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# SILVER WINGS

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Vol. 42, Issue 16

April 27, 2018

## Weather

<b>Friday</b>  Rain High 64°F Low 53°F	<b>Saturday</b>  Partly Cloudy High 70°F Low 48°F
<b>Sunday</b>  Partly Cloudy High 71°F Low 51°F	<b>Monday</b>  Partly Cloudy High 74°F Low 57°F

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

## News Briefs

### Enlisted Promotions/Quarterly Awards

The next Columbus Air Force Base Enlisted Promotions ceremony is 3 p.m. April 30 at the Columbus Club. The 2018 First-Quarter Awards will follow directly after the ceremony.

### Mindful meetings

Lt. Col. Jannel MacAulay, known for her TED Talks, will visit May 3. She will talk from 8:30-9:30 a.m. at the Columbus Club and from 2-3 p.m. at the Phillips Auditorium. Open to all Airmen and families.

### SUPT Class 18-09 Assignment Night

Specialized Undergraduate Pilot Training class 18-09 will have assignment night 5:30 p.m. May 4 at the Columbus Club.

## Inside



### Feature 8

SUPT Class 18-08 graduates today at 10 a.m. at the Kaye Auditorium.



U.S. Air Force photo by Airman 1st Class Keith Holcomb

A dissimilar formation of all 14th Flying Training Wing aircraft change their course to fly over the 2018 Wings Over Columbus Open House and Air and Space Show grounds April 20, 2018, over Columbus, Mississippi. Roughly 21,000 people were able to view hours of aerobatic acts and many static displays from the Air Force's current inventory at the 2018 air show.

# Columbus AFB hosts air show

### Airman 1st Class Keith Holcomb

14th Flying Training Wing Public Affairs

The 2018 Wings Over Columbus Open House and Air and Space Show was held April 21, here, providing roughly 21,000 people with hours of aerobatic acts and many static displays from the Air Force's current inventory.

Curious individuals and families alike visited from the state to see what Columbus Air Force Base, Mississippi had to offer during the airshow.

“One of the goals was to share aviation with the community,” said Capt. Justin Pedone, 14th Flying Training Wing

See WOC, Page 3

## 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 (19-02)	-6.76 days	-3.74 days	May 15	48th (18-09)	1.58 days	3.42 days	May 18	49th (18-GBC)	-0.33 days	0.19 days	May 1	T-6	2,196	2,150	14,984
41st (19-03)	-7.36 days	-37.59 days	June 18	50th (18-09)	0.01 days	3.35 days	May 18					T-1	750	684	5,060
* Mission numbers provided by 14 FTW Wing Scheduling.												T-38	1,026	816	6,736
Retired Col. Cesar Rodriguez is the guest speaker for Specialized Undergraduate Pilot Training Class 18-08's graduation at 10 a.m. April 27 in the Kaye Auditorium.												IFF	334	313	2,486

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# Columbus AFB observed Arbor Day

Mike Jago & Frank Lockhart

In 1854, Mr. J Sterling Morton moved from Detroit to the area that is now Nebraska. He noticed a lack of trees, which were needed to act as windbreaks to stabilize the soil, give shade from the sun and provide a sustainable building resource. Mr. Morton planted many trees around his own home and encouraged others to do the same.

In 1872, he proposed a holiday and convinced his neighbors to plant 1 million trees in barren, windswept Nebraska. This initial effort was a huge success and other states soon began to pass legislation and officially observe Arbor Day.

In 1907, President Teddy Roosevelt issued the first "Arbor Day Proclamation" to the school children of the United States intent to educate our youth on the importance of trees to our American environment and industry.

By the 1920s, each state in the United States had passed public laws observing Arbor Day, although not all are on the same day.

National Arbor Day is officially recognized as the last Friday in April. This is a time for communities across the country to come together to plant, nurture and celebrate trees and the benefits they provide. Columbus AFB observed Arbor Day April 20th to coincide with the air show festivities and a tree will be planted on April 26th at the enlisted dorms to mark the event.

## McElhinny new 43rd FTS commander



U.S. Air Force photo by Sharon Ybarra

Col. Janette Thode, acting 340th Flying Training Group commander, passes a guidon to Lt. Col. William McElhinny, the new 43rd Flying Training Squadron commander, Air Force Reserve Command, April 25, 2018, at Columbus Air Force Base Mississippi. The 43rd FTS administers and executes the Air Education and Training Command/AFRC Associate Instructor Pilot Program and provides Active Guard Reserve and Traditional Reserve instructor pilots to augment the cadre of active-duty pilots conducting pilot training.

## 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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*Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2424.*

# Remembering the F-117 Nighthawk

Tech. Sgt. Robert Barnett  
Secretary of the Air Force  
Public Affairs

WASHINGTON — It's been 10 years since the F-117 Nighthawk retired, an aircraft so secret Nevada folklore labeled it a UFO.

The Nighthawk pilots were known by the call sign "Bandit," each earning their number with their first solo flight. Some of the maintainers were also given a call sign, said Wayne Paddock, a former F-117 maintainer currently stationed at Holloman Air Force Base, New Mexico.

"The people who maintained the coatings on the aircraft, radar absorbent material were classified as material application and repair specialists (MARS). MARS morphed into Martians," Paddock said "MARS was a shred out from the structural repair/corrosion control career field."

The technology for the F-117 was developed in the 1970s as a capability for attacking high value targets without being detected by enemy radar. It had up to 5,000 pounds of assorted internal stores, two engines and could travel up to 684 mph.

It was the first airplane designed and built as a low-observable, stable and therefore precise platform, said Yancy Mailes, director of the history and museums program for Air Force Materiel Command at Wright-Patterson AFB, Ohio, and a former F-117 maintainer.

"It was the marriage of the GBU-27 to the F-117 that had a laser designator in its nose



U.S. Air Force photo by Staff Sgt. Jason Colbert

that made it such a precise, deadly platform," Mailes said. "It was best demonstrated during Operation Desert Storm when pilots snuck into Iraq and dropped weapons down the elevator shaft of a central communications building in Iraq."

The first Nighthawk flew June 18, 1981, and the original F-117A unit, the 4450th Tactical Group (renamed the 37th Tactical Fighter Wing in October 1989), achieved initial operating capability in October 1983. The Nighthawk originally saw combat during

Operation Just Cause in 1989, when two F-117s from the 37th TFW attacked military targets in Panama. The aircraft was also in action during Operation Desert Shield.

Retired Col. Jack Forsythe, remembers being excited when he initially flew a Nighthawk while stationed at Holloman AFB in 1995.

"It was a unique experience," he said. "It's probably the same feeling that a lot of our (single seat) F-22 (Raptor) and F-35 (Lightning II) pilots feel today."

After 25 years of service, the Nighthawk retired April 22, 2008. Forsythe led the four-ship formation to Palmdale, California, where Lockheed Martin staff said their farewells.

"We lowered the bomb doors of each aircraft and people signed their names to the doors," Forsythe said. "It was really just kind of neat; they had designed it, built it and maintained it for these 25 years, so it really hit home — the industry and Air Force partnership that made the Nighthawk great. I think the four of us were just really struck by that and have some really great memories of that flight."

The American flag was painted on the entire underside of his F-117 by the maintainers to help celebrate American airpower.

