

WARRIOR

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Oct. 5, 2012



The Commander's Access Channel is now available on channel 97 (on-base only). The channel provides base-related news, weather and force protection conditions.

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This year, the Whiteman Fire and Emergency Services have planned several events to further educate the base populace.

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WEATHER

Today Rain Hi 50 Lo 45	Saturday Mostly Cloudy Hi 52 Lo 38
Sunday Sunny Hi 55 Lo 33	Monday Sunny Hi 64 Lo 37

U.S. Air Force photo/Heidi Hunt

Airman 1st Class Michael Evseff, 509th Logistics Readiness Squadron packing and crating clerk, prepares packages to be sent off base, Oct. 1. For more on the TMO office, see pages 8-9.

Courtesy of National Weather Service

TMO makes moving easier



THE SECRETARY OF THE AIR FORCE
CHIEF OF STAFF, UNITED STATES AIR FORCE
WASHINGTON DC



To the Airmen of the United States Air Force:

October is Energy Action Month for our Nation. To emphasize each of our roles in energy savings, the Air Force has adopted "I Am Air Force Energy" as our theme. As energy consumers, we can impact the Air Force's fuel and electricity use every day -- by flying our aircraft at energy efficient altitudes, not letting vehicles or equipment idle, or simply turning off the lights.

This year, Air Force energy spending will consume a significant portion of our budget -- almost ten percent, or about \$10 billion. Beyond the financial costs, there are also mission support risks associated with dependence on foreign sources of energy and unnecessary energy consumption. The Air Force has made great progress in enhancing our energy security by improving operational practices, developing alternative sources of energy, and introducing more efficient technologies. While these efforts are a good start, every Airman must participate in order to achieve our vision of an assured energy advantage in air, space, and cyberspace.

While individual efforts may seem small, they can have a big impact when multiplied across the Air Force. Every dollar that we do not spend on energy can be invested in enhancing a high quality and ready force. We encourage all Airmen to learn more about incorporating energy conservation in all you do. Improving the way we use energy will help us create a more agile, lethal, adaptable, and effective force.

Michael B. Donley
Michael B. Donley
Secretary of the Air Force

Mark A. Welsh III
Mark A. Welsh III
General, USAF
Chief of Staff

James A. Roy
James A. Roy
Chief Master Sergeant of the Air Force

THE WARRIOR

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

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Embodying 'I am Air Force Energy'

By Maj. Gen. Everett Thomas
Air Force Global Strike Command
vice commander

BARKSDALE AIR FORCE BASE, La.
– October is Energy Action Month, the key word in that title being, "Action." We take this month to highlight the importance of energy in our daily lives, but throughout the year we, as individuals and as a Command, must be mindful of our energy actions, maintaining the mantra and this year's theme, "I am Air Force Energy."

Power the Force. Fuel the Fight.



Part of ensuring Global Strike's "no fail" mission lies in the way we consume and delegate our energy supplies. We must sustain access to reliable energy supplies to meet our operational needs, while displaying responsible stewardship of the American public's tax dollars by the way we use those energy supplies.

As a Command, we can be proud of the conservation and energy efficiency accomplishments we've made in the past year. A member of Team Minot won a 2012 De-

partment of Energy award for his work in energy conservation. Larry Johnson's efforts to identify energy hogs on base and implement innovative alternatives, such as introducing heat pumps and energy recovery ventilation systems to buildings on base, has saved Minot AFB money and resources.

Malmstrom AFB is saving money and resources by reusing and recycling material wherever possible. For example, recycling antifreeze at various locations on base reduces the purchase of ethylene glycol based antifreeze by more than 50 percent. The 341st has also established a material reclamation area to reuse wood and wood mulch, reusing more than 50,000 pounds of wood to date.

The 90th Missile Wing has teamed up with a nearby community college to keep the base's wind turbines operational. This partnership provides cost-effective maintenance for the base and allows F.E. Warren to continue generating alternative energy, as it is currently the only Air Force base that uses wind turbines.

Unified efforts across the command include improving existing infrastructure, expanding the use of renewable energy, improving building heating, ventilation and air conditioning (HVAC) efficiency, replacing aging lighting fixtures and installing and connecting advance meters to monitor energy usage.

In fiscal year 2012, Global Strike funded 30 projects totaling \$11.1 million, which will yield a projected annual savings of \$1.8 million in natural gas, coal and electric energy costs and over 156,000 MBtu's (British thermal unit) in energy consumption. To put that into context, saving 156,000 MBtu's is just less than the amount of energy consumed by



Maj. Gen. Everett Thomas

all AFGSC main bases in one month, combined!

Taking steps to conserve energy begins individually in our daily habits, both in our professional and personal lives. Actions as simple as turning off your computer monitor at the end of the day; reducing idling time in vehicles; monitoring indoor temperature set points to minimize wasted heating and cooling all contribute to a an energy aware culture.

Being aware of our energy consumption and taking mindful actions to conserve, especially in fiscally constrained times, will help foster a culture that embodies the theme, "I am Air Force Energy." Taking ownership of our individual and Command consumption only helps to ensure that we are able to accomplish our mission, and ultimately serve and protect the American public.

NEWS BRIEFS

Knob Noster School District Survey

The Knob Noster School District leadership, to include the Knob Noster High School, Middle School, Elementary School, and Whiteman Elementary School, is seeking parental feedback on the district's long-range facilities planning efforts.

