

January 18, 2019

PHASE II		PHASE III		IFF		WING SORTIE BOARD			
Squadron	Track Select	Squadron	Graduation	Squadron	Graduation	Aircraft	Required	Flown	Annual
37th (19-20)	Feb. 7	48th (19-05)	Jan. 24	49th (19-DBC)	Jan. 31	T-6	1,198	1,348	7,638
41st (19-19)	Jan. 24	50th (19-04)	Jan. 15			T-1	483	430	2,620
						T-38	524	533	3,043
Air Force Vice Chief of Staff Gen. Stephen W. "Seve" Wilson will be the guest speaker for Specialized Undergraduate Pilot Training Class 19-04/05's graduation at 10 a.m. Jan. 25, 2019, in the Kaye Auditorium.						IFF	173	242	1,203
						* Mission numbers provided by 14 FTW Wing Scheduling.			





## 14TH FLYING TRAINING WING DEPLOYED

As of press time, 32 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.*

## 2019 AETC Aerospace Award Winners

**Theodore Von Karman category:** Aerospace and Operational Physiology Flight, 14th Medical Operations Squadron

- The 14th MDOS Aerospace and Operational Physiology Flight trained 779 aircrew across the Departments of Defense and Homeland Security, contributing to the Air Force's most productive Specialized Undergraduate Pilot Training wing. Following Hurricane Michael's impact upon Tyndall Air Force Base, Florida, the flight rescued two Air Force flying training pipelines by establishing themselves as the interim location for hypoxia training. Finally, they provided bailout training to 461 students, which led to two successful ejections, saving two pilots' lives.

**Citation of Honor category:** Pilot Training Next Team, 37th Flying Training Squadron

- The 37th FTS Pilot Training Next Team enabled proof of concept for training 1,400 student pilots annually, leveraging virtual reality and integrating commercial solutions to assuage the Air Force's pilot crisis. Their careful orchestration of officer and enlisted members unlocked a pool of 275,000 potential candidates. Their synergistic efforts within the Air Force and Federal Aviation Administration enabled 480 training missions to be accomplished in support of congressionally highlighted pilot production.

## LRS civilian Airman wins AETC level award

Crystal A. Johnson, 14th Logistics Readiness Squadron was recognized at Outstanding Logistics Readiness Civilian (Category I) of the Year. Congratulations to your and your team on winning at the AETC level.

Mon	Tue	Wed	Thur	Fri	Sat/Sun	Long Range Events
21 Birthday of Martin Luther King Jr.  Martin Luther King Jr. Breakfast, 8 a.m. @ Trotter Center, Downtown Columbus	22 Honorary Commander Ceremony, 6 p.m. @ Club	23	24 Enlisted Partnering, 6 p.m. @ Thai by Thai	25 SUPT Class 19-04/05 graduation, 10 a.m. @ Kaye  Sonic Johnson Retirement Ceremony, 1:30 p.m. @ Kaye	26/27	Feb. 8: Annual Awards Banquet  Feb. 14: Valentine's Day  Feb. 14: Daedalians  Feb. 15: SUPT Class 19-06 Graduation  Feb. 18: Presidents' Day  Feb. 25: ALS Begins  Feb. 26: Wing Newcomers  Feb. 28: Hearts Apart
28	29 Wing Newcomers, 8 a.m. @ Columbus Club	30	31 Quarterly Awards/Enlisted Promotions, 3 p.m. @ Columbus Club	1 SUPT Class 19-06 Assignment Night, 5:30 p.m. @ Columbus Club	2/3	

## 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.

## World War II fighter pilot, PTSD advocate laid to rest at Arlington Cemetery

**Lou Timmons**  
Secretary of the Air Force Pubic Affairs

ARLINGTON, Va. — Capt. Jerry Yellin, World War II fighter pilot, who flew the last combat mission in August 1945, was laid to rest with full military honors Jan. 15, at Arlington Cemetery, Virginia.

Yellin enlisted two months after Pearl Harbor on his 18th birthday. After graduating from Luke Air Field, Arizona, as a fighter pilot in August 1943, he spent the remainder of the war flying P-40, P-47 and P-51 combat missions in the Pacific with the 78th Fighter Squadron. He was part of the first land-based fighter mission over Japan on April 7, 1945, and was the lead on the last mission of the war on Aug. 14, 1945.

He was awarded the Distinguished Flying Cross with an oak leaf cluster and the Air Medal with four oak leaf clusters.

Although his flying career was short, he witnessed more turmoil than any human being should ever have to witness. Yellin was discharged in December 1945 and suffered from post-traumatic stress disorder, before it was recognized as such.

After thirty years of suffering, his wife introduced him to the topic of transcendental meditation and it turned out to be the key to a better life. Yellin shared his positive experience with transcendental meditation as a motivational speaker and worked tirelessly in his efforts to help other service members with PTSD.

Additionally, he wrote two books on his experiences in the war, and he was profiled in volume 5 of "Veterans in Blue," showcasing his contribution to the legacy of the Air Force.

Yellin passed away on Dec. 21, 2017, at the age of 93. His wife of 65 years, the former Helene Schulman, was interred with him. A flyover of four A-10 aircraft from the 23rd Wing at Moody Air Force Base, Georgia, paid him the final tribute.



Courtesy photo  
**Capt. Jerry Yellin, World War II fighter pilot, who flew the last combat mission in August 1945, was laid to rest with full military honors Jan. 15, at Arlington Cemetery, Va.**

## AFLCMC team working to acquire next generation fixed-wing helmet

**Brian Brackens**  
Air Force Life Cycle Management Center Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force Life Cycle Management Center's Human Systems Division working with members of the Advanced Tactical Acquisition Corps or ATAC, one of the center's premier leadership development programs, are in the early stages of acquiring the next generation helmet for aircrews in fixed-wing aircraft with the exception of the F-35.

Recently, with recommendations from ATAC, the Human Systems Division awarded \$600,000 in grants via AFWERX Vegas to three companies to develop and present prototypes for the helmet by the end of May 2019.

The team worked closely with AFWERX Vegas, an Air Force innovation hub specializing in engaging entrepreneurs and private sector vendors, to identify the pool of companies that could potentially develop the new helmet faster, more efficiently and with cutting edge technology.

Replacing legacy helmets on fixed-wing aircraft has become a priority in part because over time new requirements have added sub-systems, and devices, that the helmets were not originally designed for.

"It (legacy helmet) is a 1980's designed helmet that was not made to withstand and balance everything — technology — that we are putting on them," said 1st Lt. Naomi Harper, a program manager with the Human Systems Division. "If the weight is off, the center of gravity is completely off, which can cause neck issues and pain. Our goal is to find a helmet that is lighter, has more stability and is compatible fixed-winged aircraft and equipment."

Michael DeRespinis, program manager with the Human Systems Division said that working with AFWERX has been beneficial in that it has helped increase competition to replace the helmet and is facilitating the rapid delivery of prototypes.

DeRespinis also said that the division would like to select one of the prototypes and put that company on contract by Sept. 2019 for further development activity and future production.



U.S. Air Force photo by Airman 1st Class Bryan T. Guthrie  
**A helmet sits turned on at a booth during AFWERX Helmet Challenge at the Enclave Las Vegas, Nev., November 14, 2018. The purpose of AFWERX Las Vegas is to solve problems for the Air Force by getting entrepreneurs and innovators to come together to brain storm ideas.**

Because of AFWERX Vegas, a process that in the past would have taken years to complete, will now only take months, which in turn will allow the Human Systems Division to field the helmets to aircrews faster.

