

Weather

Friday  Partly Cloudy High 90°F Low 63°F	Saturday  Partly Cloudy High 90°F Low 65°F	Sunday  Partly Cloudy High 88°F Low 68°F
Monday  Partly Cloudy High 90°F Low 68°F	Tuesday  Partly Cloudy High 90°F Low 68°F	Wednesday  Partly Cloudy High 89°F Low 65°F

Forecast provided by the 14th OSS Weather Flight

News Briefs

Enlisted Promotion Ceremony

The next Columbus Air Force Base Enlisted Promotions ceremony is at 3 p.m. Aug. 31 in the Kaye Auditorium.

Wing Newcomers Orientation

A Wing Newcomers Orientation is scheduled for 8 a.m. - 1 p.m. Sept. 1 in the Kaye Auditorium for newly arrived active-duty and civilian personnel.

ALS Graduation

The Airman Leadership School graduation is scheduled for 11 a.m. Sept. 3 at Lion Hills in Columbus, Mississippi.



U.S Air Force photo/Melissa Doublin

Senior NCO inductees pause for a photo with Columbus Air Force Base senior leaders at the Senior NCO Induction Ceremony Aug. 21 at Lion Hills Country Club in Columbus, Mississippi. The ceremony honored the newest master sergeant selects from Columbus AFB.

Team BLAZE welcomes new master sergeants with ceremony

Senior Airman Stephanie Englar

14th Flying Training Wing Public Affairs

Team BLAZE welcomed six of its newest Air Force Senior NCOs during the Senior NCO Induction Ceremony Aug. 21 at the Lion Hills Country Club.

The induction ceremony is a time-honored tradition recognizing Airmen who will make the transition from NCO to Senior NCO.

The evening of the ceremony began with an introduction

See CEREMONY, Page 2

Inside



Feature 8

The Comprehensive Airman Fitness Program is highlighted in this week's feature.

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				IFF				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (16-07)	3.30 days	-1.17 days	Sept. 3	48th (15-14)	0.28 days	1.64 days	Sept. 3	49th (15-LBC)	-1.53 days	-0.61 days	Sept. 21	T-6	2,262	2,200	26,305
41st (16-08)	4.91 days	2.52 days	Sept. 28	50th (15-14)	-2.75 days	0.89 days	Sept. 3					T-1	769	713	11,244
												T-38	651	727	8,011
												IFF	379	340	3,783

The graduation speaker is Retired Col. Scott Manning, former Commander of Air Force Reserve Officer Training Corp Detachment 009 at Yale University.



14TH FLYING TRAINING WING DEPLOYED

As of press time, 38 TEAM BLAZE members are deployed worldwide. Remember to support the Airmen and their families while they are away.

CEREMONY

(Continued from page 1)

of the six technical sergeants in line to promote to master sergeant. Among the inductees were master sergeant selectees Tech. Sgt. Joshua Clements, 14th Operations Support Squadron; Tech. Sgt. Jeffery Randolph, 14th Civil Engineer Squadron; Tech. Sgt. Amanda Savannah, 14th Flying Training Wing Public Affairs; Tech. Sgt. Daniel Schell, 14th OSS; Tech. Sgt. Brenna Wiley, 37th Flying Training Squadron; and Tech. Sgt. Darius Williams, 48th Flying Training Squadron.

Following dinner, retired Chief Master Sgt. Derk Felton, spouse of Chief Master

Sgt. Rita Felton, 14th FTW Command Chief, spoke to the inductees and the gathered crowd. Felton gave advice on what he felt made a great Senior NCO and shared a video showing the importance of teamwork and the strength of working as a team and sticking to a process.

Prior to the ceremony, the master sergeant selects spent the week learning about enlisted heritage and culture, the Air Force core values, discipline, nutrition, stress management, professional writing and more. They also spoke with various panels consisting of Airmen, first sergeants, chief master sergeants and retired chief master sergeants.

Feds Feed Families donations

Feds Feed Families donation standings as of Aug. 24.

14th Operations Group: 601.6 lbs.
14th Medical Group: 656.6 lbs.
14th Mission Support Group: 920.3 lbs.
14th Wing Staff Agency: 645.5 lbs.
DECA/AFSA: 85 lbs.
14th Flying Training Wing Total: 2,909 lbs.



Silver Wings

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Submission Deadline

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

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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) 328-2427.

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NEWS AROUND TOWN

Sept. 3

Columbus Main Street and the Columbus Arts Council partner to bring Art Walk Downtown where local artists are paired with downtown merchants for an evening of shopping fun from 5:30 – 8 p.m. Stroll the streets of downtown Columbus, shop in participating stores, purchase unique art and enjoy local entertainment.

The Columbus Arts Council presents Sarah McQuaid in concert starting 7 p.m. at Omnova Theater. Tickets are \$10 in advance and \$12 at the door.

BARGAIN LINE

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@columbus.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be purchased through The Commercial Dispatch, 328-2424.

Miscellaneous

For Sale: Two IBM T61 Laptops with Intel 2.10ghz CPU, Windows XP, and 2g Ram; asking \$145 for the 120ghd and \$135 for the 80ghd. For more information, call 386-6981.

Transportation

For Sale: 2005 Honda CBR 600 motorcycle, 4,500 miles. Comes with two medium-size helmets and a medium-size riding jacket. \$4,500 or best offer. For more information, call 497-2120.

For Sale: 2001 Toyota Corolla LE, 130,000+ miles, \$2,500 or best offer. For more information, please call 574-7988.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
31 Enlisted Promotions, 3 p.m. @ Kaye Auditorium	1 Wing Newcomers Orientation, 8 a.m. @ Kaye Auditorium	2 Team Cohesion, 6 a.m.	3 Blood Drive, 8 a.m. @ Fitness Center ALS graduation, 11 a.m. @ Lion Hills	4 AETC Family Day, most CAFB organizations closed	5/6	Sept. 14: SAPR Large Group Sept. 18: Air Force Birthday Ball Sept. 22: Wing Newcomers Orientation Sept. 26: Retiree Appreciation Day Sept. 28: 14th FTW dissimilar photo Sept. 28: Anheuser-Busch safety presentation Sept. 30: Wing Down day —Wing photo — Wing picnic — Enlisted Promotions Oct. 2: SUPT Class 15-15 Graduation Oct. 2-3: Autocross Oct. 12: Columbus Day Holiday Oct. 20: Newcomers Orientation Brief Oct. 23: SUPT Class 16-01 graduation Oct. 27: Third Quarterly Awards Ceremony Oct. 30: Enlisted Promotions Oct. 30: Third Quarterly Awards Ceremony
7 Labor Day Holiday	8	9 AETC/A-6 visit	10 AETC/PA visit	11 SUPT Class 15-14 graduation	12/13	

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HERO

(Continued from page 13)

right moment,” Stone said.

