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Vol. 43, Issue 28

August 29, 2019

Weather

Friday Sunny High 89°F Low 67°F	Saturday Partly Cloudy High 90°F Low 69°F
Sunday Partly Cloudy High 88°F Low 69°F	Monday Partly Cloudy High 89°F Low 69°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

SUPT Class 19-25 Assignment Night
Celebrate with Class 19-25 at 5:30 p.m., Sept. 12 in the Club as they receive their new assignments.

SUPT Class 19-23/24 Graduation
Join the newest Air Force aviators at 10 a.m., Sept. 13 in the Kaye Auditorium to celebrate their accomplishment.

Wing Newcomers
A Wing Newcomers will begin at 8 a.m., Sept. 17 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.

Inside



Feature 8
The 14th Flying Training Wing command structure is highlighted in this week's feature.



U.S. Air Force photo by Airman Davis Donaldson
Col. Michael Conley, 1st Special Operations Wing commander, gives a speech at Special Undergraduate Pilot Training Class's 19-21/22 graduation ceremony Aug. 16, 2019, at Columbus Air Force Base, Miss. Conley is also a pilot and has 2,400 flight hours.

1st SOW commander speaks to Air Force's newest aviators

Airman Davis Donaldson
14th Flying Training WingPublic Affairs
Col. Michael Conley, 1st Special Operations Wing commander from Hurlburt Field, Florida, spoke to graduates of Specialized Undergraduate Pilot Training Class 19-21/22 during their graduation ceremony Aug. 16 on Columbus Air Force Base, Mississippi. As a commander, Conley says he has high expectations for his officers and knows what hard work looks like. Out of about 300 graduates, Conley says he expects about 100 to continue on to the next phase of training. See GRAD, 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 (20-10)	Aug. 29	48th (19-23)	Sept. 13	49th (19-LBC)	Sept. 18	T-6	2,368	2,114	26,309
41st (20-11)	Sept. 13	50th (19-23)	Sept. 13			T-1	828	597	8,176
						T-38	897	760	9,834
						IFF	379	322	4,116
Col. Steven M. Boatright, 53rd Weapons Evaluation Group commander, is the guest speaker for Specialized Undergraduate Pilot Training Class's 19-23/24 Graduation at 10 a.m., September 13 in the Kaye Auditorium.						* Mission numbers provided by 14 FTW Wing Scheduling.			



14TH FLYING TRAINING WING DEPLOYED

As of press time, 13 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.

Silver Wings new schedule

Recently, the Silver Wings publications schedule has adjusted to a new format. Publications will now produce two issues a month with SUPT Graduations a part of those issues.

2019	2020
September 13	January 10
September 27	January 24
October 11	February 7
October 25	February 28
November 8	March 13
November 15	March 27
December 6	April 10
December 13	April 24
	May 15
	May 29
	June 12
	June 26
	July 10

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
2 Suicide Pre-vention Month Labor Day	3	4	5	6 Senior NCO Induction Ceremony, 6 p.m. @ Club	7/8	Sept. 17: Wing Newcomers Sept. 18: Air Force Birthday Sept. 18: IFF Class 19LBC Graduation Sept. 21: POW/MIA Recognition Day Sept. 27: SUPT Class 19-25 Graduation Sept. 28: Air Force Birthday Ball Sept. 30: Enlisted Promotions Oct. 1: Wing Newcomers Sept. 16-Oct. 11: Combined Federal Campaign
9	10 BCC Luncheon, 11:30 a.m.-1 p.m. @ TBD	11 Patriot Day	12 SUPT Class 19-15 Assignment Night, 5:30 p.m. @ Club	13 SUPT Class 19-23/24 Graduation, 10 a.m. @ Kaye Auditorium	14/15	

Silver Wings

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Submission Deadline

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

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GRAD
(Continued from page 1)

100 graded officers at his wing, Conley said some are great aviators but poor officers, and others are great officers but poor aviators.

"First and foremost, focus on being a good Air Force officer," Conley said. "We make you officers before we make you pilots. This is intentional."

Conley said something that has been an important lesson for him throughout his career is patience. During the first four years of his commissioning service, Conley said he had a single National Defense Service ribbon he received as a cadet. Conley said he wanted to make a difference as a pilot, but lacked patience. A few years later, as a captain, Conley had the opportunity to fly in the first mission in Iraqi Freedom.

Since March of 2003, Conley said he has deployed across the globe and has had incredible opportunities, and wanted the new aviators to know that they too will have the same opportunities.



U.S. Air Force photo by Airman Davis Donaldson
Col. Samantha Weeks, 14th Flying Training Wing commander, gives an award to 1st Lt. Sanni Kafayat, 14th Student Squadron student pilot, at the Special Undergraduate Pilot Training Class's 19-21/22 graduation ceremony Aug. 16, 2019, at Columbus Air Force Base, Miss. Kafayat is Nigeria's first female fighter pilot.

