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News Briefs

Wing Newcomers Orientation
Wing Newcomers Orientation is from 8 a.m.-noon Dec. 11 in the Columbus Club for the newly arrived active-duty and civilian personnel.

SUPT Class 19-03 Graduation
Specialized Undergraduate Pilot Training Class 19-03 will be earning their coveted silver wings at 10 a.m. Dec. 14 in the Kaye Auditorium. Join the pilots in celebrating their accomplishment.

AETC Family Day and Christmas
Most base offices will be closed from Dec. 24-25 because of an Air Education and Training Command's family day and Christmas holiday.



U.S. Air Force photo by Airman Hannah Bean
Family members of a deployed Airman from Columbus Air Force Base light the Base Christmas Tree Lighting, Dec. 4, 2018, at the BLAZE Chapel on Columbus AFB, Mississippi. After the lighting, children had the opportunity to have their photo taken with Santa in the Kaye Auditorium.

Columbus AFB kicks off holiday celebrations with ceremony, parade

Airman Hannah Bean
14th Flying Training Wing Public Affairs

The BLAZE Chapel held a Christmas Tree and Menorah Lighting Ceremony, Dec. 4, here. After arriving on a T-1A Jayhawk at Columbus AFB's Red Carpet, Santa Claus led a parade from the 14th Operations Support Squadron Base Operations BLAZE Chapel for the Holiday Lighting Ceremony. Team BLAZE members congregated at the Chapel to light

See **HOLIDAY**, Page 8

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	313	353	5,132
41st (19-05)	Dec. 14	50th (19-03)	Dec. 14			T-1	156	64	1,697
Maj. Gen. Scott L. Pleus is the Director of Plans, Programs, and Requirements, Headquarters Air Combat Command, Joint Base Langley-Eustis, Virginia, 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	151	112	2,041
						IFF	53	47	768
						* Mission numbers provided by 14 FTW Wing Scheduling.			

Friday

Mostly Cloudy w/chc Rain

High 45°F Low 41°F

Saturday

Mostly Cloudy w/chc Rain

High 46°F Low 43°F

Sunday

Mostly Cloudy w/chc Rain

High 46°F Low 42°F

Monday

Mostly Cloudy

High 47°F Low 37°F

Forecast provided by the 14th OSS Weather Flight

14TH FLYING TRAINING WING DEPLOYED

As of press time, 8 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.

14th CONS Tech Sgt wings at AETC level

Congratulations to the 14th Contracting Squadron for their Superintendents success in the Air Education and Training Command's Contracting Awards, next they will move into the Air Force level competition: -SSgt King Outstanding Contingency Contracting (Enlisted): Tech. Sgt. Christopher Palmer

Steinback earns promotion to chief

Senior Master Sgt. Wade Steinback, Wing Staff Agency superintendent and maintenance authority, was selected for promotion to chief master sergeant.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
10	11 Club Members Breakfast, 6:30-9 a.m. Wing New-comers, 8 a.m. @ Club Pilot Partner Welcome, @ Paccar	12 Happy Irby Christmas Wrap, 7 a.m. @ Columbus Club	13 14th MSG All-Call, 9-10 a.m. @ Kaye National Guard Birthday Hearts Apart	14 SUPT Class 19-03 Graduation	15/16	Dec. 24: AETC Family Day Dec. 25: Christmas Holiday Dec. 26-28: 14th FTW Minimum Base Manning Dec. 28: Enlisted Promotions Dec. 31: AETC Family Day Jan. 1: New Year's Day Holiday Jan. 11: SUPT Class 19-04/05 Assignment Night Jan. 15: Wing Newcomers
17	18	19	20	21	22/23	

Silver Wings

How to reach us

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Submission Deadline

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

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Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.

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SUNDAY EVENING
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Discipleship Training - 5pm
Evening Worship - 6pm
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A \$25.00 donation will be made to www.woundedwarrioroutdoors.com on behalf of any CAFB Personnel who rents a storage space.

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a division of Community Counseling Services

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NEWS AROUND TOWN

"A Holiday Extravaganza: Winter Celebrations around the World"

A joint production of 'The W's departments of Music and Theatre,' at 7:30 p.m. Dec. 7 at the Black Box Theatre, 1100 College Street Columbus, Mississippi. The performance consists of musical numbers, readings and staged scenes depicting not just Christmas, but other winter holidays such as Hanukkah and Kwanzaa. For additional information on this or any other Columbus events, contact Nancy Carpenter, CEO, Columbus Convention and Visitors Bureau, 662-329-1191 or 800-327-2686, or nancy@visitcolumbusms.org.

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.

Day of Giving

Breakfast followed by volunteers giving out school supplies to teachers to help finish the school year from 8 a.m.-5 p.m. Jan. 21 at 402 Second Ave. North Columbus, Mississippi. It is sponsored by Visit Columbus, The City of Columbus, United Way, and The W. For additional information on this or any other Columbus events, contact Nancy Carpenter, CEO, Columbus Convention and Visitors Bureau, 662-329-1191 or 800-327-2686, or nancy@visitcolumbusms.org.

Columbus Arts Council 35th Annual Gala

Enjoy an open bar, New Orleans cuisine, music, dancing and more at Columbus Arts Council's 35th Annual Gala honoring Larry Feeney on Feb. 23 at 402 Second Ave. North Columbus, Mississippi. Prices and more information can be found at http://www.visitcolumbusms.org/event/columbus-arts-council-35th-annual-gala/. To purchase tickets, call 662-328-2787 and for additional information on this or any other Columbus events, contact Nancy Carpenter, CEO, Columbus Convention and Visitors Bureau, 662-329-1191 or 800-327-2686, or nancy@visitcolumbusms.org.

NATO Agrees: Russia in Material Breach of INF Treaty

WASHINGTON — NATO allies agree that Russia is in material breach of the Intermediate-Range Nuclear Forces Treaty, and have decided to start planning for a post-INF Treaty world, Secretary General Jens Stoltenberg said in Brussels yesterday.