Individuals wanting to provide feedback should plan to attend one of the following sessions:

- **Oct. 17, 6 p.m.**, Jubilation Center - Methodist Church

- **Nov. 28, 6 p.m.**, First Baptist Church

Individuals who cannot attend one of the above opportunities can still provide feedback by taking an online survey at the following link: <http://www.zoomerang.com/Survey/WEB22GG-KQT69UK>

Golf Cart Path Construction

Repairs to the cart paths at Royal Oaks GoRepairs to the cart paths at Royal Oaks Golf Course is slated to begin Tuesday (weather permitting). The repairs will be done in phases to minimize interruption in play. Beginning Tuesday the front nine will be closed for approximately four days to repair the paths between holes 1 and 3. The next phase will affect holes 4 and 5, followed by 7, 8, and 9. We apologize in advance for any inconvenience.

BBC Lifeworks

Join us for an event! All events are free and open to all military personnel and families. Events held at the Lifeworks House, 245 Selser. Don't forget to like us on Facebook: [facebook.com/whitemanhomes](https://www.facebook.com/whitemanhomes).

Today, 10 a.m. - Story Time - Every other Friday we read a book and do a craft!

Air Force Housing Web Site

Visit www.Housing.af.mil to find your new home with the Air Force. This web site serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

Air Force Accepting Prior Service Applicants

Have you previously served as an enlisted member in the Air Force or other branch of the U.S. military? If so, and you were honorably discharged and have been out of the service less than six years, you may be eligible to serve in the U.S. Air Force. The Air Force is currently seeking individuals to serve in their previous job or to possibly retrain. To learn more, contact your local Air Force recruiter, call 1-800-423-USAFA or visit airforce.com and speak live with an Air Force adviser.

For more news briefs, visit <http://www.whiteman.af.mil/news/announcements/index.asp>

CSAF Letter to the Airmen of the USAF Nuclear Force

Sept. 27, 2012

To the Airmen of the United States Air Force Nuclear Force:

Every day, you and 36,000 of your fellow Airmen conduct nuclear deterrence operations for the Nation. You perform that duty with precision and reliability, as vigilant stewards of our Nation's most powerful military capability—and you deliver, every day, the responsiveness and flexibility our Nation's nuclear triad requires.

Your story—the story of strategic deterrence—is sewn into the fabric of every Airman, woven from our birth as a separate Service and the emergence of the Air Force's nuclear enterprise from the Manhattan Project. The development of Strategic Air Command, under the strong leadership of General Curtis LeMay, and the creation of Air Force Systems Command, molded by the innovative General Bernie Schriever, stand out as powerful examples of how our Air Force adapted to provide our Nation's deterrence needs, and helped to prevent conflict on a global scale. These visionary leaders and the Airmen in their organizations helped win the Cold War and laid the foundation for today's bomber, ICBM, and dual-capable aircraft forces.

Today, the global challenges may be different, but the importance of nuclear deterrence to our national security as well as the security of our allies and partners, remains. Our Nation will rely upon our nuclear forces for decades to come, and we must continue to conduct deterrence operations to dissuade adversaries from aggression, extend protection to our allies and partners, and provide assurance guarantees to maintain security relationships and support nonproliferation.

You've spent the last four years reinvigorating and strengthening the Air Force nuclear enterprise, and you've reinforced a strong culture of compliance, precision, reliability, and critical self-assessment. As your Chief, I want you to know that stewardship of a safe, secure, and effective nuclear deterrent remains the #1 Air Force priority. Our focus will not waver. We will sustain an uncompromising standard of excellence in nuclear deterrence operations. We will continue to invest in our nuclear weapon systems as well as the most important part of deterrence, the Airmen who make it reality...that would be YOU!

The Nation and our allies rely on your commitment to excellence. Your accomplishments make clear that deterrence is our duty, assurance is our promise, and global stability is our goal. Thank you for the way you do your job...I couldn't be prouder of you.



MARK A. WELSH, III
General, USAF
20th Chief of Staff



509th MDOS still offering flu vaccinations

By Staff Sgt. Jessica Pownell
509th Medical Operations Squadron

Every year the influenza virus results in three to five million cases of severe illness, and approximately 250,000-500,000 deaths worldwide. Here in the U.S., approximately 200,000 people are hospitalized each year because of the flu, and 36,000 people die annually because of the virus and its complications.

Children and infants have the highest rate of infection and often brings the illness home to the rest of the family. The Center for Disease Control recommends that all persons six months and older be vaccinated to prevent the flu.

So how contagious is the flu? People with the flu can spread it to others as far as six feet away. Experts believe the flu viruses are spread by droplets when people cough, sneeze and talk. A secondary route of transmission may occur when an uninfected person touches an object previously contaminated by someone with the virus.

Flu symptoms start one to four days after the virus enters the body. This means you may pass the flu virus to others before you even realize you're sick yourself.

Active duty members assigned to Whiteman are required to receive the flu vaccination on base. The 509th Medical Operations Squadron held a mass flu line at the Deployment Cen-



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

Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander, receives a FluMist vaccination from Staff Sgt. Jessica Pownell, 509th Medical Operations Squadron NCO in charge of immunizations Sept. 12. Active duty members are required to receive either the FluMist or a flu shot. For more information, call the immunizations clinic at 660-687-4304.

ter Sept. 12. If the mission prevented you from attending, and you have not yet received your influenza vaccine, report to the Immunizations Clinic at your earliest convenience. Active duty members must receive this vaccine immediately following return from leave, TDY or deployment.