The ATAC team comprised of a group of competitively selected mid-level military and civilian acquisition professionals from across AFLCMC, the Air Force Research Laboratory and the Space and Missile Systems Center, are focused not only on supporting the Human Systems Division during this process, but also on figuring out the best way to transition technology.

"Innovation hubs like AFWERX are starting to spin up around the Air Force," said Adam Vencill, a member of ATAC and a program manager by trade. "A challenge the Air Force has is getting products on contract that comes out of these hubs. We (ATAC members) were tasked to create a business model that helps that transition process."

Nicole Barnes, ATAC contract specialist and member said that working with AFWERX, the Human Systems Division and being part of a rapid acquisition process has been rewarding. She added that the ATAC program is an example of leadership's commitment to the workforce and to positive change.

## NEWS AROUND TOWN

**Harlem Globetrotters**  
The Harlem Globetrotters will perform Jan. 21 at the Bancorp South Arena in Tupelo, Mississippi. Tickets for sale online.

**Northeast Mississippi Championship Rodeo**  
The Northeast Mississippi Championship Rodeo will be Jan. 25 at the Bancorp South Arena in Tupelo, Mississippi. Tickets for sale online.

**Monster Jam**  
Monster Jam will Feb. 8 at the Bancorp South Arena in Tupelo, Mississippi. Tickets for sale online.



**Columbus Air Force Base Information and Events**  
Join our Facebook page at Columbus AFB Living, Twitter at @columbusafbliving, Instagram at columbus\_afb\_living, or visit our website at [www.columbusafbliving.com](http://www.columbusafbliving.com) to keep up to date with all the great events happening around base. Check out the calendar on the website for important Airman and Family Readiness Center events. For more information, contact 434-2337.

**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’.

**Winter Reading Program**  
Register at the Library and enjoy a winter of stories, activities and tons of fun! For more information, contact 434-2934.

**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.

**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. Jan. 29. Become a club member and save! For more information, contact 434-2489.

**The Big Game Watch Party**  
Join us at 4:00 p.m. Feb. 3 for the biggest night in football, more details coming soon.

**Theme Thursdays at the Overrun**  
Featuring \$0.45 wings on Thursdays at the Overrun, Drink specials and sports games on TV’s. Jan. 24 is 80’s night and Jan. 31 is Country night. Call 434-2489 for more information.

**Salsa Night at the Overrun in the Event Center**  
Grab a partner and dust off your dancing shoes! Starting at 6:30 p.m. Jan. 26, Join Instructor Gabriela Blanco and DJ Felix for a great night of Latin music! Food and drink specials. For more information, contact 434-2489.

**Free Saturday Matinee**  
Free Saturday Matinee Saturday, Jan. 26 at Kaye Auditorium. For more information, call 434-2337.

**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.

GRAB A PARTNER!

# Salsa Night @ The Overrun

Inside the Event Center

Join instructor **Gabriela Blanco** and DJ **Felix** for a night of Latin Music!

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**Saturday, January 26, 2019**  
**Social Hour 6:30-7:30 PM**  
**Salsa Class 7:30- 8:30 PM**  
**Free Dancing 8:30-12 AM**

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**Food and Drink Specials!!**

**Call 434-2489 for more information**



tact 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 or 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.

**VIRTUAL REALITY**  
(Continued from page 1)

“This room has so much potential,” Huebner said. “An instructor can help a student dial in on a specific issue or can complete an entire mission in there and correct throughout the flight. We can go beyond that, we could assign homework and they can choose a scenario and repeat something over and over to practice.”

Huebner related it to basketball. The actual flights are like games, where students want to be at their best, but the VR training is like practicing their shooting alone. It’s less stressful and doesn’t have the same consequences, but it’s effective to perfect the basic repetitions so they can perform at their best in the big games.

“This training we can now focus tasks and shift the learning to the left of the timeline instead of farther right,” Huebner said. “Now when a transition student begins training and sits in the cockpit for the first time they won’t be on square one, they could be on square 10.”

The Columbus AFB Spark Cell and in-



U.S. Air Force photo by Airman 1st Class Keith Holcomb  
**Capt. Sean Keyes, 37th Flying Training Squadron instructor pilot, flies a T-6 Texan II in virtual reality Jan. 15, 2019, on Columbus Air Force Base, Mississippi. The VR technology is not going to take away from the current pilot training syllabus, but will be an alternative training method to the current ‘chair flying.’**

structor pilots who worked with Pilot Training Next were able to work together to make the training room take shape.

“The Spark Cell is excited that PTN in-

structors came back to share lessons learned and skillsets that can be sharpened through the technology and methodology they used in Austin, Texas,” stated Maj. Ryan Brewer,

**Columbus AFB**  
**Airman & Family Readiness Center**



**OPEN HOUSE**  
Wednesday, 30 January 2019  
11:00 a.m. – 1:00 p.m.

**Please stop by and learn about the many services we have to offer you and your family**

**Refreshments & Door Prizes will be provided**

- Air Force Warrior and Survivor Care
- Exceptional Family Member Program
- Military and Family Life Counselor
- Air Force Aid Society
- Casualty Assistance
- Volunteer Resources
- Transition Assistance
- Personal and Work Life
- School Liaison Officer
- Deployment
- Survivor Benefit Plan
- Air Force Families Forever
- Employment Assistance
- Relocation Assistance
- Financial Readiness



**SUNDAY FEB 3, 2019**

# THE BIG GAME

Watch Party

**@ THE EVENT CENTER**



“This training we can now focus tasks and shift the learning to the left of the timeline instead of farther right,” Huebner said. “Now when a transition student begins training and sits in the cockpit for the first time they won’t be on square one, they could be on square 10.”

14th Flying Training Wing innovation officer. “We were able to use their expertise to build the VR training room and customize it specifically for the 14th Operations Group’s needs.”

The implementation of VR in pilot training at Columbus AFB is new and relatively unknown, but instructor pilots across the 14th FTW are hopeful this technology will help the students become better military aviators than those who came before them.



# Gen. Wilson to speak at SUPT Class 19-04/05's graduation

Air Force Vice Chief of Staff Gen. Stephen W. “Seve” Wilson will be the guest speaker for Specialized Undergraduate Pilot Training Class 19-04/05's graduation at 10 a.m. Jan. 25, 2019, in the Kaye Auditorium.

As Vice Chief, Wilson presides over the Air Staff and serves as a member of the Joint Chiefs of Staff Requirements Oversight Council and Deputy Advisory Working Group. He assists the Chief of Staff with organizing, training, and equipping of 685,000 active-duty, Guard, Reserve and civilian forces serving in the United States and overseas.

Wilson received his commission from Texas A&M University in 1981. He's had multiple flying tours, and led bomber, intelligence, surveillance and reconnaissance, mobility, aeromedical evacuation and airborne command and control operations supporting operations Iraqi Freedom, Enduring Freedom and Combined Joint Task Force-Horn of Africa. General Wilson has also held numerous command positions, including the Joint Functional Component Commander for Global Strike and Air Force Global Strike Command. General Wilson is a command pilot with more than 4,500 flying hours and 680 combat hours. Prior to his current assignment, the general was Deputy Commander, U.S. Strategic Command, Offutt Air Force Base, Nebraska.

