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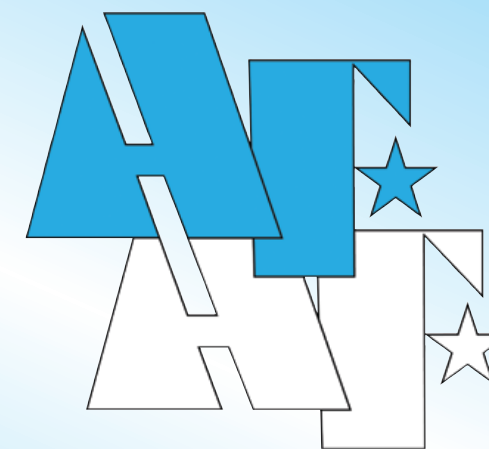
# SILVER WINGS

"Cultivate Airmen, Create Pilots, CONNECT"

Columbus Air Force Base, Miss.

Vol. 44, Issue 5

March 13, 2020



The Air Force Assistance Fund has begun and runs until April 10. Please see pg. 6 for more details on how to donate to charities that take care of our Airmen!

## News Briefs

### Blessing of the Bikes

Ride on over to the base Chapel parking lot March 20 at 8 a.m. where the Chaplains will be hosting the annual safety and maintenance briefs as well as a free breakfast for Team BLAZE motorcycle riders.

### Women's Leadership Panel

Come out to the Columbus Club March 26 at 8 a.m. and hear from some of our local Columbus women leaders. See pg. 5 for more details.

### SUPT Class 20-10/11 Graduation

Join the newest Air Force aviators at 10 a.m., March 27 in the Kaye Auditorium to celebrate their accomplishment.



U.S. Air Force photo by Airman 1st Class Hannah Bean

**Col. Samantha Weeks, 14th Flying Training Wing commander, welcomes everyone to the Quality of Life Town Hall March 5, 2020, at the Columbus Club on Columbus Air Force Base, Miss. Weeks was the primary speaker for the town hall, which was also livestreamed on the Columbus AFB Facebook page for added participation and connection.**

## Columbus AFB Town Hall focuses on Quality of Life, showcases upcoming events

**Airman 1st Class Hannah Bean**  
14th Flying Training Wing Public Affairs

Members of Team BLAZE attended a Quality of Life town hall March 5, at the Club here.

Col. Samantha Weeks, 14th Flying Training Wing commander, was the primary speaker for the town hall, which was also livestreamed on the Columbus Air Force Base Facebook

page for added participation and connection.

"I want to thank you all for being here," Weeks said. "... I want to thank you all for filling out the survey that the 14th Mission Support Group and the 14th Medical Group put together so that we can understand what you all want and need."

She along with various other subject matter experts from

See TOWN HALL, Page 3

## COLUMBUS AFB TRAINING TIMELINE

PHASE II		PHASE III		IFF		SUPT CLASS 20-10/11 GUEST SPEAKER	
Squadron 37th (20-23)	Track Select Mar. 25	Squadron 48th (20-10)	Graduation Mar. 27	Squadron 49th (20-EBC)	Graduation Mar. 20	Brig. Gen. Jimmy Canlas, 618th Air Operations Center commander, Scott Air Force Base, Illinois, is the guest speaker.	
41st (20-24)	Apr. 7	50th (20-11)	Mar. 27				





## 14TH FLYING TRAINING WING DEPLOYED

As of press time, 40 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.*

## Last Look Area

Recycling is what the Last Look Area provides! Slightly used furniture and equipment is available to all Columbus Air Force Base facilities for free. Pick-up and delivery is the customer's responsibility. There is a three-day maximum for customers who wish to reserve items.

**Facility hours are from 8 a.m. – 4 p.m. Monday through Friday.**

**Need more information? Contact Inspections at 434-7231 or 434-7332. Parking is available at the back of building 158.**

## 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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March						Long Range Events
Mon	Tue	Wed	Thur	Fri	Sat/Sun	
16 National Prayer Breakfast, 8 a.m. @ MSG lobby / 9 a.m. @ Phillips Auditorium / 10 a.m. @ Wing HQ Lobby	17 National Prayer Breakfast, 8 a.m. @ MDG Lobby	18	19	20	21/22	Mar. 31: Wing Newcomers  Mar. 31: Enlisted Promotions  Apr. 2: IFF Class 20FBC Graduation  Apr. 10: Class 20-12/13 Assignment Night  Apr. 14: Wing Newcomers  Apr. 16: Heart Link  Apr. 17: Boss & Buddy  Apr. 23: Hearts Apart  Apr. 24: Class 20-12/13 Graduation  Apr. 25-26: Wings Over Columbus Air Show
23 IFF Class 20EBC Graduation, 4:49 p.m. @ 49th Heritage Room	24 Pilot Partner Welcome, TBD	25	26 Hearts Apart, 5-7 p.m. @ A&FRC  ALS Class 20-3 Graduation, 6:30 p.m. @ Columbus Club	27 Class 20-10/11 Graduation, 10 a.m. @ Kaye Auditorium	28/29	

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## COMMUNITY

(Continued from page 13)

### 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.

### 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.

### Pre- and Post-Deployment Tour Briefing

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

### Pre-Separation Counseling

This counseling is a mandatory briefing for personnel separating or re-

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

### Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday, 1-2 p.m. This program provides military families and DoD civilian members individual assessment and career counseling to assist with local employment, preparation for future endeavors via education, job search, or self-owned business objectives in the local area. For more information, please call A&FRC at (662) 434-2790.