"Many of you will join squadrons that are teeming with legitimate war heroes," Conley said. "You'll look at their thick rack of ribbons or the awards sitting at their office or at their desk or at their house and you'll think 'I want some of those opportunities, when do I get mine?'"

Conley guaranteed the graduates glory if they are just patient and work hard. No generation of Americans have been spared from war so their time will come, he said.


Conley also talked about the importance of competence. "Be the best at whatever we assign you to do and be competent. Competence is like currency, it can buy you trust and it can buy you credibility," Conley said. "Trust and credibility open the door to opportunity and opportunity is what we're all looking for, right?"

Some of the pilots have assignments and are going places that were not their first choice, Conley said. They need to get pass their incompetence and be the best at what the Air Force needs, he said.


"Whether it's managing the snack bar, assisting in the scheduling shop or deploying to war, be the best at those



U.S. Air Force photo by Airman Davis Donaldson
Chief Master Sgt. Raul Villarreal Jr., 14th Flying Training Wing command chief, helps student pilots from Special Undergraduate Pilot Training Class's 19-21/22 break their first pair of wings during their graduation ceremony Aug. 16, 2019, at Columbus Air Force Base, Miss. As a tradition, pilots break their first pair of wings in half for good luck.



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Wounded warrior talks resiliency during tactical pause

By Lauren Russell
66th Air Base Group Public Affairs

HANSCOM AIR FORCE BASE, Mass. — A senior noncommissioned officer haunted for years by the grizzly images of a disastrous aircraft crash shared his personal story of resilience and recovery with Airmen during a training session at the Hanscom Air Force Base theater, Aug. 22.

In the wake of Air Force Chief of Staff Gen. David L. Goldfein's Resiliency Tactical Pause directive, Master Sgt. Jose E. Rijos, Air Force Wounded Warrior ambassador, recounted the traumas of his career with his service dog, Cairo, at his side.

Originally a security forces Airman, he began his career at Muñiz Air National Guard Base, Puerto Rico. On Aug. 7, 2002, the call came in that a C-130 had gone down somewhere in the mountains. Rijos was assigned to the recovery team sent into the jungle to locate the wreckage.

"I wasn't prepared for what we found," said Rijos, currently the Massachusetts Air National Guard senior noncommissioned officer in charge of domestic operations.

The impact of the crash killed all 10 passengers onboard, a crew that Rijos had met with just days prior. Fragments of the aircraft and everything inside littered the rainforest floor.

"Then the next day, we were back at work," he said. "But those images got stuck in my head."

Although Rijos didn't realize it at the time, what he endured had laid the foundation of his later-identified post-traumatic stress disorder that only worsened over the



U.S. Air Force photo by Mark Herlihy
Master Sgt. Jose Rijos, Massachusetts Air National Guard noncommissioned officer in charge of domestic operations and Wounded Warrior ambassador, stands on stage with his service dog, Cairo and his wife, Yadira Rijos, at the Hanscom Air Force Base, Mass. theater, Aug. 22, 2019. Both Jose and Yadira spoke on their experiences dealing with post-traumatic stress as a family in hopes to dismantle the stigma surrounding mental health.

time it went untreated.

"I could tell that something was off with me," Rijos said. "I just told myself this comes with the job, that I would decompress and I would be fine. I was choosing not to deal with it."

With his belief of a negative stigma around mental health, Rijos assured himself he had everything under control, but as he progressed in his career, he found himself at another roadblock. Losing his father, health

issues and problems with his new leadership only added to the weight on his shoulders.

"At this point, the punches were just coming from everywhere," he said. "I fell into a depression."

He finally had enough. Rijos sent a text message to his wife, telling her he was going to take his health back into his own hands. He drove himself to the closest Veterans Affairs hospital, where he stayed for the next 21 days, putting him on the road to recovery.

Still having good days and dark days but armed with new resources to cope with his trauma, Rijos was able to get back to his unit. It was there he said he received a call from the Air Force Wounded Warrior Program.

Rijos said he didn't deem himself worthy of help from AFW2 because, to him, his wounds were not as severe as some of his wingmen. His recovery care coordinator assured him otherwise and told him that he could actually help other service members struggling with mental health find their path to recovery.

"Don't be afraid to reach out and encourage your buddies to get help, because they just don't know what to do with that pain," Rijos said. "Because some of these guys, when they go, they really go."

The AFW2 Program not only provided support to Rijos, but to his family as well. With support groups available for his wife and two daughters, his family was able to build their own tool kits on how to navigate the obstacles of trauma.

"It's not like PTSD just goes away; it's always there," said Yadira Rijos, Jose's wife, caregiver and AFW2 ambassador. "But (the AFW2 Program) has the right people to help."

Rijos and his family travel from base to base, sharing their story and ongoing battle with PTSD in hopes to dismantle the stigma regarding mental health and arm service members with tools to seek help if they ever find themselves in a hole.

