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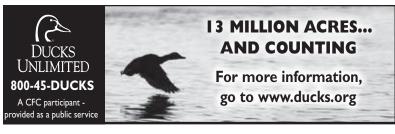
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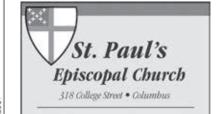
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### Feature 8

The 43rd Flying Training Squadron is highlighted in this week's feature.

SILVERWINGS

Vol. 42, Issue 23

Weather

Friday

High 93ºF Low 72ºF

High 91ºF Low 71ºF

Monday

Saturday

Sunday

Forecast provided by the 14th OSS Weather Flight

High 90°F Low 70°F

### **News Briefs**

#### 14th Civil Engineer Squadron Change of Command

The 14th Civil Engineer Squadron is hosting a Change of Command ceremony 9 a.m. June 19, at the Fire Station.

#### **Wing Newcomers Orientation**

The Wing Newcomers Orientation will be held from 8 a.m.-noon June 19, inside the Columbus Club

### 81st Fighter Squadron Change of Com-

The 81st Fighter Squadron is hosting a Change of Command ceremony June 22, at Moody Air Force Base, Georgia.

#### Inside





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

Maj. Gen. Glen VanHerck, Vice Director for Strategic Plans and Policy, Joint Staff at the Pentagon, Washington, D.C., speaks to Specialized Undergraduate Pilot Training Class 18-10 during their graduation June 8, 2018. VanHerck spoke about his career and the lessons he has learned about character and courage to help prepare the students for their

# VanHerck speaks to SUPT 18-10

#### Airman 1st Class Keith Holcomb

14th Flying Training Wing Public Affairs

Columbus Air Force Base, Miss.

COLUMBUS AIR FORCE BASE, Miss. - Maj. Gen. Glen VanHerck, Vice Director for Strategic Plans and Policy, Joint Staff, the Pentagon, Washington, D.C., spoke to Specialized Undergraduate Pilot Training Class 18-10 during their graduation June 8, 2018.

"You will be successful today if each of you can get one thing

out of what I'm going to tell you," VanHerck said. "First thing I'm going to tell you is this isn't the end of your education as far as aviation ... my flying training started 41 years ago as a teenager when I started flying. I was the son of a mom and dad who both were pilots ... my education has continued through 30 years plus of military flying."

He said our military aviators are most dangerous around 500

See VANHERCK, Page 3

330

6,393

8,096

June 15, 2018

#### COLUMBUS TIMELINE Wing Sortie Board

PHASE III **IFF** PHASE II Overall Track Select Overall Graduation Overall Graduation 49th (18-IBC) -0.22 days -5.12 days 48th (18-12) 2.45 days 4.55 days

3.59 days 2.01 days Lt. Gen. Jay B. Silveria, Superintendent, U.S. Air Force Academy, Colorado Springs, Colorado, is the guest speaker for Specialized Undergraduate Pilot Training Class 18-11's graduation at 10 a.m. June 29, 2018, in the Kaye Auditorium.

### 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 nstallation Personnel Readiness Office.

<u>Tue</u>

**Wed** 

<u>Mon</u>

### Curtis takes command of 41st FTS



U.S. Air Force photo by Melissa Doublin

**Long Range** 

Col. Stan Lawrie, 14th Operations Group commander, passes the guideon to Lt. Col. Brent Curtis, the new 41st Flying Training Squadron commander, June 14, 2018, on Columbus Air Force Base, Mississippi. The 41st FTS is responsible for training student pilots through the second phase of Specialized Undergraduate Pilot Training.

<u>Fri</u>

Sat/Sun

1.0	1.0	00	0.1	00	00/04	<u>Events</u>
USAFA Ops —	19	20	21	22 81st FS	23/24	July 4: Independence Day Holiday
Air Force Visit	comers  14th CES Change of	MTSI base tour		Change of Command, 8 a.m. @ Moody AFB		July 5: AETC Family Day July 6: Patriot Fest
	Command, 9 a.m. @ Fire Station	441	WK	)		July 10: 14th OG Change of Command
25	26	27	28 14th MDSS Change of Command	29 SUPT Class 18-11 Graduation	30/1	July 13: SUPT Class 18-12 Assignment Night July 17: Wing Newcomers
						July 19: Diversity Day July 27: SUPT Class 18-12 Graduation

<u>Thur</u>

### **Silver Wings**

#### How to reach us

14th Flying Training Wing Public Affairs 555 Seventh Street, Suite 210, Columbus AFB, MS, 39710 Commercial: (662) 434-7068 DSN: 742-7068 Fax: (662) 434-7009 E-mail: silverwings@us.af.mil

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Airman 1st Class Keith Holcomb Photojournalist

> Mrs. Tina Perry Layout Designer

#### **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) 328-2424.



### News Around Town

Free concert series with Big Hoss and The Little Joes and more will be playing at the Columbe performing at 7:30 p.m. at the Bancorp South bus, Mississippi, Riverwalk from 7 p.m.-9 p.m. Arena in Tupelo, Mississippi. Tickets are available

Alabama, American country-music group, will

### 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. Call-

ing 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 For Sale: Polan Pro Blower \$49.00 services providing a continuous source and Belkin N300 Wi-Fi router \$39.00 of income may not appear in the Bargain Line. They may, however, be

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### Air Force implements new parental leave policy, secondary caregivers given 21 days

Secretary of the Air Force Public Affairs

WASHINGTON — In accordance with the Department of Defense Military Parental Leave Program, the Air Force announced an expansion to its parental leave policy on non-chargeable leave entitlements following the birth or adoption of a child.

Previously, Air Force policy authorized 12 consecutive weeks of maternity convalescent leave to female Airmen who gave birth. Additionally, 10 days of spouse gave birth.

Effective immediately, the new policy applies to Total Force Airmen who are birth mothers and fathers, same-sex couples, as well as adoptive and surrogate parents. Reserve Component Airmen should refer to

Program, outlines three forms of non-chargeable leave following a qualifying birth event or adoption: maternity convalescent leave, primary caregiver leave and secondary caregiver leave.

Now maternity convalescent leave is six weeks (42 2016. days), primary caregiver leave is six weeks, and secondary caregiver leave is three weeks (21 days). Every birth mother will have convalescent leave. Caregiver leave is given in addition to the convalescent leave.

Covered service members having a child by birth, adoption or surrogacy will determine which parent is the primary and secondary caregiver. Designations for Total Force Service Center at 1-800-565-0102.

caregiver status should be made as early as possible and follow Department of Defense guidance. Each parent can only hold one caregiver status per birth event or adoption; for example, a secondary cannot transfer their leave to the primary caregiver.

Airmen should submit their caregiver leave as determined by their local unit commanders. Until Leave-Web is altered to allow for a caregiver leave category, members will request the non-chargeable caregiver leave by selecting (T) Permissive on the type dropnon-chargeable leave were given to an Airman whose down menu, and then choosing rule 18 for primary and rule 19 for secondary. Until the AF Form 988 is altered, Airmen who cannot use LeaveWeb, should check "Other" in block 8 and specify primary or secondary in the remarks.