### Survivor Benefit Plan

Are you nearing military retirement? The one decision you will need to make before you retire involves participation in the Survivor Benefit Plan (SBP). As with all good decision-making, you need to know the facts before you can make a sound decision. Always get the true facts about SBP before making up your mind. Additional details are available by calling your SBP Counselor Mary Chambers at (662) 434-2720/2790.

### Personal Financial Readiness

Need Help with Financial matters? Want to make the most of your money? The Personal Financial Counselor (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as education, buying a home and

planning for retirement. PFC services are at no cost, private and confidential. Please contact the PFC at (662) 998-0411/434-2790 or e-mail PFC. Columbus.USAF@zeiders.com, located in the A&FRC.

### Key Spouse Program (KSP)

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

### Military and Family Life Counselor Program

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

### Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is the required training course to become a sponsor. It can be found in Military

One Source's MilLife Learning training Course Catalog at this link <https://millifelearning.militaryonesource.mil/MOS/f?p=SIS:2:0:> More online resources are available on Columbus AFB Living at <https://www.columbusafbiving.com/airmen-family-readiness-center/relocaiton-assistance/electronic-sponsor-resources/> . For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

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## TOWN HALL

(Continued from page 1)

across the wing addressed numerous issues, developments and accomplishments during the town hall. Topics included QoL survey results, 2019 successes, upcoming events throughout various locations and squadrons on base, updates on projects throughout the wing, various activities going on in the community, and so much more.

Some successful initiatives last year included opening the Freedom Park, Club and Bowling Center renovations, and some of the major family/unit friendly events like the A-BLAZIN' Race, BLAZE Fest and the holiday tree lighting amongst others.

Weeks noted throughout the slides that there are two demographic populations Columbus AFB is trying to serve; those with children and those without children. She pointed out that they were aware of it and created the survey accordingly and the results showed a very clear direction in those two avenues.

"Our promise to you over the next year moving forward is that we're going to ask ourselves those questions as we institute some new endeavor of who are we trying to serve," she said. "That's one thing we're going to ask ourselves so that we're clear in what we are developing and making sure who it is serving and when it is serving those people."

The continued major priority through these QoL initiatives will be to "recruit Airmen and retain families."

After the Quality of Life Survey results, Weeks passed the mic to various SMEs on upcoming events going on at the Chapel, Commissary, Base Exchange, Community Services and several other activities.

### Chapel

Some things to look forward to at the Chapel include a Stations of the Cross service at 5:30 p.m. Feb. 28 at the Chap-

*"Our promise to you over the next year moving forward is that we're going to ask ourselves those questions as we institute some new endeavor of who are we trying to serve," Weeks said. "That's one thing we're going to ask ourselves so that we're clear in what we are developing and making sure who it is serving and when it is serving those people."*

el and a Jewish service starting at 6 p.m. March 13. Several prayer breakfast are also scheduled throughout March 16-17. Blessing of the Bikes will also be taking place at 8 a.m. March 20 at the Chapel followed by a mentorship ride going out toward Starkville, where bikers will stop for lunch before returning to base.

### The Base Exchange

Firearms sales at the Base Exchange are now expected to start April 30.

### Base Housing

The Utility Allowance Program has been temporarily suspended for base residents and they should have received an email that details the suspension. The office has also enhanced their dispute resolution process and residents are also welcome to contact the Air Force Housing Help Line at 1-800-482-6431.

## QoL Projects

The Airmen dorms continued to undergo renovation with an expected completion of July 2020 and the officer dorms are awaiting funding for fiscal year 2021/2022 projects. About 150 dehumidifiers have been purchased for dormitory rooms to help mitigate mold that forms due to the high humidity.

The entire two-mile BLAZE Fitness trail will soon be rubberized and expected to be finished in the fall.

Some of the changes coming to the Club and Overrun include new additions to the menu such as Trivia Wing Night and upcoming food vendor events. They are also planning some themed family nights and there are plans to update the Happy Irby Lounge with a crud table, darts and other recreational games.

## Survey results

Some of the results from the QoL survey that was sent out included people wanting fitness class options at the Fitness Center, more food options and healthier options, updated fitness center equipment and more of selection at the Base Exchange and Commissary.

At the end of the Town Hall, Weeks opened the floor to any lingering or last minute questions.

## Town hall video available on Facebook

For those that were unable to attend or watch the town hall on Facebook live, and wish to see everything that was discussed, they can watch it by going to <https://www.facebook.com/ColumbusAFB/videos/2028287643984701/>.

"I ask you to take what you heard today and spread it to at least five to 10 other people who weren't here so that we can spread the message what your base is trying to do take care of you, your families and your quality of life this year because it is one of our top priorities that we are trying to accomplish as wing leadership," Weeks said.



U.S. Air Force photo by Airman Hannah 1st Class Bean  
Michael Birriel, 14th Force Support Squadron Community Services flight chief, addresses the audience during the Quality of Life Town Hall March 5, 2020, at the Columbus Club on Columbus Air Force Base, Miss. Birriel spoke on various upcoming events and accomplishments going on in community services to include the Arts & Crafts Center, Bowling Center and Information, Tickets and Travel.



U.S. Air Force photo by Airman Hannah 1st Class Bean  
Rachel Buoni, 14th Force Support Squadron Visual Information specialist, briefs about where to find FSS events during the Quality of Life Town Hall March 5, 2020, at the Columbus Club on Columbus Air Force Base, Miss. Buoni showcased the various resources FSS Marketing utilizes to push out their information through and distribute.