## EDUCATION

- 1981 Bachelor of Science, Aerospace Engineering, Texas A&M University, College Station
- 1985 Squadron Officer School, Maxwell AFB, Ala.
- 1989 Master of Science degree, Engineering Management, South Dakota School of Mines and Technology
- 1993 Air Command and Staff College, Maxwell AFB, Ala.
- 1997 U.S. Air Force Weapons School, Nellis AFB, Nev.
- 2000 Master's degree in strategic studies, Air War College, Maxwell AFB, Ala.
- 2005 Leadership for a Democratic Society, Federal Executive Institute, Charlottesville, Va.
- 2007 Joint Force Air Component Commander Course, Maxwell AFB, Ala.
- 2009 Joint Flag Officer Warfighting Course, Maxwell AFB, Ala.
- 2010 Leadership Decision Making Program, John F. Kennedy School of Government, Harvard University, Cambridge, Mass.



2013 Pinnacle Course, National Defense University, Fort Lesley J. McNair, Washington, D.C.

## ASSIGNMENTS

- 1. June 1981 - May 1982, student, undergraduate pilot training, Laughlin AFB, Texas
- 2. May 1982 - September 1986, T-38 Instructor Pilot, evaluator pilot and flight commander, 86th Flying Training Squadron, Laughlin AFB, Texas
- 3. September 1986 - May 1987, B-1 student, 338th Combat Training Squadron, Dyess AFB, Texas
- 4. May 1987 - July 1991, B-1 Instructor Pilot and Flight Commander, 77th Bomb Squadron, Ellsworth AFB, S.D.
- 5. July 1991 - July 1992, Chief of Weapons and Tactics, 28th Operations Support Squadron, Ellsworth AFB, S.D.
- 6. July 1992 - July 1993, student, Air Command and Staff College, Maxwell AFB, Ala.
- 7. July 1993 - September 1995, Joint Staff Officer, Doctrine, Concepts and Initiatives Division, Plans and Policy (J5), Headquarters U.S. European Command, Stuttgart, Germany
- 8. September 1995 - June 1997, Chief of Safety, 28th Bomb Wing, later, operations officer, 37th Bomb Squadron, Ellsworth AFB, S.D.
- 9. June 1997 - June 1999, Commander, B-1 Division, and Instructor Pilot, Weapons Instructor Course, USAF Weapons School, Ellsworth AFB, S.D.
- 10. August 1999 - June 2000, student, Air War College, Maxwell AFB, Ala.
- 11. June 2000 - June 2002, Deputy Commander, 366th Operations Group, Mountain Home AFB, Idaho
- 12. July 2002 - March 2004, Commander, 608th Air Operations Group, Barksdale AFB, La.
- 13. March 2004 - June 2006, Commander, 14th Flying Training Wing, Columbus AFB, Miss.
- 14. June 2006 - July 2007, Deputy Director of Air, Space and Information Operations (A2/3), Headquarters Air Education and Training Command, Randolph AFB, Texas
- 15. July 2007 - July 2009, Deputy Commander, Canadian North American Aerospace Defense Region, Winnipeg, Manitoba, Canada
- 16. July 2009 - July 2010, Commander, 379th Air Expeditionary Wing, Southwest Asia
- 17. July 2010 - June 2011, Director for Joint Integration, Directorate of Operational Capability Requirements, Deputy Chief of Staff for Operations, Plans and Requirements, Headquarters U.S. Air Force, the Pentagon, Arlington, Va.
- 18. June 2011 - October 2013, Commander, Eighth Air Force (Air Forces Strategic), Barksdale AFB, La., and Joint Functional Component Commander for Global Strike, U.S. Strategic Command, Offutt AFB, Neb.

- 19. October 2013 - July 2015, Commander, Air Force Global Strike Command, Barksdale AFB, La.
- 20. July 2015 - July 2016, Deputy Commander, U.S. Strategic Command, Offutt AFB, Neb.
- 21. July 2016 - present, Vice Chief of Staff of the U.S. Air Force, the Pentagon, Arlington, Va.

## SUMMARY OF JOINT ASSIGNMENTS

- 1. July 1993 - September 1995, Joint Staff officer, Doctrine, Concepts and Initiatives Division, Plans and Policy (J5), Headquarters U.S. European Command, Stuttgart, Germany, as a major
- 2. July 2007 - July 2009, Deputy Commander, Canadian North American Aerospace Defense Region, Winnipeg, Manitoba, Canada, as a colonel and brigadier general
- 3. June 2011 - October 2013, Joint Functional Component Commander for Global Strike, U.S. Strategic Command, Offutt AFB, Neb., as a brigadier general and major general
- 4. July 2015 - July 2016, Deputy Commander, U.S. Strategic Command, Offutt, AFB, Neb., as a lieutenant general

## FLIGHT INFORMATION

Rating: Command pilot  
Flight hours: More than 4,600, and 680 combat hours  
Aircraft flown: T-37, T-38, B-1 and B-52

## MAJOR AWARDS AND DECORATIONS

Distinguished Service Medal with oak leaf cluster  
Defense Superior Service Medal  
Legion of Merit with oak leaf cluster  
Bronze Star Medal with oak leaf cluster  
Defense Meritorious Service Medal  
Meritorious Service Medal with four oak leaf clusters  
Air Medal with oak leaf cluster  
Aerial Achievement Medal  
Air Force Commendation Medal with oak leaf cluster

## EFFECTIVE DATES OF PROMOTION

Second Lieutenant June 2, 1981  
First Lieutenant June 2, 1983  
Captain June 2, 1985  
Major June 1, 1993  
Lieutenant Colonel Jan. 1, 1997  
Colonel June 1, 2002  
Brigadier General Dec. 3, 2007  
Major General Sept. 1, 2011  
Lieutenant General Oct. 23, 2013  
General July 22, 2016

(Current as of July 2016)

## 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.)

## Career Exploration & Planning Track Workshop

The next Career Exploration & Planning Track workshop is from 8 a.m.-3 p.m. Jan. 23-24 in the A&FRC. This workshop helps members identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. To register or for more information, please call A&FRC at (662) 434-2790.

## Wing Newcomers Orientation

The next Wing Newcomers Orientation is from 8 a.m.-noon Jan. 29. 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.

## Airman & Family Readiness Center Open House

Please visit A&FRC Jan. 30, between 11 a.m. and 1 p.m. for an OPEN HOUSE to learn about all the services available to you and your family. Refreshments and door prizes will be provided. This event is open to anyone with access to the A&FRC.

## 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.

## Hearts Apart

The next Hearts Apart is from 5-7 p.m. Jan. 31. This monthly social event is for family members whose sponsor is deployed, on a remote tour or TDY for more than 30 days. To register or for more information, please call A&FRC at (662) 434-2790.

## Air Force Recovery Coordination Program

A Recovery Care Coordinator (RCC) will be providing assistance from noon-5 p.m. Feb. 6; 8 a.m.-5 p.m. Feb. 7; and 8 a.m.-noon Feb. 8 at the A&FRC. The Recovery Coordination Program (RCP) streamlines and improves the way care and support is delivered to wounded, ill, and injured Airmen and their families. The RCP provides the support of a RCC who guides the Airman and family along their road to recovery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury, (2) are unlikely to return to duty within a specified amount of time, (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB A&FRC at (662) 434-2790.