For all three types of parental leave, the allotted Air Force Instruction 36-3003 for specific eligibility time off must be taken all at once and cannot be split up. Primary and secondary caregiver leave can be taken Under the new policy, AFI 36-3003, Military Leave any time within the first year after a child's birth or

> The Air Force policy, authorized by the National Defense Authorization Act for Fiscal Year 2017, is effective immediately and retroactive to December 23,

> The Air Force Personnel Center will send out guidance via MyPers on the process for requesting restoration of qualifying non-chargeable leave.

Frequently Asked Questions can be found here. For additional information regarding the Military Leave Program, please visit AFI 36-3003 or contact Air Force

# Commander's Action Line 434-1414

The Commander's Action Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB a better place. Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command.

The Commander's Action Line phone number is 434-1414. Callers should leave their name and phone number to receive an answer. All names will be kept confidential. Message may be answered in the Silver Wings without names.

Written questions may also be brought to the PA office in the Wing Headquarters building, BLDG. 724, suite 210. Questions and answers may be edited for brevity and style.





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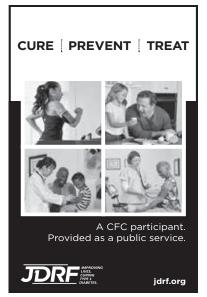
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#### **VANHERCK**

(Continued from page 1)

hours in one weapons system. He noted the silver wings on pilot's chests are more of a license to learn continuously, not just a symbol of hard work to this point, but a symbol of always striving to do more.

"Over this last year, you have continued preparing each and every day for this moment right here," he said. "Luck is something that requires a little bit of effort. ... I would tell you if you wanted to be successful as a pilot, more importantly as an officer as you continue in our U.S. Air Force, that when opportunity knocks on the door you will always be fully dressed. You may only get a handful of opportunities to hear a knock on that door, so be ready, especially when it comes time for combat."

He transitioned to his final points, his service doesn't continue after 30 years because of the aircraft he flew or the power he held as he climbed the ranks, he cared about the people surrounding him. Other Air Force families sacrificing alongside him made his career what it is now and what taught him how this Air Force will continue to grow and succeed.

"I don't consider myself a bomber pilot, a fighter pilot, or a trainer pilot, I consider myself an Airman," VanHerck said. "We are Airman first."

Resident Representative

Council meeting planned

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monthly on the third Monday of each month at 1400 and will be starting July 16. There

are other specific requirements and "thank you" rewards. If you are interested please email

Hunt Housing tip of the week

drop to the class, and explained how it took 11 months for his wife to open up to the idea of moving to Japan. He explained how the bonds they made there were so strong that his wife, who hadn't wanted to even leave the U.S, now was sad to leave Japan. The sadness wasn't because of their love for Japan or the aircraft, he said, it was because of the friends they had made and the memories they were leaving behind.

"It's not about the planes and places," VanHerck said. "It's the faces."

VanHerck said he remembers joining active duty and wanting to fly constantly, he said he used to think it was all about him and how he wanted to fly aircraft.

"I [later] realized why I served," he said. "That's when I really joined the Air Force. Prior to that, it was really all about me. I keep serving today because of Airmen just like

He ended this point by speaking about how new Airmen and leaders in this Air Force will change things through innovation, courage and constructive criticism of those above and below them in rank.

"Courage is what you do when everyone's watching," he said. "Character is what you do when nobody is watching. We need leaders with character. You combine those two traits and you will go far with this nation, you will He told the story of his assignment night go far as a leader, you will go far as an officer.'

### Pilot Partner SUPT Class 18-10



U.S. Air Force photo by Sharon Ybarro

Col. Douglas Gosney, 14th Flying Training Wing commander, and 1st Lt. Benjamin Carrero, class leader of Specialized Undergraduate Pilot Training Class 18-10, award Pilot Partner Lindsey Beck and Zachary's for their support June 9, 2018, on Columbus Air Force Base, Mississippi. The Pilot Partner Program is a way for Columbus AFB to engage with the community and build relationships for entire careers.

### Leadership Perspective: Attitude

Chief Master Sqt. William Whitt 14 Mission Support Group

Military operations and the tasks that our nation has entrusted us to fulfill are far from normal and requires more than what is required of the so called typical organization. As a matter of fact, I think that 'something extra' is largely influenced by the attitude displayed by members of our teams; especially those called to be in a position of leader-

The truth is that a positive attitude can be very much infectious, and I wholeheartedly believe that maintaining a positive attitude lends itself to a can do/will do culture, strengthened comradery and breeds resiliency amongst every member of a unit.

Yes, the unique circumstances associated with military operations and what might be taking place in our personal lives can take its toll on us mentally and there will be days when that positive attitude is going to be a

attitude to get others in the unit through a positive attitude will pay dividends for you

on that positive attitude or the attitude of others to get us through our own tough days. That I say is an extraordinary thing about being a member of the U.S. military. What I consider a 'Higher Calling' of

sorts, in that we do not just have coworkers or mere colleagues. I would argue that as a matter of fact, the Airman/Civilian serving next to you, regardless of race, creed, color or religion is your brother/sister, your family.

As family, we're here to lean on one another, especially when life throws us that curve ball and we need someone to help us through those rough patches. These words that I share are not some revelation that you're hearing for the first time. Reality is that you've probably heard these same words more eloquently stated previously by leaders that are much wiser than I am.

My intent here is merely to plant the seed of contemplation. You cannot chose what happens to you in life, but you can chose how you react to those things that happen. and a good attitude is fundamental. Atti-One day we may be lending our positive tude is a personal choice; choosing to have a tough spot and other times we will be relying those that you lead and the mission...



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### 14th CS commander shares journey: 'If you don't try, you won't go far'

#### Airman 1st Class Beaux Hebert

14th Flying Training Wing Public Affairs

Born in a foreign country then enlisting in the U.S. Army Reserves and later commissioning as a U.S. Air Force office, this Airman has had quite the journey.

Maj. Eddy Gutierrez, the new 14th Communications Squadron commander, was born in Managua, Nicaragua and moved to the U.S. when he was 7 years old. He said his mother wanted to get away so he and his brothers would not be recruited into the Contra War. The war consisted of multiple rebellions against the Sandinista government.

"We grew up with nothing and now, here I am," Gutierrez said. "When I was young, I remember climbing up this hill in Nicaragua and I saw a road for the first time. It wasn't the road that caught me, it was a car that was driving along the road. Here I am barefoot and poor and to me it was a defining moment of 'What is that? Why don't I have that?"

In 1988, Gutierrez moved to New Orleans to be with his mother. Growing up, it was hard for him and his brothers to fit in. He said that diversity was a problem because he didn't relate with any groups or cliques. He was also a part of the Air Force Junior ROTC program.

Between his junior and senior year of high school, Gutierrez enlisted in the Army Reserves and attended boot camp. He originally wanted to join the Air Force, but he was not yet

"I originally went Reserves because I knew I wanted to do college," Gutierrez said.

After he graduated high school, Gutierrez took a side job and worked a brief time, but eventually attended Louisiana State University in Baton Rouge, Louisiana. Still in the Army Reserves, he began to look in to their Air Force ROTC

"One day, there was a college fair happening and there was a ROTC booth, so I walked over there being curious, Gutierrez said. "I talked to a few folks and decided to sign up

While he was at LSU, disaster struck when Hurricane Katrina hit. He and his roommate harbored their families in their small college dormitory.

matter how much you plan, there's going to be something

Gutierrez received his commission as a second lieutenant in the Air Force in 2006 and first duty station was at Incirlik Air Base, Turkey. While at Incirlik AB, Gutierrez and his wife the wing commander down to the Semper Fi Fund unit, they worked in the same office.