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# Columbus AFB command post is vital point to keeping the mission moving

Airman Davis Donaldson  
4th Flying Training Wing

The command post team at Columbus Air Force Base is responsible for alerting, directing and reporting any threat, at all times, for 24 hours, seven days a week, 365 days a year.

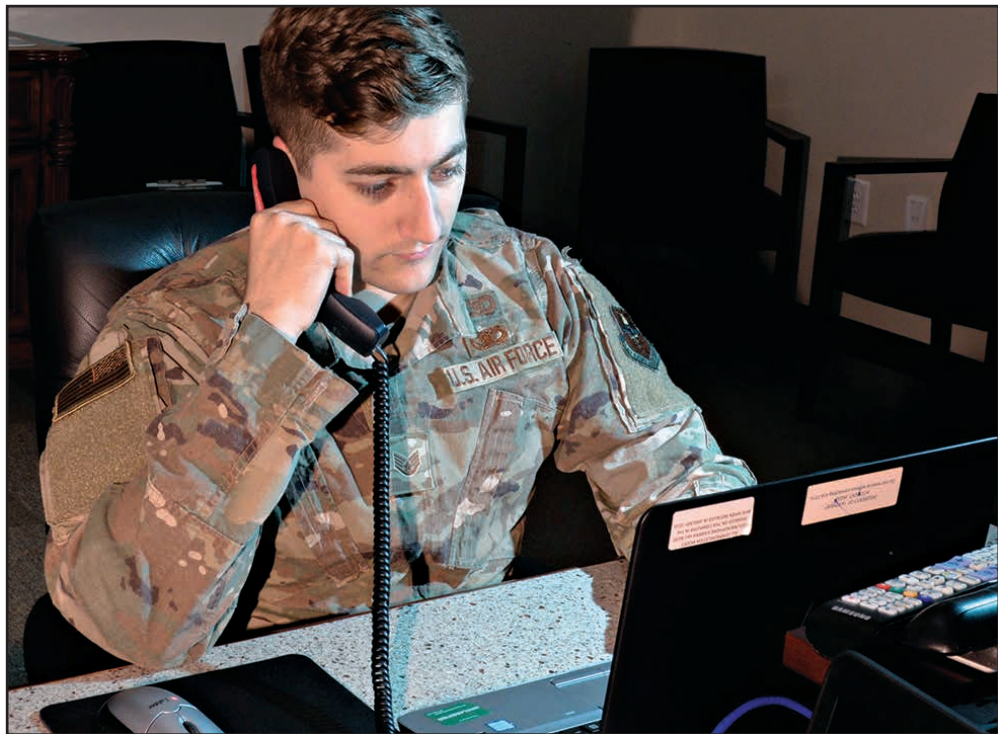
The team specifically specializes in alerting the base of potential threats, directing emergency actions and reporting the threats to base leadership. On average, the command post at CAFB addresses nearly a couple hundred of concerns and notifications annually.

Master Sgt. Michael Pearce, 14th Wing Staff Agency command post superintendent, explained the command post's overall mission.

"The generic mission of the command post is to alert, direct and report," Pearce said. "Here, our mission is to keep everybody notified, make sure everybody is on the same page and to relay information up and down the chain."

Staff Sgt. Aaron Ellis, 14th WSA command and control systems NCO in charge, went into detail about how the command post passes messages to the thousands of people on CAFB.

"You know the large voice that goes off and that can be heard all over base? Yeah, that's us," said Ellis. "We also can send out notifications through email to base members if necessary. Although it can seem annoying,



Staff Sgt. Aaron Ellis, 14th Wing Staff Agency command and control systems NCOIC, makes a phone call, Feb. 25, 2020, at Columbus Air Force Base, Mississippi. The command post team at Columbus Air Force Base is responsible for alerting, directing and reporting any threat, at all times, for 24 hours, seven days a week, 365 days a year.

it's a very important tool we use." Ellis said they also can direct first responders about the situation, if they find that it needs assistance; whether be the Columbus's

fire department, medical response team or security forces.

They report the situation to base leadership as well, he said. Ellis said if other parts of the Air Force are, or will be affected other than the base, higher leadership will also be notified by them.

Pearce said no two command posts at two distinct bases have the same mission. Although different, command post specialists are essential to every base and remain vital to the 14th FTW mission, Pearce said.

"If the command post team wasn't here, I feel like a lot of agencies would need help and not get it or not know who to go to get help," Pearce said. "We kind of tie everyone together. We tie all of the agencies to provide services for the wing."

Pearce said there is never a routine day and some days are faster than others, but every day each Airman works 12-hour shifts and the command post is manned around the clock,.

He said though some days are long, when a problem arises unexpectedly and is solved quickly, the command post's training and preparedness makes their mission a rewarding one, Pearce said.

"It's slow sometimes," Pearce said. "But when things happen and you're like 'man I wasn't expecting XYZ to happen,' but then you knock it out of the park, then, yeah, it's very rewarding for us.

## 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.)

### Department of Labor Transition Vocational Track Workshop

The next DoL Transition Vocational Track Workshop is from 8 a.m.-3 p.m. March 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 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.-noon March 24. This event is mandatory for all newly arrived military and DoD civilian personnel. This base-wide CONNECTION event begins at the Kaye Auditorium and consists of a guided base tour. The event's 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.

### Hearts Apart

The next Hearts Apart is from 5-7 p.m. March 26. 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.