Stone, 23, has been in the Air Force for nearly three years. His training as a medic prepared him for how to react in a situation like this, but his family taught him to help those who need help.

“I would say it was more so how I was raised and the Air Force just gave me the tools I needed to be the person I have always wanted to be I guess,” Stone said. “There have been a bunch of influential people in my career so far that have just helped me gain the knowledge that I have.”

When asked about his family, Stone cracked a smile.

“Oh yeah; my family is proud of me. My brother is yelling ‘My brother is an international hero!’ screaming over the phone. My mother, sister, friends, family neighbors — everyone is excited for me.”

The story has been played out in the public light over the past few days and is certainly an intense ride. Many said that it feels like a movie in the making. Jokingly, Stone said that if they ever do make this into a movie, he knows exactly who he wants to play him.

“Denzel Washington, but I don’t think that would ever happen,” Stone joked.

Despite his fairly calm demeanor or only days after the attack, Stone was able to reflect on the event as a day that could have gone a lot differently.

“If it wasn’t for Alek and Anthony, I’d be dead,” Stone said. “I wouldn’t have been able to do it by myself. He definitely woulda’ got me.”

The gunman had multiple magazines and almost 300 rounds of ammunition.

“He seemed like he was ready to fight to the end,” Stone said. “So were we.”

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Nigerian delegation visits Columbus

Sonic Johnson

14th Flying Training Wing
Chief of Public Affairs

The Nigerian air force Director of Training, Air Vice Marshal Christopher Emeka Okoye and the Nigerian Embassy Naval and Air Attaché Air Commodore Muhammad Aminu Yakubu visited the 14th Flying Training Wing Aug. 23 and 24.

The delegation visited Columbus Air Force Base to check in on the Nigerian air force student, Lieutenant Mnanna Peter, currently in pilot training here. They also spoke with the commanders and instructors involved in Peters’ training.

“We are happy with the partnership with the U.S. Air Force in training our officers not only here with the 14th Flying Training Wing, but in several other programs like Air Command and Staff College and Air War college in addition to the flying training,” Okoye said. “It helps us expand our capacity in training and we continue to learn from our international training partners.”

Arriving from San Antonio, the delegation planned to visit Vance AFB, Oklahoma, after Columbus. There are Nigerian air force members in pilot training at all three Specialized Undergraduate Pilot training bases, as well as pilots, navigators, flight engineers and loadmasters in C-130 training at Little Rock AFB, Arkansas.

The Nigeria air force pilot training program is similar to the U.S. Air Force’s in that it has a primary phase lasting about six months. At this point of the six month training, the helicopter pilots go into a separate training track at another base. Additionally, the pilots head on to a fixed wing track at another base which has a tracking program for transport and fighter, lasting approximately 18 months.



U.S. Air Force photo/Melissa Doublin

Col. John Nichols, 14th Flying Training Wing Commander, left, and Col. James Fisher, 14th FTW Vice Commander, right, stand with Nigerian air force Director of Training, Air Vice Marshal Christopher Emeka Okoye, center left, and Nigerian Embassy Naval and Air Attaché Air Commodore Muhammad Aminu Yakubu, center right, Aug. 24 on Columbus Air Force Base, Mississippi. Arriving from San Antonio, the delegation visited Columbus AFB to check in on the Nigerian air force student currently in pilot training here before traveling to Vance AFB, Oklahoma.

Each class begins with about 30 pilot candidates from their academy with a target of 10 pilots to rotor wing and 20 to continue in the

fixed wing tracks. This training is augmented with students in training in the U.S., United Kingdom and Pakistan.

Nigeria, the most populous country in Africa,

became an independent country in 1960, gaining its independence from the United Kingdom. English remains the official language of Nigeria.

Columbus Airman found guilty during court-martial

14th Flying Training Wing Public Affairs

On Aug. 18, a Columbus Air Force Base Airman First Class was convicted in a general court-martial.

The Airman was charged with Sexual Abuse of a Child, by lewd acts, in violation of Article 120b, Uniform Code of Military Justice.

Investigation into the misconduct began after the Airman’s wife discovered he was texting inappropriate messages to her 13-year-old sister. Further investigation disclosed that the Airman engaged in numerous text message conversations over the course of approximately one month with the minor. A number of messages sent by the Airman to the minor child were of an indecent and sexual nature.

The Airman pled guilty to the charge and its specification alleging the violation of Article 120b. After accepting the accused’s guilty plea, the military judge sentenced the Airman to a reduction in rank to the grade of E-1, total forfeitures of pay and allowances, a dishonorable discharge from the Air Force, and 11 months confinement. There was a pre-trial agreement in the case which will limit the confinement portion of the sentence to no more than 10 months.

The Government Trial Counsel in the case, Capt. Luke McPherson, 14th Flying Training Wing Deputy Staff Judge Advocate, said the law is designed to protect minors in these types of situations. “It is important for all Airmen to remember even with online forums and in mobile communications; there are still boundaries when dealing with children,” McPherson said. “This Airman went down a road he never should have gone down with a minor, and in the process, broke the law.”

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**Cycle safe,
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14th MDG corner: Barbecue Food Safety

Staff Sgt. Jeremy Smith

14th Medical Operations Squadron Public
Health Element

Cooking outdoors is a summer activity mostly shared with family and friends; more than half of Americans say they are cooking outdoors year-round.

Whether the snow is blowing or the sun is shining bright, it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing food-borne illness.

