


Whiteman Air Force Assistance Fund kick off, pg. 6 / Lieutenant continues great uncle's legacy, pg. 5

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Concern, action trump perfection in supervisors

By Chief Master Sgt. Matt Proietti

Air Force Reserve Command
Yellow Ribbon Program

ROBINS AIR FORCE BASE, Ga. (AFNS) -- One of the best senior NCOs I've ever worked with was a troubled man whose personal demons cost him his career.

This senior master sergeant was an alcoholic whose drinking caused him to be sent back early from an overseas assignment in 1987 when he was about the age I am now. He landed in my office in California. A year later, shortly after I left active-duty service for the Air Force Reserve, he barricaded himself in a hotel room and went on a bender during a conference at our major command headquarters. He was forced to retire.

Despite this, he otherwise was a good leader to the handful of enlisted people on the staff and took good care of the office, in general.

Living on a steady diet of coffee and cigarettes, he looked a good 10 years older than he was. He was a bundle of energy who didn't so much walk down our halls as dash. Like me, he was a New England native and had a thick Yankee accent despite having lived outside of the region for much of his life. He was loud, too, and had a thousand old military sayings that connected a staff of Airmen from the 1980s to the earliest years of our service.

I liked him immediately and, more importantly, I respected him because he was there to work. I'm sure the officer in charge of our shop was nervous about inheriting this damaged old sergeant, but he turned out to be a blessing to us. His imprint was all over that place as soon as he arrived.

He was the ultimate practitioner of "management by walking around." If you hadn't seen him in a bit, you would shortly. His room was across the hall from where I worked with two other young Airmen, and he poked his head in the door throughout the day.

"What's with all the levity in hee-ah?" he would say before smiling broadly, turning on his heels and disappearing back to his stack of paperwork or to the main office next door so everyone knew he was available if

needed, which he was.

He was a master on the phone. He had a way of making the most inconsequential things sound important to the person on the other end of the line so he would get the help he needed to complete a task. I, too, prefer to use the phone or go in person when I need help with something and attribute that to the example he set more than a quarter-century ago.

He nearly paralyzed a timid staff sergeant in our shop by asking to see a copy of the office budget upon meeting her. Everyone suspected she wasn't paying it proper attention, but we didn't know quite how to tell. He did. He immediately identified some problems and set about fixing them with her. He didn't disparage her publicly, though I'm sure they had a private talk about her fulfilling her duties.

He exuded confidence in his Airmen, which made us believe in ourselves. I lived in a dormitory on base and got a phone call from him one weekend night. Our unit had kicked off a surprise exercise to test our skills responding to a mock aircraft crash. He was with the crisis action team and needed me to work "on scene," a location near the imitation accident site where representatives from various base agencies met to gather accurate information to guide our response to the situation. I had never done it before, and he sensed my nervousness.

"I need you to do it. I can't reach anybody else. You'll be fine," he said.

Because I recognized that he knew his business, I trusted him in sending me there. He was right: I did a good job.

Even a flawed person can be a great mentor or leader. He didn't simply know the names of my favorite sports teams or rock musicians. He knew about my plans in life. He knew about my family background. He knew about my dreams. He met my friends from other units around base and asked them about their jobs and their goals. You can't fake the sort of interest he held in other people's lives. His concern was genuine.

He worked hard all day, every day and that - coupled with that outrageous accent -- would be enough for him to stick out in my mind. What cemented him there, though,

was the direct action he took at a crucial point in my life that still pays dividends for me today.

Around March 1, 1988, the Air Force announced that it was forcing out people whose service contracts ended later that year if they had decided not to reenlist. We had to leave by April 30. I made cursory plans to return to my hometown, but still had a job to do for the Air Force and focused on doing it well until the end. A few weeks before I left the service, he called me into his office.

"You like the Air Force, don't you?" he asked. I said that I did.

"You like your job, right?" That was obvious to anyone.

I thought he was trying to convince me to stay on active duty. Instead, he suggested that I consider the Air Force Reserve or Air National Guard. He said making some money at an occupation I was comfortable with would help with my transition to civilian life. He knew I was moving back to Massachusetts so, with my approval, he picked up the phone right then and called back to the wing at Westover Air Reserve Base. He told someone in the public affairs office a little about me and wrote something down on a slip of paper. He thanked the person, hung up and handed me the note.

