

WARRIOR

Year of the B-2

Serving the Community - Vol. 4 No. 14
April 12, 2013

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Gliding back into history

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The "Year of the B-2" patch is born

By Captain John Severns
509th Bomb Wing Public Affairs

Whiteman Air Force Base recently unveiled the official "Year of the B-2" patch, celebrating the 20th anniversary of the arrival of the B-2 Spirit Bomber here at Whiteman in 1993.

The patch is just one of many ways the wing is marking the historic anniversary. In addition to numerous media and civic engagements around the country, the wing will be hosting a gala celebration in September to celebrate the arrival of the Spirit of Missouri, the first B-2 to land at Whiteman.

To come up with the patch, Whiteman leaders held a contest, soliciting concept art from Airmen across the base. To help get the base's creative juices flowing, base leaders added a reward for the winning artwork: a B-2 simulator flight, a two-day pass from the wing commander, two tickets to the September gala, and perhaps most importantly, 20 physical copies of their winning patch design.



In the end, two Airmen's designs won the judges' hearts.

"I was looking at the signs on the docks as I was driving by, and that inspired me," said Airman 1st Class Devyn Ransom, 509th Maintenance Squadron, about the large signs hanging on the docks. The signs show a silhouette of the state for which a B-2 is named, superimposed over

an American flag.

That image became the basis for the border of Ransom's submission.

The interior of the patch combined elements of Ransom's design, along with that of Airman 1st Class David Reddoch, 509th Logistics Readiness Squadron materiel manager. Both Airmen decided to include the Global Strike Command globe and lightning bolts as a background, and Reddoch came up with the most distinctive element of the patch, the B-2 bomber itself.

"I've been doing art contests since I was young, and I've been drawing since I was able to hold a pencil," said Reddoch. "I saw the contest and was like, 'Hey, I've probably got a good shot at this.'"

"It took about a week to design and draw," Ransom said. "I can't wait to send some of the patches to my friends and family."

The final version of the patch, combining the two Airmen's concepts, was created by the 509th Bomb Wing Public Affairs office.

131st Bomb Wing Chaplain receives Samuel Stone Award

By Staff Sgt. Traci-lyn Payne
131st Bomb Wing Public Affairs

Chaplain, Lt. Col. Michael T. Butler, 131st Bomb Wing chaplain, was recently awarded the 2012 Samuel Stone Award, recognizing him as the Chaplain of the Year for the Air National Guard.

"The Missouri National Guard is proud of Lt. Col. Butler and his service as chaplain with the 131st Bomb Wing," said Maj. Gen. Steve Danner, adjutant general of Missouri. "Chaplains have a key role in our warrior support and resiliency programs, which ensure our Soldiers and Airmen are able to complete their missions. To have Lt. Col. Butler recognized on the national level is a testament not only to his hard work, but to the dedication and professionalism of all of our chaplains."

The Samuel Stone Award is named for the late Chaplain Samuel Stone, the first recorded chaplain to serve in the militia of colonial America. The annual winner is chosen based on training accomplishments or contributions to mission support, exhibition of and enrollment in off-duty programs dedicated to professional self-improvement.

"This award is an impressive accomplishment that is so richly deserved," said Col. Michael J. Francis, 131st Bomb Wing commander. "Chaplain Butler's consistent passion and dedication to not only the mis-

sion, but the men and women he serves with, truly epitomizes the ideal Citizen-Airman."

Currently, Butler is deployed to the Transit Center at Manas AFB, Kyrgyzstan, serving as the wing chaplain. He volunteered for the 6-month deployment, which is a follow-on to his 13-month volunteer deployment to Al Dhafra Air Base, United Arab Emirates, as the wing chaplain and Catholic priest.

"I believe in the end, this award recognizes the 131st Bomb Wing's outstanding leadership and chapel team, not just myself as an individual," said Butler.

Ordained into the priesthood in 1989, Butler received his commission as a Catholic chaplain with the 131st Bomb Wing in 1991. In 2008, he joined the active-duty Air Force as the deputy wing chaplain, and later wing chaplain, at Lackland Air Force Base, Texas. In 2010, he rejoined the 131st Bomb Wing where he serves on extended active duty.

"I love being a priest and I certainly am honored and privileged to be member of the Missouri Air National Guard," said Butler. "That is truly the best award I have received."

After his deployment, Chaplain Butler plans to return to the Archdiocese of St. Louis, where he is a priest, and to continue as a chaplain for the 131st at Whiteman.

THE WARRIOR

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The deadline for article submissions to the **Warrior** is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions does not guarantee publication.

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

To advertise in *The Warrior*, call the *Sedalia Democrat* at: 1-800-892-7856.

