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"I am going to do all that I must to stay sober to finally see the true plan."




Photo for illustration purposes only.

"Before I was in recovery, I thought I could live my life on prescription drugs. Then, I decided that wasn't enough and added meth to it. I went crazy, but my lowest point was to see my parents, children, and sister's look of disappointment when they knew for sure what I had been doing. I came to the Pines and Cady Hills because I had nowhere else to go and I intended to only stay for 30 days. Well, God did for me what I couldn't do for myself. I worked with my counselor on many things that were holding me down. Then, I went to the Last House on the Block. Staying at the Last House helps me to stay sober, as well as going to meetings and working the steps with my sponsor. Prayer and meditation helps a lot with hard times and helps me to understand my part in all matters. All these things make me who I am and influence who I will become. I believe my Higher Power has many plans for me because he brought me to life when I was born dead. He has brought me through many times that should have killed me."



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Evening Worship - 6pm

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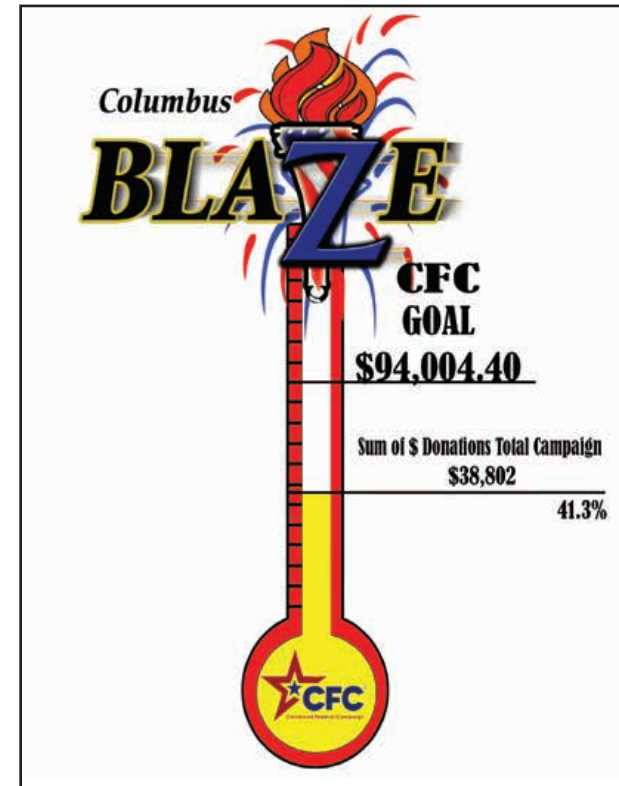
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Columbus Air Force Base, Miss.

Vol. 42, Issue 47

November 30, 2018

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## News Briefs

### Menorah Lighting

A Menorah lighting will be held at 5:30 p.m. Dec. 2 in the Chapel Annex to light the first candle.

### Christmas Parade and Tree Lighting

Team BLAZE's Christmas parade will begin at 5:14 Dec. 4 outside of the Base Operations building. Santa will lead the parade to the Chapel Annex where the tree lighting will begin.

### Fight's On: Airmen Hackin' the Mish

Fight's On: Airmen Hackin' the Mish, will be held from 10 a.m.-4 p.m. Dec. 7, at the Columbus Club and is open to all 14th FTW officers, enlisted and civilian Airmen. Representatives from various career fields across the Air Force including tactical air control party, security forces, combat weather, pilots and explosive ordnance disposal will be speaking to members of Team BLAZE.



Civil Air Patrol photo by Maj. Zach Rowland

Civil Air Patrol aircraft sit at the Golden Triangle Regional Airport in Columbus, Mississippi, July 9, 2016. CAP can provide critical assistance during national disasters, most recently being the hurricanes that impacted Texas, Florida and Puerto Rico. They can help by providing airborne photography to agencies such as Federal Emergency Management Agency, who will use the imagery to evaluate areas that are not accessible by road.

## Civil Air Patrol celebrates 77 years, remains vital to Columbus AFB

Airman 1st Class Keith Holcomb  
14th Flying Training Wing

The Civil Air Patrol, the official auxiliary of the Air Force, will celebrate its 77th birthday Dec. 1 and the organization has played a major role in the Air Force's total force mission and

has also paved the way for many aviators. Their mission is, "Supporting America's communities with emergency response, diverse aviation and ground services, youth development and promotion of air, space and cyber pow-

See CIVIL AIR PATROL, Page 3

COLUMBUS AFB TRAINING TIMELINE									
PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (19-17)	Dec. 12	48th (19-03)	Dec. 14	49th (19-CBC)	Dec. 20	T-6	2,034	1,675	4,558
41st (19-05)	Dec. 14	50th (19-03)	Dec. 14			T-1	757	593	1,520
Maj. Gen. Scott L. Pleus is the Director of Plans, Programs, and Requirements, Headquarters Air Combat Command, Joint Base Langley-Eustis, will be the guest speaker for Specialized Undergraduate Pilot Training Class 19-03's graduation at 10 a.m. Dec. 14, 2018, in the Kaye Auditorium.						T-38	849	722	1,826
						IFF	324	281	687
						* Mission numbers provided by 14 FTW Wing Scheduling.			



Friday

Mostly Cloudy w/chc Rain

High 68°F Low 57°F

Saturday

Thunderstorms

High 73°F Low 60°F

Sunday

Cloudy

High 69°F Low 54°F

Monday

Mostly Cloudy

High 67°F Low 50°F

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

14th Contracting Squadron

Several Team BLAZE nominees from the 14th Contracting Squadron were recognized for the 2018 Air Force Contracting Annual Awards.

– Outstanding Civilian in Training (Operational) – Michael Keasler

– Outstanding Civilian (Non-Supervisory) – Alison Lewis

– Outstanding Contracting Airman – Airman William Johnson

– Outstanding Contracting Company Grade Officer – 2nd Lt. Gabrielle Franze

– Outstanding Contracting Field Grade Officer – Maj. Stuart Perlow

– SSgt. Ronald L. King Award for Contingency Contracting Officers (Enlisted) – Tech. Sgt. Chris Palmer

– Part-Time Small Business Specialist of the Year – Kevin Crown

– Outstanding Operational Contracting Unit (Small) – 14th Contracting Squadron

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.

Air Force selects 479 in chief master sergeant 18E9 promotion cycle

Kat Bailey  
Air Force's Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force officials have selected 479 senior master sergeants for promotion to chief master sergeant out of 2,241 eligible for a selection rate of 21.37 percent.

The chief master sergeant promotion list will be available on the Air Force's Personnel Center website Enlisted Promotions page, the Air Force Portal and myPers Dec. 6 at 8 a.m. CST. Airmen will also be able to access their score notices on the virtual Military Personnel Flight via the AFPC secure applications page.

Those selected for chief master sergeant will be promoted beginning in January 2019, according to their promotion sequence number.

Commanders will receive notice of their selects from their senior rater's agent starting Nov. 29, with the intent to notify their selects no earlier than one day before the public release.

For more information about Air Force personnel programs, visit the AFPC public website.

PROMOTION NEWS

2018 CMSgt RELEASE  
Dec. 6, 8:00 AM CST  
Eligible - 2,241  
Selected - 479  
Selection Rate - 21.37%

U.S. Air Force graphic by Kat Bailey

Air Force officials selected 479 senior master sergeants for promotion to chief master sergeant of the 2,241 eligible in the 18E9 promotion cycle. The promotion list will post Dec. 6.

Policy changes for Post-9/11 GI Bill transfers

Staff Sgt. Mercedes Taylor  
19th Airlift Wing Public Affairs

LITTLE ROCK AIR FORCE BASE, Ark. — Additional changes to the Post-9/11 GI Bill Transfer of Benefits policy were announced Nov. 14, 2018.

The Department of Defense postponed their previous effective date of July 12, 2018, to July 12, 2019. Since the policy change was effective immediately, service members who were previously eligible found themselves ineligible to transfer their benefits. To ensure issues were addressed fairly, the effective date was pushed back a year.