"Call this number when you get home," he said. "It's your new office."

That's how easy it was for me to join the Air Force Reserve 26 years ago. The short notice the Air Force gave me to leave the service left no time for a Reserve or Guard recruiter to contact me. Without this senior NCO's perception and effort on my behalf, I may have left the Air Force for good at 22. Instead, I will serve at least until 50.

I worked under this imperfect man for no more than eight months but he left a lasting impression on me. I don't think the Air Force erred in making him retire. I regret that he didn't get his drinking under control because the service lost one heck of a resource when he took off the uniform.

(Proietti is an individual mobilization augmentee with the Air Force Public Affairs Agency in San Antonio and public affairs manager of the Air Force Reserve Yellow Ribbon Program at Robins AFB, Ga.)

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On the cover

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

U.S. Air Force Tech. Sgt. Ronnie B. McGee Jr., 509th Medical Operations Squadron bioenvironmental technician, puts on a chemical protective boot at Whiteman Air Force Base, Mo., March 13, 2014. This all-purpose boot is used to prevent exposure from chemicals, radiation and sharp objects.

NEWS BRIEFS

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.

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.

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SecAF wraps up Afghanistan tour



U.S. Air Force photo/Senior Master Sgt. Gary J. Rihn

Secretary of the Air Force Deborah Lee James talks to Airman 1st Class Nathaniel Ripp and Airman 1st Class Kaitlyn Ramstead after receiving a post briefing from the Security Forces defenders at Bagram Airfield, Afghanistan, March 22, 2014. Ripp and Ramstead were providing security for a venue that James was speaking at during her first official visit to Afghanistan.

By Capt. Brian Wagner

455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD, Afghanistan (AFNS) — Secretary of the Air Force Deborah Lee James visited multiple Air Force units at five bases in Afghanistan, March 19-22. This is her first official visit outside the United States since being appointed in December 2013.

Her stops included Shindand Airfield, Kandahar, two locations in Kabul and Bagram Airfield.

At Shindand Airfield, she met with Airmen training the Afghan Air Force airmen in English language skills, aircraft maintenance and pilot training in both fixed and rotary wing aircraft.

She then headed to Kandahar Airfield for an update on retrograde operations and remotely piloted aircraft operations and spent time with Air Force senior noncommissioned officers.

In Kabul, James met with Marine Gen. Joseph F. Dunford Jr., International Security Assistance Force and United States Forces-Afghanistan commander, and discussed the importance of the military's support of the

upcoming Afghan elections. She also held an Airmen's call with Airmen serving in the capital region.

She concluded her Afghanistan trip at the largest base in Afghanistan, Bagram Airfield, where she visited with multiple units. She received an airfield operations flightline tour, a hospital patient reception and treatment demonstration, and a walk through the Air Force's Camp Cunningham area.

After the unit tours, she held an Airmen's call to talk about her priorities of taking care of people, balancing today's readiness with tomorrow's modernization, and making every dollar count; to reemphasize the core values and further explain force management and compensation issues.

One of the main discussion topics during meetings with deployed Airmen was explaining the current force management programs, including the recent two-week pause.

During the pause, senior Air Force leaders wanted to ensure the numbers were correct and the process of reducing the overall numbers was being done right, said James.

"The key thing that came out of the pause is that rather than doing one round of involuntary boards, we will now do two rounds," said James. "The two rounds will take place over roughly a 15-month period and if you go through round one, you're done."

"The only exception is if you go through round one and there's a discipline issue, then it is possible to go to round two," said James. "We have to do this right because this is so important for the future of our Air Force."

During her departing remarks she praised all Airmen serving in Afghanistan.

"I have seen the Air Force in action in each of the Air Force's core missions: air and space superiority, command and control, ISR, global strike and mobility," said James. "You are coming up with solutions, at times on the fly. Solutions on how to do things better, how to save our government money and how to support the Afghan military."

"I am thoroughly impressed by all of you. What a terrific week this has been; how valuable to see all of you in action to help me tell your story back in Washington."