"I want to get back into the fight, and I'm not giving up," Rijos said. "I'm being made whole again."

DoD to begin next major phase of military hospital consolidation

Military Health System Communications Office

FALLS CHURCH, Va. — The Department of Defense is preparing for the next major step in consolidating military hospitals and clinics under a single agency, one of the largest organizational changes within the military in decades.

On Oct. 1, the Army, Navy and Air Force will begin the final two years of a multiyear transition to shift administration and management of their medical facilities to the Defense Health Agency, changes that are "transformational and far-reaching," said Vice Admiral Raquel Bono, DHA director.

"For the first time in our modern military's history, a single agency, the DHA, will be responsible for all the health care the Department of Defense delivers to our 9.5 million beneficiaries," Bono said. "Whether you receive your care at an on-base facility or through our TRICARE civilian networks, DHA will oversee your care. This consolidation will drive higher levels of readiness for operational and medical forces and integrate health care services to standardize practices across the entire Department, which means patients will have a consistent, high-quality health care experience, no matter where they receive their care."

The primary drive for this change is the National Defense Authorization Act of 2017. Congress mandated that a single agency will be responsible for the administration and management of all military hospitals and clinics to sustain and improve operational medical force readiness and the medical readiness of military members, improve beneficiaries' access to care and experience of care, improve health outcomes, eliminate redundancies in medical costs and overhead across three separate service-run systems. The DHA will be responsible for health care delivery and business operations across the Military Health System including budgets, information technology, health care administration and management, administrative policies and procedures and military medical construction.

Bono said that even though congressional directives mandate this change, "it's the right thing to do."

"We have more than 40 years of independent studies and internal reviews that demonstrate the current structure of the Military Health System is unsustainable," she said. "What makes us unique from other health systems is that we are heavily embedded with combat forces around the world focused on operational medical readiness and the health of our warfighters. The transformational changes underway will improve that focus, support the DoD's priority for a more lethal force and improve our ability to deliver high quality health care to all of our beneficiaries. Improving medical readiness is the key driver of the overall effort."

During this transition, the quality of care won't change for beneficiaries of the Military Health System. More important,

"Change can be challenging and this is a complex transition," Butler said. "We will see changes in reporting relationships and communication channels while instituting standardized clinical policies and procedures and business practices. We place a premium on communicating often as we move through this together with the military departments."

ant, Bono said, is that over time, it will improve that care by enabling changes to improve access, patient experience and outcomes.

"Ultimately, what this transition means for all of us in the Department of Defense is a more integrated, efficient and effective system of readiness and health and integration of health care services that leads to a more standardized and consistent experience of care for patients," Bono said. "Central to that is having one agency oversee MTF operations while supporting the services' effort to focus more on readiness."

Since October 2018, the DHA has been operating eight hospitals and clinics as part of the first phase, of what was at first, a four-year transition period. In June, the overall timeline adjusted to three years to reduce the amount of duplicative management by the military departments and the DHA, said Dr. Barclay Butler, DHA's assistant director for management and MTF transition head. "The primary driver of that is to measurably and precisely coordinate the reduction of the military services' medical department support and oversight of the MTFs to the DHA," Butler said. "We want to create a simple and clear transfer of authority that positively impacts healthcare for our patients."

From Oct. 1 of this year through October 2021, the transition will focus on four primary objectives:

Centralized administration and management: On Oct. 1, all hospitals and clinics in the continental United States transition to the DHA, with the Army, Navy and Air Force medical departments maintaining a direct support role. Butler said this means that while DHA assumes overall management, the existing intermediate commands of the military departments will continue management duties until the transfer is complete to ensure uninterrupted medical readiness oper-

ations and patient care. The military departments and DHA are currently working out final plans to maintain continuity of operations.

Establish Health Care Markets: At the center of the reorganization is the creation of health care markets. The DHA will stand up 21 large markets during the transition period to manage MTFs in local areas. A market is a group of MTFs in a geographic area - typically anchored by a large hospital or medical center - that operate as a system sharing patients, providers, functions and budgets across facilities to improve the coordination and delivery of health care services. "These markets are really key to the entire reorganization," Butler said. "Market offices will provide centralized, day-to-day management and support to all MTFs within each market." Readiness support is at the heart of a market's responsibilities, Butler added, and they will ensure the clinical competency of all MTF providers within the market. The 21 large markets will collectively manage 246 medical facilities and centers of excellence.

Establishment of a Small Market and Stand-Alone MTF Organization: For stateside hospitals and clinics not aligned to a large market, this office, referred to as SSO, will provide managerial and clinical oversight. As with the large markets, the military departments will continue managing the MTFs until they are realigned under the SSO. There are 16 small market MTFs and 66 stand-alone MTFs assigned to the SSO.