On the cover

U.S. Air Force photo/
Airman 1st Class Bryan Crane
Gary White, Waco glider restoration project volunteer, glues a part into place at Whiteman Air Force Base, Mo., April 2, 2013. Whiteman was donated parts of 40 gliders to use in restoring one on base.



442nd Fighter Wing Change of Command

Col. Hubert Hegtvedt accepts the guidon from Maj. Gen. William Binger, 10th Air Force commander, during the 442nd Fighter Wing change of command ceremony, April 7, 2013. During the ceremony Col. Hubert Hegtvedt took command of the 442nd Fighter Wing from Brig. Gen. Eric Overturf.

U.S. Air force photo/Staff Sgt. Lauren Padden

NEWS BRIEFS

2013 Community Assessment Survey

The 2013 Community Assessment Survey is your opportunity to contribute to community action plans at your base, MAJCOM and the Air Force!

Starting 5 April 2013, you may be one of those chosen to receive an email invitation to participate in a survey concerning your experiences as a member serving in the Air Force. Sharing your experiences and opinions in this survey is voluntary and will help us improve life for families in the Air Force Active Duty, Reserve components and DoD Civilian workforce.

The survey's subject line will be '2013 Community Assessment Survey (Survey Control Number AF13-141SGHW)' and it will be from afcasurvey@ipsosresearch.com.

If you have questions about this survey, you may contact this survey's POC, Lt Col Wendy Travis at afmoa.communityassessmentsurvey@us.af.mil.

First 2013 Spirit tour

The first Spirit Tour of 2013 is today at Base Operations from 9 a.m. to noon. Bring your family out to see the B-2! No cameras or cell phones on the flightline. The tour may be cancelled in the event of inclement weather.

Found property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

AF Housing

Visit www.Housing.af.mil to find your new home with the Air Force. This website 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.

Whiteman Warrior Story Ideas

The Public Affairs Office accepts story ideas for news and feature articles on people and organizations to help provide recognition of excellence in performance and set forth norms for mission accomplishment.

To submit an idea, call 660-687-6123, or email whiteman.warrior@us.af.mil

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

WEATHER

Today	Saturday
Mostly Sunny	Mostly Sunny
Hi 49	Hi 58
Lo 31	Lo 30
Sunday	Monday
Breezy	Chance of Showers
Hi 72	Hi 65
Lo 46	Lo 52

131st member recognized for excellence



U.S. Air Force photo/Staff Sgt. Jason Huddleston

Col. Michael J. Francis, 131st Bomb Wing commander, presents 2nd Lt. Amy Cottrell, 131st Medical Administration Officer, with an Outstanding Performer certificate and coin on behalf of the Air Force Global Strike Command Initial Nuclear Surety Staff Assistance Team Chief, April 5, 2013, during a 131st Pre-Unit Training Assembly Commander's Briefing. The team conducted the SAV during their 4-day visit to Whiteman Air Force Base, where they inspected 131st technical operations, management and administration.

509th MDG notice of accreditation

The Accreditation Association for Ambulatory Health Care, Inc. (AAAHC/Accreditation Association) will conduct an accreditation survey of 509th Medical Group 4 – 6 June 2013

The survey will be used to evaluate the organization's compliance with AAAHC standards for ambulatory health care and to determine if accreditation should be awarded to, or retained by, the organization.

Through an emphasis on education and consultation, the ultimate purpose of the accreditation process is to improve the quality of health care delivered by this organization.

The above named organization has voluntarily requested this survey as a means of having a review of the entire organization to build upon strengths or identify opportunities to improve the delivery of quality health care.

Members of the general public, patients, and individuals on the staff of this organiza-

tion, believing that they have pertinent and valid information about this organization's provision of health care or compliance with AAAHC standards, may request an information presentation with AAAHC surveyors at the time of the survey for the purpose of presenting such information, or may communicate such information in writing or by telephone to the AAAHC. All information received from identified individuals at or prior to the survey will be considered in making the accreditation decision. The information presented will not be debated with the reporting individual.

Requests for presentation must be received at least two weeks prior to the survey in order to allow sufficient time to schedule the presentations.

Requests for public information presentations or reporting of pertinent and valid infor-

mation may be communicated in writing or by telephone to AAAHC at the following address and telephone number:

Accreditation Association for Ambulatory Health Care, Inc.
5250 Old Orchard Road, Suite 200
Skokie, IL 60077
Telephone 847/ 853-6060
FAX 847/ 853-9028

This Notice of Accreditation Survey is posted in accordance with AAAHC requirements, and may not be removed until after the survey.