The previous policy stated members separating under force-shaping before completing the required four years would keep their eligibility to transfer their benefits. This was expanded to include officers who were involuntarily separated due to being passed over for promotions and enlisted personnel separating under high-year tenure policies. The only exception is Airmen separating at high-year tenure following reduction in rank through administrative demotion, non-judicial punishment or court martial.

“Being able to transfer benefits was used as a retention tool,” said Michael Jones, 19th Force Support Squadron education services specialist. “It's important for Airmen to know what they want to do with their career as soon as they can. If Airmen aren't looking to stay in for 20 years and they want to transfer their benefits, they should apply at their six-year mark.”

When the policy was first announced in June 2018, it stated the requirement of having at least 10 years of active-duty or selected Reserve service would be suspended. Service members would incur four additional years of service once they applied to transfer their education benefits to eligible dependents.

In addition to the 10-year suspension and the four-year service increment, the following changes are effective July 12, 2019:

Service members must have four years of retainability from the year they apply to transfer benefits and cannot be prevented from serving their four years due to mandatory retirement date, high-year tenure, retention control point and are not being medically qualified.

Service members must have served six years minimum at the time of application, but no more than 16 years. Total years served will be determined by the date they applied.

Service members must not be on limited duty, involved in a medical evaluation board, physical evaluation board or disability evaluation system at the time of application.

Service members who have applied to transfer education benefits but were previously denied due to being on limited duty or involved in a medical evaluation board, physical evaluation board, or disability evaluation system process can apply again when they are fit for duty and commit to an additional four years.

Service members with more than 16 years of service who are found fit for duty can apply to transfer education benefits again as long as the member applies within 90 days of being found fit for duty.

All policy changes will be annotated in the next rewrite of Air Force Instruction 36-2649, Voluntary Education Program. For information on transferring benefits, visit <https://mypers.af.mil>.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 7 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.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
3 Columbus Christmas Parade, 7 p.m. @ Downtown Columbus	4 Base Christmas Tree Lighting Ceremony, 6 p.m. @ Chapel	5	6 Pilot for a Day 41st Flying Training Squadron, 9:30 a.m.-1 p.m.	7 Pearl Harbor Day Fights On: Airmen Hackin' the Mish, 10 a.m.-4 p.m.	8/9	Dec. 24: AETC Family Day  Dec. 25: Christmas  Dec. 26-28: 14th FTW Minimum Base Manning Window  Dec. 28: Enlisted Promotions  Dec. 31: AETC Family Day  Jan. 1: New year's Day
10	11 Club Members Breakfast, 6:30-9 a.m.  Wing New-comers	12 Happy Irby Christmas Wrap, 7 a.m. @ Columbus Club	13 National Guard Birthday  Hearts Apart	14 SUPT Class 19-03 Graduation	15/16	

NEWS AROUND TOWN

Sucarnochee Revue

Sucarnochee Revue is a variety show featuring some of the area's young and established performing artists. Held the first Friday of every month on the historic Temple Theater stage. For more information visit <http://www.meridiantempletheater.com/>.

Cole Swindell and Dustin Lynch

Cole Swindell and Dustin Lynch, American country music singers, will perform at 7:30 p.m. Dec. 1 at the Bancorp South Arena in Tupelo, Mississippi. Tickets are for sale online.

Christmas Pop Up Local Art Show

The Pop Porium is hosting a pre-Christmas pop-up art show from 11 a.m.-5 p.m. Dec. 1.

Come to support a local artist or look at one-of-a-kind handmade pieces of ceramics, jewelry and many other items.

Breakfast with Santa

Breakfast with Santa will be from 8-11 a.m. Dec. 8 at the Columbus Club for Team BLAZE members.

Jingle Bell 5k

The Jingle Bell Jog is a fundraiser put on by Fifth Street School on Dec. 8. This run or walk is a fun and festive holiday-themed 5k. Get in the spirit on race day by wearing holiday themed clothing and tying jingle bells to your running shoes. Prizes will be given for the best costume; and 1st, 2nd, and 3rd place winners.



# Warner awarded Airman’s Medal for saving father, daughter from fiery crash

**Senior Airman Robert McIlrath**  
82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas — If you asked most people what they thought it took to be a hero, they would probably tell you a mask, cape and some assortment of superpowers.

In January 2018, on the side of U.S. 287, Maj. Justin Warner showed what it really takes to be a hero by placing his well-being on the line to save two strangers whose vehicle had just flipped and caught on fire.

Warner was heading toward Dallas when he witnessed an SUV go off the road and flip, coming to a stop on its side.

“I was the first one to see it,” Warner said. “I stopped and started running toward their car, calling 911 as I made my way to them, but then the vehicle’s engine bay caught on fire so my mindset shifted.”

Forgetting about the emergency call and his own safety, Warner immediately took action.

“I saw that there were two people in the vehicle that would need some help getting out since the car was on its side,” he said. “I climbed up on top of the vehicle and basically pulled them through the driver’s side window.”

Warner mentioned that he was worried the fire would spread and cause the vehicle to explode.

“I had the same mindset from the second I saw the fire,” he said. “I knew I had to get them away from the fire.”

Warner carried the driver’s daughter, who had sustained an ankle injury during the crash, while the father was able to walk to safety. Soon after, the vehicle exploded in flames.

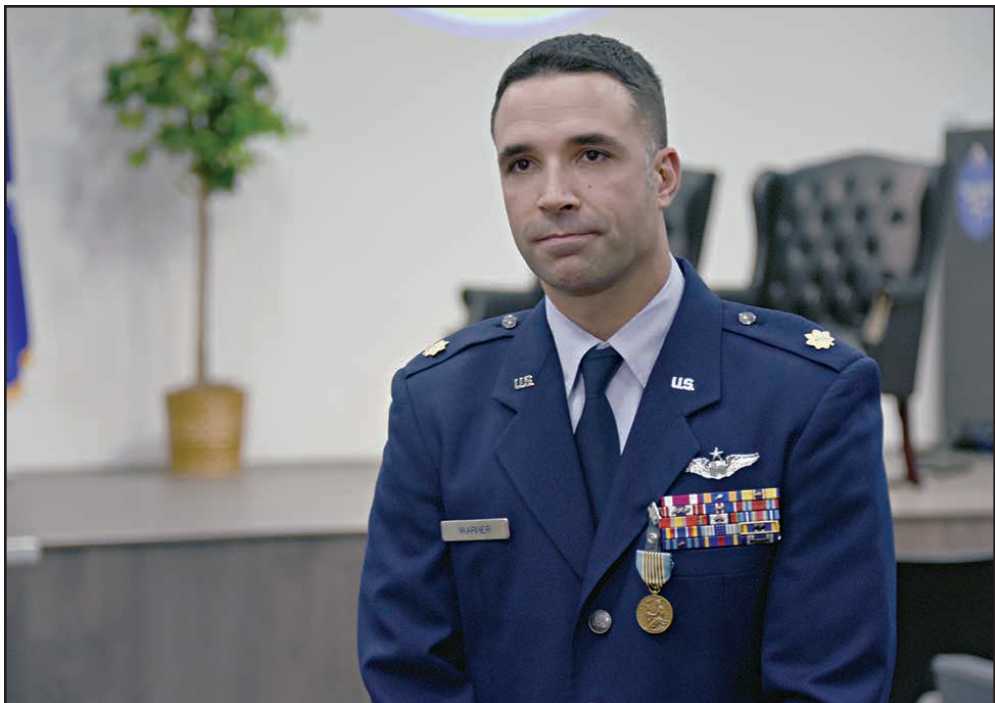
By this point, other motorists had stopped and called emergency services.

“When the emergency vehicles got there, they pretty much took them away quickly and I didn’t get to talk to them afterward,” Warner said. “All I knew was their first names and I tried looking them up later on to see if they were ok, but I couldn’t find them.”

What Warner didn’t know was that the driver of the vehicle was retired Lt. Col. Stephen Wolfe.

Wolfe reached out to Sheppard to let them know of Warner’s heroic actions.