Use these simple guidelines for grilling food safely.
From the Store; Home First

When shopping, buy cold food like meat and poultry last right before checkout. Separate raw meat and poultry from other food in your shopping cart to guard against cross-contamination. This can happen when raw meat or poultry juices drip on other food, prevent this by putting packages of raw meat and poultry into plastic bags. Load meat and poultry into the coolest part of the car and take the groceries straight home. In the summer, if home is more than a 30-minute drive away, bring a cooler with ice and place perishable food in it for the trip. At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in one or two days.

Marinating

Meat and poultry can be marinated for several hours or days to tenderize or add flavor. However, make sure to follow food safety guidelines to prevent the marinade from becoming a source of contamination. Marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. If the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40 degrees or below. Pack food right from the refrigerator into the cooler immediately before leaving home and keep the cooler in the coolest part of the car.

Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Completely defrost meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave on defrost if the food will be placed immediately on the grill. Only take out the

meat and poultry that will immediately be placed on the grill. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Pack beverages in one cooler and perishables in a separate cooler and avoid opening the lid too often.

Keep Everything Clean

Be sure there are plenty of clean utensils and platters, to prevent food-borne illness. Don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food. If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning or pack cleaning cloths for cleaning surfaces and hands.

Cook Thoroughly

Pre-cooking food partially in the microwave, oven or stove is a good way of reducing grilling time. Just make sure the food goes immediately on the preheated grill to complete cooking. Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside so use a food thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180 °F and breasts at 170 °F. Hamburgers made of ground beef should reach 160 °F and ground poultry at 165 °F. Beef, veal, lamb steaks, roasts and chops can be cooked to 145 °F. All cuts of pork should reach 160 °F. Never partially grill meat or poultry and finish cooking later.

Reheating

When reheating fully cooked meats like hot dogs, grill to 165 °F or until steaming hot. After cooking meat and poultry on the grill, keep it hot until served at 135 °F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. Cooked meat can be kept hot in approximately 200 °F warm oven, chafing dish, slow cooker or on a warming tray.

Serving Food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food. In hot weather 90 °F and above, food should never sit out for more than one hour.

Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than two hours and one hour if temperatures are above 90 degrees.

This information is derived from the U.S. Department of Agriculture, for more information, visit online at usda.gov or foodsafety.gov.

Produce Pilots, Advance Airmen, Feed the Fight

Produce Pilots, Advance Airmen, Feed the Fight

US Airman recognized as 'hero' in Paris

Tech. Sgt. Ryan Crane

Headquarters U.S. Air
Forces in Europe and
Air Forces Africa

PARIS — U.S. Ambassador to France, Jane D. Hartly, recognized Airman 1st Class Spencer Stone for his actions in saving countless lives during a terrorist attack aboard a train headed toward Paris Aug. 21.

"We often use the word hero, and in this case I know that word

has never been more appropriate," Hartley said.

"They are truly heroes. When most of us would run away, Spencer, Alek and Anthony ran into the line of fire, saying 'Let's go.' Those words changed the fate of many."

Stone and his two friends, Aleksander Skarlatos and Anthony Sadler, were on vacation and headed from Amsterdam to Paris when an armed man entered their cabin.

"It wasn't a conscious deci-

sion," Skarlatos, an Army National Guard Soldier stationed in Oregon said. "We didn't even have time to think about it. We just acted."

The trio had just spent the previous three days enjoying Amsterdam on their vacation. They were excited to make it to Paris so they got up early and made their way to the train station. Their train wasn't leaving for four hours so they killed time buying souvenirs and, according to them, eating the best ice cream they ever had. They thought their vacation was off to a great start.

Their train arrived and it was time to depart Amsterdam.

"We had first class tickets," Stone explained, "but we just found a spot we liked somewhere else on the train. Turns out our wagon didn't have Wi-Fi so we decided to use our first class tickets and moved to another wagon."

After about an hour on the train they were settled in somewhere in Belgium.

"I was asleep with my headphones on and my friend, Alek, was sitting to the left of me and Anthony was sitting to my right across the aisle," Stone said. "I wake up and I see Alek moving around saying 'oh crap! oh crap!'"

Skarlatos motioned to the gunman who entered the cabin brandishing an AK-style assault rifle.

"I kinda turn around and see the guy," Stone said, "and he's got the AK, he's trying to charge it. I just throw my headphones off and turn around in my seat, get low and kinda look around."

At this point the gunman had passed Stone and Skarlatos. It was at that moment their lives changed.

"Alek taps me on the shoulder and says 'go get 'em!' and that's when I got up and I sprinted at him," he said.

"It was a long sprint. It felt like slow motion."

"I heard him charge it (the assault rifle) a few more times, and heard a 'click.' It still wasn't working."

Stone explained that every time he heard a click, he feared that he would die.

"I heard the 'click' and thought,



U.S. Air Force photo/Tech. Sgt. Ryan Crane

Airman 1st Class Spencer Stone (right), Aleksander Skarlatos and Anthony Sadler pose for a photo in Paris Aug. 23, 2015, following a foiled attack on a French train. Stone was on vacation with his childhood friends, Aleksander Skarlatos and Anthony Sadler, when an armed gunman entered their train carrying an assault rifle, a handgun and a box cutter. The three friends, with the help of a British passenger, subdued the gunman after his rifle jammed.

"whew! I'm still here," he said.

Stone finally made contact with the gunman, throwing his body into him. The two started grappling.

"I was feeling for the gun and couldn't find it," Stone said. "I felt it a couple times but he kept taking it away. So I just put him in a rear naked choke to protect myself and my friend, Alek, came up and took the AK. But he just kept pulling weapons left and right. He pulled a handgun and it seemed liked he pointed it back at me and I heard it click."

It is not apparent why the guns malfunctioned so many times, but it gave the trio time to wrestle them away from the gunman.

"I saw him making a slashing motion," Stone explained. "When I leaned over his shoulder I see he has about a six-inch box cutter blade and I look down and my thumb is hanging halfway off."

At this point Stone lost his grip on the gunman.