"My wife ended up being my squadron commander's secreduring his recovery time." tary," Gutierrez said. "It was interesting because my squadron commander asked me if it was going to be a problem and I ter if you're a Soldier, Sailor, Airman or a Marine, the military told him it wasn't. Ever since then, we always seem to end up will take care of you and your family. He said that the wound-

firsthand how, not of the Air Force, but the Defense Depart- wanted to go back out there to help their brothers and sisters. ment takes care of their people. Gutierrez's has two brothers



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

Maj. Eddy Gutierrez, 14th Communications Squadron commander, talks to Staff Sgt. Tierria Lofton, 14th CS NCO in charge of client systems, after presenting her an Air Force Achievement Medal June 11, 2018, on Columbus Air Force Base, Mississippi. Before coming to Columbus, Gutierrez's last duty station was at Barksdale Air Force Base, Louisiana.

in the service. One brother joined the Marines and the other

In October 2010 Gutierrez was en route from New Orleans to Eglin Air Force Base, Florida, when he got a call from "When Katrina hit, my now wife and I were getting mar-his brother in the Army. His Marine twin brother had been ried and lost everything we had," Gutierrez said. "It doesn't deployed to Afghanistan as an infantryman, and was shot in the head and critically injured. Gutierrez was the one who inthat gets in the way but it turned out to be a blessing because formed their mother and worked with support agencies to get we moved the wedding to Lafayette, Louisiana and it ended his family to Walter Reed National Military Medical Center up being a big reunion of everyone who was spread out be- in Bethesda, Maryland to be with his brother in his time of

"He pretty much lost all of his motor and speaking skills, so he had to relearn all of that," Gutierrez said. "Overall, from all took care of us by making sure we were there with him

Gutierrez said that event showed him that it doesn't mated warriors never complained about how they were injured Since his time in the Air Force, Gutierrez said his has seen or if they should have done something different, they just



Maj. Eddy Gutierrez, 14th Communications Squadron commander, was originally born in Managua, Nicaragua. His mother took him and his brothers to the U.S. to flee the Contra War. Gutierrez joined the Army Reserves in 2000 and received his commission in 2006 through the Louisiana State University Air Force ROTC program.

worked hard to give his family a better life than he had grow-

"Over the years, I've learned that everything happens for a Coming from a humble background, Gutierrez said he has reason, and if you don't try, you won't go far," Gutierrez said.

# **HQ AETC** appoints new Chief Learning Officer

AF News

Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – Lt. Gen. Steve Kwast, commander of Air Education and Training Command, announced Dr. Matthew Stafford as the command's new chief learning officer May 23, here.

In the role, Stafford is responsible for the planning and monitoring of the command's new learning paradigm, the Continuum of Learning, as well as assisting the AETC commander with his force development commander responsibil-

"Force development is the ability to develop every human being to their full potential, consistent with their passion in education, training and recruiting," said Kwast. "We are excited to have Dr. Stafford on the team to guide our force development and continuum of learning strategies more efficiently as move training into the 21st century.'

Foundationally, using innovative ideas to reshape the learning landscape across the Air Force enterprise is at the top of Stafford's job description.

"The Air Force has come to accept that innovation for the future is going to start with Airmen," Stafford said. "That means we have to design our learning environments differently to promote that kind of ingenuity."

Two of Stafford's top priorities are the development of the Air Force Learning Services Ecosystem and the Airman's Learning Record that will form the technological foundation of the Continuum of Learning.

"Learning is so critical to Air Force readiness that we need a means to quantify and track it, which is what the Air Force Learning Services Ecosystem allows us to do," Stafford said. "The ecosystem will allow commanders at all levels to make better operational and developmental-investment decisions, enabling us to build the most effective, most innovative and most lethal multi-domain warfighters in Air Force history."

Stafford noted the ecosystem will provide a centralized data collection and distribution point for core learning services such as content development and delivery, student

Dr. Matthew Stafford discusses the Continuum of Learning with a visitor at Air Education and Training Command headquarters, Joint Base San Antonio-Randolph, Texas, June 1, 2018. Stafford, appointed as AETC Chief Learning Officer on May 23, 2018, is the first person to hold the position in approximately seven years.

management, evaluation and testing, and advanced analytion, training and experience."

cord, which is basically the collection of what Airmen know who served 29 years on active-duty. His previous position and what they can do in ways that haven't been tracked be- was vice president of academic affairs at Air University, lofore," Stafford said. "Again, learning gained through educacated at Maxwell Air Force Base, Alabama.

Stafford, who has been serving as the interim chief learn-"From the AFLSE, we'll access the Airman Learning Reing officer since July of last year, is a retired Air Force officer

### Ph.D. program for Air Force captains now accepting applications

#### **Richard Salomon**

Air Force's Personnel Center **Public Affairs** 

JOINT BASE SAN ANTONIO-RAN-DOLPH, Texas — The application window for the Chief of Staff of the Air Force Captains Prestigious Ph.D. Program is open for active duty Air Force captains who seek unique learning experiences at top universities.

The program offers three captains the

institution with the goal of building Air ments. Force and joint leaders who can commu-

A senior-level panel of general officers tems and theories. will review and select members for the er officers' military performance, strength Support Branch by July 27, 2018, with Military-Developmental-Education/.

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Degree options include Asia Pacific Complete eligibility and applica-For more information about military

16 SILVER WINGS June 15, 2018

Produce Pilots, Advance Airmen, Feed the Fight

### Barnhill returns from Warrior Games, earns 3 medals

Tech. Sgt. Christopher Gross
14th Flying Training Wing
Public Affairs

COLUMBUS, Miss. – Capt. Hunter Barnhill was greeted with cheers from Columbus Air Force Base Airmen as he entered the terminal at the Golden Triangle Regional Airport June 10 in Columbus, Mississippi, after returning from the Department of Defense Warrior Games in Colorado Springs, Colorado.

Barnhill, a 37th Flying Training Squadron T-6 instructor pilot, spent the past week, June 1-9, competing in shooting, cycling and indoor rowing events, and earned three medals. He earned a silver in the four-minute endurance race indoor rowing event, a bronze in the one-minute sprint indoor rowing event and a bronze in the 10M Air Rifle Standing SH2 shooting competition.

Barnhill's three medals also helped Air Force come out on top in the overall medal count with 166, Navy was in second with 101 and Army third with 99.

"I think what really did it, where these medals came from, is the support I had from my friends and family, and from everybody at Team BLAZE and Columbus Air Force Base," Barnhill said upon his return to Columbus.

"This past week was incredible, I went there this week with the intention of inspiring people and showing people not to give up, but instead I was inspired," he said. "I got the drive back, that flame. That spark inside of me to continue serving my country was reignited."

Among those who came out to welcome Barnhill back was Col. Douglas Gosney, 14th Flying Training Wing commander, and he talked about how happy he and the rest of Team BLAZE was about Barnhill's accomplishments.

"We're just tremendously proud of him and want the rest of the day to focus on him and that's why we're all here," Gosney said. "He deserves a true hero's welcome."