On Nov. 27, 2018, at Sheppard Air Force Base, Texas, in front of his family, friends and coworkers, Warner was awarded the Air Force’s highest noncombat award,



U.S. Air Force photo by Senior Airman Robert L. McIlrath

**Maj. Justin Warner was awarded the Airman’s Medal Nov. 27, 2018, at Sheppard Air Force Base, Texas, for acts of heroism. Warner pulled two people from a burning vehicle in January 2018 after witnessing the SUV lose control and flip multiple times, saving their lives. The Airman’s Medal is the Air Force’s highest non-combat award and is given for acts of heroism, usually at the voluntary risk of their own life.**

the Airman’s Medal.

Maj. Gen. Craig La Fave, 22nd Air Force commander, presented the medal to

Warner. He spoke about Warner’s many achievements.

“He is a distinguished graduate from



Photo courtesy The Bowie News

**Fire engulfs an SUV after a rollover accident on U.S. 287 about 5 miles north of Bowie, Texas, Jan. 17, 2018. Maj. Justin Warner, a 97th Flying Training Squadron introduction to fighter fundamentals instructor at Sheppard Air Force Base, Texas, was awarded the Airman’s Medal Nov. 27, 2018, for heroism when he pulled retired Air Force Lt. Col. Stephen Wolfe and his daughter from the vehicle moments before the fire had spread.**



U.S. Air Force photo by Senior Airman Robert L. McIlrath

**Maj. Justin Warner, 97th Flying Training Squadron IFF instructor, stands next to retired Lt. Col. Stephen Wolfe and his daughter after being awarded the Airman’s Medal Nov. 27, 2018, at Sheppard Air Force Base, Texas. Warner pulled Wolfe and his daughter out of their burning vehicle in January 2018 after it flipped several times. The Airman’s Medal is the Air Force’s highest non-combat award and is given for acts of heroism, usually at the voluntary risk of their own life.**

*“God put him in place on that particular day,” Wolfe said. “He saved my life and my daughter’s life.”*

several programs, so it wasn’t really a surprise in my mind when I saw it was him who saved those lives,” La Fave said. “He didn’t see it happen and say, ‘Hey, there is an Airman’s Medal in it for me if I do this.’ He did it because that’s the type of person he is.”

Warner is an introduction to fighter fundamentals instructor with the 97th Flying Training Squadron and has more than 400 combat flying hours in the F-15 Eagle.

Wolfe and his family were also in attendance for the medal presentation.

“God put him in place on that particular day,” Wolfe said. “He saved my life and my daughter’s life.”

The Airman’s Medal was established on July 6, 1960, and is awarded to those who distinguish themselves by a heroic act, usually at the voluntary risk of their life but not involving combat.



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

**Civil Air Patrol Maj. Trey Breckenridge and CAP Capt. Tibor Pechan, CAP pilots, stand in front of a CAP aircraft April 21, 2018 during the Wings Over Columbus Air and Space show. CAP senior members fly all locally owned low level routes every year, looking for uncharted towers and airfields. During the 2018 survey season they found 15 uncharted towers sure the area is safe for the 14th Flying Training Wing’s faster aircraft during their low-level sorties.**

## CIVIL AIR PATROL

(Continued from page 1)

er.” Some members of the 14th Flying Training Wing have their flying grassroots in CAP and some members still have an invested part in the Mississippi Wing’s Golden Triangle Composite Squadron, as it continues to be an essential asset to the community and the wing.

“I was active in the CAP for two years in college as a senior member,” said Maj. Ben Peacock, 14th Flying Training Wing executive officer and T-1A Jayhawk instructor pilot.

As a cadet, Peacock said he was able to be a part of the social search and rescue team as a ground team member, and was also a scanner in Cessna aircraft.

“It was a lot of great experiences in small airplanes,” Peacock said. “I got to fly occasionally as well, which was neat. ... It made me feel like I was able to do something productive outside of college. It also opens up doors for cadets who want to be in the military and gives leadership opportunities at each level.”

Peacock said his experiences in the CAP helped him decide he wanted to join the Air Force and exposed him to his passion for aviation.

Local youth have that same opportunity, as the Golden Triangle Composite Squadron’s Internal Aerospace Education Program meets every Thursday from 6:30-8:30 p.m. at the Chapel Annex on Columbus AFB. The squadron currently has about 20 cadets and 15 senior members.

The cadets learn and build on aerospace education, leadership training, emergency services and physical training, which are the CAP’s core competencies.



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

**Civil Air Patrol Lt. Col. Andrew Yingst, Mississippi Wing’s Golden Triangle Composite Squadron deputy commander for Cadets, directs a group of cadets on a group carry lesson Nov. 16, 2017, at the Chapel Annex on Columbus Air Force Base, Mississippi. Yingst, a former Air Force C-130 Hercules pilot and currently a 14th STUS T-6 simulator instructor on Columbus AFB, is a senior staff member of the GTC Squadron and runs the cadet program.**

*“The Air Force has always said historically that Air Force leaders are different from other military leaders because we understand aerospace,” Yingst said, “It’s our core capability, and so the CAP provides that to kids from a young age and builds the appreciation for airpower.”*

Andrew Yingst, GTC Squadron deputy commander for Cadets, said this is a great opportunity for youth to develop leadership traits. He said he was a CAP cadet in high school and it was a springboard for him attending the U.S. Air Force Academy and serve for over 20 years, retiring as a major at Columbus Air Force Base, Mississippi.

“The leadership program is great, we’ll take a shy young kid who doesn’t know much about leading and we’ll teach them how to lead themselves and progressively give those opportunities to lead more and more,” Yingst said. “It’s incredible to see those young kids grow like that.”

Yingst also said the Air Force credits CAP for its success with military aviators and leaders.

“The Air Force has always said historically that Air Force leaders are different from other military leaders because we

understand aerospace,” Yingst said, “It’s our core capability, and so the CAP provides that to kids from a young age and builds the appreciation for airpower.”

The CAP cadets build themselves through participating in summer activities, meetings, training programs, visits to military installations and even get to sit in flights on Air Force and CAP aircrafts.

“After they are authorized to wear a CAP cadet uniform they get to fly in some things like a C-130 Hercules, a helicopter, a Cessna 172 or 182, a glider and two of our cadets are currently in pilot lessons,” Yingst said. “We’ve had cadets work a flight line at an airshow to marshal aircraft and things like that are unique to the CAP.”

The GTC Squadron also works closely with the 14th FTW from an operational standpoint as well.

“Our senior members fly all locally owned low level military routes every year, looking for uncharted towers and airfields. During the 2018 survey season, we found 15 uncharted towers to ensure the area is safe for our faster aircraft during their low-level sorties,” Yingst said. “We conducted aerial photo missions for the May 2018 and Apr. 2008 T-38 Talon Crashes. We also conducted aerial search and rescue mission as well as ground team searches for the Nov. 2007 T-6 Texan II midair collision near Shuqulak.”

Everything from their meetings held on base to their support during emergencies is what proves the CAP’s ability as the official auxiliary to the best Air Force in the world.

If anyone is interested in joining the Civil Air Patrol or is looking for more information send an email to [ms057-cc@mswg.cap.gov](mailto:ms057-cc@mswg.cap.gov).



# Team BLAZE 2018 awards and nominations

**Winners of Air Education and Training Command's 2018 Airfield Operations Annual Awards:**  
Air Traffic Control Watch Supervisor of the Year – **Tech. Sgt. Zachary Smart**, 14th Operations Support Squadron  
Air Traffic Controller of the Year – **Senior Airman Bradley O'Grady**, 14th Operations Support Squadron  
Radar, Airfield, and Weather Systems NCO of the Year – **Staff Sgt. Andrew Snyder**, 14th Operations Support Squadron  
Terminal Instrument Procedures Specialist of the Year – **Master Sgt. Jamerson Watts**, 14th Operations Support Squadron  
Airfield Management Contracting Officer Representative of the Year – **Master Sgt. Jordan Booth**, 14th Operations Support Squadron

**AETC 2018 Air Force Medical Service Award Winners:**  
Resource Management Team of the Year – **14th Medical Group**  
Biomedical Science Corps Team of the Year – **14th Medical Group**  
Aerospace & Operational Physiology Airman of the Year – **Staff Sgt. Jonathan Rosales**  
Company Grade Officer Nurse of the Year – **Capt. Dana Volesky**

**Congratulations to** **Capt. Brendan Stroz** on his selection for the Orthopedic Physician Assistant Fellowship Program.  
**Congratulations to Rosales** for his selection as the new Wing Command Chief Enlisted Executive Officer.