15 April 2013

509th Medical Group
Ellen D. Chappel, RN, MA
Director, Quality Services

This Week in 509th Bomb Wing History: B-2 anniversaries

David Easley

509 Bomb Wing Historian

April 2, 1966: In association with its switch from flying the retiring B-47 Stratojet to the B-52 Stratofortress, the 509th Bombardment Wing (Medium) was re-designated as the 509th Bombardment Wing (Heavy).

April 15, 1995: The fifth operational B-2 bomber was named *The Spirit of South Carolina*.

April 17, 1992: First flight of AV 4, which would eventually

be christened *The Spirit of Indiana*.

April 18, 1992: Flying over the Utah Test and Training Range, a B-2 crew successfully released a guided EGBU-28 for the first time. The weapon scored a direct hit, or in military parlance, a "shack".

All photos of the B-47, B-52, and B-2 (Spirit of Indiana) were taken by USAF photographers and are in the public domain.



All photos of the B-47, B-52, and B-2 (Spirit of Indiana) were taken by USAF photographers and are in the public domain.

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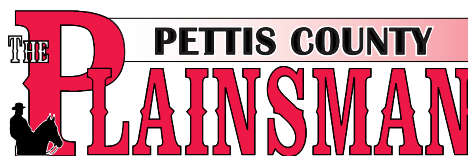
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A day in the life of a B-2 crew chief

Story and photos by
Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

His hands are glazed from spatters of grease and oil. His uniform reeks of hydraulic fluid after working a 12-hour shift maintaining a B-2 Spirit.

Airman 1st Class Steven McCray, 13th Aircraft Maintenance Unit B-2 crew chief, is one of more than 160 crew chiefs who perform maintenance on the B-2. He is assigned to the maintenance team for the "Spirit of Missouri," one of two B-2s which recently flew the long-duration, round-trip training mission to South Korea March 28 as part of the Foal Eagle training exercise.

"It is an amazing feeling to be able to say, 'My jet flew on that training mission to South Korea,'" McCray said. "It felt good to see it on national television and to read about it in news articles; [seeing] photos of the plane I helped launch was a once-in-a-lifetime experience."

The news of McCray's B-2 even attracted the attention of family and friends in Sanderson, Fla., McCray's hometown

"Airman McCray on this particular endeavor did his job exactly like he does his job everyday," said Staff Sgt. Andrew Jones, 13th AMU dedicated crew chief. "When we come to work, we train how we fight. Airman McCray was simply handling business as usual."

Jones is the flight lead who supervises

McCray's shift.

"The B-2 is a big part of our Air Force," McCray said. "Not having a stealth-capable aircraft could be disastrous. You never know when our country might need the B-2 for a global emergency, so that's our motivation – to provide the highest quality maintenance possible."

McCray said he gets a lot of his motivation from the pride in his aircraft and the knowledge that pilots are safe when they take off on the runway.

"Not only are the pilots lives' in our hands but, like a car engine, B-2s also need to be fixed," McCray said. "If we can't do our job properly, then the aircraft won't even lift off the ground."

Part of making sure B-2s can lift off means performing pre-flight and post-flight inspections to ensure all components are in working order.

"We're constantly inspecting," McCray said. "Even when an aircraft isn't going anywhere, it still gets inspected."

Attention to detail is crucial because hours of hard work from various maintenance sections can go down the drain if one crew chief does not do his job correctly, said McCray.

If issues arise during inspections, B-2 crew chiefs have more than 1,000 technical orders they can follow, which provide step-by-step guidance on how to troubleshoot and perform each task.

"We have to do exactly what the T.O. tells us to do verbatim," McCray said. "There's

no corner-cutting at all."

Having been stationed at Whiteman for more than two years, McCray has had his fair share of maintenance work on all shifts.

"I've been on days, mids and swings and none of them are really bad," McCray said. "It's just that they might need you on days one day because the manning could be low or they need to fill a spot. Or they can put you on swings because you are more experienced compared to younger Airmen, and they need some type of leadership."

During his first few months, McCray said he had some trouble adjusting to working through night shifts because his body was not used to sleeping during the day and staying awake at night.

"I had to cover my windows with aluminum foil to block out the sunlight," McCray said.

In addition to adjusting to different work shifts, the Florida native also had to adjust to Missouri's long, freezing-cold winters.

"Where I'm from, the coldest it ever got was about 60 degrees," McCray said. "I saw snow and icy roads for the first time my first year here."

For McCray, maintenance is a lot more than just a job that pays the bills. It is a standard of living.

