

WARRIOR



SERVE BEFORE

WHITEMAN LEADERSHIP GATERS OVER THE HOLIDAYS

PG. 8

Whiteman winter weather plan: What you need to know

509th Bomb Wing Public Affairs Staff Report

As we have all seen and felt this week, winter is upon us. Therefore, it's important for us all to understand how we report to the installation appropriately when the weather becomes hazardous. It is also important to understand how we can find out when we should report for work when the weather gets rough. So we all understand what the reporting process is regarding inclement weather, please take a moment to review the procedures and the base operating status terms below.

GENERAL PROCEDURES:

Brig. Gen. Paul W. Tibbets IV is the authority for determining the base operating status per Recall, Reporting, and Release Plan 10-207. Keep in mind that the base reporting status may or may not follow the local surrounding area status.

For example, the schools in the local area may be closed or delayed, but Whiteman may be operating normally. The same is true for early release. Schools may be letting out early; however, the installation may not be aligned with the early release of the local schools.

Team Whiteman members can expect to be notified of changes to the base operating status or if early release is authorized via one or more of the following avenues:

- 1. The AtHoc System.** All Team Whiteman members who have properly registered and have an up-to-date AtHoc Account will receive a phone call, email and/or text based upon the settings you have established. Per the Installation Notification & Warning System plan, all active duty, reserve, MOANG, and government civilians are required to opt-in to AtHoc and have all their respective contact information filled out with the exception of their personal email address. If you haven't established an AtHoc system account, do so now. You can do this and check your current information in AtHoc by right clicking on the purple globe on the bottom right of your computer and selecting "Access Self Service".
- 2. The Whiteman Air Force Base Facebook page.** If you do not follow or have not "liked" the Whiteman Facebook page, now is a good time to do that as well so you can receive the latest news and information regarding Whiteman.
- 3. The base website,** which is www.whiteman.af.mil.
- 4. The Straight Talk Line,** which can be accessed by dialing 660-687-NEWS (6397). This line will be updated with the base operating status, as well as other pertinent information.
- 5. Local news and radio stations** will also be notified of delays or closures, similar to school closings. Please keep in mind, however, that

not every news channel you have access to may be broadcasting information regarding the installation's operating status so it is best not to rely on a single media source.

6. A phone call from your chain of command.

The following terms define the possible reporting status options:

1. BASE OPEN: All Team Whiteman members report at their normal scheduled duty times -- this is our normal day-to-day reporting status.

2. DELAYED REPORTING: During this status we delay reporting until no earlier than the time specified in the message you receive. For example, "Due to ongoing snow removal, all personnel except security forces (SFS), firefighters, and snow removal personnel delay reporting until 0930." This means that all personnel except SFS, firefighters and snow removal personnel report to work on or after 0930. If your particular shift report time is after the report time in the message, you report at your normally scheduled time, such as swing and mid-shifts.

3. RESTRICTED REPORTING: Only "mission-essential" personnel specified in the message report to work. All others stay home. Personnel are designated "mission essential" by their group or squadron commander based on the specific situation. For example, if it is a simple snow event, then mission essential personnel will likely only include security forces, command post and snow removal personnel. If we are in combat operations, it will likely include operations and maintenance personnel as well.

4. EARLY RELEASE: This occurs when the installation commander directs an early release from duty, which may result from a weather event or any emerging situation. The message you receive will specify the affected demographic. For example, during a snow event early release times may be staggered based upon the distance a member resides from the installation.

5. BASE CLOSED: The installation is closed due to inclement weather, for example, and personnel are not required to report unless specifically notified to do so. Also, installation gates may be closed and based on the situation at hand internal movement on base may be limited.

Ultimately we all need to exercise sound judgment when it comes to winter weather. If you are experiencing trouble or have questions about your duty status, please contact your supervisor and utilize your chain of command. If you have specific questions regarding the reporting procedures above, please contact Wing Plans at 687-2312. Please contact Public Affairs at 687-5727 with questions or concerns regarding notifications via Facebook, the base website, or the Straight Talk Line.

THE WARRIOR

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The Sedalia Democrat

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

For more information, call the Warrior office at 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

Beat the Boss

The Beat the Boss program is a monthly PT test competition between 509th units that will recognize outstanding teamwork and devotion to fitness at the Squadron level. Active duty 509th Airmen who score the same or higher than the commander's score of 95.4% will earn a one-day pass and those who score a 100% win a one-day pass and one of the commander's coins.