"I think we all recognized that this was something historic," he said. "We retired an airplane that people still reference today. We really understood that so it was a sentimental flight to say the least. It was a great weapon system, very stable and easy to fly. It's still a memorable experience."

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
30	1	2	3	4	5/6	May 17: Daedalian's Meeting May 18: SUPT Class 18-09 Graduation May 24: Wing Memorial Day Ceremony May 24: SUPT Class 18-10 Assignment Night May 25: Base Pool Opens May 25-28: Memorial Day Weekend and Family Days May 29: Wing Newcomers May 30: 14th CS Change of Command May 31: Enlisted Promotions June 1: 14th MDOS Change of Command June 8: SUPT Class 18-10 Graduation
Air Force Assistance Fund						
Enlisted Promotions/Quarterly Awards, 3 p.m. @ Kaye	AETC Religious Support Team Visit	29th Annual Industry Appreciation Luncheon, 11:30 a.m. @ EMCC Golden Triangle	Mindful Meetings, 8:30 a.m. @ Club, 2 p.m. @ Phillips Auditorium	SUPT Class 18-09 Assignment Night, 5:30 p.m. @ Club		
7	8	9	10	11	12/13	
HQ AETC Continuum of Learning Visit	Wing Newcomers, 8 a.m. @ Club		CCAF Graduation, 3 p.m. @ Club	48th FTS Change of Command, 4:30 p.m. @ Fire Station Military Spouses Appreciation Day	13th: Mother's Day 13th: Mothers Day Brunch, 10:30 a.m. @ Club	

## 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@us.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.

### Transportation

For Sale: 1978 Triumph Spitfire with extra parts and hard top. Asking \$2,000. If interested call (662) 549-5188 or (662) 434-7317

### Miscellaneous

For Sale: Large capacity washer and dryer. Asking \$225 each or \$400. for the set. If interested call (662) 574-8549

## NEWS AROUND TOWN

### May 4

Alan Jackson, American country-music singer, will be performing at 7:30 p.m. at the Tuscaloosa Amphitheatre in Tuscaloosa, Alabama. Tickets are available online.

### May 4-5

The 23rd Annual Market Street Festival will be in historic downtown Columbus. The event will feature live music, children's activities, and over 250 arts, crafts and food vendors. For more information, please visit marketstreetfestival.com.

## Housing notice

Columbus Family Housing requires a 30-day notice of intent to vacate prior to vacating the home, including at the end of the lease term, as outlined in the lease. Residents who receive short-notice assignments must provide a copy of his or her PCS orders to Columbus Family Housing within 72 hours from the time they are received from the Government, and will be exempt from the required notice of intent to vacate. Residents can obtain the notice to vacate form from the website or a leasing agent who can answer any questions regarding the move-out process. Residents are required to visit the neighborhood management office to deliver their notice of intent to vacate in order to coordinate terminating the service member's monthly rent allotment, scheduling the move-out inspection and providing forwarding information.



# Mobility Airmen deliver a mission of love to Guatemala

**Master Sgt. Joey Swafford**  
60th Air Mobility Wing Public Affairs

TRAVIS AIR FORCE BASE, Calif. — When emergencies happen in the U.S., the sirens of fire trucks and ambulances coming to the rescue can be comforting. Thanks to a C-17 Globemaster III crew from Travis Air Force Base, California, indigenous Mayans in Tecpan, Guatemala, will now hear that same sound of hope and help.

The crew made up of Airmen assigned to the 21st Airlift Squadron and the 860th Aircraft Maintenance Squadron delivered an ambulance and a fire truck to Guatemala City, Guatemala, April 20, 2018. They were donated by the Mission of Love Foundation and shipped through the Denton Program.

The Denton Program is a Department of Defense transportation program that moves humanitarian cargo, donated by U.S. based non-governmental organizations to developing nations to ease human suffering. The approved cargo is transported by DoD land, air or sea assets on a space-available basis and is managed by the U.S. Department of State and DoD.

“This is the most rewarding part of our jobs to have the opportunity like this where we get to help out those who need it,” said Staff Sgt. J.R. King, 21st Airlift Squadron loadmaster. “Humanitarian cargo like what we are delivering is important. We see vehicles like these every day in the U.S., but for less fortunate countries, they may not have the access or the luxury of having these resources. Missions like these are rewarding and hold a special place in my heart.”

The Mission of Love Foundation has been working in Guatemala for the past 24 years and is the largest user of the Denton Program, having delivered medical equipment, relief and humanitarian supplies to needy communities throughout the world.

“We work on five continents with an all-volunteer force,” said Kathleen Price, Mission of Love Foundation founder and director. “It is truly a mission of love unconditionally, and with that, all things are possible. With a group of volunteers, the Denton Program and the Air Force together are making this possible for those in need. I couldn’t do it alone. I am just a facilitator.”

It was a team effort to deliver the emergency response vehicles, and an important part of that team were the Airmen at Youngstown Air Reserve Station, Ohio, that helped package and load the vehicles.



U.S. Air Force photo by Master Sgt. Joey Swafford

**Senior Airman Andrew Flint, 21st Airlift Squadron loadmaster, directs a firetruck off of a C-17 Globemaster III at La Aurora International Airport, Guatemala City, Guatemala, April 20, 2018, during a Denton Program mission. The Denton Program is a Department of Defense transportation program that moves humanitarian cargo, donated by U.S. based non-governmental organizations to developing nations to ease human suffering. The emergency vehicles were donated by the Mission of Love Foundation, the largest user of the Denton Program, having delivered medical, relief and humanitarian supplies to needy communities throughout the world.**

“The reservists packaged everything up and helped us load it up to an active duty plane to fly down to Guatemala,” said Maj. Derik Neitz, 21st Airlift Squadron C-17 Globemaster III pilot. “Once in Guatemala, we were met by local entities there and Mission of Love. It has been neat to see all the different organizations work together.”

The emergency response vehicles are not the typical cargo that Travis AFB Airmen deliver, so the crew worked through some challenges.

“A lot of us have flown together before,” Neitz said. “Our enlisted crew is very experienced, and we needed that on this mission, it is an unusual upload with no tie

down rings on the vehicles.”

“They say that iron sharpens iron,” King said. “Working with these guys is a good opportunity to help me learn and better myself. A big part of a successful mission is teamwork and trusting each other; our jobs can get hectic. There are always three or four things going on at a time, and you have to trust your teammates that they are going to get the job done.”

A lot of planning went into making this mission a success.

“We did all the flight planning ourselves starting two or three months ago,” Neitz said. “We also worked with some 621st Contingency Response Wing Airmen at

Travis (AFB) who helped with the accommodations and networking with people in Guatemala, so we knew who to talk with when we arrived.”

All the planning paid off and the Airmen were able to deliver the emergency response vehicles to a thankful reception in Guatemala.

“I’ve been working on this for a year,” Price said. “Just to know the plane was flying here today with this aid for these beautiful indigenous people made my heart sing. You’re not here to save the world, but you are here to touch the hands within your reach. I appreciate what the Air Force has done here today.”



