



Whiteman 'leads-off' for Royals



U.S. Air Force photo/Jennifer Greene

KANSAS CITY, Mo. -- A B-2 Spirit flies over Kansas City Royals Opening Day and featured a flag detail at Kauffman Stadium April 13. The flag detail included more than 80 Whiteman Airmen and Soldiers. The B-2 flew from Whiteman AFB as part of a training mission that was piloted by Lt. Col. Aaron "Pepe" Pepkowitz and Maj. John "Edge" Speer, 394th Combat Training Squadron. The Kansas City Royals lost to the Cleveland Indians, with the final score 8 to 3.



BCC Golf Tournament

Team Whiteman,
You are invited to play in the Base Community Council Golf Tournament fundraiser April 28 at the Royal Oaks Golf Course. Teams will consist of four golfers and cost \$240 per team; however, if you do not have a team, you can sign up for \$60. All proceeds will funnel back to the base through various ways, to include support for the air show and projects such as the Airman's Attic Cinderella Project. For more information or to register, call Bob Gare at 661-917-8877. The deadline for registration is April 24.

ON THE INSIDE

From the Frontlines: Airman 1st Class Michaela Hughes

When it comes to helping base installations run smoothly, civil engineer members are essential to the mission, whether it's stateside or in a deployed location.

7

Volunteering benefits Whiteman

Volunteerism may be defined as contributing one's time or talents for charitable, educational, social, political, or other worthwhile causes, freely and without regard for compensation.

8-9

Whiteman celebrates MOMC

While military children are recognized yearlong, the month of April has officially been designated Month of the Military Child to celebrate them.

10

WEATHER

Today	Saturday
Cloudy	Mostly Sunny
Hi 55	Hi 65
Lo 38	Lo 41
Sunday	Monday
Sunny	Sunny
Hi 71	Hi 68
Lo 41	Lo 48

Courtesy of National Weather Service

CMSAF discusses resiliency with civic leaders

By Senior Airman Amber Russell
11th Wing Public Affairs

WASHINGTON (AFNS) -- Chief Master Sgt. of the Air Force James A. Roy addressed a crowd of civic leaders and Department of Defense personnel on the necessity of promoting a total force culture of resiliency on Capitol Hill April 5.

During the presentation, the Air Force's top enlisted leader discussed many issues surrounding resiliency such as accidental deaths, combat-related deaths and suicide. The emphasis for the day's brief was on the latter.

"There is already a suicide prevention program in place that conducts training, analyzes data and provides access to care," said Roy. "I refuse to call resiliency a program. It is a culture, a mindset. At its core, resiliency is the ability to endure a situation and grow from that. That is what we're building on."

Roy identified suicide as a major societal problem that transcends branches of service. With Air Force suicide incidents reaching an all time high in 2010,

See CMSAF, page 11

CSAF: Total force integration key to increased effectiveness

By Maj. Michael Meridith
18th Air Force Public Affairs

JOINT BASE ANDREWS-NAVAL AIR FACILITY WASHINGTON, Md. -- "Total Force Integration allows us to leverage Air Reserve Component experience, improve access to aircraft, encourage retention, and increase total force effectiveness," said Air Force Chief of Staff Gen. Norton Schwartz during opening remarks at the 18th Air Force TFI Summit here April 3-4.

The two-day summit brought together more than 100 enlisted and officer leaders from the Total Force to discuss ways of improving the effectiveness and efficiency of active duty and ARC associate units through increased integration.

"We are all Airmen," said Lt. Gen. Mark Ramsay, 18th Air Force commander and the event's host. "Our goal here is to tackle issues that will make our Air Force even better. Nothing we will discuss is easy, but we are here to address those issues that affect our ability to remain a superb Air Force."

"The key is that we have meaningful dialogue to put key issues on the table for resolution."

Built on three models - classic associate, active associate, and ARC associate - TFI en-

hances the Air Force's ability to conduct its mission through the sharing of resources between active duty and ARC components, including aircraft, crews, maintenance, and support.

In the classic associate model, an active duty unit retains principal responsibility for a weapon system which it shares with one or more ARC units. In the active associate model, an ARC unit has that responsibility. In an ARC associate model, one ARC component has responsibility for the system that it shares with another ARC unit.

Among the issues which underpinned discussion at the summit were the challenges of shifting operational focus to align with the Defense Department's new strategic guidance, and the effects of increasingly constrained budgets and reduced force structure.

Ramsay said that in an environment where "we will have more capability but less capacity," TFI is foundational to ensuring the Air Force continues to become even more efficient and effective.

That point was echoed by many of the Air Mobility Command and Air Staff briefers at the summit, who discussed a variety of subjects including services transformation, Air

See CSAF, page 11

Promoting child protective factors

By Mae Hertig
509th Medical Operations Squadron Family Advocacy Nurse

April is National Child Abuse Prevention Month. Though physical damage of child abuse and neglect may or may not be instantly visible, injuries from abuse and neglect can affect children, families and societies that last a lifetime, if not generations.

