

WARRIOR



Vol. 4 No. 18
May 10, 2013

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Former 131st commander promoted to brigadier general

By Sgt. Jacqueline Courtney
Missouri National Guard Public Affairs

JEFFERSON CITY, Mo. -- Gregory S. Champagne was promoted to brigadier general during a ceremony held at the Ike Skelton Training Site here May 4, 2013.

Champagne, a 30-year Service member and the previous commander of the 131st Bomb Wing at Whiteman Air Force Base, Mo., has been serving as the assistant adjutant general-air of the Missouri Air National Guard since February.

Champagne is responsible for strategic planning of Air National Guard operations to ensure mission viability for the Missouri Air National Guard force structure. He also assists Adjutant General Maj. Gen. Steve Danner in the implementation of plans and policies affecting an airlift wing, bomb wing, air operations group, Advanced Airlift Tactics Training Center, air traffic control, combat communications squadrons and other support missions and programs.

"Thank you so much for the opportunity to lead 2,500 of our Airmen," said Champagne to Danner. "The leadership we have in the Air Guard is the best I've ever seen, and there's no doubt in my mind that we'll be able to rise to expectations and exceed them."

During the ceremony, Danner presented Champagne with a special flag. This flag, signifying the presence of a brigadier general, will be present at all official military functions attended by Champagne and will be displayed in Champagne's office.

Champagne began his career in the Missouri Air National Guard when he received his commission through the Academy of Military Science. He then continued through formal F-4 Phantom navigator and



Missouri National Guard photo/Sgt. Katherine Sale
Spouse Cheri Champagne and father Richard Champagne proudly pin silver stars onto newly promoted Brig. Gen. Greg Champagne's uniform jacket, at Ike Skelton Training Site, May 4, 2013. Champagne, most recently 131st Bomb Wing, Missouri Air National Guard, wing commander, assumed the role of Assistant Adjutant General for Air at Missouri National Guard State Headquarters in Jefferson City.

pilot-training courses. In 1991, he transitioned to the F-15 Eagle.

In addition, Champagne achieved combat-mission ready status in the B-2 Spirit in 2008. His previous assignment as the commander of the 131st Bomb Wing was unique, as he led the National Guard's only B-2 unit and provided nearly 1,100 combat-ready Airmen for both state and federal missions.

Champagne has served in numerous flying positions as both an instructor pilot and commander, and has a broad background of experience with assignments in flying operations, logistics, aircraft maintenance, a National Guard Bureau staff assignment, and

wing staff positions. He has logged more than 3,400 flight hours, including combat missions in Operations Provide Comfort and Southern Watch. He also commanded the 407th Air Expeditionary Group at Tallil Air Base, Iraq, in support of Operation Iraqi Freedom.

For more information about the Missouri National Guard, please visit www.moguard.com and our social media sites: www.facebook.com/Missouri.National.Guard; www.twitter.com/Missouri_NG; www.youtube.com/MoNationalGuard; www.myspace.com/missouri_ng; www.flickr.com/photos/missouriguard; www.moguard.com/blog; www.pinterest.com/monationalguard/

SecDef calls for culture of dignity, respect

By Jim Garamone
American Forces Press Service

WASHINGTON (AFPS) -- Allegations of misconduct against an Air Force officer in charge of the service's sexual assault prevention and response effort underscored the importance of Defense Secretary Chuck Hagel's effort to prevent sexual assault across the military.

Hagel began his Pentagon news conference Tuesday by discussing the incident in which the officer was arrested by Arlington County police and charged with sexual battery. "He's been removed from his position pending the outcome of this investigation," the secretary said. "We're all outraged and disgusted over these very troubling allegations."

Hagel called sexual assault "a despicable crime" and said it is a serious challenge to the department. "It's a threat to the safety and the welfare of our people and the health, reputation and trust of this institution," he said.

He shifted to the annual report on sexual assault within the military the department delivered to Congress today. "This department may be nearing a stage where the frequency of this crime and the perception that there is tolerance of it could very well undermine our ability to effectively carry out the mission and to recruit and retain the good people we need," he said. "That is unacceptable to me and the leaders of this institution. And it should be unacceptable to everyone associated with the United States military."

Hagel called for a cultural change in the military with respect to sexual assault. He announced initiatives so "every



service member is treated with dignity and respect, where all allegations of inappropriate behavior are treated with seriousness, where victims' privacy is protected, where bystanders are motivated to intervene and where offenders know that they will be held accountable by strong and effective systems of justice."

Hagel wants leaders to take this seriously and stressed the department will hold them responsible for putting in place programs to prevent sexual assault and to treat victims of the crime with compassion and justice.

THE WARRIOR

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

On the cover

U.S. Air Force photo/Heidi Hunt
Staff Sgt. Brandon Rodriguez, 509th Force Support Squadron Fitness Assessment Cell assistant NCO in charge of fitness, runs around the Whiteman Air Force Base track, May 1, 2013. Rodriguez is an avid runner and practices proper technique to get the most out of his runs.

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.

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

WEATHER

Today	Saturday
Chance of Showers	Mostly Sunny
Hi 65	Hi 67
Lo 55	Lo 49
Sunday	Monday
Sunny	Sunny
Hi 61	Hi 71
Lo 41	Lo 43

My welcome message to Team Whiteman

By Col. Hubert Hegtvedt
442nd Fighter Wing Commander

I am thrilled to be a Missourian. Originally from rural Minnesota, I was ready for a move back to the Midwest after spending the last few years at Headquarters Air Force Reserve Command, Robins Air Force Base, Ga. Along with me, my wife Camille and our three daughters are all excited to be part of Team Whiteman.