If you are a TriCare beneficiary, you are encouraged to visit the Immuniza-

tion Clinic or use any TriCare retail network pharmacy for your flu vaccine. The flu vaccine will be available for all TriCare beneficiaries at the Immunizations Clinic on base beginning Tuesday.

The Immunizations Clinic operates on a walk-in-basis from 7:30 a.m. to noon, and 1 to 4 p.m., Monday through Thursday, and 7:30 to noon, and 1 to 3 p.m., Friday.

Resiliency efforts strengthen positive lifestyles

By Heidi Hunt
509th Bomb Wing Public Affairs

Just as the Air Force continues to enhance warfighters' capabilities, an equally powerful role for Airmen and their families is to maintain a balanced lifestyle.

The Air Force Compressive Airman Fitness model encompasses four pillars: mental, social, physical and spiritual. It is a proactive approach to resiliency which emphasizes a positive lifestyle.

Adapted from the University of Pennsylvania's Positive Psychology program, the Master Resiliency Training Course is part of the effort to create a positive environment in work centers.

"The program is based on building and capturing healthy lifestyles," said Michael Wardell, 509th Bomb Wing community support coordinator. "It encourages people to live a lifestyle which promotes positivity, no matter what aspect of life you referring to."

By working on a proactive approach the MRT course is designed to help keep incidents of suicide down from the very beginning, according to Wardell.

"Instead of emphasizing the negative aspects of life, it emphasizes the positive aspects," Wardell said.

The first MRT course for the Air Force launched Sept. 24, at Joint Base McGuire-Dix-Lakehurst, N.J.

The course teaches the Air Force community how to build mental toughness, avoid thinking traps, provide energy management, enhance

problem solving and to put events into perspective.

"First, we have to build an infrastructure for resiliency," Wardell said. "Additionally, we must really understand each other while engaged in conversation."

Master Resiliency Trainers will be able to help unit members improve communication by helping them recognize common habits of thinking that are illogical and which leads to negative behavior, according to Wardell. MRTs will in turn train Resilience Training Assistants in their units.

"They will be taught to understand face-to-face communication and help point Airmen toward a positive outcome," Wardell said. "Individuals will interact more efficiently within the unit and with their peers."

Each unit will have a RTA who will assist commanders, chiefs and first sergeants in resiliency related issues.

Four Airmen from Whiteman AFB are scheduled to train as MRTs at Joint Base McGuire-Dix-Lakehurst, N.J., and once trained, will teach Airmen in each of unit at Whiteman AFB and be a source of resiliency skills.

"I believe this training will improve resiliency amongst younger Airmen and be incredibly valuable to Team Whiteman," said Airman 1st Class Lacie Carmody, 509th Bomb Wing Public Affairs broadcaster and selected MRT.

What started as a pilot program has evolved into an endeavor which hopes to pay big dividends for Airmen and their families.

Arrangements for Whiteman's RTA course will be announced once they are made.

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Humanities M-W

SESSION 3B (OCT 16TH - NOV 18TH)

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Fire Prevention Week 2012



U.S. Air Force photo/Senior Airman Cody H. Ramirez

Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander, signs the 2012 Fire Prevention proclamation with Smokey the Bear and Sparky the Fire Dog at Whiteman Air Force Base, Mo., Sept. 18.

Always "Have Two Ways Out!"

Courtesy of the Whiteman AFB Fire Emergency Services

If you woke up to a fire in your home, how much time do you think you would have to get to safety?

According to the nonprofit National Fire Protection Association, one-third of Americans households who made and estimate they thought they would have at least six minutes before a fire in their home would become life threatening. Unfortunately, the time available is often less.

That's why Whiteman AFB's Fire Emergency Services is teaming up with NFPA during Fire Prevention Week, October 7-13, to urge residents to "Have Two Ways Out!"

This year's theme focuses on the importance of fire escape planning and practice.

In 2010, U.S. fire departments responded to 369,500 home structure fires. These fires caused 13,350 civilian injuries, 2,640 civilian deaths, and \$6.9 billion in direct damage.

"One home structure was reported every 85 seconds in 2010," says Mr. Tim Robinson, Fire Prevention Inspector of the Whiteman AFB Fire Emergency Services. "Fire is unpredictable and moves faster than most people realize. Having a tried and true escape plan with two ways is essential to ensuring your family's safety should fire break out in your home."

Whiteman Fire Emergency Services recommend the following tips for planning your family's escape:

- * Make a map of your home. Mark a door and a window that can be used to get out of every room.

- * Choose a meeting place outside in front of your home. This is where everyone can meet once they've escaped. Draw a picture of your outside meeting place on your escape plan.

- * Write the emergency telephone number for the fire department on your escape plan.

- * Have a grown-up sound the smoke alarm and practice your escape plan with everyone living in your home.

- * Keep your escape plan on the refrigerator and remind grown-ups to have your family practice the plan twice a year or whenever anyone in your home celebrates a birthday.

