

WARRIOR

Vol. 2 No. 43
Oct. 28, 2011

Reporting for duty



U.S. Air Force photo/Senior Airman Laura Goodgame
Airman 1st Class Charles Price gives a thumbs up to a taxiing B-2 Stealth Bomber during Global Thunder 12 Oct. 25. The exercise provides unique training opportunities for component, task force, unit forces, and command posts to deter, and if necessary defeat a military attack against the United States and to employ forces as directed by the president. Airman Price is a crew chief assigned to the 509th Aircraft Maintenance Squadron. For story and more photos see Pages 8-9.

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Apache gets a face-lift

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Safety: Mental Health

Why do we have counselors, doctors and chaplains? Simple. We are composed of mind, body and spirit.

WEATHER

Today	Sunday
Sunny	Few Showers
Hi 62	Hi 66
Lo 35	Lo 45
Saturday	Monday
Sunny	Partly Cloudy
Hi 63	Hi 62
Lo 44	Lo 42

Courtesy of National Weather Service

Halloween safety tips

For many, Halloween and Harvest Day are fun events to dress up and go trick-or-treating. Everyone should prepare for a safe day and be aware of unnecessary hazards because concerns about child safety can ruin the joy of the holiday.

Whiteman AFB and Knob Noster will observe Halloween Oct. 31 from 6 to 8 p.m.

The following crime prevention tips can help make Halloween safe and more enjoyable for everyone:

- ❑ Do not leave your home unattended
- ❑ Keep your pet(s) indoors or in another safe place
- ❑ Walk through your neighborhood with others to discourage acts of malicious mischief and speeding motorists
- ❑ Set a specific time limit for your child/children to be out
- ❑ Don't let your children eat any candy until it has been inspected by Mom or Dad
- ❑ Only give homemade treats to children you know; make sure they are properly

See Halloween, page 6

Panetta addresses bilateral crowd at Yokota AB

By Airman 1st Class Desiree Economides
374th Airlift Wing Public Affairs

YOKOTA AIR BASE, Japan (AFNS) -- Secretary of Defense Leon Panetta addressed about 200 U.S. and Japanese service members here Oct. 24.

During his speech, Panetta thanked those who are serving and touched on many issues facing the military as well as its future endeavors throughout the world.

"The strength of America lies in the service of the men and women who serve in uniform and have put their lives on the line," said Panetta. "For all that you do, I would like to say thank you for the great service you provide."

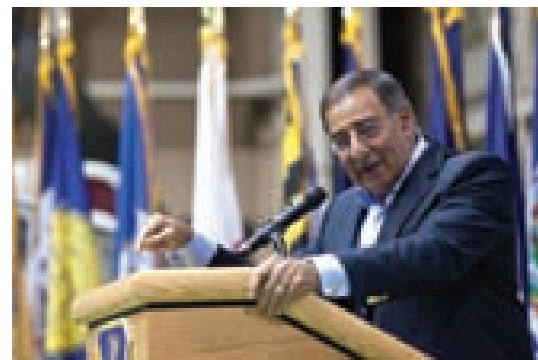
Panetta also recognized the combined effort of Japanese and U.S. military forces in the aftermath of the natural disasters in March 2011.

"Close bonds have been forged between our troops and the Japanese in an effort to ensure that this great alliance will always be able to respond, to help the people of Japan, but also the U.S.," he said.

The defense secretary commended the efforts of U.S. service members during the past decade but also acknowledged the challenges ahead.

"We have to continue to confront terrorism, we have to continue to confront nuclear proliferation in Iran and North Korea, we have to continue to fight in a new battlefield called cyber, and we have to continue to deal with rising turmoil in the Middle East," Panetta said.

Panetta also addressed upcoming budget cuts,



U.S. Air Force photo/Osakabe Yasuo
YOKOTA AIR BASE, Japan (AFNS) -- Secretary of Defense Leon Panetta addresses Japanese and U.S. service members Oct. 24, 2011. It was Panetta's first trip to Japan as secretary of defense.

making clear the priorities that will guide his decisions in this process.

We will protect the best defense in the world and we will not hollow out this force, said Panetta. "I'm not going to just make cuts across the board. We are going to look in areas where we can get efficiencies, where we can eliminate duplication, where we can eliminate overhead and look at all areas to make the best decisions.

"Most importantly, I'm not going to break faith with those that serve in uniform who put their lives on the line time and time again," he said. "I commit to you that I will do everything I can to

See Panetta, page 4

Are you a mentor or just a supervisor?

By Senior Master Sgt. Samuel T. Simmons
509th Operations Group Superintendent

There once was a less than stellar Senior Airman. He was a six-year enlistee at his second duty assignment but was still having trouble conforming to military life. Even though this young man had a great work ethic and knew his job very well, his supervisors seemed to rate him from a distance and he always received marginal EPRs.

His attitude began to slip to the point that he even received an Article 15 and was poised to leave the Air Force. His supervisors were eager to see him go. Then a mentor came along and changed everything.

In the Air Force we often think that a supervisor and a mentor are one and the same, but that's not entirely accurate. Our Senior Airman had several supervisors in his first few years, yet he continued to struggle.

Define supervisor and we have an overseer, inspector or superintendent. Each NCO was an exceptional supervisor in every definition of the sense. But mentoring goes far beyond basic supervision and in most cases can be a much more effective leadership tool. A mentor in reality is a trusted counselor; someone whose advice is valued by the mentee. This Master Sergeant was the catalyst the Senior Airman

needed to excel. Why was this mentor successful where the supervisors were not? The answer is very simple. He started by showing a genuine interest in our Senior Airman.

Theodore Roosevelt said, "Nobody cares how much you know until they know how much you care."

The Master Sergeant knew this; he found out the most basic information about his new troop and got to know the Senior Airman on a personal level; where he came from, the names of his children and wife, and what his military and life aspirations were.

He provided the Senior Airman with frequent feedback and was never afraid to be candid. When the Senior Airman did something well he was praised; likewise, when he did something poorly he was immediately corrected. But the mentor also led by example measuring himself by the same standards as the Senior Airman and never compromising.

The Airman began to realize exactly what was expected of him and began to accept the advice of his new-found leader. The main ingredient of a successful mentor/mentee relationship began to emerge ... mutual trust and respect.

In the fast-paced Air Force of today, the art of mentorship can easily be lost. Lead-

ers can often forget to do the things necessary to become the trusted advisor to their subordinates. Feedback becomes less and less frequent but oddly enough the EPR process has been deemed overinflated doing little to prepare the ratees for increased responsibility or establish mutual respect. In an effort to balance mission requirements it can become easy to settle for the role of supervisor.

Not everyone is cut out for military service, but the mentor was wise enough to get to know his Airman to find that out for certain. With the help and advice from his mentor, the Senior Airman was able to make a complete turnaround.

After developing fundamental trust, the mentoring process became a two-way street. I know this story first-hand because I was that Senior Airman.

As I sew on Chief Master Sergeant, I think back to Master Sgt. Ellis, my first true mentor and can't help but feel indebted to him for his guidance. I can truly say I would not be here today without it.

Do you know what makes your subordinate tick or is he just a name on the duty roster? Are you creating mutual trust and respect or are you leading from a distance? Have you given them candid and frequent feedback or was his last EPR a hollow 5. Are you a mentor or just a supervisor?

THE WARRIOR

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For more information, call the Warrior office at (660) 687-6123, e-mail: Whiteman.Warrior@whiteman.af.mil, fax us: (660) 687-7948, or write to us at:

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Commander's Corner

Team Whiteman,

The team has been rowing hard the past two weeks as we participated in a U.S. Strategic Command exercise designed to test our ability to support the Commander in Chief in our role as a both stewards of the nuclear enterprise and to provide him options across the entire spectrum of conflict.