The secretary general spoke following a meeting of foreign ministers at NATO headquarters. Secretary of State Mike Pompeo represented the United States at the meeting.

“All allies have concluded that Russia has developed and fielded a new ground-launched cruise missile system – the SSC-8, also known as the 9M729,” Stoltenberg said. “Allies agree that this missile system violates the INF Treaty and poses significant risks to Euro-Atlantic security. And they agree that Russia is therefore in material breach of its obligations under the INF Treaty.”

Tensions Raised in Europe

The treaty – signed by President Ronald Reagan and then-Soviet leader Mikhail Gorbachev in 1987 – was a pillar of European security. The treaty eliminated an entire category of destabilizing weapons. Russia’s deployment ratchets up tension on the continent.

“This is really serious, because, of course, all missiles are dangerous, but these missiles are in particular dangerous because they are hard to detect, they are mobile [and] they are nuclear-capable,” the secretary general said at a news conference.

The new Russian missiles can reach European cities, thus reducing warning time. “And they also reduce the threshold for nuclear weapons in the event of a conflict,” he said. “That’s the reason why the INF Treaty has been so important, and that is why it is so serious that this treaty risks breaking down because of the Russian violations.”

Stoltenberg said the United States has made every effort to engage with Russia, and to seek answers about the new missile. “The U.S. has raised the matter formally with Russia at senior levels more than 30 times,” he said. “Other allies have raised it with Russia, too. We did so, a few weeks ago, in the NATO-Russia Council here in Brussels.”

Violation Undermines Allied Security

But Russia has not listened and continues to produce and deploy the



NATO photo

NATO Secretary General Jens Stoltenberg speaks with reporters during a foreign ministers meeting at NATO headquarters in Brussels, Dec. 4, 2018.

missiles. This violation “erodes the foundations of effective arms control and undermines allied security,” Stoltenberg said. “This is part of Russia’s broader pattern of behavior, intended to weaken the overall Euro-Atlantic security architecture.”

The United States fully complies with the INF Treaty. “There are no new U.S. missiles in Europe, but there are new Russian missiles in Europe,” he said. “Arms control agreements are only effective if they are respected by all sides. A situation where the U.S. abides by the treaty and Russia does not is simply not sustainable.”

The NATO allies call on Russia once again to comply with the treaty. At the same time, the alliance will take appropriate actions to ensure the credibility and effectiveness of NATO’s deterrence and defense strategy, he said. “We will continue to keep Russia’s military posture and deployments under close review,” Stoltenberg said.

No one in NATO wants a new Cold War with a new arms race, he said. “We seek dialogue, not confrontation, with Russia,” the secretary general said. “Russia now has a last chance to come back into compliance with the INF Treaty, but we must also start to prepare for a world without the treaty.”

The Air Force Culture and Language Center debuts new website

Jasmine Bourgeois
AFCLC Outreach Team

MAXWELL AIR FORCE BASE, Ala. — On November 29, the Air Force Culture and Language Center debuted its new website which is now hosted by the American Forces Public Information Management System (AFPIMS).

The Center currently maintains its culture.af.mil URL. The change comes as AFCLC moves to reorganize its content and align with other Department of Defense public websites, including Air University’s website. The Center’s IT Department worked diligently to ensure a smooth transition.

“We are excited to reveal how AFCLC is evolving its web presence,” said Andy Hobbs, Information Technology Support Division Lead at the Air Force Culture and



On November 29, the Air Force Culture and Language Center debuted its new website which is now hosted by the American Forces Public Information Management System (AFPIMS).

Language Center. “Our team has worked with Air University staff to transition AFCLC’s current ‘culture.af.mil’ website to the

DoD Public Web (DoDPW) program. This program supports the flagship websites for DoD, the U.S. Air Force, the U.S. Navy, the U.S. Marine Corps, the Army Corps of Engineers, the Joint Chiefs of Staff, and over 740 military and DoD websites. With AFPIMS, AFCLC can easily utilize common thematic elements from other DoD websites. We also gain the ability to quickly share our content across all other AFPIMS websites, as well as pull content directly onto ours. Our external messaging will be streamlined as well due to direct YouTube embedding and live feed modules that integrate both Facebook and Twitter. Finally, part of this transition involves domain change from .mil to .edu, which is much more widely available to our worldwide user base.”

To view the site and learn more about AFCLC, visit airuniversity.af.edu/AFCLC.

Air Force releases chief master sergeant 18E9 promotion cycle statistics

Kat Bailey

Air Force’s Personnel Center
Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The Air Force has selected 479 senior master sergeants for promotion to chief master sergeant out of 2,241 eligible for a selection rate of 21.37 percent in the 18E9 promotion cycle.

The average overall score for those selected was 494.05. Selectees’ average time in grade was 2.92 years and time in service was 20.91 years. The average decorations score was 24.19 and the average U.S. Air Force Supervisory Exam score was 74.11. The average board score was 395.75.

The chief master sergeant promotion list is available on the Enlisted Promotions page of the Air Force’s Personnel Center website, the Air Force Portal and myPers. Airmen can access their score notices on the virtual Military Personnel Flight via the AFPC secure applications page.

Those selected will be promoted beginning in January 2019 according to their promotion sequence number. Prior to posting the list, AFPC provided commanders, senior raters and trusted agents with advanced knowledge of their Airmen’s selection with the intention that selects be notified no earlier than one day before the public release.

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

America Bids Goodbye to President George H.W. Bush

WASHINGTON — Eulogies hailed former President George Herbert Walker Bush as both a great and a good man at a state funeral service at the Washington National Cathedral here today.

The nation’s 41st president died Nov. 30 at the age of 94. President Donald J. Trump and former presidents Barack Obama, Bill Clinton and Jimmy Carter attended the service to pay respects to Bush and to offer condolences to his family and to Americans.