While in Georgia, I was the chief of the programs division, directorate of strategic plans, program and requirements. I led the activities of program development, total force integration initiatives and strategic basing for 66 locations and 350 aircraft.

Now, I am extremely lucky to command the premier fighter wing in the Air Force Reserve. The 442nd has a rich history dating back to World War II, and it's an honor to be leading such a talented group of citizen-Airmen. In these fiscally challenging times, I plan to use my budgetary and planning back-



Col. Hubert Hegtvedt

ground to make meaningful decisions about how we use our resources to benefit both the federal government and our local Airmen.

We have a booming new TFI effort with our active-duty association, and I plan to continue promoting that effort and improving the process through training deployments and day-to-day operations. With an active-duty and Reserve background, combined with extensive experience in TFI, I appreciate the value in working alongside other Reserve components and active-duty Airmen.

Our unit is one of the most highly trained forces in the Air Force Reserve, and I plan to continue to demonstrate our combat capability through successful training exercises and air expeditionary force deployments.

This wing has already developed a strong relationship with the 509th Bomb Wing, the 131st Bomb Wing Air National Guard and the local community. We will continue to strengthen that relationship, to include increased joint efforts to better our nation and Whiteman Air Force Base.

I look forward to our upcoming time here as an integral part of Team Whiteman.

Snow day in May



U.S. Air Force photo/Airman 1st Class Shelby R. Orozco

Snow blankets Whiteman Air Force Base, Mo., May 3, 2013. The several inches of snow that accumulated in north-central Missouri May 3 marked the first time it had snowed in the region in May in the last 106 years.

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

David Easley
509 Bomb Wing Historian

May 13, 1995: The Air Force named the sixth operational B-2 (tail number 89-0127) "The Spirit of Kansas." When the B-2 returned from its naming ceremony, the 509th named one of its T-38s (tail number 67-4845) "The Spirit of Knob Noster." The Spirit of Kansas was destroyed in an accident at Andersen Air Force Base, Guam, on February 23, 2008.

May 15, 1996: The eleventh operational B-2, "The Spirit of Oklahoma" (tail number 93-1085) arrived at Whiteman AFB, MO, for duty with the 509th BW. This marked another im-

portant milestone in the B-2 program -- it was the first Block 20 series aircraft to arrive at Whiteman. The aircraft featured improvements in avionics, GPS-aided munitions and terrain-following software. All existing Block 10 aircraft were later retrofitted with these upgrades.

May 16, 1994: "The Spirit of Missouri" flew to Andrews AFB, Md., as part of ACC's Power Projection Day. This marked the first time a 509th B-2 landed somewhere other than Whiteman AFB.

Striker Half Marathon — register today!



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

On May 11, 2013, Whiteman Air Force Base, in conjunction with Air Force Global Strike Command and the 509th Force Support Squadron, will hold the Striker Life Half Marathon, 10K and 5K. All three races will begin at 8 a.m. at Ike Skelton Park and will participate in a loop course that allows participants to run on portions of Whiteman's runways and taxiways. Members interested in participating have until 3 p.m. today, May 10, 2013 to register for the events. Runners will have to pay a fee of \$5 to participate in the 5K, \$30 to participate in the 10K and \$45 to participate in the 13.1 mile half

marathon. Participants will receive a T-shirt, race number and gifts from race sponsors. Half marathon participants will also receive a medal. The race scoring will be separated by age group, with groups consisting of 15 years and under, 16-29, 30-39, 40-49, 50-59 and lastly 60 and up. There will be refreshments served at the post race party and all money raised will be donated to the Boston Marathon Relief Fund.

The Arnold Gate will be closed to both inbound and outbound traffic from 8 a.m. to 9:30 a.m. and the Lemay Gate will be closed to both inbound and outbound traffic from 8 a.m. to 11 a.m. in support of the events. The Spirit Gate will be fully operational; please plan accordingly.