Although the days — and nights — seemed long, we once again verified our role in nuclear deterrence, reaffirming we remain the most capable, most effective bomber wing in the Air Force. Our role at Whiteman was, and remains, a key part of our national defense strategy...we are looked to for perfection and flawless execution.

The world we live in today demands our focus and excellence at all times, not just during exercises or inspections. Our efforts in an office, on the flight line, or anywhere on base are a part of a much bigger picture. Our actions, positive or negative, have a direct impact on our national security.

Although the exercise is complete, it is essential we retain the lessons learned and continue doing our jobs to the best of our ability. Why? Because perfect practice promotes perfect performance...in other words we train like we fight!

As your commander I am proud of your efforts over the past two weeks, and understand the difficulties. I was impressed as I walked the line and talked to defenders, maintainers, operators and combat support...your intellectual acuity, mental nimbleness and physical endurance was truly outstanding.

Finally, in a week, Nov. 4, we are having a "Wingman Day." I expect the entire team to participate. Let's look after one another...on and off the job. We are our brother's keeper!

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm Commander

Are you a warrior?

By Lt. Col. Jonpaul Mickle
2nd Security Forces Squadron

BARKSDALE AIR FORCE BASE, La. -- The Airman's Creed identifies the speaker four times as an "American Airman" and twice as a "Warrior." Warrior is the most used identity in the Creed after Airman. The inference is Airmen are warriors. I ask you, are you really a warrior?

By a sterile definition, a warrior is one who is experienced in battle and often has a unique behavioral code specific to their warrior class. Common perception is that great loyalty between fellow warriors is paramount as they train and fight to defend their nation-state. A warrior cannot be an individual; but by definition they are part of a larger entity. I ask again, does this define you as a warrior?

Do you have a personal code of conduct that supports the Air Force core values and the uniform code of military justice, our unique behavioral code? Codes of conduct are not meant to be easy. They should require personal sacrifice that develops a higher level of character in the practitioner. Codes of conduct help identify people without the discipline to be a part of the warrior class, and once identified, should be forced to even greater sacrifice to earn their way back into the trust of the larger group. I ask again, are you really a warrior?

One only gains experience by doing. So if we are to be warriors we must routinely practice physical martial skills to ready us for individual battle. For the modern Airman that starts with intense physical training,

both aerobic and anaerobic. That creates a powerful body, a physical tool, for the Airman to use. The knowledge on how to use that tool comes from practice in a chosen form of human combat, be that boxing, ju-jitsu, etc. With a powerful body and the knowledge of how to use it comes the foundation for making a modern warrior. I believe the Airman that can combine these two things develops a mind-set of both personal physical and mental sacrifice that makes them more than their chosen Air Force Specialty Code. They overlay the training of their specialty--the 21st century technology and processes of the Air Force--to the naked warrior they became by developing their raw human potential. Have you become a warrior yet?

Think about an unfortunately all too common modern scenario--an active shooter in your work center, in your immediate presence. What should the response of a warrior be when confronted with this problem and how is a warrior's reaction different from everyone else? The answer is simple--the warrior fights. The warrior has been training for that moment. The warrior is strong, fast and knows how to use their body and any other object handy to fight for their self, so that others may live. The warrior has rehearsed the battle, has visualized success, knows how to win, and takes thought to action. A warrior does not assume battle is someone else's responsibility. I ask again, can you say you are a warrior?

A warrior's skills require constant
See Warrior, page 4

NEWS BRIEFS

Boo Bash

The community center invites Team Whiteman to celebrate Halloween and is hosting a Boo Bash event from 5:30 to 7:30 p.m. Oct. 26. Events include: a fortune teller, snake pit, frightful fish pond, dial "D" for Dracula, "Boogo" Bingo, ghostly craft, pumpkin walk, pumpkin bowling, ghostly golf, face painting, punkin' chuckin', horrible hop scotch, spider ring toss and more. Missouri USO is providing hot dogs, chips and a drink. The Keystone Club will operate the "Spooky Store" with baked goods available. Call 660-687-5617 for more information. Wear costume.

Fall Festival in Warrensburg

The Wildlife Society is hosting a fall festival in Warrensburg Oct. 29 from 7:30 a.m. to 8 p.m. at the University of Central Missouri campus. There will be arts and crafts, bird banding, survival skills and geocaching, exotic reptiles, lakeside nature center activities, animal tracks, relay races, bugs alive, frog calls, what lives in a pond, bug eating, tug of war, pumpkin carving and painting, and sustainability tidbits for adults. For information call Lacey Ridnour at 913-548-9623. The event is free and open to the public.

War and Recovery: Information and Advocacy Day

The third annual War and Recovery: Information and Advocacy Day is Nov. 4 from 8 a.m. to 4:30 p.m. at the National World War I Museum at Liberty Memorial, 100 W. 26 St. Kansas City, Mo. 64108. The War and Recovery event is designed to educate those veterans and servicemembers who experience such issues as PTSD, mild traumatic brain injury, substance abuse and pain management upon returning from conflict. In addition to expert speakers on the topics, service providers will be on hand to answer questions and provide information on resources. The event is free to servicemembers, veterans and their families. Register online at www.rehabkc.org or call 816-751-7783 by Oct. 29.

Veterans' Day Parade

The annual Veterans' Day parade is at 3 p.m. Nov. 11 and is scheduled to start at Seventh Street to Main Street, going north to Ohio Street in Sedalia, Mo. Churches, schools, youth and adult organizations, family groups and businesses are invited to participate in the parade as well as veterans groups and first responders. All entries are to have a patriotic theme. Political entries will be accepted as long as they do not endorse any candidate or issue. There will be prize money for the best float, best car, best marching band, best family unit and best school unit and "best" overall unit. All entries must be submitted by Oct. 31. Entries are not confined to Pettis County. The parade is sponsored by the JrROTC and the veteran's organization, Voiture 333 of the 40 & 8. Rain or shine. For more information call Tony Gallagher at 660-287-3812 or email irishsgt@charter.net.

Officials release new selective re-enlistment bonus list

RANDOLPH AIR FORCE BASE, Texas (AFNS) -- Enlisted Airmen will now have 78 Air Force specialties from which they can receive a selective reenlistment bonus.

Fiscal 2012's program continues emphasis on retaining Airmen with 17 months to six years of service as well as those from six to 10 years of service, Air Force officials said. While adjustments to the 10-14 years of service zones were also made, there were no adjustments in the 18-20 years of service zone.

"Our Airmen's commitment and dedication to duty is nothing short of amazing," said Chief Master Sgt. Shannon Parker, the chief of the Air Force skills management branch at the Air Force Personnel Center here. "In order to attract and retain these extraordinary men and women, the Air Force utilizes the SRB program."

"The SRB program is a premier retention tool that is vital to achieving Air Force retention goals," Parker said.

Three Air Force specialty codes were added to the list and 11 AFSCs

increased in at least one zone, Parker said. Ten AFSCs had a zone eliminated or decreased and two AFSCs were removed from the program.

All increases and additions became effective Oct. 14, and all decreases and deletions will go into effect Nov. 14. Any re-enlistments or extensions of any length that have been completed prior to the official message release will remain valid. Airmen who are eligible for re-enlistment and are affected by decreases or removals should re-enlist before Nov. 13 to receive the previ-

ously approved bonus.

These bonuses do not apply to Air Force Reserve or Air National Guard Airmen.

To determine eligibility for reenlistment with an SRB entitlement, members should contact the career development element at their local military personnel section.