Establish Defense Health Regions overseas: The transition period for standing up Defense Health Regions in Europe and Indo-Pacific begins in 2020. All MTFs overseas would then report to their respective DHA regional offices. The Indo-Pacific region has 43 MTFs, while the European region has 31.

(For a complete list of markets and their assigned MTFs, visit the MHS Transformation webpage.)

"Change can be challenging and this is a complex transition," Butler said. "We will see changes in reporting relationships and communication channels while instituting standardized clinical policies and procedures and business practices. We place a premium on communicating often as we move through this together with the military departments."

Bono said that from a patient perspective, these changes should be transparent. "Our patients expect the same high-quality care regardless of who is in charge. Doctors, nurses and technicians will continue to focus on practicing medicine and improving their skills and readiness. In the end, this really is about the patient - integrating into one system will improve readiness for our medical professionals and result in better care and better health outcomes for our patients."

For more on the DoD's medical reorganization, go to the military health web site at the MHS Transformation webpage for fact sheets, an informational video and more articles.

Columbus AFB celebrates newest staff sergeant selects

Team BLAZE's newest staff sergeant selects stand with 14th Flying Training Wing Leadership during a release ceremony at the Columbus Club Aug. 22, 2019, on Columbus Air Force Base, Miss. The primary focus of the noncommissioned officer tier of the enlisted force structure is to continue occupational growth and to develop themselves and their troops while accomplishing the mission.



U.S. Air Force photo by Melissa Doublin



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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'.

National Cheese Pizza Day

Join us for a pizza buffet from 6-9 p.m. on Sept. 5, includes salad and drink. The cost is \$10 for adults, \$6 for kids. Call 434-2489 for more information.

ITT Casino Trip

Patrons will be able to enjoy both the Silver Start and Golden Moon Casinos in Philadelphia, Mississippi Sept. 7 from 3 p.m.-midnight. The cost is \$30 per person, includes transportation and \$20 in BONUS BUCKS. Must be 21 and older. Call 434-7861 for more information.

Mt. Zion Bike Trail

Come and fill your need for speed at this Historic bike trail in Brookhaven, Mississippi from 7 a.m.-5 p.m. Sept.14. The cost is \$15 per person, includes bike, transportation and equipment rental. Sign up by Sept. 13. Call 434-2507 for more information.

Free Members Lunch Buffet!

Join us at the Club on Sept. 11 for free member's lunch from 11a.m.-1:30 p.m. Come eat all the wings and pasta your heart desires. Call 434-2489 for more information. Must be a valid Club member.

Mike Super: 2.OH Show!

Come and watch the winner of NBC's Phenomenon on Sept. 27, doors open at 7 p.m.! FREE Show! Open to all ages. Call 434-2337 for more information.

Save the Date!

Boo Fest is coming on Oct. 26! More details soon!

Buck & Bowl

Forget Rock & Roll, this is Buck & Bowl! Stop by the Bowling Center for \$1 games and \$1 shoe rentals! Every Thursday 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.

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 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.

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 from 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.-5 p.m. Monday through Thursday and 8 a.m.-4 p.m. Saturday, call 434-7836 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.

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 that is available all day and completely customizable to meet your needs with 119 different classes on the Fitness on Request system. For more information, call 434-2772.

Space A Lodging

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

Ride in Style

Information Tickets and Travel offers a shuttle service to the airport of your choice. For more information, contact 434-7861.

Laser Bowling

The Strike Zone offers laser bowling every Friday and Saturday night starting at 5 p.m., stop in for a great time! Call 434-3426 for more information.

Team BLAZE triumphs over the competition at 2019 FAIP flag championship

Airman 1st Class Jake Jacobsen

14th Flying Training Wing
Public Affairs

Columbus Air Force Base sent about 65 pilots to this year's FAIP Flag competition from Aug. 9-11, hosted at the Naval Air Station Joint Reserve Base, New Orleans, where they won overall best performance amongst all the competitions held.

All three of the training aircraft, the T-6 Texan II, T-38 Talon and T-1 Jayhawk were used during the flying competition.

Some of the events included "low level, time over target" where the pilots had to fly either a T-6 or T-38 and arrive at a target for their assigned time.

"We need to keep doing this kind of competition because it challenges the instructor force to better themselves and refine their skills as both an aviator and instructor pilot," said Capt. Gared Chapman, 41st Flying Training Squadron instructor pilot. "It is also a chance to receive valuable mentorship from people you rarely get to see and share flying techniques or stories between others with the same job."

After graduating from pilot training the newest aviators are given their assigned aircraft but some pilots don't immediately go to their aircraft, instead they return to trainer aircraft to teach as an instructor pilots.

These flyers are termed first assignment instructor pilots, or FAIPs.

As a part of this assignment, the FAIPs are qualified to volunteer for FAIP Flag, previously called FAIPaPalooza.