U.S. Air Force photo by Airman 1st Class Keith Holcomb

**The 58th Airlift Squadron's C-17 Globemaster III Rat Pack Demonstration Team from Altus Air Force Base, Oklahoma, perform during 2018 Wings Over Columbus Open House and Air and Space Show April 21, 2018, over Columbus Air Force Base, Mississippi. The team demonstrated the maneuverability of the C-17 to thousands of viewers.**

## WOC

(Continued from page 1)

media flight coordinator. “We hopefully inspired future pilots, mechanics or aviation industry leaders.”

The people who attended the air show saw over 15 different performers including the U.S. Army’s Golden Knights, the 58th Airlift Squadron’s C-17 Globemaster III Rat Pack Demonstration Team from Altus Air Force Base, Oklahoma, and the Air Combat Command F-22 Demonstration Team at Langley Air Force Base, Virginia.

Along with the performers, almost 50 different groups interacted with the crowds, including the Clydesdales, the 14th FTW Aerospace and Operations Physiology Flight and a C-17 crew’s medical evacuation and care capabilities.

Over 15 static displays showed aircraft of all kinds during Saturday’s airshow, including the B-52 Stratofortress.

The B-52 is a long-range, heavy bomber, able to perform missions of all kinds, and has been a part of the Air Force’s heritage since its first flight in 1954. Columbus AFB had been home to the 454th Bombardment Wing, and veterans who had been Airmen under the 454th BW gathered together for a reunion and had a B-52 flyover in honor of their service.

“We’ve been here since 1942,” Pedone said. “The base has got a rich history of flight in this region, going all the way back to WWII, and the airshow can not only educate people about our past and our history but will hopefully have excited the future generations to be a part of this heritage.”

The air show had hundreds of helping hands to make it work, and Col. Douglas Gosney, 14th Flying Training Wing commander, said he was thankful for all of the help Team BLAZE members received.



U.S. Air Force photo by Tech. Sgt. Christopher Gross

**Spectators watch as members of the U.S. Army Golden Knights make their way to the ground on Columbus Air Force Base, Mississippi, April 21, 2018, during the Wings Over Columbus Air and Space Show. The Golden Knights are the Army’s premier parachute team.**



U.S. Air Force photo by Tech. Sgt. Christopher Gross

**Maj. Paul Lopez, Air Combat Command F-22 Demonstration Team pilot, flies by the crowd at Columbus Air Force Base, Mississippi, April 21, 2018, during the Wings Over Columbus Air and Space Show. The F-22 demonstration was one of the featured acts during the air show.**

## Team BLAZE member award at Squadron Officer School

Congratulations to Capt. Michael Butler, 37th Flying Training Squadron T-6A Texan II instructor pilot, for earning Distinguished Graduate honors at Squadron Officer School. Distinguished Graduate honors are only awarded to the top 10 percent of the students and are based on leadership, teamwork, communication skills, and academics.

## 14TH FLYING TRAINING WING DEPLOYED

As of press time, 26 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.*







U.S. Air Force photo by Airman 1st Class Keith Holcomb

The Mississippi State University's unmanned aircraft systems drone is displayed next to the Air Force's Remotely Piloted MQ-9 Reaper during the 2018 Wings Over Columbus Air and Space Show April 21, 2018, at Columbus Air Force Base, Mississippi. MSU's UAS program is the Federal Aviation Administration's Center of Excellence for unmanned aircraft systems. The university spent their time at the air show educating the public about these aircraft alongside the Airmen from the 432nd Wing/432nd Air Expeditionary Wing.



U.S. Air Force photo by Airman 1st Class Keith Holcomb

Airmen assigned to the 432nd Wing/432nd Air Expeditionary Wing from Creech Air Force Base, Nev., speak to the attendees of the 2018 Wings Over Columbus Air and Space Show about the MQ-9 Reaper and its capabilities April 21, 2018, at Columbus Air Force Base, Mississippi. This was the first Air Force event the MQ-9 and its aircrew attended during the 2018 season and marked the first time the aircraft was at Columbus Air Force Base.

# MQ-9 visits CAFB, community gets rare look at Air Force RPA

Airman 1st Class Keith Holcomb  
14th Flying Training Wing Public Affairs

An MQ-9 Reaper and a team from Creech Air Force Base, Nevada, were one of the attractions during the 2018 Wings Over Columbus Open House and Air and Space Show April 21, here, and spoke to the local population and Airmen about their mission flying the remotely piloted aircraft.

This was the first Air Force event the MQ-9 and some of its aircrew attended in the 2018 season and was the first time the aircraft was at Columbus AFB.

The MQ-9 Reaper is an armed, multi-role, medium-altitude, long-endurance RPA that is employed primarily as an intelligence-collection asset and secondarily against dynamic execution targets.

Given its significant loiter time, wide-range sensors, multi-mode communications suite, and precision weapons — it provides a unique capability to perform strike, coordination and reconnaissance against high-value, fleeting and time-sensitive targets.

Flying thousands of feet above the combat zone, the MQ-9 provides dominant persistent attack and reconnaissance for our nation and coalition partners.

"It's a unique and fulfilling mission," said 1st Lt. Jake, 432nd Wing/432nd Air Expeditionary Wing MQ-9 pilot. "There's no other aircraft in the Air Force inventory that has the capability that we do. We're a primary source for intelligence, surveillance and reconnaissance because we can stay over the target for a long time and hunt bad guys while protecting good guys. It's very fulfilling to know we are a critical part of the fight."

Reapers can also perform close air support, combat search and rescue, precision strike, buddy-lasing, overwatch, route clearance, target development and terminal air guidance. The MQ-9's capabilities make it uniquely qualified to conduct irregular warfare operations in support of combatant commander objectives.

Not only is the pilot essential for the MQ-9 to be effective down range, but many other Airmen keep its mission efficient and effective.

"Next to the pilot is a sensor operator, an enlisted aviator, who backs the pilot up and operates sensors while providing additional mission coordination. The sensor operator also guides the weapon, while the pilot is the final engagement authority," said 1st Lt. Annabel Monroe, 432nd WG/432nd

AEW Public Affairs officer. "The MQ-9 can be transported easily, assembled and loaded with weapons in less than a day. Our maintainers are pretty proud of that."

From the armament flight, to the maintainers who keep the aircraft ready to deploy, to the sensor operators, who work hand-in-hand with the pilots, the MQ-9 enterprise stands ready to feed the fight overseas.

With a weapons system being piloted remotely there are some differences inside the culture of the 432nd WG/432nd AEW.

"Among the reasons I decided to stay is the good family life that's offered here," Jake said. "I enjoy being able to fly, but at the same time I get to go home at the end of every shift to spend evenings and weekends with my wife and kids."

Though the aircrew is not overseas in direct line of fire, their presence is vital to keeping air superiority over the heads of those who are on the ground.

Monroe spoke about the importance of their mission and how keeping eyes on targets with RPA's allows the aircrews to be safe while providing intelligence, surveillance and reconnaissance and if needed, firepower to keep the men and women in harm's way safer as well.

The new technology which allows the MQ-9 to take on its many roles can be intimidating, but the 432nd WG/432nd AEW will continue to advocate about their role in the Air Force to educate Airmen and the public alike as they progress through the 2018 air show season.

