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SILVER WINGS

“Cultivate Airmen, Create Pilots, CONNECT”

Columbus Air Force Base, Miss.

December 6, 2019

Vol. 43, Issue 35

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Weather

Friday Rain High 56°F Low 40°F	Saturday Cloudy High 60°F Low 47
Sunday Cloudy High 62°F Low 47°F	Monday Cloudy High 68°F Low 40°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

SUPT Class 20-04/05 Graduation
Join the newest Air Force aviators at 10 a.m., Dec. 13 in the Kaye Auditorium to celebrate their accomplishment.

Breakfast with Santa
Come out and join Team BLAZE from 10 a.m.-1 p.m., Dec. 14 at the Columbus Club for free breakfast. See pg. 14 for more information.

Changes to Pharmacy Hours
The Columbus AFB pharmacy hours of operation are changing. Beginning on Monday, Dec. 16, the new hours of operation will be Monday - Friday, 8 a.m.-5:30 p.m. The third Thursday of every month, the hours will be 8-11 a.m.

Inside

Feature 8

The Civil Air Patrol is highlighted in this week's feature.



U.S. Air Force photo by Airmen 1st Class Jake Jacobsen
Instructor pilots, Radar Approach Control and tower controllers from Columbus Air Force Base interacting with monitors in a training room Nov. 22, 2019, at the Memphis Air Route Traffic Control Center, Memphis, Tenn. Columbus AFB is one of the busiest bases for air traffic controllers, and the average upgrade training time for tower trainees is ten months and RAPCON trainees one year.

Columbus AFB Airmen, Memphis center connect

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

Instructor pilots from the 37th, 41st, 48th and 50th Flying Training Squadron's joined Columbus Air Force Base's Air Traffic controllers on a trip to the Memphis Air Route Traffic Control Center (Memphis center) in Memphis, Tennessee, Nov. 22. A total of 18 members of Team BLAZE journeyed to the center in order to connect, share knowledge, ask questions and reinforce the connection between Columbus AFB and the Memphis center.

Coordinated by Capt. Julian Kinonen, 14th Operations Support Squadron chief of aerial events, and John Hensley, Memphis center operations support, the tour was comprised of a trip to the Memphis tower, the Memphis center with lunch, as well as question and answer sessions with the controllers there.

See CENTER, Page 3

"I love my life and all the things it has to give. Like having all the apps I need, right at my fingertips. Friends, photos, and my mobile banking app. I can pay bills, check my balance, even deposit a check, right on my mobile phone. It's awesome. I just tap the app."

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"The staff at the Pines actually cares about me as an individual."

Photo for illustration purposes only.

"My past consisted of about 20 years of misery, nine years of prison, three different incarcerated treatment programs, and a mental hospital due to my drug abuse before I landed at the Pines. During my treatment here at the Pines, I developed relationships and a set of tools that have allowed me to further my burgeoning relationship with God. It also provided an environment that was therapeutically conducive to recovery. These people and this recovery community have become an important and dear part of my daily life. I now work, pay bills, go to church, go to meetings, work the steps, and most importantly enjoy the fruits of this sober life. As my therapist once told me, "you know, eating, showering daily, you know, hygiene is where it's at!" I love myself again. My faith in God and myself has never been stronger. I thank God, the Pines, and my parole officer for the amazing opportunity of a new life. I have ninety days sober and I'm still 'truckin', one day at a time."

COMMUNITY COUNSELING SERVICES
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COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (20-18)	Jan. 9	48th (20-04)	Dec. 13	49th (20-CBC)	Dec. 20	T-6	231	342	4,413
41st (20-17)	Dec. 13	50th (20-05)	Dec. 13			T-1	128	86	1,216
						T-38	162	125	1,408
						IFF	63	68	718

Col. Stephen Hodge, 314th Airlift Wing commander, Little Rock Air Force Base, Arkansas, is the guest speaker for Specialized Undergraduate Pilot Training Class's 20-04/05 graduation at 10 a.m., Dec. 13 in the Kaye Auditorium.

* Mission numbers provided by 14 FTW Wing Scheduling.

Columbus AFB Top 3 spotlight



Date: Oct. 31, 2019
Category: NCO
Nominee Name/Grade: Christopher M. Keylich
Unit: 14th Security Forces Squadron

Information:

1. Hometown: Wareham, Mass.
2. Time in the Air Force: 13 years
3. Time at Columbus AFB: 3 years
4. Career Short Term Goals: Promote to master sergeant and complete bachelor's degree in Criminal Justice.
5. Career Long Term Goals: Reach retirement and complete his master's degree. Would like to work for the U.S. Marshals.
6. Nominated by: Master Sgt. Stacy Powell
7. Nomination reason: Tech. Sgt. Keylich efforts over the past eight weeks has shown his outstanding ability to showcase leadership and mentorship to fellow Airmen and our local community.



Master Sgt. Michael McElroy awarding Tech. Sgt. Christopher Keylich the Top 3 Spotlight award Oct. 31, 2019, on Columbus Air Force Base, Miss. The award is handed to Non-Commissioned Officers for outstanding leadership and dedication to Integrity First, Service Before Self, and Excellence in All You Do.

Silver Wings

How to reach us

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Submission Deadline

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

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The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DOD, the Department of the Air Force or Service Publications, Inc., of the products or services advertised.

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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.