USSTRATCOM Announces Whiteman as 2013 Omaha Trophy Winner

OFFUTT AIR FORCE BASE, Neb. — USSTRATCOM Commander Adm. Cecil D. Haney recently announced the 2013 Omaha Trophy winners, an honor awarded annually to military units demonstrating the highest performance standards in USSTRATCOM's mission areas. Selections are based on formal evaluations, meritorious achievement, safety, and other factors such as community involvement and humanitarian actions. The winners are:

- Global Operations Trophy: 67th Cyberspace Wing, Joint Base San Antonio-Lackland, San Antonio, Texas.

- Intercontinental Ballistic Missile Trophy: 90th Missile Wing, F.E. Warren Air Force Base, Wyo.

- Submarine Ballistic Missile Trophy: USS Nebraska (SSBN 739), Naval Base Kitsap-Bangor, Wash.

- Strategic Aircraft Operations Trophy: 509th Bomb Wing,

Whiteman Air Force Base, Mo.

The 131st Bomb Wing, the 509th's key TFI partner, was also instrumental in bringing the trophy to Whiteman.

Each year, Omaha's Strategic Command Consultation Committee sponsors the Omaha Trophy in recognizing four outstanding units. The categories reflect the command's mission areas, their role in global operations and the command's continued emphasis on strategic deterrence. The former Strategic Air Command Consultation Committee first presented the Omaha Trophy as a single trophy to the Strategic Air Command in 1971 on behalf of the citizens of Omaha. The number of awards increased over the years as the command's missions and organizational structure changed.

For more information, contact the USSTRATCOM Public Affairs Office at 402-294-4130 or PA@stratcom.mil.

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Fit to fight or fighting to get fit?

By Airman 1st Class Brittain Crolley
4th Fighter Wing Public Affairs

SEYMOUR JOHNSON AIR FORCE BASE, N.C. (AFNS) -- March is typically focused on the madness of college basketball or growing a fabulous mustache. But it's also a time to watch both what's on the table during your favorite team's game or on the verge of getting caught in that carefully groomed crumb catcher.

March is also National Nutrition Month, which means fad diets and eating bland, boring foods all the time, right?

Wrong.

"If you're eating something you don't like the taste of -- even if it's because you think it's healthy for you -- you're not going to stick with a plan," said Tiffany Harrison, a 4th Aerospace Medical Squadron Health and Wellness Center dietitian. "We crave foods that have great taste, so if you're consuming foods that are hard to get down, you're not doing it right."

Taste isn't the only reason healthy diets have a tendency to get off track.

According to the Academy of Nutrition and Dietetics, one of the explanations why resolutions to lose weight are frequently broken is because people want to change too drastically at once instead of working their way up to their ultimate goal. The organization suggests adopting minor changes, such as eating an extra serving of fruit a day for a week, and making sure the body makes that adjustment before moving on to the next goal.

Ultimately, Harrison said, everyone's body is different. People have varied tastes, likes and dislikes and physical chemistry. What works for one person might not necessarily work for others.

However, the one thing common to everyone is that they need sleep. It may not seem like part of a nutrition plan, but Harrison said sleep plays a critical role in how the human body recovers, which is key to a healthy lifestyle.

"Sleep is everything, and impacts us in

multiple ways," Harrison explained. "Not having a healthy sleep pattern can cause increased stress, lower metabolism, and hormonal imbalance. Altogether, these factors can wreak havoc on our body's cognitive abilities, immune system, and physical endurance."

Harrison recommends getting seven to eight hours of sleep at night, but needs vary and are based on the individual.

Undergoing the process to change one's lifestyle can be difficult and requires a desire from within to stay on track, according to Joe Gonzalez, 4th AMDS HAWC exercise physiologist. To help individuals find what plan works best for them, the HAWC has a variety of programs and classes available.

'Nutrition 101' is a one-time class that introduces students to the basics of nutrition. 'Better Body, Better Life' is a month-long class, meeting once per week, which gives students a more in-depth look into how to incorporate a healthy diet into a busy lifestyle. HAWC professionals can also provide one-on-one assistance to help build a plan that best fits the individual.

Also, Harrison conducts a program called 'Smart Cart', in which she takes participants through the commissary and shows them how to make smarter choices when grocery shopping.