Bush’s son – former President George W. Bush – delivered a eulogy, along with historian Jon Meacham, former Canadian Prime Minister Brian Mulroney and former U.S. Sen. Alan Simpson. More than 4,000 service members and Defense Department civilians participated in all of the events around the state funeral.

All spoke of Bush’s energy, compassion, humility and values. “His life code was: Tell the truth. Be strong. Do your best. Try hard. Forgive. Stay the course,” said Meacham, a Pulitzer Prize winner. “And that was, and is, the most American of creeds.”

All said that Bush’s Navy service during World War II affected him throughout his life. During a bombing run on the Japanese-held island of Chichi Jima in 1944, Bush’s plane was hit. He completed the bombing run and turned to the sea. He called on his two crewmates to bail out and then hit the silk himself. He landed in the water and was later recovered by the submarine USS Finback.

His son said his father embraced life because he almost died twice: as a teenager with a staph infection and “a few years later, he was alone in the Pacific on a life raft, praying his rescuers would find him before the enemy did,” he said. “God answered those prayers. It turned out he had other plans for George H.W. Bush.

“For Dad’s part, I think those brushes with death made him cherish the gift of life,” he continued. “And he vowed to live every day to the fullest.”

Bush came home from war and married his love, Barbara, and the young family moved to Texas, where the elder Bush entered the oil business.

Call to Public Service

But the call to public service was strong, and he was elected to serve in the House of Representatives. He later served as the director of the CIA, led the U.S. liaison office in China before formal diplomatic relations were established, and served as the U.S. Ambassador to the United Nations. In 1981 he took office vice president of the United States. He was elected president in 1988, succeeding President Ronald Reagan, the first vice president elected to succeed his president since Martin Van Buren succeeded



U.S. Air Force photo by Tech Sgt. Andrew Lee

U.S. service members with the Joint Forces Honor Guard participate in a departure ceremony for former President George H.W. Bush in front of the Special Air Mission 41 plane at Ellington Field Joint Reserve Base in Houston, Texas, Dec. 3, 2018. Nearly 4,000 military and civilian personnel from across all branches of the U.S. armed forces, including Reserve and National Guard components, provided ceremonial support during George H.W. Bush’s state funeral.

“I believe it will be said that no occupant of the Oval Office was more courageous, more principled and more honorable than George Herbert Walker Bush,” Mulroney said.

Andrew Jackson in 1837.

All the eulogists spoke of Bush’s efforts in foreign policy. Operations Desert Storm and Just Cause, the fall of the Berlin Wall and the implosion of the Soviet Union were just a few of the momentous events during his presidential

service. They also spoke of the American with Disabilities Act that he signed and his support for environmental laws and his courage to reach across the aisle to hammer down a bill that put the United States on a sound fiscal path, even though it cost him his second term.

“I believe it will be said that no occupant of the Oval Office was more courageous, more principled and more honorable than George Herbert Walker Bush,” Mulroney said.

The younger Bush said his father was a mentor to many – including the man who defeated him in 1992, Bill Clinton.

“Of course, Dad taught me another special lesson: he showed me what it means to be a president who serves with integrity, leads with courage and acts with love in his heart for the citizens of our country,” Bush said.



Visit www.columbus.af.mil to learn about Columbus AFB agencies and other important information.



Maj. Gen. Pleus to speak at SUPT class 19-03's graduation

Maj. Gen. Scott L. Pleus, Director of Plans, Programs, and Requirements, Headquarters Air Combat Command, Joint Base Langley-Eustis, Virginia, will be the guest speaker at Specialized Undergraduate Pilot Training class 19-03's graduation at 10 a.m. Dec. 14 in the Kaye Auditorium.

Pleus is responsible for planning and programming \$40 billion annually for a force of more than 140,000 personnel and 2,600 aircraft, supporting nine unified commands and NORAD. He is also responsible for functions relating to the Combat Air Forces' weapons systems acquisition, modernization, sustainment, and test involving over 100 programs. Additionally, he directs a staff of 16 divisions, four operating locations, and five Air Force Core Function Teams.

Pleus received his commission in 1989 through the Air Force ROTC program at the University of Minnesota-Duluth. During his career, which includes five overseas assignments, he's commanded at the squadron, group and wing levels and was a Secretary of Defense Corporate Fellow at Sun Microsystems in California. His staff assignments include Executive Officer to the Chief of Staff of the Air Force. Prior to his current assignment, he was the Director, F-35 Integration Office, Headquarters U.S. Air Force, the Pentagon, Arlington, Va.

Pleus is a command pilot with more than 2,300 flying hours, including combat time earned during operations Desert Fox and Southern Watch.

EDUCATION

- 1989 Bachelor of Arts degree in communications, University of Minnesota-Duluth
- 1997 Squadron Officer School, Maxwell AFB, Ala.
- 2000 Master of Military Operational Arts and Science degree, Air Command and Staff College, Maxwell AFB, Ala.
- 2000 Master of Arts degree in international relations, Auburn University-Montgomery, Montgomery, Ala.

- 2002 Air War College, by correspondence
- 2008 Secretary of Defense Corporate Fellow, Sun Microsystems, Menlo Park, Calif.
- 2010 U.S. Air Force Enterprise Leadership Seminar, Darden School of Business, University of Virginia
- 2015 Capstone General and Flag Officer Course, National Defense University, Washington, D.C.
- 2015 Joint Force Air Component Commander Course, Maxwell AFB, Ala.
- 2018 Joint Flag Officer Warfighting Course, Maxwell AFB, Ala.