### Smooth Move Relocation Workshop

The next Smooth Move is from 10-11 a.m. April 2 in the A&FRC. This workshop is highly recommended for first-time and over-seas relocating members. Get the very latest moving information straight from base-wide relocation assistance agencies. Learn what to expect before you move with information from Tri-Care, Housing, Military Pay, TMO, Medical Records and A&FRC. Be sure to bring and ask any relocating questions you may have during this event.

### Transition Assistance Program Workshop

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

## Team BLAZE recognizes newly promoted Airmen



Leadership from 14th Flying Training Wing stand with a group of newly promoted Airmen Feb. 27, 2020, during Enlisted Promotions on Columbus Air Force Base, Miss. At the end of every month, Team BLAZE gathers to congratulate their fellow Airmen in their accomplishment.

### Department of Labor Employment Transition Track

The next DoL Employment Transition Track is from 7:30 a.m.-4 p.m. April 9-10. This workshop assists transitioning military members with career exploring, job search, resume writing, federal job applications, interviewing, evaluating job offers and closing the deal.

### Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. April 15; 8 a.m.-5 p.m. April 16; and 8 a.m.-noon April 17 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.

### Heart Link

The next Heart Link / Spouse Welcome is from 8:30 a.m.-noon April 30 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 Co-

lumbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

### Federal USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. May 13. 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.

### Bundles for Babies

The next Bundles for Babies workshop is from 1-3:30 p.m. May 28 in the A&FRC. This program is designed for active duty AF members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

### Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. June 4-5. 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.

### EFMP-FS

Exceptional Family Members Program-Fam-

ily 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!

### 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.

See COMMUNITY, Page 14

## Chapel Schedule

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

### 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 (Phillips Auditorium)  
**Wednesdays:**  
10 a.m. - Daily Mass (Phillips Auditorium)  
10:30 a.m. - Adoration (Phillips Auditorium)

## Senior Master Sergeant Selects

Congrats to Team BLAZE's senior master sergeant selects:

Master Sgt. Dwindalin Edwards from the 81st Fighter Squadron  
Master Sgt. David Pennington from the 14th Medical Group

AF stats:  
Eligible: 15,544  
Selected: 1,184  
Selection Rate: 7.62%

## Commander's Action Line 434-1414

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

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

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





## Columbus Air Force Base Information and Events

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

## Get Connected with Your New Base App!

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

## Trivia & Wing Night

The Columbus Club is having Thursday Trivia Nights for the entire month of March along with a new Wing Menu. The food starts at 4:30 p.m. and the fun kicks off at 5:30 p.m. Get your team together and have those team names ready. For more information, please call the Columbus Club at (662)434-2489

## Boss & Buddy

Unwind at the Club with your coworkers on March 20 starting at 3:30 p.m. with food and drink specials. Call (662) 434-2489 for more information.

## 3-Point Shootout

March Madness has come to Columbus AFB! On March 21 at noon the Fitness Center is hosting 3-pt Shootouts and 3v3 Half Court pickup games! Come in, show off your skills and represent your squadron on the court! Each squadron will have 6 players. One for 3-pt shootout, three for the half-court game and two backups. Please sign up by March 13. For more information and event rules, please contact the Fitness Center at (662) 434-2772.

## Parent's Day Out

Drop your kids off at the CDC for Parent's Day Out on March 21 from 9 a.m.-1 p.m.! The cost is \$20 per child. Call 434-2479 to sign up, or for more information. The deadline to sign up is March 12. For more information, please call the CDC at (662)434-2479.

## US Food Fair

On March 26 from 11 a.m. - 1:30 p.m., US Foods will be hosting a Chef's Food Fair at the Columbus Club. They will be showcasing new items such as desserts, appetizers, and cocktail juices. For more information, please call the Columbus Club at (662) 434-2489.

## Spring Fling

On April 4 from 10 a.m.-2 p.m. the Youth Center will be hosting Spring Fling at the Columbus Club. Age appropriate egg hunt will be starting at 10 a.m. There will be Food, a petting zoo, crafts, face painting, bouncy houses and much more fun for the family! This annual event is free for the family and brunch will be available. For more information, please contact the Youth Center at (662) 434-2504.

## Assignment Night Transportation

Book Assignment Night transportation with ITT! Reserve the bus, the van or both! The cost is \$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.

3/5	3/12	3/19	3/26
Five Categories	Five Categories	"Ladies Night!"	Five Categories

**TRIVIA & WING NIGHT**  
AT THE CLUB

**TRIVIA STARTS at 1730**

The winning team each week wins a \$10 voucher! The team with the most points at the end of the month will win a prize! Teams of 2-8 people.

**WING COMBOS!**  
All combos come with fries & choice of sauce EXCEPT the 50 wing platter.

5 WINGS \$5.95 • 8 WINGS \$7.95 • 12 WINGS \$10.95 • 16 WINGS \$12.95 • 50 WINGS \$35.95

Call 434-2489 for more details.

## Martial Arts

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

## Exclusive Military Vacation Packages

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

## Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3 – 6 years, Fridays at 10 a.m. and 3:30 p.m. for ages birth – 2 years, and 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 AFB Riding Stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at 434-2505.

## Free Mango Languages

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

## Play Paintball

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

## The Overrun is Open Friday Nights

The Overrun is open Fridays 4:30 p.m. - 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. 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.

## Columbus AFB Celebrates 50th Anniversary of Earth Day

Jan Patton and Tracy Mullins  
14th Civil Engineer Squadron

A movement that changed the world started in America on April 22, 1970. On that day, 20 million Americans took to the streets to protest the abuse of our planet and demanded a new way forward to protect the vital resources of our natural environment. The environmental laws in place today were born out of that movement and inspired many other countries to adopt similar laws. In 2016, the United Nations chose Earth Day to sign the Paris Climate Agreement.