# Retired T-38 military instructor pilot flies once again



U.S. Air Force photo by Tech Sgt. Christopher Gross  
**Retired Lt. Col. James Cole, a Columbus, Mississippi native, flies a T-38 Talon simulator Jan. 16, 2019, on Columbus Air Force Base, Mississippi. During some of his time as a military aviator he instructed the next generation of pilots, as 14th Flying Training Wing pilots continue to do today.**

covery. Those eligible include wounded, ill and injured Airmen who: (1) have a serious illness or injury, (2) are unlikely to return to duty within a specified amount of time, (3) may be medically separated from the military. Additional details are available by contacting the Columbus AFB 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 AF members and/or their spouses who are pregnant or have a child 4 months old or less. Attendees will learn about finances, labor and delivery, and infant care. A \$50 gift card sponsored by the Air Force Aid Society will be provided for each qualifying child. To register or for more information, please call A&FRC at (662) 434-2790.

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

The next Transition Assistance Program (TAP) workshop is from 7:30 a.m.-4 p.m. March 4-8 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 12-24 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 USA Jobs Workshop

The next Federal USA Jobs workshop is from 9-10:30 a.m. March 13. 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.

## Entrepreneurship Track Transition Workshop

The next Entrepreneurship Track Transition workshop is from 8 a.m.-3 p.m. May 9-10. This workshop is conducted by the Small Business Administration for veterans and all base personnel interested starting up and operating their own business. To register or for more information, please call A&FRC at (662) 434-2790.

## Military and Family Life Counselor Program

Military and Family Life Counselors (MFLCs) 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 martial 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.

## Sponsorship Training

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

## 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.

## 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.

## 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)



# The ride of a lifetime

Airman 1st Class Bryan T. Guthrie  
99 Air Force Base

NELLIS AIR FORCE BASE, Nev. — I have the best career in the Air Force. I never would have thought I would be sitting in the backseat of an F-16 within 10 months of graduating basic military training. After all, I'm a photojournalist — not a pilot.

On Dec. 5, I was asked if I would like to have the opportunity to fly in an F-16 Fighting Falcon with the 16th Weapons Squadron. I absolutely jumped at the chance to go on the ride of my life.

As a photojournalist, the flight provided a firsthand look at how pilots put their bodies to the test to prove that the U.S. Air Force is the greatest Air Force in the world.

On this particular flight, I witnessed firsthand how units from all over the U.S. come together to participate in the capstone for the U.S. Air Force Weapons School Integration exercise. It was amazing to see cargo aircraft, refuelers, fighter jets, bombers, unmanned aerial vehicles, helicopters and even a U-2 come together in one mission.

On the morning of the flight, I headed to the pilots' locker room to garner my flight suit, G-suit and harness. The helmet and oxygen mask made the outfit complete. For a split second, it made me feel as if I was a pilot. Then, reality set in, and I remembered I had no experience flying at all!

My first glance into the cockpit was astounding; a multitude of buttons, switches and gauges arranged in a variety of different colors. Looking over all of it was disorienting. Luckily, in the pre-flight check, all I had to manage was the switch to turn on/off communications with the pilot and the lever to activate the ejection seat.

The thought of having to eject kept reeling in my head once I had the egress briefing. The final words to be yelled in

the circumstance we had no other choice but to eject would be "Bail! Bail! Bail!" My anxiety became more apparent as we got closer to take off and further from the choice to back out.

The take-off was one of the coolest parts of the whole flight. When we finally made the left turn down the runway, it looked like an endless stretch of concrete. Slowly, I felt the jet roll forward and then all of a sudden, the engine ignited, gluing me to the seat.

The F-16 banked hard to the left, and as I looked over my left shoulder, I watched the ground move further away. Gravity seemed like it had increased immensely, as if I was being pulled into my seat. While the G-forces were uncomfortable, I found negative G-forces more unsettling. As the jet steadily climbed in altitude then leveled out, the movements left my body feeling as if I was going to float out of the cockpit.

In a moment of generosity, the pilot handed me the stick for few seconds. It's mind-blowing having control of such an agile aircraft. The stick only moves a minute amount, so the slightest twitch can have the jet barrel rolling, descending or ascending rapidly.

Eventually, we reached the area over the Nevada Test and Training Range, where we would begin our mission. The aggressive maneuvers the F-16 could perform were incredible. It only took about 10 minutes for my body to start sweating profusely. In fact, it felt like the G-force pulled my sweat off my head and threw it to the floor of the cockpit.

Once the G-suit began to squeeze to blood in the top half of my body, it was almost impossible to breathe — like a massive weight was being dropped on my body. To counter the effects of mid-flight G-forces, the pre-flight medic taught me to release a little air every three seconds, as if I was pinching off a leaking balloon.

After 45 minutes of dogfighting the Aggressor Forces, a massive KC-135 Stratotanker refueling aircraft appeared

*On this particular flight, I witnessed firsthand how units from all over the U.S. come together to participate in the capstone for the U.S. Air Force Weapons School Integration exercise. It was amazing to see cargo aircraft, refuelers, fighter jets, bombers, unmanned aerial vehicles, helicopters and even a U-2 come together in one mission.*

outside the cockpit glass to top off our fuel. Four other F-16s hovered parallel to us, illustrating the camaraderie between the pilots.

Camaraderie in the air, translated to camaraderie on the mics. From what I could understand from the radio chatter was that we had launched multiple simulated missiles at the Aggressors, eventually taking out an MQ-9 Reaper, an HH-60 Pave Hawk and possibly another fighter jet. In all honesty, the complex, constant communication between the pilots baffled me.

Before I knew it, the pilot was preparing for landing.

"Hey, we're about to descend real fast, hold on," he said.

Once the mission concluded and we landed, getting out of the aircraft was bittersweet. It was liberating after being in a confined space for so long, and fluctuating between 14,000 and 28,000 feet in the air. On the other hand, the flight was like nothing I had experienced.

After all, there's nothing like putting my body through the rigorous strain of flying in one of the world's most formidable fighter jets.

# BLAZE Hangar Tails: B-52 Stratofortress

## Mission

The B-52 is a long-range, heavy bomber that can perform a variety of missions. The bomber is capable of flying at high subsonic speeds at altitudes up to 50,000 feet (15,166.6 meters). It can carry nuclear or precision guided conventional ordnance with worldwide precision navigation capability.

## Features

In a conventional conflict, the B-52 can perform strategic attack, close-air support, air interdiction, offensive counter-air and maritime operations. During Desert Storm, B-52s delivered 40 percent of all the weapons dropped by coalition forces. It is highly effective when used for ocean surveillance, and can assist the U.S. Navy in anti-ship and mine-laying operations. Two B-52s, in two hours, can monitor 140,000 square miles (364,000 square kilometers) of ocean surface.

All B-52s can be equipped with two electro-optical viewing sensors, a forward-looking infrared and advanced targeting pods to augment targeting, battle assessment and flight safety, thus further improving its combat ability.

Pilots wear night vision goggles to enhance their vision during night operations. Night vision goggles provide greater safety during night operations by increasing the pilot's ability to visually clear terrain, to increase the peacetime and combat situational awareness of the aircrew and visually acquire other aircraft.