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December

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
9	10 Class 20-03 Pilot Partner Welcome, 6 p.m. @ TBD	11 Chief Villarreal, Jr. Going Away Party, 6-8 p.m. @ Lost Pizza Co.	12	13	14/15	Dec. 23: Menorah Lighting Ceremony Dec. 25: Christmas Day Dec. 26: AETC Family Day Dec. 30: Enlisted Promotions Jan. 1: New Year's Day
16 Airmen Cookie Drive, 6-9 a.m. @ Chapel	17 Wing Newcomers, 8 a.m. @ Kaye Auditorium	18	19 Happy Irby Holiday Wrap, 7:30 a.m. @ Happy Irby Lounge	20 IFF Class 20CBC Graduation, 4:49 p.m. @ 49th Heritage Room Boss & Buddy, 3:30 p.m. @ Columbus Club	21/22	Jan. 2: AETC Family Day Jan. 10: Class 20-06/07 Assignment Night Jan. 14: Wing Newcomers Jan. 16: Heart Link Jan. 20: Martin Luther King Jr. Birthday
				20 Hearts Apart, 5-7 p.m. @ A&FRC		

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*APY = Annual Percentage Yield effective November 4, 2019 and subject to change at any time without notice. \$100,000 minimum balance required. The APY is based on the assumption that dividends will remain on deposit in the share certificate until maturity. Dividends compounded and credited monthly. Average daily balance computation method. Penalty will be imposed for early withdrawal. Membership eligibility required. Insured by NCUA.

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'.

The G.I.s of Comedy

Free Comedy Show at the Columbus Club on Dec. 6 at 6 p.m. "Comedians. Veterans. Still serving their country, one joke at a time." As seen on ABC, Netflix, Comedy Central, & HBO.

Skydive Alabama Trip

Get airborne with Outdoor Recreation on their next skydiving trip, happening Dec. 7. The cost is \$25 a person (over \$199 value)! The bus will leave from the ODR building at 6 a.m. and return around 4 p.m. Open to all ages 19 & up. Price includes admission, instructors, equipment, transport, snacks, and drinks. Sign up deadline is Dec. 5. For more information, please contact ODR at 662-434-2507.

Parent's Day Out

Have special errands before the holidays? The Child Development Center is here to help! Drop your kids off from 9 a.m.-1 p.m. on Dec. 7 for your day out! Eligible for children 6 weeks to 5 years old. The cost is \$20 per child. Deadline to sign up is Dec. 2. Please note: Children must have shot records and AF form 1181 filled out.

Hot Chocolate 5K Fun Run

You don't want to miss this fun run at the Fitness Center on Dec. 13! The hot chocolate 5k starts at 7 a.m., and all participants can enjoy free hot chocolate! For more information, please contact the Fitness Center at 662-434-2772.

Breakfast with Santa

Santa Clause is coming to Columbus Air Force Base! Mark your calendars for Breakfast with Santa, happening Dec. 14 at 10 a.m. in the Columbus Club! Enjoy games, crafts, face painting, and snap a photo with Santa! The best part: this event is FREE!

Boss & Buddy

Unwind at the Club Dec. 20 starting at 3:30 p.m. with food and drink specials. Call 434-2489 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 Columbus Air Force Base 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 24 hours in advance; anyone 17 years 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.-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 Temporarily Closed

The Wood Shop is closed until the beginning of the New Year. Sorry for any inconvenience, please call 434-7836 for any questions.

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.

Future Airmen enlist during MSU football game



U.S. Air Force photo by Senior Airman Keith Holcomb
Future Airmen enlist before a full football stadium Nov. 16, 2019, in Starkville, Miss. Mississippi State University held a Veteran's Appreciation game to honor service members past, present and future.



U.S. Air Force photo by Senior Airman Keith Holcomb
Future Airmen enlist before a full football stadium Nov. 16, 2019, in Starkville, Miss. During the second quarter 12 future Airmen swore to uphold and defend the constitution of the U.S.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 36 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.



CENTER

(Continued from page 1)

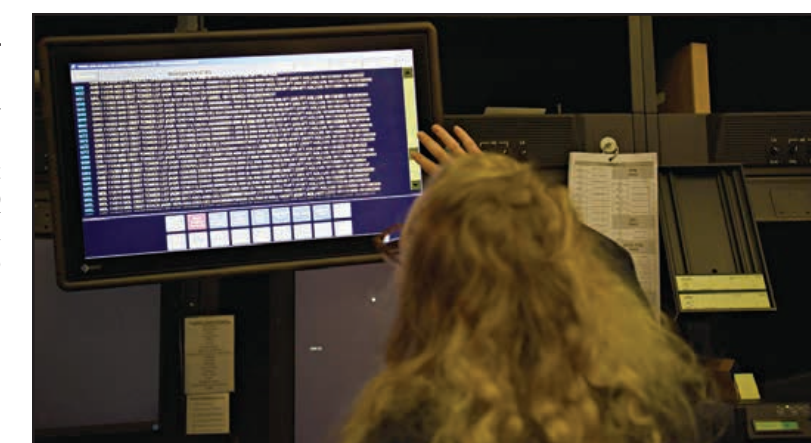
"I thought it would be good for the pilots and controllers on base who work with the controllers at the Memphis center to get some Q & A session's in, that way we can put names to faces between the two agencies," Kinonen said.

During the tour Kinonen highlighted the fact that the Memphis center's airspace coverage overlaps Columbus AFB's. So when the base's Radar Approach Control and control tower Airmen aren't working this particular airspace, the Memphis center controllers are. It takes both agencies working together to execute our mission on Columbus AFB.

