

WARRIOR

Year of the B-2

Vol. 4 No. 48
December 6, 2013

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The reason I'm successful is...?

By Chief Master Sgt. Stuart Allison
509th Mission Support Group



U.S. Air Force photo/Airman 1st Class Keenan Berry
Chief Master Sgt. Stuart Allison is the command chief of the 509th Mission Support Group at Whiteman Air Force Base, Mo. He is currently deployed with the 407th Air Expeditionary Group as its superintendent.

Until now, I have only highlighted success strategies without going into too much detail about how they work in my own life. Throughout this commentary, I will show you how I went from an average career to one filled with excitement, passion, and energy.

Until recently, I have always questioned my success. One question kept coming back to me, "Why me?" Throughout this last year I have been on a quest to figure out what steps in my life I have taken to become so successful.

Throughout the journey, I captured and documented the reasons for my success. The question of "Why me?" has changed to, "The reason I'm successful is...?"

Without question my success is directly linked to my daily rituals. I'm not sure who cultivated my daily rituals; it might have been my parents, or teachers, I do not really know. I have always had positive rituals but I have not always been deliberate. I know luck has been on my side.

Many instances of success or failure are achieved through luck. But when I started my career, I did not have a clear picture of what it took to be successful. I used goal setting sporadically through my career and some of those goals were not aligned with my life's purpose and mission. I stumbled on positive success strategies along the way. I figured it out through luck. I do not want you to make my mistakes.

Luck can be just one pathway to success; however, success leaves clues and success can also be mirrored. For those who want to achieve greater success, you can disregard luck and take steps to lead a deliberate life. With a deliberate daily plan, success can be yours.

Of course there will be many who say, "Chief, I just don't have the time to make meaningful changes." I am not asking you to change everything at once. Rather, start with just one thing to improve and build from there.

In the last year I have re-energized my career and I now charge through each day with passion, drive and focus. I have made small adjustments and they have drastically affected my performance. By making small deliberate shifts, you will not be leaving success to luck.

To fuel my daily actions with laser focused growth, development, and performance I now use a personal strategic plan. Personal strategic planning is a method that will help you determine not just who you want to be but why. It focuses not just on goal setting but also on determining the most important values to you.

Even if you get out of sync with your goals, your plan will be there as a way to get back on track.

Here is a look into my personal strategic plan. Afterwards, I will provide an exercise where you can construct your own personal plan.

"A daily call for specific action."

Part 1: I start with a theme that is a single sentence that encapsulates how I want to be successful:

Success does not come from a few actions but rather a series of small ones built up day by day.

Personal vision and mission statement: I have a personal vision and mission, just like a business, that governs all of my actions and drives me towards my goals.

I will inspire, promote, and celebrate a daily call for positive action. I envision the creation of an ever expanding network of high quality people. I will work with others to inspire, promote and celebrate a culture that continually raises standards.

I, Chief Master Sgt. Stuart Allison, know that my purpose is to passionately live life to the fullest, grow and develop daily, inspire and motivate others, and treat all people with dignity and respect.

Personal legacy statement: When I reflect, I remind myself of what I want to be remembered for:

I will look back knowing that I served living life to the fullest, growing and developing daily, inspiring and motivating others, and treating all people with dignity and respect.

Personal philosophy: This mantra always runs through my mind:

Actions speak louder than words.

Values: I have two sets of values. I move toward one set and away from another. They provide the basis for my daily reflections. It is not enough to simply ask, "Am I reaching a set of positive values?" You must also ask, "Do I practice values that derail me on the path to success?"

"Toward" values: This set of values provides concrete guidance for the values I want to live each day of my life.

I value integrity. I only set goals and take on commitments that I know I can achieve. They might be challenging but I must be honest and clear with myself that I can succeed.

I value loyalty. I'm loyal to my commitments, values, and relationships.

I value success. I focus on achieving success daily and sharing success strategies with others.

I value excellence. I strive for excellence in all I do.

I value fitness. I exercise daily.

I value daily growth. I read daily and reflect

I value role models. I utilize role models...they provide a view to what is possible.

I value teamwork. I develop a culture that promotes positive teamwork.

Away values: These values are ones that I do not want to be part of my life.

Ruthlessness: I will never again indulge in the debilitating attitude of ruthlessness.

Negative attitude: I will never again display a negative attitude.

Humiliation: I will never again indulge in the debilitating attitude of humiliation.

Jealousy: I will never again indulge in the debilitating attitude of jealousy.

Hate: I will never again indulge in the debilitating attitude of hate.

Daily roles: As a leader, I must develop myself, become a role model to others and remain a faithful servant to the leaders above me.

I will be a world-class athlete daily.

I will be a strategy scholar daily.

I will be my commander's ambassador daily.

I will be a driven, zealous, reflective leader daily.

I will be an animated energetic Air Force communicator daily.

I will be an ultimate peak performance coach daily.

Your turn: Use the steps below to create your own personal strategic plan:

With the steps below, you will be able to create a plan like mine above. The steps are not in the order of the actual plan; they are in the order that will best help you develop your plan. The foundation of the plan starts with your values. From there, you set your goals. Finally, you create your encapsulating mission and mantra statements.