"I let him go and by that point the shooter was in the middle and me, Alek and Anthony are just surrounding him and we just started pounding him," he said. "I got him in another choke and I choked him out until he went unconscious and my friend kept hitting him in the face with the gun."

The gunman was down. The trio began assessing any other threats in

the area.

"My friend (pointed) out the guy who got hit in the neck," Stone said. "I don't know how he got hit but he was spurting blood everywhere. So I yelled out 'I'm a medic I'm a medic!' and took the guy and held him down. I just stuck my finger in his neck, found what I thought was an artery and just pressed down. I held that position until authorities came."

At this point, Stone was pretty badly wounded. His thumb was nearly severed and he had sustained gashes that were dangerously close to major arteries. The nurses later told him that he was lucky that the cuts were not further over.

Despite his wounds he never had a second thought about helping someone else.

"I felt like I was the only person who could help him," Stone said. "I didn't really care about my injuries at that point because I thought that guy was gonna die, so I wanted to give him a fighting chance."

Stone said that he believes everything happens for a reason. Every moment in life leads to the next. He said that there was a reason he and his friends were on that train and that they moved to first class.

"I feel good that we were able to save those people there in that

See **HERO**, Page 14

Air Force extends SAPR services to AF civilians

Secretary of the Air Force Public Affairs

WASHINGTON — The Air Force released a policy memo today allowing Air Force civilian employees who are victims of sexual assault to file restricted and unrestricted reports with their installation's sexual assault response coordinator.

The policy is effective immediately and allows SARCs and sexual assault prevention and response victim advocates to assist Air Force civilians who report sexual assaults by providing crisis intervention and advocacy services 24 hours a day, seven days a week.

"Our civilian Airmen are valuable members of our team, and we're going to support them," said Secretary of the Air Force Deborah Lee James. "While this is a huge win for the Air Force and our civilian force, we will continue to work at all levels to prevent sexual assault."

The Department of Defense recently signed an exception

"Our civilian Airmen are valuable members of our team, and we're going to support them," said Secretary of the Air Force Deborah Lee James.

to policy, granting the Air Force the authority to extend SAPR services. Air Force civilian employees will now receive the same services as those already eligible to use SARC services, with the exception of legal and non-emergency medical services, which are restricted by law. Prior to this excep-

tion, only civilian employees at overseas locations and their dependents 18 years old or older were eligible to use SARC services, and they could only file unrestricted reports.

SARCs and SAPR victim advocates will assist in contacting the appropriate law enforcement agency for Air Force civilians who file unrestricted reports to ensure reports are properly investigated and prosecuted. They will also be able to help civilians identify and contact additional off-base support organizations as needed.

"Our SARCs and victim advocates provide invaluable support and assistance to our uniformed Airmen who have suffered from this horrible crime," said Maj. Gen. Gina Grosso, the Air Force SAPR director. "We knew we could do more to help our civilian Airmen, so we sought an exception to policy to allow the Air Force to extend the same care and support to civilian victims as we do to our military Airmen and their families."

Reapers, Predators on the prowl in Afghanistan

Tech. Sgt. Joseph Swafford
455th Air Expeditionary Wing
Public Affairs

KANDAHAR AIRFIELD, AFGHANISTAN — (Editor's Note: The last name of certain Airmen are withheld in accordance with operational security requirements)

Airmen assigned to the 62nd Expeditionary Reconnaissance Squadron provide world-class close air support and intelligence, surveillance and reconnaissance in the Afghanistan area of operations.

They complete this mission by maintaining, launching and recovering all MQ-1B Predators and MQ-9 Reapers in the country from Kandahar and Jalalabad Airfields.

"MQ-1s and MQ-9s account for over 90% of all ISR collected in Afghanistan," said Capt. Chris, a 62nd ERS MQ-1B Predator launch and recovery pilot. "The presence of this squadron is absolutely critical to RPA operations within this (area of responsibility). Without this squadron being here our capability to collect ISR in Afghanistan would be significantly reduced."

The 62nd not only provides most of the ISR in Afghanistan, they are also important for the service members outside the wire since they contribute to the close air support mission here.

"We're not only responsible for a large percentage of ISR, but also the (close air support) hours flown in Afghanistan," Chris said. "To know you're a part of that and you're enabling the ground units from aerial platforms is hugely rewarding."

"MQ-1s and MQ-9s are essential to locating high value targets, facilitators of



U.S. Air Force photo/Tech. Sgt. Joseph Swafford

An Airman assigned to the 62nd Expeditionary Reconnaissance Squadron directs a MQ-9 Reaper aircraft at Kandahar Airfield, Afghanistan, Aug. 14, 2015. The 62nd ERS operates the MQ-1B Predator and Reaper aircraft and provides world-class close air support, intelligence, surveillance and reconnaissance capabilities in Afghanistan.

IEDs and those bringing weapons into the country ... we're absolutely on the hunt," said Lt. Col. Michael E. Navicky, the 62nd ERS commander. "We also help with troops in contact by performing (close air) support to individuals that may be in direct contact with the enemy. We can deploy weapons to support them or direct other assets in the area to support them."

Operations and maintenance fall under the 62nd ERS and not as separate squadrons, which is common throughout the Air Force.

"We're different, usually the maintenance and operations are in different squadrons," Navicky said. "We're very fortunate here to have both the operators and the maintainers within the 62nd. We provide the full spectrum of RPA support; flying, launching and landing them and working directly with the maintainers."

The unique way the squadron is organized allows for quicker response times when it comes to launching and recovering the RPAs.

"We have about 15 different (Air Force Specialty Codes) within the squadron, and it has shown to have some real benefits to have direct coordination between the ops and maintainers," Navicky said. "Some benefits are quicker trouble shooting, quicker reaction to launches and landings and quicker reaction to inflight emergencies."

One of these different AFSCs is the sensor operator who works with the pilots to successfully launch and land RPAs.

"As a sensor operator I control the pod and also help the pilots aviate the plane when we are launching and recovering aircraft from Kandahar," said SSgt Jarrett, a 62nd ERS MQ-9 Predator sensor operator. "The pilots cannot work without us and we cannot work without them. Our mission here is very important. We continue to provide base defense and ISR in this country and we support the guys on the ground with sound ISR and (close air support)."