The complete SRB listing can be found here.

(Courtesy of Air Force Personnel Services and Manpower Public Affairs)

AFSC	CLEAR-TEXT	ZONE A	ZONE B	ZONE C	ZONE E
1A0X1	In-Flight Refueling	2	0	0	0
1A1X1	Flight Engineer	1	1	0	0
1A2X1	Aircraft Loadmaster	2	4.5	2	0
1A4x1	Airborne Battle MGT SYS	0	0	1	0
1A7X1	Aerial Gunner	3.5	0	0	0
1A8X1	Airborne Crypto Linguist	6	6	6	0
1A8X2	Airborne ISR Operator	4	5	3	0
1B4X1	On-Net Operator	1	0	0	0
1C1X1	Air Traffic Control	6	5.5	4.5	0
1C2X1	Combat Control	7	7	7	0
1C3X1	Command Post	4	1	3	2
1C4X1	Tactical Air Control Party	7	7	7	4.5
1C5X1	Aero Con/Warn SYS	1	0	0	0
1C5X1D	Aero Con/Warn SYS (Weap Dir)	3	1	2	0
1C6X1	Space SYS Operations	5	0	0	0
1C7X1	Airfield Management	4	1	1	0
1N0X1	Operations Intel	4	5	4.5	0
1N0X1	Geoint Analyst	6	7	6	0
1N1X1B	Geoint Targeteer	3.5	4	4	0
1N2X1A	Signals Intelligence Analyst-Electronic	0	0	2.5	0
1N2X1C	Signals Intelligence Analyst-Communications	2	0	0	0
1N3X1	Cryptologic Linguist	4	6	2	0
1N4X1	Network Intelligence Analysis	2	3	3	0
1T0X1	Surv, Evas, Res, Escape	4	4	4	4.5
1T2X1	Pararescue	7	7	7	0
1U0X1	RPA SO	6	5	4	0
1W0X1	Weather	2	1	1	0
1W0X2	Special Operations Weather	7	7	7	4.5
2A3X1	A-10, F-15 & U-2 Avionics SYS	0	0	1	0
2A5X1	Aero Maint	3	1	1	0
2A5X2	Helicopter Maint	2	0	0	0
2A5X3C	INT AV SYS, Elec Warfare	0	2	0	0
2A7X1	Aircraft Metal Technology	3	0	2	0
2A7X2	Nondestructive INSP	0	0	3	0
2A7X3	Aircraft Structural Maint	0	0	1	0
2A7X5	LO A/C Struc Maint	3	3	3	2
2M0X1	MSL & Space SYS Elect Maint	2	0	1	0
2M0X2	MSL & Space SYS Maint	1	0	0	0
2M0X3	MSL & Space Facilities	2	0	0	0
2R0X1	Maint MGMT Analysis	2	0	0	0
2T2X1	Air Transportation	0	0	1	0
2T3X2A	Spec Veh Maint Fire Truck	1	0	0	0
2T3X2C	Spec Veh Maint MHE	1	0	0	0
2T3X7	Vehicle MGMT & Analysis	0	1.5	1	0
2W2X1	Nuclear Weapons	3	0	1	2
3D0X2	Cyber Systems OPS	2	2	0	0
3D0X3	Cyber Surety	1	1	0	0
3D0X4	Computer SYS Programming	0	1	2	0
3D1X7	Comm Cable & Antenna	0	1	0	0
3E0X1	Electrical Systems	2	0	0	0
3E2X1	Pavement & Const Equipment	4	0	0	0
3E3X1	Structural	6	0	0	0
3E4X1	Water & Fuel SYS Maint	2	0	0	0
3E5X1	Engineering Assistant	3	0	0	0
3E6X1	Operations Management	6	2	4	0
3E8X1	Explosive Ord Disposal	7	7	7	4.5
3E9X1	Emergency Management	0	0	5	0
3N0X1	Public Affairs	3.5	3	0	0
3N0X2	Radio & TV Broadcast	4	1	0	0
3P0X1A	Security Forces Mil Work Dog	5	2	0	0
3S3X1	Manpower	0	2	0	0
4B0X1	Bioenvironmental Engr	1	0	0	0
4C0X1	Mental Health Services	1	2	4	0
4E0X1	Public Health	0	2	0	0
4H0X1	Cardiopulmonary Lab	2	1	3	0
4N0X1B	Medical Serv Neurology	1	0	0	0
4N0X1C	Aerospace Med Serv (IDMT)	2	2	0	0
4N1X1B	Surgical Serv Urology	1	1	0	0
4N1X1C	Surgical Serv Orthopedics	0	2	2	0
4P0X1	Pharmacy	2	2	0	0
4R0X1	Diagnostic Imaging	2	0	0	0
4Y0X1H	Dental Hygienist	0	0	2	0
4Y0X2	Dental Laboratory	1	1	0	0
6C0X1	Contracting	7	7	7	4.5
6F0X1	Financial MGT & Comptroller	1	0	0	0
7S0X1	Special Investigation	0	3	2	0
9L0X0	Interpreter/ Translator	4	5	2	0
9S1X0	Technical Applications Spec	2	1	0	0

New TriCare mobile app helps manage servicemembers health care

By Airman 1st Class Montse Ramirez
509th Bomb Wing Public Affairs

In an era where technology helps make information available, we can do everything from plan, schedule and find information right at our fingertips, without having to wait to get to a computer.

TriCare has made managing its customer health care needs faster and easier with the new smartphone mobile application.

Customers can now get answers to their general TriCare questions whether they are relaxing at home, standing in line or waiting at the doctor's office, according to Brian P. Smith, TriWest Healthcare Alliance representative.

Users should download the TriWest mobile application (TriWest.com/GoMobile) for iPhone®, iPad® or Android™. Customers will have easy access to information such as:

- Preventive care schedules
- Deployment-related health care checklists
- Urgent and emergency care guidelines
- Steps to take after a life-changing event

"The new application benefits our beneficiaries because it provides useful information on self-care, benefits and enables patients to check on the status of referrals easily through their mobile device," said Lt. Col. William Malloy, 509th Medical Support Squadron commander.

The application is formatted to fit smartphones, TriWest's mobile site, and lets users log into their secure www.TriWest.com account and view their specialty care referrals and authorizations, claim and fees or premiums due, and make a one-time payment when eligible, according to Smith.

"If customers prefer a text rather than email, TriWest now has text QuickAlert notifications," said Smith. "When you choose to receive QuickAlerts via text, you are notified as soon as your referral, authorization or claim is processed or if a fee is due. You choose which types of notifications you want to see.

"When your text arrives, the link takes you directly to log in," Smith said. "There is no need to wait until you can get to your computer; when you get the text that your specialty care was authorized, view the referral information, contact your provider and make your appointment."

If members are interested in signing up for the new application, they need a current www.TriWest.com account to select text QuickAlerts and to log into the mobile site.

The same login information is used for both the full site and the mobile site, according to Smith.

"You must be logged into the full website, www.TriWest.com, to change your communication preferences and select text QuickAlerts," Smith added. "Text QuickAlerts are only available on participating carriers. Standard text messaging rates will apply, based on your cell phone service. View more information at TriWest.com/GoMobile.

TriWest Health care Alliance partners with the Department of Defense to do "Whatever It Takes" to support the health care needs of 2.9 million members of America's military family. TriWest is a Phoenix-based corporation and provides access to cost-effective, high-quality health care in the 21-state TRICARE West Region, including Whiteman AFB. Follow TriWest on Twitter and Facebook or visit www.triwest.com for more information.