1. What are five to seven values you want to live each day?

2. What are five to seven values that you don't want to live each day?

3. Create a personal code of ethics. Write out how you will accomplish them.

4. Create your personal legacy statement. For what do you want to be remembered?

5. Write down your daily roles—e.g. leader, role model, parent, athlete, etc. Set high-level goals of what you want to achieve in each role.

6. Create your mission statement. Write a paragraph that brings together the ideas from steps one to four.

7. Create your own personal mantra: What is one statement that you will repeat to yourself to remind you about achieving all the parts of this plan? This can also be a quote that you like, too.

I wish that I had a plan like this when I started my career in the Air Force. It would have saved me many false starts and journeys down wrong paths. Some success is due to luck, but the vast majority of it is planned. A personal strategic plan will keep you grounded and focused on your goals. You will know whether or not you are moving forward on the path to success.

THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@us.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/Staff Sgt. Nick Wilson
U.S. Air Force Airman 1st Class Amy Klavitzer, 509th Force Support Squadron food service apprentice, applies finishing touches to a Thanksgiving Day cake at the Ozark Inn on Whiteman Air Force Base, Mo., Nov. 28, 2013. The dining facility served a special Thanksgiving Day meal to increase morale among Airmen and families on base.

NEWS BRIEFS

Base Exchange Information

- The BX's extended shopping hours begin Monday and end Dec. 23. Extended hours of operations are 8 a.m. to 7 p.m., Monday to Saturday.
- The gun counter will operate at same hours, 9 a.m. to 6 p.m., Tuesday to Saturday, and is closed on Mondays.
- "Free Pictures with Santa" from 11 a.m. to 1 p.m., Dec. 7

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access. By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources. Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

New location for Retiree Activities Office

The Retiree Activities Office has officially moved to its new location. Their new address is:
**750 Arnold Ave., Ste. 114
Whiteman AFB, MO 65305**
They can still be reached at 660-687-6457 or toll-free at 1-800-303-5608. Office hours are still Monday through Friday 9 a.m. to 3 p.m.. For updated information, visit <http://www.whiteman.af.mil/units/509thbombwing/whitemanretireeactivitiesoffice/index.asp>.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.

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.



WEATHER

Today Chance of Snow Hi 22 Lo 13	Saturday Mostly Sunny Hi 23 Lo 8
Sunday Chance of Snow Hi 25 Lo 15	Monday Partly Sunny Hi 23 Lo 15

Welsh: Air Force must get handle on pay, benefits

By Jim Garamone
American Forces Press Service

GRAND FORKS AIR FORCE BASE, N.D. (AFNS) -- The Air Force must control the growth of pay and benefits or the service will be hard pressed to perform its primary mission to fight and win America's wars, the service's top officer said here Nov. 25.

Air Force Chief of Staff Gen. Mark A. Welsh III said pay, benefits and medical costs constitute about half of the Air Force's budget -- and those costs are growing.

Left unchecked there will come a time when the service cannot do its job "because all we're doing is paying our people," Welsh said. Some experts believe this will occur in 2023, others by 2032.

All service leaders agree there's a problem, he said. The general said this is not a scare tactic on the part of senior leaders in DOD.

"There is absolutely no motivation for a service chief to try and scare people in his service -- none," Welsh said. "Everything we do is about taking care of them. Nobody cares more about the men and women in our services than the service chiefs. And nobody wants to do what's right for them more than we do. Scaring them is the last thing on our minds."

Welsh said no service leader is talking about cutting pay and benefits, just slowing the growth. He speaks of managing growth in a different way.

"Our people will understand that," the general said. The U.S. Congress, the Department of Defense and the services

have over the past 20 years provided excellent benefits and comparable pay to military members.

"We've all benefited immensely and we thank them for that," Welsh said. "But it is time to slow it down a little bit until we know we can do our primary job, which is fight and win the nation's wars."

He wants Congress to consider things like slowing down the growth of the military pay raise for the next couple of years while DOD grapples with fiscal issues caused by sequestration.

The service chiefs understand and accept that the department must do its part to deal with America's national debt.

"But no one would argue the mechanism of sequestration is the most effective way to do that. It's absolutely not," Welsh said.

The way sequestration operates is the problem, he said.

"Every business in the world -- if it wanted to downsize and refocus -- would take down infrastructure the first couple of years, reinvest the savings in the product lines that work and then make the cuts over the second half of the 10-year period," Welsh said.

This is not the way sequestration operates. DOD cannot touch infrastructure and personnel accounts are protected. The money has to come from somewhere and that means funds for modernization and readiness will be hit most heavily.

"We haven't been allowed to slow growth on the pay side or the medical side or do anything about infrastructure costs, so everything is going to come out of modernization, force structure and readiness," Welsh said. "There is no other option. That's where the money is."

November 2013 Courts-Martial, Article 15s, and Discharges

In November 2013, two members were punished under Article 15, Uniform Code of Military Justice (UCMJ). There were no courts-martial or administrative discharges closed during the month of November.