Even though there is a good mix of career fields within the 62nd ERS, they come together every day to complete the missions in Afghanistan.

"The reason that we have come together so well is that no one is worried about their AFSC or think that their job is more important than others," Navicky said. "Everyone knows that they are a cog in the machine and they need to do their duties in order to complete the overall mission of getting the RPAs off the ground and into the air in support of the warfighter. The mission is the absolute most important thing and that no one's individual effort is more important than another's."

Mission

Carrying the largest payload of both guided and unguided weapons in the Air Force inventory, the multi-mission B-1B Lancer is the backbone of America's long-range bomber force. It can rapidly deliver massive quantities of precision and non-precision weapons against any adversary, anywhere in the world, at any time.

Features

The B-1B's blended wing/body configuration, variable-geometry wings and turbofan afterburning engines, combine to provide long range, maneuverability and high speed while enhancing survivability. Forward wing settings are used for takeoff, landings, air refueling and in some high-altitude weapons employment scenarios. Aft wing sweep settings - the main combat configuration — are typically used during high subsonic and supersonic flight, enhancing the B-1B's maneuverability in the low- and high-altitude regimes. The B-1B's speed and superior handling characteristics allow it to seamlessly integrate in mixed force packages. These capabilities, when combined with its substantial payload, excellent radar targeting system, long loiter time and survivability, make the B-1B a key element of any joint/composite strike force.

Background

The first production B-1 flew in October 1984, and the first B-1B was delivered to Dyess Air Force Base, Texas, in June 1985. Initial operational capability was achieved on Oct. 1, 1986. The final B-1B was delivered May 2, 1988.

The B-1B holds almost 50 world records for speed, payload, range, and time of climb in its class. The National Aeronautic Association recognized the B-1B for completing one of the 10 most memorable record flights for 1994. The most recent records were made official in 2004.

The B-1B was first used in combat in support of operations against Iraq during Operation Desert Fox in December 1998. In 1999, six B-1s were used in Operation Allied Force, delivering more than 20 percent of the total ordnance while flying less than 2 percent of the combat sorties.

During the first six months of Operation Enduring Freedom, eight B-1s dropped nearly 40 percent of the total ton-



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It's the law.**

nage delivered by coalition air forces. This included nearly 3,900 JDAMs, or 67 percent of the total. In Operation Iraqi Freedom, the aircraft has flown less 1 percent of the combat missions while delivering 43 percent of the JDAMs used. The B-1 continues to be deployed today, flying missions daily in support of continuing operations.



U.S. Air Force photo by Staff Sgt. Richard Ebensberger/Released

A B-1B Lancer taxis down the flight line Jan. 21, 2014, at Dyess Air Force Base, Texas. Carrying the largest payload of both guided and unguided weapons in the Air Force inventory, the multi-mission B-1 is the backbone of America's long-range bomber force.

nage delivered by coalition air forces. This included nearly 3,900 JDAMs, or 67 percent of the total. In Operation Iraqi Freedom, the aircraft has flown less 1 percent of the combat missions while delivering 43 percent of the JDAMs used. The B-1 continues to be deployed today, flying missions daily in support of continuing operations.

General Characteristics

Primary Function: Long-range, multi-role, heavy bomber
Contractor: Boeing, North America (formerly Rockwell International, North American Aircraft); Offensive avionics, Boeing Military Airplane; defensive avionics, EDO Corporation

Power plant: Four General Electric F101-GE-102 turbofan engine with afterburner

Thrust: 30,000-plus pounds with afterburner, per engine
Wingspan: 137 feet (41.8 meters) extended forward, 79 feet (24.1 meters) swept aft

Length: 146 feet (44.5 meters)

Height: 34 feet (10.4 meters)

Weight: approximately 190,000 pounds (86,183 kilograms)



U.S. Air Force photo by Master Sgt. Andy Dunaway/Released

A U.S. Air Force B-1B Lancer aircraft banks away after receiving fuel from a KC-135R Stratotanker aircraft, not shown, during a mission over Afghanistan May 27, 2008. The Lancer was deployed from Ellsworth Air Force Base, South Dakota.

Maximum Takeoff Weight: 477,000 pounds (216,634 kilograms)

Fuel Capacity: 265,274 pounds (120,326 kilograms)

Payload: 75,000 pounds (34,019 kilograms)

Speed: 900-plus mph (Mach 1.2 at sea level)

Range: Intercontinental

Ceiling: More than 30,000 feet (9,144 meters)


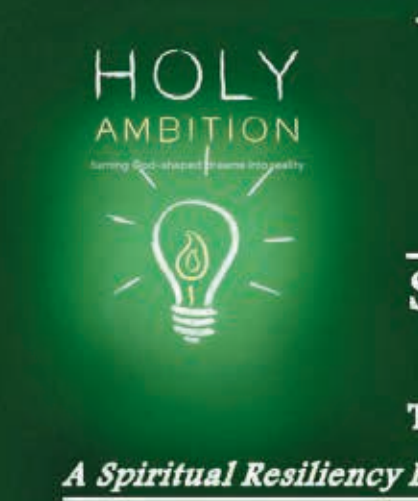

Armament: 84 500-pound Mk-82 or 24 2,000-pound Mk-84 general purpose bombs; up to 84 500-pound Mk-62 or 8 2,000-pound Mk-65 Quick Strike naval mines; 30 cluster munitions (CBU-87, -89, -97) or 30 Wind-Corrected Munitions Dispensers (CBU-103, -104, -105); up to 24 2,000-pound GBU-31 or 15 500-pound GBU-38 Joint Direct Attack Munitions; up to 24 AGM-158A Joint Air-to-Surface Standoff Missiles; GBU-54 Laser Joint Direct Attack Munition

Crew: Four (aircraft commander, copilot, and two weapon systems officers)

Unit Cost: \$283.1 million (fiscal 98 constant dollars)

Initial operating capability: October 1986

Inventory: Active force, 66 (test, 2); ANG, 0; Reserve, 0



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September 4-6

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14th FTW conducts mass launch of T-1A Jayhawks



U.S. Air Force photo/Airman 1st Class Daniel Life

The 14th Flying Training Wing conducts a mass launch of 12 T-1A Jayhawk August 24, 2015, practicing the combat capability of safely and swiftly launching a large number of aircraft. The 48th Flying Training Squadron launched six two-ship formations to conduct off-station training.