Here are the Beat the Boss results:

Col. Timothy Molnar
509th Maintenance Group, 100%

Master Sgt. Jacob Williams
509th Maintenance Group, 100%

Tech Sgt. Andrew Jones
509th Aircraft Maintenance Squadron,
100%

Staff Sgt. Michael Boulte
509th Security Forces Squadron, 95.4%

Senior Airman Jamie Schliebe
509th Communications Squadron, 96.1%

Senior Airman Kalen Dozzi
509th Civil Engineer Squadron, 96.6%

Capt. Grant Smith
20th Reconnaissance Squadron, 95.7%



Major Michael Granberry
394th Combat Training Squadron, 96.6%

Airman 1st Class Andrew McCook
509th Security Forces Squadron, 98.5%

Senior Master Sgt. Nathaniel Bettisworth
509th Comptroller Squadron, 99.5%

Airman 1st Class Richard Huartson
509th Aircraft Maintenance Squadron, 95.6%

Staff Sgt. Fredrick Biddle
509th Security Forces Squadron, 96.6%

2nd Lt. Robert Scholl
509th Security Forces Squadron, 97.3%

Lt. Col. John Galloway
358th Fighter Squadron, 97.9%

On the cover

U.S. Air Force photo/
Airman 1st Class Jazmin Smith

U.S. Air Force Airman 1st Class Calvin Tynes, a food service specialist with the 509th Force Support Squadron, is served by members of base leadership during the annual Thanksgiving meal at the Ozark Inn Dining Facility at Whiteman Air Force Base, Mo., Nov. 26, 2015. The dining facility staff prepared a special Thanksgiving Day meal, set up decorations and offered specialty cakes and desserts.

NEWS BRIEFS



U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to <http://www.tipsubmit.com/WebTips.aspx?AgencyID=1111> or the AFOSI web page at <http://www.osi.af.mil>

How to report an anonymous tip using a smart phone:

1. Use the smart phone app
2. Manually select an agency
3. Choose USA then Federal Agency then select AFOSI
4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip VIA text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

Air Force Housing website

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

Stealth Lounge

If you are a young Airman, let the Stealth Lounge make your time at Whiteman more fun. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The lounge opens at 4 p.m. during the week and noon on weekends. There is free dinner every Friday at 4:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.

Please like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

Found property

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

WEATHER	
Today	Saturday
Sunny	Sunny
Hi 53	Hi 54
Lo 31	Lo 31
Sunday	Monday
Partly Sunny	Mostly Sunny
Hi 48	Hi 52
Lo 36	Lo 31

Staying healthy during the holidays

By Airman 1st Class Michaela R. Slanchik
509th Bomb Wing Public Affairs

With the holidays quickly approaching, I caught myself sitting at my desk thinking about how my fitness is going to suffer when I travel up north on vacation.

A lack of exercise combined with my dad's cooking, staying up late to hang out with family and sleeping in a bed that I'm not used to makes it difficult to keep a healthy routine.

So, I decided to do some research and take a trip to the community dietitian at the 509th Medical Group to learn how to take care of myself while I'm on leave this holiday season.

When I road-trip, I usually depend on energy drinks and candy to keep me awake, but believe it or not, water is best for you instead of other beverages. It will help you stay awake and keep you alert on the road. Drinking energy drinks will make you lethargic later on down the road.

Healthy alternatives to candy could be air-popped popcorn without butter and lightly salted, fruits, vegetables or whole grain crackers.

Holiday meals tend to not be prepared low-calorie, especially in my family. I have learned that just one serving of prime rib can have over 400 calories, and by the time you add sides and desserts one meal can very easily total up to over 1,000 calories. The good news is that

there is still a way to enjoy the dishes you love and cut out some of the negatives. One option is replacing butter with margarine, or if you have poultry, you can choose the light meat instead of the dark. You can also cut sugar and oil out of your desserts by replacing them with apple sauce when you bake.

Although the holidays can be a time for celebration, we have to watch what we drink. Always be aware of the calories and other effects different drinks may have on your body. Keep in mind that alcohol can not only damage your liver, but it also has hundreds of empty calories. A single beer can contain 150 calories and dark liquors may have up to 110 calories in just one shot.