Article 15s (2)

A staff sergeant from the 509th Munitions Squadron received an Article 15 for dereliction of duty. Punishment was reduction to grade of Senior Airman (suspended), forfeiture of \$300 pay per month for 2 months, 20 days extra duty and a reprimand.

An airman first class from the 509th Security Forces Squadron received an Article 15 for dereliction of duty and failure to go. Punishment was reduction to Airman, 20 days extra duty and a reprimand.



Comment

For the month of November, the number of nonjudicial punishment actions is lower compared to recent months. With a total of only two nonjudicial punishment actions,

zero discharges and zero courts-martial, it would appear during the month that misconduct is down. We can only hope that this is the case while also remembering it takes several months or more to determine if a decrease in misconduct is something other than temporary. We should all be proud of ourselves for being responsible in our behavior, and for being good wingmen to our fellow Airmen. With that being said, continue to be mindful of your behavior and that of your fellow Airmen; consider the consequences of your actions and the effects your actions may have on the mission, your co-workers and even your loved ones.



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<p>FRIDAY, DEC. 6 7 p.m. Jackass Presents Bad Grandpa (R) Adults - \$5.50, children - \$3.50</p>	<p>SATURDAY, DEC. 7 7 p.m. Free Birds (PG) Adults - \$5.50, children - \$3.50</p>	<p>SUNDAY, DEC. 8 3 p.m. Frozen (PG) Adults - \$5.50, children - \$3.50</p>
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Help us bring a little taste of home to the DORMS for the holidays!

Holiday Cookie Drive
December 10-12

Drop off your STURDY homemade cookies on December 10 & 11 from 0700-0900 at the Side Entrance of Mission's End

*****please no gooey frosting or decorations*****

Just drive up and drop off! You can even wear your pajamas, no one will know!

Please label WHAT TYPE & HOW MANY cookies, this will greatly help us in keeping track. Thank you!

Volunteers will gather on the morning of December 12 at Mission's End to assemble cookie care packages for the dorm residents. Set up will take place from 0730-0800. Care package assembling will begin at 0800 and will continue until finished, around 1000. Please feel free to stop in at any time to help out or to drop off cookies.

For questions or more information, feel free to contact Frankie or Tara
Frankie Brandenburg ~ frankie.brandenburg@gmail.com
Tara Gibson ~ tl Gibson77@gmail.com



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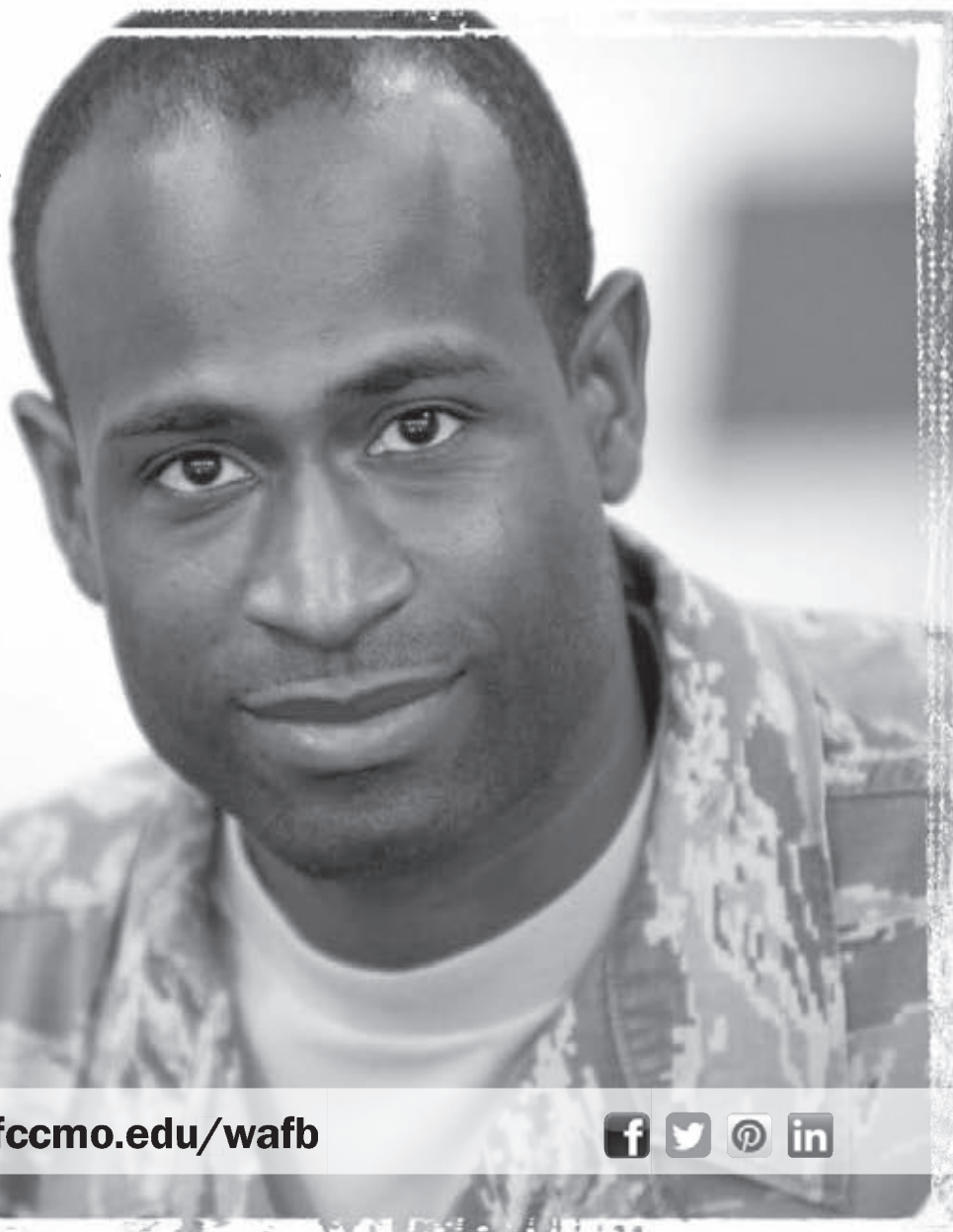
"My wife just recently graduated from SFCC, and my daughter is currently attending. I attended because it's on base and convenient, and I wanted to earn my CCAF degree. After I received it, I decided to stay and obtain another degree. It's a very friendly environment; the teachers are professional and helpful, and the classes are not too big, so there's more one-on-one time."