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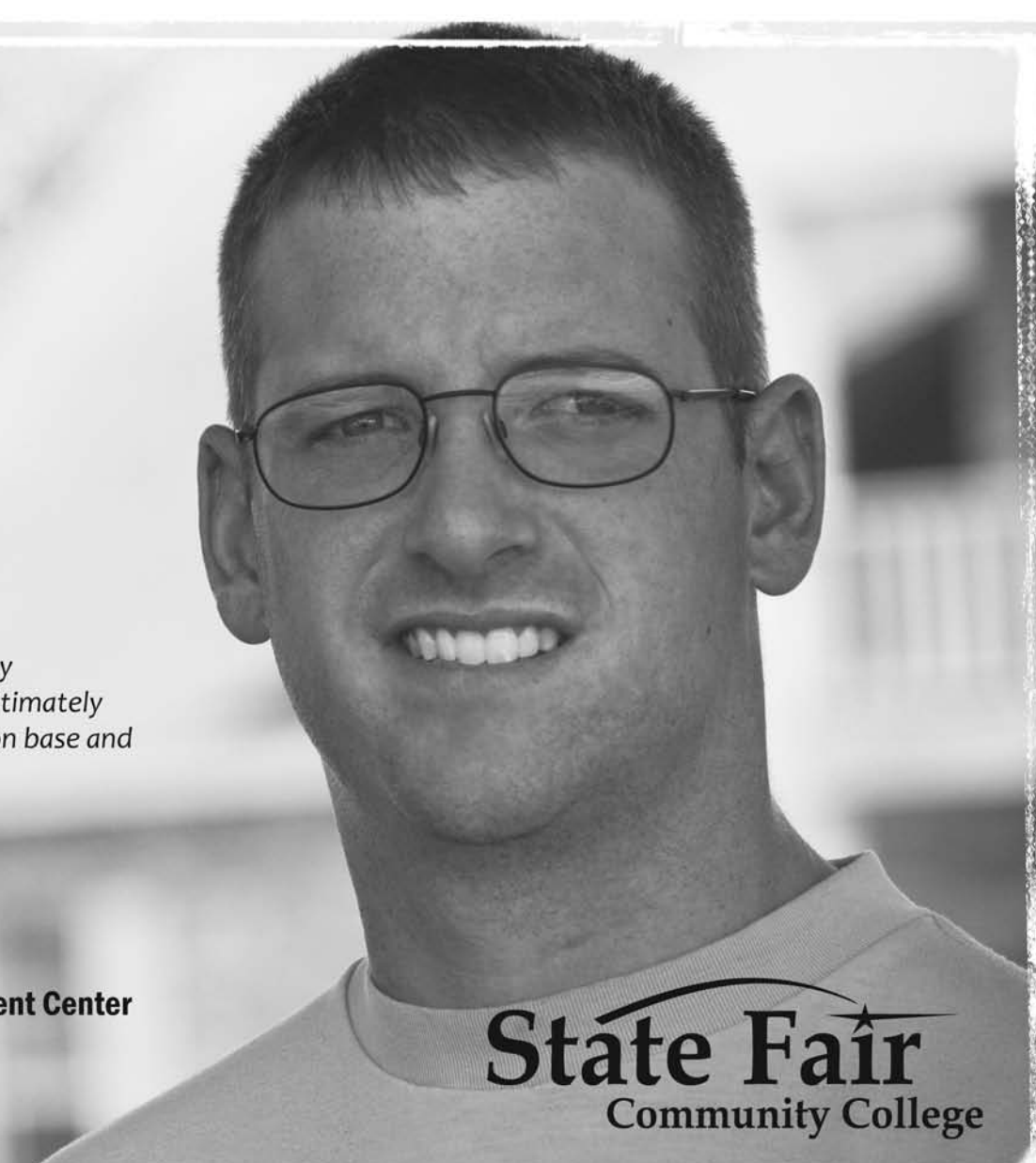
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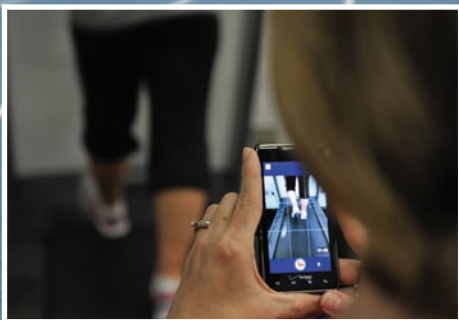
State Fair

Community College



Are you sabotaging your run?

Running clinic offers a 'leg up' for Airmen



Angela Anderson, 509th Medical Operations Squadron Health and Wellness Center exercise physiologist, records a participant walking on treadmill, May 1, 2013 at the Whiteman Air Force Base Fitness Center. Health and Wellness Center personnel use both the track and the treadmill to provide training and tips to runners.



Different styles of running shoes abound in today's market. Since everyone's feet are different, purchasing the right shoe is an essential key to maximizing run performance.



Angela Anderson, 509th Medical Operations Squadron Health and Wellness Center exercise physiologist, records the run of Staff Sgt. Krystal Foster, 509th MDOS HAWC NCOIC, during a running clinic May 1, 2013, at Whiteman Air Force Base, Mo. Anderson uses video to analyze each participant's run so they understand how to properly train.

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

(Editor's note: This is part one of a two-part series about the 509th Medical Operations Squadron Health and Wellness Center and highlighting National Physical Fitness and Sports Month.)

It would be easy to say that running helps Airmen stay fit to fight, and that exercise helps support the mission by the same means, but, without the necessary knowledge of proper performance, both physiologically and mechanically, a runner could be sabotaging his or her efforts.

Angela Anderson, 509th Medical Operations Squadron Health and Wellness Center exercise physiologist, works to educate Airmen as they work toward becoming efficient runners.

"The first priority would be for individuals to build an aerobic base," said Anderson. "I have individuals slow down their training."

Building an aerobic base is not something that can be done two weeks prior to a fitness assessment, and Airmen should be actively training year-round, said Anderson.

She suggests training versus trying.

"Athletes train, they don't try," Anderson said. "Members need to be training to pass their fitness assessment, not trying. I encourage members to create a training program which includes endurance building, strength training and form drills."

Anderson also recommends runners use a heart rate monitor, talk test or a rate of perceived exertion chart (RPE) to measure exercise intensity.

"I have runners slow down their training by using the '180 minus your age formula,'" Anderson said. "This al-

lows our bodies to make progressive adaptations without creating injury. Too much, too fast or too hard and too soon, otherwise known as the 'terrible toos,' can create injury or burnout."

Those who are unsure if their running form may be counterproductive should consider attending the running clinic sponsored by the HAWC. Participants will learn about strength training, proper stretching and healthy eating habits, and also receive personalized tips on improving their performance.

"Running form is also individualized," Anderson said. "The whole idea is that we progress toward becoming an efficient runner. I look at arm swing, lean from ankle, strong core, cadence, gaze at the horizon, vertical oscillation, wasted energy and more."

During the running clinic, Anderson uses a sports video analysis application to analyze how members move on a treadmill as well as the track.

Another factor that could be jeopardizing a runner's peak performance is what type of shoe they use to train.

"My shoe philosophy is similar to my exercise philosophy —there is no bad exercise, just bad exercises for certain people," Anderson said. "A shoe prescription has to be individualized and utilized progressively. I do believe barefoot or minimalist shoes encourage a mid-foot or forefoot strike, just for the mere fact that heel-striking hurts without the cushion."

Everything Anderson teaches, whether it be running endurance, footwear or healthy eating, is all linked to one theory —it is a process, not an event.