## 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.)

### 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 one hour. Please contact A&FRC, 434-2790 for more information.

### 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, 434-2839/434-2790 for more information.

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

The next Transition Assistance Program workshop will be from 7:30 a.m.-4 p.m. April 30-May 4, 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. Pre-separation counseling is required before attending, and recommended attendance is 8-12 months prior to separation or retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662) 434-2631/2790.

### Career Technical Training Track Workshop

The next Career Technical Training Track Workshop will be from 8 a.m.-3 p.m. May 7, in the A&FRC. This workshop covers the importance and how to go about obtaining skills required to make better decisions about your technical goals. To register or for more information, please call A&FRC at (662) 434-2790.

### Wing Newcomers Orientation

The next Wing Newcomers Orientation will be from on 8 a.m.-noon May 8. This event is mandatory for all newly arrived active-duty and civilian personnel, and spouses are encouraged to attend. The orientation is held at the Columbus Club. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

### Federal USAJobs Workshop

The next Federal USAJobs workshop will be from 9-10:30 a.m. May 9. This is a workshop on writing resumes, applications, and job search

## Luzum recognized at Chief Recognition Ceremony



U.S. Air Force photo by Melissa Doublin

Senior Master Sgt. LaTash Luzum, a chief master sergeant select, was recognized at a Chief Recognition Ceremony April 19, 2018 on Columbus Air Force Base, Mississippi. Only one percent of the enlisted Air Force hold the rank of chief master sergeant.

using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

### Entrepreneurship Track Transition Workshop

This workshop is from 8 a.m.-3 p.m. May 10-11. The entrepreneurship workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register and more information call 434-2790.

### Smooth Move

The next Smooth Move workshop will be held on 10-11 a.m. May 15 in the A&FRC. This monthly venue provides information for relocating members and families. Here you'll learn what to expect before you move from agencies such as Traffic Management Office (TMO), Housing, Military Pay, Lodging, Tri-Care, School Liaison Officer and A&FRC. To register or for more information, please call the A&FRC Relocation Manager at (662) 434-2701/2790.

### Linked-In Workshop

The Linked-In workshop is from 2-5 p.m. May 14-15. The workshop will teach you how to establish and use a Linked-In account. To register and more information, please call 434-2790.

### Bundles of Joy

The next Bundles of Joy workshop is sched-

uled for 1-3:30 p.m. May 17, at the A&FRC. This program is designed for active duty Air Force members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

### Heart Link

The next Heart Link will be held on 8:30 a.m.-noon May 23, in the A&FRC. This half-day program is open to all spouses of active duty military members assigned to Columbus AFB. Attendees will receive information about life in the Air Force, in the local area, and at Columbus AFB from local subject matter experts including spouse leaders. To register or for more information, please call A&FRC at (662) 434-2790.

### Hearts Apart

The next Hearts Apart will be held from 5-7 p.m. May 31. 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.

### Employment Workshop

An employment workshop on local and base employment opportunities is held every Wednesday from 1 p.m.-2 p.m. This program provides military families and DOD civilian member's 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.

### Sponsorship Training

An electronic version of sponsorship training called eSponsorship Application & Training (eSAT) is now available. It can be found on the Military Installations homepage militaryinstallations.dod.mil, under "Are You A Sponsor?" For additional information, please contact the A&FRC Relocation Manager at (662) 434-2701/2790.

### Discovery Resource Center

The Columbus A&FRC has 12 computers with internet access available for job searches, assessments, resumes, cover letters, state and federal applications, and companies' employment information. A printer and fax machine is available. A lending library of books, DVDs, and periodicals on transition and EFMP topics are available for check out. These resources are available on a first-come-first-serve basis.

## Chapel Schedule

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

### Catholic Community

**Sundays:**  
3:45 p.m. – Religious Education, grades K-9 (Chapel Annex) Start date TBA  
4 p.m. – Choir Practice (Chapel Sanctuary)  
4 p.m. – Confession (or by appointment)  
5 p.m. – Mass  
Fellowship Dinner after Mass on 1st and 3rd Sundays of every month  
**Tuesdays:**  
11:30 a.m. – Daily Mass  
**Wednesdays:**  
11:30-12:30 p.m. – Adoration

### Protestant Community

**Sundays:**  
9 a.m. – Adult Sunday School (Chapel Library)  
10:45 a.m. – Traditional Worship Service  
**Wednesdays:**  
4 p.m. - Music Rehearsal  
**Thursdays:**  
5:30 p.m. – Student Pilot Bible Study (Chapel Library)

### Ecumenical services

**Wednesdays:**  
6 p.m. – AWANA, a religious education program for children ages three years old to 6th grade  
6 p.m. – Adult Bible study on the Gospel of John  
6 p.m. – Youth Group



### 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.

### Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday-Friday at the Columbus Club. Daily buffets include: Tuesday: taco and nacho for \$9, Wednesday: chicken wings and pasta for \$10, Thursday: southern-style lunch for \$10 and Friday: fried catfish for \$10. Club Members receive a \$2 discount. For more information, contact 434-2489.

### St. Jude Community Service Drive

Would you like to help the children at St. Jude Children's Research Hospital? Drop off donations during normal business hours from April 2–30 at the Youth Center. Donation items needed include paper, pens, markers, etc. For a complete list of items needed, stop by the Youth Center. For more information, contact 434-2504.

### Pack Rafting and Kayaking

We deliver and you enjoy! Outdoor Recreation is offering pack rafting and kayaking 8 a.m. April 28. The cost is \$25 for ages 18 years and up; \$20 for ages 17 years and under; includes pack raft set up demo and lunch. For more information, contact 434-2505.

### Military Child Authors Wanted

Celebrate the Month of the Military Child! Stop by the Base Library from 10 a.m.–5 p.m. and pick up a blank booklet, write your story and return to the library. Booklets will be displayed during the month of April for others to read. You may pick up your booklet April 30. For more information, contact 434-2934.

### Fitness Mini Expo

The Fitness Center is offering a fitness expo from 11 a.m.–1 p.m. May 1. Learn how to keep a healthy lifestyle featuring vendor exhibits, fitness activities and health screenings. For more information, contact 434-2772.

### Shark Tooth Creek Trip

Sign up for a guided fossil hunt for shark's teeth with Information, Tickets and Travel from 8 a.m.–4 p.m. May 19. The cost is only \$25 per person. Sign up no later than May 1. For more information, contact 434-7861.

### Free Movie Night at the Library

Enjoy a night out and enjoy watching "King Arthur: Legend of the Sword" at 5 p.m. May 3. For more information, contact the Base Library at 434-2934.

### Free Saturday Movie Matinee at the Library

The Base Library is offering a free movie "A Dog's Purpose" at 10 a.m. May 5. For more information, contact the Base Library at 434-2934.

### Mother's Day Craft

Show Mom how much you love and appreciate her! Stop by the Base Library and create her a special card during normal business hours from May 7 – 12. For more information, contact 434-2934.

### Mother's Day Brunch

Celebrate Mom during Mother's Day Brunch from 10:30 a.m.–1:30 p.m. May 13 at the Columbus Club. The cost is \$16 for club members, \$18 for non-members, \$8 for children 5–11 and free for children four and under. The menu includes traditional breakfast items, fried chicken, mashed potatoes, vegetables, salad bar and the following stations: roast beef, waffle, omelet, dessert



and beverage. Reservations preferred but walk-ins welcome. For more information, contact 434-2489.