Notes:

Continued from page 3

(1) Airmen's CAFSC and DAFSC must match the authorized AFSC as specified in order to receive the bonus (except if authorized by AFI 36-2606, PARA 2.11)

(2) Airmen who possess an AFSC with a prefix are eligible for the SRB specified on the list.

(3) Airmen who possess an AFSC with a suffix receive the SRB at the same rate as the slick AFSC, unless the AFSC/suffix is

otherwise specified on the list

- (4) SRB zones:
Zone A: 17 MOS-6 YRS TAFMS
Zone B: 6-10 YRS TAFMS
Zone C: 10-14 YRS TAFMS
Zone E: 18-20 YRS TAFMS

(5) Maximum bonus authorized is \$90,000

(6) REF AF/A1P DTG 112350Z October 11

Panetta continued from page 1

protect those benefits that were promised to you and to your families."

Though Panetta has already visited Japan on numerous occasions before, this is his first visit to Japan as the secretary of de-

fense. Following his speech, Panetta fielded several questions from the audience then shook hands with and coined each service member in attendance.

Warrior continued from page 2

training. Like water, when you remove the heat, it returns to its tepid state. Old warriors who stop training are no longer warriors. Young warriors who won't train or can't train are

no longer warriors. A warrior will find a way to train around age, injury and time constraints. And a warrior-culture will rid themselves of those who won't. Are you still a warrior?

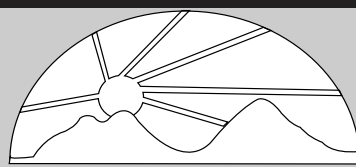
When you see someone recite the Airmen's Creed, really look at them. Do you see a warrior or do you see a specialty code? More importantly, do they see you as a warrior?



View the *Whiteman Warrior* online by logging onto www.whiteman.af.mil

Welcome To KNOB NOSTER

JUST OUTSIDE WHITEMAN AIR FORCE BASE



A growing, friendly community where people and businesses are ready to serve you!

LOCAL ACTIVITIES

- Professional Women's Organization**—1st Mon. of each month - Basement of City Hall
- Lion's Club**—2nd & 4th Mon. 7 p.m. - Jubilation Center
- Chamber of Commerce**—2nd Tues. of each month.
Call Tammy Templeton @ 563-4090 for more info.
- Masons**—2nd & 4th Thurs. 7:30 p.m. - Knob Noster Masonic Lodge AF & AM
- Optimist Club**—Sat. 7:45 a.m. - Panther Steak House for Breakfast. The last week of the month meetings Wed. 6:30 p.m. - Panther Steak House for Supper (family invited)
- Alcoholics Anonymous (AA)**—Every Fri. 8 p.m. - Basement of Methodist Church
- Knob Noster Board of Aldermen**—1st & 3rd Tues. each month - Basement of City Hall

- Whiteman Area Piecemakers Quilt Guild**—3rd Thurs. each month 7 p.m. - Methodist Church
- AMVETS**—Membership Night Supper 3rd Sat. each month 7-8 p.m. - AMVETS Building
- VFW**—1st Fri. each month 7 p.m. - VFW Building
- VFW Auxiliary**—1st Fri. each month 7 p.m. - VFW Building
- Boy Scouts** - Troop 509 Methodist Church
- Cub Scouts** - Pack 405 Bill Sander 687-1154
- Cub Scouts** - Pack 509 Methodist Church
- Girl Scouts** - Jo Ellen Elwell 563-3514
- Freedom of the Road Riders, Local 33** - 3rd Sun. 1 p.m. - AMVETS Building

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Whiteman Guard unit receives first Apache Longbow helicopters

By Rachel Knight
Unit Public Affairs Representative

After more than four years of planning and training, the Missouri National Guard's 1-135th Attack Reconnaissance Battalion received three new Apache Longbow helicopters.

Four years ago the battalion was scheduled to get the Bell ARH-7-Arapaho, which is a four-bladed, single-engine, light military helicopter, but that program was cancelled. In August 2009, the battalion was officially designated as a Longbow unit.

"The biggest challenge was getting the entire battalion through aircraft transition schools," said Maj. Fin Carey, AASF #1 instructor pilot supervisor. "We had to send all our mechanics and armament electricians to the AH-64D school, some of which took several months to complete. Additionally, we had to get all the pilots qualified in the Longbow."

The Apache pilot transition was about two months long, while the instructor pilots schooled an additional six weeks and the maintenance test pilots schooled an additional two months. After the schools, the battalion had to send a handful of pilots to other units to complete progression training in order to be able to pick up the first aircraft.

Six pilots picked up the first three aircraft straight from Boeing in Mesa, Ariz., in September and then flew them to a maintenance facility in San Angelo, Texas, for a few modifications. The modifications took a month to

install. They were then picked up and flown to Whiteman AFB, arriving Oct. 19.

"It was a great feeling and satisfaction seeing all the hard labor going into acquiring the new aircraft, getting ground support personnel trained and pilots qualified," said Lt. Col. Thomas Burson, AASF #1 facility commander.

The main difference between the A model aircraft, which the unit has been fielded since 2002, and the new D model aircraft is the inside of the aircraft, which is digital instead of analog.

"The flying is the same, it's everything else that has changed," said Carey. "From how you start it to how you process data and information to how you employ the weapon systems."

The digital model gives the crew and command better situational awareness and battlefield management. It also allows the crew to acquire and process targets and data quicker and more accurately.

In anticipation of the Longbows arriving at Whiteman, the last pilot to be qualified to fly the new model is currently in school. When he completes his training, there will be 71 AH-64D pilots that can fly the helicopters out of Whiteman.

The three new helicopters is just the beginning of the transformation from the analog to digital model aircraft. By April 2012, the battalion will be fielded with 24 Longbows.

For more information about the Missouri National Guard, visit www.moguard.com.



An AH-64H Apache Longbow helicopter pilot of the 1-135th Attack Reconnaissance Battalion obtains his gear after landing at Whiteman Air Force Base Oct. 19.

ABOVE: The 1-135th Attack Reconnaissance Battalion received three, new AH-64D Apache Longbow helicopters here Oct. 19. The new helicopters replaced older and outdated ones. The Longbow remanufacture effort incorporates a millimeter wave fire control radar, radar frequency interferometer, fire-and-forget radar-guided HELLFIRE missile and cockpit management.



The 1-135th Attack Reconnaissance Battalion received three, new AH-64D Apache Longbow helicopters here Oct. 19. The new helicopters replaced older and outdated ones. The Apache's mission conducts distributed operations, precision strikes against re-locatable targets, and provides armed reconnaissance when required in day, night, obscured battlefield and adverse weather conditions.

AFRL develops 'snubber' to prevent engine damage



U.S. Air Force photo

The cost effective snubber, designed by the Air Force Research Laboratory Propulsion Directorate, fits in the F-22 Raptor engine to prevent costly cracks from developing.

By Laura Dempsey

Air Force Research Laboratory

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) -- An innovative solution from the Air Force Research Laboratory is expected to save the Air Force more than \$40 million.

The \$35 "snubber", developed by the AFRL Propulsion Directorate, is a vibration damper that will prevent cracks in the J-seal on the F-119's engine inlet case, a spoked, ring-like device that helps control the air going into the engine.

Previously, if cracks were discovered, the engine would need to be pulled and the end of the crack drilled to stop it from growing. If any problems arose during drilling, the \$362,000 inlet case had to be discarded.

The Aeronautical Systems Center F-22 Division staff contacted Propulsion Directorate officials and asked it to study the problem. The directorate responded with the snubber within six months of the initial request.