While Team Blaze makes daily efforts to be good stewards of the environment, this year the 14th Civil Engineer Squadron is holding events the week of Earth Day to increase awareness and give everyone an opportunity to do more for the environment.

## The activities planned are:

### Household Hazardous Waste Drop-off, 9 a.m.-3 p.m. April 21 & 22

Most individuals have some type of chemicals they use in their homes including cleaners, insecticides, and automotive oils to name a few. Landfills are not really designed to address the hazards these items pose to the environment. The 14th Civil Engineer Squadron is asking everyone to take the time and go through their cabinets, garage, or back yard shed and bring those items to the parking lot between the Resale Lot (Lemon Lot) and the Youth Center (building 348) on Innes Street. Once there, the items will be packed up and sent to a facility designed and permitted to accept them.

All items must be labelled to indicate the contents. Some examples of common household items to turn in are: aerosols, automotive fluids, herbicides, insecticides, paint, stains, lacquers, gasoline, bleach, household cleaners, adhesives, glues, expired fire extinguishers, and mercury thermometers.

For more information, call Byron Harris, 14th CES, at 434-7955.

### Lunch & Learn noon-1 p.m., April 22

Bring your lunch and join us at the Blaze Commons classroom for a discussion about the importance of Waste Management for a sustainable future. Tracy Mullins, 14th CES, will facilitate discussions on how to reduce your environmental footprint using the Three R's of Waste Management, and the importance of closing the loop through product selection.

### Storm Water Volunteer Opportunity 8 a.m.-3 p.m., April 23

Volunteers will meet at the 14th CES conference room at 8 a.m. for a brief training on storm water. Then everyone will head out with a map, some storm water curb markers, and adhesive. The mission is to mark the storm drain inlets with the markers to remind everyone the importance of not polluting storm water.

We hope to see you at these events to help celebrate Earth Day's 50th anniversary!

**In Honor of Women's History Month**

**BE EMPOWERED** Please join us for the **BE INSPIRED**

# WOMEN'S Leadership PANEL

Colonel Samantha A. Weeks  
Commander, 14th Flying Training Wing

Dr. Rita Felton  
Chief, 14th Flying Training Wing Public Affairs

Linda "LL" Gates  
Wingman, 14th Flying Training Wing  
EMCC Work-based Learning Center Coordinator (Ret)

The Honorable Dorothy W. Colom  
14th Chancery Court District Judge (Ret)


Cindy E. Goode  
Lowndes County Chancery Clerk

**“BE THE EXAMPLE”  
March 26, 2020  
0800-0930  
Event Center  
Columbus Air Force Base, Mississippi**

**Continental Breakfast will be served**

**For more information, please contact 2d Lt Nicolette Hallmark at 662-434-7957 or [nicolette.hallmark@us.af.mil](mailto:nicolette.hallmark@us.af.mil)  
SMSgt Ukeia Carter at 662-434-2153 or [ukeia.s.carter.mil@mail.mil](mailto:ukeia.s.carter.mil@mail.mil)**







# Air Force Assistance Fund

## 2 March – 10 April

CAFB GOAL  
**\$25,707**



- 4 Charities
  - Air Force Aid Society:** Emergency Relief Fund for Airman
  - Air Force Villages Charitable Foundation:** Financial Support for Officer Widows
  - Air Force Enlisted Village:** Retirement Housing for Enlisted Widows
  - The General & Mrs. Curtis LeMay Foundation:** Provides Grants for Widows
- 4 Ways to Donate
  - <https://www.afassistancefund.org> or scan QR code w/camera
  - Text **AFAF** to 50155
  - Payroll Deduction Plan with Unit POC
  - Cash/Check donation with Unit POC
- Important Points
  - Your "Control Number" is **Unit POC Control # + last 4 of DoD ID #**
    - Use the "Control #" column next to your unit POC
    - Ex: **14FTW-02-xxxx** or **14MSG-01-xxxx**
  - After donating, contact Unit POC to complete AF Form 2561



*For Airmen. By Airmen*

Unit	Unit POCs	Control #
Wing Pres	Capt Carter	14FTW-01
Assistant	MSgt Jordan	14FTW-02
Auditor	Lt Delaney	14FTW-03
14 OG	Lt Reisch	14OG-01
14 STUS	Capt Keyes	14STUS-01
14 OSS	SSgt Lein	14OSS-01
37 FTS	Lt Auld	37FTS-01
41 FTS	Lt Fulcher	41FTS-01
43 FTS	Maj Hook	43FTS-01
48 FTS	Lt Hurtado	48FTS-01
	Lt Kita	48FTS-02
49 FTS	Capt Singletary	49FTS-01
50 FTS	Lt Cook	50FTS-01
14 MSG	MSgt Hord (SFS)	14MSG-01
14 FSS	SrA Hintay	14FSS-01
14 CS	SrA Anthony	14CS-01
14 CES	SSgt Sawyer	14CES-01
14 CONS	A1C Armendariz	14CONS-01
	Amn Brandt	14CONS-02
14 LRS	Lt Dillard	14LRS-01
	Ms. Christian	14LRS-02
14 SFS	SSgt Barber	14SFS-01
14 OMRS	Capt Barry	14MDG-01
14 HCOS	SSgt Gillett	14MDG-02
14 WSA	A1C Crum	14WSA-01
	A1C Castillo	14WSA-02
14 CPTS	A1C Malonga	14CPTS-01

Visit [www.columbus.af.mil](http://www.columbus.af.mil) to learn about Columbus AFB agencies and other important information.