**Our Team BLAZE nominees from the 14th Logistics Readiness Squadron for the following 2018 Air Force Logistics Readiness Annual Awards:**  
Outstanding Air Force Logistics Readiness Airman of the Year – **Senior Airman Sean Perry**  
Outstanding Air Force Logistics Readiness SNCO of the Year – **Master Sgt. Kara Bennett**  
Outstanding Air Force Logistics Readiness Civilian CAT I of the Year – **Crystal Johnson**  
Outstanding Air Force Logistics Readiness Civilian of the Year CAT II – **Randy Bailey**  
Outstanding Air Force Logistics Readiness Field Grade Officer of the Year – **Maj. Dennis Widner**  
Daedalian Major General Warren R. Carter Logistics Effectiveness Award – **14th LRS**  
Congratulations to the many Airmen making the 14th Flying Training Wings mission possible every day, earning these awards and nominations are only possible with teamwork across each unit, squadron and group.

## Fight's On: Airmen Hackin' the Mish takes place Dec. 7 on Columbus AFB

**Staff Sgt. Joshua Smoot**  
14th Flying Training Wing Public Affairs

Columbus Air Force Base will be hosting Fight's On: Airmen Hackin' the Mish Dec. 7 from 10 a.m. to 5 p.m. at the Columbus Club and is open to all 14th Flying Training Wing officers, enlisted and civilian Airmen.

The event is a professional development day for Airmen to connect with each other by learning about fellow Airmen's combat missions and experiences in today's Air Force to help Team BLAZE understand how it contributes to those missions.

Representatives from various career fields across the Air Force including tactical air control party, security forces, combat weather, pilots and explosive ordnance disposal will be speaking to members of Team BLAZE. Each career field will speak for 20 minutes followed by 10 minutes of Q&A. After the speakers conclude, Airmen are welcome to socialize with the guest speakers to learn more about their experiences.

"We selected battlefield Airmen to speak, because they are enlisted, non-flyers who have been in combat and can connect with our Airmen through their experiences," said Maj. Thomas Hyde, 14th Flying Training Wing Commander's Action Group chief. "We selected the pilots because they can connect to our team through the flying mission. It is also significant that all of these Airmen are relatively young ... all are Airmen, NCOs and CGOs and have recently been in operations and can speak to why preparing now and being ready to go at a moment's notice is so important."

Fight's On: Airmen Hackin' the Mish also falls on the

*"We selected battlefield Airmen to speak, because they are enlisted, non-flyers who have been in combat and can connect with our Airmen through their experiences," said Maj. Thomas Hyde, 14th Flying Training Wing Commander's Action Group chief.*

same day as the 77th anniversary of the Attack on Pearl Harbor. Columbus AFB will use this national observance day as an opportunity to reflect on its military heritage and the courageous acts that fellow Airmen have executed during the attack, in defense of our nation. Columbus AFB hopes to use those actions of prior service members, along with our guest speakers' experiences to cultivate today's Airmen.

"(This event) is a chance for them to grow and cultivate themselves as leaders and connect to the mission that is occurring right now," Hyde said. "It allows all of Team BLAZE, from every group and specialty, the chance to hear from individuals who have been downrange (battlefield airmen and pilots) and connect what is done and created here at Columbus, to Airmen delivering lethality in support of America's interests around the globe."

If you have any questions about the event, please contact the Commander's Action Group at 434-1410.

**FIGHT'S ON:  
ARMEN HACKIN' THE MISH**

**7 DECEMBER 1000 - 1700  
AT THE CLUB**

**OPEN TO ALL TEAM BLAZE MEMBERS**

**CULTIVATE & CONNECT WITH ARMEN  
SHOWCASING READINESS & LETHALITY**

U.S. Air Force graphic by Melissa Dublin  
**Columbus Air Force Base will be hosting Fight's On: Airmen Hackin' the Mish Dec. 7, 2018, from 10 a.m. to 5 p.m. at the Columbus Club and is open to all 14 FTW officers, enlisted and civilian Airmen. The event is a professional development day for Airmen to connect with each other by learning about fellow Airmen's combat missions and their experiences in today's Air Force and to help understand how Team BLAZE contributes to those missions.**



Two boom operators assigned to the 97th Air Mobility Wing test a new boom pod bed in the back of a KC-135 Stratotanker Nov. 20, 2018, Altus Air Force Base, Oklahoma. The new boom pod bed was created to help with the neck and back problems experienced by many boom operators.



Master Sgt. Christopher Joyce, a 56th Air Refueling Squadron boom operator, examines a new boom pod bed Nov. 20, 2018, Altus Air Force Base, Oklahoma. The new boom pod was the winning idea on the Air Force Spark Tank and will be added into every KC-135 Stratotanker.

## Air Force Spark Tank winning idea takes next step at 97th AMW

**Airman 1st Class Jeremy Wentworth**  
97th Air Mobility Wing Public Affairs

ALTUS AIR FORCE BASE, OKLA. — Positioned next to every KC-135 Stratotanker boom operator in training is an instructor lying on a pad in the boom pod guiding them through training.

These beds and platforms are positioned in a way to provide a vantage point over what the students are doing, but not without cost.

That cost was highlighted by Master Sgt. Bartek Bachleda, a 22nd Refueling Wing boom instructor at McConnell Air Force Base, Kansas, while he was stationed at the 97th Air Mobility Wing as an instructor.

During a meeting with leadership, Bachleda made the issues facing the squadron clear to his command.

"Our commander came down and asked if there were any issues going on within the squadron," said Bachleda. "I brought up the neck and back issues caused by the current pod design and when we were asked what we were doing about the issue, we realized we weren't doing anything about it."

Shortly after, Bachleda worked with others and made a prototype pad for instructors to lie on in the boom pod to present to the Air Force Spark Tank. Spark Tank is a program run by the Air Force in hopes to recognize innovation. Airmen around the world develop and present technologies that would improve Air Force functions and processes.

In early 2018, Bachleda's idea won and is sponsored by

*"We're here testing the boom instructor modification that was on Spark Tank," 2nd Lt. Victoria Ponders, a 72nd Air Base Wing program manager at Tinker AFB, Oklahoma. "We installed a new panel with a new cushion on a KC-135 so that instructors could actually try it out and we could make sure it wasn't affecting their job."*

the Air Force for implementation.

On Nov. 20, 2018, the first prototype was put into a KC-135 on Altus Air Force Base to allow instructors to give immediate feedback on the new pod.

"We're here testing the boom instructor modification that was on Spark Tank," 2nd Lt. Victoria Ponders, a 72nd Air Base Wing program manager at Tinker AFB, Oklahoma. "We installed a new panel with a new cushion on a KC-135 so that instructors could actually try it out and we could make sure it wasn't affecting their job."

Approximately 15 boom operators from the 54th and 56th Air Refueling Squadrons gathered to try out the new set up.

"Nothing is going to solve anything right away," said Master Sgt. Christopher Joyce, a 56th ARS boom operator. "This is definitely more comfortable though and makes it a lot easier on your back and neck."

After sitting on the pad and trying it out, a survey was given for instructors to fill out. The changes requested in the surveys will likely be seen in the upcoming year.

"We're expecting to see this out by the end of this summer," Ponders said. "That depends on the flight tests and the feedback we received from the boom instructors, but our goal based on the feedback today is the end of the summer."

While the pod has been in the testing phase for the past few months, this trial is one of the biggest tests the device will face.

"This feedback is incredibly valuable," Ponders said. "It lets us see things that we can't see in the program office. We can see the things that instructors do when they're teaching and how they use the pad that they have now."

Creating a new pad for boom operators to lie on may seem like a small step but it's a major step in fixing a problem that has existed for years. Giving boom instructors a more comfortable work environment allows them to train Airmen more efficiently and help achieve the 97 AMW mission of forging global mobility.