"It's part of your lifestyle. You can't just go home and not think about maintenance," McCray said. "Even though you're relaxed when you get home, you still have to think about the next day's events because you want to be on your A-game every time you



Airmen 1st Class James Fulton and Steven McCray, 13th Aircraft Maintenance Unit crew chiefs, await orders from B-2 pilots during a pre-flight inspection at Whiteman Air Force Base, April 5, 2013. Pre-flight inspections help pilots and crew chiefs confirm that every B-2 is operationally ready before it lifts off the runway.

come back to work."

Whether launching a B-2 or providing routine maintenance, crew chiefs are one large part of the flightline team that keep Spirits soaring.

"At the end of the day you need AGE, you need pilots and you need crew chiefs," McCray said. "Everybody is a big piece of the puzzle on the flightline."



Airman 1st Class Steven McCray, 13th Aircraft Maintenance Unit B-2 Spirit crew chief, removes chocks before performing launch operations on a B-2 Spirit, Whiteman Air Force Base, April 5, 2013. McCray is 23 years old and has been a crew chief in the Air Force for two years.



Airmen 1st Class James Fulton and Steven McCray, 13th Aircraft Maintenance Unit crew chiefs, notify the maintenance operations center that a B-2 Spirit they just marshaled is ready for flight, Whiteman Air Force Base, April 5, 2013. Fulton and McCray are two of more than 160 crew chiefs responsible for ensuring each B-2 assigned to Whiteman Air Force Base is mission-ready.



Airmen 1st Class James Fulton and Steven McCray, 13th Aircraft Maintenance Unit crew chiefs, discuss launch operations during a pre-flight inspection at Whiteman Air Force Base, April 5, 2013. Fulton and McCray are two of more than 160 crew chiefs that are responsible for ensuring each B-2 assigned to Whiteman Air Force Base is mission-ready.



Airman 1st Class Steven McCray, 13th Aircraft Maintenance Unit B-2 Spirit crew chief, communicates with pilots during a pre-flight inspection, Whiteman Air Force Base, April 5, 2013. Crew chiefs from the 509th Aircraft Maintenance Squadron are responsible for inspecting, troubleshooting and maintaining Whiteman's B-2 Spirits, ensuring the aircraft are combat-ready to support global strike operations and nuclear deterrence.

Checking in with Airmen's Council

Airman 1st Class Shelby R. Orozco
509th Bomb Wing Public Affairs

If there is one piece of advice supervisors often give to their Airmen during initial feedback sessions, it is this – Go out and volunteer.

While this may seem easy enough to a more experienced NCO, it can be challenging for an Airman who is still new to base and struggling to meet and interact with new people.

That is where the Airmen's Council comes in.

The Airmen's Council is a beneficial resource for E-4s and below that helps Airmen with everything ranging from CLEP test study groups and volunteering at the local veterans' home to helping them organize bullets for an upcoming EPR, said Airman 1st Class Lawrence La Strape, 509th MDOS bio-environmental engineer and Airmen's Council president.

"Overall, the Airmen's Council is here to serve the Airmen," La Strape said. "We also provide an opportunity to bring Airmen together professionally and socially, as well as enhance and further develop them to maintain success throughout their careers."

The social aspect of getting to know fellow Airmen he would not normally interact with is a plus for Airman 1st Class Matthew Hines, 509th MDOS bio-environmental engineer and Airmen's Council community activities officer.

"It's a big part of Airmen's Council," Hines said. "It gives us lots of opportunities to see things in a new way."

The Airmen's Council also plans events for Airmen to partake in, such as barbecues and trips to the Lake of the Ozarks, said Airman 1st Class Lorena Guerra, 509th CEPT engineer and one of the Airmen's Council's public affairs officers.

"We're working on getting laser tag going," Guerra said. "We want to show the Airmen that there is more to do than just sit in their dorm room because they don't have a car or a means of transportation."

Another added benefit of the Airmen's

Council is getting to meet and interact with base leadership, said La Strape.

"We see how events are planned and set up," La Strape said. "It makes us want to put in more effort because we see all of their efforts and everything that goes into an event. Meeting our leadership gives us a chance to see how things are handled at their levels."

The Airmen's Council board highly encourages anyone interested in the council to contact them and get involved.

"We want all Airmen to know we are here for them," La Strape said. "We want to help them with any issues they may have, or any things they want to see at Whiteman Air Force Base or in the community. We're here to help."

If an Airman wishes to be a part of the council board, they can run for several positions. Elections are held twice a year.

"Airmen wanting to be on the board need to show consistent involvement and commitment," La Strape said. "I started off as secretary and worked my way up through volunteering and putting forth ideas when no one else would."

The Airmen's Council leadership is reflective of Airmen's priorities, said La Strape.