In an effort to provide information and answer questions about child abuse prevention, Jeannine Johnson, 509th Medical Operations Squadron Family Advocacy Outreach Manager, will be available April 28, at the Base Commissary.

The impact of child abuse and neglect is often discussed in terms of physical, psychological, behavioral and societal consequences. In reality it is impossible to separate them completely. Physical consequences, such as damage to a child's growing brain, can have psychological implications such as cognitive delays or emotional difficulties. Psychological problems often manifest as high-risk behaviors. Depression and anxiety may make a person more likely to over eat, smoke, abuse alcohol or use illicit drugs. High-risk behaviors in turn can lead to long-term physical health problems such as sexually transmitted diseases, cancer and obesity.

This month and throughout the year, the Family Advocacy Clinic encourages individuals and organizations to play a role in making Whiteman AFB a safe place for children and families. Many positive parenting classes are available here to assist parents in learning and using tools to encourage love, trust, respect and safety in the home and increase the odds of children growing up to be happy, productive members of society.

Classes include 123Magic, Love & Logic and Common Sense Parenting. Additionally, New Parent Support Program is a volun-

tary program for military families who are expecting a baby or who have at least one child under 3 years old. A registered nurse and/or a social worker provides home visits to families with the goals of preventing maltreatment and ensuring parents have access to the knowledge, skills and resources they need to care for their children.

Research shows that when parents possess six protective factors, the risk for neglect and abuse diminish and optimal outcomes for children, youth and families are promoted. During NPSP home visits, parents are provided with education and resources for the six protective factors which are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents
- Social and emotional developmental well-being

"April is a time to celebrate the important role that communities play in protecting children," said Maj. Elaine Harris, 509th MDOS Family Advocacy Officer and Mental Health Flight commander. "Everyone's participation is critical. Focusing on ways to build and promote the protective factors, in every interaction with children and families, is the best thing our community can do to prevent child maltreatment and promote optimal child development."

Learn how you can be an integral part in preventing child abuse and nurturing the spirit of children in your community, your neighborhood and most importantly, your own family. Contact the Family Advocacy Clinic at 660-687-4341 for more information or to enroll in the NPSP or a positive parenting class.

(Courtesy of the 509th MDOS Family Advocacy Program)

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:

509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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Commander's Corner

Team Whiteman,

Last month I attended a commander's conference where Maj. Gen. Stephen Wilson, 8th Air Force Commander, communicated his priorities. I want to pass along a summary of them to better focus our efforts here at the local level, and prioritize our workloads accordingly.



1) Mission—Complete the mission by developing safe, secure and effective nuclear/conventional global strike capabilities. Perfection is the standard.

To achieve this we must adhere to a few things, to include: implement safety at all levels and in all processes; be trained, ready and engaged; put our best ideas forward all while finding waste and eliminating it in the fiscally constrained environment we operate.

2) People—Motivate people to excel.

Arguably just as important as the first priority, the second is people who make the mission work and cause it to succeed if they are mentored and taught how to do so appropriately. We must take care of our people by developing them and recognizing them for their outstanding work. This includes ensuring Enlisted Performance Reports/Officer Performance Reports and awards/recognition are well-written and timely. It also includes accountability in everyday life, for example, not allowing a fellow Airman to drink and drive, conducting physical training with a co-worker who is struggling on their Physical Fitness Test, or affecting change in your workplace for the better and eliminating issues instead of pushing them to the next person to deal with.

3) Communication—Keep your chain of command in the loop at all times.

Talk to your chain of command about issues you see on the job, anything that will impact the mission or an individual. Keep your commander/supervisor aware at all times of bigger ticket items or events that might affect the mission, whether positive or negative.

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm, Commander

Exchange rate

By Maj. Todd Gibson
509th Comptroller Squadron
Commander

The Merriam-Webster dictionary defines diversity as "the condition of having or being composed of differing elements; the inclusion of different types of people (as people of different races or cultures) in a group or organization."

It is my opinion that we in the military embrace and capitalize off our diversity to the greatest extent possible, and that it's one of the contributing factors making us the world's finest Air Force; equally as diverse in culture as we are in career fields.

As career financial managers, comptroller responsibilities range from ensuring members receive their proper pay entitlements to accounting for multi-million dollar budgets. In performing those duties we interface with all career fields on a daily basis and occasionally convince Airmen to "jump the fence" and join the ranks of the "bean counters."

Currently I have three of those courageous Airmen whom have decided to be a proud wearer of the acquisition badge. The experiences they gained from their previous career fields helped shape them into who they are today while providing them a unique perspective when dealing with customers. Call it empathy for kindred spirits.

The following excerpts were provided by three of my cross trainees, when asked to tell how their previous careers provide them a unique perspective on the Comptroller mission.

"Empathy denotes a deep emotional understanding of another's feelings or problems. Cross training from the maintenance field into finance has allowed me to truly understand this ability," said Tech. Sgt. Jesse Soderberg. "I don't believe everyone has this ability and throughout time it can be worn down. Originally rooted on the other side of the customer service counter I understand the thoughts and worries of airmen coming into our office. There are members out there with little to no knowledge of how to read a Leave and Earning Statement or supervisors that have not taken the time to show their Airman where to look. I believe the first step to understanding our customers is having empathy and that is one thing I bring to the finance table."