## 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 from 8 a.m.-noon Dec. 11. 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 from 5-7 p.m. Dec. 13. 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. Jan. 7-11 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.

### Federal USAJobs Workshop

The next Federal USAJobs workshop will be from 9-10:30 a.m. Jan. 16. This is a workshop on writing resumes, applications, and job search using the USAJobs website. To register or for more information, please call A&FRC at (662) 434-2790.

### Heart Link

The next Heart Link is from 8:30 a.m.-noon Jan. 31, 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.

### Bundles of Joy

The next Bundles of Joy workshop is from 1-3:30 p.m. Feb. 21, in the A&FRC. This program is designed for active-duty Air Force members and/or their spouses who are pregnant or have a child four months old or less. Attendees

## CAP supports MSU AFROTC cadet flight



Lt. Col. Philip Poeppelman, 14th Flying Training Wing Inspector General complaints resolution director, stands on a flightline with two Air Force ROTC students after conducting Cadet Orientation Rides January 3, 2018.

Courtesy photo

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.

### 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.

### Volunteer Opportunities

If you are interested in volunteering, please contact the A&FRC. We have volunteer opportunities located across the base for one-time events, special events, or on a continual basis. Volunteers are needed on base at the Youth Center, Child Development Center, Library, Medical Clinic, Chapel, Airman's Attic, Thrift Store, the Retiree Activities Office, and many other locations. For more information, please call A&FRC at (662) 434-2790.

### Military and Family Life Counselor Program

Military and Family Life Counselors provide non-medical counseling to help Airmen (single and married), spouses, and other family members cope with stressful situations created by deployments, reintegration, and life challenges such as

marital issues, parenting, career stress, and anger. All counselors are licensed mental health providers, and they can meet either on or off base. There is no charge for services, and appointments can usually be made within one to two days. To contact the MFLC, please call (662) 435-1110/360-5372.

### Employment Workshop

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

### 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 A&FRC at (662) 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 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) 434-2720/2790.

### Installation Voting Assistance Office

A&FRC houses the Voting Assistance Office which is open 7:30 a.m.-4:30 p.m., Monday-Friday, and closed weekends/holidays. The VAO offers voting assistance including voter registration, absentee ballot requests and voting, change of address, and provides answers for other general voting questions to uniformed service members, their family members, and civilians with access to A&FRC. Assistance includes but is not limited to aid in preparing and submitting Federal Post Card Application (FPCA) SF-76, Federal Write-in Absentee Ballot (FWAB) SF-186, and National Mail Voter Registration Form (NVRF). For more information, please contact the Installation Voting Assistance Office at (662) 434-2701/2790 or e-mail: vote.columbus@us.af.mil.

## Chapel Schedule

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

### Catholic Community

**Sundays:**  
3:30 p.m. – Religious Education, grades K-9 (Start in Fall)  
4 p.m. – Choir Practice  
4 p.m. – Confession (or by appointment)  
5 p.m. – Mass  
1st and 3rd Sunday - Fellowship Meal following Mass  
**Tuesdays:**  
11:30 a.m. – Daily Mass (Phillips Auditorium)  
**Wednesdays:**  
11:30 a.m. – Adoration (Phillips Auditorium)  
2nd Saturday of each month - Faith Ablaze

### Protestant Community

**Sundays:**  
9 a.m. – Adult Sunday School  
10:45 a.m. – Community Worship Service (Donut Fellowship following)  
3rd Sunday of Each Month - Protestant Faith Ablaze  
**Wednesdays:**  
6 p.m. - AWANA: Begins September 26th (Open to all denominations)  
**Thursdays:**  
5:30 p.m. – Student Pilot Bible Study (Open to all denominations)

## Columbus AFB instructor pilots help organize AETC Women's Fly-In 2018

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

Eighteen Air Education and Training Command instructor pilots gathered in Oklahoma City, Oklahoma, Nov. 16-18 for the second annual AETC Women's Fly-In.

The training was organized by Lean In and Supergirls chapters from AETC bases, whose primary goal is to lessen the mentorship gap for women in the Air Force. Cpts. Katy Boshears and Afton Brown, from Columbus Air Force Base, Mississippi, put the new 14th Flying Training Wing mission of Cultivating Airmen and Connecting into practice for this annual professional development event.

Attendees were able to listen to other experienced female aviators, share instructional techniques and experiences, and talk about the 2018 RAND study results on female officer retention and minorities in pilot training. The weekend also incorporated mentoring of Oklahoma ROTC cadets who were able to talk to the pilots and tour the aircraft.

"We wanted to generate cross-talk between each of the (AETC) bases to discuss all of the major changes that have been taking place at each base," said Boshears, a 14th Student Squadron Flight commander and T-6 instructor pilot. "... Women bring a different perspective to flying, and with so few of us in each of our respective organizations, it's important to create an opportunity for us to come together to share struggles, successes, and resources."

The 2018 RAND study results showed that past the initial 13-year pilot training commitment, only 39 percent of rated women in the Air Force choose to continue to serve, compared to 63 percent of rated males. Boshears said, "with only 6 percent (730 total) of USAF active-duty pilots being women, and of those only 39 percent staying in past their commitment, the female representation in rated leadership roles drops significantly."

Boshears led the discussion about the RAND study as attendees discussed ways to



Courtesy photo

Eighteen Air Education and Training Command instructor pilots gather in Oklahoma City, Oklahoma, Nov. 17, 2018, for the second annual AETC Women's Fly-In. The training was organized by Lean In and Supergirls chapters from AETC bases, whose primary goal is to lessen the mentorship gap for women in the Air Force.

create enduring change for the next generation of women. Boshears said hopefully some of the ideas brainstormed during this time will lead to possible changes that will help keep women in the Air Force.

"The Air Force can't afford to lose any more pilots in order to feed the mission, and programs like this are an effort to stem the outflow of the female rated force by giving them a reason to stay in: partners, networking, resources and support," she said.

Key speakers were Lt. Col. Tracy Schmidt, 33rd Flying Training Squadron director of operations and instructor pilot from Vance AFB, Oklahoma, and Maj. Christina Hopper, a 5th FTS IP at Vance AFB. Schmidt and Hopper shared their personal stories of overcoming challenges in their careers and

at home, as well as mentored attendees on leadership.

Capt Brown, 48th FTS Flight Commander and T-1 instructor pilot, taught and led discussion on instructional techniques. During the discussion, Brown talked about the psychology behind learning and teaching, and related the more complex "learning methodology" models to day-to-day instructing.

"We are in a profession that requires us to understand each student as an individual with individual needs, learning styles, emotions, and personalities," Brown said. "You cannot provide cookie cutter instruction and expect all students of different backgrounds and life stages to learn the deeply complex profession of being a professional aviator."

Brown said, "Instructors must understand

a wide range of different techniques, teaching styles, and methods to make sure the students learn the cognitive, psychomotor, and emotional skills to deal with the dynamic and dangerous missions that they will encounter in their aviation career."

Brown said she hopes the discussions inspire Air Force operators, officers and women, and that it's important for all officers to receive mentorship from the female perspective.

"Only 1 percent of women (in the Air Force) are pilots, that means that topics that affect women pilots, such as women's mentorship, development, and family/career planning, are rarely discussed," Brown said. "This event was an invaluable opportunity to talk about issues that disproportionately affect female aviators compared to our male counterparts. Being able to meet up through these events can help the Air Force to better understand how we develop and retain women in our military, and give women a reason to serve longer."

Brown and Boshears helped build off of last year's fly-in when 10 female IPs from Vance AFB came to Columbus AFB to present a talk on intra-gender communication, hold discussions, and provide mentoring opportunities. This year's event was open to male and female instructor pilots from UPT bases.

"We want to thank Col. (Samantha) Weeks and our squadron commanders for their support of this event, as well as the Air Force Recruiting Squadron, Detachment 1 at Randolph AFB, (Texas)," Boshears said. "Their shared vision of connectivity motivated us to reach out and work with our peers across UPT."