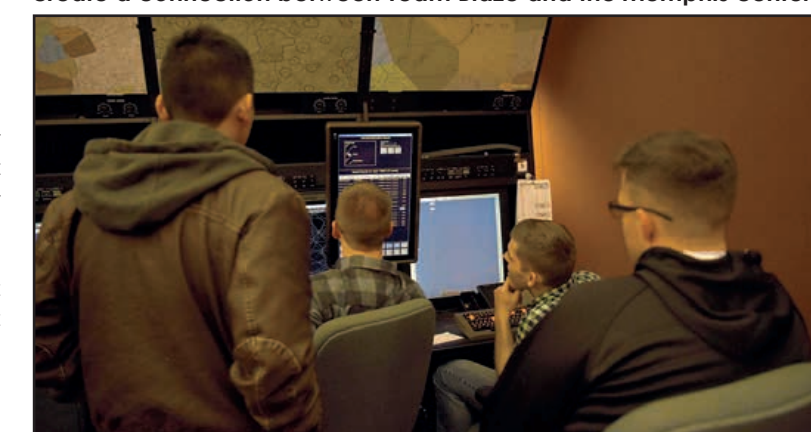
"I think the trip to the Memphis station and the control tower was foremost about familiarization, seeing how we work together and for the Airmen to get an idea of what we do on the civilian side of their job," Hensley said.

Most pilots stationed at Columbus AFB, whether it is during pilot training or as a first assignment instructor pilot, will talk to the controllers working at the Memphis center when executing flights North/Northwest of Columbus.

Columbus AFB continues to maintain a strong connection between Team Blaze and the Memphis center to help execute the mission of creating the world's best aviators.



U.S. Air Force photo by Airmen 1st Class Jake Jacobsen
First Lt. Christina Nicholson, 48th Flying Training Squadron instructor pilot, touches a screen monitor in a controller training room Nov. 22, 2019, at the Memphis Air Route Traffic Control Center, Memphis, Tenn. The purpose of this trip was to share knowledge, ask questions and create a connection between Team Blaze and the Memphis center.



U.S. Air Force photo by Airmen 1st Class Jake Jacobsen
Instructor pilots, Radar Approach Control and tower controllers from Columbus Air Force Base interacting with monitors in a training room Nov. 22, 2019, at the Memphis Air Route Traffic Control Center, Memphis, Tenn. The Memphis center's airspace coverage overlaps Columbus AFB's, so whenever the base's RAPCON and tower Airmen aren't working the airspace it is the Memphis center controllers who are.



U.S. Air Force photo by Airmen 1st Class Jake Jacobsen
Instructor pilots, Radar Approach Control and tower controllers from Columbus Air Force Base eating a catered lunch Nov. 22, 2019, at the Memphis Air Route Traffic Control Center, Memphis, Tenn. All trainees and certified controllers must pass monthly proficiency tests that include items directed from the Federal Aviation Administration and Headquarters of Air Education and Training Command.

Airlift wing commander delivers inspiring story to SUPT 20-03 graduates

Airman Davis Donaldson
14th Flying Training Wing
Public Affairs

Col. Clinton ZumBrunnen, 437th Airlift Wing commander at Joint Base Charleston, South Carolina, spoke to the Air Force's newest aviators during Specialized Undergraduate Pilot Training Class 20-03's graduation ceremony Nov. 15, on Columbus Air Force Base, Mississippi.

ZumBrunnen's speech embodied inspiration for the new pilots. He told the graduates a story about retired U.S. Army Staff Sgt. Dan Powers, a former squadron leader of the 118th Military Police Company, and how an aircrew's skillful tactics helped save his life.

ZumBrunnen said on July 3, 2007, while on deployment in Baghdad, Iraq, Powers responded to a vehicle bombing. Powers' orders were to keep pedestrians from the blast site. As he was guiding bystanders away, a stunning blow from an assailant struck his head, ZumBrunnen said.

"Although he could not feel it yet, Powers had been stabbed in the back of the head with a nine-inch blade," ZumBrunnen said. "He should've died instantly. Instead, for the next 32 hours, a careful symphony of modern medicine, advanced communications, unquestionable logistics and an air bridge across the Atlantic Ocean, provided by the United States Air Force, would come together to try to save his life."

ZumBrunnen said medics arrived and wrapped Powers' head with gauze and rushed him to Baghdad's green zone in order for him to be transported out. Powers was then airlifted to Balad Air Base, Iraq, 30 minutes away, ZumBrunnen said.

Once there, X-rays indicated the blade entered just below a bundle of nerves and veins responsible for carrying blood to the right side of his brain, he said.

"Any further movement of the knife would sever those nerves, killing him instantly," ZumBrunnen said. "Feeling they had no



U.S. Air Force photo by Airman Davis Donaldson

Col. Clinton ZumBrunnen, 437th Airlift Wing commander at Joint Base Charleston, South Carolina, gives a speech at the graduation ceremony of Specialized Undergraduate Pilot Training Class 20-03 Nov. 15, 2019, at Columbus Air Force Base, Miss. During his speech, he told the graduates a story about retired U.S. Army Staff Sgt. Dan Powers, a former squadron leader of the 118th Military Police Company, and how an aircrew's skillful tactics helped save his life.

choice, the surgeons crossed their fingers and pulled the knife out."

ZumBrunnen said the knife was acting as a cork, to block the blood from spilling. He said the puncture started bleeding profusely immediately after the blade was removed. Nearly 40 percent of the volume of blood in his brain was lost before medics controlled the bleeding.

He said after realizing the injury was too detrimental for the medics at Balad, the medics decided he needed to be airlifted back to the U.S. for more extensive surgery. On the runway, an Air Force C-17 Globemaster III and aircrew from Joint-Base Charleston awaited the Soldier.

"A few hours earlier this crew had been preparing to move anti-tank missiles and armored vehicles to an austere location in Iraq," ZumBrunnen said. "These guys didn't expect to do this that day. Mid mission, their orders changed back to Balad, followed by a trip to the United States."

A seven-person medical team, multiple units of blood, 7,000 pounds of intensive-care equipment and Powers were then loaded on to the C-17, he said.