# Medical Corner

SLEEP HEALTH

## Sleep is serious: Catch your zzzs

On average, we spend 33 percent of our lives asleep. When assessing your overall health, have you considered your sleep habits? Sleep hygiene involves a variety of different behavioral practices which are necessary for quality sleep and full alertness during waking hours.

Sleep allows our bodies to rest and refuel for the next day. The sleep process is complex and active. As we sleep, there is important internal restoration and recuperation taking place. A lot of the information we take in throughout the day is processed and stored while we sleep.

*“One of the most beneficial ways to ensure a healthy lifestyle is to prioritize your sleep, the same as you do your best eating and exercise habits – and one of the key ways you can do that is by trying your best to maintain a regular wake and sleep pattern, every day of the week.”*  
— Maj. Jaime Harvey, Chief, Human Factors and Operational Safety Issues, Headquarters Air Force Safety Center

Sleep deprivation is real. One out of three adults is sleep deprived. Inadequate sleep, or insufficient restorative sleep accumulated over time can cause physical or psychiatric symptoms and affect routine task performance. Sleep deprivation can cause memory problems, a weakening of your immune system and lead to depression. Long-term effects of sleep deprivation include a high risk of obesity, heart disease, hypertension, cancer, mental distress and stroke.

Sustained wakefulness affects performance. Going without sleep, or continuing in a sustained state of wakefulness, can have effects on performance similar to effects of alcohol consumption on cognitive function. After 17 hours of sustained wakefulness, performance decreases to a level similar to performance under a .05 BAC (blood alcohol content). After spending a full 24 hours in a continued state of wakefulness, performance decreases to a level similar to performing with a .10 BAC. The legal BAC limit for operating a motor vehicle, is .08.

Fatigue can be fatal. Persistent exhaustion is a constant state of weariness, or fatigue. Fatigue reduces concentration, energy and motivation. The state of fatigue decreases a person’s cognitive abilities by 20 to 50 percent. Cognitive abilities affect everything from attention to reaction time and judgement. According to Maj. Harvey, the chance of an accident occurring increases by 400 percent after a worker is on shift 12 hours. As many as 7,500 fatalities occur each year as the result of drowsy driving. Reduced cognitive abilities increase the risk of accidents and fatal hazard. The leading cause of fatigue is inadequate amounts of sleep.

Sleep is serious: Catch your Zzzs. Retrieved from <https://www.airforcemedicine.af.mil/News/Article/688911/sleep-is-serious-catch-your-zzzs/>



The Sleep Council

helping you get a better night's sleep

National Bed Month

<https://sleepcouncil.org.uk/tag/national-bed-month/>

Sleep Awareness Week March 8-14, 2020

<https://www.sleepfoundation.org/press-release/sleep-awareness-week-2020>

World Sleep Day March 13, 2020

<http://www.worldsleepday.org/>

### “Circa Dian!”

“Circa” meaning approximately, and “dian,” a 24-hour period of day, are the basis for the circadian rhythm. The 24-hour circadian rhythm follows a cycle incorporating changes in physical, mental and behavioral changes, in accordance with periods of natural light and dark in our environment.

Staying in synch with the circadian rhythm includes being exposed to light first thing in the morning and going to bed at the same time every night. Maj. Harvey explains, “The human body thrives on routine. When we incorporate a regular sleep/wake pattern, our bodies follow like a well-tuned orchestra, performing in synch.”

Circadian highs and lows are based on the circadian rhythm, which has different peaks and dips throughout the day. On the assumption that the average person wakes up at 6 a.m. and goes to bed at 10 p.m., the circadian flow, goes like this:

- Circadian low: 12 a.m. to 6 a.m.
- Circadian high: 9 a.m. to 10 a.m.
- Post lunchtime dip: 1 p.m. to 3 p.m.
- “Happy hour high”: a 30 to 60-minute burst of energy around sunset
- Dip: around 6 p.m.
- Lowest dip: 3 a.m. to 5 a.m.



## HeRO Spotlight: Sheppard Air Force Base Health Resiliency Center Grand Opening

Sheppard Air Force Base celebrated the grand opening of their Health Resiliency Center (HRC) on January 15th. The Health Resiliency Center is a space designated for Health Promotion and the Base Operational Support Team. It took them several months to get everything in place, including a Bod Pod, sleep optimization room, and a fully stocked demo kitchen and classroom. They collaborated with the Medical Group, FSS, the Community Support Coordinator, and Leadership to help get everything approved and completed.

Their Base Commander did a ribbon cutting with over 50 people in attendance. During the grand opening, they offered Bod Pod assessments, free smoothies, sleep optimization/yoga nidra classes all day in the sleep room and a lot of free education resources.

*“You can replace a plane, you can renovate a building but you only get one body. So it is important for us to be able to visit the HRC”* — Colonel Kenyon Bell, Base Commander



On Sheppard’s Facebook page, they posted a video highlighting the Base Commander’s speech, as well as, pictures of the area and the ribbon cutting: <https://www.facebook.com/SheppardAirForceBase/videos/1052736848403411/>

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](mailto: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.airforcemedicine.af.mil/Resources/Health-Promotion/>



# BLAZE Hangar Tails: T-33A Shooting Star

## Mission

The two-place T-33A Shooting Star jet was designed for training pilots already qualified to fly propeller-driven aircraft. It was developed from the single-seat F-80 fighter by lengthening the fuselage about three feet to accommodate a second cockpit.