Barnhill's success comes with only about four months of training and preparation. He attended the Air Force Trials in mid-February at Nellis Air Force Base, Nevada, and has been training since then. With limited amount of time to prepare, Barnhill — who in 2017 suffered a seizure and would later find out that it was a result of brain cancer — said he surprised himself with his success, "I didn't expect to win any medals and instead I'm walking away with three, which is pretty

number of medals that you won, it was about how many medals the team won," Barnhill said.

"It wasn't about the

One of the things that Barnhill said surprised him was the way that everybody came together on Team Air Force.

"It wasn't about the number of medals that you won, it was about how many medals the team won," Barnhill said.

Among those who attended Warrior Games to cheer on Barnhill and the rest of the wounded warriors was Maj. Jesse Rosal, 14th FTW T-6 wing flight safety officer. Rosal has been very supportive of Barnhill since his diagnosis and said Barnhill has been an inspiration for many during his recovery.

"I'm just so incredibly happy for him and his family," Rosal said. "His faith is very important to him and God worked through him. [For] him to be so motivating and inspiring for others [is good to see]. He works harder and has had a better attitude than anybody I've ever met in my entire life."



U.S. Air Force photo by Tech. Sgt. Christopher Gross Capt. Hunter Barnhill, 37th Flying Training Squadron instructor pilot, shows off the medals he earned while competing in the Department of Defense Warrior Games June 10, 2018, at the Golden Triangle Regional Airport in Columbus, Mississippi. Barnhill, who in 2017 suffered a seizure and would later find out that it was a result of brain cancer, competed in three events during the Warrior Games.



U.S. Air Force photo by Iech. Sgt. Christopher G

Capt. Hunter Barnhill, 37th Flying Training Squadron instructor pilot, is surprised by members of Team BLAZE who came out to greet him upon his return from the Department of Defense Warrior Games June 10, 2018, at the Golden Triangle Regional Airport in Columbus, Mississippi. Barnhill's three medals also helped the Air Force come out or top in the overall medal count with 166, Navy was in second with 101 and Army third with 99.



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

gional Airport in Columbus, Mississippi.

Barnhill, who in 2017 suffered a seizure and would later find out that it was a result of brain cancer, competed in three events during the Warrior Games.

Capt. Hunter Barnhill, 37th Flying Training Squadron instructor pilot, talks to those who came to greet him upon his return from the Department of Defense Warrior Games June 10, 2018, at the Golden Triangle Regional Airport in Columbus, Mississippi. Barnsult of brain cancer, competed in three events during the Warrior Games.



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### Chief mentors Airmen their career field doesn't define them

#### Airman 1st Class Keith Holcomb

14th Flying Training Wing **Public Affairs** 

"Once upon a time... I was indestructible. feared no one and nothing. Every challenge was an opportunity to triumph, every roadblock an opportunity to crush and prevail by brute force alone. Every decision I ever made in my military career was exclusively aimed at getting myself closer and closer to the fight," – Chief Master Sgt. Bradley Reilly

Chief Master Sgt. Bradley Reilly wasn't born with a scarlet beret in one hand and a land-to-air communications radio in the other. In fact, being a combat controller wasn't his idea of a dream job over 30 years ago.

Reilly used hard work, brute force and creative problem solving together to perform exceptionally well throughout his career in the Marines and Air Force. His willingness to volunteer and work hard no matter where he found himself allows him to now teach Airmen their paths are not defined by their career field.

#### Once a Marine, always a Marine

"I came in initially and had to be a reservist, my parents didn't want me to go on active duty at first," Reilly explained. "I went to boot camp loving it, I hated the fact I was a reservist, everyone was getting orders around the Marine Corps and I was going back to my home in Phoenix.'

After returning home, he spent the next nine months training to be a combat engineer only to find he was actually going to be a heavy equipment operator in the combat engineer career field.

He was able to transition to active duty in 1990 where he was assigned to the 1st Landing Support Battalion in Camp Pendleton,

"Shortly thereafter in August of that year, the first Gulf War kicked off," Reilly said.

He volunteered and became a part of the fight in Saudi Arabia, with no infrastructure and a handful of help, he would spend 18 hours a day on a forklift building a forward operating base. He spent nine months in Saudi Arabia, working 18-hour days and left a month after the ground war ended.

"I always did my best," Reilly said. "Just because I wanted to be infantry Marine doesn't mean I'm going to give up as a heavy was a terrible detail," Reilly said. "If there was equipment operator.'

His mentality is what has always led Reilly to raise his hand for any opportunity that want to do.' may get him closer to the fight and to the



Marine Private Bradley Reilly, heavy equipment operator, poses for his first official military photo at 18 years old in San Diego, California, 1988.

front lines. He came home only to volunteer hicle parts to repair a Marine vehicle. From himself to deploy to Somalia in 1992 where he supported the 7th Motor Team as a M60 rear security gunner.

"One day we were coming back through a place we were taking fire and the whole convoy stops," Reilly said. "[My gunnery sergeant] jumped out and screamed up and down the vehicles 'Leave the drivers and the gunners, everyone else dismount, I'm tired of getting shot at from this village so we're going to sweep it' and I was disappointed because I had to stay and protect the convoy."

While in the convoy, the gunners and drivers all sat complaining about having to sit out on the action, waiting for the town to erupt into a firefight, but the town stayed

Coming from the other direction, a vehicle drove directly at the convoy with weapons in their possession, so Reilly and another gunner put endless amounts of bullets into the truck, eliminating the threat.

"I'll tell you one thing, I've volunteered and volunteered and volunteered for absolutely everything. For every good detail there any way to get me closer to the fight or get me off the heavy equipment, that's what I would

One day, he volunteered to search for ve-



Marine Sergeant Bradley Reilly poses for an official photo after graduation from Drill Instructor School in San Diego, Cali-

compound to compound, he and his team looked for what they needed when they happened to stumble upon a maintenance facili-

"We popped open a chained door and saw a room maybe 20 by 20 feet, full of ammunition, weapons and two Tube-launched, optically tracked, wire-guided missiles," Reilly said. "I remember tiptoeing around the room and calling out what I found. By this time everyone is at the door, so we start slowly handing stuff out and loaded it into our trucks. All of a sudden, we had incoming rounds."

During the firefight, a gunner was stumbling with his weapon. The Marine had loaded his ammunition upside down, Reilly reacted, taking the Marine's place, and returned fire so the team could get away safely.

"Right there it clicked for me that; when other people are afraid or weren't thinking clearly, I was good," Reilly said. "I could make clear decisions. That was where I was meant **Staying in the fight at 30** 

#### Pick up the pieces

Shortly after Somalia, he was sent to Sergeant School after his promotion to E-5. In Sergeant School, he called his assignment manager and told them he'd like to be a drill

"It's a lot of hours and it takes a different

"I always did my best," Reilly said. "Iust because I wanted to be infantry doesn't mean I'm going to give up as a heavy equipment operator.'

mentality," Reilly said. "I was sent to drill instructor school after a year as a platoon sergeant in Japan. I learned a lot about myself, I grew up in some ways, realized some of my shortcomings."

He became a drill instructor in 1995 and remembers fondly training troops day after day for months at a time. His training was intense and he was regarded amongst his peers as a good fit in the drill instructor community.

Reilly became a senior drill instructor after five platoons and by his seventh platoon he was the company senior drill instructor. He was remarked to be the first E-5 Drill instructor at the highly selective Drill Instruc-

He and his team were working hard pushing recruits through the program like usual, but a few drill instructors went overboard leading to allegations against the team and eventually replacing them all.