The Whiteman AFB Fire Emergency Services will be hosting activities during Fire Prevention Week to promote "Have Two Ways Out!" Through these educational, family-oriented activities, residents can learn more about the importance of fire escape planning and practice, as well as the power of prevention.

To find out more about Fire Prevention Week programs and activities on Whiteman, contact Whiteman AFB Fire Emergency Services at 687-6083 or 687-6080.

To learn more about "Have Two Ways Out," visit NFPA's Web site at www.firepreventionweek.org.

For more information, contact Paul Williams at 687-6083 or Tim Robinson at 687-6080

SCHEDULE OF EVENTS

Each year during the first week of October, fire officials across the country strive to raise awareness concerning fire safety. This year, the Whiteman Fire and Emergency Services have planned several events to further educate the base populace. We look forward to working with everyone on base during this year's Fire Prevention Week.

EVENTS:

SATURDAY

10 a.m. to 4 p.m.

Kick Off Event - Base parade starting at the Club, Bldg 3008

* Hands-on demos

* Base populace activities located in grass field directly west of the BX Parking lot.

* Vehicle display with Sparky/Smokey

* Fire Muster Competition, Squadron and Fire fighter

MONDAY

11 a.m. to 3 p.m.

Display at the Base Exchange

TUESDAY

10 a.m. to 2 p.m.

Display at the Base Exchange

WEDNESDAY

8:30 to 11 a.m.

Sparky, Smokey and Engine-7 visit the CDC

11 a.m. to 2 p.m.

Commissary display

THURSDAY

11 a.m. to 2 p.m.

Display at Commissary

9 a.m. to noon

Sparky, Smokey and Engine-7

visit the Whiteman elementary

Poster coloring contest

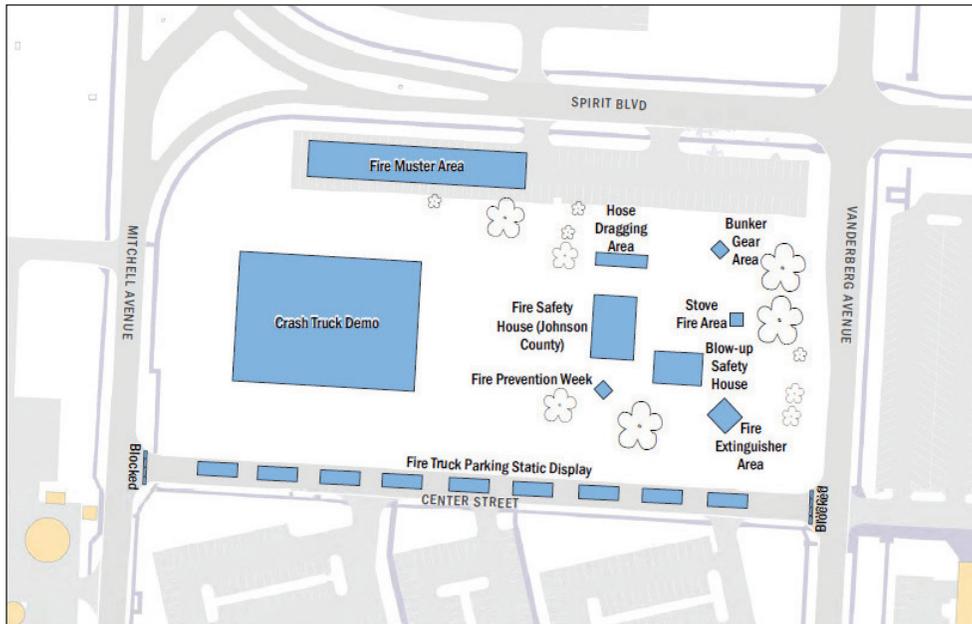
FRIDAY

11 a.m. to 2 p.m.

Display at Commissary

FAP Fun Run

The Base Fun Run scheduled for Oct. 12 is being dedicated to Domestic Violence Awareness Month. The Family Advocacy Program, in conjunction with SARC, are sponsoring this event. The fun run will begin at the Fitness Center at 6:30 a.m. Participants will receive water bottles and towels from SARC upon completion of the fun run. The Family Advocacy Program will also provide an information and education display at the Commissary from 9 a.m. to 1 p.m. Oct. 20. A "Cloths Line Project" display will be in the Medical Group Lobby begging Oct. 9.



131st BW Airman received NAACP award



Sarah Lupescu/Missouri National Guard

Senior Master Sgt. Alvin Sims, 131st Bomb Wing Human Resource Advisor, receives the NAACP, Jefferson City Branch's 2012 Presidential Choice Award from Nimrod Chapel, Jefferson City NAACP Branch president, Sept. 29. The award is given to an organization or individual in the public or private sector in recognition of their commitment and dedication to equal opportunity, access, employment, diversity, community support and leadership.

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From the Frontlines: Staff Sgt. Matthew Alexander



U.S. Air Force photo/Heidi Hunt

Staff Sgt. Matthew Alexander, 509th Force Support Squadron NCO in charge of reenlistments, returned to Whiteman July 2 following a five month deployment to the 386th Air Expeditionary Wing as a Rest and Recuperation Liaison Officer for Allied Forces Central Europe. During his deployment, he processed R&R leave forms for Air Force members serving on 365-day temporary duty assignments.