B-52s are currently upgrading from the Litening Advanced Targeting Pod to the Sniper Advanced Targeting Pod. Sniper pods provide improved long-range target detection/identification and continuous stabilized surveillance for all missions, including close air support of ground forces. The pod's advanced targeting and image processing technology significantly increases the combat effectiveness of the B-52 during day, night and under-the-weather conditions in the attack of ground targets with



U.S. Air Force photo by Airman 1st Class Gerald R. Willis

**An Air Force B-52H Stratofortress bomber fly over the Pacific Ocean during a routine training mission Aug. 2, 2018. This mission was flown in support of U.S. Indo-Pacific Command's Continuous Bomber Presence operations, which are a key component to improving combined and joint service interoperability.**

a variety of standoff weapons (i.e., laser-guided bombs, conventional bombs and GPS-guided weapons). The use of aerial refueling gives the B-52 a range limited only by crew endurance. It has an unrefueled combat range in excess of 8,800 miles (14,080 kilometers).

## Background

For more than 40 years, B-52 Stratofortresses have been the backbone of the manned strategic bomber force for the United States. The B-52 is capable of dropping or launching the widest array of weapons in the U.S. inventory. This includes gravity bombs, cluster bombs, precision guided missiles and joint direct attack munitions. Updated with modern technology, the B-52 will be capable of delivering the full complement of joint developed weapons and will continue into the 21st century as an important element of our nation's defenses. Current engineering analyses show the B-52's life span to extend beyond the year 2040.

The B-52A first flew in 1954, and the B model entered service in 1955. A total of 744 B-52s were built with the last, a B-52H, delivered in October 1962. The first of 102 B-52H's was delivered to Stra-

tegic Air Command in May 1961. The H model can carry up to 20 air launched cruise missiles. In addition, it can carry the conventional cruise missile that was launched in several contingencies during the 1990s, starting with Operation Desert Storm and culminating with Operation Iraqi Freedom.

The aircraft's flexibility was evident in Operation Desert Storm and again during Operation Allied Force. B-52s struck wide-area troop concentrations, fixed installations and bunkers, and decimated the morale of Iraq's Republican Guard. On Sept. 2 to 3, 1996, two B-52Hs struck Baghdad power stations and communications facilities with 13 AGM-86C conventional air launched cruise missiles, or CALCMs, as part of Operation Desert Strike. At that time, this was the longest distance flown for a combat mission involving a 34-hour, 16,000 statute mile round trip from Barksdale Air Force Base, Louisiana.

In 2001, the B-52 contributed to the success in Operation Enduring Freedom, providing the ability to loiter high above the battlefield and provide close air support through the use of precision guided munitions.

The B-52 also played a role



U.S. Air Force photo by Airman 1st Class Tessa B. Corrick

**B-52 Stratofortress ascends during Global Thunder 19, Oct. 31, 2018 at Barksdale Air Force Base, Louisiana. Global Thunder is a globally integrated exercise that provides training opportunities that assess all U.S. Strategic Command (USSTRATCOM) mission areas and joint and field training operational readiness, with a specific focus on nuclear readiness. USSTRATCOM has global responsibilities assigned through the Unified Command Plan that includes strategic deterrence, nuclear operations, space operations, joint electromagnetic spectrum operations, global strike, missile defense, and analysis and targeting.**

in Operation Iraqi Freedom. On March 21, 2003, B-52Hs launched approximately 100 CALCMs during a night mission.

Only the H model is still in the Air Force inventory and is assigned to the 5th Bomb Wing at Minot AFB, North Dakota, and the 2nd Bomb Wing at Barksdale AFB, which fall under Air Force Global Strike Command. The aircraft is also assigned to the Air Force Reserve Command's 307th Bomb Wing at Barksdale AFB.

## General characteristics

**Primary function:** heavy bomber

**Contractor:** Boeing Military Airplane Co.

**Power plant:** eight Pratt & Whitney engines TF33-P-3/103 turbofan

**Thrust:** each engine up to 17,000 pounds

**Wingspan:** 185 feet (56.4 meters)

**Length:** 159 feet, 4 inches (48.5 meters)

**Height:** 40 feet, 8 inches (12.4

meters)

**Weight:** Approximately 185,000 pounds (83,250 kilograms)

**Maximum takeoff weight:** 488,000 pounds (219,600 kilograms)

**Fuel capacity:** 312,197 pounds (141,610 kilograms)

**Payload:** 70,000 pounds (31,500 kilograms)

**Speed:** 650 miles per hour (Mach 0.84)

**Range:** 8,800 miles (7,652 nautical miles)

**Ceiling:** 50,000 feet (15,151.5 meters)

**Armament:** approximately 70,000 pounds (31,500 kilograms)

mixed ordnance: bombs, mines and missiles. (Modified to carry air-launched cruise missiles)

**Crew:** five (aircraft commander, pilot, radar navigator, navigator and electronic warfare officer)

**Unit cost:** \$84 million (fiscal 2012 constant dollars)

**Initial operating capability:** April 1952

**Inventory:** active force, 58; ANG, 0; Reserve, 18



## 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](http://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.





# Sim instructors bring wealth of aviation experience to the 14th FTW

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

Stepping into Gregg Havens office, there are pilot patches, photos of various locations around the world, and items he's gathered since the beginning of his career as a military pilot and simulator instructor.

Havens and many other previous Air Force pilots are now 14th Operations Group simulator instructors, dedicated to teaching the next generation of Air Force aviators how to fly.

"The simulator training introduces them to the basics of flying and maneuvering and getting back safely into their squadron," said Joe Taylor, T-6 Texan II simulator instructor. "The simulator is to get them to a point where in an emergency situation they'll be able to flip a switch in their mind to take command of their aircraft and stay calm."

The thousands of hours of experience between all sim instructors allows students to learn from many different perspectives.

"The current requirements to be a sim' instructor is 1,500 hours of military flying time and 500 hours of military aviation instruction," Havens said. "A military pilot who does their 10-year commitment will more often than not fill these requirements."

*"Being able to pass our experiences to the new pilots is crucial," Havens said. "We are made up of lieutenant colonels, colonels, squadron and wing commanders, so we have the experience to really teach these students more than the strict curriculum."*

Instruction of any airframe counts toward the instruction time requirements and all the experience proves to be useful in the academic rooms and in simulated sorties.

"Being able to pass our experiences to the new pilots is crucial," Havens said. "We are made up of lieutenant colonels, colonels, squadron and wing commanders, so we have the experience to really teach these students more than the strict curriculum."

The instructors are the first line of aviation education. In

classrooms, they teach all about the systems of the students' airframe. In the simulator, students use what they've learned and prepare for numerous emergency checklists.

"I've been flying and instructing in the military since 1974," Havens said. "All our knowledge and experience helps us relate things we've experienced in actual operations to what they are learning, like why they need to know the brake system for instance. I can say 'there I was' and explain the experience time I had with a failed break system and it can help students connect the dots on why the information was important."

Taylor noted instructors enjoy their job, because they help students take their first steps into military aviation. He said getting the chance to teach a student through hours of simulation sorties and helping them understand why the small details are important is extremely rewarding when they see them earn their silver wings.

"To be a sim' instructor you have to have the desire to instruct and train individuals on how to fly, and eventually command, a multi-million dollar aircraft," Taylor said. "Taking aviation concepts and giving it to them while hoping the light switch turns on isn't how we teach these guys and girls. We have to bring it to their level and work them up for the flight line. Each individual learns in their own ways and that helps keep this job interesting and rewarding."