"I retrained into finance from Security Forces one and a half years ago," said Staff Sgt. Lucas Wacker. "Since that time I have realized that there are pros and cons to everything. My career in SFS lasted about five and a half years where I held multiple positions including being posted in an elevated guard shack from 6 p.m. to 6 a.m., to directing forces in a weapons storage area. SFS has a very demanding schedule; we sometimes worked 14 hours for 10 days straight. Finance on the other hand is the exact opposite. We have a great work schedule, but my job is stressful. It's not as predictable as having a day-to-day post rotation. I have to be responsible for other member's pay, tell them why they owe the government thousands of dollars and provide customer ser-

See Exchange, page 12

NEWS BRIEFS

LifeWorks House Events

LifeWorks is hosting the following events that will take place at the LifeWorks House, 245 Selser Dr., Whiteman AFB unless otherwise noted.

☐ **April 20, 10 a.m. -- Neighborhood Play Pals** - Bring the 'tots' for a craft or a game. Location: Neighborhood Park located on March Drive.

☐ **April 21, 1 p.m. -- Snakes Alive Salute Earth Day** - Meet some of nature's most misunderstood creatures at the park behind Temporary Lodging Facility 14. Bring lawn chairs and cameras. For more information visit whitemanafbfamilyhousing.com, facebook.com/whitemanHomes or call the Lifeworks coordinator at 660-624-1018.

Special Duty Assignment Team Briefing

The Air Education and Training Command Special Duty Briefing Team is scheduled to visit Whiteman AFB May 1, and will brief on all aspects of special duty opportunities in the Ford Auditorium, building 515, Professional Development Center. The following briefings are scheduled:

☐ **8 to 11 a.m. -- Military Training Instructor, Military Training Leader, Professional Military Education Instructor and recruiting duties.** The briefing is open to anyone and will address a general audience. Senior airmen (with at least 35 months time in service) through master sergeant (with less than 16 years total active federal military service) may be eligible to apply and are encouraged to attend the briefing.

☐ **11:30 a.m. --** The first sergeant recruiting briefing will be conducted in room 101 of the PDC, and is open to motivated technical sergeants to senior master sergeants with the ability to gain three years of retain-ability.

Note: Since each specialty has some varied rank needs and requirements, the briefing is open to everyone. For more information, contact the Wing Career Assistance Advisor, Master Sgt. Cameron St. Amand at 660-687-7829. Spouses and supervisors are highly encouraged to attend.

Whiteman Blood Drive

The Whiteman Blood Drive is scheduled from noon to 5 p.m. May 2 at the Community Center. To make an appointment log on to esaveslifeflow.org and use sponsor code: whiteman. For more information, contact 2nd Lt. Diana Wong at 660-687-5007.

Missouri Air Guard band performs at White House



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

WASHINGTON, D.C. -- Sidewinder members of the 571st Missouri Air National Guard Band, perform at the White House for the Joining Forces Initiative Event, a military family support program April 11. The band was made famous by their YouTube video performance of Adele's "Rolling in the Deep" and is part of the 131st Bomb Wing out of Lambert Air National Guard Base-St. Louis.

442nd Reservists promoted in April

By 442nd Fighter Wing Public Affairs

The following reservists from the 442nd Fighter Wing promoted as of April 1:

- Senior Master Sgt. Brian J. Card,**
442nd Aircraft Maintenance Squadron
- Master Sgt. Darin W. Rawson,**
442nd AMXS
- Staff Sgt. Bradley Lee,**
442nd Maintenance Squadron
- Senior Airman Collin E. Trame,**
442nd MXS
- Senior Airman Aaron T. Orsinger,**
442nd MXS
- Airman 1st Class Christine N. Evans,**
442nd Medical Squadron
- Airman 1st Class Ciera J. Lawson,**
442nd Force Support Squadron
- Airman Rebekah D. Mooney,**
442nd MDS



The 442nd Fighter Wing is an A-10 Thunderolt II Air Force Reserve unit at Whiteman Air Force Base, Mo. Geographically separated units include the 917th Fighter Group, Barksdale AFB, La.; the 476th Fighter Group, Moody AFB, Ga.; and the 924th Fighter Group, Davis-Monthan AFB, Ariz.

Estate of Staff Sgt. Roderick C. Davenport

Anyone with a possible claim against the estate of Staff Sgt. Roderick C. Davenport should contact Capt. Elizabeth Fitzgerald in the Legal Office at 660-687-3672.

Estate of Master Sgt. Jerred L. Shorthill

Anyone with a possible claim against the estate of Master Sgt. Jerred L. Shorthill should contact Capt. Brendan O'Neal at 660-687-7350 or email Brendan.ONeal@whiteman.af.mil.

Whiteman members invited to 'take back the night'

By Senior Airman Laura Goodgame
509th Bomb Wing Public Affairs

Many have heard parents or a loved one say "I don't want you walking home alone at night" for many reasons, one of them being sexual assault.