Now that you've had your fill of a holiday feast, it's time to work it off. If you're lucky enough to be visiting family in the South, you can stay active by taking advantage of the warm weather and going on walks or bike rides. If you find yourself surrounded by snow, outdoor activity is not impossible. Did you know that an hour-long snowball fight can burn up to 350 calories?

Our bodies enable us to do our jobs every day in order to achieve the mission. If you don't take care of your body, you can greatly reduce your ability to be your best for the Air Force.

So before you grab that extra slice of pecan pie to put you in that food coma this holiday season, remember that it takes almost an hour of shoveling snow to burn those calories off!

WHITEMAN AIR FORCE BASE
*"Capturing Greatness, Celebrating Excellence,
 Upholding the Legacy"*

ANNUAL AWARDS
2015

UNIVERSITY OF CENTRAL MISSOURI
 BALLROOM
Warrensburg, Mo

FRIDAY JANUARY 22ND
social hour 6:00 P.M. ceremony begins at 7:00 P.M.

GUEST SPEAKER
 DAN CLARK
 AUTHOR OF "CHICKEN SOUP FOR YOUR SOUL" SERIES

<p>DRESS FOR EVENT Military: <i>Mess Dress or Semi-Formal</i> Civilian: <i>Formal</i></p>	<p>TICKETS E1 - E4: <i>\$25</i> E5-E8/O1-O4/GS5-GS9: <i>\$35</i> All others: <i>\$40</i></p>
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CONTACT YOUR UNIT POC FOR TICKET PURCHASE



Reel Time Theaters

We're saving a seat for you.

FRIDAY, DEC. 4 • 7 p.m.

Paranormal Activity:
The Ghost Dimension (R)
Adults - \$6.25

SATURDAY, DEC. 5 • 7 p.m.

In the Heart of the Sea (PG-13)
Adults - \$6.25, children - \$4.00

SUNDAY, DEC. 6 • 3 p.m.

Good Dinosaur (PG)
Adults - \$6.25, children - \$4.00

The Whiteman Classic

By **Annette and Mark Cruz**
509th Force Support Squadron

On Nov. 21, 2015 Whiteman Air Force Base hosted its first bodybuilding, physique, and bikini competition, the Whiteman Classic, at the Matthewson Exhibition Center in Sedalia at the Missouri state fair grounds.

This "Total Force" event featured 20 competitors, comprised of some of Whiteman's finest active-duty, Air National Guard, Air Force Reserve, and dependent family members. These athletes unveiled their hard work and took to the stage to battle one another in front of more than 150 spectators to see who would ultimately triumph.

Months of contest preparation were put to the test, from portioned meals to detailed workouts and even posing classes; the contestants walked across the stage and gave it all they had. When the dust finally settled, the competition results were as follows:

Men's Masters:

1st Place - Lt. Col. Dan Murray,
Chief of Aerospace Medicine, 509th Medical Group

Women's Physique:

1st Place - Staff Sgt. Courtney Oldham,
495th Fighter Group, 358th Fighter Squadron

2nd Place - Mrs. Christiana Auer,
Spouse, 509th Operations Support Squadron

3rd Place - Mrs. Jennifer Cates,
Spouse, 509th Aircraft Maintenance Squadron

Men's Physique - Short Class:

1st Place - Senior Airman Lucas Sanchez,
509th Security Forces Squadron

2nd Place - Tech. Sgt. Rick Zuniga Jr.,
131st Bomb Wing, Missouri Air National Guard

3rd Place - Staff Sgt. Steven Romero,
509th Security Forces Squadron

Men's Physique - Tall Class:

1st Place - Senior Airman Arlando Budd,
509th Security Forces Squadron

2nd Place - Senior Airman Ricky Intharaphet,
509th Maintenance Squadron

3rd Place - Nathan Brown,
USAF veteran

Men's Bodybuilding:

1st Place - Tech. Sgt. Rick Zuniga Jr.,
131st Bomb Wing, Missouri Air National Guard

2nd Place - Senior Airman Arlando Budd,
509th Security Forces Squadron

3rd Place - Senior Airman Ricky Intharaphet,
509th Maintenance Squadron

The event took months of planning and was coordinated by U.S. Air Force Senior Master Sgt. Mark A. Cruz, the 509th Maintenance Propulsion Flight chief, Senior Airman Ben Blevins of 509th Medical Group, Annette Cruz and Joshua Bailey of 509th Force Support Squadron marketing office.