Next year, Brown and Boshears hope to expand the event to include men and women from all AETC bases and provide more community outreach. Their ultimate goal is to connect women, enable mentorship, and to inspire the next generation to pursue and achieve their professional and personal goals.

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

## Happy Irby Gift Wrapping

Happy Irby Christmas Fund Needs volunteers to wrap gifts for local children 7 a.m. Dec 12 at the Columbus Club. Sign up at [HappyIrbyWrap@gmail.com](mailto:HappyIrbyWrap@gmail.com).



# BLAZE Hangar Tails: RC-135V/W Rivet Joint

## Mission

The RC-135V/W Rivet Joint reconnaissance aircraft supports theater and national level consumers with near real time on-scene intelligence collection, analysis and dissemination capabilities.

## Features

The aircraft is an extensively modified C-135. The Rivet Joint's modifications are primarily related to its on-board sensor suite, which allows the mission crew to detect, identify and geolocate signals throughout the electromagnetic spectrum. The mission crew can then forward gathered information in a variety of formats to a wide range of consumers via Rivet Joint's extensive communications suite.

The interior seats more than 30 people, including the cockpit crew, electronic warfare officers, intelligence operators and in-flight maintenance technicians.

All Rivet Joint airframe and mission systems modifications are overseen by L-3 Communications (previously Raytheon), under the oversight of Air Force Materiel Command.

## Background

The current RC-135 fleet is the latest iteration of modifications to this pool of -135 aircraft going back to 1962. Initially employed by Strategic Air Command to satisfy nationally tasked intelligence collection requirements, the RC-135 fleet has also participated in every sizable armed conflict involving U.S. assets during its tenure.

RC-135s were present supporting operations in Vietnam, the Mediterranean for Operation El Dorado Canyon, Grenada for Operation Urgent Fury, Panama for Operation Just Cause, and Southwest Asia for operations Desert Shield, Desert Storm, Enduring Freedom and Iraqi Freedom. RC-135s have maintained a constant presence in Southwest Asia since the early 1990s.

All RC-135s are assigned to Air Combat Command. The RC-135 is permanently based at Offutt Air Force Base, Neb., and operated by the 55th Wing, using various forward deployment locations worldwide. More recently, RC-135s have also supported Operation Allied Force in Kosovo, and Operation Odyssey Dawn/Unified Protector in Libya

## General Characteristics

**Primary Function:** Reconnaissance

**Contractor:** L-3 Communications

**Power Plant:** Four CFM International F108-CF-201 high bypass turbofan engines

**Thrust:** 21,600 pounds each engine

**Wingspan:** 131 feet (39.9 meters)

**Length:** 135 feet (41.1 meters)

**Height:** 42 feet (12.8 meters)

**Weight:** 173,000 pounds (78,743 kilograms)

**Maximum Takeoff Weight:** 297,000 pounds (133,633 kilograms)

**Fuel Capacity:** 130,000 pounds (58,967 kilograms)

**Speed:** 500+ miles per hour (Mach.66)

**Range:** 3,900 miles (6,500 kilometers)

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

**Crew:** (flight crew) five (augmented) - three pilots, two navigators; (mission flight crew) 21-27, depending on mission requirements, minimum consisting of three electronic warfare officers, 14 intelligence operators and four inflight/airborne maintenance technicians

**Unit Cost:** unavailable

**Initial operating capability:** January 1964

**Inventory:** Active force, 17; Reserve, 0; Guard, 0



U.S. Air Force photo by 2nd Lt. Drew Nystrom

An Offutt-based RC-135V/W Rivet Joint takes flight Aug. 5, 2018 at Offutt Air Force Base, Nebraska. The aircraft was flown during a unique training sortie with a flight and mission crew comprised almost exclusively of reserve component Airmen. The aircraft is an extensively modified C-135. The Rivet Joint's modifications are primarily related to its on-board sensor suite, which allows the mission-crew to detect, identify and geolocate signals throughout the electromagnetic spectrum. The mission-crew can then forward gathered information in a variety of formats to a wide range of consumers via Rivet Joint's extensive communications suite.



Photo by Jeff Gates

An RC-135V/W Rivet Joint sits on display outside the Bennie Davis Maintenance Facility as the new flagship aircraft of the 55th Wing at Offutt Air Force Base, Nebraska, March 16. The jet recently returned from being upgraded and was freshly painted with the new wing designator. The flagship aircraft stands as a symbol for every member of the 55th WG.

## 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 AFR&C events. For more information, contact 434-2337.

## Get Connected with Your New Base App!

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

## Lunch Buffets at the Overrun

Enjoy daily lunch buffets Tuesday – 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.

## Lunch Brunch

Enjoy brunch at the Columbus Club from 11 a.m.-1:30 p.m. every third Tuesday of the month! Menu will include a wide selection of delicious breakfast and lunch options and options will vary each month. The cost is only \$10 club members; \$12 non-members; \$5 ages 5-11; free for ages 4 and under. For more information, contact 434-2489.

## 2018 Air Force Art Contest

Showcase your entry at the Columbus Club! Win prizes! Enter the 2018 Air Force Art Contest from Nov. 1–30. Categories include adult: novice, adult: accomplished, children: 6–8 years, preteens: 9–12 years and teens: 13-17 years. Contact the Arts and Crafts Center at 434-7836 to submit your entry and request additional information or visit [myairforcelife.com/arts](http://myairforcelife.com/arts).

## Free Crafts at the Base Library

Craft like no one is watching! The Base Library is offering the following craft weeks during normal business hours: Hanukkah Craft Week from Dec. 3–8 and Kwanza Craft Week from Dec. 26–29. For more information, contact the Base Library at 434-2934.

## Youth Basketball

Sign up by Nov. 30 at the Youth Center for the upcoming basketball season. The



cost is \$35 per player for ages 3–4 and \$40 per player for ages 5–18. Volunteer coaches needed; season begins Jan. 3, 2019. For more information, contact 434-2504.

## Free Breakfast for Club Members

Start your morning off at the Overrun with free breakfast for club members and \$8 for non-members from 6:30–9 a.m. Dec. 11. Become a club member and save! For more information, contact 434-2489.

## Exclusive Military Vacation Packages

Did you know that you can book exclusive military vacation packages at ITT? Packages include Universal Studios and Disney destinations. To book your vacation, visit or contact your ITT office at (662) 434-7861.

## Storytime Schedule

The Base Library is offering Storytime on Tuesdays at 10 a.m. for ages 3-6 years and Fridays at 10 a.m. for children up to 2 years old. For more information, contact 434-2934.

## Force Support Squadron Gift Cards

Make your shopping easier! Purchase or redeem your Force Support Squadron 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.

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

## Free Mango Languages

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

## Play Paintball

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

## The Overrun Open Friday Nights

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

434-2419.

## 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.

## Transportation for Assignment Nights

Reserve the bus of van through Information Ticket and Travel for assignment nights. Reservation must be made in person, the cost is \$30 per hour with a four hour minimum. Price includes Columbus and local areas. For more information, contact 434-7861.



# Sexual Assault Prevention and Response (SAPR) Resources

**Capt. Aimee St. Cyr**  
48th Flying Training Squadron

Sexual assault is an ugly reality in our world today. It exists in all walks of life and the Air Force remains steadfast in its commitment to prevent sexual assault and provide resources to help its members deal with the aftermath when it does occur.

In the Air Force we receive numerous briefings on the definition of sexual assault and the resources available to those that have been a victim of sexual assault. While we hope and try to ensure every Airmen is aware of the resources out there, I consistently hear airmen get confused or are unsure of the resources available.

This article is intended to re-inforce our local Sexual Assault Prevention & Response Office (SAPRO) training briefings and hopefully make it easier to understand and access the resources available to airmen and their dependents over the age of 18.

The SAPR/SARC Office has three main focus areas: Prevention/Risk Reduction, Victim Care and Case Management, and the Supervision of Victim Advocates.

Prevention/Risk Reduction: The SARC (Sexual Assault Response Coordinator) and SAPR VA (Sexual Assault Prevention & Response Victim Advocate) work together to plan, brief, and execute all education and training activities for the base.