By Heidi Hunt
509th Bomb Wing Public Affairs

Military deployments are commonly understood as the movement of troops to special or specific locations. The challenges

and circumstances these service members face may not be realized by those not accustomed to the military lifestyle.

Staff Sgt. Matthew Alexander, 509th Force Support Squadron NCO in charge of reenlistments, was deployed to the 386th

Air Expeditionary Wing as a Rest and Recuperation Liaison Officer for Allied Forces Central Europe in Southwest Asia.

Alexander returned to Whiteman July 2 after a five month deployment.

While deployed, he processed R&R leave forms for Air Force members on 365-day temporary duty assignments, and was a liaison between distinguished visitors who would go on R&R.

“We synchronized members’ R&R travel by coordinating with the local Schedule Airlines Traffic Office, Afghan, Iraq liaison officer’s via theater gateway,” Alexander said.

The importance of his mission was ensuring that the individuals were able to receive their R&R in a timely manner and had the proper documentations.

“An essential part of the mission was when distinguished visitor’s arrived from their deployed location from Southwest Asia into Kuwait, we provide and assisted them key information in regards to their travels,” Alexander said.

Alexander said the biggest difference between his duties at home and his deployed duties was the significant time he spent supporting DV visits.

“I gained a wide range of knowledge and a better understanding of what DVs go through in other duty locations,” Alexander said. “Sharing discussions with the DVs

and hearing about their experiences are stories I will never forget.”

This is the sergeant’s third deployment and said the most rewarding part of the deployment was the people he worked with and the connections he made.

“I also met personal physical fitness goals,” he said.

Combined with his ambition to meeting mission requirements, he also volunteered as the sergeant at arms on the 5/6 Council, an organization comprised of staff sergeant selects, staff sergeants and technical sergeants who contribute and volunteer in the community.

He also participated in numerous exercises, and when his scheduled permitted, he was always willing to step in and help out.

Combined with his work ethic and community involvement, it’s not uncommon for Alexander to take on a superior role, according to his deployed supervisor, Tech. Sgt. Aron Mueller, 509th FSS food service provider.

“Even with the 12-hour work days and six-days in a row, Sergeant Alexander still volunteered his off time to help ensure the mission was completed successfully,” Mueller said.

While Alexander said he had a unique experience during his deployment, he missed his wife and children and is glad to be back at Whiteman AFB.

‘I am Air Force Energy’ campaign kicks off

Courtesy of 509th Bomb Wing Public Affairs and Air Force Global Strike Command Public Affairs

October is Energy Action Month, which provides an opportunity to promote energy and water conservation awareness to Airmen as part of a national campaign led by the Department of Energy. This year’s theme, ‘I am Air Force Energy,’ puts the Airman at the center of the campaign. The goal is to inspire the Total Force to make a commitment to a continual change in organizational and personal energy use, and help Airmen realize they can make a difference in overall Air Force energy efforts.

Beginning this month, the Air Force will highlight energy success stories from around the Air Force enterprise in videos, fact sheets, and articles distributed via the Air Force web site, Facebook, YouTube and base newspapers. These will celebrate the innovative ideas and accomplishments of Airmen at all levels across the country and around the world and provide energy-saving tips to reduce energy and water use and save money.

“Every Airman is charged to ‘make energy a consideration in all we do’ and through active awareness and training programs we enforce that charge,” said Maj. Gen. Timothy Byers, the Air Force Civil Engineer. “We must take the lead in energy conservation, renewable energy utilization, and energy security as the Air Force seeks to save energy, reduce costs, and keep our country insulated from the volatility energy engenders.”

All the data is not in yet, but the Air Force estimates it spent more than \$10 billion on energy in fiscal year 2012, almost 10 percent of its total budget. “The Air Force is fully committed to improving resiliency, reducing demand, assuring supply and fostering an energy aware culture,” said Terry Yonkers, Assistant Secretary of Air Force Installations, Environment and Logistics. “The overriding concern is to secure energy for the future.”

Achieving each of these goals – improving resiliency, reducing demand, assuring supply and fostering an energy aware culture – involves the hard work and innovation of Airmen. In the last year, a number of Airmen have gone above and beyond to have a real impact.

Power the Force. Fuel the Fight.



I AM AIR FORCE ENERGY

Improve resiliency

Capt. Reid Touchberry, the energy manager at Misawa Air Base, Japan, helped get the power back on immediately following the Tohoku earthquake and tsunami. He led the ‘Base Energy Nerve Cell’ consisting of Airmen, Japanese engineers, and contractors. The team tracked generator assets; developed contingency plans to restore power using large-scale mobile generators; developed and implemented an emergency conservation plan and promoted energy conservation across the base that will save an estimated \$3 million annually.

Reduce demand

At Whiteman AFB, a number of projects have been implemented to support Air Force energy and water conservation goals. For example, existing light fixtures in the B-2 Docks were recently replaced with energy-efficient high-output light fixtures. This \$2.8 million project is expected to pay for itself in 8 years and reduce energy consumption by 5,265 MBtus annually. In addition, these new lights provide better light quality for our aircraft maintainers as they provide direct support for mission readiness.

Also at Whiteman AFB, low-flow plumbing fixtures have been installed in facilities throughout the entire base. This \$2.2 million project is expected to reduce water consumption by almost 15 million gallons per year. This project directly supports Air Force and Department of Defense water conservation goals.