"The degree of involvement or isolation is dictated by the enthusiasm of the Airmen involved," La Strape said. "Airmen who take a lot of initiative, have good charisma and overall just have good leadership qualities are usually the type we look for when selecting officers."

Even though the board looks for outgoing Airmen, they do encourage everyone to step out of their comfort zones and get involved.

"The Airmen's Council ultimately aims to help, develop, defend and in any way look out for Airmen," La Strape said. "We all miss our families and we're all far from home, so we might as well stick together and help each other succeed."

The Airmen's Council holds meetings every other Thursday, with the next one scheduled for April 25, 2013. The meetings are held at 3:45 p.m. in the Professional Development Center, Room 214.

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Chiefs' Choice Award



U.S. Air Force photo/Ms. Jennifer Greene

SrA Kelsey Lehenbauer, 509th Security Forces Squadron, was awarded the Chief's Choice Award, March 21 for going above and beyond for one of her fellow Airmen and their family during a difficult situation. There were many obstacles to overcome and Kelsey was outstanding. She ensured the member's family was taken care of, provided a pass and ensured they were treated with the utmost dignity and respect. She exemplified the Air Force Core Values and her can do attitude left a positive and lasting impression on the member's family and the 509th Civil Engineering Squadron.



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Whiteman Warriors shine at Outlaws game



U.S. Air Force photos/Staff Sgt. Nick Wilson
A military working dog from the 509th Security Forces Squadron chases Staff Sgt. Amanda Cubbage, 509th SFS military working dog handler, during a demonstration for a Missouri Outlaw military appreciation game in Sedalia, Mo., April 6, 2013. The demonstration provided civilians an opportunity to see the capabilities of military working dogs firsthand.



Ceremonial Guardsman from the 509th Bomb Wing Honor Guard march onto the field to post the colors during the playing of the national anthem at a Missouri Outlaw military appreciation game in Sedalia, Mo., April 6, 2013. The Air Force participates in various sporting events to increase interest in the Air Force, stir patriotism and recruit future Airmen.

Staff Sgt. Amanda Cubbage, 509th Security Forces Squadron military working dog handler, acts as an aggressor under the supervision of Staff Sgt. Jeffrey M. Besserglick, 509th SFS military working dog handler, during a demonstration for a Missouri Outlaw military appreciation game in Sedalia, Mo., April 6, 2013. Military working dogs are trained to bite into a suspect and hold on until the handler can take control.



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Gliding back into history

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

As the enemy slept on the ground below, Waco CG-4A Gliders quietly flew across enemy lines during World War II. At Whiteman Air Force Base, volunteers have been working since 2006 to restore one of these gliders for the Air Force Museum.

Whiteman's history dates back to 1942, when the U.S. Army Air Corps decided present-day Whiteman would be the location for Sedalia Army Air Field, a training base for Waco glider pilots.

Back in WWII, 15 companies manufactured over 12,000 gliders, including Commonwealth Aircraft Corporation, which is located in Kansas City, Mo.

A man by the name of Jim Jones, who had flown a glider in the war and was a resident of Kansas City, found out about pieces of 40 gliders that had been left at Commonwealth Aircraft.

"The pieces of these 40 gliders were left to rot in a field behind Commonwealth Aircraft," said Frank McKinley, the restoration coordinator and a retired Air Force master sergeant. "There were trees and bushes growing through all the old pieces. So we brought a crew out and got all the pieces we could find and brought them back to Whiteman."

Jones then created the Whiteman Heritage Foundation, which has assisted in the funding for the project.

"Most of the funds we use come from the Whiteman Heritage Foundation," McKinley said. "Other people and organizations have also donated money or parts, and we also conduct a few fundraisers to generate funds. We are also an all-volunteer work force."

Since 2006, volunteers, mostly retired military, have been working on the restoration in the hopes that it will one day be displayed at the Air

Force Museum.

"This base was built for the glider," said Robert D. Rainey, a volunteer with the project and a retired Air Force master sergeant. "It's so important for me that it is here."

Pieces of the aircraft can be hard to find due to the fact that most were destroyed upon landing. The wear and tear on gliders can be significant due to the nature of their landing process.

"These gliders don't have landing gears or brakes," McKinley said. "The pilots would be flying in complete darkness with no motor and would have to crash-land behind enemy lines. The aircraft were immediately abandoned as the soldiers exited to begin combat."

As the gliders were used more and more, the pilots learned how to land without totaling the aircraft. This allowed the Army Air Corps to begin recycling these aircraft instead of completely abandoning them.

These gliders could carry a variety of different cargo during WWII.