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

**Joe Taylor, T-6 Texan II simulator instructor, teaches a Specialized Undergraduate Pilot Training Class Jan. 15, 2019, on Columbus Air Force Base, Mississippi. Sim instructors teach academics to new student pilots and also help students learn the basics of aviation in simulators.**



**Joe Taylor, T-6 Texan II simulator instructor, teaches a Specialized Undergraduate Pilot Training Class Jan. 15, 2019, on Columbus Air Force Base, Mississippi. Current requirements to be a sim instructor is 1,500 hours of military flying time and 500 hours of military aviation instruction.**



## Medical Corner

HAPPY NEW YEAR!!

## Create goals rather than resolutions

Every year, millions of people choose resolutions for the new year, with improved fitness habits often making the top of the list. Unfortunately, many of these resolutions are forgotten by March. A major reason for this is that it's deceptively difficult to develop new fitness habits and/or deny ingrained lack of activity (sedentary) habits 'cold turkey'.

While the effort to adopt a positive fitness resolution shows a wonderful sense of positive intent, a better alternative is to develop new goals for the future. And it helps to work toward them as a more gradual process rather than expecting to change immediately. Goals are a better plan than resolutions for a few key reasons.



### Rigid vs. fluid

Resolutions stay the same: "I will get up early to run every morning." "I will go to the gym regularly even though I don't go at all right now." If these are somewhat big changes, it may feel like a huge change with no buildup. Goals, however, can be tackled in steps, beginning with baby steps and increasing in difficulty as you become more accustomed to the change. This makes goals more realistic for lasting change.

### Sense of accomplishment vs. sense of failure

Goals give you a direction to aspire to, but with the baby steps you may be taking toward your goal, you can still feel like you've accomplished something and are on the right track, which will, in turn, keep you moving in the right direction.

### The scope of the change

Resolutions are usually a means to a goal, but if you find a resolution too difficult to stick to, it's usually dropped and forgotten. With goals, if you find a planned change too difficult to carry out, you can adjust the goal to a lower intensity, or drop that plan but pick a different new behavior to try that will still lead to the same end result, and not lose sight of the goal.

For example, imagine you want to get in the habit of exercising to be in better shape. You might make a resolution to go to the gym five times a week. But if you find that you just hate the gym, you probably won't stick to your resolution, and you'll be no closer to your goal. However, if you make 'getting more exercise' the goal, you may drop the gym, but switch to walking through your neighborhood each morning, and still meet your goal.

How to Set Goals That Get You What You Want Out of the New Year: For the New Year or Any Time. Retrieved from <https://www.verywellmind.com/goal-setting-for-the-new-year-strategies-that-work-3144928>

## Setting goals you can get behind

### Keep Your Future in Mind

Think of what you would have in your ideal life, and where you'd like to be in two, five, or even ten years, and see if your goals bring you closer to that picture. If so, they're good goals to stick with.

### Think in Terms of Broad Changes Rather Than Specific Behaviors

For instance, resolving to develop a fitness regime gives more room for growth and change than doing 50 pushups every morning.

### Think in Terms of What You'd Like to Add to Your Life Rather Than What You'd Like to Take Away

Instead of making the goal to eat less unhealthy food, focus on trying to eat more healthy food. You may subconsciously feel more deprived if you think of taking something away rather than adding something good.

### Create Habits

Think of what specific habits you can maintain that will make bigger changes in your life if you maintain them, and embed them into your schedule. For example, if you'd like to be more fit, commit to exercising for a reasonable amount of time, and assign a time each day when you'll practice this habit. It works best if this time is connected to an existing habit, like right before you shower, or on your way home from work.

Finally, reward yourself with something small for continuing to stick with it, until you make enough progress toward your goals that the progress becomes its own reward.

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



Dear Health Myth Busters,  
It's that time of year again...I try to set new goals for myself, and typically kick off the year with a strategy to include a fitness improvement resolution. This year, I have been doing some research online. Many sites show that fitness improvement is consistently in the top 3 topics for New Year resolutions in America. I've also read that an estimated 80% of people quit on their New Year resolutions by February! Is that a true estimation? If so, how can I avoid being just another statistic in 2019?

Sincerely,  
Goal-Minded in 2019

Dear Goal-Minded in 2019,  
Yes, it is true that less than 25% of New Year resolutions don't last over 8 weeks. In order to let 2019 be the year you take control of your health and fitness, it's important to change the way you approach your goals.

Before you start your New Year resolution, shift your mindset with these tips to help you succeed. Start with finding the ideal workout fit for you. To really stick to a fitness goal, it is important to discover the exercise method that you enjoy and is the best fit for you. If you've been doing the same thing for a long period of time, it's time to switch things up. Start off with scheduling several different workouts in one week. One day try speed walking or a jog, and another day try a class at the base gym, i.e. kickboxing, spinning. After a couple of weeks, you'll get to know which exercise feel effective, functional, and are most enjoyable, which will keep you on track with your goals.

When it comes to staying with a fitness resolution, motivation plays a key role. Getting started is the hardest part, but motivation builds quickly once you actually get your body moving. For some people, wearing the proper clothing can help improve their workout mood. For others, it could mean going directly to the gym after work or before work which prevents negative talk, sabotaging your plans. Make exercise a priority. Without a doubt the most important tip to help you stay on track with your New Year's resolution to exercise and stay fit is to think of your goals as a journey, not a destination. Achieving lasting fitness and healthy weight is a lifestyle choice; a career necessity to be fit to fight. Good question! Don't let this statistic include you!

Sincerely,  
Health Myth Busters



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





# Trusted Associate Sponsorship System

**Betty Townsend**  
14th Contracting Squadron

Trusted Associate Sponsorship System (TASS) is a web-based system which allows the following populations to apply for a Common Access Card or other governmental credentials electronically through an approved Department of Defense web application:

- Affiliated Volunteers (requiring DoD Network access)
- DoD and Uniformed Service Contractors
- Foreign Affiliates
- Non-DoD civil Service Employees
- Non-DoD Presidential Appointees
- Non-Federal Agency Civilian Associates
- Non-US Non-appropriated Fund (NAF) Employees
- OCONUS Hires
- Other Federal Agency Contractors

Applicants use TASS to submit applications for the government credential and the Trusted Agents (TAs) approve the applications. The system also provides a mechanism for periodic re-verification of applicant eligibility to ensure that information is current and applicant CACs do not remain active when not appropriate.

We have one site on Columbus Air Force Base and that site is managed by a Trusted Agent Security Manager (TASM), Betty Townsend. The TASM fulfills the following key roles: Administrates activities, manages users, oversees TAs and acts as backup for all TAs.

Before the TA can create an application, they must: Determine and verify the applicant has a valid requirement for a government credential, and verify the applicant’s sponsoring service or agency vetted the applicant.

Background vetting is required for all CAC applicants. A CAC-eligible applicant shall not be issued a CAC without first satisfying the background vetting requirements. Applicants who have been denied a CAC or have had a CAC terminated based on an unfavorable adjudication of a background investigation may submit an appeal. After completion of the application, the supporting security office submits the appropriate form to initiate a National Agency Check with Inquiries (NACI), National Agency Check with Local Agency Checks and Credit Check (NACLC), or equivalent investigation and an FBI fingerprint check for potential card holders.