In coordination with National Nutrition Month, the fitness center is underway with its annual Biggest Loser competition. The eight-week program pits individuals against each other to see who can lose the largest percentage of weight.

"The program works great because you have to hold each other accountable," said Bryan Ekberg, 4th Fighter Wing NCO in charge of wing protocol. "It's instinctive to try harder when you're competing with others and it provides the motivation to get out and do more."

Since beginning the program two weeks ago and altering his diet plan, Ekberg said he lost six pounds, has more energy and feels less sluggish throughout the day. His goal is to lose another 20 pounds before the competition is finished.



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Lieutenant continues legacy started by great uncle, Medal of Honor recipient



U.S. Air Force photo illustration/Staff Sgt. Michael Means

First Lt. Kristina Roberts poses for a photo Jan. 6, 2014, while deployed to Southwest Asia. Roberts' great uncle Chaplain (Capt.) Emil Kapaun was posthumously awarded the Medal of Honor for risking his life to help fellow service members. Roberts works as an Air National Guard air weapons officer.

By Maj. Khalid Cannon
380th Air Expeditionary Wing

SOUTHWEST ASIA (AFNS) -- Facing a wave of enemy Communist forces, and knowing that staying behind would likely lead to his capture, Army Chaplain (Capt.) Emil J. Kapaun disregarded the evacuation order and willingly risked his life to tend to the wounded.

Kapaun, according to numerous battlefield accounts from the Korean War, convinced a wounded Chinese officer to order a cease-fire, saving his men from certain death.

He and wounded members of the 3rd Battalion, 8th Cavalry Regiment were taken captive and led on a death march to a Prisoner of War camp. Those who were too badly wounded to march were immediately executed.

When he saw an enemy soldier preparing to execute Army Sergeant 1st Class Herbert Miller, Kapaun pushed the soldier aside, saved Miller's life and helped carry him the rest of the way. During his six months as a POW, Kapaun routinely risked his life to sneak food and hot water to his fellow POWs, and continued to serve the men he considered his flock.

Ignoring hunger and his own comfort, Kapaun willingly gave his rations and extra clothing to other Soldiers, and provided continuous spiritual care and guidance, even when threatened by his captors.

Kapaun died in captivity after contracting numerous debilitating illnesses.

On April 11, 2013, Air Force 1st Lt. Kristina Roberts, an Air National Guard air weapons officer who deployed to the 727th Expeditionary Air Control Squadron, attended the White House ceremony where Kapaun, her great uncle, was posthumously awarded the Medal of Honor.

Her grandfather told numerous stories when she was growing up, and the family attended annual events honoring Kapaun in his hometown of Pilsen, Kan.

"There hasn't been a day that I have not thought of my great uncle, especially when I was going through all my military training," Roberts said, who is deployed from the 134th Air Control Squadron in Wichita, Kan.

According to Roberts, the men who Kapaun cared for during their imprisonment worked for decades to get recognition for him.

Roberts, who was an enlisted surveillance technician for nine years, received her commission in December 2010 and went through the nine-month air battle manager technical school, and an additional two months of follow-on training.

Throughout her 13-year Air Force career, Roberts has held numerous civilian positions that have given her the opportunity to serve others.

"In 2006, I worked at a restaurant as a server and working my way up to a manager in less than a year," Roberts said. "In 2008, I received my bachelor's degree in broadcast journalism and in less than a year I worked my way up to marketing director for a local television station in Wichita."

Roberts obtained her master's degree in exercise science in 2011 and after completing military training, began working as a personal trainer at a YMCA in Wichita.

"I chose to work at the 'Y' because I really believe in its mission of helping the community and making a difference," Roberts said. "Just like my great uncle, I've always had a calling to help those around me: from adults faced with certain challenges to children who need someone to look out for them."

Kapaun, who volunteered for the Korean War after serving as a chaplain during World War II, is now being considered for sainthood by the Vatican.

Roberts volunteered for her current deployment and described how Kapaun's legacy has shaped her life.

"He was a man who never gave up, and through it all, always maintained his integrity, faith, courage and his sense of humor. Helping others is not just a calling for me, but is a way to continue his legacy."

