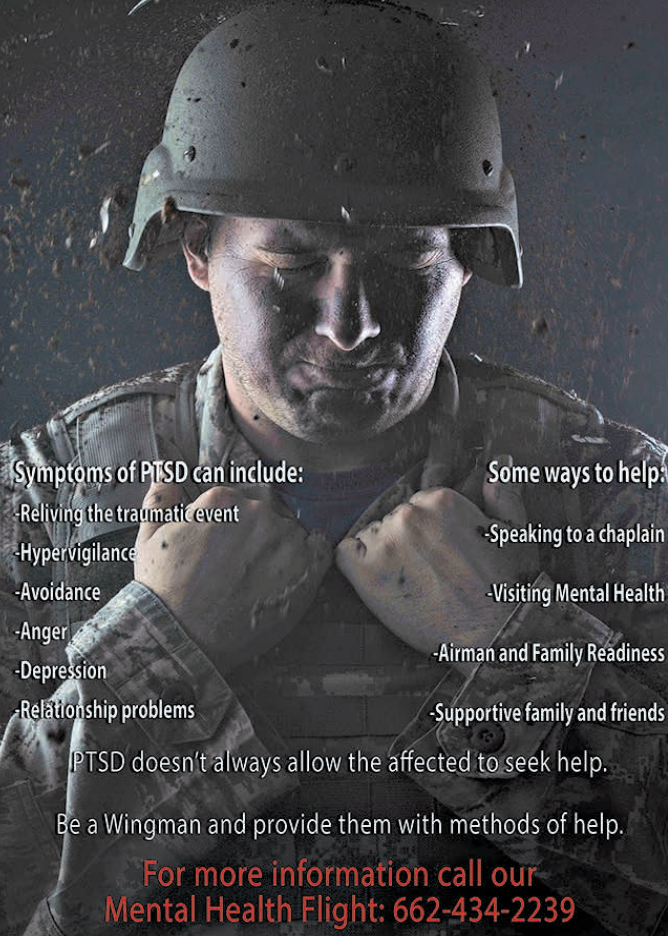
With PTSD especially, Marks said, the Air Force gives mental health professionals all the tools to help an individual get back to where they want to be, with upwards of an 80 percent success rate if the treatment plan is completed.

Support may be all someone needs, Marks continued, but sometimes a direct treatment plan can be the difference between duct tape on a wound or a complete repair.

"It's not easy to say, 'I'm here to get help,' but that one phrase literally save lives," Marks said. "PTSD is much easier treated early on, the longer someone waits the harder it will be to break the bad patterns and it can lead to bigger issues later on."

For patient's professional development, mental health has almost a full year before they're required to start the paperwork to simply assess someone's future in the military. The approximated

## PTSD Awareness Month



Symptoms of PTSD can include:

- Reliving the traumatic event
- Hypervigilance
- Avoidance
- Anger
- Depression
- Relationship problems

Some ways to help:

- Speaking to a chaplain
- Visiting Mental Health
- Airman and Family Readiness
- Supportive family and friends

PTSD doesn't always allow the affected to seek help.

Be a Wingman and provide them with methods of help.

For more information call our Mental Health Flight: 662-434-2239

length of treatment for PTSD is around 12 sessions, or three months. This means a majority of patients who complete the treatment will have records showing they received help and are where they need to be.

Those who receive help will continue their service with potentially little or no noticeable impact on professional development.

Marks said, if someone is showing signs or symptoms of PTSD, be supportive, listen and help them through being a wingman.

For more information on PTSD and more visit the pages below:

[www.airforcemedicine.af.mil](http://www.airforcemedicine.af.mil)  
<https://www.ptsd.va.gov/>

Visit us online! [www.columbus.af.mil](http://www.columbus.af.mil)

Follow us on Twitter! [www.twitter.com/Columbus\\_AFB](https://twitter.com/Columbus_AFB)





The manufacture, sale, storage, possession, transportation and/or use of fireworks and all incendiary devices are expressly prohibited on Columbus Air Force Base, Mississippi, to include Hunt Housing and community. The only exception is from a licensed/insured professional company sponsored by the base.