ASSIGNMENTS

- 1. March 1990 – March 1991, student, undergraduate pilot training, Columbus Air Force Base, Miss.
- 2. April 1991 – December 1992, student, F-16 Replacement Training Unit, MacDill AFB, Fla.
- 3. January 1993 – January 1996, F-16 pilot, 18th Fighter Squadron, Eielson AFB, Alaska
- 4. January 1996 – December 1996, F-16 Flight Examiner and Instructor, 35th Fighter Squadron, Kunsan Air Base, South Korea
- 5. January 1997 – June 1999, flight commander, F-16 Flight Examiner and Instructor, 34th Fighter Squadron, Hill AFB, Utah
- 6. June 1999 – June 2000, student, Air Command and Staff College, Maxwell AFB, Ala.
- 7. July 2000 – September 2000, student, Joint Forces Staff College, Norfolk Naval Air Station, Va.
- 8. September 2000 – November 2002, Joint and Combined Contingency Plans Officer, Alaskan Command, Plans and Programs (J5), Elmendorf AFB, Alaska
- 9. November 2002 – April 2003, student, F-16 requalification training, 61st Fighter Squadron, Luke AFB, Ariz.
- 10. May 2003 – June 2004, Operations Officer, 56th Training Squadron, Luke AFB, Ariz.
- 11. June 2004 – June 2006, Commander, 63rd Fighter Squadron, Luke AFB, Ariz.
- 12. June 2006 – June 2008, Director, Headquarters AETC Command Action Group, Randolph AFB, Texas
- 13. June 2008 – July 2009, Secretary of Defense Corporate Fellow, Sun Microsystems, Menlo Park, Calif.
- 14. July 2009 – May 2011, Commander, 611th Air and Space Operations Center, Joint Base Elmendorf-Richardson, Alaska

- 15. May 2011 – May 2012, Commander, 8th Fighter Wing, Kunsan Air Base, South Korea
- 16. June 2012 – June 2014, Executive Officer to the Chief of Staff of the Air Force, Headquarters U.S. Air Force, the Pentagon, Arlington, Va.
- 17. June 2014 – June 2016, Commander, 56th Fighter Wing, Luke AFB, Ariz.
- 18. July 2016 – May 2017, Director, F-35 Integration Office, Headquarters U.S. Air Force, the Pentagon, Arlington, Va.
- 19. June 2017 – present, Director, Plans, Programs, and Requirements, Headquarters Air Combat Command, Joint Base Langley-Eustis, Va.

SUMMARY OF JOINT ASSIGNMENTS

September 2000 – November 2002, Joint and Combined Contingency Plans Officer, Alaskan Command, Plans and Programs (J5), Elmendorf AFB, Alaska, as a major

FLIGHT INFORMATION

Rating: command pilot
Flight hours: more than 2,300
Aircraft flown: F-35, F-16 C/D, AT-38, T-38, and T-37

MAJOR AWARDS AND DECORATIONS

Legion of Merit with three oak leaf clusters
Defense Meritorious Service Medal
Meritorious Service Medal with two oak leaf clusters
Air Medal with oak leaf cluster
Aerial Achievement Medal with three oak leaf clusters
Air Force Commendation Medal with oak leaf cluster
Joint Meritorious Unit Award
Air Force Outstanding Unit Award with Valor device
Combat Readiness Medal

EFFECTIVE DATES OF PROMOTION

Second Lieutenant Nov. 2, 1989
First Lieutenant Nov. 2, 1991
Captain Nov. 2, 1993
Major July 1, 1999
Lieutenant Colonel March 1, 2003
Colonel Aug. 1, 2008
Brigadier General July 11, 2014
Major General May 2, 2018
(Current as of May 2018)

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 will learn about finances, labor and delivery, and

Columbus AFB participates in Columbus Holiday Parade



U.S. Air Force photo by Airman 1st Class Keith Holcomb
Firefighters from the 14th Civil Engineer Squadron participate in the Columbus, Mississippi Holiday Parade Dec. 4, 2018. The 14th Flying Training Wing participated in the parade to connect with Columbus, Mississippi, and share the holiday spirit.

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 Choir)
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)

CAFB Auto Body shop survey

If interested in an Auto Body shop on Columbus Air Force Base type in the link below. Team BLAZE leaders need your feedback!
<https://www.surveymonkey.com/r/3RWSH8M>



Be responsible
this holiday season.
Don't drink
and drive.

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 to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

Get Connected with Your New Base App!
As a way to connect people together, Columbus Air Force Base launched a new app to connect Airmen and families to the mission and community! The app is available on all app stores and can be found by searching ‘Columbus Air Force Base’.

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 \$10 club members; \$12 non-members; \$5 ages 5-11; free for ages 4 and under. For more information, contact 434-2489.

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.

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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.

Holiday Coloring Contest
Pick up your coloring page from the Library on Dec. 1 and return by Dec. 12. The winner will be announced at the Winter Reading Program event at 11 a.m. Dec. 15. For more information call the Library at 434-2934.

Gingerbread with Santa
The library will be offering an opportunity to meet Santa and build gingerbread houses from 5-8 p.m. Dec. 13 and from 9:30 a.m.-noon Dec. 14. For more information call 434-2934.

Cirque Du Soleil
Cirque Du Soleil presents Crystal at 4 p.m. Jan. 12 at the Bancorp South Arena. The deadline to purchase tickets will be Dec. 13. Tickets are available at Information Tickets and Travel. For more information call 434-7861.

Hot Chocolate 5K Run/Walk
The Fitness Center will be holding its monthly 5k run at 7 a.m. Dec. 14. Hot chocolate, coffee and refreshments will be served after the race.

Free Saturday Matinee
Free Saturday Matinee Dec. 15 at Kaye Auditorium. For more information, call 434-2337.

Free Crafts at the Base Library
Craft like no one is watching! The Base Library is offering the



Hot Chocolate 5K Run/Walk

FITNESS CENTER

Friday, December 14

7:00 am

Join us for hot chocolate, coffee and refreshments after the race!

Wear your ugliest holiday sweater and you could win a prize!!

For more information call 434-2772

following craft weeks during normal business hours: Kwanza Craft Week from Dec. 26–29. For more information, contact the Base Library at 434-2934.