U.S. Air Force photo by Capt. Gared Chapman

A row of parked T-38 Talon aircraft in the foreground and a row of T-1 Jayhawk aircraft in the background sit on the ramp at Naval Air Station Joint Reserve Base, New Orleans, Aug. 9, 2019, during FAIP Flag. Instructor pilots from all over the country fly in to participate in the event, including pilots who have moved on from being instructor pilots.



U.S. Air Force photo by 1st Lt. Patricia Pasque

Maj. Gen. Craig Wills, 19th Air Force commander, briefs over 200 first assignment instructor pilots Aug. 9, 2019, during FAIP Flag on Naval Air Station Joint Reserve Base, New Orleans. The slides presented by Wills were tailored to the competition, innovation and how to move forward as a FAIP in the U.S. Air Force.

FAIP Flag is an annual opportunity for FAIPs in Air Education and Training Command (AETC) to connect with each other, and exchange stories and techniques. This year, however, there was an additional element added to the event roster.

This was the first year for pilots who attended to participate in events that showcased their honed flying techniques and proficiency though the means of a competition. They also conducted seminars and discussed character and what it means to be an excellent instructor.

Guest speakers that attended were Maj. Gen. Craig Wills, 19th Air Force commander, and Brig. Gen. Matthew Isler, U.S. Air Forces Central Command assistant deputy commander.

Capt. Maxwell Adler, 41st FTS instructor pilot, won the low level time over target competition in a T-6 together with other instructor pilots from the 41st FTS. He said it was an exciting feeling to be able to apply the skills that they have refined over the years to compete and win against so many other pilots.

Another event was the "total runway" where the aim was to position either a T-6 or T-1 aircraft to get the highest number of runway length in order to win.

Pilots also competed in "fluid maneuvering" in the T-6 where the aircraft competed in a simulated fight against each other to see who could take down who in the skies. The team with the least amount of time to get their gun sight on the enemy aircraft won the event.

T-1 pilots competed in simulated aerial refueling and two events hosted all three trainer aircraft in the competitions.

One of the last events was "in the break, time of target" where aircraft had an arrival window to do their overhead pattern with a set amount of time to perform. The final event was a "landing competition" where all the pilots were assessed on their landing skills.



U.S. Air Force photo by 1st Lt. Patricia Pasque

Col. Lee Gentile, 47th Flying Training Wing commander (left) receives a check from Lt. Col. Brent Curtis, 41st Flying Training Squadron commander Aug. 10, 2019, during FAIP Flag on Naval Air Station Joint Reserve Base, New Orleans. At the event, seminars were conducted to discuss character and what it means to be an excellent instructor.



U.S. Air Force photo by 1st Lt. Patricia Pasque

The FAIP Flag championship trophy and the first annual award for character rests on a table, Aug. 10, 2019, at Naval Air Station Joint Reserve Base, New Orleans. Columbus Air Force Base, Miss., were the recipients of the first FAIP Flag championship trophy and the character award went to a FAIP from Laughlin AFB, Texas.

Autocross hobbyists compete for fastest time on CAFB flight line

Airman 1st Class Jake Jacobsen
14th Flying Training Wing
Public Affairs

Trekking out onto the flight line at Columbus Air Force Base, Mississippi, would normally entail the smell of jet fuel and the loud thunder of aircraft engines ready to take off, but on Aug. 17, something a little different was roaring at the edge of the runway. Sixteen autocross cars of all shapes and sizes lined up for inspection before competing in the autocross thrill ride for the fastest time on a fixed track.

This race was a closed course about a mile and a half long set up with cones to guide the cars, averaging times through the path at a little over a minute.

“This is a great way for young Airmen to come out with their cars and learn how to race their cars in a secure and safe environment,” said Chuck Bigelow, Columbus AFB Base Community Council President and Wingman. “Cars have been a part of my life since I was young. I have been racing since about 1973 and try to participate in the event whenever I can.”

Anyone from the surrounding communities and states can participate in the event as long as the car is street legal, a valid driver’s license is available and the vehicle isn’t prone to rolling over like trucks, mini vans, etc.

“This is a great way for young Airmen to come out with their cars and learn how to race their cars in a secure and safe environment,” said Chuck Bigelow, Columbus AFB Base Community Council President and Wingman.

Before the race starts, cars are inspected and checked to ensure batteries are secure, tires are in good shape, brakes function properly, seatbelts work properly and there are no leaks.

Todd Jardee, of Brandon, Mississippi, has been racing with the Sports Car Club of America for about five years and raced in this quarter’s event as well. He said he does it because he loves tinkering with cars and keeps



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

Second Lt. Rafael Galvao (right), 14 Student Squadron student pilot, readies his car before the race with fellow autocross racer Todd Jardee (left), of Brandon, Miss., Aug. 17, 2019, on Columbus Air Force Base, Miss. The event was free and to participate the driver needed a car that is street legal, a valid driver’s license and a vehicle that isn’t prone to rolling over like trucks, mini vans, etc.

him busy in his retirement.