The 509th Force Support Squadron would also like to thank the judges for the event, Kennedy Schultz, Damian McCall, Senior Master Sgt. Mark A. Cruz, Staff Sgt. John Hillyard and Senior Airman Ben Blevins. We are looking forward to an even bigger and better competition in 2016.

Warrior Wednesday feature personality



U.S. Air Force Master Sgt. Douglas Kraft, the 509th Operations Support Squadron aircrew flight equipment superintendent, performs a quality control inspection (QCI) on a Mask Breathing Unit-20/P at Whiteman Air Force Base, Mo., Dec. 1, 2015. A visual inspection of the oxygen mask is required to ensure the equipment is properly reassembled and functional.



U.S. Air Force Master Sgt. Douglas Kraft, the 509th Operations Support Squadron aircrew flight equipment superintendent, inspects screws on a Mask Breathing Unit-Head Gear Unit 55P helmet during a quality control inspection at Whiteman Air Force Base, Mo., Dec. 1, 2015. The aircrew flight equipment personnel must make sure all screws on the helmets are tightened for the breathing components to function properly.

By Senior Airman Keenan Berry

509th Bomb Wing Public Affairs

Meet U.S. Air Force Master Sgt. Douglas Kraft, the 509th Operations Support Squadron aircrew flight equipment (AFE) superintendent. Kraft oversees the AFE flight ensuring all equipment is properly assembled.

Born and raised in Dayton, Ohio, Kraft has been in the Air Force for 18 years and still expresses enjoyment for his job.

"I love my job because it allows me to help mentor younger Airmen in becoming successful within their career paths," Kraft said.

Kraft took time out of his day to sit with the 509th Bomb Wing Public Affairs shop for a question and answer session.

Q. Why do you enjoy your job?

A. Prior to being stationed here, I filled a recruiting position for four years. I enjoyed seeing the fresh, new talent the Air Force brought in. I still keep in contact with some of the recruits and they have excelled in their career fields. This gives me a great sense of joy that I was able to touch their lives. This is why I enjoy serving in the Air Force.

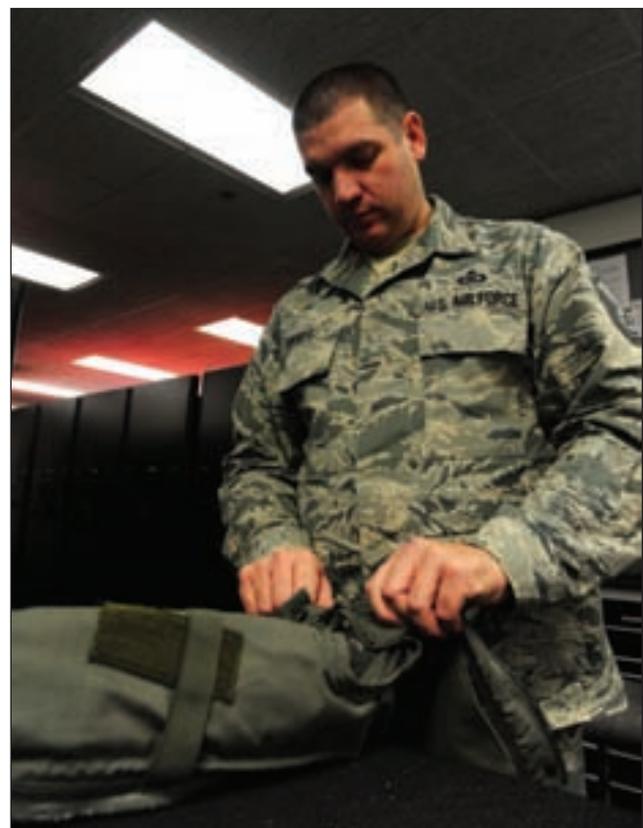
Q. What are your thoughts about carrying the bomber legacy?

A. I take pride in being a part of the only B-2 bomb wing in the Air Force. Learning what it can do and what it does for the nation gives me great pride knowing we are the only ones who can fulfill that capability.

Q. What are your personal goals?

A. My goals are to make senior master sergeant, obtain my bachelor's degree in human resources and move my family back home after retirement.