Wood Shop is OPEN!
The Wood Shop is back in business! They are open Mon-Thurs. from 10 a.m.-5 p.m. and Saturday 8 a.m.-4 p.m., call 434-7836 for more information.

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.

Laser Bowling
The Strike Zone offers laser bowling every Friday and Saturday night starting at 5 p.m., stop in for a great time! Call 434-3426 for more information.

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.

BLAZE Hangar Tails: F-35A

Mission
The F-35A is the U.S. Air Force's latest fifth-generation fighter. It will replace the U.S. Air Force's aging fleet of F-16 Fighting Falcons and A-10 Thunderbolt II's, which have been the primary fighter aircraft for more than 20 years, and bring with it an enhanced capability to survive in the advanced threat environment in which it was designed to operate. With its aerodynamic performance and advanced integrated avionics, the F-35A will provide next-generation stealth, enhanced situational awareness, and reduced vulnerability for the United States and allied nations.

Features
The conventional takeoff and landing (CTOL) F-35A gives the U.S. Air Force and allies the power to dominate the skies – anytime, anywhere. The F-35A is an agile, versatile, high-performance, 9g capable multirole fighter that combines stealth, sensor fusion, and unprecedented situational awareness. The F-35A's advanced sensor package is designed to gather, fuse and distribute more information than any fighter in history, giving operators a decisive advantage over all adver-

saries. Its processing power, open architecture, sophisticated sensors, information fusion and flexible communication links make the F-35 an indispensable tool in future homeland defense, Joint and Coalition irregular warfare and major combat operations.

The F-35's electronic sensors include the Electro-Optical Distributed Aperture System (DAS). This system provides pilots with situational awareness in a sphere around the aircraft for enhanced missile warning, aircraft warning, and day/night pilot vision.. Additionally, the aircraft is equipped with the Electro-Optical Targeting System (EOTS). The internally mounted EOTS provides extended range detection and precision targeting against ground targets, plus long range detection of air-to-air threats.

The F-35's helmet mounted display system is the most advanced system of its kind. All the intelligence and targeting information an F-35 pilot needs to complete the mission is displayed on the helmet's visor. The F-35's engine produces 43,000 lbs of thrust and consists of a 3-stage fan, a 6-stage compressor, an annular combustor, a single stage high-pressure turbine, and a 2 stage low-pressure turbine. The F-35 is designed to provide the pilot with unsurpassed

situational awareness, positive target identification and precision strike in all weather conditions. Mission systems integration and outstanding over-the-nose visibility features are designed to dramatically enhance pilot performance.

Background
The F-35 is designed to replace aging fighter inventories including U.S. Air Force F-16s and A-10s, U.S. Navy F/A-18s, U.S. Marine Corps AV-8B Harriers and F/A-18s, and U.K. Harrier GR.7s and Sea Harriers. With stealth and a host of next-generation technologies, the F-35 will be far and away the world's most advanced multi-role fighter. There exists an aging fleet of tactical aircraft worldwide. The F-35 is intended to solve that problem. On October 26, 2001, Under Secretary of Defense for Acquisition, Technology and Logistics Edward C. “Pete” Aldridge Jr. announced the decision to proceed with the Joint Strike Fighter (JSF) program. This approval advanced the program to the System Development and Demonstration (SDD) phase. The Secretary of the Air Force James G. Roche announced the selection of Lockheed Martin teamed with Northrop Grumman and BAE to develop and then produce the JSF aircraft.



U.S. Air National Guard photo by Master Sgt. Joshua C. Allmaras
An F-35A Lightning II from the 4th Fighter Squadron, Hill Air Force Base, Utah takes off from the Gowen Field, Boise, Idaho Oct. 16, 2017. The take-off marked the first time an F-35 has taken off from Gowen Field.



U.S. Air Force photo by Staff Sgt. Cory D. Payne
A formation of F-35 Lightning IIs from the 388th and 419th Fighter Wings stationed at Hill Air Force Base perform aerial maneuvers during a combat power exercise over Utah Test and Training Range, Nov. 19, 2018. The exercise aims to confirm their ability to quickly employ a large force of jets against air and ground targets, and demonstrate the readiness and lethality of the F-35A. As the first combat-ready F-35 unit in the Air Force, the 388th and 419th FW are ready to deploy anywhere in the world at a moment's notice.

Medical Airman inspired to give back through CFC

Airman Hannah Bean

14th Flying Training Wing Public Affairs

When Capt. Jamion Lewis, 14th Medical Support Squadron Resource Management Office and Medical Readiness flight commander, was 8 years old, his sister was born with her heart in the wrong spot in her body.

A children's hospital in Texas took such good care of her and supported her and their family through a difficult time that it impacted Lewis and motivated him to join the Air Force Medical Services and even participate in donating to a number of children's hospitals through the Combined Federal Campaign.

"I give to a multitude of different children's hospitals because my sister was born at a children's hospital," Lewis said. "I was 8 years old at the time, and I still remember this, that as soon as she was born, she had to undergo essentially a heart surgery."

This was an intense time for his family. In order to save her, doctors had to perform surgery to move the heart into her upper abdomen and over to the left side of her chest.

Shauna Hill, Lewis's mother, said she was heartbroken and concerned for her daughter when she heard her baby had to immediately undergo surgery after she was born. She prayed day after day, hoping that she would survive.

"My mind at the time wasn't fully developed, but I knew it

was a big deal that my sister needed surgery as soon as she was born," Lewis said. "I really didn't know how significant it was until I got older. I'm sure my mom had questions if she was going to survive or not. At the time I really didn't ask myself those type of questions."

While at the Texas children's hospital Lewis noticed how well they cared for his mother and sister from birth to recovery. He knew that his mom was extremely stressed and exhausted, but was grateful for the staff and their attentiveness around his family.