"In the turbine engine world, we have a lot of interaction with the program offices for numerous engines," said Dr. Charles Cross, the chief of the Propulsion Directorate Turbine Engine Structures Branch. "We have programs set up to do information exchanges so that we know what problems are coming down the pike, and we can see if we have anything that we can apply to them."

The little orange snubber looks like an exotic pencil eraser and fits in the gap opposite where the J-seal is welded to the inlet case. Seven \$35 snubbers are fit on each engine, meaning outfitting each F-22 costs \$245.

"On the F-119, we hope this will eliminate a huge maintenance driver at a very, very low cost," said Stephen Brinkman, the F-119 Fan and Compressor WBS manager for the F-22 Division. "You would not believe how expensive these parts are. And that's the beauty of it -- it's

such a simple, cheap fix."

The snubbers began being used in April 2011, and about 3,000 flight hours have been logged. They were designed to last half the life of the engine, but because they're so cheap, new ones will be installed whenever the engine is pulled.

"It's a pretty big deal for us," said Brian Runyon, the principal investigator, on transitioning this solution so quickly to the field. "For most of us this is a once-in-a-lifetime opportunity."

In the long term, the plan is to show that the old cracks don't grow once the snubbers are installed, and further stop drilling won't be required. Once more data is collected, it is thought the engines will be "snubbed" and left alone.

The cost effective snubber, designed by the Air Force Research Laboratory Propulsion Directorate, fits in the F-22 Raptor engine to prevent costly cracks from developing. (U.S. Air Force photo)

Halloween safety tips

Continued from Page 1

wrapped

- Instruct your children to never enter the home of a stranger
- Never invite children into your home
- Instruct children not to stray from their group
- Do not allow children to go out alone
- Tell your children not to accept rides from strangers
- Turn your porch light on to let children know it's alright to visit your home
- Ensure your children wear light color clothing along with something reflective and provide them with a flashlight

By following the tips and proper planning, your family can have a safe Halloween. For additional information, contact Jerry Osban at the Resource Protection/Crime Prevention Office at 660-687-4482.

(Submission courtesy of the 509th Security Forces Squadron)



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Generations unite: Reservists serve alongside WWII WASPs



U.S. Air Force photo/Courtesy photo
Senior Master Sgt. Regina Brewer escorts Flora Bell Reese, World War II Woman Airforce Service Pilot, during the Midland Airshow in Odessa, Texas Oct. 7. Brewer attended the event as a representative of the 442nd Human Resources Development Council, part of the 442nd Fighter Wing. The 442nd FW is an A-10 Thunderbolt II Air Force Reserve unit at Whiteman Air Force Base, Mo.

By Staff Sgt. Danielle Wolf
442nd Fighter Wing Public Affairs

Two members of the 442nd Fighter Wing and 27 other Citizen Airmen from 10th Air Force attended the Midland Airshow in Odessa, Texas in October. Unique to this air show however, was the oppor-

tunity for the servicemembers to escort Women Airforce Service Pilots (WASPs) from World War II.

With less than 300 WASPs remaining today, their heritage is quickly fading - something Senior Master Sgt. Regina Brewer, 442nd Fighter Wing Aircraft Maintenance Squadron support techni-

cian, said she doesn't want to see happen.

"These are amazing women," she said. "They've accomplished so much in their lives, and most people have never even heard about them. But they're the reason I'm in the Air Force today."

During World War II, the need for pilots was great - and while there were volunteers - many of them were disqualified based on their gender. These women knew they wanted to serve their country and knew they had the bravery and skills to do so as pilots.

"We paid our own way over there to the war," said Merriem Roby Anderson, WASP of class 44-4. "We flew the planes and fought in the war, and then one day they just told us to go home."

The women were given no military honors, medical privileges or G.I. benefits. Instead, many returned to a society that didn't accept their service to the country.

The WASPs had become the first women to fly American military aircraft. More than 1,000 women earned their wings during World War II.

Finally, in 1977 after 30 years, the WASPs were given veteran status.

In 2010, five members of the 442nd FW traveled to the nation's capitol to pay respect to the women as they were awarded the Congressional Gold Medal.

Brewer began studying about the WASPs after she attended a Women in

Aviation Conference a few years ago. She said she has always loved learning about history, and until the WIA conference, had never heard about the WASPs.

"I was never taught about these women - but it's because of them that I'm in the military today," she said. "Spending time with them is a humbling experience - one that everyone - men and women - could all learn so much from."

As a member of the 442nd FW Human Resources Development Council, Brewer has volunteered to become an instructor for Wright Flight - a program where servicemembers teach high school students about aviation.

"I would love to have a WASP come talk to the students about her experiences," Brewer said. "I don't know why this stuff isn't in history books, because the WASPs are a huge part of our history."

Brewer said the WASP she escorted to the Midland Airshow, Flora Belle Smith Reese of class 44-4, will be part of her family for the rest of her life.

"Everyone who attends these events and meets these women gets to know them so well and will probably have a connection with them for the rest of their lives."

Col. Gregory Eckfeld, 442nd FW vice commander and president of 442nd FW HRDC, said there will be more opportunities like this for reservists in the future. For more information about HRDC, contact him at 660-687-4008.

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U.S. Air Force photo/Senior Airman Laura Goodgame

WHITEMAN AIR FORCE BASE, Mo—B-2 Stealth Bombers taxi down the runway after responding to a rapid launch portion of Global Thunder 12 exercise Oct. 25. The exercise provides unique training opportunities for component, task force, unit forces, and command posts to deter, and if necessary defeat a military attack against the United States and to employ forces as directed by the president.

Reporting for duty, Sir!

By Senior Airman Laura Goodgame
509th Bomb Wing Public Affairs

Team Whiteman participated in a U.S. Strategic Command exercise, known as Global Thunder from Oct. 19 through the 26.

Global Thunder'12 is a USSTRATCOM Field Training exercise and Battle staff exercise to implement all mission areas. It provides unique training opportunities for component, task force, unit forces, and command posts to deter, and if necessary defeat, a military attack against the United States and to employ forces as directed by the

president.

Global Thunder provides insight to the vital role every Airman plans in the strategic bomber mission. Global Thunder gives Airmen the skills needed during a time of national crisis, putting Airmen on the spot by managing to complete the mission during a demanding schedule and round the clock work hours.

Practice makes perfect. Through repeated training events, Airmen have the opportunity to run through scenarios testing their skills, and learning from any mistakes. Over time, the skills become second nature.



U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte

A member of the 509th Aircraft Maintenance Squadron taxis a B-2 Spirit for parking during Global Thunder 12 here Oct. 25. USSTRATCOM Field Training Exercise and Battle Staff Exercise are designed to exercise all mission areas with primary emphasis on Command and Control.



U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte
Maintainers and crew chiefs of 509th Bomb Wing hustle during Global Thunder 12 here Oct. 25. Several base agencies, from operations to maintenance support, participated in the exercise that provided training opportunities for USSTRATCOM joint enablers.



U.S. Air Force photo/Senior Airman Laura Goodgame



U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte

ABOVE: A B-2 Spirit taxis down to the runway during the rapid launch portion of Global Thunder 12 here Oct. 25. The exercises are designed to exercise all mission areas with primary emphasis on Command and Control. The exercise provides training opportunities for component, task force, unit, forces, and command posts to deter, and if necessary defeat, a military attack against the United States and to employ forces as directed by the president.

LEFT: Master Sgt. Stewart Reiter listens to radio chatter while supervising the 509th Aircraft Maintenance Squadron, maintainers and crew chiefs, while they prepare B-2 Stealth Bombers for Global Thunder 12 exercise Oct. 25. The exercise provides unique training opportunities for component, task force, unit forces, and command posts to deter, and if necessary defeat a military attack against the United States and to employ forces as directed by the president. Sergeant Reiter is assigned to the 509th AMXS and is a specialist section supervisor.