Fireworks start an average of 18,500 fires per year, including 1,300 structure fires, 300 vehicle fires, and 16,900 outside and other fires. These fires caused an average of three deaths, 40 civilian injuries, and an average of \$43 million in direct property damage.

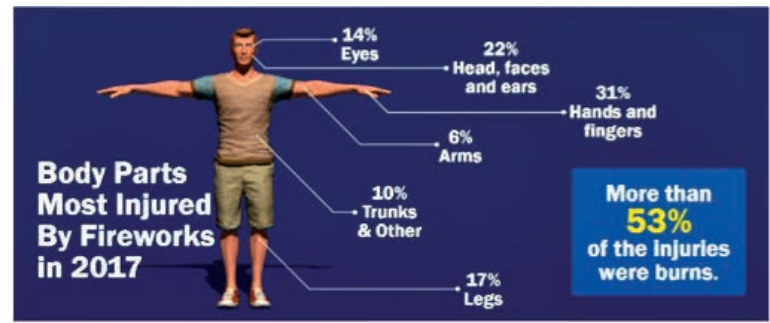
In 2017, U.S. hospital emergency rooms treated an estimated 12,900 people for fireworks related injuries; 54% of those injuries were to the extremities and 36% were to the head. Children younger than 15 years of age accounted for more than one-third (36%) of the estimated 2017 injuries.

If you choose to partake in fireworks activity off-base, remember, fireworks can be dangerous, causing serious burn and eye injuries. Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees – hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.



Author: Fire Inspector Darren Amos 434-2274  
Data from Consumer Product Safety Commission and  
National Fire Protection Association



#CelebrateSafely

## Summer grilling safety

1st Lt. Michael Johnson  
14th Flying Training Wing Safety

With the Fourth of July a few days away and the Memorial Day holiday already behind us, it is the perfect time to fire up the grill. Between smoking ribs and grilling brats, I am sure that many of you have already broken out your grill master 3000s and produced grilling works of art. However, smoking and grilling inherently means that there is gas, fire, and smoke involved. With grills contributing to around 9,000 house fires in the U.S. each year this means we should take the time to highlight some tips and tricks to make your grilling experience safe and fun.

### Setting Up Your Grill/Smoker:

If you are smoking your food or firing up the grill here are some things you should do prior to starting the heat.

- Do a thorough check of your equipment and insure that everything is assembled correctly and there are no rust holes forming.
- Ensure that your igniters work.
- Check over your gas connections to make sure there are no holes and leaks. A solution of soap and water should reveal any issues.
- If you are using a gas grill and it does not light within a normal time period (around five to ten seconds), turn off the gas and allow any gas that may have built up to disperse.
- Make sure that you have cleaned off your grill and clear any buildup of fat and oils.

- Place your grill/smoker at least six feet away from any building, plants, or easily flammable items to prevent any fire that may occur from spreading.
- For your food prep, follow the following tips:

- Fully thaw meat so it cooks evenly and all the way through
- Marinate your food in the refrigerator and pull it out when you are ready to start grilling, not before.
- Ensure that your hands are clean before handling any food and make sure that you wash your hands when switching between different types of food.

Bringing the Heat:  
Once you are prepped and ready to go,

here are a couple of steps to accomplish.

- For lighting a charcoal grill, start with a small amount first and add onto after the coals are lit and burning.
- If you are using lighter fluid to start your charcoal, do not add more once the coals are burning. If you need to increase the temperature just add more coals.
- If you are using a chimney or something similar, ensure that you light it in a spot that will not catch fire and it is at least six feet away from anything flammable.
- Be patient; allow your grill/smoker time to preheat to your desired cooking temperature. This also allows your grill time to burn off any bacteria you may have left behind in the cleaning process.
- Once the grill is hot and ready, make sure to cook your foods to the recommended temperatures listed below. You should also cook any non-meat products first to avoid the spread of bacteria.
- Poultry - 165°F
- Ground Meat - 160°F
- Beef, pork, lamb, fish, shellfish, and veal - 145°F

### Clean Up and Tear Down:

After you complete your grilling masterpieces, ensure that you allow the grill time to cool off before moving it.