Chiefs' Choice Award



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

Tech. Sgt. Michael Vacca, 509th Security Forces NCO in charge of the visitor control center, receives the Chiefs' Choice award at Whiteman Air Force Base, Mo., March 26, 2014. Vacca supervises a team of 15 Airmen, runs the 24/7 visitor control center at Whiteman AFB, and is responsible for all visitor, contractor and foreign visitor passes. He identified and turned over approximately 70,000 wants and warrants to the Johnson County Sheriff's Department in 2013.

Whiteman kicks off AF Assistance Fund campaign



U.S. Air Force photo/Airman 1st Class Joel Pfiester

Master Sgt. Charles Yates, assistant project officer for Whiteman's 2014 Air Force Assistance Fund campaign, speaks during the campaign's kickoff breakfast at Whiteman Air Force Base, Mo., March 24, 2014. This year, Whiteman AFB's goal is to raise \$71,724 for the assistance fund.

By Airman 1st Class Joel Pfiester
509th Bomb Wing Public Affairs

The 2014 Air Force Assistance Fund campaign kicked off with a breakfast at Mission's End here March 24, 2014. The breakfast was held to attain support from Group and Squadron leadership as the campaign commences for all of the key workers and unit level representatives.

"Our efforts that start today will help those who are serving and have served," said Master Sgt. Charles Yates, assistant project officer for Whiteman's 2014 campaign.

The AFAF was established to raise funds for organizations that help Air Force members and families with aid in emergencies, with educational needs, or to have a secure retirement home for widows or widowers of Air Force members in need.

This year, Whiteman AFB's goal is to raise \$71,724.

"Now, we do not want our push, or our focus to be on Airmen giving more, but instead we should have the goal of more Airmen giving," said Yates. "Every contribution can impact the life of a fellow Airman. Every donation truly matters."

Birg. Gen. Glen D. VanHerck, 509th Bomb Wing commander, would like to exceed the set goal by challenging Whiteman to have at least 30 percent participation in donating to the AFAF.

"They have made donating to the AFAF very simple," said Yates. "The form is on-line. You can visit the website, <http://www.afassistancefund.org/fund/form.cfm> to fill one out. Then you just print it, sign it, add your social security info, and e-mail it to your unit POC. It does not take more than a couple of minutes to complete."

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Staff Sgt. Tyler Haugland, 509th Medical Operations Squadron bioenvironmental readiness and radiation program manager, left, and Tech. Sgt. Annemieke LeBorgne, 509th Medical Operations Squadron NCO in charge of Occupational Health, prepares the HAPSITE. The HAPSITE is used to identify and quantify potential unknowns.



U.S. Air Force Tech. Sgt. Annemieke LeBorgne, 509th Medical Operations Squadron NCO in Charge of Occupational Health, tapes the respirator for Staff Sgt. Tyler Haugland, 509th Medical Operations Squadron bioenvironmental readiness and radiation program manager. The tape is used to seal any holes or cracks to prevent exposure to chemicals or radiation.

Staff Sgt. Staff Sgt. Tyler Haugland, 509th Medical Operations Squadron bioenvironmental readiness and radiation program manager, operates a HAPSITE. The HAPSITE is used to quantify and identify unknowns.



Bio: A team with great chemistry!

By Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

There are many hazardous materials capable of causing massive damage and hindering the mission. Exposure to hazardous materials could cause health related problems or even result in death. To reduce these possibilities, the 509th Medical Operations Squadron Bioenvironmental Engineering Flight works every day to find solutions to protect Whiteman from harm.

The bioenvironmental team identifies and quantifies potential threats and finds solutions to mitigate them, said Tech. Sgt. Annemieke LeBorgne, Bioenvironmental NCO in charge of Occupational Health.

"We do health risk assessments which identify hazards people may come in contact with," LeBorgne said. "We do air sampling in work centers to see if paints and other chemicals are over exposure limits. If they are, we will find a solution involving a respirator, ventilation system or finding another way to do the job to avoid exposure from the harmful elements. We also do noise surveys throughout the base to determine how loud it is within the work centers, which lets us know what kind of hearing protection or other controls are required."

To ensure they are on top of their game when entering hazardous situations, the bioenvironmental team, along with emergency management and other response agencies, conducts readiness training, said Haugland.