"Change takes time, our bodies need to adapt and we have to psychologically change our mind set," Anderson said.

Anderson suggests that people can learn valuable les-

sons from watching young children run because they have beautiful form.

"Their feet are not Westernized, meaning they still have a wide-toe spread, unlike many adults, who squish their feet into small toe-box shoes," Anderson said. "Children build their aerobic endurance through play—another tip we can take from a child."

"Don't be too rigid in your training plan. Remember to play," Anderson said.

Staff Sgt. Tiffani Lawter, 131st Bomb Wing Missouri Air National Guard recruiting administration assistant, said she learned through attending the running clinic that she crossed her arms over her chest while running, which was just energy wasted.

"Angela pointed out that arm swing should not cross over your body and should swing from mid-chest to hip," said Lawter. "Additionally, I was very interested in becoming a barefoot runner and she sent me a list of transition shoes and the zero heel-drop shoes and gave me the directions to slowly get myself to my goal without causing injury to my feet."

Lawter said the running clinic was definitely an eye opener for her and has given her more knowledge on how to be an efficient runner. During her fitness assessment, Lawter kept in mind the tips that Anderson gave her. Her mile-and-a-half time went from about 15 minutes to 12:41.

"It was incredible and from this point, I only want to get better and continue to improve my running," Lawter said.

The running clinic is offered the third Tuesday of each month at 1 p.m. To register, call the Whiteman HAWC at 660-687-7662 or check out Whiteman HAWC on Facebook.

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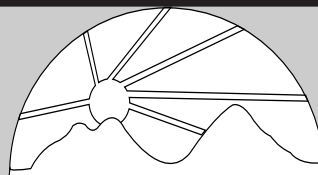


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From the Frontlines EOD: Concentrated under stress



U.S. Air Force courtesy photo

Senior Airman Robert Sutton, 509th Civil Engineer Squadron explosive ordinance disposal journeyman, deployed to Helmand Province, Afghanistan, from September 2012 to March 2013. While embedded with a Marine unit, Sutton worked with a team of Air Force EOD members to ensure the Marines were safe from IEDs.

By Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

As dozens, hundreds, of bullets, rocket-propelled grenades and mortars engulf a platoon of Marines, one man keeps his focus while disarming an improvised explosive device.

That man is Senior Airman Robert Sutton, 509th Civil Engineer Squadron, explosive ordinance disposal journeyman.

Sutton was deployed to Helmand Province, Afghanistan, from September 2012 to March 2013. While embedded with a Marine unit, Sutton was a key member of his deployed team.

"My job was route clearance for most of the missions I went on," Sutton said. "Myself and three other EOD team members were driving in front of a convoy, clearing the path for them to keep them safe from IEDs."

If Sutton and his teammates saw something that looked like a bomb buried in the sand, or they found something with their EOD robot, they neutralized the threat immediately.

"Driving the robot was my most important job," Sutton said. "The robot helps keep IEDs at a safe distance in case they blow up."

After discovering an IED, Sutton and his team would dispose of the explosives by blowing them up and then pick up the remaining debris for evidence.

Most of the bombs he discovered were home-made, triggered by compression and motion, Sutton said.

"Since insurgents like to keep their bombs simple and cost-effective, the bombs were mostly pressure plates designed to explode as the truck rolls over them," Sutton said. "They were mainly targeting our vehicles and didn't focus as much on troops on the ground."

Sutton said that pressure-plated bombs caused negative effects not only for U.S. forces, but also for innocent civilians.

"Unfortunately, sometimes the bad guys get their civilians, too," Sutton said. "The weapons are so sensitive that if a child on a bike rides by, the bomb could go off. We're trying to stop them because they're taking risks like that."

Sutton said that if his EOD team was not embedded with the platoon, then the Marines would have had to sit and wait for hours or days for a team of trained technicians to come from the main base to disarm an IED every time they discovered one.

"The Marines integrated us in because they're short on EOD specialists," Sutton said. "Once they find an IED, they don't have the training on the procedures to take. So with my EOD team helping out, we were able to neutralize threats on the spot, allowing the Marines to move forward with their mission."

A typical day for Sutton included waking up at 4:30 a.m., eating chow and working 12-, sometimes 16-, hour shifts.

"Sadly enough, I spent the majority of my days riding in a Humvee at two to five kilometers per hour, literally clearing each foot of the road," Sutton said. "On some