Spring semester begins Jan. 13.

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Oh Christmas Tree...



*U.S. Air Force photos/
Airman 1st Class
Keenan Berry*

U.S. Air Force Airman 1st Class Cynthia Davis, 509th Force Support Squadron apprentice, hosts the bingo contest at Whiteman Air Force Base, Mo., Dec. 3, 2013. The bingo contest was held at the Mission's End as part of the festivities after the base tree-lighting ceremony.



Lisa Gee, 509th Force Support Squadron child and youth programs assistant, gives a girl a candy cane at Whiteman Air Force Base, Mo., Dec. 3, 2013. Arts and crafts were part of the celebration after the base tree and menorah lighting.



Families, co-workers and friends gather for the tree lighting event at Whiteman Air Force Base, Mo., Dec. 3, 2013. This event included activities such as Santa's arrival, bingo, ring toss, music and much more.



Tammy Templeton, Keys of Joy music instructor, orchestrates a children's choir at Whiteman Air Force Base, Mo., Dec. 3, 2013. The choir performed Christmas songs during the tree lighting reception to spread the joy of the holidays.

45 AFSCs removed from SRB list as AF gets leaner, smaller

By Debbie Gildea

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Forty-five AFSCs will no longer be eligible for the selective reenlistment bonus effective Dec. 5 with the advent of the new selective reenlistment bonus list, Air Force officials announced Nov. 26.

SRB eligibility changes posture the Air Force for a smaller force driven by sequestration, said Brig. Gen. Gina Grosso, the Air Force director of force management policy.

"The SRB program is a retention tool," Grosso said. "As the force gets smaller, skills that were under-manned are no longer short and we are adjusting the bonus program accordingly."

Critical and emerging career fields with high operations demands and low manning -- such as battlefield Airmen and cyberspace specialties -- still require attention, the general said, so some AFSCs will remain on the SRB list. As of Dec. 5, AFSCs on the SRB list will include the following:

- 1A8X1 Airborne Cryptologic Language Analyst
- 1A8X2 Airborne Intelligence, Surveillance and Reconnaissance Operator
- 1B4X1 Cyberspace Defense Operations
- 1C2X1 Combat Control
- 1C4X1 Tactical Air Control Party
- 1N4X1A Fusion Analyst, Digital Network Analyst
- 1T0X1 Survival, Evasion, Resistance and Escape
- 1T2X1 Pararescue
- 1W0X2 Special Operations Weather
- 3E8X1 Explosive Ordnance Disposal

AFSCs being removed from the SRB list will include the following:

- 1A0X1 In-Flight Refueling
- 1A2X1 Aircraft Loadmaster
- 1C1X1 Air Traffic Control
- 1C3X1 Command Post
- 1C5X1 Command and Control Battle Management Operations
- 1C5X1D Command and Control Battle Management Operations -- Weapons Director
- 1C6X1 Space Systems Operations
- 1C7X1 Airfield Management
- 1N0X1 Operations Intelligence
- 1N1X1A Geospatial Intelligence Analyst
- 1N1X1B Geospatial Intelligence Targeter
- 1N3X1 Cryptologic Language Analyst
- 1N4X1B Fusion Analyst -- Analysis and Production