The Mississippi Region of the Sports Car Club of America hosts the quarterly events

at Columbus with the next scheduled event happening in October at Columbus AFB. Spectators are welcome.



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

Todd Jardee, of Brandon, Miss., drives his vehicle across the track Aug. 17, 2019, on Columbus Air Force Base, Miss. The race was a closed course on the Columbus AFB flight line, about a mile and a half long, set up with cones to guide the cars.



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

Volunteers and spectators walk up to one of the autocross cars Aug. 17, 2019, on Columbus Air Force Base, Miss. Sixteen autocross drivers from surrounding communities and states competed for the fastest times on the flight line.

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. Aug. 29. 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.

Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. Sept. 4; 8 a.m.-5 p.m. Sept. 5; and 8 a.m.-noon Sept. 6 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.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. Sept. 4. 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.

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

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Sept. 9-13 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.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Sept. 16-17 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

41st FTS unveils heritage aircraft



U.S. Air Force photo by Sharon Ybarra

Members of the 14th Flying Training Wing look at the 41st Flying Training Squadron’s newly painted T-6 Texan II Aug. 23, 2019, during an unveiling ceremony on Columbus Air Force Base, Miss. The 41st FTS’s aircraft is the third of six heritage flag ship aircraft, connecting to the history attached to each squadron.

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 p.m. Sept. 17. 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. Sept. 18 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Sep 19-20. This workshop is conducted by the Small Business Administration for veterans and all base per-

sonnel interested starting up and operating their own business. 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 Oct. 17 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. Nov. 14 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 loca-

tions. 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 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:

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)



Medical Corner

SUMMERTIME



Summer sleep slide

You’ve probably heard of the “summer slide” in academic learning, referring to the tendency for kids to fall behind in reading and math skills on summer vacation.

The summer *sleep* slide is real, too. Without the structure of school, kids tend to stay up later. Sometimes they sleep much later, and don’t sleep in consistently enough to make up for it. Rather than spend the summer catching up on sleep, kids can accumulate sleep debt that affects their health, mood, and ability to learn.

Follow these guidelines to ensure that while enjoying the lenient summer schedule, kids are also getting the sleep they need.

Recommended sleep needs:

Preschoolers need 11 to 13 hours of sleep and school age kids need 10 to 12 hours. If bedtime is sliding later over the summer, make sure your child is capable of either sleeping in. Installing blackout curtains or shades helps enormously, and/or taking a nap.



Keep sleep times consistent

With later bedtimes over the summer, it still helps to keep them consistent. Consistent timing is powerful, because the internal clock, which affects health, mood, and cognition, works best with regularity. In fact, in a study of over 11,000 young kids researchers found that a regular bedtime, whether early or late, was linked to better math, reading, and spatial skills. Kids whose bedtimes moved around were more likely to have mood and behavior issues. Shifting bedtimes around is like giving a child a mini case of jet lag. For example: An 8:30 p.m. bedtime every night is better than alternating bedtimes between 8:00 p.m. and 9:00 p.m.

Gradually shift for fall

It takes time to truly shift a person’s sleep schedule and kids may need a week or two to fully adjust back to their school times. You can start putting your child to bed 15 minutes earlier each night for a week to get to the optimal bedtime for school. If you really want to harness the power of the internal clock, keep them on the same bedtime for a week before school starts and throughout the school year. A good bedtime for a preschooler or school age child is 7:30 p.m., especially considering early school start time.

The Summer (Sleep) Slide. Retrieved from <https://www.sleep.org/articles/the-summer-sleep-slide/>

Maximizing sleep during summer travel

If you are traveling this summer, here are several tips to help you maintain healthy sleep:

- If you are traveling to a new time zone and your trip will last two days or fewer, consider keeping your sleep schedule in sync with your homebase time.
- If you are traveling to a new time zone for a longer period, prepare for the time change by adjusting your bed/wake time several days beforehand. Also, change your watch as soon as you start traveling to match the destination time.
- Seek out bright light in the morning if you are traveling eastward and bright light in the evening if you are traveling westward.
- Avoid certain foods or beverages within three to four hours of bedtime. For example: Alcohol, caffeine, and spicy or heavy foods can disrupt sleep.
- Create a sleep environment in your hotel similar to your bedroom at home. Try to request the same size bed, keep a cool bedroom temperature, shower at the same time, etc.

Protecting your sleep will help you to make the most of your travel this summer. Try your best to maintain the sleep routine you have established at home. These few simple tips will help you sleep and feel your best while traveling this summer. Bon voyage!

Maximizing Sleep During Summer Travel. Retrieved from <https://www.sleep.org/articles/maximizingsleep-during-summer-travel/>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,
I typically sleep better in a cooler/cold room. Is it true that sleeping in a cold room can increase nightmares?