See Frontlines, page 12

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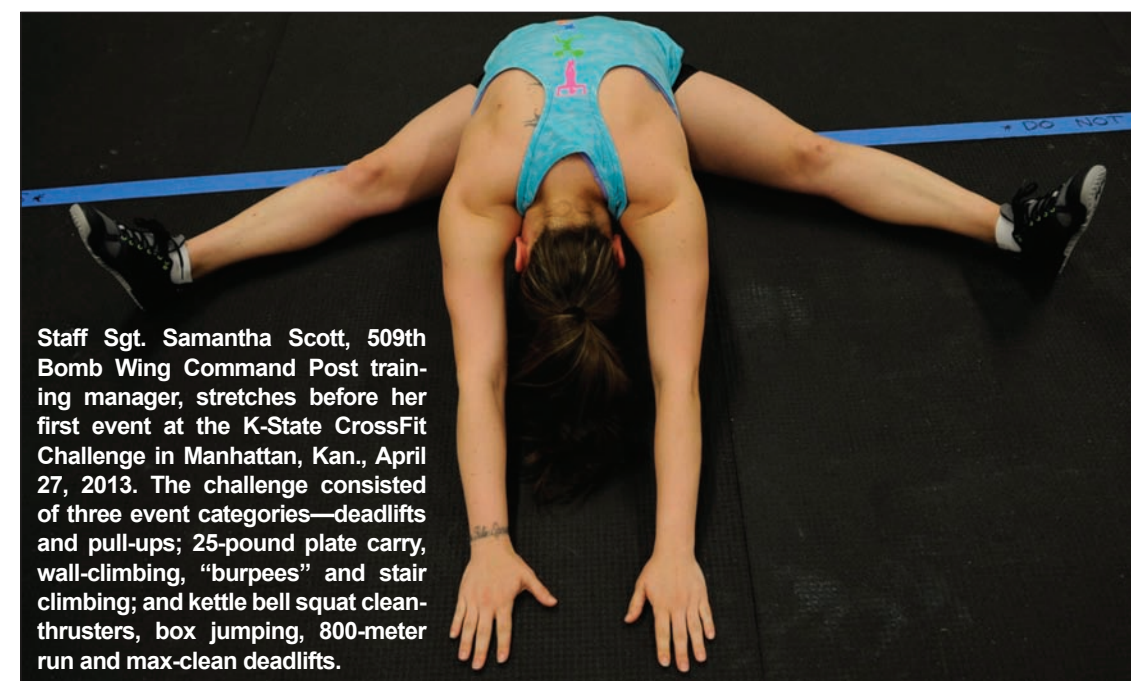
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Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post senior emergency actions controller, performs a max clean deadlift as her last event in the K-State CrossFit Challenge in Manhattan, Kan., April 27, 2013. She placed third overall in the women's scaled division.



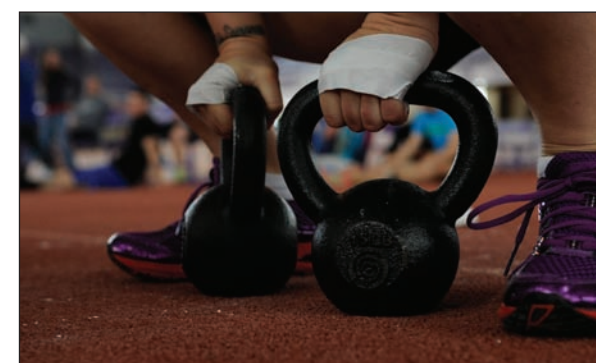
Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post training manager, takes a breather after finishing her second event—stair running and “burpees”—during the K-State CrossFit Challenge in Manhattan, Kan., April 27, 2013. She placed third overall in the woman's scaled division.



Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post training manager, stretches before her first event at the K-State CrossFit Challenge in Manhattan, Kan., April 27, 2013. The challenge consisted of three event categories—deadlifts and pull-ups; 25-pound plate carry, wall-climbing, “burpees” and stair climbing; and kettle bell squat clean-thrusters, box jumping, 800-meter run and max-clean deadlifts.



Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post training manager, and her teammate race with 25-pound plates across a football field during the K-State CrossFit Challenge in Manhattan, Kan., April 27, 2013. After dropping the weights, the participants ran the bleachers eight times, doing “burpees” between each set.



Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post training manager, prepares to use kettlebells during the last event at the K-State CrossFit Challenge in Manhattan, Kan., April 27, 2013. The event consisted of kettlebell squat clean thrusters, box jumping, an 800-meter run and deadlifts.



Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post training manager, shows off her blisters formed during her weighted bar and pull-ups exercises during the K-State CrossFit Challenge in Manhattan, Kan., April 27, 2013.



Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post training manager, races with 25-pound plates across a football field during the K-State CrossFit Challenge in Manhattan, Kan., April 27, 2013. After dropping the weights, the participants ran the bleachers eight times, doing “burpees” between each set.



Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post training manager, box jumps during the third event of the K-State CrossFit Challenge in Manhattan, Kan., April 27, 2013. After the box jumps, she ran 800 meters around the track and performed the deadlift exercise.

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509th Airman challenges mind and body

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

She pushes the snooze button three times. Despite her desire to sleep, today is one of the biggest fitness challenges of her life.

Staff Sgt. Samantha Scott, 509th Bomb Wing Command Post training manager, is competing in her first local CrossFit competition.

Samantha wakes up Saturday, April 27, at 4:15 a.m. to begin her drive to Manhattan, Kan. for the first annual K-State CrossFit Challenge.

Scott's passion for CrossFit began in December 2012.

“I wanted to challenge myself,” she says. “I was tired of the same weight-lifting and running routine. I wanted to step outside of my comfort zone and learn something new.”

Workouts are typically short—20 minutes or fewer—and intense, demanding all-out physical exertion. They combine different challenges using equipment such as gymnastic rings, pull-up bars, jump rope, medicine balls, kettle bells and boxes for jumping. The workouts also include weightlifting, powerlifting, running and endurance, and various exercises to facilitate mobility and recovery.

Samantha works about five to six times a week, an hour or two a day, depending on her schedule.

“I want to be able to do all the prescribed workouts at the prescribed weights,” Samantha says. “I basically want to better myself, build muscle and lose the bad body fat.”

Once she arrives at the gym, she prepares for the various workouts her coach has programmed for her and her fellow CrossFitters to complete. She warms up, sets her station up. The coach starts the timer and Samantha and her teammates begin the intense workout.

One day's workout can consist of 50 double-unders, (in which the individual jumps rope and aims to have it pass underneath his or her feet twice in one jump), run 400 meters, complete nine deadlifts, run another 400 meters, seven deadlifts, run 400 meters, 5 deadlifts and finally finish with 50 double-unders.

There are always prescribed weights for the lifts; however CrossFitters can scale it down to what they are able to do Scott explains. This enables participants to progress, both mentally and physically.

“I always, always feel better after a workout,” Samantha said. “Even if I walk in there knowing I don't feel like doing this today or I am sore, I walk out of there feeling 10 times better than when I walked in especially when I set a personal record that day.”