ZumBrunnen said the Air Force medical team gave complicated orders to the aircrew, ordering they must keep the cabin pressure to at or below 4,000 feet and avoid all turbulence. If the pilots did not follow the orders, Powers' injury would hemorrhage, ZumBrunnen said.

ZumBrunnen said the C-17 would have to maneuver around thunderstorms and was refueled twice midair,

"The story ends well," he said. "Powers made in the U.S. without bleeding out, he received life-saving surgeries to repair his damaged arteries by creating a plasty on his dented skull and was given superb post-operation care. He remained in critical condition and doctors feared he would wake up from his coma with palsy, severe paralysis, brain damage and maybe no eyesight."

Four days later, Powers woke up in inexplicably well condition with family beside him, ZumBrunnen said.

"When he woke up, Powers said, in his own words, 'I'm back in the best place I can possibly be, in the United State of America,'" he said.



U.S. Air Force photo by Airman Davis Donaldson

Specialized Undergraduate Pilot Training Class 20-03 are applauded by those in attendance during their graduation ceremony Nov. 15, 2019, at Columbus Air Force Base, Miss. Aviators receive their pilot "silver wings" upon graduation from pilot training.



U.S. Air Force photo by Airman Davis Donaldson

Col. Clinton ZumBrunnen, 437th Airlift Wing commander at Joint Base Charleston, South Carolina, takes a photo with a graduate from Specialized Undergraduate Pilot Training Class 20-03 while family members take photos Nov. 15, 2019, at Columbus Air Force Base, Miss. ZumBrunnen was the guest speaker for SUPT Class 20-03's graduation ceremony.

ZumBrunnen said Powers had only a couple of therapy sessions for coordination and balance. Powers departed from the hospital just one month after the attack, he said.

"Armed with an iron will, Staff Sgt. Dan Powers returned to his unit and two years later regained his qualification to jump from a United States aircraft again," he said. "He was able to medically retire in 2012."

ZumBrunnen told the graduates about the remarkable feat to en-

lighten them about the possibilities and experiences they may encounter while on missions in their assigned aircraft. He also said he was grateful to be able to speak to the military's newest aviators and gave a final remark.

"Know that one day, that one thing you least expect you will need to accomplish may be what matters most to someone like Dan Powers or your entire team or this country," ZumBrunnen said. "Please do your utmost to be ready for it."

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.-noon Dec. 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. Dec. 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.

Hearts Apart

The next Hearts Apart is from 5-7 p.m. Dec. 19. 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.

Transition Assistance Program Workshop

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. Jan. 6-8 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. Jan. 8; 8 a.m.-5 p.m. Jan. 9; and 8 a.m.-noon Jan. 10 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

Airmen run Turkey Trot 5K



U.S. Air Force photo by Airman Davis Donaldson

Participants run in the 2019 Turkey Trot 5K Nov. 22, 2019, on Columbus Air Force Base, Miss. First, second and third place finishers received a free, frozen turkey at the end of the race.

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 Air Force Base A&FRC at (662) 434-2790.

Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. Jan. 15. 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.

Heart Link

The next Heart Link is from 8:30 a.m.-noon Jan. 16 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.

Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Jan. 21-22 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.

Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. Jan. 30-31. 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.

Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. Feb. 27 in the A&FRC. This program is designed for active duty Air Force 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.

EFMP-FS

Exceptional Family Members Program-Family Support, EFMP-FS, establishes, implements and maintains the FS (community support) entity of the Air Force EFMP in coordination with the Medical & Assignments components by enhancing the quality of life of special needs family members. Feel free to contact 662-434-3323/2790 for any questions related to EFMP or for one-on-one assistance. We can assess your needs and make the proper community referral for you and your family!

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.

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.

Bible Study

Thursdays:
5:30 p.m. - Student Pilot Bible Study
6:00 p.m. - Enlisted Dorms Bible Study

Protestant Community

Sundays:
9:00 a.m. - Adult Sunday School
10:45 a.m. - Community Worship Service (Fellowship Following)
Wednesdays:
5:30 p.m. - AWANA: Sept-May (Open to all denominations)
6:00 p.m. - Ignite Youth Group Ages 13-18 (Open to all denominations)

Catholic Community

2nd Saturday of each month at 12 p.m. - Faith Ablaze
Sundays:
3:30 p.m. - Religious Education, Grades K-9 (Aug-May)
4:00 p.m. - Confession (or by appointment)
5:00 p.m. - Mass
1st and 3rd Sundays- Fellowship after Mass
Tuesdays:
10 a.m. - Daily Mass (Philips Auditorium)
Wednesdays:
10 a.m. - Daily Mass (Philips Auditorium)
10:30 a.m. - Adoration (Philips Auditorium)

Medical Corner

HAPPY HOLIDAYS

Avoid emotional hunger to beat holiday weight gain



In the midst of the holiday season, there are two guarantees: emotions will be high, either because of relationships, stress, sadness or a combination of factors, and there will be A LOT of food...everywhere you go!

Everyone responds to stress and the high emotions of the holidays differently, and one habit we want to avoid is feeding those feelings with food, otherwise known as emotional eating. Emotional hunger is sudden and urgent and is hunger for a specific comfort food. For example, after a stressful phone call with a relative, all you want to eat is a bag of potato chips, even though you weren't hungry prior to the phone conversation.

Here are a few tips to avoid overeating when the holiday emotions pile up:

Rate your hunger. Before you reach for that cookie or extra glass of eggnog, rate your hunger on a scale of 1-10, with 1 being "famished" and 10 being "uncomfortably full." If your hunger is a six or more, you may be eating for emotional reasons.