Because women especially have experienced sexual violence during the hours of darkness, Take Back the Night started as a way to help end violence against all people of all forms.

"In an effort to help raise awareness, the Sexual Assault Prevention and Response program along with their advocates are hosting a Take Back the Night walk in a family-friendly environment," said Amy Creighton, 509th Bomb Wing Sexual Assault Prevention and Response assistant.

The walk is scheduled April 20, at 7:15 p.m. and guests will meet at the track in front of the base fitness center. From there, the group will walk together to Ike Skelton Park and can listen to music and eat food catered by the USO.

"Our goal is to teach the Whiteman community and Airmen that the traditional boundaries

regarding sexual assault have changed. Sexual assault happens to all genders, to all ethnicities and now at all hours of the day," Creighton said.

The SAPR program is designed to affirm the Air Force promoting sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

The SAPR program and staff are committed to eliminating sexual assault through awareness and prevention training, education, victim advocacy, response, reporting and accountability throughout the Air Force and Whiteman community, according to Air Force Instruction 36-6001. The instruction states the United States Air Force does not tolerate sexual assault.

Sexual assault is a criminal conduct that falls well short of standards America expects of its men and women in uniform. It violates Air Force core values. Inherent in the Air Force core values of Integrity First, Service Before Self, and Excellence in All We Do, is respect.

"The SARC office is a safe and non-judgmental

place you can report a sexual assault or seek victims' assistance to pick up the pieces of your life," said Ann Beem, 509th BW SARC. "We are on call 24 hours a day seven days a week.

"Through the collaboration among Airmen and the Whiteman community, we hope that victims of this under reported crime are able to find solace in knowing they have a place where they can reach out and get the help," Beem said. "Victims need to piece their life back together while having the ability to remain anonymous due to the nature of the crime."

The Take Back the Night walk began as a way to protest violence that women traditionally experienced while walking in public at night, according to Beem.

"The movement has since grown to encompass all forms of violence against all persons, though violence against women is still the movement's main focus," Beem said.

For more information or help, call the 24-hour hotline at 660-687-7272, or victims can go to the nearest medical facility or chaplain.

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Pilots, jets complete redeployment of aviation package



Capt. Lance Orr, 303rd Fighter Squadron A-10 Thunderbolt II pilot, returns from Afghanistan April 17. The 303rd Fight Squadron is part of the 442nd Fighter Wing, an Air Force Reserve unit at Whiteman Air Force Base, Mo.



Capt. Lance Orr, 303rd Fighter Squadron A-10 Thunderbolt II pilot, returns from Afghanistan.



Maj. Brian Leiter, 303rd Fighter Squadron A-10 Thunderbolt II pilot, returns from Afghanistan and hugs his son for the first time.

U.S. Air Force photos/Staff Sgt. Danielle Johnston



Lt. Col. Mark Ernewein, 303rd Fighter Squadron A-10 Thunderbolt II pilot, returns from Afghanistan.

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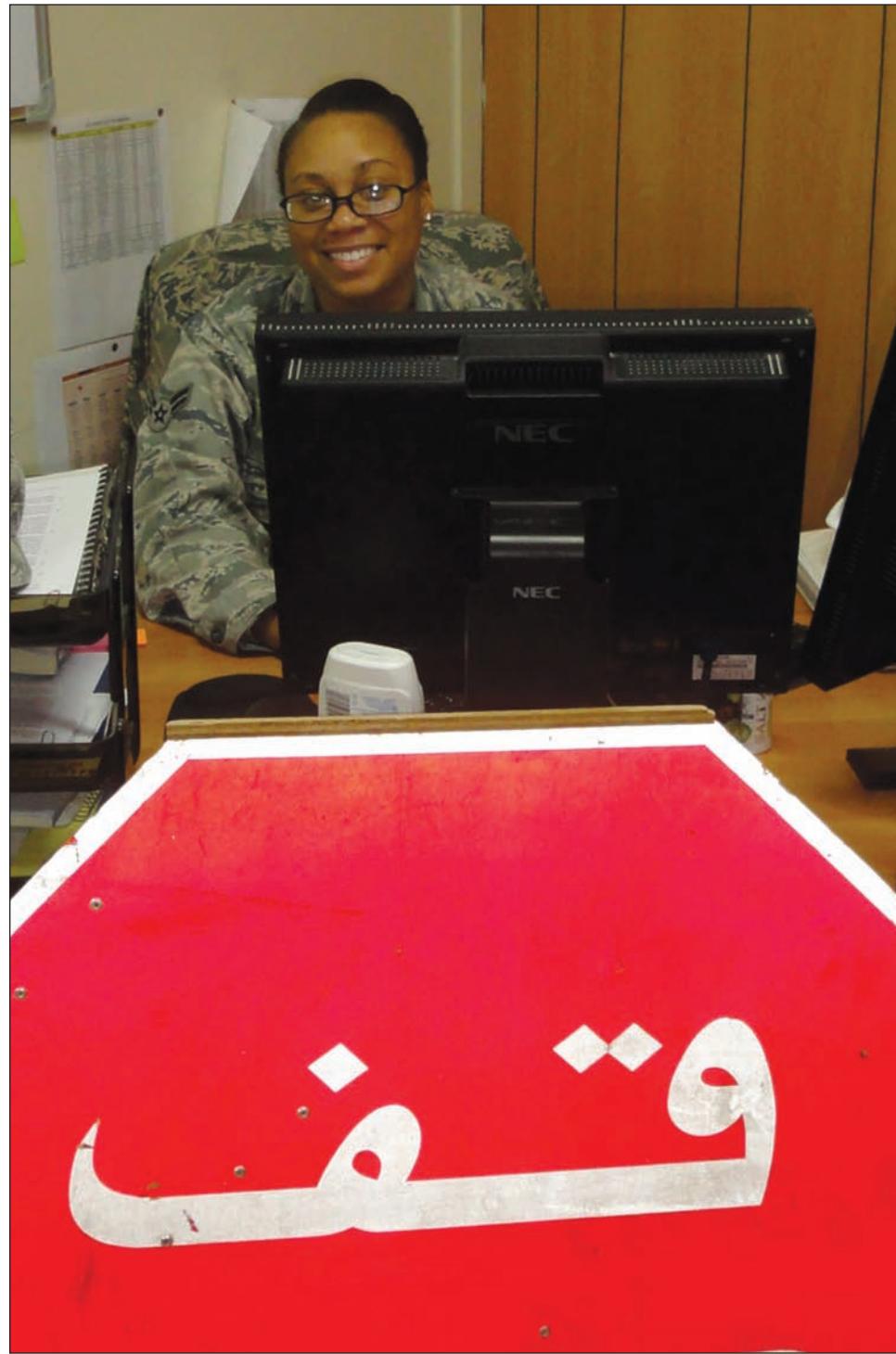
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From the Frontlines: Airman 1st Class Michaela Hughes