He went from zero to hero, he explained, and found himself sitting around working a boring 5-3 duty.

"What do you do when you crash," he said. "You have two options; you give up or you get back into the fight.'

Reilly dusted himself off, earning a spot as a receiving barracks chief drill instructor and returned to the fleet, earning an early promotion to staff sergeant and on track to promote to gunnery sergeant.

"I was really thinking if I could just be an infantry Marine, I would love that," he said. "I love running around with a rifle in my hand, I love the tactical level stuff. I had a discussion with my wife about how I didn't feel challenged and didn't see any interest in the future ... I wasn't going to be sent to do

See CHIEF, Page 7

#### Air Force **Readiness Programs**

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790.)

#### Wing Newcomers Orientation

The next Wing Newcomers Orientation will be held from 8 a.m.-noon June 19. 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.

#### **Hearts Apart**

The next Hearts Apart will be held from 5-7 p.m. June 28. This monthly social event is for family members whose sponsor is deployed, on a remote tour, or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

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

The next Transition Assistance Program (TAP) workshop will be held 7:30 a.m.-4 p.m. July 9-13, and includes seminars on: Transition, Military Occupational Code Crosswalk, Financial Planning, Health Benefits, Mississippi Department of Employment Security, Department of Veterans Affairs, Disabled TAP, and Department of Labor. Preseparation counseling is required before attending, and recommended attendance is 8-12 months prior to separation/ retirement. Spouses are encouraged to attend with their sponsor. To register or for more information, please call the TAP Manager at (662) 434-2631/2790.

#### Career Technical Training Track Workshop

The next Career Technical Training Track workshop will be held from 8 a.m.-3 p.m. July 16-17, 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)

#### Linked-In Workshop

The next Linked-In workshop is 2-5 p.m. Sept. 17-18. You'll learn how to establish/use a Linked-In account. To register or for more information, please call A&FRC at (662) 434-2790.

#### **Pre-Separation Counseling**

This counseling is a mandatory briefing for personnel separating or retiring, and is to be completed at least 90 days prior to separation. It may be completed up to 12 months prior to separation or retirement. Counseling is held daily at 8:30 a.m., and it takes approximately 60 minutes. Please contact Airman & Family Readiness

### The 14th Flying Training Wing



Airmen of the 14th Flying Training Wing stand together during a wing photo June 11, 2018, on Columbus Air Force Base, Mississippi. The 14th FTW is one of three wings in the Air Force responsible for Specialized Undergraduate Pilot Training.

Center (A&FRC) at (662) 434-2790 for more information.

### Pre- and Post-Deployment Tour

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

#### Survivor Benefit Plan

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

#### **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

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 Sundays of every month Tuesdays:

1:30 a.m. – Daily Mass Wednesdays: 11:30-12:30 p.m. – Adoration

#### 10:45 a.m. – Traditional Worship Service Wednesdays:

Protestant Community

4 p.m. - Music Rehearsal Thursdays:

5:30 p.m. - Student Pilot Bible Study (Chapel Library)

9 a.m. – Adult Sunday School (Chapel Library)

#### **Ecumenical services** Wednesdays:

6 p.m. – Youth Group

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

### **Backyard Bible Sortie**

The Chapel will be hosting Backyard Bible Sortie with free ice cream from 6:14-7:14 p.m. June 24, at the Capitol residential playground. There will be two more Backyard Bible Sorties hosted July 8 and July 22.

FSS SERVICES SILVER WINGS

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

Columbus Air Force Base Information and Events

#### New Arts and Crafts Customer Service Hours

The Arts and Crafts customer service hours are as follows: Monday through Friday from 10 a.m. until 1:30 p.m. For more information, contact 434-7836

#### Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday thru Friday at the Columbus Club. Daily buffets include: Tuesday - Taco and Nacho \$9, Wednesday – Chicken Wings and Pasta \$10, Thursday – Southern Style \$10 and Friday – Fried Catfish \$10. Club Members receive a \$2 discount. For more information, contact 434-2489.

#### Base Pool Open for Season

Independence Pool is open daily from 11 a.m.-6 p.m. through Sept. 3. Lap swim is available Monday - Friday from 6 a.m.-7:30 a.m., 11 a.m.-12:30 p.m. and 5 p.m.-6 p.m. No lap swim available on holidays or weekends. You may purchase your seasonal pool pass at ITT; located in the BLAZE Commons. For more information, contact ITT at 434-7861.

#### Swim Lessons

So you want to learn to swim? Sign up now at ITT! Swim lesson ages: Frog and Tadpole (ages 6 months thru 3 years), Little Nemo (ages 4 and 5 years), and Dolphin (must have completed level 1 and 2 of Little Nemo). Sessions will be held July 9 - July 20, and July 23, Aug. 3. For more information, contact the ITT office located in the BLAZE Commons.

#### Pool Party for E-4 Airman and Below

Free entry! Music! Fun! Join the fun at the Base Pool from 7 p.m.–11p.m. Jun. 22. Taco bar available for only \$5 club members and \$7 non-members. For more formation, contact 434-2505

#### Wine and Cheese Tasting

Swirl. Sniff. Sip. Join the Columbus Club for a Wine and Cheese Tasting at 7 p.m. Saturday, Jun. 23 at Independence Pool. mation, contact 434-2772. Non-alcoholic cocktails available; swim attire optional. Purchase your tickets at the Columbus Club. For more information, contact Lunch Brunch at the Club 434-2489 or 434-2471.

#### Ties and Tiaras Father Daughter Dance

5:30 –9:30 p.m. Jun. 23. The cost is only \$30 per couple; \$12 each additional daughter. Enjoy fun, food, games and an evening of music by Paul Brady. A photographer will be available. For more mation, contact 434-2489. information, contact 434-2489

#### Patriot Festival

ot Festival July 6 featuring performance by Thompson Square and more information, contact 434-2934. Easton Corbin. More details coming soon!

#### Pool Party for E-5 and E-6 Airman



#### Free Breakfast for Club Members

Start your morning off at the Overrun! Free breakfast buffet for club members from 6:30–9 a.m. July 17. The cost is only \$8 for non-members. Become a club member and save! For more information, contact 434-2489.

Reservations can be made by June 19 at the Columbus Club or

#### Dog Days of Summer 5K

The Fitness Center is offering a Dog Days of Summer 5K at 7 a.m. July 20. Come take Fido for a stroll. Water stations and goodies will be available for your pup and family. For more infor-

Join the Columbus Club for Lunch Brunch from 11:30 a.m.–1:30 p.m. July 24. The cost is only \$10 club members; \$12 non-members; \$5 children 5–11; free for 4 and under. The The Columbus Club is offering a Father Daughter Dance from menu includes traditional breakfast items, fried chicken, mashed potatoes, vegetables, salad bar and the following stations: roast beef carving, waffle, omelet, dessert and beverage. For more infor-

#### Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. Save the date! The Force Support Squadron is offering a Patrifor ages 3–6 years and Fridays at 10 a.m. for ages birth–2 years. For

#### FSS Gift Cards

Make your shopping easier! Purchase or redeem your FSS Gift Fun! Prizes! Free entry! Join us for a Pool Party for E-5 and E-6 Card at the following locations: Arts and Crafts, Bowling Center, Airman from 7-11 p.m. July 13. Free movie "Black Panther" will Café at Whispering Pines, Child Development Center, Columbus be shown at 8:30 p.m. Taco bar available for only \$5 club members Club, Information Tickets and Travel, Outdoor Recreation or the and \$7 non-members. For more information, contact 434-2505 or Youth Center. For more information, stop by any of these loca-

#### 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 Boardina Available**

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

#### Free Mango Languages

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

#### Play Paintball

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

#### The Overrun 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.–12 p.m. 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

Produce Pilots, Advance Airmen, Feed the Fight

#### CHIEF

(Continued from page 6)

anything cool, I was 30 years old. She asked 'what if you could do anything in the world?""