Sincerely,
Likes the Cold

Dear Likes the Cold,

This is a common question, but there isn’t any evidence that the two go together in any way; at best, it’s an old wives’ tale. That being said, any room that is uncomfortable can influence our sleep patterns and could cause nightmares. While a cold room alone won’t cause nightmares, if a room is either too cold or too hot for your liking, you may be more likely to have a bad dream.

The optimal temperature for sleeping is 60 to 67 degrees Fahrenheit. The best thing to do is set your thermostat low at night, and pile on layers of blankets. If you get too warm, peel off a layer. However, don’t overdo it in your attempts to lower the thermostat. Research has shown that a room temperature below 58 can disrupt sleep, as your body has to work too hard to equalize itself.

In hotter summer months, it may be tough to keep your room temperature lower. Try sleeping with a gel topper that has cooling properties, use a fan to help regulate the temperature of your bedroom, open a window which can also help circulate air similar to using a fan, or drink water which has a cooling effect and will help decrease your body’s core temperature.

Sincerely,
Health Myth Busters

Ask SleepBetter: Do Cold Rooms Cause Nightmares? Retrieved from <https://sleepbetter.org/ask-sleepbetter-do-cold-rooms-cause-nightmares/>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforce-medicine.af.mil/Resources/Health-Promotion/>

BLAZE Hangar Tails: MQ-1B Predator

Mission

The MQ-1B Predator is an armed, multi-mission, medium-altitude, long-endurance remotely piloted aircraft that is employed primarily as an intelligence-collection asset and secondarily against dynamic execution targets. Given its significant loiter time, wide-range sensors, multi-mode communications suite, and precision weapons, it provides a unique capability to perform strike, coordination and reconnaissance against high-value, fleeting, and time-sensitive targets. Predators can also perform the following missions and tasks: intelligence, surveillance, reconnaissance, close air support, combat search and rescue, precision strike, buddy-lase, convoy/raid overwatch, route clearance, target development, and terminal air guidance. The MQ-1’s capabilities make it uniquely qualified to conduct irregular warfare operations in support of combatant commander objectives.

Background

The Predator system was designed in response to a Department of Defense requirement to provide to the warfighter persistent intelligence, surveillance, and reconnaissance information combined with a kill capability.

In April 1996, the secretary of defense selected the U.S. Air Force as the operating service for the RQ-1 Predator system. The “R” is the Department of Defense designation for reconnaissance aircraft. The “M” is the DOD designation for multi-role, and “Q” means remotely piloted aircraft system. The “1” refers to the aircraft being the first of the series of remotely piloted aircraft systems.

A change in designation from “RQ-1” to “MQ-1” occurred in 2002 with the addition of the AGM-114 Hellfire missiles, enabling reaction against intelligence, surveillance, and reconnaissance, close air support, and interdiction targets.

The Predator remotely piloted aircraft system continues to provide required armed intelligence, surveillance, and reconnaissance capabilities to overseas contingency operations warfighters. In August 2011, the Predator surpassed one million hours of total development, test, training, and combat — a significant accomplishment for the U.S. Air Force.

General Characteristics

Primary Function: Armed reconnaissance, airborne surveillance, and target acquisition

Contractor: General Atomics Aeronautical Systems Inc.
Power Plant: Rotax 914F four-cylinder engine
Thrust: 115 horsepower
Wingspan: 55 feet (16.8 meters)
Length: 27 feet (8.22 meters)
Height: 6.9 feet (2.1 meters)
Weight: 1,130 pounds (512 kilograms) empty
Maximum takeoff weight: 2,250 pounds (1,020 kilograms)
Fuel Capacity: 665 pounds (100 gallons)
Payload: 450 pounds (204 kilograms)
Speed: Cruise speed around 84 mph (70 knots), up to 135 mph
Range: Up to 770 miles (675 nautical miles)
Ceiling: Up to 25,000 feet (7,620 meters)
Armament: Two laser-guided AGM-114 Hellfire missiles
Crew (remote): Two (pilot and sensor operator)
Unit Cost: \$20 million (includes four aircraft with sensors, ground control station and Predator Primary satellite link) (fiscal 2009 dollars)
Initial operational capability: March 2005
Inventory: Total force, 164




U.S. Air Force photo by Capt Jessica Clark

A U.S. Air Force MQ-1B Predator remote piloted aircraft with the 147th Air Reconnaissance Wing of the Texas Air National Guard is on display at the Langkawi International Maritime and Aerospace Expedition (LIMA) 2017, in Sirat, Malaysia, March 21, 2017. Events such as LIMA contribute to increased interoperability and security throughout the Indo-Asia-Pacific region. LIMA presents an opportunity for participants to focus on strengthening military-to-military ties.