Courtesy photo

THURMAIT, Oman -- Airman 1st Class Michaela Hughes, 509th Civil Engineer Squadron operations management specialist, prioritizes work-orders during her deployment to Thurmaith, Oman. Hughes returned from her six-month deployment in October 2011.

By Senior Airman Montse Belleau
509th Bomb Wing Public Affairs

and in a timely manner."

When it comes to helping base installations run smoothly, civil engineer members are essential to the mission, whether it's stateside or in a deployed location.

An airman who contributed to the frontlines mission is Airman 1st Class Michaela Hughes, 509th Civil Engineer Squadron operations management specialist, who returned from her six-month deployment to Thurmaith, Oman, in October 2011.

Hughes said while she was deployed, her primary mission was to process and prioritize work requirements for jobs performed by the civil engineer work forces.

"I made sure the buildings around base were working properly so other squadrons on base could perform their mission," Hughes said. "But our priority was the runway; to ensure every work-order was done

Her supervisor at Whiteman, Brian Munley 509th CES superintendant of operation support, said he wasn't surprised she excelled during her deployment.

"She is an excellent worker," he said. "She excels on her daily duties every day of the week."

In addition to her duties, Hughes said she also volunteered as a unit deployment manager where she kept accountability for inbound and outbound personnel and as an Airmen's Council treasurer.

"Being part of the Airmen's Council was a great opportunity to come up with ideas to raise morale and also to network with our chain of command and other Airmen," Hughes said.

She said some of the activities they organized included lunches and dinners to give

See Frontlines, page 12



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Volunteer appreciation reception

Thirteen volunteers were recognized for contributing more than 500 hours in the calendar year 2011 and five were given awards at Mission's End April 9. The following are:

Sarah Barnett,

Whiteman Enlisted Spouses Club - 501 hours

Taylor Bitker,

509th Bomb Wing Chapel - 551 hours

Angelica Franjul,

509th Comptroller Key Spouse Program - 769 hours

Monica Hamm,

Victims Advocate (SARC) - 574 hours

James Hill,

Retiree Activities Office - 1,128 hours

Tammy Kjos,

Girl Scouts of the USA - 900 hours

Renee Lynn,

Whiteman Enlisted Spouses Club - 508 hours

Arthur Miller,

Retiree Activities Office - 625 hours

Ali Roberts,

WESC - 516 hours

Crystal Stamper,

509th Security Forces Squadron Spouses Group - 535 hours and Key Spouse of the Year Award

Katherine "Masy" Mason,

WESC - 638 hours and the Volunteer Excellence Award

Denise French,

509th SFS Key Spouse - 537 hours and the Volunteer Excellence Award

Elizabeth Healey (no photo),

Victims Advocate - 703 hours

Arthur Mills,

RAO, Volunteer Excellence Award

Mary Wilson,

WESC, Volunteer Excellence Award



Bitker



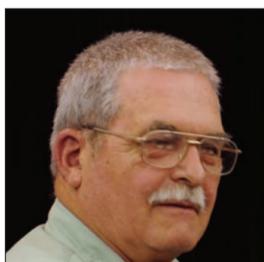
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Hill