### Mango Languages Lunch and Learn

The Base Library is offering an informational session on Mango Languages at noon May 16. Grab lunch from Coffee House on 5th while learning more about language learning resources that helps individuals learn over 60 languages online and on-the-go. This event will be held at the BLAZE Commons in room 114. For more information, contact 434-2934.

### Free Breakfast for Club Members

Free breakfast buffet for club members from 6:30 a.m.–9 a.m. May 29. The cost is \$8 for non-members. For more information, contact 434-2489.

### Officer Skydiving Trip

The ITT office is offering an Officer Single Airman Skydiving Trip from 7 a.m.–5 p.m. June 6. The cost is only \$40 for club members and \$45 for non-members. Participant must be at least 19 years old. Sign up no later than May 30. For more information, contact 434-7861.

### New Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages three–six years and Fridays at 10 a.m. for birth–two years. For more information, contact 434-2934.

### Paddleboard Yoga Instructors Needed

Outdoor Recreation is seeking volunteer Paddleboard Yoga instructors for classes to be offered during the summer. For more information, contact 434-2505.

### Game Night at the Library

The Base Library is offering a free game night at 5 p.m. the second Thursday of each month. For more information, contact 434-2934.

### Horse Boarding Available

The Columbus Air Force Base Riding Stables usually has stall space available. For pricing and more information, contact Outdoor Recreation at 434-2505.

### Free Mango Languages

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

### Play Paintball

Outdoor Recreation offers paintball for groups or individuals. You must book 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 Open Friday Nights

The Overrun is open Fridays 4:30 p.m. until midnight. For more information, contact 434-2419.

### Library Hours of Operation

The Base Library hours of operation are Monday, Tuesday, Wednesday and Friday 10 a.m.–5 p.m.; Thursday 10 a.m.–7 p.m.; Saturday 8 a.m.–noon. For more information, contact 434-2934.

### 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.

### 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.

### 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.

# Belong to the team

Lt. Col. Benjamin Jensen  
14 Student Squadron  
commander

Every coach, captain, chief executive officer, commander and organization want individuals who are dedicated to the mission of the unit. They also want individuals who can congeal and adapt into teams quickly to advance the team's success.

Individuals and teams are expected to perform under pressure and collaborate to solve the problems that team is facing. Whether it be a Security Forces Airmen tasked with defending the base, or a student pilot's next sortie with that intimidating instructor, every individual is faced with challenges. Those challenges faced alone are daunting, but when attacked by a team, the challenge at hand becomes more manageable.

Lt. Gen. Steven L. Kwast, the commander of Air Education and Training Command, has identified Listening, Learning, Helping and Leading as four critical attributes needed to change individuals from "being on a team" to "belonging to the team."

While simple in word, these qualities are challenging to master in our dynamic Air Force Team environment, but are absolutely essential for the team's success. Let's break down Kwast's key attributes for feeling that sense of belonging to the team and arm you, the reader, with tools and tips to bring your team to the highest levels of success.

**Listening:** Teams are built one individual at a time and listening is the glue applied between individuals in a team.

Stephen Covey stated, "Most people do not listen with the intent to understand; they listen with the intent to reply."

Organizational success is dependent on teammates that not only listen to reply, but also to learn and input ideas. When the two are combined an amazing thing happens to the team. Individual ideas become team ideas, with inputs coming from all different backgrounds and experiences. Individual success is great, but the success of a team elevates and brings worth to all members involved. When the team starts listening to one another and respecting the ideas of each individual, greatness is not far away.

**Learning:** People are amazing. And each person in a unit brings amazing strengths. However, we all have weaknesses - so admitting them and seeking help to strength-

en your weak areas is one of the strongest things that an individual can do. The limits are endless to the great things the unit can do by applying everyone's strengths and countering the weaknesses with the strengths of others. As a unit, individuals need to learn each other's strengths and weaknesses, and how to best apply everyone's abilities for the team's success.

**Helping:** Individual weaknesses are strengthened and the team as a system improves performance together beyond simple individual addition. Helping takes many forms. It is critical correction to incorrect procedure. It is teaching and coaching another a better way to do a task. It is shared ideas, solutions and effort to facilitate success.

As Abraham Lincoln said, "It is having ...a right to criticize and having a heart to help." Norman Peale added, "... concentrate on helping others with their difficulties, you will be able to cope with your own more effectively. Somehow, the act of self-giving is a personal power-releasing factor."

Individuals who help team members strengthen the team and in the process become stronger themselves and are more capable leaders.

**Lead:** Diverse challenges drive teams to use different individuals, with unique strengths, at different times to lead. Jocko Willink and Leif Babin in their book, Extreme Ownership, describe leadership. Proper leadership requires checking your ego and operating with a high degree of humility. The ability to admit mistakes, take ownership, and develop a plan to overcome challenges are vital to any team's success. The best leaders in any team must own everything in his or her world. Confidence as a leader is crucial, but that confidence is founded in the ability to take instruction and apply what you have learned. Lead confidently, but lead within the boundaries of your knowledge. If you don't have the knowledge, ask for help, listen, and learn from your teammates.

Listening, learning, helping and leading are four necessary qualities in today's Air Force. As outlined above, you need all four qualities as an individual to contribute effectively to the team and engender success. Teams that develop these qualities grow people who "belong" and contribute to the mission at hand.



U.S. Air Force photos by Airman 1st Class Beaux Hebert

**Eight recruits take the oath of enlistment, administered by Maj. Paul Lopez, Air Combat Command's F-22 Demonstration Team pilot, during the 2018 Wings Over Columbus Air and Space Show April 21, 2018, on Columbus Air Force, Base, Mississippi. The recruits were positioned in front of the F-22 Raptor display, one of which took part in an aerial demonstration during the air show.**

# Future Airmen enlist at Wings Over Columbus

### Airman 1st Class Beaux Hebert

14th Flying Training Wing  
Public Affairs

In the midst of all the events that happened at the 2018 Wings Over Columbus Air and Space Show, one event will be very memorable for eight of the attendees and their families.

Eight recruits took the oath of enlistment April 21, in front of two F-22 Raptors on Columbus Air Force Base, Mississippi. Maj. Paul Lopez, Air Combat Command F-22 Demonstration Team pilot, was the commanding officer that enlisted them into the Air Force.

"I think once the recruits make it through basic training and once they see what the Air Force is like, they will understand how special this enlistment was," said Tech. Sgt. William Powell, 331st Recruiting Squadron recruiter.

The recruits are in the Delayed Entry Program, which means they have gone through a Medical Expenditure Panel Survey station and qualify to join the Air Force but are waiting to be assigned an Air Force Specialty Code..

"Getting to develop these future leaders is an awesome part of my job," said Staff Sgt. Michael Ballard, 331st RCS recruiter. "There are times where we pull long hours, just like everyone else in the Air Force, but in the end it's worth it, especially when you



**Maj. Paul Lopez, Air Combat Command's F-22 Demonstration Team pilot, greets Air Force recruits during the 2018 Wings Over Columbus Air and Space Show April 21, 2018, on Columbus Air Force, Base, Mississippi. Lopez administered the recruits' oath of enlistment during the air show.**

get to see the recruits witness a little bit of the Air Force life."