Write it down. Keeping a food log or food diary, especially during stressful times, can help curb emotional eating. Along with writing down the food you eat, also write the portion, time of day, and emotion you were feeling before you started eating. This is a particularly helpful tool if you're not sure if you are an emotional eater; seeing it in black and white can help pinpoint triggers.

Know your trigger foods. During stressful times, it's important we limit our access to trigger foods (foods that cause us to overeat). Our willpower is finite, so it's best to leave those leftovers at the potluck or on the shelf at the grocery store, and just say 'no' once instead of risking overeating later.

Stock up! We want to ensure we do have access to healthy snacks if we are physically hungry, so purchase perishable and non-perishable healthy options to have on hand when physical hunger strikes! These snacks should be nutrition boosts, so stock up on fruits, vegetables, low-fat yogurt or cheese, or low-sodium nuts and seeds.

Seek professional help. There are resources at the installation-level to help you overcome emotional eating. The Behavioral Health Optimization Program at the Medical Clinic can help you manage stress and emotions without reaching for a snack, and the Health Promotion office can help you build an eating pattern that will allow you to meet your goals and still enjoy the holiday season!

Avoid Emotional Hunger to Beat Holiday Weight Gain. Retrieved from <https://www.spangdahlem.af.mil/News/Commentaries/Display/Article/730508/avoid-emotional-hunger-to-beat-holiday-weight-gain/>

Shopping on a budget for the holidays

The holidays can be a time of tight budgets. When it comes to planning and purchasing healthy food during this time of year, a little planning can make a big difference to your bank account.

1. Plan meals each week: knowing what you're going to eat and when can help avoid spontaneous eating out. If you will be sharing meals with others, be sure to plan for potluck recipes too; consider making an extra portion to save for leftovers.

2. Make a shopping list: using a shopping list ensures you do not forget key ingredients and also lessen the chance of holiday impulse buys (e.g. alcohol, candy, cookies, etc.)

3. Know what you have: Before you head to the store, inventory your pantry, cabinets, refrigerator and freezer. Don't forget to also inventory herbs and spices!

4. Collect coupons: Using coupons or downloading the app for the grocery store can add up to big savings!

5. Save with seasonal produce: holiday staples such as apples, cranberries, potatoes, Brussels sprouts, winter squash, and carrots are all in season in December! Prioritize dishes that use these items, as they will be lower cost than out of season produce.

What's in Season for December? Retrieved from <https://www.produceforkids.com/whats-in-season-for-december/> Shopping on a Budget Infographic. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/shopping-on-a-budget-infographic>

HeRO Spotlight: Joint Base Andrews Healthy Nutrition Educational Briefings



11th SFS HeRO Nutrition Education Session 9 Oct 19

After meeting with 11th Security Forces Squadron Commander, the Health Promotion Coordinator at JB Andrews created a HeRO schedule that aligns with his priorities. This includes Healthy Nutrition, which was the focus for the month. Health Promotion organized four HeRO education classes on the topic of "Nutrition for Healthy Outcomes." JB Andrews' Registered Dietitian spoke with the Airmen about how to eat healthier and how to make smart dietary choices that can help with both their physical and mental performance. The sessions were informative, fun, and the Airmen got to sample delicious, healthy food options.

The classes were well attended with a total count of 168 Airmen and the information was well received with both positive and constructive feedback. The Airmen appreciated the information surrounding fad diets and the salad demonstration, and expressed interest in participating in a future hands-on cooking demonstration.

To help the 11 SFS Defenders adopt healthier eating behaviors, each Airman in attendance was given a healthy eating cookbook and other healthy promotional items, such as on-the-go salad containers and fruit stress balls.



A demonstration on how a rubber band works the glutes



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

Members of Team BLAZE talk to Retiree Appreciation Day guests in front of a T-6 Texan II Nov. 14, 2019, on Columbus Air Force Base, Miss. During the event, retirees were treated with a free lunch buffet, raffle prizes, a medical expo and free flu shots.



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

Senior Airman Anthony Story, 14th Security Forces Squadron Military Working Dog handler, shows training techniques with MWD Afra to Retiree Appreciation Day guests Nov. 14, 2019, on Columbus Air Force Base, Miss. The handlers shared the everyday life of an MWD to include deployed life and talked about the dogs' roles such as tracking, search and rescue or bomb detection.

Columbus AFB honors retirees during appreciation day

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

Members of Team BLAZE and the Columbus, Mississippi, community came together Nov. 14 during the base's Retiree Appreciation Day to focus on military retirees in the local area and show them some gratitude.

At the event Col. David Fazenbaker, 14th Flying Training Wing vice commander, welcomed, celebrated and connected with retiree's, thanking them for all that they have done.

"For all of us currently serving, we stand on the shoulders of giants of those who have come before us—and you are those people," says Fazenbaker.

Fazenbaker continued, "Retiree Appreciation Day is about connecting and cultivating relationships so we can best support your needs as well as cultivating strong lasting relationships between you, our Airmen and retirees still serving."

The day was a way for the 14th Flying Training Wing to recognize its retiree population and give them a chance to learn about the base and its mission, and provide information and updates about their benefits and care.

"A lot of our retiree population might not have social media or current technology at their fingertips," said Tech. Sgt. Stashia Murphy, 14th Force Support Squadron's Military



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

First Lt. Cody Favorite, 37th Flying Training Squadron instructor pilot, shows a retiree guest the inner workings of a T-6 Texan II, Nov. 14, 2019, on Columbus Air Force Base, Miss. The day aligned with November's theme of military family appreciation and allowed Columbus AFB to show its gratitude for the retiree community.

Personnel Flight superintendent. "So, this event is a one stop shop for resources to get educated and up to date with all the changes in benefits and entitlements."