Assuring supply

To increase fuel supply the Air Force is looking to alternative domestic fuels. In support of this initiative, Thunderbirds pilot Major Aaron Jelinek flew the first solo flight on a 50/50 blend of JP-8 traditional jet fuel and a biomass fuel derived from plant seed oil and animal fat in 2011. Since then, the Air Force has certified all aircraft on a 50/50 blend of JP-8 and synthetic fuel; and 80 percent of its aircraft on a 50/50 blend of JP-8 and biofuel. By 2016, the Air Force will be prepared to meet half of its domestic fuel requirement with alternative fuel blends.

Fostering an aware culture

The Air Force is implementing energy awareness training and education for Airmen, civilians and contractors during basic training, officer training, technical school and more. There is also an online outreach module available to all Air Force personnel with a Common Access Card on the Advanced Distance Learning System. It provides energy tips specific to various job functions.

At Whiteman AFB, a number of changes are taking place to increase the awareness. Starting this month training for Facility Managers will include a more robust curriculum to include some quick fixes to managing energy in their facilities to some long term strategies provided by the Whiteman Energy Management Team.

For more information, visit any of the following web sites:

<http://www.af.mil/energyinitiatives/index.asp>

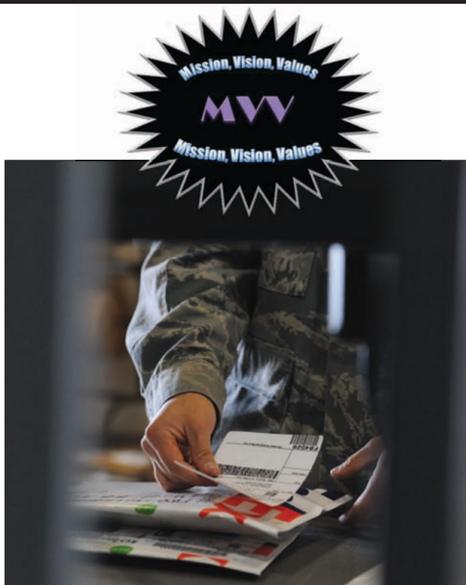
<http://www.facebook.com/#!/AirForceEnergy>

www.youtube.com/user/AFBlueTube

<https://afcesa.csd.disa.mil>



Airman Bing Yi Liu, 509th Logistics Readiness Squadron receiving clerk, documents that all parts were received from a shipment, Oct. 1.



Airman 1st Class Michael Evseff, 509th Logistics Readiness Squadron packing and crating clerk, puts mailing addresses on packages, Oct. 1

TMO: Easing the stress in your PCS

Story and photos by Airman 1st Class Bryan Crane
509th Bomb Wing Public Affairs

Getting permanent change of station orders can be exciting for airmen, but it also brings a lot of worrying and stress along for the ride. It's the 509th Logistics Readiness Squadron's Traffic Management Office's job to help make moving airmen's possessions to their next location as smooth as possible.

"Moving can be a stressful situation for any airman," said Brian McCandles, 509th Logistics Readiness Squadron transportation officer. "Our job is to take out the stress and worrying of moving ones possessions."

The 22-member TMO team works at a fast pace. Not only is the team responsible for handling personnel PCS moves, but also incoming and outgoing aircraft cargo, and was recently declared fully operationally capable in the integrated receipt process.

"We are in-charge of cargo receipt into the base as well as out of the installation," McCandles said. "This allows for a more responsive turnover to the customer, increased ability to get aircraft parts to the fleet in a shorter amount of time."

TMO continues to display their high productivity and quality as traffic

moves through their domain, especially during the summer PCS seasons.

"Our traffic management office hits its peak in the summer months, when the majority of PCSs occurs," McCandles added. "However, staying ready when cargo movement peaks is a challenge because we can't predict when parts will break on aircraft, and when the repairs will be done."

An additional challenge the team is facing is the departure of team members facing their own PCS, along with the experience those members brought to the team. Despite the loss, McCandles believes the team still has a good group of people to continue operating at a high standard.

"Our departing personnel have done a fantastic job training their replacements," McCandles said. "I can say without hesitation that this is the best-trained, most-motivated, quality group of young NCOs and airmen I've ever had in my operation. It's hard to replace expertise, but I'm completely confident in the young crew taking over."

One of TMO's goals is to remain a top notch program, willing to help all Team Whiteman members with their TMO needs.

"We are here to make things easier for all members moving, and also all squadrons on base needing to send and receive cargo," McCandles said.

For more information about moving personnel goods during a PCS or shipping/receiving cargo, contact TMO at 660-687-4119.



Staff Sgt. Tarae Day, 509th Logistics Readiness Squadron in-bound cargo supervisor, spots Senior Airman Marita McCoy, 509th LRS receiving clerk, while operating a fork lift Oct. 1.



Chuck Wellman, 509th Logistics Readiness Squadron wood worker, positions a crate, Oct. 1.



Airman Bing Yi Liu, 509th Logistics Readiness Squadron receiving clerk, checks a package to ensure all parts were received, Oct. 1.



Chuck Wellman, 509th Logistics Readiness Squadron wood worker, cuts plywood to desired length according to the Special Packaging Instructions, Oct. 2. Special Packaging Instructions are used for aircraft parts to be shipped out or anything that requires special packaging.