U.S. Air Force photo/Tech. Sgt. Robert Clloys

An MQ-1B Predator from the 62nd Expeditionary Reconnaissance Squadron Detachment 1 sits on a ramp at Jalalabad Airfield, Afghanistan, Feb. 3, 2016. The MQ-1B is an armed, multi-mission, medium-altitude, long-endurance remotely piloted aircraft is employed primarily as an intelligence-collection asset and secondarily against dynamic execution targets.



When you see this sign, stop. Help keep our children safe.

14th FTW command structure:

A look at your wing

14th Medical Group



Col. Betty Venth
Group Commander



Chief Master Sgt. Shannon Ledgewood
Group Superintendent

14th Operations Group



Col. Derek Stuart
Group Commander



Chief Master Sgt. Kelli Brisse
Group Superintendent

14th Mission Support Group



Col. Gary Hayward
Group Commander



Chief Master Sgt. William Witt
Group Superintendent



Chief Master Sgt. Raul Villarreal, Jr.
14th Flying Training Wing Command Chief



Col. Samantha Weeks
14th Flying Training Wing Commander



Col. David Fazenbaker
14th Flying Training Wing Vice Commander

Wing Staff Agency



Capt. Katrina Boshears
14th Flying Training Wing Director of Staff



Senior Master Sgt. Jacelyn Jesseph
WSA Superintendent

L-3 Communications Vertex Aerospace



**14th FTW Maintenance
Mr. Simon Izaguirre**
Division Manager

14th Operational Medical
Readiness Squadron
Lt. Col. Tracy Snyder
Commander

14th Healthcare Operations Squadron
Lt. Col. Sean Marshall
Commander

Lt. Col. William Free*
Lt. Col. Jeremy Domb
Lt. Col. John Macasek
14 OG Deputy Commanders



14th Student Squadron
Lt. Col. Benjamin Jensen
Commander



37th Flying Training Squadron
Lt. Col. Aaron Tillman
Commander



43rd Flying Training Squadron
Lt. Col. William McElhinney III
Commander



49th Fighter Training Squadron
Lt. Col. Bryan Benton
Commander



14th Operations Support Squadron
Lt. Col. Dustin Mowrey
Commander



41st Flying Training Squadron
Lt. Col. Brent Curtis
Commander



48th Flying Training Squadron
Lt. Col. Jason Richardson
Commander



50th Flying Training Squadron
Lt. Col. Nathaniel Wilds
Commander



81st Fighter Squadron
Lt. Col. Ryan Hill
Commander

Lt. Col. Bennet Burton
14 MSG Deputy Commander



14th Logistics Readiness Squadron
Lt. Col. Dennis Widner
Commander



14th Civil Engineer Squadron
Lt. Col. Peter Joo
Commander



14th Security Forces Squadron
Maj. Cody Elliott
Commander



14th Communications Squadron
Maj. Brandon Palmer
Commander



14th Force Support Squadron
Mrs. Norberta Patterson
Commander



14th Contracting Squadron
Capt. Dorethas Bracey
Commander



14th Comptroller Squadron
Maj. Randi Ludington
Commander

Chapel
Chaplain (Lt. Col.) Bradley Kimble
Wing Chaplain

Staff Judge Advocate
Maj. Thomas Smith

Maintenance Quality Assurance
Mr. Robert Cregger

Wing Inspector General
Lt. Col. Stephen Pippel

Wing Historian

Commander's Action Operation Center (CAOC)
Commander's Action Group: Maj. Thomas Hyde
Public Affairs: Rita Felton
Protocol: Jo Spears

Wing Safety
Maj. Jennifer Prouty
Chief of Safety

Equal Opportunity Office
Mr. John Beamon

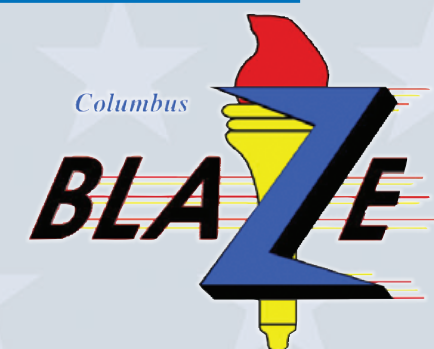
Command Post
Master Sgt. Michael Pearce

Plans and Programs
Lt. Col. Michael Cancellare

14th FTW SARC
Carla Neal-Bush

Information Protection
Tim Abbey

14th FTW Green Dot
Mrs. Daisy Jones-Brown



Tenant Units

- University of Alabama AFROTC Detachment 10
- Mississippi State University AFROTC Detachment 425
Lt. Col. Megan Loges
- University of Mississippi AFROTC Detachment 430
Lt. Col. Christopher Maroney
- 332nd Recruiting Squadron (Nashville, Tennessee)
Lt. Col. Michael Kovalcheck
- Air Force OSI Det. 406
Special Agent Michael McTieman
- Missile Defense Agency
- Defense Intelligence Agency