## Background

Originally designated the TF-80C, the T-33 made its first flight in 1948. Production continued until 1959 with 5,691 T-33s built. In addition to its use as a trainer, the T-33 has been used for such tasks as drone director and target towing, and in some countries even as a combat aircraft. The RT-33A, a reconnaissance version made primarily for use by foreign countries, had a camera installed in the nose and additional equipment in the rear cockpit.

The T-33 is one of the world's best-known aircraft, having served with the air forces of more than 20 different nations over several decades. The T-33A on display was flown to the museum in 1962.

## General characteristics

**Armament:** Two .50-cal. machine guns in nose  
**Maximum speed:** 525 mph  
**Cruising speed:** 455 mph  
**Range:** 1,000 miles  
**Ceiling:** 45,000 ft.  
**Span:** 37 ft. 6 in.  
**Length:** 37 ft. 8 in.  
**Height:** 11 ft. 7 in.  
**Weight:** 15,000 lbs. maximum  
**Serial number:** 53-5974

**TOP:** Members from the Wyoming Air National Guard and F.E. Warren Air Force Base move a T-33 Shooting Star aircraft to be put on permanent display with the Wyoming Military Museum in Cheyenne, Wyo., Oct. 25, 2019. The T-33 served with the Wyoming Air National Guard from 1953 to 1963 and during that timeframe it was used as a trainer for F80C and F-86L pilots.

**BOTTOM:** Gregory "Wired" Colyer flies his T-33 Acemaker during a performance at the Wings Over Wayne Air Show, April 28, 2019, at Seymour Johnson Air Force Base, North Carolina. The T-33 is a two-seat version of the U.S. Air Force's first jet fighter, the F-80 Shooting Star.



U.S. Air National Guard photo by Staff Sgt. Jon Alderman



U.S. Air Force photo by Senior Airman Shawna L. Keyes

# Dryers, washing machines can cause fires

## Darren Amos

14th Civil Engineer Squadron Fire Inspector

Doing laundry is most likely part of your everyday routine, but did you know how important taking care of your clothes dryer and washing machine is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.



From 2010-2014, U.S. fire departments responded to an estimated 15,970 home fires involving clothes dryers or washing machines each year. These fires resulted in annual losses estimated at 13 deaths, 440 injuries, and \$238 million in property damage.

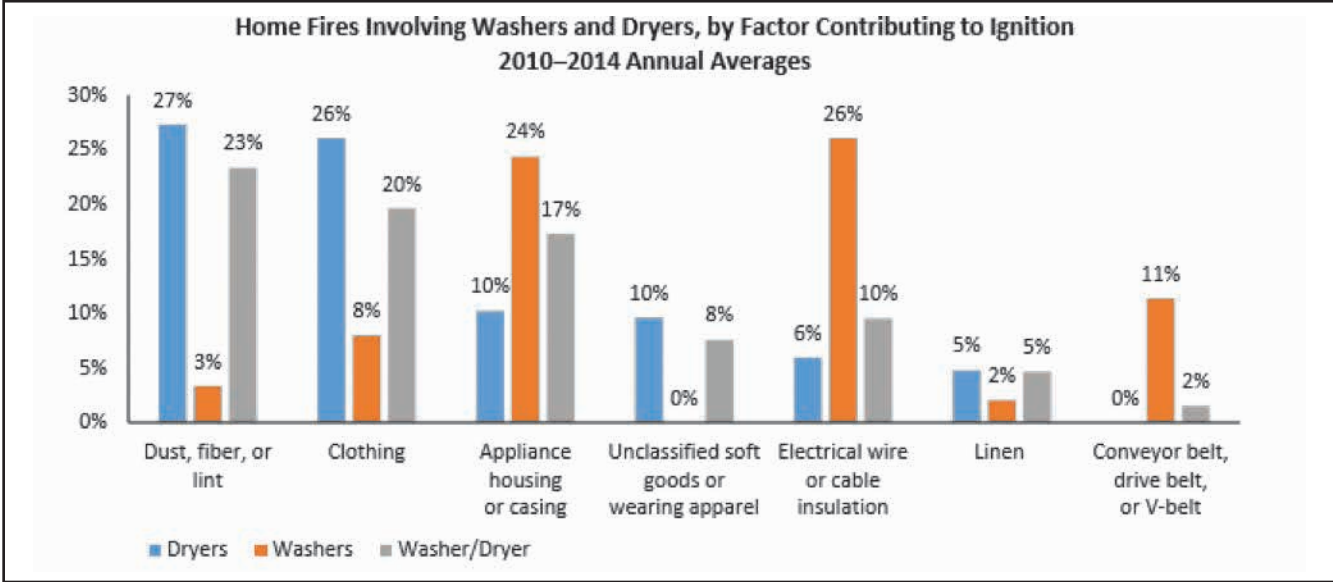
Columbus Air Force Base Fire & Emergency Services recommends:

- Refrain from doing laundry when you are away from home.



- In the event a malfunction occurs or a fire erupts or a water line bursts, being home will allow you to take action such as dialing 911, using a portable fire extinguisher, or shutting off the water to reduce damage.
- Do not use the dryer without a lint filter. If the lint filter is damaged or missing, replace it with new. Clean the lint filter after each load of laundry.
- Make sure the air exhaust vent pipe is not restricted or

bent and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe.



• Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.