Upon employment, CAC-eligible applicants are encouraged to complete the relevant Office of Personnel Management (OPM) forms to expedite the form review and background investigation process. CAC-eligible applicants should contact the designated employee at the CAC-eligible applicant’s employer who handles the background investigations

(i.e., security manager, facility security officer) for information about completing Standard Form (SF) 85, Questionnaire for Non-Sensitive Positions/SF-85P, Questionnaire for Public Trust Positions/SF-86, Questionnaire for National Security Positions forms.

Since the background vetting process can take up to 18 months, a CAC-eligible applicant may be issued a CAC after a FBI fingerprint check returns favorable results provided that the NACI, NACLC or equivalent investigation has been initiated. If the NACI, NACLC or equivalent investigation process is completed and is not favorably adjudicated, the CAC will be revoked.

## DoDM 1000.13, V1 and DMDC TASS Overview Guide

**14th CONS/PKP**  
**TASM:** Betty Townsend  
TASS Site 174162  
495 Harpe Blvd, Suite 256C  
Building 730, Room 290  
434-7779  
Monday – Friday, 7:30 a.m. - 4 p.m.

### TAs:

**14th CES**  
Brian Carter (Primary), 434-7415  
Linc Weinrich (Alternate), 434-2270  
Ricky Witherspoon (Alternate), 434-7346  
Maurice Johnson (Alternate), 434-7346

**14th CS**  
Joel Obman, 434-2031  
Robert Latham, 434-1234

**14th LRS**  
Michael Whipp, 434-7164

**14th FTW/MA**  
Randy Holmes, 434-2403  
James Sliger, 434-2510

**14th MDG**  
Senior Airman Estefania Brinceno Ron (Primary), 434-3033  
Senior Airman Jeanna Espinoza (Alternate), 434-3033

**14th OG**  
Hiram Stewart (Primary), 434-7529 (T-6A JPATS GBTS, WPAFB)  
Billy Heath (Alternate), 434-7534 (T-1A GBTS, WPAFB)

**14th OSS**  
Staff Sgt. Richard Lee, 434-2763

**WSA/14th CPTS**  
Edna Crosman, 434-2673

# Cultivating Diversity LEDx 2.0

**Alexandra Taylor**  
37th Flying Training Squadron

“Who are the people around you when you fail? At your best?” Those were just a few of the questions asked during the second annual Leadership Education Development eXperience (LEDx) hosted by the Air Command and Staff College Department Jan. 3-4 at Maxwell Air Force Base, Alabama.

Forty-four members of Team Blaze represented Columbus AFB at LEDx 2.0. The two-day conference built upon last year’s inaugural event by bringing together a diverse cohort of civilian and military professionals who share a passion for leadership in all forms.

LEDx differs from other leadership events in that it is designed around the experience where participants are just as likely to learn from the formal speakers as they are from each other.

This year’s speakers and topics were chosen to present participants with various perspectives on leadership, both military and civilian, to challenge their own assumptions, and reframe the leadership challenges unique to themselves and their organizations.

Some other questions that participants had to ask themselves during the conference included: What is one thing to be intentional about? How do I be a better mentor? In 30 days, what will I have wish I started working on earlier?

LEDx 2.0 exposed audiences to a unique set of forward thinking leadership-related topics bridged by social activities by a blend of keynote and TED talk style stage speakers and interactive small-group lab sessions led by several enthusiasts to include former Columbus AFB guest speaker, Andy Christiansen, along with a selection of retired Air Force Officer and Enlisted motivational speakers, CEOs, authors, and life coaches.

The purpose is intentionally unorthodox in terms of its format, built around a keynote address to begin each day, leaving the rest of the schedule to focus on TED-style stage talks matched with smaller group speaker engagements for smaller, more discussion-driven talks. Team BLAZE members afterward genuinely claimed they “spent a lot more time than ever before talking about leadership and how to make things better.”

LEDx 2.0 was a great opportunity to Cultivate Airmen away from the daily home-base distractions. It allowed 14 Flying Training Wing members to “Connect” with ACSC officers and LEDx speakers personally.

Over 400 people attended the event including members of ACSC, Team Blaze members to include officers, enlisted and civilians, along with roughly 150 aspiring cadets of Reserve Officer Training Corps from detachments all over the country. When not engaged in a smaller discussion or formal events, participants were encouraged to continue the conversation and share their thoughts on the theme, “Diversity at the Intersection of Leadership, Strategy, and Innovation.”

In addition, instructor pilots from the 37th and 41st Flying Training Squadrons showcased the T-6 training mission to the speakers and ROTC cadets over the two days.

If you are interested about hearing more about LEDx 2.0 or want to see the recommended reading and listening list, email 14 STUS/DOA for this info.



Visit us online!  
[www.columbus.af.mil](http://www.columbus.af.mil)

# Innovation leads to connection with Keesler AFB

**Airman Hannah Bean**  
14th Flying Training Wing Public Affairs

The Columbus Air Force Base Spark Cell is designed to be a creative hub for innovative minds to cultivate ideas.

The need of innovation at Columbus AFB led to a partnership with the 333rd Training Squadron at Keesler AFB, Mississippi, to create new processes and contribute different concepts.

It all started with Maj. Eddy Gutierrez, 14th Communications Squadron commander, reaching out to Keesler AFB to see if any transitional lieutenants would be interested in partnering with Columbus AFB to drive some solutions that would benefit the base and potentially Air and Education Training Command and headquarters Air Force.

“Collaboration and innovation go hand-in-hand,” said 2nd Lt. Joshua Hullings, 333rd TS Undergraduate Cyberspace Officer Training course student. “More minds working together provide more unique solutions, allowing for more creativity.”

Currently, the lieutenants are helping program a flight scheduling application to aid the instructor pilot scheduling teams at the 37th and 41st Flying Training Squadrons. The skills of the 33rd TS members are being utilized to bring the instructors idea to their screens.

“If we can automate parts of the scheduling process, we would go a long way to helping instructors schedule sorties more efficiently and impact our greater Air Force



Maj. Ryan Brewer, 14th Flying Training Wing director of innovation, speaks to Col. Derek Stuart, 14th Operations Group commander, during the Spark Cell grand opening Oct. 19, 2018, on Columbus Air Force Base, Mississippi. The need of innovation at Columbus AFB led to a partnership with the 333rd Training Squadron at Keesler AFB, Mississippi, to create new processes and contribute different concepts.

mission to break barriers and save time,” said 2nd Lt. Connor Hamlet, 333rd TRS UCT student. “The 37th FTS and 41st FTS schedule over a hundred sorties per day and can’t afford excess paperwork or inefficiencies. We as an Air Force are at a point where our inefficiencies have to be cut, or we will all be left behind.”

Since each base has its own capabilities, working together allows the innovation process to flow smoothly. Mixing these groups gives a deeper pool of talent and viewpoints, leading to further innovation.

“The Spark Cell and the 333rd TRS make a good team, and fortunately both commands are supportive,” Hamlet said. “We at

the 333rd have the technical knowledge to impact their mission set, but lack the knowledge on what needs to be done or where we can apply it.

Hamlet said having this relationship allows the 14th Flying Training Wing to quickly educate the 333rd TRS on the wing’s needs and where the squadron can help most. They then take this information and tackle the problem.

“These relationships are what drive a vision toward fruition,” said 2nd Lt. Michael Parr, 333rd TRS UCT student. “Once a working relationship is established, communication moves faster and both parties are able to stay on the same page while working towards fulfilling the aforementioned vision. Additionally, it speeds up progress by tightening the feedback loop, allowing for quick confirmation, denial, or change requests to be given daily rather than biweekly.”