The Whiteman community congratulates Kraft for earning the 2015 Air Force Global Strike Command Aircrew Flight Equipment of the Year Senior NCO category as he continues to compete at the Air Force level.



U.S. Air Force Master Sgt. Douglas Kraft, the 509th Operations Support Squadron aircrew flight equipment superintendent, inspects a gravity suit during a quality control inspection at Whiteman Air Force Base, Mo., Dec. 1, 2015. The gravity suits must be inspected for defects, wear and tear, and functionality.

*U.S. Air Force photos/
Senior Airman Keenan Berry*



Air Force revamping flight, operational medicine

By Tahira Hayes

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. (AFNS) -- The Air Force Medical Service is restructuring flight and operational medicine by separating primary care and occupational medicine services into two distinct clinics, with the goal of improving care and creating more efficient and patient-centered workflows.

This new concept, known as the base operational medicine clinic (BOMC), will establish dedicated clinics for Airmen exams.

"Right now we repurpose primary care teams to do this, but because BOMC is an exams-only clinic, we can organize around those workflows. Instead of patients having to go to the hospital and thread all the exam pieces, we'll thread those in advance for them," said Col. Anthony Tvaryanas, the project manager at the 711th Human Systems Integration Directorate at Wright-Patterson Air Force Base, Ohio.

Keesler AFB, Mississippi, is serving as the pilot site for BOMC, the first of its kind in the Air Force. The first phase of the project was launched at Keesler in 2013, where teams are currently in the process of launching and testing phase 2 and 3. Planners have also set up beta test sites for the BOMC1 concept at Seymour Johnson AFB, North Carolina; Joint Base McGuire-Dix-Lakehurst, New Jersey; and Ramstein Air Base, Germany, to validate standard clinic products created at Keesler. BOMC is expected to

be implemented at all military treatment facilities (MTF) in phases through 2017.

Thus far, the patient satisfaction results at Keesler AFB are promising. Out of 638 patient surveys collected in the last year, 98 percent are either "very satisfied" or "satisfied" at the conclusion of their encounter with the BOMC.

In the past, flight and operational medicine clinics required patients to travel between different MTF departments to accomplish their pre-preplacement exams and period/post exposure assessments. Under BOMC, all the exam components will be centralized.

"We've taken all of those out of the primary care clinics and created standardized workflows and algorithms. We're able to make a one-stop shop solution when people need multiple appointments at the same time. So we decrease any redundant encounters that were happening before across the primary care clinics," said Capt. Colby Uptegraft, the flight commander of the BOMC at Keesler.

Centralizing these exam clinic appointments also improves care in the primary care facilities. Since November 2014, 7,700 health assessment appointments at Keesler have been moved from primary care providers to BOMC clinics, allowing more space for sick patients.

Although patient satisfaction is high at Keesler, a lot of the work is going on behind the scene that patients may not notice. Roles and responsibilities of staff are now more defined and resources are more appropriately allocated. Technicians are now reviewing records instead of providers.

"That means providers doing provider work, nurses doing nurse work and technician doing tech work, and the lines are less blurred," Uptegraft said.

Ultimately, this means records are more up-to-date and better care is provided. "When you do the work right, it makes the next steps easier," Tvaryanas said.

Over the past year Keesler has been tracking metrics, a review of medical records found chronic medical conditions missed on 8 percent of patients. If extrapolated Air Force-wide, this means around 25,000 have potentially disqualifying medical conditions that have never been reviewed for a potential medical evaluation board (MEB). A more thorough records review process would provide safer and more reliable medical care for members.

These improvements are also better for the Air Force because these previously undocumented conditions could result in a mission compromise if, for some reason, that person's medical condition interferes with the mission at large while they're deployed, Uptegraft said.

"We're also trying to change the culture of innovation on the medical side of the Air Force," Uptegraft said. "BOMC emphasizes to constantly reassess your workflows to increase the value of what you do."

Ultimately, BOMC will improve the value of services delivered and is an important step in the evolution of the Air Force Medical Home, an all-encompassing health care delivery system that is population focused, integrates data-driven decision making, and ensures patient-defined outcomes.