She pushes herself to the maximum extent possible in every workout. “Can't” is not a word used in the “box” or gym.

Samantha's efforts have already paid dividends, as she placed 1,967th in the North Central Region at the CrossFit Open earlier this year.

“I have only been doing CrossFit for about six months,” says Samantha. “It makes me feel awesome.”

During the K-State Challenge last month,

Samantha was very nervous. She had never competed in front of anyone outside of her “box.”

“I only ever competed against myself,” she says. “I didn't want to make a fool of myself. I actually put out how nervous I was on Facebook and I had so many responses of encouragement, it amazed me. It really helped calm my nerves.”

Samantha was happy, surprised and impressed she placed third in the women's scaled division during the competition.

With her CrossFit passion comes a love-hate relationship. She loves going to the gym because of the people and her coach.

“Everyone is so inviting,” she says. “Even the people I did not know. Everyone is very encouraging, willing to help and always cheering each other on. My coach keeps me motivated and moving forward.”

She also learns how far to push her body and mind during her days at the box.

“It's not about who finishes first or with the most weight,” Samantha says. “It is about finishing period—bettering you. Everyone cheers for you; every single person wants you to finish the complete workout.”

Even though she loves her newfound community and fitness routine, it certainly still provides challenges, however.

“It does take time away from my family; however, I need that time,” she says. “It is my time—time where I am not Staff Sgt. Scott, a wife or a mommy. I get to just be Samantha and focus on myself.”

Although she is married to a military

member, the couple works everything out to keep their family together. Everyone needs an outlet, something to do or some kind of hobby.

“We are able to work things out fairly easily,” said Tech. Sgt. Roger Scott, Samantha's husband and a member of 509th Security Forces Squadron. “For me, sports is my outlet, and I believe Samantha's found hers. It is that break every couple needs.”

Samantha agrees that her outlet is CrossFit.

“Knowing I have an outlet for stress and anger helps me keep calm in stressful situations I could and sometimes do deal with on a daily basis,” she says. “It keeps me combat-ready, too. I have never been more fit than I am right now. I know if I was given a physical fitness test today, there is no doubt in my mind I would pass with above a 90 percent.”

Roger is extremely proud of how far his wife has come, and what she has been able to accomplish in the last six months.

“I don't think I have ever seen her this motivated and driven to do something,” he says. “Samantha is completely focused. I am extremely proud of her. She's done an amazing job and has come a long way since she has started.”

For Samantha, the benefits of CrossFit are clear.

“CrossFit is important to me because of the way it makes me feel,” Samantha says. “It makes me a better mother, wife and overall person. I am healthier and have more energy than before. My attitude has changed for the better, too.”

Air Guard mechanics embody total force integration



Senior Airman John Hall (left), 131st Logistics Readiness Squadron Vehicle Maintenance shop, receives on-the-job training from Tech. Sgt. Jeff Long during the 131st Bomb Wing's drill weekend, May 4, 2013, at Whiteman Air Force Base, Mo.



LEFT: Missouri Air National Guard Senior Airman John Hall, 131st Logistics Readiness Squadron Vehicle Maintenance shop, replaces the wiring inside a 509th Bomb Wing truck during the unit training assembly on May 4, 2013, at Whiteman Air Force Base, Mo. ABOVE: Senior Airman John Long, 131st Logistics Readiness Squadron Vehicle Maintenance shop, finishes replacing a wiring component during the unit training assembly on May 4, 2013, at Whiteman Air Force Base, Mo.

Story and photos by Staff Sgt. Sean Navarro
131st Bomb Wing Public Affairs

Tucked away in Whiteman Air Force Base's vehicle maintenance building, four Airmen from the Missouri Air National Guard's 131st Bomb Wing are living out the ideal of total force integration.

The Airmen, who work in the vehicle maintenance section of the 131st Logistics Readiness Squadron, maintain a crucial mission for the wing, said Senior Master Sgt. Brandon Buser, 131st LRS Vehicle Maintenance NCO in charge.

"If the ground vehicles aren't there to support the mission, then the planes can't fly," he said.

With more than 20 years of service, including 12 years with the 131st Bomb Wing, Buser is an experienced leader in the vehicle maintenance shop, and he now focuses on melding the 131st with her 509th Bomb Wing and 442nd Fighter Wing counterparts.

Buser said his mission upon arriving at Whiteman was to integrate the 131st into the Whiteman team.

"My goal was that people would not be able to tell the difference between Guard, Reserve, and active duty," Buser said.

A few short years later, he has accomplished just that. He and his team routinely work with Airmen from the 509th Bomb Wing and the 442nd Fighter Wing, often on each other's equipment.

At their May drill, Buser and his team, Se-

nior Airman John Hall and Tech. Sgt. Jeff Long, were replacing a wiring component on a truck belonging to the 509th Bomb Wing. Both Airmen came to the 131st from other Whiteman units. Hall recently transitioned from active duty to the Guard, while Long came to the 131st from the 442nd.

Buser said the pair brought with them a wealth of knowledge, and are excited to continue their service in their new unit.

Hall, who was transitioning from active duty, said he decided to join the Air National Guard after working side-by-side with Missouri's citizen-Airmen.

"I saw the respect the Guard received on base," Hall said. "Now, I want to take the skills I've learned and translate them into a civilian job while still serving."

The skills the team uses are in high demand, said Buser, who works as a mechanic in his civilian career.

"Our positions here help in the civilian work force because we get to work on a lot of different vehicles," said Buser. "Fleet mechanic jobs are some of the best out there."