Retirees were also offered the opportunity to go on a base tour, which included a military working dog demonstration along with static displays of the 14th FTW's aircraft. When the tour arrived at the static displays the group was met by T-38 Talon and T-6 Texan II instructor pilots, who talked about

the aircraft and helped answer questions.

During the MWD portion of the tour handlers shared the everyday life of a MWD as well as the deployed life. The handlers were able to demonstrate how the MWDs accomplish the Air Force mission by serving in a variety of roles such as tracking, search and rescue or bomb detection.

After the tour, retirees were then treated to a free lunch at the Club on Columbus Air Force Base, Mississippi. They were then giv-



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

Volunteers at the information booths talk to guests during Retiree Appreciation Day at the Columbus Club Nov. 14, 2019, on Columbus Air Force Base, Miss. The retirees and veterans received information from base agencies such as the pharmacy and TRICARE and community information from various agencies.

en an opportunity to get their flu shot, browse some booths that included information on medical benefits, an opportunity to talk with key leaders on base.

"Although you may no longer wear the uniform you are still a part of our Air Force Team BLAZE family," Fazenbaker said. "We truly appreciate you and your service to our nation's call and it is our honor to continue supporting you and serving you. Thank you for all you have done for our country."



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

Team BLAZE members gather together for the single Airmen's Dormsgiving and Hearts Apart holiday meal Nov. 26, 2019, on Columbus Air Force Base, Miss. This year single junior enlisted members and families of deployed Airmen gathered with wing leaders to eat an early Thanksgiving style meal to connect.

Dormsgiving, Hearts Apart bring together Airmen, families before the holidays

Senior Airman Keith Holcomb
14th Flying Training Wing
Public Affairs

From one wall to the other, the Montgomery Village was packed. Airmen lined the center aisle and walked in a counter-clockwise direction to receive a plate packed with turkey, ham, stuffing, bread, green beans, mac and cheese and all of the other side dishes one could want.

Leadership from the 14th Flying Training Wing leadership, squadron commanders, flight commanders, and senior enlisted leaders prepared a true feast for Airmen and Hearts Apart families alike this 2019 holiday season to bring everyone together.

"Thank you all for coming, Airmen and Hearts Apart families," began Col. Samantha Weeks,

14th FTW commander. "Sometimes the holidays are hard to be away from loved ones. That's why we wanted to make sure you were taken care of and to make sure you know we are always here for you and with you."

This year 'Dormsgiving,' an annual feast for dorm residents on Columbus AFB, was open to single Airmen and Hearts Apart families to include all of those who may not have been able to visit their homes this holiday season.

Weeks made it clear from the leaders who cooked for the event to the Airmen and families attending, Dormsgiving was to bring together the 14th FTW in a new and fun way. The Montgomery Village was packed and many Airmen walked home with to go boxes full of meats, sweet potato dishes, green bean casseroles and various stuffings.



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

Team BLAZE members gather together for the single Airmen's Dormsgiving and Hearts Apart holiday meal Nov. 26, 2019, on Columbus Air Force Base, Miss. This year single junior enlisted members and families of deployed Airmen gathered with wing leaders to eat an early Thanksgiving style meal to connect.

JB Charleston C-17 stops at Columbus AFB



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

ABOVE: A C-17 Globemaster III from Joint Base Charleston, S.C., sits on SAC Ramp Nov. 14, 2019, on Columbus Air Force Base, Miss.

RIGHT: Team BLAZE members speak to a C-17 Globemaster III crew from Joint Base Charleston, S.C., Nov. 14, 2019, on Columbus Air Force Base, Miss. Static displays are a time for student and First Assignment Instructor Pilots to learn about aircraft they may be flying later in their careers.



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

BLAZE Hangar Tails: A-29 Super Tucano

Mission

The A-29, aka the Embraer EMB 314 Super Tucano, is a turboprop aircraft designed for light attack, counter insurgency, close air support and aerial reconnaissance missions in low threat environments, as well as providing pilot training.

The Super Tucano was designed to operate in high temperature and humidity conditions in extremely rugged terrain. The Super Tu-

cano is highly maneuverable, has a low heat signature, and incorporates fourth generation avionics and weapons system to deliver precision guided munitions.

General characteristics

Crew: Pilot plus one navigator/student in tandem on Martin Baker Mk 10 LCX zero-zero ejection seats

Payload: 1,500 kg (3,307 lb)

Length: 11.38 m (37 ft 4 in)

Wingspan: 11.14 m (36 ft 6.5 in)

Height: 3.97 m (13 ft 0.25 in)

Wing area: 19.4 m² (208.8 sq ft)

Empty weight: 3,200 kg (7,055 lb)

Max. takeoff weight: 5,400 kg (11,905 lb)

Maximum speed: 590 km/h (319 knots, 367 mph)

Cruise speed: 520 km/h (281 knots, 323 mph)

Stall speed: 148 km/h (80 knots, 92 mph)

g-limit: +7/-3.5 g

Range: 720 nmi (827 mi, 1,330 km)

Combat radius: 550 km (300 nmi, 342 mi) (hi-lo-hi profile, 1,500 kg (3,300 lb) of external stores)[174]

Ferry range: 1,541 nmi (1,774 mi, 2,855 km) [175]

Service ceiling: 10,668 m (35,000 ft)
Rate of climb: 24 m/s (1600 fpm)



U.S. Air Force photo/Senior Airman Maygan Straight

An Afghan pilot conducts training in an A-29 Super Tucano over Kabul, Afghanistan as part of the Train Advise and Assist Command's (TAAC-Air) mission on Dec. 20, 2018. The mission of TAAC-Air is to train, advise and assist Afghan partners to develop a professional, capable and sustainable Afghan Air Force.