Uphold the Legacy

Celebrating Thanksgiving with Team Whiteman



ABOVE: U.S. Air Force Airman 1st Class Calvin Tynes, a food service specialist with the 509th Force Support Squadron, is served by members of the base leadership during the annual Thanksgiving meal at the Ozark Inn Dining Facility at Whiteman Air Force Base, Mo., Nov. 26, 2015. The dining facility staff prepared a special Thanksgiving Day meal, set up decorations and offered specialty cakes and desserts.

RIGHT: Desserts are laid out as part of the Thanksgiving meal at Whiteman Air Force Base, Mo., Nov. 26, 2015. The luncheon was open to retirees, service members and their families.

BOTTOM RIGHT: Base leadership presents a holiday meal to a patron during the annual Thanksgiving luncheon at the Ozark Inn Dining Facility at Whiteman Air Force Base, Mo., Nov. 26, 2015. In addition to preparing a meal, the dining facility also played a movie for its guests.



Retired U.S. Air Force Master Sgt. James Mitchell makes his way through the buffet line for a Thanksgiving meal at Whiteman Air Force Base, Mo., Nov. 26, 2015. During the luncheon, customers were treated to traditional Thanksgiving foods, to include roasted turkey, baked ham, mashed potatoes, vegetable sides and an array of desserts.

*U.S. Air Force photos/
Airman 1st Class Jazmin Smith*



U.S. Air Force Col. Michael Pyburn, the 509th Operations Group commander, carves a ham for customers with Airman Mandel Elam Jr., a food service specialist with the 509th Force Support Squadron, during a Thanksgiving luncheon at Whiteman Air Force Base, Mo., Nov. 26, 2015. During the luncheon, customers were treated to traditional Thanksgiving foods, to include roasted turkey, baked ham, mashed potatoes, vegetable sides and an array of desserts.



This year's Angel Tree is up and running at the BX main entrance! Each angel has information for a child in the Team Whiteman family who can benefit from your generosity. Please take an angel and return a wrapped gift marked with the child ID no later than Dec. 19.

Failure IS an option

By Maj. Jeffrey Bishop, APR
131st Bomb Wing Chief of Public Affairs

We all have likely heard the proverb that says failure is a good thing, as long as you learn from it. In my younger days, I recoiled from this notion; my thinking was, “sure, you can learn from your mistakes. But wouldn’t it be better – and more pleasant – to learn from only successes?”

I did pretty well with that philosophy for a while. That’s because luck seems to favor the young and the bold. But just as the Lord causes it to rain on both the good and the evil (Matthew 5:45), reality stalks the young and the old alike, and failures catch up with each of us with the passing of time. Sometimes success is beyond our ability to control; sometimes we don’t know enough to guarantee it. And we certainly can’t control other people or other factors at play in our projects. That’s life.

So like everyone, I’ve been knocked down by failure more than a few times, I’ve seen the wisdom of a related aphorism: that whether we get back onto the metaphorical horse after we fall that determines our ultimate success.

Striving for perfection and success every time puts a lot of pressure on a person – pressure that can overwhelm the effort and sabotage the results. People are hung up about performing at their best can’t ever perform at their best – psychologists call it performance anxiety, and it’s almost always debilitating.

There are strategies -- orthodox or not --to combat this tendency. I have a friend who has the practice of taking a ball-peen hammer to the bumper of every pristine brand-new vehicle that he buys. For him, the act is psychologically freeing: afterward, he can park wherever he wants; leave the car out in a thunderstorm; and drive in a normally cautious manner, not in a hyper-cautious manner. With the swing of a hammer, he’s removed all pressure from his shoulders.

When success is the only option, it affects the actions you take and the decisions you make. After the sting of perceived-to-be-untenable failures, one can become risk averse, opting for the tried and true option instead of the

best and most innovative.

In the world of personal finance, arguably the greatest risk to investing is playing it too safe. “Safe” investments like savings accounts or certificates of deposit might protect from the throes of a volatile market, but perhaps the greater risk is that their miniscule returns won’t keep pace with inflation, and that the real value of the investment will decrease over time. Risk aversion can produce exactly that which it seeks to avoid: failure. Would two Ohio bike makers have learned to fly, or a century later, would Neil Armstrong have taken one giant leap for mankind – across the face of the moon – had they not faced down their fears of failure? Certainly not.