"We conduct monthly training and exercises to ensure we are prepared," Haugland said. "This ensures each team knows their role when entering dangerous situations. We must always be aware that there may be additional hazards such as explosive devices that were overlooked."

The monthly training helps keep the teams ready in the case of real world incidents. In the event of an incident which may involve nuclear hazards, the bioenvironmental team uses a device known as a Radeco, a high volume air sampling pump, to capture airborne particles from radiation.

"We need to know how much radiation is in the air to inform people to stay clear of it," said LeBorgne. "We assess the situation to see what level of respiratory protection is needed or if any is needed at all."

If there is an unknown powder or liquid on base, the bioenvironmental team will respond using instruments capable of detecting, identifying, and quantifying exposure hazards. A device called the HazmatID can be used to identify powder or liquid agents by comparing a sample against a library of thousands of known compounds. A common scenario may also involve sampling for any volatile organic compounds (VOC) being released to the air.

"The instruments used to detect off-gas from the VOC are the TVA-1000 and the HAPSITE," said Haugland. "The TVA-1000 gives us a hit on whether or not something is there. The HAPSITE is used to identify and quantify the VOC."

In addition, the bioenvironmental team

conducts routine water sampling for things such as pH, chlorine, and bacteria to ensure the base water supply is stable and safe to drink. The bioenvironmental team collects samples from specific monitoring points around the base that have been approved by the Missouri Department of Natural Resources.

"As an example, we do weekly pH testing of the water from different facilities around the base," said LeBorgne. "We put red solution into a bottle of collected water and shake it up to see what color it turns, determining the pH."

After the samples are collected, the bioenvironmental team will conduct some analysis in-house and send other samples to a state-certified laboratory for analysis. Results are entered into a database called the Defense Occupational and Environmental Health Readiness System, or DOEHRS, which is a DoD database, said LeBorgne.

Additionally, all results are compiled and reported in an annual consumer confidence report.

The bioenvironmental flight must be ready to respond to hazardous situations at all times. In the event of a suspicious package, bioenvironmental engineering, along with the 509th Civil Engineering Squadron Fire and Emergency Services, 509th Explosive Ordnance Disposal, 509th Security Forces Squadron and 509th Emergency Management, must mitigate the hazard. The EOD team is the first to assess the package to ensure the scene is clear of explosive hazards.

Once cleared of explosive concerns and the fire chief has given the signal, bioenvironmental and emergency management teams will use their equipment to detect any type of chemical, biological, or radiological threat, said Staff Sgt. Tyler Haugland, bioenvironmental readiness and radiation program manager.

"Once we identify and quantify the level of hazard, we can give medics, other responders and commanders valuable information," Haugland said. "They can determine what type of medical treatment may be necessary for exposed individuals and can determine appropriate mitigation strategies to control the situation."

Bioenvironmental engineering is a diverse career field with many areas of technical expertise. Team members are charged with ensuring the health and safety of industrial workers and the broader base populace. Each member must be aware and attentive to every detail of the job. They must also be aware of the hazards they face and ensure they are wearing the proper personal protective gear to prevent exposures. When going out and surveying unknown response situations, there must be a sense of trust the team has with each other to do their job successfully.

"Each team member has a responsibility when we are out and about," said Haugland. "We are counting on each other to do their part and most importantly, ensure everyone is safe!"



U.S. Air Force Tech. Sgt. Annemieke LeBorgne, 509th Medical Operations Squadron NCO in charge of Occupational Health, samples a liquid at Whiteman Air Force Base, Mo., March 12, 2014.

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Have Medical Questions? Call the TRICARE Nurse Advice Line.

Sometimes it is difficult to know if and when to seek medical help for acute health problems, so having professional help at a moment's notice is invaluable. The Military Health System's (MHS) new Nurse Advice Line (NAL) for TRICARE beneficiaries does just that. Beginning March 28, 2014, Whiteman TRICARE beneficiaries can call the NAL toll-free twenty-four hours a day, seven days a week.

The NAL is a team of registered nurses who are available to answer a variety of urgent healthcare questions. They can help you decide whether self-care is the best option, or if it is better to see a healthcare provider. There will always be a live-person on the line to address beneficiary concerns.