The two noncommissioned officers at the Columbus recruiting stations has frequent visits to local high schools to talk with students and parents within 4,000 square-miles. Last year, they recruited 32 future Airmen.

Local recruiting stations are the first step to becoming an enlisted Airman. Columbus-based recruiters, Powell and Ballard, are a vital part of the Air Force recruiting mission to inspire, engage and recruit future Airmen to deliver air power for America.



# 454th Bombardment Wing veterans reunite during Columbus AFB airshow

**Airman 1st Class Keith Holcomb**  
14th Flying Training Wing  
Public Affairs

Members from the now inactive 454th Bombardment Wing met together at Columbus Air Force Base, Mississippi, April 21, 2018, during the 2018 Wings Over Columbus Open House and Air and Space Show.

Columbus AFB transferred to a Strategic Air Command base in 1955, hosting 15 KC-135 Stratotanker and 15 B-52 Stratofortress aircraft. The 454th became inactive in May 1969 and returned to its pilot training mission under the Air Training Command.

The 454th conducted air refueling operations and trained in bombardment operations, so a B-52 taking flight was a normal sight for many of the veterans during their time at Columbus AFB.

"I volunteered to help [the 454th BW veterans reunite] because I'm a B-52 pilot myself and this had been a bomb wing before, so there's a lot of heritage there that interests me," said Capt. Thomas Hyde, 50th Flying Training Squadron instructor pilot and reunion project officer. "When you fly an airframe that's as historic as a B-52 and look back at the things it has done and you get the chance to meet and honor the people who had been there creating that history, it's a great experience."

Hyde had four days planned for the veterans to eat dinner and meet with individuals they had worked with at the 454th BW in addition to base personnel.

"More than half the group I'd never met until we got there," said Larry Mateka, former Airman with the 454th BW. "After we were there half the first day, it seemed like we had known each other our whole lives. That's just what happens when you're in the service together, especially from the 'Vietnam Era'. Coming home was not fun and when we returned home, we'd be ostracized. So the only friends we really had were our comrades in arms. For those reasons, we bonded almost instantly."

During their time in the service, they were looked down upon and Hyde mentioned how eye-opening their homecoming stories were.

"They talked a lot about what it was like and how it was being young Airmen in the 'Vietnam Era'," Hyde said. "This was a good opportunity to honor them the way they should have been honored in the first place."

Through their stories, there were years of experiences the men shared with each other to catch up. They created their own paths



U.S. Air Force photos by Airman 1st Class Keith Holcomb  
**The 454th Bombardment Wing reunion group stand next to a B-52 Stratofortress static display April 21, 2018, on Columbus Air Force Base, Mississippi, during the 2018 Wings Over Columbus Air and Space Show. The 454th conducted air refueling operations and trained in bombardment operations, so a B-52 taking flight was a normal sight for many of the veterans during their time at Columbus AFB Vietnam War.**

after the military, but these paths were driven by their experiences from the time they served in the 454th BW.

"It was humbling to see where people had taken their lives, to hear how they either retired with the military and decided to drive a truck for another 20 years," Hyde recalled, "or others who were motivated because they weren't making a ton of money in the military so after four years they used that drive to create a business from the ground up. It was neat to see how they all talked about those experiences positively and how the Air Force had impacted them in all these different ways."

Not only did the veterans spend time talking about the time they had spent away from each other, but they recalled stories from the bombardment wing, things they said stuck with them for the past 50 years.

"They had amazing stories for instance; some of them and their maintenance crew had set an engine change-time record for the B-52 at the time," Hyde said. "It's things like that they really spoke about with enthusiasm and nostalgia."

Mateka and almost everyone in the group had spent time overseas and spoke about how memories flooded back from seeing the static B-52 display and hearing the B-52 flyover one more time.

"There's nothing like the sorties that went off in Guam," Mateka said. "You'd see the

B-52's carry, something like over a 100 bombs that we'd loaded, to watch that thing take off can only be described as raw power. Seeing



**The 454th Bombardment Wing reunion group gather around a B-52 Stratofortress static display during a missing man formation in honor of Maj. Stephen Del Bagno, U.S. Air Force Air Demonstration Squadron Slot Pilot Thunderbird 4, April 21, 2018, on Columbus Air Force Base, Mississippi, at the 2018 Wings Over Columbus Air and Space Show. The 454th BW reunion group honored Del Bagno and their friends and loved ones who made the ultimate sacrifice by placing their hands over their hearts as Taps played during the performance of the missing man formation.**

them come back we'd just have them come down turn around and reload bombs on it again. ... To this day a B-52 flying over has a distinct sound to it, that distinct whistle of those engines no other plane has. It almost immediately brought us back to where we were 50 years ago."

The group met with much smaller numbers here four years ago at Wings Over Columbus 2014 Open House and Airshow and decided to gather more people from their units, but through advertising their reunion, they found many individuals from other units and squadrons wanted to meet for the 2018 airshow.

Saturday night after the airshow, reunion group treated Hyde and his family to dinner, thanking him and the 14th FTW for the hospitality and opportunity to come back to the place they had once called home.

"As a group, we all appreciate the welcome we got from the military side of our reunion. The way we were made comfortable and feel welcomed back," Mateka said. "The tour on Friday was very good, not too many people get to see the maintenance shed or sit in the flight simulators. It was unique and very much appreciated. We can't thank the base personnel enough."

# 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



U.S. Air Force photo  
**A T-33A Shooting Star sits at the National Museum of the United States Air Force in Dayton, Ohio. The two-place T-33 Shooting Star jet was designed for training pilots already qualified to fly propeller-driven aircraft.**



U.S. Air Force photo by Airman 1st Class Keith Holcomb  
**A T-33A Shooting Star flies during the 2018 Wings Over Columbus Air and Space Show April 21, 2018, at Columbus Air Force Base, Mississippi. 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.**

## VIEWPOINT

# Thank you from your Air & Space Show Director

**Lt. Col. Christopher Harris**

2018 Wings Over Columbus Air  
and Space Show Director

In late 2016, Columbus Air Force Base set out the path to provide a safe and dynamic forum to showcase America's military aviation capabilities, support our local recruiting efforts, and enhance our community relations.

Over the 17 months that followed, the 2018 Wings Over Columbus Air & Space Show Team, which numbered over 150 base personnel by the end, along with our partners from our local communities, spent hours upon hours planning what would become "2018 Wings Over Columbus." There

is no way to thank all those involved enough for the sacrifices made other than to have them witness for themselves the epic spectacle they created: The 2018 Wings Over Columbus Air & Space Show. I hope that you also had the opportunity to see for yourself all of the hard work and dedication that went into the event for the enjoyment of our surrounding communities.

From the moment the Golden Knights jumped the American Flag out of the historical "Placid Lassie" C-47 Skytrain, 17 other aerial performers entertained our crowds throughout the day; I also thank them for their professionalism, excitement, and dedication to their craft.

Surrounded by over 90 different ground displays, 23 air-

craft static displays, and the loud booms of the pyrotechnic explosions ... it was all always leading to one thing: the roaring awesomeness of Air Combat Command's F-22 Raptor Demonstration Team ... and they did not disappoint!