He found a website about Air Force special operations jobs and found combat control, which he said sounded like the perfect fit for him.

"It had everything I wanted," Reilly said. "I also saw the requirements and knew I could do everything except the swimming portion. so I found a friend who would help me train and we trained at the base pool."

Around 30 years old and roughly 13 years into his Marine career, as his friends would describe him, a die-hard Marine, he denied his re-enlistment under his own advice he had been given to disgruntled subordinates.

"Maybe the Marine Corps you're looking for is not in the Marines, maybe it's in the SEALs, the Army, the Navy, or the Air Force," he would say.

When he went to the recruiter, he was told he was going to have to wait for a slot to open up and then he'd be sent to training.

"I sat and watched the war start on my couch that September when the trade towers fell," Reilly said. "I said, 'Holy shit what have I done? I'm not in the military.' There I was sitting on my couch as a civilian, and I wouldn't even be able to help in this war for three years because of the training I'd have to complete."

#### Aim for the top always

During those years where Reilly wasn't able to be on the front lines, he was still top of his class in just about every realm of training. Once he was finished, it didn't take him long to get back down range.

He was a part of numerous deployments over the following years in Libya, Columbia and Afghanistan where he built airfields from scratch; called in the largest heavy equipment drop since World War II; and attached with other special tactics units to partner with

Heart for his ability and unrelenting serthe battlefield was the place he wanted to be. and he noted he still continues to learn.

He has been recognized with numerous field and in the Air Force Special Operations Command community.



Tech. Sgt. Bradley Reilly, combat controller, stands with Chief of Staff, Gen. T. Michael Moseley in 2006.

only request was to stay the team leader so he could continue training controllers and deploying with them.

"I always wanted to be challenged and invested in," Reilly said. "I was on track to have a great career in the Marines, but it wasn't the career I wanted. CCT is what allowed me to find what I was made of and what I was made for."

From the start of his career, Reilly was firm communities to weed out terrorist groups or in his beliefs, but not stubborn enough to dismiss the need to grow and evolve as a leader From earning a Silver Star and Purple and team member. Through every rank, he said he has always tried to be involved in a vice during a mission on April 11, 2005, to training course, an exercise, or a deployment. a Bronze Star with Valor, and many other His determination to try new things and his noteworthy missions, Reilly had no doubt persistence brought him to where he is today,

"Your role is to be the best at whatever you as an NCO in the combat controller career best at what they bring to the team, there will be no shortcomings when the time to complete the mission arises."

He was step promoted to master sergeant Leading and military service are not someto reach their full potential. in the hospital after his son was born. His thing everyone is cut out to do. His decisions



SILVER WINGS
June 15, 2018
7

Tech. Sgt. Bradley Reilly, combat controller, prepares to clear caves in Afghanistan,



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

Chief Master Sgt. Bradley Reilly, 14th Operations Group Superintendent, speaks to a crowd during a Veterans Day ceremony Nov. 11, 2017, in Columbus, Mississippi, Reilly was the featured speaker for the ceremony, which also included a parade before-

awards for his leadership and ability to lead do in your team," he said. "If everyone is the were made by him to better himself. He now "Taking a guy from heavy equipment operurges young Airmen to make their career ator in the Marines and fast forwarding 30 what they want it to be, reminding them at the end of the day, it's their choice to attempt his career on an assignment as the Presiden-

"You can't see the future," Reilly said. could have guessed that."

years and that same guy is going to be ending tial Airlift Group superintendent. Nobody

SILVER WINGS 13 Produce Pilots, Advance Airmen, Feed the Fight Produce Pilots, Advance Airmen, Feed the Fight

# **BLAZE Hangar Tails: B-2 Spirit**

both conventional and nuclear munitions. A dramatic leap—of four and the B-52's crew of five. forward in technology, the bomber represents a major milestone in the U.S. bomber modernization program. The B-2 **Background** brings massive firepower to bear, in a short time, anywhere on the globe through previously impenetrable defenses.

tiveness inherent in manned bombers. Its low-observable, or "stealth," characteristics give it the unique ability to pene- B-2. trate an enemy's most sophisticated defenses and threaten its most valued, and heavily defended, targets. Its capability to the B-2. The first aircraft, Spirit of Missouri, was delivered penetrate air defenses and threaten effective retaliation pro- Dec. 17, 1993. Depot maintenance responsibility for the B-2 vides a strong, effective deterrent and combat force well into is performed by Air Force contractor support and is managed the 21st century.

The revolutionary blending of low-observable technologies with high aerodynamic efficiency and large payload low-observability provides it greater freedom of action at high 6,000 nautical miles (9,600 kilometers).

of reduced infrared, acoustic, electromagnetic, visual and raphisticated defensive systems to detect, track and engage the classified; however, the B-2's composite materials, special coatings and flying-wing design all contribute to its "stealth-

The B-2 has a crew of two pilots, a pilot in the left seat and The B-2 Spirit is a multi-role bomber capable of delivering mission commander in the right, compared to the B-1B's crew

The first B-2 was publicly displayed on Nov. 22, 1988, when it was rolled out of its hangar at Air Force Plant 42, Palmdale, California. Its first flight was July 17, 1989. The B-2 Combined Test Force, Air Force Flight Test Center, Edwards The B-2 provides the penetrating flexibility and effec- Air Force Base, California, is responsible for flight testing the engineering, manufacturing and development aircraft on the

> Whiteman AFB, Missouri, is the only operational base for at the Oklahoma City Air Logistics Center at Tinker AFB,

The combat effectiveness of the B-2 was proved in Opergives the B-2 important advantages over existing bombers. Its ation Allied Force, where it was responsible for destroying 33 percent of all Serbian targets in the first eight weeks, by flying altitudes, thus increasing its range and a better field of view nonstop to Kosovo from its home base in Missouri and back. for the aircraft's sensors. Its unrefueled range is approximately In support of Operation Enduring Freedom, the B-2 flew one of its longest missions to date from Whiteman to Afghanistan The B-2's low observability is derived from a combination and back. The B-2 completed its first-ever combat deployment in support of Operation Iraqi Freedom, flying 22 sorties dar signatures. These signatures make it difficult for the so- from a forward operating location as well as 27 sorties from Whiteman AFB and releasing more than 1.5 million pounds B-2. Many aspects of the low-observability process remain of munitions. The aircraft received full operational capability status in December 2003. On Feb. 1, 2009, the Air Force's newest command, Air Force Global Strike Command, assumed responsibility for the B-2 from Air Combat Command.