- Coals can still be hot for hours after the flames go out so ensure that the coals are cool before removing them from the grill.
- Turn off your gas without turning off the flame to ensure that all the gas in the line is used then; disconnect the gas from the grill.
- Ensure food has cooled down before storing it in a fridge or freezer to prevent the food from spoiling early; however, do not allow it to sit out for too long.
- Store your gas/charcoal away from your home and away from any flammable items.

This article reviewed some of the basic safety tips for grilling and barbequing this summer. As you are planning for the big party also remember to review your grill manuals and instructions for safe operation. Finally, mixing grilling and alcohol can have dangerous consequences so save your favorite drink until after you finish grilling. Have fun this summer and enjoy the time with family and friends!

## Key Spouses committed to providing resources and support to Airmen, families

Renee Johnson

Airmen Family Readiness Center Family/  
Work Life Specialist

Key Spouses and Key Spouse Mentors are not just the Air Force Key Spouse Program volunteers, but are pivotal to the success of our men and woman in uniform. While our Airmen are diligently completing their mission, Key Spouses and Key Spouse Mentors are giving of themselves and time by creating a sense of community and belonging.

Key Spouses are part of a team that consist of the first sergeant, chief master sergeant, superintendent, and or senior NCO, who make up the leadership team. The leadership team are the link between the commander and the Key Spouses and Key Spouse Mentors, who have been hand selected to serve in an official capacity.

"The Air Force Key Spouse program is a commander's program to enhance unit family readiness. The role of the Key Spouse is designed to enhance mission readiness and resilience ... It is a commander's initiative that promotes partnerships with unit leadership, families volunteer Key Spouses, Centers, and other installation community agencies." AFI-36-3009.

Key Spouses and or Key Spouse Mentors are official representatives. They must be appointed in writing by their unit commander. Key Spouses must also sign the appointment letter stating they are in agreeance to requirements to complete eight modules of Key Spouse Initial Training (approximately six hours), or complete the standardized Refresher Training (one hour) – intended for Key Spouses and Key Spouse Mentors returning to official Key Spouse or Key Spouse Mentor duties following a permanent change of station to a new duty location, Continual Education Training, and to complete annual training on Suicide Awareness and Sexual Assault Prevention and Response.



Some of the topics covered in Key Spouse Training is communication, generational diversity, social media, operations and cyber security, deployment, disaster preparedness, Personal Identifying Information, Privacy Act and For Official Use Only, and resiliency. The Key Spouse Mentor Training is more of an opportunity for Key Spouse to network with other mentors which add to their experience as seasoned Key Spouses. This allows them to better assist and support Key Spouses which is the role of the mentor within the program.

The Continual Education Training is offered quarterly to Key Spouses and Key Spouse Mentors. This training provides information and opportunities to keep the Key Spouses and Key Spouse Mentors current on local resources and trends both on and off the installation that is relevant to the Key Spouse Program. The Key Spouse Program is an official unit readiness program and is outlined in AFI-36-3009.

In addition to the above mentioned training which is all provided by the Airmen and Family Readiness Center, Key Spouses and Key Spouse Mentors are equipped with the

### Upcoming training dates:

| Key Spouse             | Key Spouse Mentor     | Key Spouse Continual |
|------------------------|-----------------------|----------------------|
| July 15 9 a.m.-2 p.m.  | July 29 9:30-11 a.m.  | Aug. 8 10-11 a.m.    |
| Aug. 19 9 a.m.-2 p.m.  | Aug. 26 9:30-11 a.m.  | Oct. 17 10-11 a.m.   |
| Sept. 23 9 a.m.-2 p.m. | Sept. 30 9:30-11 a.m. |                      |
| Oct. 21 9 a.m.-2 p.m.  | Oct. 28 9:30-11 a.m.  |                      |
| Nov. 11 9 a.m.-2 p.m.  | Nov. 25 9:30-11 a.m.  |                      |
| Dec. 11 9 a.m.-2 p.m.  | Dec. 18 9:30-11 a.m.  |                      |

knowledge of installation helping agencies that include Airman and Family Readiness Center programs, Chaplain Services, Family Advocacy, Legal Office, Military Family Life Counselors, Sexual Assault Response Coordinator, Mental Health, and Military One Source, just to name a few.