RIGHT: A 509th Bomb Wing pilot performs pre-flight inspections on the B-2 Spirit prior to his flight during Global Thunder 12 here Oct. 25. The rapid launch training is designed to exercise all mission areas. It provides training opportunities for component, task force, unit, forces and command posts to deter, and if necessary defeat, military attack against the United States and to employ forces as directed by the President.



U.S. Air Force photo by Staff Sgt. Alexandra M. Boutte

131st BW Guardsmen go "Over the Edge" for Special Olympics

U.S. Air Force photos/Master Sgt. Mary-Dale Amison



ST. LOUIS -- Staff Sgts. Tim Reynolds and Mike Lay stand proudly with their commander, 1st Lt. William Sarti, 131st Security Forces, after completing their 19-story rappel during the "Over the Edge" event sponsored by Special Olympics at the Four Seasons Hotel, Oct. 7. Both raised more than \$1000 in support of Special Olympics in the Saint Louis area. Master Sgt. James Craig, 131st Security Forces, and Staff Sgt. Sarah Mantia, 131st Logistics Readiness Squadron also lent their support.



ST. LOUIS -- Staff Sgt. Tim Reynolds completes his 19-story rappel at the "Over the Edge" event sponsored by Special Olympics at the Four Seasons Hotel, Saint Louis Oct 7. Reynolds got over his fear of heights to participate in the event, but admits he will help others sign up for next year's event. The Missouri Air and Army National Guard is an official sponsor of Special Olympics. Reynolds is a member of the Security Forces of the 131st Bomb Wing, Missouri Air National Guard, at Lambert-Saint Louis, Mo.



ST. LOUIS -- Staff Sgts. Tim Reynolds (left) and Mike Lay receive instructions from a volunteer during registration for the "Over the Edge" rappelling fundraiser for Special Olympics at the Four Seasons Hotel, Oct. 7. Both raised more than \$1000 in support of Special Olympics in the Saint Louis area. This donation allows both entries into the "Over the Edge" event where participants rappel down the 19-story Four Seasons Hotel.

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What is this resiliency business all about?

Dr. Tom Patterson
509th Medical Group

Why do we have counselors, doctors and chaplains? Simple. We are composed of mind, body and spirit. This has been recognized through the ages by philosophers, physicians and clerics of many faiths. Even in this modern era we see holistic medicine, which aids patients with serious illnesses through attending to not just their bodies, but also their minds and spirits. Another part of this is very much about prevention. Anyone knows it is easier to prevent a train wreck than to clean one up. Doctors see increasing evidence that people stay healthy, or heal, in part due to the will to be healthy, the will to live a full and meaningful life.

This is right in line with the idea of resiliency, the latest area of interest for our Air Force team. Resiliency is defined in the dictionary as:

1. The power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity.

2. The ability to recover readily from illness, depression, adversity, or the like; buoyancy.

Remember the prizefighter Muhammad Ali? When he said he would "float like a butterfly, sting like a bee," he was talking about resiliency. He kept himself fit, stayed prepared and ready for any move by his opponent, managed change to make it work to his favor. In other words, he was resilient and it won

be very unorthodox tactics. He too was resilient.

We live better, and fight better, when we have our lives all together and attend to the whole picture. It is not just good nutrition. It's not just PT, or communication skills, or having the bills paid. A stable marriage and family are part of the picture. Resiliency is promoted by attending to one's whole life in a positive manner. I would submit that there is another definition of resiliency, an Air Force-related definition:

STRENGTH + READINESS + COPING WITH CHANGE = RESILIENCY

It's about STRENGTH.

o Airmen with strong mental, physical, social and spiritual fitness have the ability to withstand, recover and/or grow in the face of stressors.

o The Air Force is committed to building a strong Air Force community whose members are capable and have a sense of belonging.

o Strength in all areas of fitness is critical for military readiness and personal well-being.

o Strong Airmen take care of themselves so that they are available to support the mission as well as their family, friends, and fellow Wingmen.

o The Air Force wants Airmen to thrive in good times and bad.

It's about READINESS.

o Responsible Wingmen use all resources at their disposal to maintain op-

preparation and support to Airmen during all stages of deployment.

It's about COPING WITH CHANGE.

o The Air Force has traditionally provided tools and support to face the challenges of military life. Family support programs provided valuable education and social opportunities, as well as transition assistance for those leaving active duty.

Like Muhammad Ali and General

"Suicide is a permanent solution to a temporary problem."

- Brig. Gen. Scott Vander Hamm

LeMay, we too can take a good look around. We too can use strength, readiness and coping skills both to improve our quality of life and to improve our mission-ready capabilities. What is more, we conserve resources. How many Airmen separate from service early, when just one small change might have given them a full term of service and the Honorable Discharge reflecting honest and faithful service, fully earned? A few more pushups, a decision to be the designated driver, a little more time on CDC or promotion studies? Passing up alcohol in favor of time spent in a college class? Taking a look around the squadron and finding a way to be a help, a preventer, an asset...a good Wingman?

Finally, resiliency is a team sport. We can be resilient, but we need to look out for our fellow Airmen who may be struggling in some way. They are not always that hard to spot. I know how I appreciate it when someone, perhaps, my commander or a colleague, takes a minute to genuinely ask how I am doing. If some help is indicated, read on.

What about seeking help?

- It is a sign of strength to seek help.
- Good Wingmen ask for help when they are in difficulty.

- Real Wingmen take personal responsibility for their actions.

- Every loss affects us all. Even an administrative separation, which might have been avoidable, takes away something from the total Air Force team and

Here are some specific resources that may be a help:

Airmen Against Drunk Driving
660-687-7433

Airmen & Family Readiness
660-687-7132

Chapel 660-687-3652

Equal Opportunity 660-687-5712

Family Advocacy 660-687-4341

HAWC 660-687-7662

Mental Health Clinic 660-687-4341

Military Family Life Consultant
660-687-1052 or cell 660 251-1949

National Suicide Prevention Hotline
1-800-273-8255(TALK)

Sexual Assault Hotline 660-687-7272

Western Missouri Medical Center (ER) 660-747-2500

**STRENGTH + READINESS + COPING WITH CHANGE = RESILIENCY
BE A GOOD WINGMAN**

"We all have stressful jobs, which means resilience, our ability to cope with the stressors in life, is a critical factor in our mission accomplishment. In order to put bombs on target, our Airmen need to be physically, mentally, emotionally and spiritually fit for duty.

As Airmen, we have a responsibility not just for our Wingmen, but for every member of the Air Force Team. Our success depends on every Airman looking out for every other Airman...we are our brother's keeper!"

- Brig. Gen. Scott Vander Hamm

him match after match in the ring. General Curtis LeMay saw bombing tactics that were marginally effective and needed improvement. He threw out the book and developed a devastating bombing campaign through what were thought to

timal physical and psychological mission readiness.

o The Air Force provides multiple programs that enhance the capacity of Airmen to effectively manage stress.