"She was in the hospital for about the first six months of her life, but once she got out and we got to bring her home, I remember loving on her and how precious she was," Lewis said. "She's still precious today. That just made her more significant. We tried to get everything out of life with her."

Seeing the diligence and care that was provided to Lewis's family gave a reason to give back through the CFC.

"Giving makes individuals feel a certain type of way," Lewis said. "(People) get a sort of gratification from giving. I enjoy that aspect of it- the small amount that I give can help support life or continue healthcare for kids. That makes me feel good knowing that I'm supporting that."

According to the CFC, their mission is "to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all."

In observance of the upcoming holidays Dec. 16, 2018 – Jan. 5, 2019

Commissary Hours of Operations are:

SUNDAY: 16 Noon–6 p.m.	SUNDAY: 23 Early Close Noon–4 p.m.	SUNDAY: 30 Early Close Noon–4 p.m.
MONDAY: 17 8:30 a.m.–7 p.m.	MONDAY: 24 CLOSED (Christmas Eve)	MONDAY: 31 CLOSED (New Year's Eve)
TUESDAY: 18 8:30 a.m.–7 p.m.	TUESDAY: 25 CLOSED (Christmas Day)	TUESDAY: 1 CLOSED (New Year's Day)
WEDNESDAY: 19 9:30 a.m.–6 p.m.	WEDNESDAY: 26 9:30 a.m.–6 p.m.	WEDNESDAY: 2 9:30 a.m.–6 p.m.
THURSDAY: 20 9:30 a.m.–7 p.m.	THURSDAY: 27 9:30 a.m.–7 p.m.	THURSDAY: 3 9:30 a.m.–7 p.m.
FRIDAY: 21 8:30 a.m.–7 p.m.	FRIDAY: 28 8:30 a.m.–6 p.m.	FRIDAY: 4 8:30 a.m.–6 p.m.
SATURDAY: 22 8:30 a.m.–6 p.m.	SATURDAY: 29 8:30 a.m.–6 p.m.	SATURDAY: 5 8:30 a.m.–6 p.m.

Please read from top to bottom on each column.



Winter fire safety

Darren Amos

14th Civil Engineer Squadron Fire Inspector

Winter holidays are a time for families and friends to get together, but that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season. Dial 911 to report any emergency.



Holiday decorating

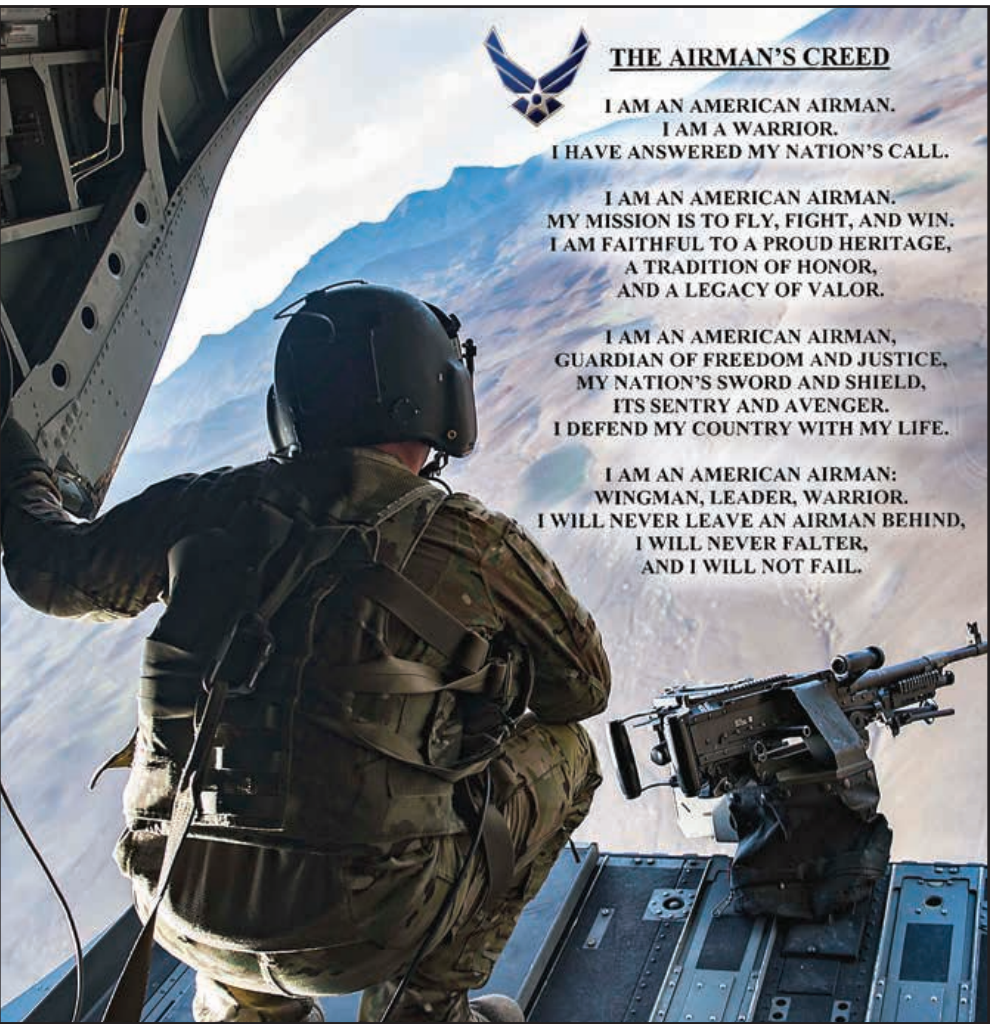
- Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other items that can easily burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Do not overload electrical outlet and/or daisy chain extension cords.
- If using a live tree, ensure you water it daily. If the needles are falling off, this is a sign that it is too dry and could become easily combustible.