Having the knowledge of various resources and providing information on the availability of these resources and or services can help family members make good informed decisions that may not only ultimately benefit the entire family, but can be life changing.

"I'm thankful for the Key Spouse Program here at Columbus AFB because it helped me form relationships with other spouses and feel part of a community," said Tori Heckman, the spouse of a 37th Flying Training Squadron student pilot. "With this being our first base, I've had many questions. It has been incredible having a Key Spouse I knew I can go to with any questions I had. My Key Spouse has been a great help and an even greater friend."

Since Key Spouses and Key Spouse Mentors are usually spouses themselves, the assigned spouses are ever changing. At any given time there is an average of 42 Key Spouses and 20 Key Spouse Mentors serving here on Columbus AFB. The Airmen and Family Readiness Center has a list of all Key Spouses and Mentors.

For more information, feel free to contact Airmen and Family Readiness Center at 662-434-2790.

## Commander's Action Line 434-1414


In an effort to stay Connected, the Commander's Action Line is your direct link to the commander for comments and suggestions on how to make Columbus AFB better.

Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command. The Commander's Action Line can be reached at 434-1414. Leave your name and phone number or email if you would like to receive an answer. All names will be kept confidential.


If you would like to remain anonymous, please submit your inquiries through our base application in the 'Our Wing' then 'Contact the CC' tab or you can submit through the webpage at [www.columbus.af.mil](http://www.columbus.af.mil). Click "Contact Us" at the top left of the page and select "Commander's Action Line" in the Recipient drop down menu.







# Medical Corner




## BRAIN HEALTH MONTH

### Aging and sleep: Making changes for brain health

Sleep affects our overall health, including our hormones and immune system. Neurobiological processes that occur during sleep have a profound impact on brain health, and as a result, they influence mood, energy level, and cognitive fitness. Numerous studies have shown that structural and physiological changes that occur in the brain during sleep affect capacity for new learning, as well as, the strength of memories formed during the day. Sleep promotes the consolidation of experiences and ideas; it plays a pivotal role in memory, and has been shown to enhance attention, problem solving, and creativity.

Specific sleep stages are associated with different types of learning



Over the course of the night, sleep unfolds in five different cycles which alternate throughout the night. These include rapid eye movement (REM) and non-REM stages. REM is the stage when dreaming occurs. This stage of sleep is associated with active eye movements and body paralysis, which assures that a sleeping person is protected from acting out the dream. During REM there is increased activity in limbic structures involved in memory and emotional regulation, whereas there is less activity in frontal brain systems involved in analytic thinking. Fragments of events and memories experienced during the day may be combined in novel and often bizarre ways during REM-based dreaming. REM plays a pivotal role in memory and other cognitive functions. Other sleep stages are also associated with memory. For instance, the light sleep stage promotes motor skill learning needed for activities such as playing an instrument or keyboarding.

#### Changing circadian rhythms and sleep disturbances are common

When we get older, we tend to feel sleepy earlier in the evening. This may result in waking up early in the morning as our sleeping hours shift. Older people have less REM and less slow wave sleep. Less slow wave sleep may impede memory consolidation in older adults. In addition to changes in sleep cycles, older people are increasingly vulnerable to sleep disturbances that cause poor sleep and low brain oxygen such as sleep apnea, a medical condition characterized by loud snoring, breathing pauses during sleep, and daytime fatigue. Research has shown that sleep apnea increases amyloid, a protein associated with Alzheimer's disease. Poor sleep increases amyloid deposition and in turn, amyloid deposition compromises the quality of sleep. In fact, people with Alzheimer's disease are prone to sleep problems, including insomnia at night and excessive sleeping during the day.