Sometimes “failure” isn’t failure after all. Rewind more than 150 years, to 1856 and the dawn of the industrial revolution. Young chemist William Henry Perkin was working in a commercial lab to synthesize quinine, a cure for malaria. After his umpteenth failure, he wiped up a spill off his bench with a white rag, only to find that the cloth had taken on a beautiful, permanent shade of deep purple. Up to this point, all dyes came from natural sources. Purple dye, derived with great difficulty and expense from mollusk shells, was the rarest and most valuable – hence the association of “royal purple” with wealth and royalty.

When he shopped his discovery around to traditional cloth manufacturers, Mr. Perkin was met with derision and scorn. But he persevered. In the face of “failure” of both the synthetic quinine and of licensing his new purple dye, he instead set up his own business -- a venture that boomed when Queen Victoria appeared at her niece’s wedding in a gown dyed with Perkin’s mauveine dye. The color became the rage, and launched further developments in synthetic dyes that have since improved fashion, design and even medicine.

Fast forward back to the present day. It’s easy to be inspired by the stories of upstarts who ran with the germ of an idea and hard work to build amazing products and businesses that are transforming the way we all live and work. Behind the blistering success, almost every tech entrepreneur-cum-wunderkind has a common experience in his or

her bio: failure.

One of those is Ben Huh, CEO of Cheezburger, the company behind the popular websites I Can Haz Cheezburger? and ironically enough, Fail Blog. Amidst the burst tech bubble, Huh couldn’t find sufficient capital to keep his prior start-up, Raydium, afloat. From the ashes of that failure, he rebounded to the Cheezburger network – certainly leveraging what he learned from his failed start-up – to now run a web network that boasts 25 million unique visitors each month and 500 million monthly page views, according to Huh’s profile in Entrepreneur Magazine.

What traits do successful rebounders like Huh exhibit? Psychologists point to resilience as the key to success through adversity. Some people are naturally predisposed to be resilient: a positive attitude, sense of humor and optimistic outlook help them dust off and try again. But resilience can be cultivated, and in fact, is cultivated, every time a person falls and then gets back on that proverbial horse. By failing and trying again, a person further inoculates himself against the negative consequences of future failures.

The lesson? Failure isn’t the consequence of not succeeding. Rather, the ultimate fail is to concede defeat in the face of failure. While failure is an option -- a good one in fact -- defeat should never be an option. Defeat is akin to losing the battle and losing the war. As young tech giants like Huh well demonstrate, the best fruit to reap from failure is resilience, not defeat.

These are the lessons I’ve learned from mistakes – both my own, and those that I’ve witnessed less painfully from others. To apply the lessons, set yourself up for success by setting your target on excellence. But if you come up a bit short, be resilient; be ready to get back in the arena, learn from where you came up short, and try for success again. And if necessary, again and again and again. In doing so, chances are good that you’ll succeed.

Have you ever failed? What did you learn or how did you react in response? Did the experience contribute to a later success, as this post suggests? What are other infamous “failure-led-to-success” stories you’ve heard?

Congratulations to the 509th Bomb Wing Command Post



U.S. Air Force photo/Airman 1st Class Jovan Banks

Congratulations to the 509th Bomb Wing Command Post, Nuclear Control Order Process testing team for earning the Air Force Global Strike Inspector General Superior team award for their superior efforts during the Nuclear Surety Inspection, and all members of Team Whiteman who were recognized during the Nov. promotion Ceremony.



U.S. Air National Guard Graphic/Senior Master Sgt. Mary-Dale Amison
Happy Holidays from the Citizen Airmen of the 131st Bomb Wing, Missouri Air National Guard!

Total Force
December 2015 Safety Gram

Winter Driving Supply Checklist



Accidents, pass closures and other winter events can mean unexpected time in your car. Be prepared. Pick up these items on your next shopping run and then pack them into your vehicle.

Pick up shopping	Packed in car		Pick up shopping	Packed in car	
<input type="checkbox"/>	<input type="checkbox"/>	Flashlight	<input type="checkbox"/>	<input type="checkbox"/>	Cell phone charger/battery booster
<input type="checkbox"/>	<input type="checkbox"/>	Extra batteries	<input type="checkbox"/>	<input type="checkbox"/>	Tire chains
<input type="checkbox"/>	<input type="checkbox"/>	Blanket	<input type="checkbox"/>	<input type="checkbox"/>	Ice scraper/snowbrush (a small shovel comes in handy too)
<input type="checkbox"/>	<input type="checkbox"/>	Nonperishable food/snacks	<input type="checkbox"/>	<input type="checkbox"/>	Jumper cables
<input type="checkbox"/>	<input type="checkbox"/>	Water	<input type="checkbox"/>	<input type="checkbox"/>	Flares/warning triangle
<input type="checkbox"/>	<input type="checkbox"/>	Gloves	<input type="checkbox"/>	<input type="checkbox"/>	Kitty litter or sand to help with traction
<input type="checkbox"/>	<input type="checkbox"/>	Boots	<input type="checkbox"/>	<input type="checkbox"/>	Whistle to signal for help
<input type="checkbox"/>	<input type="checkbox"/>	First aid kit			