"People don't understand how important these gliders were to get cargo across enemy lines to the soldiers on the frontlines," said McKinley. "They carried gasoline, oil and ammunition, and sometimes also a squad of 15 people, with all their equipment-- including 12 troops, a squad leader, a pilot and co-pilot."

To accommodate the quick exit troops needed when landing in enemy territory, the glider's cockpit used a pulley system that raised the canopy to allow a rapid exit of the aircraft, McKinley said.

The glider participated in the European, Pacific, Chinese, and Indian theaters during WWII.

Americans continued to manufacture, assemble and fly gliders until the end of the war in May 1945.

To volunteer, or to find out more information about this incredible aspect of Whiteman history, contact Mr. McKinley at (660)-687-4421.



Gary White, Waco glider restoration project volunteer, places a part onto the body of a Waco CG-4A glider at Whiteman Air Force Base, Mo., April 2, 2013. All restorations done on the aircraft have been completed by an all-volunteer force.



Gary White, Waco glider restoration project volunteer, glues pieces of wood together and lets them dry at Whiteman Air Force Base, Mo., April 2, 2013. The U.S. Army Air Corps stopped production of the Waco CG-4A glider at the end of World War II.



ABOVE: Gary White, Waco glider restoration project volunteer, cuts a piece of wood to measurement at Whiteman Air Force Base, Mo., April 2, 2013. Volunteers began restoring the Waco CG-4A glider in 2006.

RIGHT: Gary White, Waco glider restoration project volunteer, marks a piece of wood while working on the Waco glider at Whiteman Air Force Base, Mo., April 2, 2013. The Waco CG-4A glider was the most widely used U.S. troop/cargo glider of World War II.



Gary White, Waco glider restoration project volunteer, cuts a piece of wood to measurement at Whiteman Air Force Base, Mo., April 2, 2013. The Waco CG-4A glider being restored on base belongs to the Air Force Museum.



Waco glider restoration project volunteers work on a variety of parts at Whiteman Air Force Base, Mo., April 2, 2013. Whiteman was originally named Sedalia Army Air Field and was originally used as a training base for Waco glider pilots.

Civil Air Patrol: Inspiring tomorrow's leaders

Story and photo by Heidi Hunt
509th Bomb Wing Public Affairs

For more than 72 years, Civil Air Patrol has been preparing young adults for a future in emergency services, aerospace and leadership positions. Seven years after CAP was created in 1948, the organization became America's first civilian official auxiliary of the United States Air Force.

Approximately 19,000 cadets and 34,000 adult volunteers make up CAP nation-wide. They wear the Air Force uniform, but with distinctive CAP emblems and insignia.

Civil Air Patrol units operate in all 50 states, Puerto Rico and the District of Columbia, but one master sergeant from the 509th Comptroller Squadron has invested more than 20 years with the local Sedalia Cadet Squadron (SCS).

"I joined CAP in 1992 when I was a young Airman stationed here at Whiteman," said Master Sgt. William Sander, 509th CPTS financial services superintendent.

Currently, Sander is the SCS Group 3 commander and is responsible for four units in the north-central region of Missouri. The four units are the SCS, Saline County Composite Squadron, Central Missouri Composite Squadron and Morgan County Flight.

"My unit is a group headquarters with seven adults and I also assist with the squadron's programs, as they are my home unit," Sander said. "They also have seven adult instructors, as well as 12 cadets."

Sander added that Whiteman is host to both Missouri's state headquarters and acts as the Civil Air Patrol-U.S. Air Force liaison office.

Civil Air Patrol provides numerous leadership and training opportunities for young men and women. Each cadet engages in search and rescue team missions, receives aerospace education, and takes part in character

and leadership development opportunities. Cadets also strive to be productive members of society by fostering CAP activities at the local, state and national level.

The Sedalia Cadet Squadron also assists with the Experimental Aircraft Association Young Eagles program at the Sedalia Municipal Airport, with set-up and tear down for the Scott Joplin Festival, and various activities to foster the Pettis County United Way, the squadron's benefactor, said Sander.

Cadets who join can expect a three-hour commitment per week, with a couple of additional weeks commitment in the summer.

Cynthia, 14, said she enjoys attending Civil Air Patrol and said she learns a lot each time she comes. She said her favorite part is being part of a unique group and experiencing things that many of her peers do not.

"There's no other youth organization in the United States that fosters leadership development, aerospace education, physical fitness, emergency services and community activities," Sander said. "These days it's difficult to compete with video games, sports and television."

The CAP Cadet Program is an excellent program that prepares young adults to be of service to their community, state and nation, said Sander.

Anyone interested in joining CAP can attend a unit meeting. After three meetings as a visitor, individuals may apply for membership. For more information about CAP, log on to gocivilairpatrol.com or call 877-227-9142.