*Aging and sleep: Making changes for brain health. Retrieved from <https://www.health.harvard.edu/blog/aging-and-sleep-making-changes-for-brain-health-2019031116147>*


### While you call it quits for the day, your mind does some serious work.

**At bedtime, you shut down your computer, smartphone, and busy schedule—but for your brain, the workday's just getting started. In fact, your brain remains highly active throughout your sleep so it can perform a host of functions that keep you humming through the day:**

- It Clears Out the Trash.**  
Cerebral spinal fluid is pumped more quickly throughout the brain while you sleep. It acts like a vacuum cleaner, whisking away waste products, such as molecular detritus that brain cells make and toxic proteins that can lead to dementia over time.
- It Locks in What You Learn.**  
The brain restores information that wasn't ingrained during the day—such as, say, the password you vowed to remember. Experts call this consolidation, and it's important for protecting against further information loss as well as boosting your ability to learn while you're awake.
- It Preserves Important Memories.**  
That's especially true for emotional ones: Your brain chooses and enhances the experiences that are most valuable to you—your child's graduation speech, for example. What's more, it downgrades memories that aren't as important.
- It Helps You Keep Chronology Straight.**  
The brain replays the memories of your daily to-dos, and helps to reestablish the order in which those things occurred. This happens during the deepest stage of sleep.

*Sleep and the Brain: What Happens? Retrieved from <https://www.sleep.org/articles/brain-duringsleep/>*

## A personal message from your health promotion Health Myth Busting Team



*Dear Health Myth Busters,*  
*I've been having the same reoccurring dream for a few nights now and it includes things I've recently seen, heard or experienced. Is there an interpretation to these kind of dreams? I've researched and found different answers as to why people dream and the interpretation of them, but is there one true answer?*

Sincerely,  
Dreamer

Dear Dreamer,

Since the earliest of recorded histories, people have theorized about the function and meaning of dreams. But even in the 21st century we still are not sure why we dream. The only way to study dreams is to ask the dreamer.

There are have been a variety of studies done and discoveries made about dreaming but even with these discoveries, the question of why we dream remains unanswered. Some researchers think dreaming might have evolved for physiological reasons. There is a great deal of neuronal activity occurring while we sleep, especially in REM, and it has been suggested that dreams may just be a meaningless by-product of this biological function. Another theory of dreaming is put forth by Rosalind Cartwright, PhD, Professor and Chairman, Department of Psychology at Rush University Medical Center in Chicago. Dr. Cartwright believes that dreams are the mechanism whereby the brain incorporates memories, solves problems and deals with emotions. In this way, she maintains, dreams are essential for our emotional health.

In spite of our attempts to demystify the phenomenon of dreaming, human beings simply have not yet come close to answering the question "Why do we dream?" According to Jim Pagel, MD, Director of the Sleep Disorders Center of Southern Colorado, "If dreaming has an actual function, it really supports why we spend a third of our lives sleeping." For now, we will have to be content with simply enjoying the show our brain puts on for us each night.

Sincerely,  
Health Myth Busters

*In Your Dreams. Retrieved from <https://www.sleepfoundation.org/articles/your-dreams>*

# BLAZE Hangar Tails: HC-130P/N

The HC-130P/N is an extended-range version of the C-130 Hercules transport. HC-130 crews provide expeditionary, all weather personnel recovery capabilities to our Combatant Commanders and Joint/Coalitions partners worldwide.

**Mission**

The mission of the HC-130P/N "King" is to rapidly deploy to austere airfields and denied territory in order to execute all weather personnel recovery operations anytime, anywhere. King crews routinely perform high and low altitude personnel and equipment airdrops, infiltration/exfiltration of personnel, helicopter air-to-air refueling, and forward area refueling point missions.

When tasked, the aircraft also conducts humanitarian assistance operations, disaster response, security cooperation/aviation advisory, emergency aeromedical evacuation, casualty evacuation, noncombatant evacuation operations, and, during the Space Shuttle program, space flight support for NASA.

**Features**

Modifications to the HC-130P/N are improved navigation, threat detection and countermeasures systems. The aircraft fleet has a fully-integrated inertial navigation and global positioning systems, and night vision goggle, or NVG, compatible interior and exterior lighting. It also has forward-looking infrared, radar and missile warning receivers, chaff and flare dispensers, satellite and data-burst communications.