For more information about the Missouri National Guard, please visit www.moguard.com and our social media sites: www.facebook.com/Missouri.National.Guard; www.twitter.com/Missouri_NG; www.youtube.com/MoNationalGuard; www.myspace.com/missouri_ng; www.flickr.com/photos/missouriguard; www.moguard.com/blog; www.pinterest.com/monationalguard/

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Speech T-Th

SESSION 2 (JUNE 24TH - JULY 12TH)

American History M-W
Speech M-W
Human Resource Management T-Th

SESSION 3A (JULY 15TH - AUG 2ND)

Humanities M-W

SESSION 3B (JULY 15TH - AUG 16TH)

College Algebra M-W
College Algebra T-Th

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NDI – seeing through the jet

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

Finding discrepancies on any aircraft can be a challenging job, especially since some of them cannot be seen with the naked eye. It is the 509th Maintenance Squadron's Non-Destructive Inspection shop that helps maintainers find these discrepancies.

NDI uses a variety of methods to check the structural integrity of an aircraft.

"Some of the methods we use in the shop include X-rays, ultra-sonics, and fluorescent penetrate," said Master. Sgt. Tracey Gilliard, 509th MXS NDI NCO in-charge.

One of the main inspection methods used here at Whiteman is infrared thermography.

"We use infrared thermography a lot because of the composite structure of the B-2 Spirit," Gilliard said. "Infrared thermography uses heat signatures to look for disbands and delaminates on the aircraft."

Disbands are the most common discrepancies NDI usually finds; they occur when the outer layer of the aircraft slowly separates from the adhesive underneath it.

The process for diagnosing these issues begins with normal maintenance checks by the aircraft's crew chiefs.

"The crew chiefs will find potential discrepancies on their normal maintenance inspections," Gilliard said. "Then they will call us and we will come out to the jet to diagnose the problem. Some parts can be brought into the shop if need be. Once we diagnose the issue, we then inform the crew chiefs and they will go on to correct the problem."

The Whiteman NDI shop consists of 10

active-duty Airman and two full-time Guard members.

"We work in two shifts throughout the week," Gilliard said. "We also always have somebody on call in case of an emergency."

The Guardsmen have been working with the active-duty members since 2008, a year before the total force integration push in 2009. The head start helped smooth the transition and has led to a great working relationship.

"We all work well together," said... 131st MXS NCOIC of NDI. "When we are out there, you can't tell the difference between active or Guard because we all complete the mission to the highest capability."

NDI shop members attend a 10-week course in Pensacola, Fla., before on station on-the-job training, to become fully qualified for the job.

"The technical training covers the basic methods of the job," Gilliard said. "They then must complete 12 months of on-the-job training before they are fully qualified to work on any part of the jet without supervision."

Gilliard praises her crew for their hard work and vast knowledge.

"We have a great team here," Gilliard said. "I can rely on them to get the mission done accurately and not have to question them constantly. They know what they are doing and they are very good at getting the job done."

Gilliard and the rest of the shop understand the importance of their mission.

"If we miss something it could be catastrophic," Gilliard said. "That's why I am lucky my Airmen are top-notch and we have yet to have an issue like that to date."

Senior Airman Joel Flowers, 509th Maintenance Squadron non-destructive inspection journeyman, uses a black light to inspect an aircraft part for discrepancies at Whiteman Air Force Base, Mo., May 1, 2013. To become fully trained to work on aircraft, NDI shop members attend a 10-week technical training school and complete 12 months of on-the-job training.



Senior Airman Joel Flowers, 509th Maintenance Squadron non-destructive inspection journeyman, uses a black light to inspect an aircraft part at Whiteman Air Force Base, Mo., May 1, 2013. The black light causes particles normally unseen by the human eye to become florescent.



Staff Sgt. Joseph Swanson, 131st Maintenance Squadron non-destructive inspection craftsman, and Joel Flowers, 509th Maintenance Squadron NDI journeyman, set up an x-ray machine at Whiteman Air Force Base, Mo., May 1, 2013. The 131st and 509th NDI members have been officially integrated since 2009, but have been working together on aircraft since 2008.



Senior Airman Joel Flowers, 509th Maintenance Squadron non-destructive inspection journeyman, reviews an x-ray of an aircraft part at Whiteman Air Force Base, Mo., May 1, 2013. The NDI shop has 12 full-time Airmen who work in two shifts, with someone always on call.

Frontlines Continued from Page 7

days I spent 15 or 16 hours just sitting in a truck wearing body armor thinking to myself, 'I can't believe I'm doing this.'"

Sutton said aside from the monotony of sitting in a truck in the middle of nowhere for hours, the stress of disarming an IED made his days more interesting.

"Every time you go outside the wire, it's always stressful because you never know what's going to happen," Sutton said. "Whether you're in a truck or on the ground, you're still miles from any help."

Sutton said not having to worry about terrorists constantly working to kill him and his teammates is one of the big differences between being deployed and being stationed at Whiteman.

"A large portion of what we do at our home station includes training to prepare for deployments," he said.

Sutton's mission at Whiteman also includes supporting aircraft on the flightline with repair for various munitions the jets carry.

"We're always on standby to fix issues that occur with explosives carried by aircraft," Sutton said. "For example, if an A-10 Thunderbolt has a jammed

gun, then it's our job to safely remove it so it doesn't fire."

Sutton said another big difference between being at home and being deployed was the quality in food.

"The thing I missed the most about being in the U.S. was really good Mexican food," Sutton said. "All we ate while I was deployed was chow hall food and Meals, Ready to Eat."

He also had to deal with the 10.5-hour time differential between Afghanistan and Missouri.

"I had to wake up either really early in the morning or make phone calls late at night just to speak to friends and family," Sutton said. "The ability to call someone in real time is a luxury."