- 1U0X1 Remotely Piloted Aircraft Sensor Operator
- 1W0X1 Weather
- 2A5X2B Helicopter/Tiltrotor Aircraft Maintenance (H-60)
- 2A5X2D Helicopter/Tiltrotor Aircraft Maintenance (CV-22)
- 2A7X1 Aircraft Metals Technology
- 2A7X3 Aircraft Structural Maintenance
- 2A7X5 Low Observable Aircraft Structural Maintenance
- 2M0X1 Missile and Space System Electrical Maintenance
- 2M0X2 Missile and Space System Maintenance
- 2M0X3 Missile and Space Facilities
- 2T3X2A Special Vehicle Maintenance -- Fire Fighting Vehicles
- 2T3X7 Vehicle Management & Analysis
- 3D0X2 Cyber Systems Operations
- 3D0X3 Cyber Surety
- 3D0X4 Computer Systems Programming
- 3E2X1 Pavements and Construction Equipment
- 3E3X1 Structural
- 3E4X1 Water and Fuel System Maintenance
- 3E5X1 Engineering
- 3N0X2 Broadcast Journalist
- 3N0X5 Photojournalist
- 3P0X1A Security Forces Military Working Dog Handler
- 3S3X3 Manpower
- 4C0X1 Mental Health Service
- 4E0X1 Public Health
- 4H0X1 Cardiopulmonary Laboratory
- 4N0X1C Aero Medical Service -- Independent Duty Medical Technician
- 4N1X1C Surgical Service -- Orthopedics
- 4P0X1 Pharmacy
- 4R0X1C Diagnostic Imaging -- Magnetic Resonance Imaging
- 4Y0X1H Dental Hygienist
- 6C0X1 Contracting
- 7S0X1 Special Investigations

Due to recent changes in Department of Defense policy, Airmen who are in an AFSC being removed from the SRB listing will no longer have 30 days to reenlist from the date the AFSC is removed. Instead Airmen in an AFSC being removed will have through Dec. 4 to reenlist and receive an SRB. Anyone reenlisting on Dec. 5 or later will use the new SRB list. In addition to these changes Airmen will no longer be able to request accelerated SRB payments.

For more information about SRB changes and other personnel issues, visit the myPers website at <https://mypers.af.mil>.

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The Official
Whiteman Website



No notes, no names: Life consultants provide anonymous counseling

Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

With all the difficulties of military life -- deployments, constant moves, ever-changing shifts -- comes the occasional need to just unload all the stress and worries.

The Military and Family Life Consultant (MFLC) program provides an avenue for Service members and their families to talk to a licensed civilian counselor for free.

There are two MFLCs here at Whiteman, one who talks to adults and another who speaks with youth. In both cases, there is assurance in confidentiality. Both offer brief counseling that is solution-focused.

"The MFLCs are unique in that there's no rank intimidation," said Senior Master Sgt. Mona Wendzillo, NCO in charge of the Airman and Family Readiness Center (A&FRC). "Each counselor rotates out about every six months, so it's not a standing member of the community who you are talking to. It's not somebody you sit next to in church or shop next to in the commissary.

"And they don't take down any notes or names," she added. "So you can be



U.S. Air Force illustration/Staff Sgt. Jamal D. Sutter

The Military and Family Life Consultant (MFLC) program provides support and assistance to Service members, military family members and civilian personnel who are having trouble coping with concerns and issues of daily life. MFLCs are licensed psychologists who can meet you at any public place and offer reprisal-free services. For information on the MFLC program, contact the Airman and Family Readiness Center.

totally open talking about your issues."

Wendzillo added that although they like to advertise all the other avail-

able resources including the chaplains, Family Advocacy, Mental Health and Military OneSource, military members

have less concern about career impacts when it comes to talking to an MFLC.

MFLCs offer complete confidentiality aside from reports of child abuse, domestic abuse, harm to self or others, and other "duty to warn" situations.

Rebecca White, 509th Force Support Squadron flight chief, added that the youth MFLC provides services that are not widely known about, something they hope to change.

"It's our best-kept secret, but we don't want it to be. Youth MFLCs can be substantial in helping children," said White. "The MFLC can teach them coping mechanisms, conflict resolution, respectful behavior and about anti-bullying techniques. There is a lot of stress being part of a military family and a lot of these methods can be preventive instead of reactive."

To get a hold of the adult MFLC, call (660) 631-7985 and to get a hold of the youth MFLC, call (660) 631-9001. For more information, you can also call the AFRC at (660) 251-1949, MFLCs can hold meetings either on or off base -- just not in a person's residence.

All MFLCs have either a master's or doctorate degree and are contracted from outside the military to provide these services.



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7:00 pm - Bible Study

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Web address: http://www.cofcwsbg.org
660-747-5519

Knob Noster United Methodist Church

106 E. Wimer,
Knob Noster, MO 65336
660.563.2724
knobumc@knumc.com

Sunday Worship: 10:45
Sunday School: 9:30

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Sunday Worship 9:00 & 10:45 am
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Bring Your Family and Come Join Us This Sunday
(ACROSS FROM THE HIGH SCHOOL)



U.S. Air Force Airman 1st Class Daniel Smith, 509th Security Forces Squadron response force member, selects food items to be placed on his plate during a Thanksgiving luncheon at the Ozark Inn on Whiteman Air Force Base, Mo., Nov. 28, 2013. The dining facility served a special Thanksgiving Day meal to increase morale among Airmen and families on base.