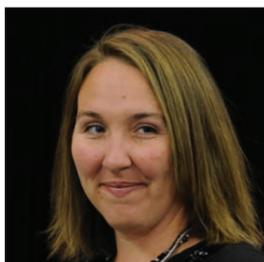
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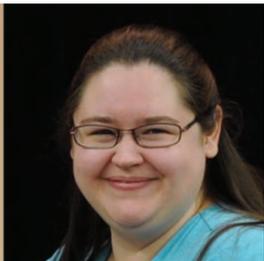
Mills



Roberts



Stamper



Barnett



Franjul



French



Kjos



Lynn



Wilson

Volunteering benefits Whiteman



U.S. Air Force photo/Airman 1st Class Bryan Crane

Glenda Alexander, 509th Force Support Squadron Airman and Family Readiness Center chief, presents Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, with a mock check April 9 at Mission's End. Through volunteer efforts Whiteman AFB community saved the government \$752,101 during the calendar year 2011 by volunteering more than 34,723 hours, a 54 percent increase in volunteers hours from 2010.

By Airman 1st Class Bryan Crane
509th Bomb Wing Public Affairs

Volunteerism may be defined as contributing one's time or talents for charitable, educational, social, political, or other worthwhile causes, freely and without regard for compensation.

Members of the Whiteman Air Force Base community were recognized by Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, April 9 for their volunteer efforts throughout the calendar year 2011 at Mission's End.

"We had 13 volunteers recognized this year for giving more than 500 hours of their free time to help make this community better," said Debbie Kermick, 509th Force Support Squadron Airman and Family Readiness Center community readiness consultant. "It's so impressive the amount of help we get from all the different groups on base so we can help accomplish tasks and save government money."

The volunteer organizations include but are

not limited to the; Thrift Shop, Airman's Attic, Key Spouse, Officers' Spouse Club, Medical Group Pharmacy, Enlisted Spouse Club, Youth Sports and Youth Programs, Chapel, Retiree Activities, Whiteman Elementary School and the Security Forces Spouse Group.

These groups, along with others, contributed 688 volunteers for a total of 34,723 hours, saving the government more than \$752,101.

"The year 2011 was a great year for us as we increased our total volunteer hours by 54 percent compared to 2010," Kermick said. "We have a strong community here and it really showed through our success last year."

Kermick could not stress enough the importance of helping the Whiteman community growth through volunteer efforts.

"Every volunteer is important to us, if they work for one hour or if they're out there for 500 hours," Kermick added.

"The best way for me to describe the importance of volunteering is through a quote

from Marian Wright Edelman," said Glenda Alexander, Airman and Family Readiness Center chief. "I see volunteerism as service and Edelman said 'Service is the very purpose of life, it is the rent we pay for living on this planet.'"

Anyone interested in volunteering will have to attend an orientation, which is held once a quarter for potential volunteers to fill out an application. Orientation will allow members interested in volunteering to get familiar with the different groups on base and the expectations.

"There is room for anyone, all ranks and all abilities," Kermick said. "There will be a project out there that will help our community get stronger and stay well-rounded. I love it so much, I'm a volunteer myself with Girl Scouts of northeast Kansas and northwest Missouri."

The A&FRC serves as the installation focal point for coordinating volunteer recruitment, training and recognition. For more information call A&FRC at 660-687-7132.

Whiteman celebrates MOMC



Courtesy photo/Kyle C. Hamrick

Children meet Sparky The Fire Dog during Month of the Military Child Carnival held at the 509th Force Support Squadron Youth Center and Whiteman Chapel April 12. More than 400 were in attendance to celebrate and participate in games, gold shot, bingo, face painting, class demonstrations and more.

By Heidi Hunt

509th Bomb Wing Public Affairs

While military children are recognized yearlong, the month of April has officially been designated Month of the Military Child to celebrate them.

In an effort to applaud children, Whiteman Youth Programs has multiple activities to recognize their contribution and achievements.

"From 'Everyday Heroes' certificates that line the walls at the Youth Center this month, to the monthly and quarterly awards, to the Youth of the Year recognition at the Pentagon, Whiteman Youth Programs looks for ways to recognize each child for their unique contribution," said Gerald Torres, 509th Force Support Squadron chief of youth programs. "As parents and community members we can support these young heroes by sharing a smile and encouragement yearlong."

During MOMC, many Whiteman facilities will offer events and programs to highlight the unique lifestyle of our children, according to Torres.

"Through the Integrated Delivery System, the Chapel, Child Development Center, Youth Center, Family Advocacy and other base agencies worked together to create the Block Party to celebrate our children, April 12," Torres said.

"Each facility helps honor MOMC throughout April," Torres said. "The YC will offer special events, discounts and games to help children 'just have fun!'"

"It is important to take time to celebrate the strengths and efforts of military children and families," Torres said. "Whiteman takes this special opportunity to thank them for the sacrifices they make in sup-

port of the mission."

Taking the time to honor the special contributions of our children and youth meets many important goals, according to Torres.