The HC-130 can fly in the day; however, crews normally fly night at low to medium altitude levels in contested or sensitive environments, both over land or overwater. Crews use NVGs for tactical flight profiles to avoid detection to accomplish covert infiltration/exfiltration and transload operations.

**Background**

First flown in 1964, the aircraft has served many roles and missions. It was initially modified to conduct search and rescue missions, provide a command and control platform, in-flight-refuel helicopters and carry supplemental fuel for extending range and increasing loiter time during search operations.

They have been deployed to Italy, Kyrgyzstan, Kuwait, Pakistan, Saudi Arabia, and Turkey in support of operations Southern and Northern Watch, Allied Force, Iraqi Freedom and Enduring Freedom. HC-130s also support continuous alert commitments in Alaska and the Horn of Africa.

**General Characteristics**

**Primary function:** Rescue platform

**Contractor:** Lockheed Aircraft Corp.  
**Power Plant:** Four Allison T56-A-15 turboprop engines  
**Thrust:** 4,910 shaft horsepower, each engine  
**Wingspan:** 132 feet, 7 inches (40.4 meters)  
**Length:** 98 feet, 9 inches (30.09 meters)  
**Height:** 38 feet, 6 inches (11.7 meters)  
**Weight:** 83,000 pounds (37,648 kilograms)  
**Maximum Takeoff Weight:** 155,000 pounds (69,750 kilograms)  
**Fuel Capacity:** 73,000 pounds (10,724 gallons)  
**Payload:** 30,000 pounds (13,608 kilograms)  
**Speed:** 289 miles per hour (464 kilometers per hour) at sea level  
**Range:** beyond 4,000 miles (3,478 nautical miles)  
**Ceiling:** 33,000 feet (10,000 meters)  
**Armament:** countermeasures/flares, chaff  
**Crew:** Three officers (pilot, co-pilot, navigator) and four enlisted (flight engineer, airborne communications specialist, two loadmasters). Additional crewmembers include a Guardian Angel team consisting of one combat rescue officer and three pararescuemen  
**Unit Cost:** \$77 million (fiscal 2008 replacement cost)  
**Initial operating capability:** 1964  
**Inventory:** Active force, 13; ANG, 13; Reserve, 10



U.S. Air Force photo by Senior Airman Cheyenne A. Powers



U.S. Army National Guard photo by Staff Sgt. Balinda O'Neal Dresel

**An HC-130 from the 79th Rescue Squadron drops cargo necessary for a combat search and rescue training mission at Ft. Huachuca, Ariz., Nov. 6, 2018. During the CSAR training mission U.S. Air Force pararescuemen were tasked to jump from the HC-130, locate a downed helicopter crash site and rescue any survivors.**

**Air National Guardsmen from Alaska's 212th Rescue Squadron, 176th Wing, unload rescue equipment and supplies from an HC-130J Combat King II aircraft from the 211th RSQ at Kinston, N.C., Sept. 16, 2018. The Air National Guardsmen are staging in preparation for offering support to civil authorities as needed in response to hurricane relief operations.**





T-1A Jayhawk



T-38C Talon

# SUPT Class 19-17/18 earns silver wings



**Capt. Justin Dunn**  
Trussville, Alabama  
KC-135



**1st Lt. Kristen Brosseau**  
Roscoe, Illinois  
KC-135



**1st Lt. Ashton Cleveland**  
Corvallis, Oregon  
F-16



**1st Lt. Bradley Mokris**  
Warner Robins, Georgia  
KC-135



**1st Lt. Mikayla Scarboro**  
North Pole, Alaska  
C-17



**2nd Lt. Catherine Mae Gonzales**  
Philippines  
TBD



**2nd Lt. William Haunstein**  
Nazareth, Pennsylvania  
C-17



**2nd Lt. Kaitlyn Hawkinson**  
Mora, Minnesota  
C-17



**2nd Lt. Erik Henry**  
Schnecksville, Pennsylvania  
KC-10



**2nd Lt. Tetsuo Hiroki**  
Japan  
F-2



**2nd Lt. Rose Jasko**  
Finleyville, Pennsylvania  
KC-135



Thirty-seven officers have prevailed during a year of training, earning the right to become Air Force pilots.