The NAL offers a variety of solutions for all TRICARE beneficiaries. For pediatric issues, the NAL will route the beneficiary to a pediatric nurse. If follow-up is necessary or requested, the NAL will call the beneficiary back to check the child's status a few hours later. The NAL will make same-day appointments with the beneficiary's primary care manager (PCM) for TRICARE Prime beneficiaries who are enrolled to Military Treatment Facilities

(MTFs). If a same day appointment is not available, the NAL will re-direct the beneficiary to the closest urgent care center, and advise the PCM that an urgent care referral is needed so the patient does not have to worry about paying point of service co-pays. All other TRICARE beneficiaries who are not enrolled to a MTF will receive professional health advice about their urgent health concern and when to seek urgent care.

When calling the NAL, a customer service representative will verify the beneficiary's eligibility through the Defense Enrollment and Eligibility Reporting System (DEERS). Beneficiaries with an acute health care concern or question will be connected with a registered nurse that will ask the beneficiary a series of very standard questions to determine the next steps and allow the NAL nurse to provide the best advice possible.

Beneficiaries can still call their PCM or clinic, but the NAL is another option for beneficiaries to access the care they need and want in a timely fashion. To access the NAL, once it launches, dial 1-800-TRICARE (874-2273), Option 1.

The Winner will have their drawing featured on a Exclusive Whiteman B-2 T-shirt!!
Submit your original drawing of the B-2 to an associate at your Military Clothing Store



Drawings will be publically voted on from 26 April through 8 May & the winner announced on 9 May!

Military Clothing T-Shirt Design Contest
Where: Whiteman Military Clothing Store



Air Force Week in photos

Senior Airmen Brian Colt Gass monitors the air space and weather conditions around the Geronimo landing zone March 14, 2014, at the Joint Readiness Training Center, Fort Polk, La. Service members participating in JRTC 14-05 are educated in combat patient care and aeromedical evacuation in a simulated combat environment. Gass is a combat controller with the 22nd Special Tactics Squadron at McChord Air Force Base, Wash.



U.S. Air Force photo/Master Sgt. John R. Nimmo Sr.

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- Economics of Technology
- Strategic Management of Technology
- Operations Management
- Professional Ethics
- Business Law
- Financial Performance of the Firm

12



PROGRAM REQUIREMENTS REQUIRED COURSES (24 credit hours)

- Foundations of Project Management
- Applying Innovations with Organizations
- Leading Projects and Teams
- Project Planning and Administration
- Project Management Standards
- Group Dynamics in Project Team Performance
- Strategies of Projects, Programs, and Portfolios
- Advances in Project Management

24

WHAT'S HAPPENING AT WHITEMAN?

JOIN US ONLINE @ WHITEMANFSS.COM & CLICK ON CALENDAR

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

FEATURED EVENTS

SATURDAY 3/29

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 4/2

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.

PHOTO OF THE MONTH CONTEST!

Compete in our photo of the month contest, every month simply submit a funny, heart warming, impactful, etc. photo at an FSS event during the month. After the submission to our email: whitemanmarketing@gmail.com, we will post it into our facebook album "Photo Of The Month", and whoever receives the most likes that month, will walk away with a \$25 FSS Gift Card!

WHITEMAN AFB YOUTH SPORTS

Baseball & Softball

AGES: (5-13): 5-6 / 1st & 2nd Graders/ 3rd & 4th Graders/ 5th & 6th Graders

REGISTER NOW!

Whiteman Youth Baseball & Softball Registration is now open for Spring and Summer of 2014. Most teams will play in the Glenn W. Shippy Recreational League (GWSRL), Centrally located in Warrensburg, and will play teams from the many surrounding communities.

T-Ball will be held on base, and practices will begin April 8.

Coaches are needed!
Coaches will receive a scholarship for one child to play free!

Cost for Members: \$45
Non-Members: \$50

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A 24 hour notice is required for a full refund if unable to make the trip.