"MOMC celebrates the courage the children show in daily life," Torres said. "It accentuates the role they have in supporting military parents who in turn make the American way possible. It provides a focused opportunity to reward their efforts with fun and exciting activities. Together these work to provide that resiliency required for military families to thrive."

Because military children move around a lot, they may struggle with challenges that other children do not face.

One way Zachary, son of Angela and Staff Sgt. Ronal Reed, 509th Security Forces Squadron unit training manager, gets involved with other children is through the youth programs. He said he meets new friends who also know what it's like to be a military child.

"The ultimate challenge for military children is learning to adapt," Torres said. "The challenges change from one situation to the next, even within the same family. Whether it is moving schools, moving away from friends, changing homes, adjusting family roles or finding recreation, these children are constantly tested on their ability to adapt and to change their 'norm'...to flex their reality."

One of the biggest needs for these children is the personal and community support others receive by having the same friends and neighbors for their entire childhood, according to Torres.

"Be a friend; be a true neighbor; be a fan," Torres exclaimed. "This will truly celebrate the beauty of their place in America."

Official Whiteman AFB Facebook launched



Whiteman Air Force Base launched an official Facebook page and invites users to search Whiteman Air Force Base via Facebook and click "Like." Users can access Whiteman AFB news, features, sports, commentaries, photos, videos and more.

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CSAF Continued from Page 1

and Space Expeditionary Force Next, rating chain and personnel issues, unit inspections, and Title 10/32 issues.

"[TFI] associations have grown from something unique to the way we have to operate for the future," said Lt. Gen. Christopher Miller, the Air Force's Deputy Chief of Staff for Strategic Plans and Programs, and one of the summit briefers.

Schwartz said he saw the summit as providing attendees the opportunity for extensive, face-to-face interaction with peers, where they could share ideas from varying perspectives.

"We do not always agree in complete unanimity," Schwartz said. "But



U.S. Air force graphic/Sylvia Saab
U.S. Air Force photo/Scott M. Ash

I believe that different viewpoints ultimately strengthen us, as long as we stay focused on our common goal of a ready and viable total force."

CMSAF Continued from Page 1



U.S. Air Force graphic photo/Senior Airman Amber Russell

Roy deemed suicide a major problem in the Air Force.

"No one is exempt," said Roy. "This is a problem that touches Airmen Basics up to Brigadier Generals."

The statement Roy declared time and again was, "Human life matters." This is why Air Force leaders have placed such a high priority on total force suicide prevention.

Roy did not shy away from introducing the facts surrounding suicide in the Air Force or recognizing it as a growing problem in the service.

"We are already at an alarming 35 suicides this year, with 15 suicides in the month of January alone," said Roy.

The Department of Defense is serious about finding a solution to this problem, said Roy. Within the department, each suicide is analyzed on 200 different data points to indicate the factors associated with the loss of life. Commonalities are typically found in a few different locations.

Several leading indicators of suicide in the military are relationship problems, a history of mental health treatment and substance abuse, said Roy. Financial and legal issues were described as serious contributing factors as well.

The stress of providing for loved ones who may be affected by the recession or a prolonged period of worry over an impending non-judicial punishment or court-martial were issues Roy said could lead to depressive behaviors linked to suicide.

Reducing timelines of administrative and punitive actions is a step that the service's legal community has taken to reduce stressors that contribute to increased suicide rates, according to Roy.

The Limited Privilege Suicide Prevention program (LPSP), in use for more than a year now, was created to identify and treat service members who pose an increased risk of suicide because of impending disciplinary action under the Uniformed Code for Military Justice (UCMJ), and has proven to be successful, said Roy.

The LPSP is designed to encourage help-seeking by reducing barriers to care. Information that is protected under this program may not be used in existing or future UCMJ action, or when weighing the characterization of a service member who is being separated.

Resistance to life-skills training and seeking mental health can stem from fears of judgment or perception of losing one's security clearance.

"We have to tone down the message that says if you have a mental health condition you're going to automatically lose your security clearance," said Roy.

Another program that the Air Force slated to initiate in May is the Master Resiliency Trainer (MRT) program. Currently used by the Army, MRT is a comprehensive program that focuses on the five dimensions of strength: emotional, social, spiritual, family and physical.

With the ability to determine contributing factors of suicide and who is most at risk comes direct responsibility to every command.

"We have to know our people," said Roy, speaking to leaders. "I like to call it 'analog leadership.' Sure it's important to utilize modern forms of communication like texting and emails, but as leaders, we have to get from behind our computers and get in front of our Airmen."

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Frontlines Continued from Page 7

Airmen a break from the chow hall food, pie in the face contests and trips outside the base.

"My favorite was when we organized a dinner at the Omani base and got to meet and hang out with the Omani natives," Hughes said. "We were able to eat their food and get to know more about their culture. It was a great experience. Interacting with different cultures helped me grow.

"I loved getting to know new people and collaborating with our chain of command," she said. "They were very accessible to us as Airmen which made our jobs that much more enjoyable."

Hughes said her duties at Whiteman are the same. The only difference was the location and that her friends and family weren't with her. Even though she missed them, she said she would go back in a heartbeat.