The prime contractor, responsible for overall system design and integration, is Northrop Grumman Integrated Systems Sector. Boeing Military Airplanes Co., Hughes Radar Systems Group, General Electric Aircraft Engine Group and Vought Aircraft Industries, Inc., are key members of the air-

#### **General characteristics**

**Primary function:** multi-role heavy bomber

Contractor: Northrop Grumman Corp. and Contractor Team: Boeing Military Airplanes Co., Hughes Radar Systems Group, General Electric Aircraft Engine Group and Vought Aircraft Industries, Inc.

Power plant: four General Electric F118-GE-100 engines

Thrust: 17,300 pounds each engine Wingspan: 172 feet (52.12 meters) Length: 69 feet (20.9 meters)

Height: 17 feet (5.1 meters) Weight: 160,000 pounds (72,575 kilograms)

Maximum takeoff weight: 336,500 pounds (152,634 ki-

Fuel capacity: 167,000 pounds (75750 kilograms)

Payload: 40,000 pounds (18,144 kilograms)

**Speed:** high subsonic

Range: intercontinental **Ceiling:** 50,000 feet (15,240 meters)

**Armament:** conventional or nuclear weapons

Crew: two pilots

Unit cost: Approximately \$1.157 billion (fiscal 1998 con-

Initial operating capability: April 1997

**Inventory:** active force: 20 (1 test); ANG: 0; Reserve: 0







The B-2 Spirit approaches the boom of a McGuire Air Force Base, New Jersey KC-10A Extender during a Capstone orientation flight. Capstone is a Joint Airborne/Air Transportability Training mission providing interservice training for the wartime application of airlift. Through Capstone, senior level officers are able to observe the significance of airlift and its role in all military operations.



### Getting enough sleep and rest for optimal performance



For some, getting enough sleep is like wishing for a pot of gold thinking "if I run just fast enough, and get to the right spot at the perfect time I will find that pot of gold!" It just never happens. Getting the right amount of sleep of 7-8 hours per night can be a constant battle, especially when trying to create a work-life balance that works.

Our busy and sometimes frenzied military culture infuses a combination of six or less hours of sleep per night with two or more cups of coffee just to function during the day. For those that are constantly traveling, sleep is even more elusive as you may be living out of your suitcase and never really get a chance to wind down. This type of lifestyle can become dangerous as your sleep cycle is thrown out of whack placing your health in jeopardy.

#### Why sleep is important

Getting the right amount of sleep is important for many reasons. Without the proper amount of sleep, our bodies will shut down. Sleep is a foundational pillar of our bodies ability to function and survive. In the same way that our bodies need food and water, without sleep, our bodies have no way to recharge its batteries, get rid of waste, or allow our minds to escape into dream state, also known as REM or "rapid eve movement."

Sleep also supports a healthy immune system and boosts the body's ability to fight off any infections the body may have been exposed to. When your body does not get the proper amount of sleep it is more susceptible to illness which could make you a mission liability rather than a mis-

Not getting the proper amount of sleep is not just a personal health issue, it is also a public one. Accidents and mishaps occur mostly not because of incompetence or lack of experience, but because of sleep deprivation and fatigue. By not getting the recommended 7-8 hours of sleep per 24-hours, the safety and health of individuals and those around them can be negatively impacted.

### Effects of poor sleep on readiness and perfor-

Most Warfighters when faced with challenging and

stressful situations will fall into a "fight or flight" behavior Once the stressful event that caused this to occur has end ed, the adrenaline and triggers that supported the ability to sustain wakefulness is now over and the body will need to recover, i.e., sleep.

Being able to recover from stressful situations and accomplish any task or mission effectively, effortlessly and safely is important to mission success. High quality sleep can improve concentration, reflexes, decision-making, attention and judgment. The negative impact as a result of insufficient sleep can be seen through poor judgment, reduced cognitive function, slower reflexes and the inability to move for sustained periods of time. Remember, no one immune to the effects of sleep loss. The only way to reverse the effects of sleep loss is to get more sleep.

#### Changing sleep habits for better performance

Rest and sleep are keys to success. When you get the proper amount of sleep and institute a work-rest cycle to your day, your ability to perform at your highest potential can be achieved. To optimize your sleep and improve your daily performance, apply these sleep tips.

- Avoid screen time close to bedtime and in bed. Screen time includes TV watching, computer use and smartphone use. Turning off electronic devices will help you to "switch off" the brain.
- Make your sleeping environment
- Create a routine that incorporates relaxation techniques such as deep breathing exercises or the Progressive Muscle Relaxation technique.
- Make sure to have regular and consistent bedtime hours. Go to sleep the same time every day to include your off days.
- If you have not fallen asleep after 30 minutes of laying in bed, get up. Don't try to force it. Return to bed once you feel sleepy.
- Taking a rest break during the day could help give you that boost to finish the day. Make sure that it is not longer than 30 minutes and before 3 p.m.



1. Even With Good Habits I Still Cannon Sleep: Army Performance

2. Sleep Deficit: The Performance Killer - Harvard Business Review nttps://hbr.org/2006/10/sleep-deficit-the-performance-killer

3. Is Sleep Important: International Surgical Sleep Society; https:// surgicalsleep.org/is-sleep-important/

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



Dear Health Myth Busters,

I try to get the recommended 7-8 hours of sleep per night, but ny schedule is inconsistent and sometimes I have less than ideal sleep environments to achieve this. I've been researching ways to mitigate the fatigue I'm experiencing and I came across napping as a solution. The culture in the Air Force views naps as a waste of time and indicates laziness, and you'd be better off drinking a strong cup of coffee to perk you up. Is napping a waste of time or can it temporarily help my fatigue?

> Sincerely, **Fatigued**

Dear Fatigued,

I understand that getting the recommended amount of sleep per night can be difficult under various work conditions and finding ways to mitigate your fatigue is a good place to start. While naps do not necessarily make up for your inadequate or poor quality sleep, it can help improve your mood, alertness, and performance and reduce mistakes and accidents. Like you mentioned, the concept of taking a nap has traditionally been viewed in a very negative light but napping has been scientifically proven to boost alertness and performance. There are findings that a 10-minute daytime nap can improve alertness and performance for about 2.5 hours when you're sleep deprived. It is recommended that naps between 10-30 minutes are what you should aim for; the shorter the power nap, the better. Taking a nap longer than 30 minutes could be where the negative view of naps started, so keep your daytime nap between the recommended 10-30 minutes which also helps avoid sleep inertia, grogginess upon awakening. And while caffeine can have temporary positive effects on alertness and performance it does not replace sleep, only sleep can replace sleep.

If you are able to take a quick nap during the day here are a few tips: nap no later than midafternoon, find a quiet place or minimize surrounding noise, get comfortable, darken the area or make your area as dim as possible, and take slow deep breaths. You may not be able to shift the cultural way of thinking but receiving the right education is the first step. And if there is negative connotation with the word 'nap' simply refer to it as a 'power break.' Keep in mind that getting enough sleep on a regular basis is the best way to stay alert and feel your best. But when fatigue sets in, a quick nap can do wonders for your mental and physical stamina.

> Sincerely, Health Myth Busters

VIEWPOINT 12 SILVER WINGS
June 15, 2018

Produce Pilots, Advance Airmen, Feed the Fight

# Balance in the Air Force

Lt. Col. William T. McElhinnev III

Commander, 43rd Flying Training Squadron Air Force Reserve Command

The 43rd Flying Training Squadron is composed of both full-time and part-time reservists. Approximately 70 percent of our squadron is made up of instructor pilots that have civilian jobs and work in the Air Force Reserves on a part-time basis. These 'part timers' are traditional reservists and have to balance a civilian career, a military job, and their family. In the 43rd FTS, we refer to this balance as the reserve triad.