- Follow the manufacturer's operating instructions and don't overload your dryer.
- Clothes that have come in contact with flammable substances, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.
- Keep the area around your dryer clear of things that can burn, like boxes, cleaning supplies and clothing, etc.

## Facts and figures

- Clothes dryers accounted for 92% of the fires; washing machines 4%, and washer and dryer combinations accounted for 5%.
- The leading factor contributing to the ignition of home fires involving clothes dryers was failure to clean, accounting

for one-third (33%) of dryer fires.

- A mechanical or electrical failure or malfunction was involved in the vast majority of home fires involving washing machines.

- Fires involving clothes dryers usually started with the ignition of something that was being dried or was a byproduct (such as lint) of drying, while washing machine fires usually involved the ignition of some part of the appliance.

Call **911** to report any emergency  
*Data from National Fire Protection Association*



**Ride Safe,  
Wear a helmet  
and protective  
gear.**





# Kennedy to AF's newest aviators: 'Seek knowledge about potential adversaries'

**Airman Davis Donaldson**  
14th Flying Training Wing

Maj. Gen. Kevin Kennedy, assistant deputy chief information officer, digital transformation and assistant deputy chief of staff for cyber effects operations, was the guest speaker for Specialized Undergraduate Pilot Training Class 20-08/09's graduation ceremony Feb. 28 at Columbus Air Force Base, Mississippi.

Kennedy said he was grateful to be a pilot, and urged the graduates to also be grateful and to thank their families, friends, spouses, instructors and others.

Kennedy told the students they should be excited for their chosen career path as well.

"I can think of no greater career to have other than what I've had as a pilot in the United States Air Force," Kennedy said. "I will always be thankful for that, but I did not get there without support."

From there, he explained what the pilots were taught throughout SUPT and why it's necessary.

He said the pilots learned about three things: their aircraft, the weather and themselves.

"SUPT is using everything in your power to study and to understand, the three real capabilities you're going to try now and deploy in the air," Kennedy said. "One is your aircraft, two is the weather and three is you. You're trying to make those three things come together in pilot training, to execute."

Kennedy reflected on when he went through training and said he remembered what it was like. He encouraged the students that SUPT is one year of their career and it should not be dwelled upon.

Kennedy, now a major general, said while in training none of his graduating classmates probably would have thought he would be where he is today.

For himself, he said his pilot-training experience was well for the most part, but there were times he thought he might not graduate.

"My pilot training experience was fantastic for 10 months, then bracketed by two months where I wasn't sure I was going to graduate," Kennedy said. "This one year is just a year. It defines that you're a pilot, not how well your career will be."

Kennedy gave the graduates guidance on how they can be successful in their own careers.

Kennedy said everything the graduates were taught during SUPT is vital, but now they need to also turn their attention elsewhere, and they need to study the enemy.

"Continuously seek knowledge on what you were taught here, except I'm going to add one more thing to the equation," he said. "In training, you've been thinking through the same things: is the aircraft ready? Is the weather ready? Am I ready? But now you need to seek knowledge about potential adversaries."



U.S. Air Force photo by Airman Davis Donaldson

Three 14th Flying Training Wing instructor pilots look at a guide prior to the graduation ceremony of Specialized Undergraduate Pilot Training Class 20-08/09 Feb. 28, 2020, at Columbus Air Force Base, Miss. Instructor pilots go to the ceremony to show support to the students they helped train.



U.S. Air Force photo by Airman Davis Donaldson

Col. David Fazenbaker, 14th Flying Training Wing vice commander, hands Maj. Nicholas Kanakis, Specialized Undergraduate Pilot Training Class 20-08/09 graduate, his graduation certificate Feb. 28, 2020, at Columbus Air Force Base, Mississippi. Student pilots at Columbus AFB train more than a year before graduating from SUPT.

ing, you've been thinking through the same things: is the aircraft ready? Is the weather ready? Am I ready? But now you need to seek knowledge about potential adversaries."

Kennedy said knowing the enemy is essen-

tial and from every platform. Understanding the enemy from space, the air, the sea, the ground, space and cyberspace is important, he said.

In closing, Kennedy showed appreciation for the opportunity to be the ceremony's guest



U.S. Air Force photo by Airman Davis Donaldson

Maj. Gen. Kevin Kennedy, assistant deputy chief information officer, digital transformation and assistant deputy chief of staff for cyber effects operations, speaks during Specialized Undergraduate Pilot Training Class 20-08/09's graduation ceremony Feb. 28, 2020, at Columbus Air Force Base, Miss. Kennedy has conducted more than more than 3,400 flight hours, including 720 combat hours.



U.S. Air Force photo by Airman Davis Donaldson

Graduates from Specialized Undergraduate Pilot Training Class 20-08/09 break their "silver wings" at their graduation ceremony Feb. 28, 2020, at Columbus Air Force Base, Mississippi. As tradition and upon graduating pilot training, graduates break their first pair of "silver wings."

speaker and encouraged the new pilots with one last motivating remark.

"Listen to the advice of your instructors, keep your family close, build the team, continuously, aggressively seek knowledge and you will be

very successful in our Air Force," Kennedy said. "And always remember, the mission of the United States Air Force is to fly, fight and win, in airspace and cyberspace, with an emphasis on winning."

April 25-26, 2020

Gates open: 9am - 5pm



FREE  
ADMISSION!

WINGS  
OVER  
COLUMBUS

2020 AIR SHOW

MISSISSIPPI



#WOCairshow 

@WOCairshow 

www.ColumbusAirShow.com



SCAN ME