Specialized Undergraduate Pilot Training Class 19-17/18 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Retired Brig. Gen. John A. Cherrey, former A-10A/C Thunderbolt II instructor pilot, evaluator, weapons officer and operational test and evaluation pilot, is the graduation guest speaker.

Students will receive their silver pilot's wings at the ceremony, and students who excelled in their respective training tracks will be recognized.

Second Lt.'s Joshua VanWyk, Michael Adams and Alec Swanson received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lt.'s William Mullins, Adam Kita and Erik Henry who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

The distinguished graduates of classes 19-17/18 recognized were VanWyk, Adams and Swanson for outstanding performance in academics, officer qualities and flying abilities.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turbo-prop T-6A Texan II at Columbus AFB, Miss. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and

cross country navigation flying.

Primary training takes approximately 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 hours in the T-6A aircraft.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38C Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes approximately 26 weeks and includes 381 hours of ground training, 31.6 hours in the flight simulator and 118.7 hours in the T-38C aircraft.

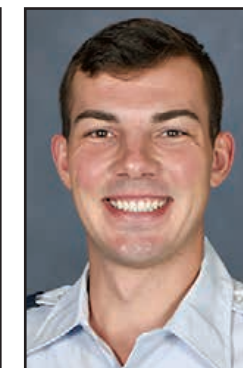
The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction centers on crew coordination and man-

agement, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 19-17/18's pilot partners are Columbus Main Street, WCBI, Cell Phone Repair Geeks and Lost Pizza Co.



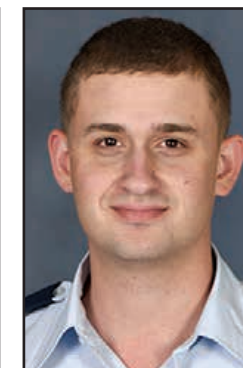
**2nd Lt. Joshua Joens**  
Arlington, Texas  
T-6



**2nd Lt. Adam Kita**  
Emmaus, Pennsylvania  
T-1



**2nd Lt. Derek LaFave**  
Sherwood, Oregon  
C-17



**2nd Lt. Michael Miller**  
Tucson, Arizona  
F-16



**2nd Lt. Ambrose Morris**  
Palmer, Alaska  
F-16



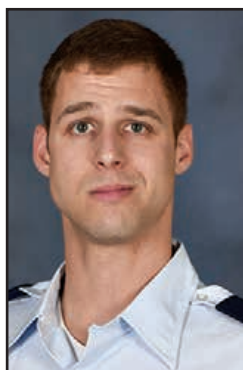
**2nd Lt. William Henry Mullins**  
Vienna, Virginia  
T-38



**2nd Lt. Marcie Nelson**  
Prineville, Oregon  
C-130



**2nd Lt. Yusuke Nobuoka**  
Japan  
C-130H



**2nd Lt. Corey Palmatier**  
Valhalla, New York  
LC-130



**2nd Lt. Aaron Plomann**  
Hebron, Indiana  
C-17



**2nd Lt. Breana Rauccio**  
Arlington, Texas  
KC-135



**2nd Lt. Keith Schaper**  
Arcadia, Florida  
C-12



**2nd Lt. Daiki Shibuya**  
Japan  
C-2



**2nd Lt. Jonathan Streckfuss**  
Columbus, Texas  
C-130J



**2nd Lt. Alec Swanson**  
Charleston, South Carolina  
C-17



**2nd Lt. Bobby Therdchitphaisarn**  
Chandler, Arizona  
C-130J



**2nd Lt. Juan Vasquez**  
Dominican Republic  
A-29B



**2nd Lt. Joshua Van Wyk**  
York, Pennsylvania  
F-16



**2nd Lt. Trevor Williams**  
Springfield, Ohio  
C-130



**2nd Lt. David Wilcox**  
Westerville, Ohio  
C-5



**2nd Lt. Breanna Ziccarelli**  
Federal Way, Washington  
C-17