Holiday entertaining

- Test your smoke alarms and practice your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high and out of reach for children.
- Stay in the kitchen when cooking. Unattended cooking is still the top cause of home fires!
- Ask smokers to smoke outside. Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.
- Blow out candles before retiring for the evening.
- If using portable space heaters, insure they are UL listed and have an auto shutoff feature should the heater get tipped over.

Data extracted from National Fire Protection Association (NFPA) website



THE AIRMAN'S CREED

I AM AN AMERICAN AIRMAN.
I AM A WARRIOR.
I HAVE ANSWERED MY NATION'S CALL.

I AM AN AMERICAN AIRMAN.
MY MISSION IS TO FLY, FIGHT, AND WIN.
I AM FAITHFUL TO A PROUD HERITAGE,
A TRADITION OF HONOR,
AND A LEGACY OF VALOR.

I AM AN AMERICAN AIRMAN,
GUARDIAN OF FREEDOM AND JUSTICE,
MY NATION'S SWORD AND SHIELD,
ITS SENTRY AND AVENGER.
I DEFEND MY COUNTRY WITH MY LIFE.

I AM AN AMERICAN AIRMAN:
WINGMAN, LEADER, WARRIOR.
I WILL NEVER LEAVE AN AIRMAN BEHIND,
I WILL NEVER FALTER,
AND I WILL NOT FAIL.

Commander's Action Line 434-1414

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

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

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



Lost for the Holidays

Lt. Col. Steven Richardson

14th Flying Training Wing Chapel

Have you ever been lost? I mean really lost; no map, no GPS, no cellphone, no landmarks or street signs; it's a horrible feeling.

When I was 13 years old, my family was stationed at a small Air Force base on the island of Crete, Greece, and I was invited to go on a Boy Scout trip to a gorge in the Cretan mountains. We carried all our equipment and hiked a mile or so to an undeveloped camping spot.

The next morning we skipped breakfast and started the hike to the top of the gorge. We arrived tired, hungry, and out of water. One of my friends was convinced that if we just went over the hill to our right the campground would be on the other side. So two of us climbed the small hill while everybody else headed back down the gorge.

That "small hill" got bigger and bigger and we climbed two hours to reach its peak. Then we spent the rest of the day searching for the camp! By dusk we realized we were hopelessly lost. We lit a fire to try to attract the attention of our leaders, then we yelled, cried, prayed, and panicked.

Late that night as we were beginning to give up hope, a scout leader saw our fire and came to help us. He brought extra matches, two pieces of chocolate, and words of encouragement.

That doesn't sound like a lot, but it meant the world to us. We ended up spending that December night huddled on a cliff in sub-freezing temperatures with our scout leader, but we were not alone and no longer lost.

Through the years I've met countless Airmen and family members who felt lost, especially during the month of December. Some were frustrated and offended by the crass commercialism of Christmas. Some felt their faith tradition, be it Jewish, Muslim, Buddhist, or no religion at all, seemed to be lost in the Christmas frenzy. Still others experienced a profound sense of loss when they couldn't be home for the holidays.

When I was stationed in England a few years ago, the U.S. Air Forces Europe commander directed that no chaplain could take leave from Thanksgiving to New Year's Day. Though the order was soon rescinded, the intention was good. He wanted to ensure that every Airman would have someone to talk to and someone to be with during the month of December.

You don't have to feel lost. Reach out to a chaplain, a counselor, a First Sergeant, a coworker, a neighbor, or your commander. Tell them how you feel and let them help.

Maybe you feel lost in December. Maybe you feel like your life's compass is out of whack. Maybe your finances are strained, or your marriage is in trouble, or your workload is overwhelming. Maybe you just don't fit in with the Christmas partying crowd.

As your chaplain, I want you to know that there are people and organizations at Columbus Air Force Base who really want to help you find hope for the holidays. I encourage you to CONNECT.

You don't have to feel lost. Reach out to a chaplain, a counselor, a First Sergeant, a coworker, a neighbor, or your commander. Tell them how you feel and let them help.

Maybe you personally know of people who need help, but you don't think you have the resources to make a difference.

When I was lost on the hillside, my Scout leader brought matches, chocolate, and words of encouragement. It wasn't much, but it was enough.

You may not be able to give much to others, but give anyway. It will brighten their life and brighten yours as well. Over the last week we celebrated the lighting of the base Menorah and the base Christmas Tree.

These light of these base-wide celebrations spread some wonderful joy, but the light of your giving your time and resources to someone in need can spread even more.

The Christmas lights will come down in a few weeks. The Christmas trees will be taken to the curb or put back in their boxes.

The hams and turkeys will be eaten, and all the gift cards spent, but our critically-important mission for America and our need to CONNECT with one another as members of Columbus AFB will remain.

No one at Columbus ever needs to feel lost or alone.

To echo our chapel motto: Welcome Home.



Medical Corner



Optimize performance through positive self-talk

Self-talk is what you say to yourself in your heat-of-the-moment thoughts. Positive self-talk can help you feel confident, improve coordination, control fine motor skills, enhance your focus, and perform better at endurance events too.

No matter your skill level at a particular task, self-talk can help you perform optimally. The strategies below will help you develop instructional and motivational statements, so you can stay energized, maintain good form, and remember your training.



Motivational self-talk

When your self-talk is productive, it can motivate you to stay on track and work through challenges.

Examples: If you're running in an endurance event, you can motivate yourself by saying, "I know I can do this! I've been training 5 days a week for 3 months to prep for this event!" Self-talk such as "Take a deep breath" or "I'm okay" can release the nervousness you might be feeling as well.

Results: Motivational self-talk boosts performance by helping you build confidence, enhance your belief in your ability to perform, reduce jitters, and improve your mood.



Instructional self-talk

Instructional self-talk involves talking yourself through a task with step-by-step reminders at each phase while performing the task in order to complete it successfully.


Example: If you're practicing marksmanship, statements such as "See the target... straighten elbows...lock onto target...and fire" are helpful. You might even want to number each step, especially if there are a lot of them.