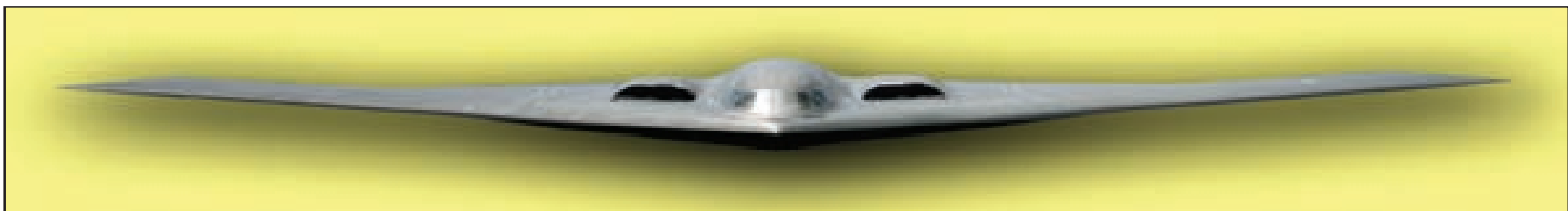
o The Air Force provides on time

Whiteman Wingman Day, Nov. 4

Whiteman Wingman Day allows Team Whiteman to refocus their perspective toward effective risk management and taking care of one another Nov. 4. Wingman day is aimed at fostering a culture of Airmen helping Airmen.

also expends valuable resources.

- The Air Force is committed to building a community that recognizes Airmen in distress and intervenes appropriately to provide resources.



View the Whiteman Warrior online by logging onto www.whiteman.af.mil

Energy awareness action

By Jennifer Elmore
Air Force Civil Engineer Support Agency

The Air Force is making excellent progress toward satisfying federal energy mandates.

"Our country is in a new energy paradigm and we can no longer use energy at will without regard to the consequences," said Maj. Gen. Timothy Byers. "We must make a commitment, plain and simple, to re-think the way we use – and view – energy."

"Some of the more prominent goals re-

turbines will come online this fall at the Massachusetts Military Reservation. Additionally, construction will soon begin on a 14 megawatt solar array at Davis-Monthan AFB, Ariz.

Change the culture

Our success, our ability to truly change the Air Force culture and develop a new mindset when it comes to energy, depends on you.

"Each individual can and must contribute," said Mr. Stacey. "No matter how small or how large the action, people will ultimately make the difference. Take a moment to turn off lights and appliances when not in use; make saving energy and water a habit every day; and encourage your family, friends, and co-workers to do their part too."

Take "ACTION". A-C-T-I-O-N stands for: Appliance reduction; Computer log off; Temperature set points; Inform facility managers; Outdoor conservation; and No waste. These are easy steps that can yield positive results for the community and the Air Force.

- Appliance reduction – Look around your workspace. Do you have a refrigerator or coffee maker in your work area? How many personal appliances can be removed or consolidated in common areas like the break room? Reducing energy usage by reducing the number of appliances and machines you use can yield significant energy savings. For example, in an evaluation of just two buildings at Wright-Patterson AFB, Ohio, the base energy manager found a staggering 810 appliances that could be unplugged or eliminated. The list included radios, fans, refrigerators, coffee makers, microwaves, and toasters.

- Computer log off – Since personnel at many installations are advised not to turn off computers, it's important to log-off. This ensures that computers will enter energy-saving sleep mode. Before you pull your ID card and go home for the day, remember to log off. The Air Force IT Power Management Team estimates this action alone can save more than \$10 million a year.

- Temperature Control – Climate control set points can have a major impact on energy use. Most bases use settings of 68 degrees in the winter and 78 degrees in the summer. Be familiar with your base's temperature set point policy. Heating and cooling systems are not perfect, so workspaces may not be at optimum comfort temperatures. Rather than increasing energy demand with space heaters or fans, dress appropriately for the temperature in your facility. If your building is too cool in the summer or too hot in the winter, the thermostat could be set incorrectly, which means the Air Force is wasting energy.

- Inform your facility manager – Report incorrect temperature set points, leaky faucets, blocked air vents, cracked windows, and other problems to your facility manager or civil engineer customer service.

- Outdoor conservation – If you notice a broken sprinkler head wasting water or area lights left on in a parking lot during the day, report it to your local civil engineer customer service.

- No waste – Don't turn a blind eye to problems. If you see something that doesn't need to be on, turn it off. If you see a problem, report it.

Take time to review your daily routine to conserve energy and water. Empower others to take action. Every dollar saved on energy is a dollar that can be spent on our Airmen, their readiness, and our mission to Fly, Fight, Win!

"The Air Force is actively seeking ways to reduce our energy demand, increase our renewable energy supply, and make ourselves leaner, cleaner and smarter when it comes to energy use,"

-Rick Stacey, chief of Air Force Facility Energy Center

quire us to reduce energy intensity 30 percent by 2015, reduce water intensity 26 percent by 2020 and increase renewable energy to 25 percent of all electricity use by 2025," said Rick Stacey, chief of the Air Force Facility Energy Center, a division of the Air Force Civil Engineer Support Agency, Tyndall Air Force Base, Fla. "But as time goes by, the goals are getting tougher. We need everyone doing all they can do to help the Air Force continue our energy program successes."

Since 2003, the Air Force has reduced energy use nearly 15 percent, water consumption 11 percent, and more than six percent of all electricity is obtained from renewable sources.

"The Air Force is actively seeking ways to reduce our energy demand, increase our renewable energy supply, and make ourselves leaner, cleaner and smarter when it comes to energy use," said Byers.

Reduce demand

The Air Force uses facility energy audits, utility meters, energy recommissionings, and a variety of other tools to pursue aggressive reduction targets. At Kirtland AFB, N.M., audits led to an upgraded energy management control system that is expected to save \$3.7 million over the lifetime of the system. Newly installed meters at Vandenberg AFB, Calif., allowed for better resource management and generated \$2 million of new revenue through more accurate billing of non-Department of Defense tenants. And Air Combat Command's facility recommissioning, or building "tune-up," program incurred enough energy savings to cut \$433,000 from utility bills in 2010.

Increase supply

The Air Force leads the DoD as the number one producer and user of renewable energy. More than six percent of our electric supply comes from on-base renewable energy projects including wind, solar, geothermal, and landfill gas.

"We are evaluating ways to expand our portfolio to include waste-to-energy and biomass projects as we work toward producing 25 percent renewable energy by 2025," said Ken Gray, AFFEC Rates and Renewable Branch chief. Two new wind

DREAM SHEET

1. Home

2. _____

3. _____

4. _____

5. _____

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FOOD & ENTERTAINMENT

SATURDAY 10/29

Boo Bash!- 5:30-7:30pm- Community Center
Celebrate Halloween with this safe & organized "Hair-Raising" event! Wear your costumes and enjoy the fun & games! The USO will be providing hot dogs, chips & drinks. Contact the Community Activity Center at 687-5617 for more information.

SUNDAY 10/30

Family Bowling Special- 12-4pm - Stars & Strikes Bowling
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sun now thru April. For more information please call 687-5114.

Football Frenzy! - 11am-6pm- Mission's End
Come out to Football Frenzy and enjoy the games, great food, and lots of fun. Compete in "Madden Half-time Trivia" and take home a prize! Call 687-4422 for more info.

MONDAY 10/31

SOAR Program- 10-11am- Airman & Family Readiness
Whiteman spouses join other spouses at Whiteman Inn for the Spouses Orientation Acclimation and Resources Program. Children are welcome with adults. Contact the A&FRC at 687-7132 for more information.

THRILLER! Membership Buffet- 5-9pm- Mission's End
Celebrate Halloween and your membership with a free buffet. Come in your costumes prepared for goulish menu items! Call Mission's End for more information at 687-4422.

TUESDAY 11/1

Tuesday Night Dart League-6-8:30pm- Mission's End
Compete in our Dart League, sign up at the Enlisted Bar, 2 man teams. Free event Call 687-4422 for more details.

WEDNESDAY 11/2

Boss & Buddy- 5-7pm- Mission's End
Hang out after work and enjoy the cheapest hot wings around, only .30 cents a wing! Call 687-7132 for more info.