Twenty-one thousand spectators and over 52,000 gallons of jet fuel later, I'm humbled by not only the dedication of those that made 2018 Wings Over Columbus Air and Space Show happen, but by the incredible synergy they created by working together to turn this event into more than just another air show. I extend my deepest gratitude and appreciation for every member of the team and every one of our visitors. Until the next one ... #WOC18!



# Medical Corner

## Optimizing sleep for changing time zones

Traveling abroad whether going on a TDY, deployment or mission, or vacation, experiencing symptoms like insomnia, fatigue, daytime sleepiness and mild insomnia can occur. These symptoms, usually associated with traveling by plane or even by train or other modes of travel over long distances into different time zones, are commonly referred to as ‘jet lag.’ Even if you’re traveling only to one different time zone, it can still be very taxing.

The symptoms and affects associated with jet lag are caused when your body is slow to adjust to the change in exposure to light and dark. This results in our bodies telling us it is time to sleep, when it’s actually the middle of the afternoon, or it makes us want to stay awake when it is late at night. Because it takes our bodies about a day to adjust to the new time zone, exposure to light (both natural and artificial) and darkness during the times your body is accustomed to can help in regulating sleep cycles, also referred to as your bodies circadian rhythm.

Fortunately, jet lag is usually temporary because our internal biological clock adapts in response to external cues in the new environment and corrects the bodies circadian misalignment — when your body is out of sync with the actual time in the new time zone — and the internal clock readjusts itself a little bit every day until it is in the normal alignment with the external environment.<sup>1</sup>

### Why optimizing sleep during travel is important

Studies have found a high prevalence of sleep disorders and a startlingly high rate of short sleep duration among active duty military personnel.<sup>2</sup> So what can be done to help combat sleep disorders and fatigue and improve sleep optimization? The first step is already in progress. By promoting a change in military culture and putting the issue of sleep health at the forefront, leaders and warfighters can help to create policies and implement processes to improve sleep habits.

### Pre and inflight sleep tactics

- **Start Well-Rested.** When traveling to an event or for a preplanned mission, anticipate the time change by going to bed earlier several days before any eastward travel and later before any westward trips.
- **Water, Please.** Flying on a plane can be dehydrating. Skip the coffee and alcohol. If you do feel the need, stop any caffeine consumption at least 6 hours prior to any scheduled sleep period.
- **For Fast Turn-around Travel.** (1-2 days at each time zone) Maintain your home time schedule as much as possible. Travelers should avoid bright light when it is late evening and night according to their internal clock (or their usual nighttime) and seek light when it is their usual early morning (generally starting at about 5 a.m. internal time).
- **Prescription Sleep-inducing Agents.** Only use sleep-inducing agents under a physician’s supervision and approval.



- **Try to Avoid Using Over-the-Counter-Sleep Aids Like Melatonin.** Even though it has shown to help with falling asleep, it does not increase actual sleep time and is not recommended unless already using on a regular basis. These compounds do not improve sleep and can impair post-awakening alertness and mental acuity. If not sure, check Operation Supplement Safety (OPSS) or ask your doctor. (<https://www.opss.org>)

### Eating well while traveling can be a challenge unless you plan ahead.

- Take a collapsible water bottle when flying commercial so you can fill up anywhere and always stay hydrated.
- Pack shelf-stable foods that travel easily, such as nuts, whole grain crackers, snack bars, and dried fruit.
- Enjoy the local foods by ordering and sharing appetizers.
- If limited to fast food, choose kids meals or salads to keep calories in check.
- Don’t limit yourself to restaurants. Check out local grocery stores for easy to make options, fruits, and vegetables.

### Staying physically active during time zone travel can help with energy, sleep, and overall health.

- Before your trip, research the hotel or nearby fitness facilities and pack accordingly.
- Fitness items like a jump rope and elastic bands pack easily.
- Training twice a week with good intensity will help maintain your fitness in spite of a tight schedule.

**References:**  
1. Harvard Medical School, Division of Sleep Medicine; Jet lag and Shift Work  
2. American Academy of Sleep Medicine; Active duty military personnel prone to sleep disorders and short sleep duration  
3. NSF, Jet lag & Sleep: <https://sleepfoundation.org/sleep-topics/jet-lag-and-sleep>

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



Dear Health Myth Busters,

*I’ve been traveling by plane more frequently and when I travel across different time zones I experience what most people call jet lag. I haven’t been getting much sleep lately due to travel, but is the jet lag I’m experiencing caused by my lack of sleep?*

Sincerely,  
Jet Lag

Dear Jet Lag,

When traveling to different time zones, being alert and mentally sharp is critical to mission success and this can be affected by frequent travel. A common misconception is that jet lag is caused by lack of sleep but I will explain why this isn’t true. So first off, what is the jet lag that you’re experiencing? Jet lag is a common sleep disorder for travelers and results from an imbalance in your body’s natural biological clock by traveling through different time zones. Your body works on a 24-hour cycle called circadian rhythms, which regulates the timing of periods of sleepiness and wakefulness throughout the day. When traveling, your circadian rhythms are slow to adjust and remain on your original biological schedule for several days. The jet lag that you’re experiencing results when your body is telling you it’s time to sleep, when it’s actually the middle of the afternoon, or it makes you want to stay awake when it is late at night. Your lack of sleep is not causing jet lag, jet lag is connected to a disruption in your circadian rhythms. Your brain can not rapidly adjust to time zone changes and there is no quick fix for adapting to a new local time but there are some sleep tactics that you can incorporate into your travel routine. Before traveling pay down the sleep debt by consistently getting 7-8 hours of sleep per night and do not attempt to pre-adapt to a new time zone; this is difficult to accomplish and will likely cause sleep debt. When arriving at your new time zone destination try to schedule any meetings during your routine alertness cycle, stop caffeine intake at least six hours prior to scheduled sleep period, and remember that prescription sleep-inducing agents and melatonin are not recommended tactics to improve or increase sleep time. Also keep in mind that staying physically active and eating nutritious meals during time zone travel can help with energy and sleep.

Sincerely,  
Health Myth Buster

# Air Force Marathon MAJCOM runners needed

The Air Force Marathon will take place on Saturday, September 15, 2018 at Wright-Patterson Air Force Base, Ohio. The Major Command Challenge will again be an important part of the 2018 U.S. Air Force Marathon. A prestigious traveling trophy will be presented to the winning MAJCOM commander.

Air Education and Training Command is one of the commands Air Force Services Activity is accepting registration forms (Air Force Form 303) from this year alongside; Air Combat Command, Air Force Material Command, Air

Force Reserve Command, Air Force Global Strike Command, Air Force Special Operations Command, Air Force Space Command, Air Mobility Command, Pacific Air Forces and U.S. Air Forces in Europe-Air Forces Africa.

Three males and one female will be selected for the full marathon and four males and two females will be selected for the half marathon. Individuals will be selected based upon most recent experience and fastest times. Those selected may attend in a permissive TDY status as authorized by AFI 36-3003, Military Leave Program. Members select-

ed will receive uniforms and reimbursement for portions of travel, registration fees and lodging. Registration forms are currently being accepted with a May 1, deadline. No late registration forms will be accepted.