U.S. Air National Guard photo by Master Sgt. Joshua C. Allmaras

A Brazilian Air Force A-29 Super Tucano taxis to a runway during Green Flag-West 19-8 at Nellis Air Force Base, Las Vegas, Nevada, June 9, 2019. The Brazilians and Idaho Air National Guard are supporting the 116th Cavalry Brigade Combat Team's National Training Center rotation at Fort Irwin, California.



Congratulations to these award winners

We are proud to acknowledging our outstanding individuals for the service and excellence in supporting our mission to cultivate, create and connect.

Col. Frederick J. Riemer Award (Outstanding Readiness and Emergency Management Flt):

14th Civil Engineer Squadron, Columbus AFB, Miss.

Maj. General Eugene A. Lupia Award (NCO):

Tech. Sgt. Johntavion L. Jackson,
14th CES, Columbus AFB, Miss.

AETC 2019 Young Health Care Administrator of the Year:

Capt. Scott McKeithen
14th Medical Group, Columbus AFB, Miss.

AETC Aerospace & Operational Physiology Airman of the Year:

Senior Airmen Queneth Salazar
14th MDG, Columbus AFB, Miss.

AF recruiting squadron chief receives Bronze Star for meritorious achievement

Airman Davis Donaldson
14th Flying Training Wing
Public Affairs

HUNTSVILLE, Ala. — The Bronze Star is awarded to a service member after conducting commendable service in a combat zone, not an achievement to be taken lightly.
Chief Master Sgt. Robert J. Todd, 332nd Recruiting Squadron superintendent, received a Bronze Star Nov. 9 in Huntsville, Alabama, during a small ceremony highlighting his efforts while deployed to Iraq in 2018-2019.
Todd performed significant acts as the former group superintendent for the 370th Expeditionary Advisory Group, 321st Air Expeditionary Wing in Baghdad, Iraq, while engaging against opposing armed forces from Jan. 23, 2018 to Jan. 28, 2019.



U.S. Air Force photo by Airman Davis Donaldson

Lt. Col. Michael Kovalchek, 332nd Recruiting Squadron commander, presents Chief Master Sgt. Robert J. Todd, 332 Recruiting Squadron superintendent, the Bronze Star Nov. 9, 2019, in Huntsville, Ala. Todd performed significant acts as the former group superintendent for the 370th Expeditionary Advisory Group, 321st Air Expeditionary Wing while deployed to Baghdad, Iraq, engaging against opposing armed forces from Jan.23, 2018 to Jan. 28, 2019.

Andrew Croft, 12th Air Force, Air Combat Command commander as a senior enlisted advisor, he said.
Todd said he was humbled to be recognized for his meritorious actions while on deployment, but his main concern was ensuring the Airmen around him were acknowledged as well, he said.
"My focus, a lot of times, was trying to make sure my Airmen were recognized appropriately," Todd said. "I had two very strong superintendents that were nominated for the Bronze Star. ... For me, I would rather have them have the Bronze Stars than myself."
Lt. Col. Michael Kovalchek, 332nd Recruiting Squadron commander, said he was grateful to be given the chance to pin Todd with his Bronze Star.
When asked about Todd's character and personality, Kovalchek

said Todd has a very compassionate heart and cares about each Airman, but he is an old-school chief.
"He wears that external-chief crust, if you will, and uses it as a tool," he said. "He's the kind of guy that can chew you out in a room, but when you leave you're a much better person. He's very approachable and jokes around a lot."
When asked how much the medal presentation meant to Kovalchek, he said it was his honor and privilege.
"For me, personally, that's the first person I've had the opportunity to pin a Bronze Star on," he said. "He was clearly in harm's way and clearly impacting change overseas, trying to build relationships with our partners. So to have that opportunity to present such a prestigious award is very special and also very humbling."

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Courtesy photo
One of the 14th Logistics Readiness Squadron trucks sits with strapped down equipment before being transported to Tupelo Regional Airport in Tupelo, Miss., for the landing of the Air Force One. The 14th LRS played an integral role in Air Force One's landing last month during President Donald J. Trump visit to Tupelo Nov. 1, 2019.



Courtesy photo
Members of the 14th Logistics Readiness Squadron strap down landing equipment on a truck, preparing it and several other items for transportation to Tupelo Regional Airport in Tupelo, Miss., for the landing of the Air Force One. The 14th LRS played an integral role in Air Force One's landing last month during President Donald J. Trump visit to Tupelo Nov. 1, 2019.

14th LRS hauls equipment for Air Force One landing

Airman Davis Donaldson
14th Flying Training Wing
Public Affairs
TUPELO, Miss. — The 14th Logistics Readiness Squadron played an integral role in Air Force One's landing last month during President Donald J. Trump visit to Tupelo, Mississippi, Nov. 1.

Members of the 14th LRS transported landing equipment, from Columbus Air Force Base, Mississippi, for the touchdown of the Boeing VC-25 Air Force One.
"Often, local bases are contacted for support when the president campaigns," said Lt. Col. Dennis Widner, 14th LRS commander.
Widner said he and his squadron noticed from the media, Trump and his staff were landing at an airport close by, so they reached out to assist. The worst thing that could have occurred was last-minute support, he said.
"As soon as we heard the president was coming to Tupelo, I reached out," Widner said. "Then they reached back out to us and said 'Can you put us in touch with maintenance?' They sent us a list of requirements and we worked with maintenance to get the requirements filled and then transported the supplies to Tupelo to make it happen."
Some of those transported items included light-alls, Air Start Units, power carts a B5 maintenance stand and more.
One of the truck drivers, Mark Graves, thought it was an exciting opportunity to directly help and support the president's mission.
"It was just a cold, wet day and I was just trying not to make a mess," Graves said.
This was the second year in a row Graves, and multiple 14th LRS truck drivers, have transported resources from Columbus AFB to Tupelo for the president, he said. Graves said in 2018 he actually met one of the members of the Air Force One air crew.
As a form of acknowledgment, Trump's staff gave the truck drivers, Trump's presidential Peanut M&M's. The 14th LRS, as a whole, received a plaque with a picture of the Air Force One, the signature of the presidential pilot and words that read: "To: 14th Logistics Readiness Squadron, With Appreciation and Best Wishes. From the Crew of Air Force One."