U.S. Air Force photo/Senior Airman Stephanie Englar



U.S. Air Force photo/Senior Airman Kaleb Snay

48th FTS unveils new nose art



U.S. Air Force photo illustration/Airman 1st Class Daniel Life

The 48th Flying Training Squadron unveils a new "nose art" on the Alleycats T-1A Jayhawk flagship Aug. 21 on Columbus Air Force Base, Mississippi. Student pilots learn air refueling procedures, tactical navigation, airdrop and advanced navigation, with an emphasis on crew resource management, while in the 48th FTS.

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

This brief is 7:45 a.m. – 12:15 p.m. Sept. 1 and is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. The orientation is held at the Columbus Club, for more information call 434-2839.

Military Life Cycle

The Military Life Cycle workshop, 1 - 2 p.m. Sept. 1, allows the VA contractors to explain to service members; whether first term, separating, retiring or a veteran, what services the VA offers and what they are able to provide throughout the member's military career and how to apply for benefits. To register and more information please call 434-2790.

Smooth Move

This class, 10 - 11:30 a.m. Sept. 2, is a class that provides relocating members/families with valuable information about moving. You learn what to expect from TMO, Housing, Military Pay, Legal, Billeting, Tri-Care, Medical Records, and A&FRC. Please call 434-2790 to register.

Transition Assistance Program GPS Workshop

The Transition Assistance Program Workshop is held 7:30 a.m. - 4 p.m. Sept. 3, and 8-11. It has Seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Dept. of Employment Security, Dept. of Veterans Affairs, Disabled TAP, Dept. of Labor TAP portion. Pre-separation counseling is required before attending. Recommend attendance 8 – 12 months prior to separation/retirement. Spouses are encouraged to attend with their sponsor. To register call 434-2839.

Career Technical Training

This transition event is held 8 a.m. - 3 p.m. Sept. 14 – 15. The Workshop explores technical careers for post military personnel using VA Educational benefits. It is conducted by CALIBRE, private company contracted by DVA. Prior registration is required, company requires 10 days notification and must have minimum of eight participants, to register or for more information call 434-2790.

First Term Officer's PFR

The First Term Officers' Personal Financial Readiness Workshop is required by AFI for all newly assignment personnel to their first station. The event will be 9 - 10 a.m. Sept. 15. Call 434-2790 to sign up.

Federal USAJobs Workshop

This workshop is 9 - 10:30 a.m. Sept. 16. This

Water Works Run raises funds for AF Birthday Ball



U.S. Air Force photo/Senior Airman Stephanie Englar

Airmen from Columbus Air Force Base raced alongside members of the local community in the Water Works Run August 22 on Columbus AFB, Mississippi. The Water Works Run raised money for the upcoming Air Force Birthday Ball which is scheduled to take place at 6 p.m. Sept. 18 at the Trotter Center in Downtown Columbus, Mississippi.

is a workshop on writing resumes, applications, and job search, using USAJobs, Call 434-2790 to register.

Troops To Teachers

This workshop is 10:30 a.m. - noon Sept. 16. It is an informational workshop for members pursuing or interested in a teaching career after the military. For more information or to register call 434-2790.

Capstone

This class is scheduled for 8 a.m. – noon Sept. 17. The Capstone is required for all separating/retiring personnel and should occur no later than 90 days prior to anticipated separation/retirement; however, if a member has less than 90 days left in the military, the member should attend as soon as possible within their remaining period of service. It verifies if service members have/have not met their Career Readiness Standards/Individual Transition Plan Checklist, DD Form 2958. The checklist, in conjunction with the ITP, will be used by the A&FRC to verify status of CRS completion. Call 434-2790 for more information.

Wing Newcomers Orientation

This brief will be on 8 a.m. – 12:15 p.m. Sept. 22. It is mandatory for newly arrived active-duty and civilian personnel. Spouses are encouraged to attend. The orientation is held at the Kaye Auditorium, for more information call 434-2839.

Military Life Cycle

The Military Life Cycle, 1 - 2 p.m. Sept. 22, workshop allows the VA contractors to explain

to service members; whether first term, separating, retiring or a veteran, what services the VA offers and what they are able to provide throughout the member's military career and how to apply for benefits. To register and more information please call 434-2790.

Heart Link For Spouses

This event is on 8:30 a.m. - noon Sept. 23, it is for Spouses new to Columbus Air Force Base or the military lifestyle. The event is held at the Golf Course. It is a fun-filled spouse orientation program with info on protocol, finance, benefits, helping agencies, local conditions and prizes. It is a great way to meet others new to Columbus AFB. For more information, please call 434-2790.

Pre-separation Counseling

This counseling is a mandatory briefing for personnel separating or retiring, to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. The counseling is held daily at 8:30 a.m. It takes approximately 60 minutes. Please contact A&FRC, 434-2839/434-2790 for more information.

Pre, Post Deployment Tour Brief

These briefings are mandatory briefings 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, 434-2839/434-2790 for more information.

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. As with all good decision-making, you need to know the facts before you can make a sound decision, and be wary of anyone telling you they can offer you a better deal. Always get the true facts about the SBP before making up your mind. Additional details are available by calling (662) 434-2720.

Military and Family Life Consultant Program

The MFLC counselors provide non-medical counseling to help Airmen (both single and married), their spouses and other family members to cope with stressful situations created by deployments, reintegration, and life challenges such as martial issues, parenting, career stress and anger. All consultants are licensed mental health providers. Counselors 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, call 662-364-0504.

Volunteer Opportunities

If you are interested in volunteering please contact the Airman & Family Readiness Center. We have volunteer opportunities located throughout the base for a one-time event, special events, or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Golf Course, Medical Clinic, the Chapel, Airman Attic, Thrift Store, the Retiree Activities office and many others. For more information please call A&FRC at 434-2790.