U.S. Air Force Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander, serves a plate of food for retired U.S. Air Force Chief Master Sgt. Tommy Russel during a Thanksgiving luncheon at the Ozark Inn on Whiteman Air Force Base, Mo., Nov. 28, 2013. The luncheon was available to Service members, retirees and dependents.



U.S. Air Force Chief Master Sgt. Lee Barr, 509th Bomb Wing command chief speaks to Hunter Kalin, a reserve officer training cadet from the University of Oklahoma, during a Thanksgiving luncheon at the Ozark Inn on Whiteman Air Force Base, Mo., Nov. 28, 2013. Kalin volunteered with dining facility staff members and wing leadership.



U.S. Air Force Airman 1st Class Amy Klavitzer, 509th Force Support Squadron food service apprentice, applies finishing touches to a peanut butter chocolate chip brownie during a Thanksgiving luncheon at the Ozark Inn on Whiteman Air Force Base, Mo., Nov. 28, 2013. The event was put on to boost morale for Airmen that are working through the holidays and can't make it home to their families.



A Thanksgiving Day Turkey sits on display during a Thanksgiving luncheon at the Ozark Inn on Whiteman Air Force Base, Mo., Nov. 28, 2013. During the luncheon Airmen were treated to traditional Thanksgiving foods such as turkey, stuffing, peas, carrots, corn and mashed potatoes.



Mary McElwaine shares a laugh with her husband Steve, a retired U.S. Air Force Master Sgt., during a Thanksgiving luncheon at the Ozark Inn on Whiteman Air Force Base, Mo., Nov. 28, 2013. The dining facility staff provided a home-cooked meal to Airmen and their families and members of wing leadership volunteered to serve the meals.

U.S. Air Force photos/
Staff Sgt. Nick Wilson

Unfortunately for men afflicted with prostate cancer, treatment options like surgery and standard radiation can come with debilitating side effects like incontinence and impotence, both of which can impact your lifestyle dramatically. There is a better way—it's called proton therapy from ProCure, and men who receive this treatment report little to no side effects.

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Dog park opens at Whiteman

509th Bomb Wing Public Affairs

A ribbon-cutting ceremony for the new Whiteman Dog Park was held Dec. 3.

The park, which is located near the intersection of Houx Drive and Sijan Avenue, provides a place for dogs and their owners to socialize.

“We don’t have a fenced-in yard here and our dogs have a lot of energy, so they needed a place to run around,” said Mandy Barker, whose husband, Airman 1st Class Alex Barker, is assigned to the 509th Civil Engineer Squadron.

She added that her husband came up with the idea after seeing similar dog parks from their hometown in North Carolina. The successful project took effort on the part of many Whiteman organizations, including the 509th CES and Balfour Beatty Communities.

The rules of the dog park are:

- Hours are from dawn to dusk
- Owners must clean up immediately after their dog
- Dogs must have current registration and vaccination

- Dogs must be leashed outside the fenced area
- No children under age 12 are allowed unless with an adult
- Dogs must be supervised at all times
- Dogs exhibiting aggressive or overly dominant behavior must be removed immediately
- No female dogs in heat are not allowed
- No puppies younger than 4 months are allowed
- Only dogs and their owners/companions allowed in this area. Any other activities are prohibited.

- No eating, drinking or smoking is allowed in the park
- Dogs prohibited in base housing are prohibited in the dog park, including: pit bull (American Staffordshire or English Staffordshire bull terrier), rottweiler, Doberman pinscher, chow, wolf hybrids & other dogs demonstrating dominant/aggressive behavior
- In case of an emergency, call 911.

Also, all people and dogs who enter and use the dog park enter at their own risk. Park users agree to fully comply with posted rules and take full legal responsibility for any action of their own dogs. Using the park constitutes acceptance of the above rules.



U.S. Air Force Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander, and Mandy Barker, wife of Airman 1st Class Alex Barker from the 509th Civil Engineer Squadron, celebrate the ribbon-cutting for the new Whiteman Dog Park Dec. 3, 2013, at Whiteman Air Force Base, Mo. The park is open from dusk till dawn.



U.S. Air Force Master Sgt. Daniel Lauseng from the 509th Operations Support Squadron, plays with his pets at the opening of the Whiteman Dog Park, Dec. 3, 2013, at Whiteman Air Force Base, Mo. The park is open to all puppies at least 4 months old.

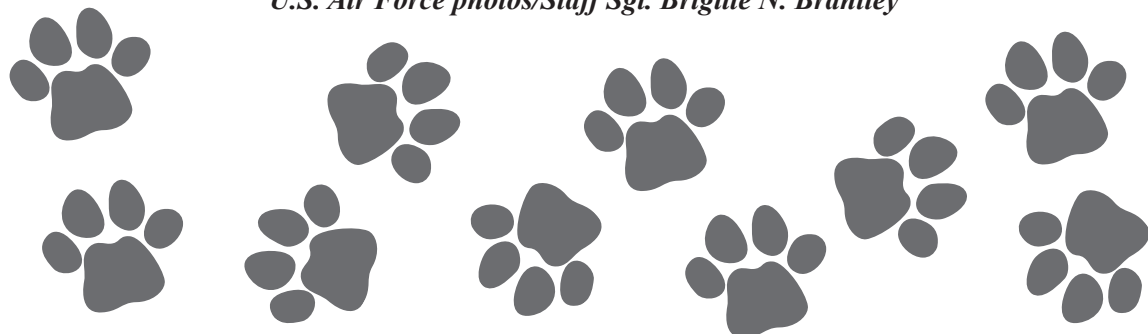


U.S. Air Force 2nd Lt. Jared Abramowicz, 509th Comptroller Squadron, plays with a pet at the opening of the Whiteman Dog Park, Dec. 3, 2013, at Whiteman Air Force Base, Mo. Dogs using the park must having current registrations and vaccinations.