This training and education is used to help reduce risk and prevent sexual assault in the Air Force but more specifically here at Columbus.

Victim Care and Case Management: We have volunteer Victim Advocates assigned to every sexual assault case at Columbus.

The VA serves as a single point of contact for integrating and coordinating all care and resources for a sexual assault victim. We will come back to the different resources available to a sexual assault victim in a minute.

Supervision of Victim Advocates: The Wing SARC provides training and expertise to VAs before they are allowed to handle a victim's case. VAs continue training and communication with SARC to ensure they have the most up to date information and resources available in the event a case arises.

While these three roles are the official job of the SAPR office, ensuring victims receive proper care is probably the most important. To do it, it is important that everybody, victim or not, is aware of the resources available to them at CAFB.

*If you contact your command or law enforcement it is automatically an unrestricted report.*

## Unrestricted

Contact SARC/ SAPR VA /Volunteer Victim Advocate/ Health Care Provider/Command/SFS/AFOSI

Command notified

SARC/SAPR VA attend to victim needs and provide supportive services

Investigation initiated

Get medical care/SAFE Kit

Get counseling

Legal: Request Special Victim Counsel

Expedited Transfer

**\*\*AD Mil & Dependents over 18, and AF civilian employees**

**\*AF civilian employees are not eligible for medical service at MTF (unless individual reporting is otherwise a beneficiary) AF civilian employees are not eligible for expedited transfers and legal representation by Special Victim Counsel depends upon statutory authorities and will be determined at the time of request.**

## Restricted

Contact SARC/ SAPR VA /Volunteer Victim Advocate/ Health Care Provider

Command not notified

SARC/SAPR VA attend to victim needs and provide supportive services

Investigation not initiated

Get medical care/SAFE Kit

Get counseling

Legal: Request Special Victim Counsel

Can make decision to change report to unrestricted at a later date

**\*AD Mil & Dependents over 18, and AF civilian employees**

**\*AF civilian employees are not eligible for medical service at MTF (unless individual reporting is otherwise a beneficiary) AF civilian employees are not eligible for expedited transfers and legal representation by Special Victim Counsel depends upon statutory authorities and will be determined at the time of request.**

I am sure everyone has seen the bulletin below on the different types of reporting options, but let's take a minute and talk about the resources that are provided with each reporting option. In both types of reporting options a VA is assigned to each victim to help them through the process.

This includes ensuring a victim receives proper medical care, a SAFE kit, and counseling. In addition, every victim has the right to request a special victim counsel (SVC). The SVC is legal counsel for the victim. They defend the victim, not the Air Force, base, or perpetrator.

The main difference between Restricted and Unrestricted reporting is that Command or Law Enforcement IS NOT contacted in a Restricted Case. This option respects the victim's privacy if he or she is unsure how to handle the possibility of bringing charges against the perpetrator. The victim has the right to report to command or law enforcement at a later date, thus making the report Unrestricted.

The second difference between Restricted and Unrestricted

reporting is that a victim who makes an unrestricted report has the option to request an expedited transfer. An expedited transfer is a request to move squadrons or installations due to a sexual assault. Expedited transfer requests are not guaranteed but the right to request one is granted if a victim files an Unrestricted Report.

A complete overview of the Air Force SAPR program and procedures can be located on the Air Force website at this address: <https://www.af.mil/SAPR>

Please be aware that the Air Force is firmly committed to preventing sexual abuse within its ranks and the SAPR office stands ready to provide support to any airman or dependent over the age of 18 should he or she suffer from any type of sexual assault.

Our SAPR office at CAFB remains on duty 24/7 and is ready to answer any questions you may have or provide any support you may need. Our SAPR Hotline can be reached at 662.364.0822.



## Medical Corner

# Fit to Fight: Preventing Injuries

Almost anyone who exercises on a regular basis will develop an ache, pain or sports injury at some time or another.

### Here are some things to consider when working on fitness goals

*Understand workout objectives and have a plan:* To excel at a skill, practice it. Using incorrect technique not only reduces the effectiveness of a workout but it also increases the risk of injury. It is also important for someone who is working out to know their limits and seek out help, if needed.

*Cross train:* Doing the same workout routine all the time can increase the risk of injury and it can lead to muscle imbalance, weakness and monotony.

*Rest and recovery:* Rest is often an overlooked part of a workout routine for effective training. People who don't plan recovery days limit their ability to train. The human body gets stronger after exercise stress which means down time and sleep are necessary to rebuild muscle tissue.

Exercising while fatigued is another way to get sloppy with form. It's harder to maintain proper technique and stay focused when tired.

Recovery can be quick by observing the body. If a person is feeling tired, sore or notices decreased performance, more recovery time or a break from training may be needed. In most cases, the body knows what it needs, when it needs it. Most people; however, do not want to listen to what their body tells them. Sometimes pain will stop gain because no muscles are built while the body is experiencing pain.

### Musculoskeletal overuse injuries attribute to more than 2/3 of all injuries in the military

#### What are musculoskeletal (MSK) injuries?

Musculoskeletal (MSK) injuries occur when physical stress is applied to bones, muscles, tendons, joints, ligaments, cartilage, or associated tissues exceeding the capacity for normal tissue function.

#### What causes military MSK injuries?

Within the military population, Traumatic MSK injuries are most frequently attributed to falls, sports, motor vehicle and motorcycle accidents, and parachuting as well as strains/sprains from handling equipment.

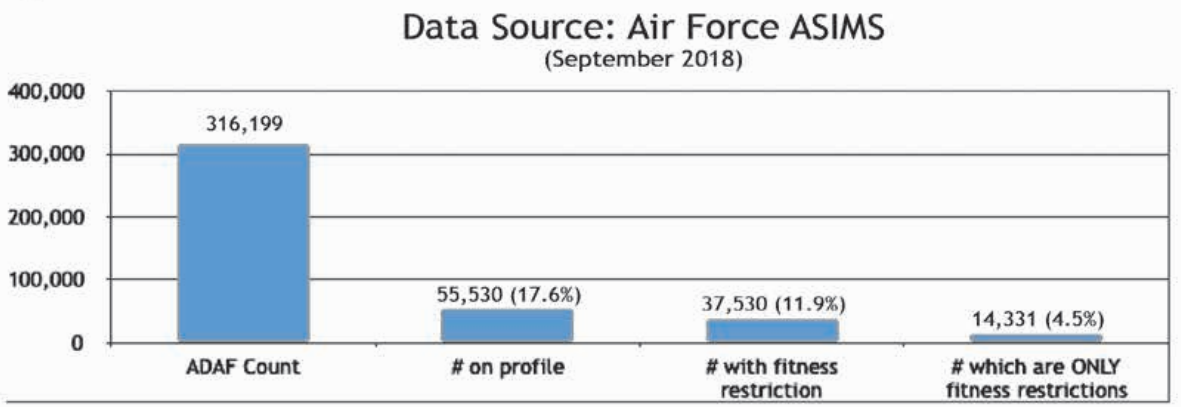
Some of these injuries can be prevented with better equipment and others with proper technique and training.

#### What factors increase risk of MSK injuries?

Those who are less fit (e.g., low fitness test scores) are especially at risk when starting a new strenuous training activity or restarting a routine after a rest period (this is why initial entry trainees are at high risk). Smoking has been shown to increase injury risk, plausibly because it slows bone and other tissue healing.

*Injury Prevention: Just the Facts: Musculoskeletal Injuries. Retrieved from [https://phc.amedd.army.mil/PHC%20Resource%20Library/MSKInjuries\\_FS\\_12-011-0417.pdf](https://phc.amedd.army.mil/PHC%20Resource%20Library/MSKInjuries_FS_12-011-0417.pdf)*

Preventing Injuries. Retrieved from <https://www.military.com/military-fitness/workouts/preventing-injuries>



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



Dear Health Myth Busters,

*I've been on a profile for running due to an ankle sprain for over six months now. Previous to that injury, I had another profile for push-ups, due to a wrist injury. Based on my history, and the research I've done, it seems as though I could, (a) end up reinjuring myself or (b) learn a new way to train and prevent future injury. My AF Fitness test is coming up, and I want to show progress on my PT score, and perform to my highest ability. What are your thoughts?*

Sincerely,  
Injury Prone No More

Dear Injury Prone No More,

Staying mission ready is a great reason to maintain your physical conditioning and to prevent musculoskeletal injuries in the future. I'm glad you reached out for guidance. As an airman it is important to prepare to the best of your ability and to focus on improving/maintaining resiliency. Injury prevention is a critical part of human performance and achieving your peak fitness goals.