Overall, Sutton said the sense of knowing Marines were safe from IEDs and the joint-force brotherhood he built with the Marines were memories he will never forget.

"Sutton was anxious and chomping at the bit to put to use the skills he had been training on for three years," said Master Sgt. Robert Randall, 509th CES EOD flight superintendent. "He was able to get out there and make a difference on the battlefield."




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SATURDAY 5/11

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Join us to run either a 5K, 10K, or 1/2 marathon this Saturday! Register now, or arrive prior to 7:30am for late registration entry. Prices vary depending on running event chosen. Call 687-5496 for more information.

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

SUNDAY 5/12

Mother's Day Breakfast- 9am-12pm - Mission's End
Reserve your seat now! Featuring cooked to order omelets, belgian waffles, homestyle potatoes, bacon & eggs, fresh fruit & danish, and other great menu items. Members \$11.95, Non-Members \$13.95, Ages 6-12 \$7.95, Children 5 under are free. Call 687-4422 for more info.

Hula Class- 3-4pm - Fitness Center

Learn how to hula, with Sandra Neiman at the Fitness Center every Sunday from 3-4pm! Call 687-5496 for more info.

MONDAY 5/13

Seniors Bowling-10am-1pm- Bowling Center
Seniors join in bowling for only \$1 games. Share some coffee and breakfast with your friends! Call 687-5114 for more info.

WEDNESDAY 5/15

Boss & Buddy-Starts at 4:30pm- Mission's End
Join us for cheap wings, great food, fun & friends. Share some wings with your fellow co-workers and enjoy watching sports, or even a few of our beverage specials. Call 687-4422.

THURSDAY 5/16

Pre-Deployment Brief- 1-2pm- A&FRC
Join us for a pre-deployment briefing to better understand preparing you and your family before a trip. For more information please call the Airman & Family Readiness Center at 687-7132.

FRIDAY 5/17

Blue Plate Special- 11am-2pm- Royal Oaks G.C.
Join us for "Fish Friday" at Royal Oak's Duffer's Grill and grab some lunch for only \$6.75. Includes main entree, 2 sides, 1 roll & a fountain soda. For more information please call Duffer's Grill at 687-5573.

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5K Run, 10K Bike & 432 Meter Swim all included in this great chance to show off your physical strengths. Compete for the top award! For more information please call the Fitness Center at 687-5496.

Whiteman's Got Talent- June- Mission's End
Show off your talents & compete for 1st prize of \$750! Auditions begin June 7, from 6-8pm at Mission's End. For more information please call Mr. Joshua Bailey at 687-6130.

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Sign up by July 1, 2013

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June 27: Books...Don't Leave Home Without Them!
July 11: Take an Adventure...Read!
July 18: The Amazing Library Race

Sign up begins May 28th

Food coupons and paperbacks only while supplies last. Reading logs must be turned in to receive certificate of completion no later than Saturday, August 10, 2013.

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FCC NEWS

Extended Duty Care:

Register now for the Extended Duty Care Program. It is available to help DoD parents meet child care requirements for extra duty during exercises and emergencies. Care is provided in a contracted licensed FCC home to augment regular care arrangements and is free. Stop by the FCC office to pick up and application, prior to participation or call the FCC office for more details at 687-5590.

Want a Profitable Home-Based Career?:

Providers are needed to provide care for the following: Evenings, weekends, swing shift workers, infants, special needs and mildly-ill children. Air Force offers a subsidy for providers for all children under age 3 and any child who falls in the critical needs areas. Providers who hold a license are subsidized \$160 a week per qualifying child. Providers with chronic health problems are accepted. Call the FCC office for more details at 687-5590.

THE WHITEMAN AFB POOL OPENS MAY 27TH!

Season Passes:

Family \$75 : Single \$45

Day Pass: \$2 per person

Call Outdoor Recreation at 687-5565, to order your pool pass today!

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

Spotlight — Year of the B-2



U.S. Air Force photo/Airman 1st Class Shelby R. Orozco
A B-2 Spirit, the "Spirit of South Carolina," stands ready for maintenance inside a dock at Whiteman Air Force Base, Mo., May 3, 2013. Whiteman is home to 20 B-2s that are ready to defend the country at a moment's notice.



U.S. Air Force photo/Airman 1st Class Keenan Berry
Senior Airman Charles Balog, 509th Aircraft Maintenance Squadron weapons loader, examines a rotary launcher assembly (RLA) before beginning a weapons load demonstration at Whiteman Air Force Base, Mo., May 3, 2013. Balog is training for real-life scenarios that could require him and his fellow weapons team to rapidly and securely load munitions into the B-2 using this and other machinery.

Commander signs proclamation



U.S. Air Force photo/Airman 1st Class Keenan Berry
Brigadier Gen. Thomas Bussiere, 509th Bomb Wing commander, signs the 2013 Asian American & Pacific Islander Heritage Month proclamation at the 509th Bomb Wing headquarters building at Whiteman Air Force Base, Mo., May 1, 2013. May is Asian American & Pacific Islander Heritage Month – a celebration of Asian Americans and Pacific Islanders in the United States. The month of May was chosen to commemorate the immigration of the first Japanese citizens to the United States on May 7, 1843. The month also marks the anniversary of the completion of the Transcontinental Railroad on May 10, 1869; the majority of the workers who laid the tracks were Chinese immigrants.

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Help Wanted 90

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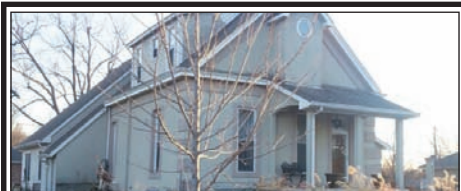
Office Space For Rent 222

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Help Wanted 90

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Instructional 111

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