THURSDAY 11/3

3-ON-3 Basketball- 11am-1pm- Fitness Center
Sign your team up at the Fitness Center. 4 members on each team but a female member must always be on the court. Squadrons are allowed multiple teams. Games are half court and will run 15 mins. or first to 15, whichever occurs first! Call 687-5496 for more info.

Cook's Night Off!- 4-8pm- Mission's End
Call in your order to 687-4422 by 2 pm. Pick up between 4-8pm. A perfect meal that feeds a family of four. Cost is \$15.95 for members and \$17.95 for non-members. Also we have Pizza for only \$7 a large single topping pizza, or add 10 "wings of fire" for only \$14.25.

FRIDAY 11/4

Super Social Hour!- 5-7pm- Mission's End
Adults Only! Great friends and good music. Offering new Dart Boards, Daily Bar Bingo, Wii Dance, Spades & Dominoes Tournaments. Club members are free, non-members only \$7. Call 687-4422 for more info.

LIKE US ON FACEBOOK FOR MORE INFORMATION!
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YOUTH & TEEN EVENTS

SATURDAY 10/29

Teen Open Rec- 1-4pm- Youth Center
For ages 13-18, every Monday from 1-4pm. \$2 for non-members, Free to members. Call 687-5586 for more information.

MONDAY 10/31

Child Care Openings- Child Development Center
The Susie Skellon Child Development Center has openings for children ages 3-5 yrs. old. Interested parents may contact the CDC at 687-5588 for more info.

Teen Open Rec- 3-6pm- Youth Center
For ages 13-18, every Monday from 3-6pm. \$2 for non-members, Free to members. Call 687-5586 for more information.

TUESDAY 11/1

Time to Play- 10-11am- Youth Center
A self-directed play group for ages birth - 5yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are required, just stop in! Call 687-5586 for more information.

WEDNESDAY 11/2

Torch Club- 4-5pm- Youth Center
Ages 9-12, come and have fun discussing club events and activities. Free Every Wednesday! Call 687-5586 for more information.

FRIDAY 11/4

Parent's Night Out!- 6:30-10:30pm- Youth Center/CDC
Give parents a break! Get some time to yourselves! Let your children enjoy an evening with other youth doing fun activities. Ages 6 weeks - 5 years old at the CDC & Ages 6-12 at the Youth Center. Call 687-5586 for more information.

Support your local **CFC!**

FCC NEWS!

HOME COMMUNITY CARE

Guard/Reserve parents that are single, dual Guard/Reserve, or whose spouse is working are eligible to use this free program for the primary UTE weekends. Care for the HCC program is provided by a contracted, licensed FCC home. Come to the FCC office for an application prior to participation. Call us for more details.

SUPPLEMENTAL CARE

This program provides free overnight, weekend, and holiday care for "emergency responders" or those who work 12 or more consecutive hour shifts, and have no other adult at home. This care supplements the regular child care arrangements you are already paying for and is provided in a contracted, licensed FCC home. Come to the FCC office for an application prior to participation.

-CALL US AT 687-5590/1180 FOR MORE INFO

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This Week at the Movies

Contagion

Oct. 29, 7 p.m.

(Matt Damon, Laurence Fishburne) -- Doctors at the United States Center for Disease Control and the World Health Organization rush to contain the outbreak of a new deadly virus. As they search for a cure, they track the virus' source to Hong Kong. Unfortunately, as they try to keep the death count from climbing, it's not just the disease they have to worry about; false rumors and civil unrest travel the globe faster than the killer bug. PG-13 - disturbing content and some language. 105 minutes Genre: Action Thriller

I Don't Know How She Does It

Oct. 30, 3 p.m.

(Sarah Jessica Parker, Greg Kinnear) -- Kate Reddy devotes her days to her job with a Boston-based financial management firm. At night she goes home to her adoring, recently-downsized architect husband Richard and their two young children. It's a non-stop balancing act, the same one that Kate's acerbic best friend and fellow working mother Allison performs on a daily basis and that Kate's super-brainy, and child-phobic young junior associate Momo fully intends to avoid. When Kate gets handed a major new account that will require frequent trips to New York, Richard also wins the new job he's been hoping for----and both will be spreading themselves even thinner. PG-13 - sexual references throughout. 95 minutes Genre: Comedy

Movie showings are featured at the Whiteman AFB Movie Theater.

Call the movie line at (660) 687-5110 for more information. Cash or check only.

*Movies are \$4.50 for adults and \$2.25 (3-11 years). Doors open 30 minutes prior to show time.

*Movies and ticket prices are subject to change without notice.

TEAM WHITEMAN COMMUNITY

Airmen Against Drunk Driving — AADD is a Whiteman Active Airmen Association program designed by Airmen to provide Whiteman personnel, who have a valid Department of Defense identification card, (Active Duty, Retirees, Guard, Reserves, Cadets, and Dependants) a free safe ride home 24/7 in the local area by dialing 660-563-1178 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

Palace Chase Briefing — Palace Chase Briefings are held the third Wednesday of every month at 11 a.m. in the Professional Development Center, building 519, room 101. For more information contact Master Sgt. Rodney Harrell, In-Service Recruiter at 660-687-1868 or 660-460-1041.

Retiree Activities Office — The Retiree Activities Office provides an interface between the active-duty and the retiree population from all military branches. The RAO is staffed by volunteers and open from 9 a.m.-3 p.m., Monday through Friday. The RAO is looking for volunteers and training is provided. For information, call 660-687-6457 or 1-800-303-5608 or email rao@whiteman.af.mil.

FAMILY ADVOCACY OUTREACH

New Parent Support Program —New Parent Support Program is an educational outreach program available to all expecting parents, and parents with children through the age of two. In-home visits from a registered nurse and a licensed social worker will provide professional advice, educational material and resources for both parents. For more information, call 660-687-4341.

Dads: The Basics — Dads: The Basics is a four-hour workshop for new dads to learn about caring for their new baby. The workshop is taught by other fathers and is held on a Saturday morning from 8 a.m.-noon every three months. Call 660-687-4341 for next workshop date and location.

Shifting Angry Response Patterns (SHARP)

— Shifting Angry Response Patterns is a four-session class offered every month on Thursdays from 10-11:30 a.m. for individuals interested in learning effective strategies for understanding and managing anger. Reservations required, call 660-687-4341.

Stress Management — Stress Management is a one-time 90-minute session support group and is offered every Monday from noon-1:30 p.m. in the mental health flight, second floor of the medical clinic. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. Contact 660-687-4341 for more information.

Breastfeeding Support Group

— Breastfeeding Support Group is 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. -1 p.m. in the mental health conference room located on the second floor of the Whiteman Clinic. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

1-2-3 Magic —1-2-3 Magic is a two-session research-based parenting skills class offered twice a month on the second and fourth Tuesday from 2-4 p.m. It teaches parents easy-to-follow steps for disciplining children ages 2-12 without yelling, arguing or spanking. Parents will learn how to get their children to stop doing what they don't want them to do and encourage them to start doing what they want them to do. Parents will learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call 660-687-4341.

Prevention & Relationship Enhancement Program

—Prevention & Relationship Enhancement Program is a communication workshop for couples (married, engaged and/or dating) who have a good relationship and want to make it better. This is a six-hour workshop and will be held every three months on a Friday from 9 a.m.-3 p.m. Call 660-687-4341 for the next workshop date and location.



The 1-135th Attack Battalion received three, new AH-64D Apache Longbow helicopters here Oct. 19. The combination of fire control radar, radar frequency interferometer and the advanced navigation and avionics suite of the aircraft provide increased situational awareness, lethality and survivability.

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