Results: Using this method to break down complex tasks or activities that require, for example, precision (fine motor skills) can help you focus and complete them with greater accuracy.

Your self-talk can either hurt you or help you. Grab control over your thinking and use your self-talk to stay motivated and focused!

Optimize Performance Through Positive Self-Talk. Retrieved from <https://www.hprc-online.org/articles/optimize-performance-through-positive-self-talk>

A personal message from your health promotion Health Myth Busting Team



Dear Health Myth Busters,

In the Air Force, being physically fit is measured by the annual physical fitness test (PFT), which is comprised of a 1.5 mile run, push-ups, sit-ups, and waist circumference. If an airman scores 75 or above, an airman is counted as being 'fit, ready and able to deploy'. Many of the younger airman have questions about the difference between being 'fit' and the Total Force Fitness (TFF) paradigm (Please note: the Comprehensive Airman Fitness (CAF) policy is the Air Force version of the TFF Framework). As a senior level airman and their Supervisor, I want to steer the airmen in the right direction. From what I've read, TFF is separate from the PFT, and not associated. Is that true? If so, how can I best steer my airmen to Human Performance Optimization (HPO)?

Sincerely,
HPO-Minded Supervisor

Dear HPO-Minded Supervisor,

This is a great leadership question. We want all airmen to perform at their highest level, which will optimize readiness and performance for the AF mission, and in their personal lives.

The PFT is associated to the TFF paradigm, but it is just one small way to quantify physical readiness. While the young airmen believe that performance is equal to passing the annual PFT, the TTF model is a Human Performance Optimization model and focuses on social, spiritual, mental, and physical practices.

Being the best expression of yourself requires a systems approach. The goal is to flourish, even in times of stress, trauma and hardship. When an airman has a precision-performance mindset and takes a holistic approach to health, they have built the foundations to HPO. <https://www.hprc-online.org/articles/the-foundations-of-human-performance-optimization>.

The highest performing airmen will not only focus on their annual PFT score, they will also implement healthy strategies related to mental fitness, i.e. healthy nutrition fueling their mind and body. They will engage in healthy social activities, i.e. surrounding themselves with other uplifting airman who support one another, and supportive family socials. Building a strong mind, through healthy reading, positive thinking and gratitude will play a big role in how they perform mentally. Finally, they will continue to engage in physical activities that enhance their agility, stamina, endurance, and strength. All of these focus areas together help to build the healthiest and highest performing population to carry out the AF health and readiness mission.

Sincerely,
Health Myth Busters



Columbus AFB participates in Holiday Parade



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

Columbus Junior ROTC cadets march at the head of a holiday parade, Dec. 4, 2018, in Columbus Mississippi.



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

Col. Samantha Weeks, 14th Flying Training Wing commander, her husband Steve, and Chief Master Sgt. Raul Villarreal Jr., 14th FTW command chief, participate in the Columbus, Mississippi Holiday Parade Dec. 4, 2018.



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

Firefighters from the 14th Civil Engineer Squadron participate in the Columbus, Mississippi Holiday Parade Dec. 4, 2018.



U.S. Air Force photo by Airman Hannah Bean

Santa visits Columbus Mississippi, Dec. 4, 2018, during the community's holiday parade.



Col. Samantha Weeks, 14th Flying Training Wing Commander, accompanied by her son Ryan and Chaplain (Capt.) Timmie Henson, 14th Flying Training Wing chaplain, speaks at the base Christmas tree lighting Dec. 4, 2018, on Columbus Air Force Base, Mississippi. Weeks spent the time highlighting the importance of connecting between Airmen, civilians and families.



Chaplain (Capt.) Timmie Henson, 14th Flying Training wing chaplain, introduces the 14th FTW commander and welcomes Team BLAZE during the base tree lighting Dec. 4, 2018, on Columbus Air Force Base, Mississippi. Team BLAZE lit the tree and the third light of the base menorah to begin the holiday season.



Team BLAZE members serve cookies to attendees during the base Christmas tree lighting Dec. 4, 2018, at the BLAZE Chapel on Columbus Air Force Base, Mississippi. Cookies and drinks were provided by various base organizations, and the Caledonia High School Choir performed Christmas carols during the event.

HOLIDAY

(Continued from page 1)

the Base's Christmas tree, as well as, lighting the third candle to commemorate the third night of Hanukkah. Earlier this week, Columbus AFB held a Menorah lighting at the Chapel with the congregation from Temple B'nai Israel in Columbus, Mississippi, to officially celebrate the first day of Hanukkah.

Once everyone gathered around the tree, the Caledonia High School Choir performed Christmas carols as a way to connect with the local communities. Afterwards, Col. Samantha Weeks, 14th Flying Training Wing commander, spoke to the people in attendance.

"This time of year provides amazing opportunities to invest our time connecting with others," Weeks stated. "I encourage you to invest with your kids and your family. Invest your time with your friends and your wingmen. Take advantage of every spare moment as it's a gift."

One of Weeks' priorities for the base is connecting. She spent this time highlighting the importance of connecting between Airmen, civilians and families.

"As we celebrate together, we hold in our hearts the men and women of Team BLAZE who are positioned around the world, contending for freedom and liberty," Weeks stated. "They are fighting for democracy, freedom, and supporting our nation and its national defense."

Following Weeks' remarks, family members of deployed Airmen from Columbus AFB lit the tree and the Menorah.

After the lighting, children had the opportunity to have their photo taken with Santa in the Kaye Auditorium. Cookies and drinks were also provided by various base organizations.



Santa Claus and three of his elves exit a T-1A Jayhawk, Dec. 4, 2018, on Columbus Air Force Base, Mississippi. Santa then hopped on a fire truck and led a walking parade to the BLAZE Chapel where members of Team BLAZE lit the base's Christmas tree and the third candle on the Menorah.

U.S. Air Force photos by Airman Hannah Bean