Attached is a flyer for local use in Wing Standup or other forums to help promote this program. Instructions will be sent to fitness center managers to pass on to unit fitness representatives. Detailed information about the marathon is located at <http://www.usafmarathon.com> to include registration forms.

## Air Force Assistance Fund update

**Capt. Ryan Fortney**

Assistant Installation Project Officer

Team BLAZE,

We are two-thirds the way through the 2018 Air Force Assistance Fund campaign ... and we are crushing it! Here are the official numbers so far:

Total Contributions:

- Operations Group: \$22,216
- Wing Staff Agency: \$4,530
- Medical Group: \$2,726
- Mission Support Group: \$1,132
- Total: \$30,604
- Total percent of members contacted: 100 percent
- Total contributions/percentage Base Participation: 144/9.5 percent

We have already raised over 100 percent of the 14th Flying Training Wing’s goal, which puts us first in Air Education and Training

Command in total donations, percentage of goal met and participation rates! This is a huge accomplishment that speaks to the character of our personnel.

Last year, the Air Force Aid Society contributed \$26,755 to Airmen at Columbus ... That’s nearly a one-for-one return from just the AFAS! However, AFAS is not the only AFAF charity to help out our local community.

We currently have two Air Force widows in the area that are supported by the General and Mrs. Curtis E. LeMay Foundation. These women have received aid ranging from roof repairs to grants that help them make ends meet. One even received a funded visit to the Philippines to visit her family that she hadn’t seen in over 30 years!

As you can see, the effects of your donation are far reaching and life changing. Please find your unit keyworker and donate today — the campaign ends May 4, 2018, so please act soon!



# Columbus AFB Top 3 spotlight



**Name/Rank:** Staff Sgt. Steven Kern

**Unit:** 14th Operations Support Squadron

**Job Title:** Aircrew Flight Equipment craftsman

**Reason for nomination:** Kern is an Aircrew Flight Equipment craftsman, currently assigned as the non-commissioned officer in charge of two T-38C Talon AFE sections. There, he manages the operations, equipment and quality control inspections for 215 instructor, student, and international pilots.

As the flight training manager, Kern also revamped the Master Task Listing to reflect recent changes, reducing 7-level upgrade time by six hours.

Additionally, he filled in for the flight superintendent during an emergency major command teleconference resulting in a possible solution to curb the occurrence of 18 unexplained aircrew physiological events. This led to restoration steps to sustain an \$83 million T-6A Texan II training pipeline.

Furthermore, Kern accomplished complex repairs to two damaged Wing U.S. Flags, which saved the Air Force \$800 in replacement costs.

Finally, he garnered six credits, towards a Bachelor of Mathematics, while maintaining a 3.6 GPA.



U.S. Air Force photo by Sharon Ybarra

**Staff Sgt. Steven Kern, 14th Operations Support Squadron Aircrew Flight Equipment craftsman, receives the March Top 3 Spotlight award from Master Sgt. Carmina Beedle, 14th OSS AFE superintendent, April 3, 2018, at Columbus Air Force Base, Mississippi. Kern manages the operations, equipment and quality control inspections for 215 instructor, student, and international pilots.**





T-1A Jayhawk



T-38C Talon

# SUPT Class 18-08 earns silver wings



**2nd Lt. Daniel Alotta**  
Long Island, New York  
U-28



**2nd Lt. Cody Apfel**  
Highland Village, Texas  
C-17



**2nd Lt. Daniel Brown**  
Charlotte, North Carolina  
F-16

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

Specialized Undergraduate Pilot Training Class 18-08 graduates at 10 a.m. today during a ceremony at the Kaye Auditorium. Retired Col. Cesar Rodriguez is the graduation guest speaker.

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

Second Lt. Daniel Brown, T-38C Talon, and 2nd Lt. Brian Hibbert, T-1A Jayhawk, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to 2nd Lt. Sean O'Shea, T-38, and 2nd Lt. Daniel Alotta, T-1A. The award is presented to a graduate in each

flight who excelled in training and typified the tenets of the association; promoting aerospace power and a strong national defense.

Brown, Hibbert and Alotta were named the distinguished graduates of SUPT Class 18-08.

The 54-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight. The second phase, primary training, is conducted in the single-engine, turbo-prop T-6A Texan II at Columbus AFB, Miss. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation

flying.

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

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

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

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

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place Beech Jet 400 business jet. Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and air-drop missions. Training takes about 26 weeks and includes 185 hours of ground training, 53.6 hours in the flight simulator and 76.4 hours in the T-1A.

Each class is partnered with business or civic organizations during their year of training. This program is designed to foster closer ties between the community and Columbus AFB. Today, each student will be given a set of pilot wings with their names engraved on the back as a token of good luck from their partners. SUPT Class 18-08 pilot partners are Dr. Pamela Lacy with Mom 2 Be and Doug Pellum with Zachary's.



**2nd Lt. Brian Hibbert**  
Lafayette, Indiana  
C-130H3



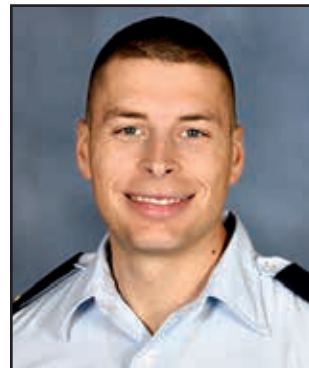
**2nd Lt. Levi Hintzsche**  
DeKalb, Illinois  
KC-135



**2nd Lt. Issa Janakat**  
Amman, Jordan  
F-16



**2nd Lt. Rachel Jovene**  
Waterford, Virginia  
T-1



**2nd Lt. Alexander Matacia**  
Columbus, Ohio  
KC-135



**2nd Lt. Jose Mendez**  
Guatemala City, Guatemala  
TBD



**2nd Lt. Yasuhito Nakanishi**  
Chiba, Japan  
TBD



**2nd Lt. Sean O'Shea**  
Chicago  
F-15E



**2nd Lt. Sarah Riggs**  
Savannah, Georgia  
T-6



**2nd Lt. Austin Rohrer**  
Concord, North Carolina  
KC-10



**2nd Lt. Daniel Rondez**  
Sacramento, California  
A-10



**2nd Lt. Thomas Schroeder**  
Chicago  
F-16



**2nd Lt. Marcial St. John**  
Gilbert, Arizona  
C-17



**2nd Lt. Steven Trojan**  
Mission Viejo, California  
F-16



**2nd Lt. Nathaniel Volk**  
Champaign, Illinois  
F-16



**2nd Lt. Kimberly Webb**  
Dallas, Georgia  
C-5



**2nd Lt. Justin Gonzalez**  
Long Island, New York  
HC-130



**2nd Lt. Rafael Gonzalez**  
Panama City  
C-208B Caravan



**2nd Lt. Austin Gregory**  
Cincinnati  
T-6



**2nd Lt. Erin Kelly**  
Pittsburgh  
KC-135



**2nd Lt. John Kornahrens**  
Plymouth, Minnesota  
C-130J



**2nd Lt. Chase Leftwich**  
Colorado Springs, Colorado  
KC-135



**2nd Lt. Marcus Malecek**  
Hammond, Wisconsin  
C-17