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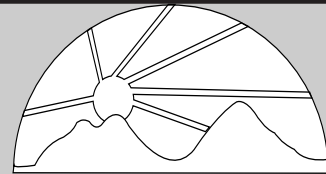
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- Lion's Club**—2nd & 4th Mon. 7 p.m. - Jubilation Center
- Chamber of Commerce**—2nd Thurs. of each month. Call Husineh Curtis @ 660-238-6201 for more info.
- Masons**—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM
- Garden Club**—1st 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 - Bldg. 3007, Behind Chapel "The Old Housing Office" 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. -

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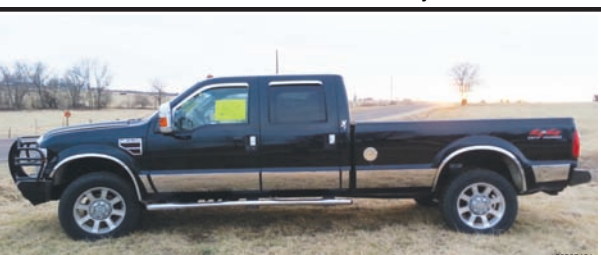
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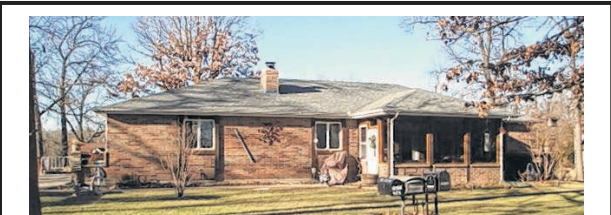
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NEW 2014 TOYOTA COROLLA

\$149 LEASE PER MO.*



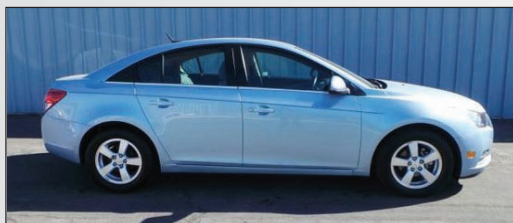
NEW 2014 TOYOTA TUNDRA

\$369 LEASE PER MO.*

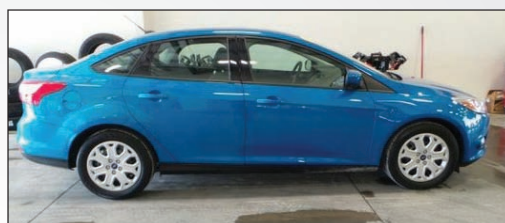


*36 MONTH LEASES, 12000 MILES/YEAR, COROLLA: \$1830 DUE AT SIGNING, TUNDRA: \$3637 DUE AT SIGNING, PLUS 1ST PAYMENT AND \$199 DEALER FEE. SECURITY DEPOSIT WAIVED. **DISCOUNT OFF MSRP. ALL REBATES ASSIGNED TO DEALER. ALL OFFERS PLUS TAX, TAG, TITLE, \$199 DEALER FEE AND REGISTRATION, WITH APPROVED CREDIT. ALL OFFERS EXPIRE 03/31/14.

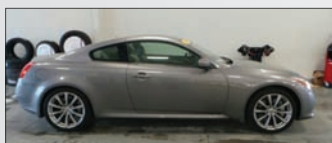
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CRUZE 1LT
STK#P21130
\$246 PER MONTH*



2012 FORD
FOCUS SE
STK#P21085A
\$247 PER MONTH*



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G37 SPORT
STK#X12696A
\$324 PER MONTH*



2011 CHEVROLET
CHALLENGER R/T
STK#P21125A
\$399 PER MONTH*



2011 TOYOTA
4RUNNER LIMITED
STK#X12667A
\$487 PER MONTH*



2011 CHEVY
AVALANCHE
STK#P21139
\$36,991



2011 TOYOTA
SEQUOIA
STK#X12736A
\$40,991



2011 CHEVROLET
TAHOE LTZ
STK#P21064
\$44,987

PRICE PLUS TAX, TAG, TITLE AND FEES. WITH APPROVED CREDIT. VEHICLES SUBJECT TO PRIOR SALE. ALL PAYMENTS BASED ON SMART PAYMENT PLAN: *3.99% FOR 72 MONTHS WITH \$0 DOWN. WHILE SUPPLIES LAST. SEE DEALER FOR DETAILS.

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