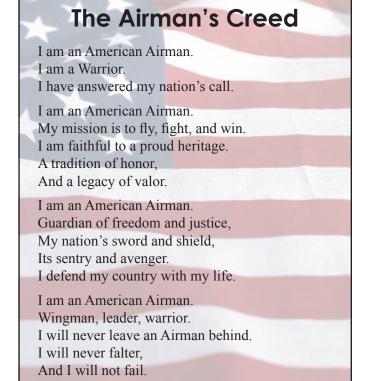
Family should come first in each Airman's life. We all have spouses, significant others, siblings, parents, or children that sacrifice a significant part of their lives to support our military profession. As Airmen, we must devote time to our families to make sure that they are taken care of, whether we are full time military members, or part-time reservists. This means taking time to go home for dinner, attend children's sports events, or simply listening to the issues that your spouse or children experienced while you were at work. A strong family support system goes a long way towards a successful balanced career.

The second part of the reserve triad is our civilian careers. If a reservist is having issues with their civilian employer, it

often negatively effects their military service. While most active duty Airmen don't have civilian employers, this second part of the triad refers to what you do while not on duty. All citizen Airmen represent the standards we uphold in the military, whether that is making the right choice to not drink and drive, helping others throughout your community or neighborhood, or volunteering some of your free time as a coach or mentor. How we act in our community translates to a balanced life and a better relationship with our community

The third part of the reserve triad is military service. For most of us at Columbus, this is the main focus in our careers for both active duty Airmen and reservists. This means living out the Air Force core values and putting those to the test every day at work, whether that is flying a student sortie, taking care of a patient, or defending the base.

As members of the community of Columbus Air Force Base, finding the right balance between family, civilian service, and military career is the key to maintaining a healthy, productive work force. Our reservists in the 43rd FTS have found a way to strike that balance every day, and this is something that all of us can do to be more productive in every facet







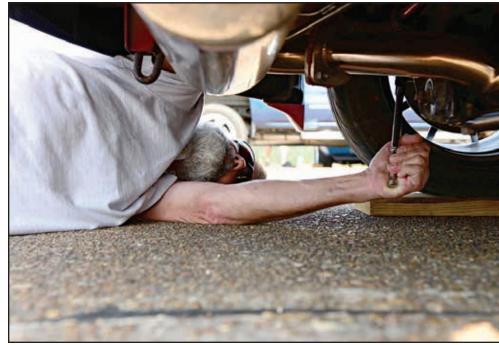
# **Autocross returns to SAC Ramp**



Taylor George, Autocross participant, drives his car on the marked track June 10, 2018, on Columbus Air Force Base, Mississippi. George drives a 2005 Honda \$2000 and has participated in the event for 10 years.



Sean Aldinger, Autocross participant, checks his car's tire pressure June 10, 2018, or Columbus Air Force Base, Mississippi. Aldinger drives a 1969 Chevrolet Z/28 Camaro that has 500 horsepower. The next Autocross will be Oct. 20-21, 2018, at the SAC ramp



Force colonel at Maxwell Air Force Base, Alabama.



Alan Haney, Autocross participant, works on his car June 10, 2018, on Columbus Air J.D. Herrington, Autocross participant, looks over his car June 10, 2018, on Columbus Force Base, Mississippi. Haney drives a 2001 Mazda Miata that purchased from an Air Air Force Base, Mississippi. Herrington drives a Factory 5 Cobra that he built in his ga rage. His car is a replica of a 1965 Ford Shelby Cobra.

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ABOVE: Maj. Thomas Collins, 43rd Flying Training Squadron T-38 C instructor pilot, reviews his preflight checklist June 12, 2018, on Columbus Air Force Base, Mississippi. The 43rd FTS are usually responsible for 12-20 percent of all pilots pro-

duced at Columbus AFB.

RIGHT: The 43rd Flving Training Squadron's 'Bama Bird' sits under an overhang June 12, 2018, on Columbus Air Force Base, Mississippi. The car is a tribute to Maj. Blair "Bama" Faulkner, 43rd FTS instructor pilot, after he and a student died in a T-38 C Talon crash in April 23, 2008.



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

# Total force is vital part of pilot training at Columbus AFB

Airman 1st Class Beaux Hebert 14th Flying Training Wing Public Affairs

The total force concept has been a big part of the Air Force's mission to fly, fight and win. The 43rd Flying Training Squadron, an Air Force Reserve squadron, has been helping produce pilots here for 28

The 43rd's mission is to build the world's best warriors, leaders and professional military pilots. They administer and execute the Air Education and Training Command/Air Force Reserve Center's Associate Instructor Pilot Program and provides Active Guard Reserve and Traditional Reserve to augment the cadre of active-duty pilots conducting pilot training.

"We are one of seven squadrons in the 340th Flying Training Group [Joint Base San Antonio-Randolph, Texas]," said Lt. Col. Tom McElhinney III, 43rd Flying Training Squadron commander. "Our mission is to augment the active-duty mission of training these pilots, and give them more manpower to help pilot production."

The 43rd has embedded flights of Reserve IPs into each flying training squadron here. Each flight size varies from squadron to squadron, but are usually responsible for



12-20 percent of all pilots produced.

return to being professional military avia-

Some reservists are full time, which is is not her main job. very similar to active-duty. On top of flying and teaching the same as their active-duty counterparts, their main job is to prepare all the paperwork and requirements for the

"Part-time reservists work a minimum of six days a month and their number one goal is to fly as many student sorties as they can," McElhinney said. "They arrive, gear up and train students."

The squadron may be focused on pi-Like most traditional reservists, most lot training, but they wouldn't be able to Airman who works in the 43rd FTS work and fly if it wasn't for Airman like Maj. Kelly in the civilian sector as well. For example, Hook, 43rd FTS executive officer. She is most IPs are commercial aircraft pilots, but tasked with ensuring all IPs are up-to-date when they step back onto this base they on training, decorations, mission readiness and so forth. One challenge she overcomes is filling a personnelist role even though it

"The work place has a relaxed feel to it," Hook said. "The people have a different perspective here. Some are going to leave here on Friday and go fly for FedEx in Tennessee or Delta in Texas. That allows them to think differently and bring different ideas to the table."

The total force approach to today's pilot training allows the Air Force to continue their air superiority.



A decorative phoenix sits inside a display case in the 43rd Flying Training Squadron office June 12, 2018, on Columbus Air Force Base, Mississippi. The 43rd FTS, also known as the Firebirds, have been producing pilots at Columbus AFB since 1990.



a T-38C Talon June 12, 2018, on Columbus Air Force Base, Mississippi. The 43rd IPs are embedded with each flying training squadron at Columbus AFB to help their active-duty counterparts produce pilots.



Maj. Dave Albertson, 43rd Flying Training Squadron T-6A instructor pilot, teaches 2nd Lt. Christopher Newman, 14th Student Squadron student pilot, the fundamentals of flying a T-6A Texan II June 12, 2018, on Columbus Air Force Base, Mississippi. The IPs at the 43rd FTS main goal while they are on station is to fly as many student sorties as possible.