Camren, 15, and Jeremiah, 14, members of the Sedalia Civil Air Patrol squadron, raise the U.S. flag prior to their weekly meeting, March 28, 2013, in Sedalia, Mo. Interested individuals can learn more about opportunities available and membership eligibility during the squadron's weekly Thursday meetings from 6:30-9 p.m.



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Month of the Military Child begins!

Story and photo by
Airman 1st Class Keenan Berry
 509th Bomb Wing Public Affairs

Every April the Department of Defense celebrates the Month of the Military Child. During this month, the DOD recognizes the support of, and sacrifices made by, military children across all services.

Since 1983, the DOD has recognized military children for the support they provide to their families, said Connie Morton, Youth Center lead recreation specialist. Overall, there are approximately 1.8 million children of Airmen, Soldiers, Sailors, Marines and Coast Guard personnel.

“Military children are an important part of their military parents because they stand by them, they’re proud of them, they recognize their sacrifices and they take on additional responsibilities to assist with the needs of their families,” said Morton.

There are many upcoming events at the Youth Center that will bring joy, laughter and happiness to families.

The Youth Recognition Ceremony is a free event April 19, 2013 from 4-5 p.m., for children ages 13-18. Sign up for the event by April 17, 2013. This event recognizes youth for the different programs they participate in at the

Youth Center.

The Month of Military Child Family Fair is a free event that will be held from noon-6 p.m. at Ike Skelton Park, April 20, 2013. There will be bounce houses, free food, a petting zoo, carnival booths with prizes and more!

Additionally, America’s Armed Forces Kids Run begins at 8 a.m. at Ike Skelton Park May 11, 2013. Sign-ups for the event begin on April 22, 2013. This is an annual event offered to youth that focuses on fitness and fun.

“The Youth Center is a good place for children to come and have fun”, said Morton. “Kids learn, socialize with their peers and take part in activities and programs.”

Summer calendars will be available for pick-up at the Youth Center on April 27th.

For more information on events or to participate in any activities/clubs, please contact the Whiteman Air Force Base Youth Center at 660-687-3198.

Jamie Williams, Dickerson Park Zoo handler, presents a male golden eagle at the Youth Center on Whiteman Air Force Base, Mo., April 1, 2013. Golden eagles use their agility and speed, combined with powerful talons, to snatch up a variety of prey.



Whiteman supports Royals' Opening Day



U.S. Air Force photo/Ms. Jennifer Greene

ABOVE: Airmen from Whiteman Air Force Base present the American flag during the singing of the National Anthem at the Kansas City Royals’ home opener April 8, 2013. The Royals won 3-1, scoring all three runs in the bottom of the 8th inning to come from behind and clinch the victory.

BELOW: Airmen from Whiteman Air Force Base hold the flag during the National Anthem preceding the Kansas City Royals’ home opener April 8, 2013. More than 100 Airmen were privileged to be part of the ceremony.



U.S. Air Force Photo/1st Lieutenant John Cooper

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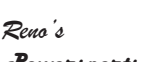
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Checking out the Bod Pod



U.S. Air Force photo/Staff Sgt. Jason Huddleston

Staff Sgt. Krystal Foster, 509th Medical Operations Squadron diet therapy technician, conducts a Bod Pod test for Mrs. Pamela Hust. The Bod Pod is a reliable and easy way to measure the amount of fat present in the body, as it displays an individual's level of both body fat and lean mass.

By Staff Sgt. Alexandra M. Boutte
509th Bomb Wing Public Affairs

Waking up early to exercise is not a strange concept for many Airmen stationed at Whiteman Air Force Base, Mo., so it is no big stretch for Airmen to make time early in the morning to head over to the Health and Wellness Center and hop into the Bod Pod.

Though the Pod slightly resembles a futuristic alien spaceship, with its egg shape and round window, it is actually a reliable and easy way to measure the amount of fat present in the body.

Before the Bod Pod, fitness experts measured body composition using the waist-taping process and body mass index.

"Most people rely on a scale to determine if they lose weight," said Staff Sgt. Krystal Foster, 509th Medical Group diet therapy technician. "The Bod Pod tells you just how much body fat and lean mass make up your weight."

According to research conducted and compiled by the American College of Sports Medicine and the American Council on Exercise, the Bod Pod and underwater weighing have comparably accurate results—the two usually agree within one percent. The Bod Pod, however, is a much easier measurement method.

No single investment pays off better than regular exercise.

"We have a lot of repeat users of the Bod Pod," Foster said. "People may not get the results they were hoping for, but it is a great tool for tracking progress and helping people with weight loss."