U.S. Air Force Master Sgt. Daniel Lauseng, left, 509th Operations Support Squadron, and 2nd Lt. Jared Abramowicz, 509th Comptroller Squadron, play with their pets at the Whiteman Dog Park, Dec. 3, 2013, at Whiteman Air Force Base, Mo. More than 10 dogs and their owners showed up to celebrate this new base feature.

U.S. Air Force photos/Staff Sgt. Brigitte N. Brantley



Community Center opening scheduled for Dec. 13



COMMUNITY CENTER GRAND OPENING

You're Invited!

**Community Center Complex
Grand Opening
December 13, 2013
1:30 pm**

**Ribbon Cutting Ceremony
Tours of the Complex
Hot Chocolate & Dessert Bar**

*Splish Splash!
The Rec Center will open
at 2:00 pm for resident use!*

**Register and receive your family's Rec Center Pass
beginning November 1st in the Housing Office.**

**Balfour Beatty
Communities**

Balfour Beatty Communities

A ceremonial ribbon-cutting ceremony for the newly-constructed Community Center Complex is scheduled for Dec. 13 at 1:30 p.m. at 301 Summit Dr.

The new complex includes leasing offices, a 20,000-sq.-ft. Recreation Center and a maintenance facility

The Recreation Center will house an Olympic-sized indoor pool, including a lap

swim area and zero-entry children's pool with water features. Inside the Recreation Center will also be a fitness center with children's play area, seven cardio machines and an open area for aerobics.

Balfour Beatty Communities has overseen the design, construction and overall management, maintenance and operation responsibilities for the Community Center complex, which was completed a full six months prior to promised completion date.

Holiday safety tips

Fire Department, 509th Civil Engineer Squadron

The winter holidays are a time for celebrating with family and friends, that means more cooking, home decorating, entertaining, and an increased risk of fire due to heating equipment. Did you know that nearly half of all holiday fires happen because decorations are placed too close to a heat source and that two out of every five home decoration fires are started by candles? The following are a few tips from the National Fire Protection Association to help you have a happy and safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini light sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED

strands to connect.

- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
 - Keep children and pets away from lit candles.
 - Keep matches and lighters up high in a locked cabinet.
 - Stay in the kitchen when cooking on the stovetop.
 - Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
 - Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.
- Whiteman AFB Fire Department would like to wish you and your family a safe and happy holiday season. If you have any question about fire prevention or fire safety please contact our Fire Prevention Office for information at 687-6080 or 687-6083. Please log on to our Facebook page at Whiteman AFB Fire Emergency Services.



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Speech M-W;
American History T-Th

Session 3a Jan. 23 - Feb. 12
Humanities T-Th

Session 3b Jan. 23 - Feb. 26
College Algebra M-W;
College Algebra T-Th

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smullins@national.edu

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FIND FEATURED EVENTS, ACTIVITIES, PROGRAMS, FAMILY & YOUTH EVENTS, FITNESS & MORE.

FEATURED EVENTS

SATURDAY 12/7

Outdoor Rec is open on Saturdays!

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

WEDNESDAY 12/11

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.

FRIDAY 12/13

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.

GREETING CONTEST CARD RESULTS

Congratulations to all of the squadrons that competed in the Holiday Greeting Card Contest! 509th AMXS took the prize for Large Squadron, 509th FSS for Medium Squadron, and 509 MUNS for the Small Squadron! Congrats to all those who won and we hope you have a great holiday and enjoy your prizes!

UPCOMING EVENTS



WHITEMAN FITNESS CENTER
 UGLY SWEATER
 5K FUN RUN
 DEC. 13
 Join us in the "Ugly Sweater 5K Fun Run" wearing your ugliest Holiday Sweater! Meet us at the Fitness Center Outdoor Track at 0630 for group stretches, and to begin the run at 0700!
 HERBALIFE
 FSS



WHITEMAN AFB FITNESS CENTER
 ALL STAR BASKETBALL
 2013
 DECEMBER 13
 FEATURING THE BEST OF WHITEMAN AFB INTRAMURAL BASKETBALL'S PLAYERS
 TOP 2 PLAYERS FROM EACH TEAM
 1730: OBSTACLE COURSE CHALLENGE
 1830: ALL STAR GAME
 687-5496
 FSS