Sometimes, you will not know what your weakness is until you try something new. If you change your workout often enough (and actually try something new) you may find a new love, and could identify a weakness you didn't know you had. This is the best way to prevent injury in the future. Rarely is someone great at ALL the elements of fitness: Speed, stamina, agility, strength/power, technique, endurance, flexibility, or mobility – to name a few.

I recommend all kinds of running (speed, endurance, agility). If needed, begin with a walk/run first, and build up from there.

Workout 1: Once you're able to run a mile without stopping, start your regimen with a 1 mile jog, easy dynamic stretches, recover and hydrate. Next, try a 1 mile timed run fast as you can (record your time). Follow this with an easy ¼ mile to half mile walk with some dynamic stretches added in to prepare for full sprint build up.

Workout 2: Begin with some dynamic stretches and a light jog. Once you're warmed up, run 5x100m sprints and build up to full speed; time yourself and work up from there. If you're up for the challenge, consider a 40 yard dash, just for fun. Run a hill, steps, or bleachers for 5 minutes nonstop. I also recommend taking a day of rest between these two training days.

If needed, you can obtain a referral to an exercise specialist to help with strengthening and flexibility routines. You may just need assistance in creating a safe and effective physical activity program to improve your overall health.

Sincerely,  
Health Myth Busters



# Spark Cell provides tools to innovate, opens up great possibilities through teamwork



Courtesy photo



Courtesy photo

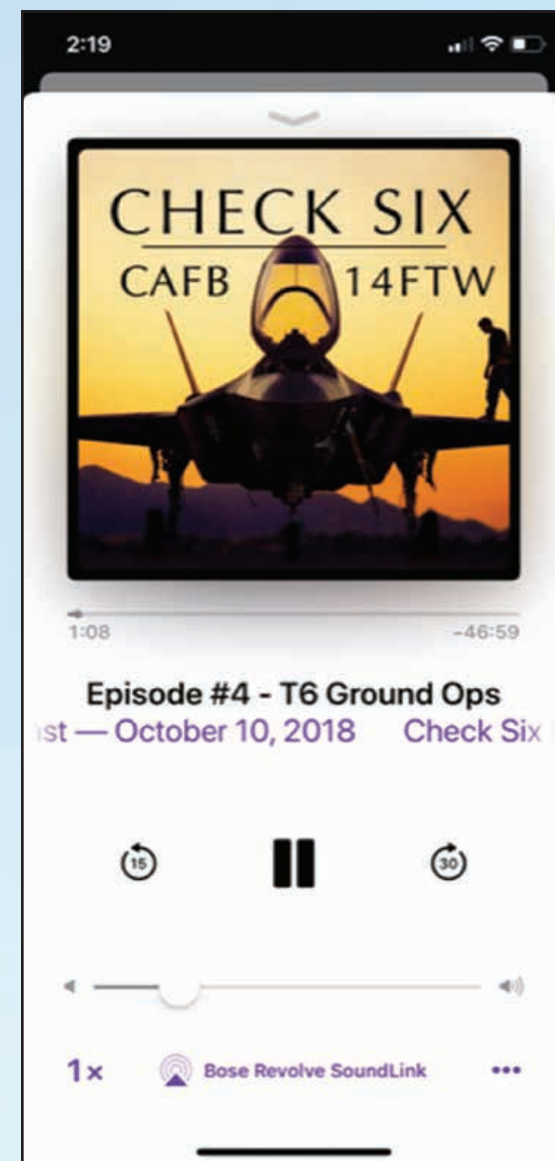
**ABOVE:** A group of Team BLAZE members speak about their project to create a universal manning management system, Sept. 18, 2018, on Columbus Air Force Base, Mississippi. This system would allow leadership to make informed decisions as their Airmen progress.

**LEFT:** A 3D printed T-6 Texan II model sits on a desk, showing the practicality of a 3D printer in the Spark Cell on Columbus Air Force Base, Mississippi.

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

The Columbus Air Force Base Spark Cell was created to be a creative hub for finding solutions to problems, building innovative tools or processes, and learning anything from 3D printing to flying patterns in a T-6 Texan II.

The use of the Spark Cell is consistent and the



Courtesy photo

The Check Six podcast is made in the Spark Cell itself with equipment available to all of Team BLAZE, showing there are no limits to one's creativity.

impact is already being seen with 15 Airmen visiting weekly to work on projects, from standardizing manning reports across units to using editing software for enlisted and officer performance reports.

"We have our regulars that are working on projects with five or six people leading these projects," said Maj. Brewer, 14th Flying Training Wing director of innovation. "We get a trickle of curious individuals occasionally and we are trying to build out and reach everyone in each group."

Several projects are being worked on, but the 'Check Six' podcast is the first completed project, Brewer mentioned. He said they are always looking at other opportunities for the podcast to expand from the main T-6 Texan II topics.

Another project showing the potential of the Spark Cell is the collaboration effort with communications specialist lieutenants from Keesler Air Force Base, Mississippi, to create a program that helps edit and create enlisted and officer performance report bullets.

"We are doing a lot of neat collaboration with other training bases on a weekly basis," Brewer said. "If we are working on similar projects, we can work together to make the two projects into one project with two collaborating teams, making it more efficient and creating a better finished product."

The relationships Tech. Sgt. Vanessa Culverhouse, 14th Medical Support Squadron NCO in charge of manpower, built in the Spark Cell was her first mission when she arrived at Columbus AFB recently.

"Chief Master Sgt. Raul Villarreal, 14th Flying Training Wing command chief and Chief Master Sgt. Tracy Tolliver, 14th Medical Group superintendent, got me involved with the universal manning program when I first arrived at Columbus AFB," Culverhouse said. "They said Chief Villarreal was looking for help to change the wing's manning system, he basically gave me free reign to choose my team and begin working to create a better manning document."

The universal manning document is aiming to become the 'one-stop-shop' for leadership to be able to see their manning in a comprehensive way. They also want the program to show more about each individual, such as their current training levels, line numbers, if they have one, or their goals to be in special duties in the future. These items will allow leadership to make informed decisions as their Airmen progress.

"I can see the Spark Cell being extremely effective in the future," Culverhouse said. "There are lots of projects going on throughout the wing, and



Courtesy photo

**Andy Christiansen, motivational speaker, leads a small group discussion Sept. 12, 2018, in the Columbus Air Force Base, Spark Cell. The idea of the Spark Cell is to openly communicate ideas without judgment, so everyone's input is valuable.**

with the Spark Cell allowing everyone to work together, it brings a lot solutions from new perspectives and brings all these experiences together."

Culverhouse said she admires the Spark Cell's ability to strip rank away and look at everyone's ideas equally. Each idea matters and has a valuable contribution to every project.

Brewer mentioned people may think the Spark Cell is just a lot of cool technology and tools, but he really thinks the Spark Cell is an environment where you're able to share ideas, connect with oth-

er Airmen and create things to make the 14th FTW and Air Force better at what they do.

He encourages people to go into work and stop at each step to ask is there a way to do this better. He also said if there's one thing making people grit their teeth every day, start changing that specific thing. He said, simply put, "find a better way to do what you hate doing."

Brewer and his team acknowledged the immense help they have had from leadership and they expressed how without the backing of their leaders,

the Spark Cell wouldn't have been possible.

The Spark Cell will continue to be the hub for innovation on Columbus AFB. Coming up, there will be another, more in-depth 3D printing class Dec. 5, focusing on the software of the printer and how to work the machine with the software here.

Opportunities will continue to open up as the New Year begins and Brewer encourages people to start bringing their ideas to the Spark Cell meetings every Friday at noon so they can be a part of the innovation team.