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Courtesy photo
As a form of acknowledgment for their support in Air Force One's landing in Tupelo, Miss., Nov. 1, 2019, the 14th Logistics Readiness Squadron received a plaque with a picture of Air Force One, the signature of the presidential pilot and words that read: "To: 14th LRS, With Appreciation and Best Wishes. From the Crew of Air Force One." Some of the items transported to help with the landing included light-alls, Air Start Units, power carts a B5 maintenance stand and more.



Rufus Ward, 43rd Flying Training Squadron honorary commander, holds up a picture of his mother with other Civil Air Patrol members and commanders, Nov. 20, 2019, in Columbus, Miss. Ida Ward had the distinction of being the first female to solo in the Columbus CAP unit.



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

LEFT: Rufus Ward, 43rd Flying Training Squadron honorary commander, holds up an identification card of his mother when she was a civilian worker on Columbus Army Air Field, Nov. 20, 2019, in Columbus, Miss. Ida Ward worked at the Kaye Army Air Field Station Hospital on Columbus Army Air Field during World War II and volunteered for the Civil Air Patrol to fly in a Piper Cub.

Civil Air Patrol; A dynamic history in homeland security

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

The operations of the Civil Air Patrol started 78 years ago on Dec. 1, 1941, and their mission continues as the U.S. Air Force's official auxiliary force with detachments across the nation.

In its early days the CAP's primary objective was the establishment of patrols off of the Atlantic and Gulf coast. The objective of these missions was to thwart enemy actions during World War II. In the late 1900's their aircraft would go on to be seen helping the Red Cross and the Federal Emergency Management Agency by organizing disaster relief efforts.

Today the CAP supports America's communities with emergency response, diverse aviation and ground services, youth development and the promotion of air, space and cyber power.

Here in Columbus, Mississippi, the Golden Triangle Composite Squadron has worked closely with the base by providing search and rescues as well as other emergency services over the years.

"In support of the base the GTC Squadron provides low level route surveys every year where we look for uncharted towers or airfields and compare it to the maps Columbus AFB pilots are flying with to make sure things are up to date," said Lt. Col. Philip Poepelman, 14th Flying Training Wing Inspector General complaints resolution director.

Poepelman currently works as the GTC Squadron commander managing the fleet. However, he has also participated in missions like the aerial reconnaissance for the T-38 crash back in May, 2019.

Furthermore the CAP provides Cadet Programs where young future leaders can grow and develop through aerospace education, leadership training, emergency services and physical training.

By providing future leaders the Mississippi Wing's Golden Triangle Composite Squadron works hand in hand with Columbus AFB's mission by cultivating American Youth's, creating potential interest in becoming a pilot and connecting with members across the base.

Rufus Ward, honorary commander of the 43rd Flying

"She described how her little plane seemed lost and bouncing around among the larger planes in her formation so she proceeded back to Columbus" Rufus Ward said.

Training Squadron, has family history with the CAP and shared how his mother, Ida Ward, had the distinction of being the first female to solo in the Columbus CAP unit.

In 1942-1945, Ida worked at the Kaye Army Air Field Station Hospital on Columbus Army Air Field during World War II and volunteered for the Civil Air Patrol to fly in a Piper Cub, which was a small single-engine two-seat plane that had a top air speed of about 85 mph.

During this time CAP male and female volunteers engaged in a range of operations such as patrols, search and rescue, disaster relief and aircraft warnings.

Ward stated he did not hear many stories from his mother about her days in the CAP, but he did know about her last flight as a volunteer.

"When she was dispatched to Birmingham, Alabama, in a Piper Cub she got stuck in a lengthy holding pattern over the Birmingham airport with several large four-engine aircraft," Ward said. "She described how her little plane seemed lost and bouncing around among the larger planes in her formation so she proceeded back to Columbus where she ended her volunteer work for CAP."

Since Ida, many CAP volunteers have taken it upon themselves to continue emergency services in the air and on the ground for the past 78 years to protect and serve the American public.

For more information about CAP or how to become a member please contact the Golden Triangle Composite Squadron commander at ms057-cc@mswg.cap.gov.

(Editor's Note: gocivilairpatrol.com contributed to this story)



Lt. Col. J. Robert Dowd, Civil Air Patrol wing commander in Mississippi, was met by Col. L.C. Mallory, Columbus Army Air Field commanding officer, and a group of local CAP members when he landed at the Columbus Army Air Field to visit the city and address the Kiwanis Club at the Hotel Gilmer. (Left to right) Ida Billups (Ward), first female to make a solo flight with the Columbus Unit of CAP; Col. Mallory; Lt. Col. Dowd; Lt. Ralph Webb, CAP squadron commander in the district, and Sgts. Jack Parker and Billy Furr of the Columbus CAP squadron.

RIGHT: Since, Dec. 1, 1941, the Civil Air Patrol has evolved from protecting America against invading German U-boats to being a main component of search and rescue missions, providing emergency services and guiding the next generation of young aviators. The Mississippi Wing's Golden Triangle Composite Squadron does more than provide SAR and emergency services; they also play a big role in supporting Columbus Air Force Base flying missions.



Photo courtesy of Civil Air Patrol