WHITEMAN AFB OUTDOOR REC
 PHEASANT HUNT
 SINGLE AIRMAN INITIATIVE
 DEC. 14
 6AM-6PM
 B&C GAME FARM
 BROOKFIELD, MO
 You are invited to join Outdoor Rec and B & C Game Farm for Pheasant Hunting. No need to have a dog, one will be provided along with a guide; 4 pheasants will be released per person, any big bird that flies you can shoot; chukka, quail or pheasants hens or roosters. Transportation is provided & lunch will be provided by B&C Game Farm. This trip is partially funded by the Single Airman Initiative. The PlayPass can be used for payment.
 Cost is \$75
 Sign up by Dec. 6
 660-687-5565
 FSS



WHITEMAN OUTDOOR REC
 SINGLE AIRMAN INITIATIVE TRIP
 SNOW CREEK
 WESTON, MISSOURI
 DEC. 28
 8AM - 6PM
 Come spend a day at Snow Creek skiing, snowboarding or tubing. Transportation, lift tickets, tubes and rentals are partially funded by the Single Airman Initiative. Refreshments and meals are the participant's responsibility. Leaving ODR at 8:30am and returning no later than 6pm.
 Sign up by Dec. 20
 Only \$25 per person
 660-687-5565
 FSS



PLAY PASS ACCEPTED!
 SESAME STREET LIVE!
 MAKE A NEW FRIEND!
 SATURDAY, JANUARY 11
 Join us for Sesame Street Live's "Make a New Friend" at the Sprint Center Saturday, January 11th. We will be leaving the base at 8:30am. \$35 per person covers your ticket and transportation to and from this event!
 SIGN UP AT THE COMMUNITY CENTER
 687-5618
 FSS

FCC NEWS FCC Orientation Class

Receive training to become a licensed FCC provider at 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 to pick up an application package. Applications need to be received by the Wednesday prior to the start of the next class.

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 for families; Providing child care in the parents' own home; Parent co-operative where one of the parents provides supervision for other parents' children on an exchange basis and no fees are involved; Providing less than 10 hours of child care a week on an irregular basis. If you are providing care beyond these opportunities, please contact the FCC program for a licensing application.

Family Child Care 687-5590

FINDING LIBRARY RESOURCES ON THE AF PORTAL

Access 24/7/365 to assist Airman, AF Families and Base Community

A wide variety of online resources available to you...

- On the Job - Mission Support!!!
- Personal/Career Development
- College/University Research
- Test Preparation & Practice Tests
- Foreign Language Learning & Cultural Awareness
- K-12/Homeschooling Resources



These Resources can be found on the AF Portal by going to Functional Areas under Air Force Indexes A-1 and then selecting ACC/AFSOC/AFGSC Information Center for Mission & Education.

PLEASE CONTACT THE LIBRARY DIRECTOR AT 687-5614 TO SCHEDULE

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

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Enjoy 'Salad Wednesday' Savings at Whiteman AFB Exchange Restaurants

Courtesy of Whiteman Base Exchange

Wednesdays are now something to look forward to as Army & Air Force Exchange Service restaurants are offering \$2 off any salad priced \$4 or more on what is becoming known as "Salad Wednesdays."

Now, when picking up a salad at Taco Bell, Burger King or Robin Hood on Wednesdays, guests can save money and eat nutritionally at the same time.

"Not only can you eat healthy, but you'll get more bang for your buck," said Tina Piper, Whiteman Exchange Food Court Manager. "Beyond the \$2 savings on Wednesday salad orders, guests save an additional 10 percent when paying with a MILITARY STAR card or Exchange gift card."

"Salad Wednesdays" are part of the Exchange's Operation BEFIT initiative to promote health and wellness through fitness and diet.

Whiteman Exchange restaurants are open to anyone on the installation - whether military, civil service, contractor or visitor - per Air Force Instruction 34-211 (I). "Salad Wednesdays" occur every Wednesday at all participating Exchange restaurants.

The Army & Air Force Exchange Service is a joint non-appropriated fund instrumentality of the Department of Defense and is directed by a Board of Directors, which is responsible

to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff.

The Exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating non-appropriated fund earnings as a supplemental source of funding for military morale, welfare and recreation programs.

To find out more about the Exchange history and mission or to view recent press releases, visit our Web site at www.shopmyexchange.com.

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Classifieds continued on next page

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Professional Women's Organization—1st Mon. of each month - Basement of City Hall
Lion's Club—2nd & 4th Mon. 7 p.m. - Jubilation Center
Chamber of Commerce—2nd Thurs. of each month.
Call Husineh Curts @ 660-238-6201 for more info.
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 • Every Mon. Noon - Chapel Annex 2 at WAFB
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, Peter Blaszczyk, 660-563-6333
Cub Scouts - Pack 405 Bill Sander 687-1154
Cub Scouts - Pack 509 Methodist Church
Girl Scouts - Jo Ellen Elwell 563-3514
Freedom of Road Riders, Local 33 - 3rd Sun. 1 p.m. - AMVETS Building

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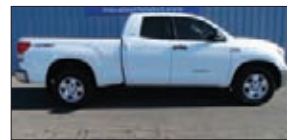
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