U.S. Air Force photo/Heidi Hunt

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OCTOBER 2012



Fitness Center Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1815 Boot Camp* FG 1930 Step Aerobics* CAC	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp* OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG
COLUMBUS DAY HOLIDAY NO CLASSES	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp*OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0700 Wing 5K Run 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG
0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1815 Boot Camp* FG 1930 Step Aerobics* CAC	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp*OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG
0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1815 Boot Camp* FG 1930 Step Aerobics* CAC	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp*OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG
0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1815 Boot Camp* FG 1930 Step Aerobics* CAC	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp*OT/FG		



*Class meets FIP requirements. All classes are subject to change at anytime.
EG-Eagle Gym – FG-Falcon Gym – OT-Outdoor Track – SR-Spinning Room
CAC-Community Center \$ FEE CHARGED



TEAM WHITEMAN COMMUNITY

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>.

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 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.”

AFA honors one of the “Dirty Thirty”



Lt. Col. David Williamson, 72nd Test and Evaluation Squadron commander, and Mel Johnson, member of Whiteman’s Chapter of the Air Force Association, present Rob Moise, a resident of the Missouri Veterans Home in Warrensburg, Mo., with a memento plaque recognizing his exceptional service as part of the “Dirty Thirty,” during the Vietnam War.

Moise was one of the original thirty U.S. Air Force pilots chosen as advisors to the South Vietnamese Air Force in 1962. Those thirty pilots flew the C-47 transport aircraft with Vietnamese pilots at a time when the South Vietnamese had great logistical needs and a severe shortage of trained airmen.



Courtesy photo

Caption contest #5 Rules



1. To enter, write an imaginative, humorous and printable caption related to Air Force experience for either one or both photos.
2. E-mail entries to whiteman.warrior@whiteman.af.mil by 2 p.m. Friday, October 12 or post on Whiteman's FaceBook page. Entries must include name, squadron and

caption to be eligible.
3. The winning author(s) caption(s) is the one that receives the most laughs or groans from the panel of impartial judges.
4. Winners will be announced in the Oct. 19 edition of the Whiteman Warrior.
5. Contest is just for fun. No prizes will be distributed.

Caption contest #4 Results

1. "I want my mommy."
- Maureen Gunter,
509th Civil Engineer Squadron
2. "You said I'll get the hello Kitty band aid, right?"
- Master Sgt. Pamela Gibson,
509th Maintenance Squadron



Dr. Gregory will see you now.

Western Missouri Medical Center is pleased to announce that Deborah Gregory, DO, FACCOG, will join the practice of Western Missouri Women's Health Center (WMMWHC) on October 10. Dr. Gregory specializes in obstetrics and gynecology. She is Board Certified by the American Osteopathic Board of Obstetrics and Gynecology. Appointments are now being accepted.

Dr. Gregory earned a B.A. in Chemistry and B.S. in Biology from the University of Missouri - Kansas City. She earned her Doctorate of Osteopathic Medicine from the University of Osteopathic Medicine and Health Sciences in Des Moines, IA. She completed her residency in OB/GYN at Henry Ford Health System in Warren, MI. Dr. Gregory is currently practicing at Beatrice Community Hospital in Beatrice, NE.

Dr. Gregory and her husband have four children. They have family in the Warrensburg and Kansas City areas and look forward to rejoining our community.



Deborah Gregory, DO

To make an appointment with Dr. Gregory, call Western Missouri Women's Health Center at (660) 429-2228.



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FEATURED EVENTS

SATURDAY 10/6

Outdoor Rec is now open on Saturdays!
Visit us to start your adventure! Open from 8am-12pm on Saturdays! Ask us about our rates. Call 687-5565.

Family Bowling Special-12-4pm— Stars & Strikes
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$30 per package, Sat & Sun. For more information please call 687-5114.

SUNDAY 10/7

Football Frenzy-Starts at 11am-Mission's End
Come and enjoy all of Sunday's NFL games and our food & beverage specials. Take part in trivia for prizes, and also use or free wifi for your Fantasy Football Leagues! Call 687-4422 for more information about Football Frenzy!

TUESDAY 10/9 A&FRC EVENT

Pre-Separation Brief-8-10am-A&FRC
Briefing held at the Airman & Family Readiness Center, if you are looking for more information please call 687-7132.

WEDNESDAY 10/10

Boss & Buddy-3:30-7pm- Mission's End
Hang out after work and enjoy the cheapest hot wings around only .45 cents a wing! Call 687-4422 for more info.

THURSDAY 10/11 A&FRC EVENT

Pre-Deployment Brief-1-2pm-A&FRC
Join our Pre-Deployment Briefing and learn some of the best information about preparing yourself and your family for deployment. Call 687-4422 for more information.

FRIDAY 10/12

Super Social Hour-5-7pm-Mission's End
Come and enjoy our Super Social Hour, including great food and activities. Play in our Bar Bingo! Call 687-4422 for more information about Super Social Hour.

BARK in the PARK & EFMP Fun Fair!