In addition to the partnership with Spark Cell, lieutenants from the 333rd TRS have been working on a variety of projects to help Columbus AFB progress and turn their innovative ideas into fruition.

“It’s the wing’s mission that we connect, so we might as well connect with the rest of the Air Force,” Gutierrez said. “If somebody already has the solution or the resources that can do it, why not ask? The worst case scenario is that we get a no and where back to square one in finding other resources. When we get a win like Keesler AFB, we realized that we’re not that far off in accomplishing both of our wing’s intent.”

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# AF Year in Photos



U.S. Air Force photo by Senior Airman Andrew D. Sarver

Airman 1st Class Ashley Libby, a 99th Medical Operations Squadron aerospace medical technician at Nellis Air Force Base, Nev., helps keep the American flag off the ground during the 2018 Las Vegas Bowl opening ceremony at Sam Boyd Stadium in Las Vegas, Dec. 15, 2018. The half-ton flag required more than 200 Airmen to carry it.



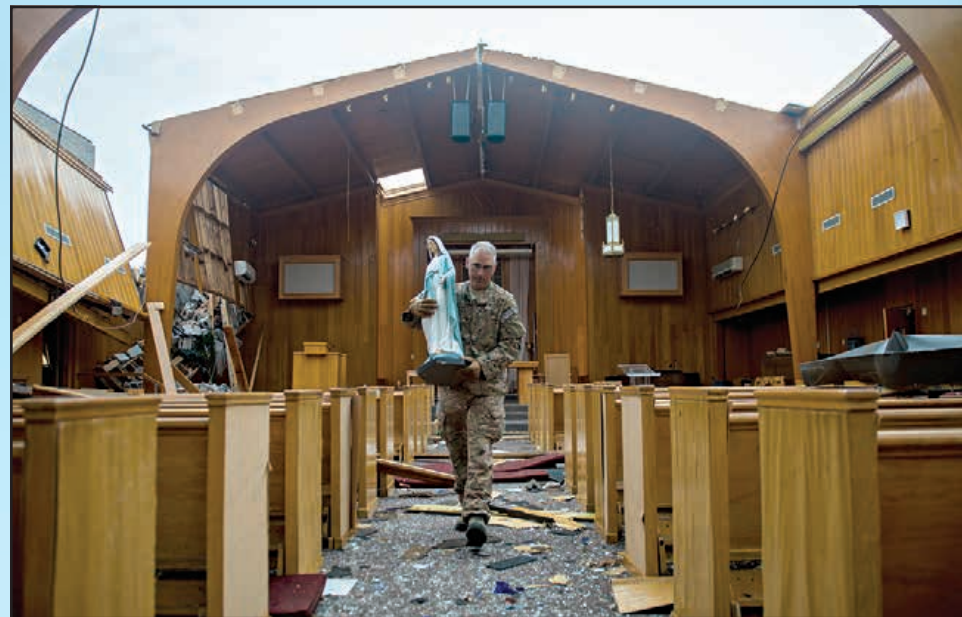
U.S. Navy photo by Mass Communication Specialist 3rd Class Erwin Miciano

The aircraft carrier USS Ronald Reagan (CVN 76) leads a formation of Carrier Strike Group (CSG) 5 ships as Air Force B-52 Stratofortress aircraft and Navy F/A-18 Hornets pass overhead for a photo exercise during Valiant Shield 2018. The biennial, U.S.-only, field-training exercise focuses on integration of joint training among the Navy, Air Force and Marine Corps.



U.S. Air Force photo by Staff Sgt. Keith James

An F-15 Strike Eagle receives an aerial refueling from a KC-135 Stratotanker assigned to the 28th Expeditionary Air Refueling Squadron during a mission in support of Operation Inherent Resolve over Iraq, Sept. 12, 2018. The KC-135 provides aerial refueling to U.S. and coalition forces. The F-15 Eagle is an all-weather, extremely maneuverable, tactical fighter designed to permit the Air Force to gain and maintain air supremacy over the battlefield.



U.S. Air Force photo by Senior Airman Sean Carnes

Major Zachary Nash, deputy wing chaplain for Joint Base Langley, Va., helps carry religious items from a church Oct. 22, 2018 on Tyndall Air Force Base, Fla. Multiple major commands mobilized relief assets in an effort to restore operations to Tyndall after Hurricane Michael caused catastrophic damage to the base and surrounding area.



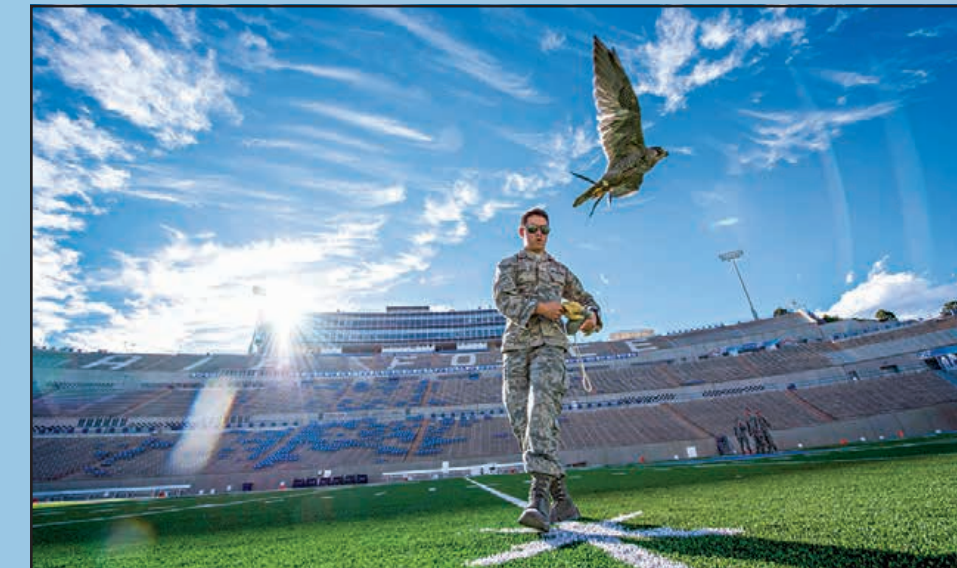
U.S. Air National Guard photo by Staff Sgt. Daniel J. Martinez

Service members of the joint forces honor guard provide military honors during the departure of former President George H. W. Bush, the 41st president of the United States, from Ellington Field Joint Reserve Base, Texas Dec. 3, 2018. Nearly 4,000 military and civilian personnel from all branches of the armed forces, including Reserve and National Guard components, provided ceremonial support.



U.S. Air Force photo by Staff Sgt. Ashley Corkins

The Air Force Air Demonstration Squadron Thunderbirds Delta flies over the Golden Gate Bridge near San Francisco, Calif. The Thunderbirds were returning from the California Capital City Air Show to Nellis Air Force Base, Nev.



U.S. Air Force photo by Joshua Armstrong

Cadet First Class Justin Waligora, Falconry Team member, uses a lure to guide one of four falcons used for flying demonstrations, during a training exercise on the field of Falcon Stadium at the U.S. Air Force Academy in Colorado Springs, Colo. The falconry program has been a tradition held since the academy opened in 1955.