Exchange Continued from Page 2

vice with a smile. Being a re-trainee has given me a great deal of respect for all career fields. You may think you have the worst job in the world, but everything isn't always as it seems."

"When I retrained from weapons loading into finance almost three years ago, I had no idea what to expect," said Staff Sgt. Joni McGriff-Howard. "I enjoyed being a loader and seeing how the work I was doing helped the overall mission of fighting the bad guys, but I really wanted a change in pace. The hours, environment and people around me all changed once I crossed over into the world of finance. Being in this career field has helped me realize that there is a vast amount of background work that goes into making

sure members get paid correctly. I have developed a new found respect for the many support functions currently in the Air Force. Retraining really helped me to see how the smaller pieces make up the big picture."

The variety of experiences that these NCOs have endured returns dividends to the Comptroller ten-fold. Whether it's our new-found attitude that raises its head when you hear our newest squadron chant or to the bravado that is shown from the success of our first winning season in flag football; these Airmen bring the swagger. I've embraced the diversity of my squadron and placed a premium on their differing experiences — have you?



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

Seniors Bowling- 10am-1pm- Stars & Strikes
Every Monday! Only \$1 per game, Seniors come enjoy a cup of coffee and bowl a few games! Call 687-5114 for more info.

WEDNESDAY 4/25

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Wages range from \$8.50 - \$10.50/hr based on certification levels and previous experience. To apply go to NAFjobs.org, select Whiteman AFB & choose the positions listed. Submit an application with your current certificates.

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This Weekend at the Movies

A Thousand Words

April 21, 7 p.m. • Rated PG-13

Eddie Murphy, Kerry Washington -- Jack McCall is a fast-talking literary agent, who can close any deal, any time, any way. He has set his sights on new age guru Dr. Sinja for his own selfish purposes. But Dr. Sinja is on to him, and Jack's life comes unglued after a magical Bodhi tree mysteriously appears in his backyard. With every word Jack speaks, a leaf falls from the tree and he realizes that when the last leaf falls, both he and the tree are toast. Words have never failed Jack, but now he's got to stop talking and conjure up some outrageous ways to communicate or he's a goner. Rated PG-13 sexual situations including dialogue, language and some drug-related humor. 91 minutes.

Dr. Seuss' the Lorax

April 22, 3 p.m. • Rated PG

Zac Efron, Taylor Swift and Danny DeVito -- The animated adventure follows the journey of a 12-year-old as he searches for a real Truffula Tree, the one thing that will enable him to win the affection of the girl of his dreams. To get it he must find the story of the Lorax, the acerbic yet charming character who fights to protect his world. 90 minutes.

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.

AIRMAN & FAMILY READINESS CENTER

Spouse Orientation Acclamation & Resources — Spouse Orientation Acclamation & Resources is a 60-minute program offered every Monday from 10-11 a.m. at the Whiteman Inn. The target audience is spouses who are brand new to the base. The program is designed to inform newcomer spouses with resources available to them, base and local community information as well as answering questions. Children are welcome. For more information, call 660-687-7132.

college or vocational-technical school. The Youth Employment Skills Program is an Air-Force-wide program that offers high school students the opportunity to learn new skills, volunteer their time while helping their community and receive money toward their educational endeavors. For every hour volunteered, \$2 will go to base youth programs to support recreational improvements, computer labs, and other programs. For more information about the YES program, contact Whiteman Youth Programs at 660-687-5586 or search Whiteman AFB Teen Programs via Facebook and click "Like."

TEAM WHITEMAN COMMUNITY

Breastfeeding Support Group

Breastfeeding Support Group is a 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. - 1 p.m. at the A&FRC. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

Found property — Keys, wallets, bicycles, jewelry, cellular telephones and other items have been turned in as found property to Security Forces Investigations. To inquire about lost property, go to building 711, room 305, or call 660-687-5342. Vehicles have been identified as suspected abandoned and will be towed at the owner's expense. For more information about vehicles, contact Steven Scott at 660-687-5342.

American Red Cross Volunteer Opportunity at Whiteman AFB

The American Red Cross has multiple volunteer opportunities at the 509th Medical Group. Anyone interested in volunteering should first contact the Medical Group's volunteer coordinators in the Resource Management office, room 1130, or call 660-687-6782. Volunteers can serve in a variety of service positions including patient check-in, answering phones, records management, pharmacy, lab, radiology support and other general administrative functions. Professional volunteers are also welcome. The MDG volunteer coordinator will help those with the Red Cross volunteer application process. More information and forms can be found at <http://www.redcross.org/en/volunteer>.

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 ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) 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.

Volunteer opportunities for High School Students (dependents)

High school sons or daughters of active duty Air Force members can volunteer up to 250 hours over the four years of high school, with a maximum potential of \$1,000 toward

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.

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FREE Classified Advertising in the Whiteman Warrior

READ ALL RULES BEFORE PLACING AN AD

- Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
 - Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to theclassifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
 - Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
 - Only one free ad*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion.
- *People who are PCSing may place more than one ad and sell the items at any price.

- Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
- Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

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Misc. For Sale 135

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