Chapel Schedule

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

Catholic Community

Sunday:
3:15 p.m. – Rite of Christian Initiation for Adults (Chapel Annex)
3:45 p.m. – Religious Education, grades K-9 (Chapel Annex)
4 p.m. – Choir Practice (Chapel Sanctuary)
4 p.m. – Confession (or by appointment)
5 p.m. – Mass w/Children's Church
Tuesday:
11:30 a.m. – Daily Mass

Protestant Community

Sunday:
9 a.m. – Adult Sunday School (Chapel Library)
10:45 a.m. – Traditional Worship Service
Tuesday:
5 p.m. – Student Pilot Bible Study (Chapel Library)
Wednesday:
4 p.m. - Music Rehearsal

Save the Date

2015

Trotter Convention Center
Friday, Sept. 18, 2015

Social hour begins at 6 p.m.
Dinner begins at 7 p.m.

Columbus Air Force Base
brings you the

AIR FORCE BALL

A TRADITION OF HONOR ★ A LEGACY OF VALOR

Guest speaker is Maj. Gen. Richard M. Clark, Commander, Eighth Air Force
Day care is provided at both the CDC and Youth Center from 6 p.m. to 10 p.m.

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Columbus Air Force Base Information and Events
Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, MyAirForceLife App on any smart phone or visit our website at 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.

Team Cohesion Challenge
The Team Cohesion Challenge program is coming to Columbus Air Force Base at 6 a.m. Sept. 2. The cost is only \$10 per Military ID card holder. Each participant will complete various obstacles and team-building activities within a 5-hour period, totaling between 7 - 10 miles. To sign up or for more information, contact the Fitness Center at (662) 434-2772 or email joshua.chambers.9@us.af.mil.

100 Miles in a Month Challenge
The Fitness Center is offering a 100 Mile in a Month Challenge. The first 39 Columbus Air Force Base personnel to run or walk 100 miles in the month of August will receive a T-shirt. The miles must be documented with the Fitness Center personnel or on a smart phone app. For more information, contact 434-2772.

Fall Soccer Registration
The Youth Center is offering fall soccer registration Aug. 17 – Sept. 18. The cost is \$35 per child ages 3 – 4 and \$40 per child ages 5 – 18. All games played on base. Physicals required at registration. Volunteer coaches needed. For more information, contact 434-2504.

Free Movies at the Pool
Join us for free movies “Pitch Perfect 2” (PG-13) Aug. 28 and “Inside Out” (PG) Sept. 6 at Independence Pool. Doors open at 8 p.m.; movie 8:30 p.m. Snack bar will be open. For more information, contact 434-2310.

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

Nickelodeon Worldwide Day of Play
The Youth Center is offering free games and fun activities to celebrate Nickelodeon’s Worldwide Day of Play. Youth ages 5 – 18 are invited from 4 - 5 p.m. Sept. 17 to the Youth Center’s parking lot, weather permitting. For more information, call 434-2504.

Boys and Girls Club Day for Kids
The Youth Center is offering a free club day from 4 - 5 p.m. Sept. 17 at the Youth Center’s parking lot, weather permitting. All ages welcome. For more information, call 434-2504.

Thursday Night Football Frenzy
Catch all the action at the Bowling Center and win big. You could win a \$50 gift card at each game and enter to win tickets to a regular season NFL game of your choice. Watch Denver Broncos v. Kansas City Chiefs Sept. 17 and Washington Redskins v. New York Giants Sept. 24. Doors open at 6:30 p.m. For more information, contact 434-1583.

Superintendent’s One Person Scramble
Whispering Pines Golf Course is offering a one person/two ball scramble Sept. 19. A Shotgun start will commence at 1 p.m. The cost is only \$40 per golf member and \$50 per non-member. Cost includes green fees, cart, prize fund, lunch and door prizes. Each

FALL SOCCER REGISTRATION
• AUG 17 - SEPT 18 •

\$35 for ages 3-4
\$40 for ages 5-18

All games played on base.
Physicals Required at Registration

Volunteer coaches needed!
Dial (662) 434-2504 for more information
Discount Week Aug 17 - 21 \$5 Off

YP youth programs for parents services

participant receives a sleeve of golf balls and a glove. Scramble flights are based on number of entries. Prizes are awarded for longest drive and closest to the pin. For more information, contact 434-7932.

White Wine Pairing
Whispering Pines Golf Course is offering a White Wine Pairing at 6 p.m. Sept. 24. The cost is only \$25 per person. The menu includes fruit and cheese paired with Reisling, shrimp pinwheels and oven fried mushrooms paired with Pinot Grigio, chicken wings paired with Sauvignon Blanc, and grilled salmon paired with Chardonnay. Space limited to 30 participants. Sign up by Sept. 10. For more information, contact 434-7932.

GoPro Rental
Capture the moment by renting a GoPro Hero 3 from Outdoor Recreation. Cost is only \$10 for a two-day rental. Single Airmen may receive a two-day rental at no charge during Single Airman programming events. For more information, contact 434-2505.

Play Paintball
Book your next paintball event at Outdoor Recreation. The cost is \$15 per person for a party of 10 or more; \$20 per person for party of 9 or less. You must purchase paint at Outdoor Recreation for \$45 per case of 2,000. For more information, contact 434-2505.

Volunteers Needed
The Fitness Center is offering the Third Annual Zombie Run Oct. 31. We want you to serve on the Zombie Run Planning Committee. Available opportunities include: check-in, set-up obstacles, zombie makeup artist, zombies, water stations, tear down obstacles, oversee adult run or kids run, and more. To volunteer or for more information, contact 434-2772.

Free Pool Passes and FootGolf
Independence Pool Passes and FootGolf is included with Whispering Pines Golf Membership. . If you have an individual golf membership, you receive an individual pool pass and Foot-Golf membership and if you have a family golf membership, you receive a family pool pass and FootGolf membership. Visit Outdoor Recreation for your free pool pass today. For more information, contact 434-2505.

Story Time
The Base Library is offering Story Time each Friday at 10:30 a.m. for all ages. For more information, contact 434-2934.