Mrs. Pamela Hust, whose husband is Tech. Sgt. Casey Hust from 509th Aircraft Maintenance Squadron, has used the pod to log her progression of diet and exercise.

Hust first used the Bod Pod in November 2012 and received a follow-up last week.

"I am pretty neutral with my results," Hust said. "I was somewhat disappointed as I have been training for a marathon and doing additional weight training, so I had hoped for a larger difference."

Hust exercises five to six days a week, including three days of running, two days of cross-training and two to three days of weight training. She has also increased her protein consumption and maintains an ideal calorie intake most days.

"My goal is to lose 20 pounds and lower my body fat percentage by 15-20 percent," Hust said. "This is still a work in progress, but I feel very motivated to reach my goal through exercise and

healthy eating."

Foster explains the pod has the accuracy to detect even small changes in body composition and provides feedback that can be used to measure the effectiveness of fitness and nutrition programs, track the progression of diseases or fine-tune top athletic performance.

Patients are expected not to exercise, eat or drink for two hours prior to their Bod Pod assessment and should use the restroom before testing.

Test takers are also required to wear spandex shorts and for females, a sports bra. A swim cap will be provided by the HAWC. The reason for the form-fitted clothing and swim cap is so that the body's volume displacement is not distorted by loose clothing.

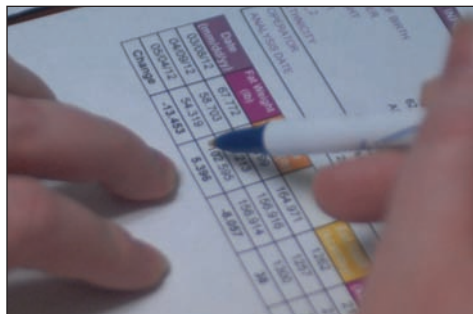
The process usually takes about 10 minutes.

According to the official Bod Pod website, once the subject's mass and volume are determined, body density is calculated and relative proportions of fat and fat-free mass are determined.

The patient is handed printed results stating his or her body composition, including the fat and fat-free mass percentage and weight. It also provides the body-fat rating, with an explanation and energy expenditure results based on daily activity level, which patients provide during an initial session with HAWC members.

The Bod Pod is available for Service members, dependents, retirees and all base personnel every Tuesday and Thursday, with walk-in times from 8-11 a.m.

For more information, call the HAWC at 660-687-3936.



U.S. Air Force photo/Staff Sgt. Jason Huddleston
Staff Sgt. Krystal Foster, 509th Medical Operations Squadron diet therapy technician, calculates total fat-free mass gained and fat mass lost from a Bod Pod result sheet. The pod result sheet includes total body mass, body fat mass percent, fat-free mass percent, body fat in pounds, fat-free mass in pounds and a body fat rating.

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MONDAY 4/15

Seniors Bowling-10am-1pm- Bowling Center
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WEDNESDAY 4/17

Boss & Buddy-Starts at 4:30pm- Mission's End
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FRIDAY 4/19

Superhero Night- 8pm-1am- Mission's End
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131st recruiters recognized for excellence



National Guard Photo/Senior Master Sgt. Mary-Dale Amison

The 131st Bomb Wing Missouri Air National Guard Recruiting Team stands proudly with two wing award winners recognized for excellence at Whiteman Air Force Base, April 6, 2013. 131st Student Flight Leader, Master Sgt. Nicholas Eyman, received the "Outstanding Service Award" for exceptional efforts mentoring, instructing and supervising about 100 new enlistees. Tech. Sgt. Jason Jones received Missouri's Top Recruiter Award, with 62 accessions during FY 12. Also pictured: Master Sgt. Melissa Lakin, 131st recruiter supervisor; Tech. Sgt. Krista Krause, and Tech. Sgt. David Greenberg.

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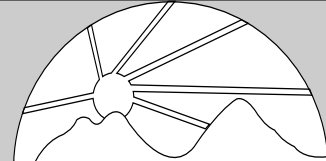
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Chamber of Commerce—2nd Thurs. of each month.
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Masons—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM
Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church
Knob Noster Board of Aldermen—1st & 3rd Tues. each month - Basement of City Hall
Whiteman Area Piecemakers Quilt Guild—3rd Thurs. each month 7 p.m. - Methodist Church
AMVETS—Membership Dinner 1st Tues. each month 6 p.m. - AMVETS Building

VFW—1st Fri. each month 7 p.m. - VFW Building
VFW Auxiliary—1st Fri. each month 7 p.m. - VFW Building
Boy Scouts - Troop 509 Methodist Church
Cub Scouts - Pack 405 Bill Sander 687-1154
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