October 6th ★ 11am-3pm ★ At Skelton Park

Complementary Lunch Provided by USO
EFMP Local Resources Information Booths
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*Best Costume, Best Trick, and Others
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509th Medical Group



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*Due to Base Regulations, restricted dog breeds (Pits, Rotties, etc.) are not authorized to attend
POC: 660-687-2667
For more information



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FCC NEWS

FCC Orientation Class:

Receive training to become a licensed FCC provider on Whiteman AFB. The class is approximately one week long and runs from 8am-4pm. The classes are scheduled once 4 applications are received and there is a need for new providers. Providers with chronic health problems are accepted. The program needs providers who are willing to care for infants and children during swing and evening shifts and children with special needs. Stop by the FCC Office or call us for more at 687-5590.

Base Residents:

- Doing child care to help support the AF mission? Licensing is not required if you are:
 - Providing occasional care for a friend or neighbor
 - Baby-sitting on an occasional basis for other families
 - A teenager doing evening or weekend baby-sitting.
 - Providing child care in parents' own home.
 - Parent cooperative where one of the parents provides supervision for other parents' children on an exchange basis, with no fees involved.
 - Providing less than 10 hours of child care per week on an irregular basis.

If you are providing child care beyond these opportunities, please contact the FCC program for licensing application. Call us for more at 687-5590.

Story Time & Craft Is Back!
Ages 3-5 Join Us @ The Library
on the 1st & 3rd Wed. of the Month!

DID YOU KNOW?

The Whiteman AFB Library is available to provide online resources overview briefings for your base office, Commander's Calls, etc.
Providing information about; Personal Career Development, College/University Research, Test Preparation and Practice Tests, Foreign Language Learning & Cultural Awareness, K-12/Homeschooling Resources and more!
Please contact the Library Director @ 660-687-5614 to schedule.

509 FSS PAGE EDITOR: KYLE C. HAMRICK
CONTACT US! 687-7929

Email us with event ideas or questions to: marketing3@us.af.mil

LIKE US ON FACEBOOK FOR MORE INFORMATION!
facebook.com/whitemanmarketing

Join us in the City Center Complex off South Holden St. following the UCM parade for some Food, Fun and Family!

Saturday, October 13, 2012
11:00 a.m. to 1:00 p.m.

HOMECOMING 2012

TAILGATE WITH THE CITY

- Non-alcoholic event for all ages
- Helicopter display from the 131st Bomb Wing of the Missouri Air National Guard
- K-9 Unit demonstration
- Face painting
- Closing
- Bounce houses
- Performances from the students of Spirit Express and the advanced marching band from the Warrensburg Community Center
- Plus... FOOD AND FUN!!

AAFES

Closed

In observance of Columbus Day, your Whiteman Exchange, Food Court, Military Clothing Store and Concessions Mall will be closed Oct. 8. The Express will remain open for your shopping convenience. Normal hours of operation will returned Oct. 9. Thank you and enjoy your Columbus Day holiday.

AT THE MOVIES

Saturday, 7pm - Sparkle

Musical prodigy, Sparkle struggles to become a star while overcoming issues that are tearing her family apart. While dealing with the unexpected challenges her new life, she and her two sisters strive to become a dynamic singing group during the Motown-era.

Rated PG-13, 98 Minutes

Sunday, 3pm - Hit and Run

Meet Charlie Bronson, a nice guy with a questionable past who risks everything when he busts out of the witness protection program to deliver his fiancé to Los Angeles to seize a once-in-a-lifetime opportunity. Their road trip grows awkwardly complicated, when they are chased by the feds and Charlie's former pals, a band of gangsters, enter the fray.

Rated R, 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 \$5 for adults and \$2.50 for children (ages 3-11). Doors open 30 minutes prior to show time.

Movies and ticket prices are subject to change without notice.

Thrills by Day, Frights by night

509 MDG presents... Haunted Hospital

This Halloween, the 509th MDG will close at 4 p.m., to transform into a Haunted Adventure from 4:30 to 6 p.m., for children of all ages.

Children in costume will be able to participate in Ghoulish games & "Spooktacular Story Time" while waiting for their turn to tour the clinic to gather candy and prizes.

For more information, contact:
Tech. Sgt. Tabatha Meyers @ 687-2910
Staff Sgt. James Anderson @ 687-2210

All children need to be escorted by an adult chaperone while attending the event.

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- 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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Wednesday Bible Study 6:00 PM
(Wednesday activities September-May only)
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Thurs., Midweek Service 6:30 pm - 8:00 pm
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240 NW Highway 13 ~ Warrensburg
660-747-6762
www.AG-WBG.org

Calvary Episcopal Church
713 S. Ohio Avenue
Sedalia, MO 65301
660-826-4873
www.calvarye.org
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Children's Sunday school at 9:00 a.m.

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563-3810

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Apostle Willie Shields, Jr.
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Worship Service 11:00am
(Children's Church & Nursery
Available)
Wednesday Praise Service 7:00pm
563-4813
charitychristiancenter.org

Independent Fundamental
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3304 S. Ingram - Sedalia
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Worship 10:45am & 6pm
826-2918
Wednesday Bible Study 7pm
Pastor Alvin Sipe

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Church**
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Warrensburg, MO 64093
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10:30 am - Worship
6:00 pm - Worship
WEDNESDAY 7:00 pm - Bible Study
"The Churches of Christ salute you!"
Rom. 16:16
Email: contactus@cofcwsbg.org
Web address: <http://www.cofcwsbg.org>
660-747-5519

**Knob Noster
United
Methodist Church**
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Knob Noster, MO 65336
660.563.2724
knobumc@knumc.com
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10:45
Sunday School:
9:30

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