Brazilian Jiu Jitsu Class
Free classes are scheduled every Monday, Wednesday, and Friday at 6 p.m. The benefits include huge gains in confidence, functional strength, flexibility, discipline, and overall physical conditioning. Mandatory equipment: BJJ Kimono (Gi); for ages 13 and up. For more information, contact 434-2772.

Wood Shop Self Help
Do you need to complete a wood project? The base wood shop is open Saturdays from 10 a.m. – 4 p.m. for only \$4 per hour. For more information, contact 434-7836.

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.

Green Plate Special
The Pro Shop at Whispering Pines Golf Course offers a special for lunch Tuesday through Friday. For more information, call 434-7932 or check us out on Facebook at Columbus AFB Living or Twitter @CAFBLiving!

Instructional Classes at Youth Center
Youth Programs is offering piano lessons, guitar lessons, tumbling classes, dance classes, and martial arts instruction. Times and ages vary for all classes. Call 434-2504 or stop by the Youth Center for more information.

Fitness on Request
CAFB Fitness and Sports offers a truly comprehensive group fitness platform that is available all day and completely customizable to meet your needs with over 30 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
If you don’t want to leave your car at the airport over a vacation, we can help you out. Outdoor Recreation offers a shuttle service to the airport of your choice. Transportation one way is \$175 for Birmingham and \$50 for Columbus. Call 434-2505 for more information.

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Force Support Squadron gift cards are available in increments of \$5 to fit any budget. They can be used at most Force Support Squadron facilities at Air Force installations worldwide and they never go out of style.

MyMC2 app

Welcome to the My Military Communities information page. MyMC2 is the mobile application that centralizes all of your installation’s community events, organizations and services right in your pocket.



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iPhone QR code
Android QR code

If you have any questions or need support please visit www.facebook.com/mymc2support

Military Equal Opportunity Program offers new Protected category

1st Lt. Jolie Grossman and Tech. Sgt. Danielle Lachney
14th Flying Training Wing
Equal Opportunity

During a Lesbian Gay Bi-sexual Transgender Pride Month Ceremony at the Pentagon, Secretary Ash Carter expressed that diversity allowed the United States to become the best country.

On June 9, he announced modifications to the Military Equal Opportunity Program to include Sexual Orientation as a sub-category of the protected category of sex/gender discrimination for service members.

Previously, the repeal of Don’t Ask Don’t Tell in 2011 allowed sexual orientation complaints to only be heard by the complainant’s chain of command and/or the Inspector General System.

“We must ensure that everyone who’s able and willing to serve has the full and equal op-

portunity to do so,” Carter said. He said these adjustments are expected to help reflect the diversity of our country.

The Secretary of Defense desires the military to move toward a meritocracy, focusing on the mission and what each person can add to it.

“I’m very proud of the work the military services have put into this over the last several months,” Carter said, “because discrimination of any kind has no place in America’s armed forces.”

The most immediate implementation allows military members to bring their complaints pertaining to sexual orientation discrimination to the Military Equal Opportunity Office. Department of Defense Directive 1020.02E Enclosure 2 states, “All service members are afforded equal opportunity in an environment free from harassment and unlawful discrimination on the basis of race, color, national origin, religion, sex or sexual orientation.” The new DoD Directive

promotes equal opportunity as “being critical to mission accomplishment, unit cohesiveness, and military readiness.” The instruction also allows service men and women to bring forward their complaints eliminating barriers and gaps that “inhibit progress of the implementation of diversity and inclusion efforts.”

If a service member experiences discrimination based on sexual orientation, he or she now has the option to speak with the MEO directly. The IG and the member’s chain of command also remain available as avenues for resolution. The MEO Office will also serve as the subject-matter experts for commanders dealing with military members who experience sexual orientation harassment or discrimination in the unit. As always, the MEO office can also help with cases of discrimination based on race, color, religion, national origin, as well as other forms of sex/gender discrimination and sexual harassment.

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MENTAL

SPIRITUAL

Comprehensive Airman Fitness – it's not a program, it's a lifestyle!

Community Support
Coordinator

As we wind down the busy summer months and head into the fall and winter, many of life's additional stressors will soon be upon us, like the busy holiday period, gloomy weather, and those seemingly never-ending holiday bills that come due every year.

The Comprehensive Airman Fitness Program equips all of us to better handle these stressors, because CAF is not just a program, it's a lifestyle. It's about lifelong change; expect it to take time, but now is the time to start if you have not done so.

CAF represents an Air Force investment in readiness of the force and quality of life for our Airmen, both military and civilian, and their families. It provides a flexible, all-encompassing approach to affect the critical elements of our members by replacing self-defeating behaviors and their consequences with a healthy work and life balance and strengthened resilience.

The vision of CAF is a thriving and resilient Air Force community ready to meet any chal-

Areas of a person's life which capture the totality of how they experience and relate to others and themselves

■ **Physical** — the ability to adopt and sustain healthy behaviors needed to enhance health and wellbeing.

■ **Social** — the ability to engage in health social networks that promote overall well-being and optimal performance.

■ **Mental** — the ability to effectively cope with unique mental stressors and challenges needed to ensure mission readiness.

■ **Spiritual** — the ability to sustain an individual's sense of wellbeing and purpose through a set of spiritual beliefs, principles or values.



lenge. CAF reinforces the very actions required to thrive in any situation. It reflects the essence of what we expect in strong Wingmen. It is no secret everyone becomes stronger when they seek help, have compassion for others, and celebrate success. CAF provides a structural and behavioral element to teach Airmen and families how to become stronger individuals and more deeply connected to one another.

The Comprehensive Airman Fitness objectives are to improve individual resiliency, develop critical personal life skills, enhance the total community resiliency, reduce self-defeating behaviors, and improve physical fitness. The CAF has four pillars to help us all achieve these objectives and capture the areas of a person's life where we can focus our efforts on becoming more resilient Airmen. There are many agencies on base dedicated to help you with life's stressors such as the chapel, mental health and A&FRC to name just a few.

For more information please visit www.wingmantoolkit.org for videos, articles and other resiliency tools.

SOCIAL

PHYSICAL