If you find yourself stuck or stranded, stay in your car, put on your flashers, call for help and wait until it arrives.

Whiteman AFB Thrift Store

Did you know.....

....anyone with base access can shop there?

....the store is open Tuesdays and Fridays except for holidays?

....daily specials are posted on Facebook "Whiteman AFB Thrift Store".

....donations are accepted anytime by drop off in the shed behind UMB Bank?

Volunteers Needed!!!

Mondays, Tuesdays and Fridays.

Discount on merchandise.

Childcare for volunteers is offered on Fridays

For more information call : 660-563-3910

WHAT'S HAPPENING AT WHITEMAN?

JOIN US ONLINE @
FACEBOOK.COM/WHITEMANMARKETING

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

UPCOMING FUN WITH FSS!

REWARDS JUST FOR YOU!



2% CASH BACK
 WHEN YOU USE YOUR ADVANTAGE CARD AT THE COMMISSARY, BASE EXCHANGE & FSS FACILITIES!

FREE GOLFING, BOWLING, BEVERAGES, MEALS & MORE!

FSS FACILITY DISCOUNTS

CHANCES TO WIN \$100 FSS GIFT CARDS

IMMEASURABLE SAVINGS!

*My Community, My Pride,
 My MWR Advantages!*

www.whitemanfss.com

**509 FSS PAGE EDITOR: KYLE C. HAMRICK
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DEC. 12
 AGES 6-12YRS

12-5PM
 620 MEMBERS
 625 NON MEM.

Parents, Here Is The Perfect Time To Do Some Last Minute Shopping Without The Kids. Sign Them Up To Spend The Afternoon At The Youth Center. Youth Will Take Part In Cookie Decorating, Arts And Crafts, Holiday Games, Gym Play And Jump In The Bounce House!

Santa will be present, so bring your wish list!

Snack Bar Will Be Open To Purchase Snacks & Drinks.

687-5586 FSS

ROYAL OAKS GOLF COURSE

Winter Rates
 NOW UNTIL MARCH 31ST

★ PLAY ALL DAY ★
 FOR THE 9 HOLE RATE

E-1 - E-4: \$9
 E5 & ABOVE: \$12
 CIVILIAN: \$15

ADD \$10 FOR CART RENTAL

*PRICE IS PER PERSON

*DOWNLOAD OUR FREE APP & STAY CURRENT ON UPCOMING EVENTS, RATES AND SPECIALS. SEARCH "ROYAL OAKS GC" IN THE APP STORE OR GOOGLE PLAY STORE.

687-5572 FSS

WHITEMAN YOUTH CENTER

HAM JAM!

DEC. 14 STARTS AT **5PM**
 AGES 6-18 YRS. OLD

OVER 100 TOYS WILL BE GIVEN AWAY TO PARTICIPANTS

AGES 5/6 & 7/8 (COED)	5PM
AGES 9/10 & 11/12 (COED)	5:30PM
AGES 13/14 & 15-18 (COED)	6PM
PARENTS	6PM

HAMS AWARDED FOR AGES: 5&6, 7&8, 9&10, 11&12, 13-18 & PARENTS

FREE THROWS, FOR A FREE HAM!
 CALL US TO SIGN UP FOR SOME FUN!

687-5586 FSS

Stars & Strikes

DEC. 19 SATURDAY

BOWL WITH SANTA!

Bowl For Free From 1-4pm

Santa will be present from 1-4pm

687-5114 FSS

FCC NEWS AND INFORMATION

FCC OFFICE 660-687-5590

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. The Air Force offers a subsidy for providers for all children under the ages of 3 and any child who falls into 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 for more details.

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 family child care home to augment regular care arrangements and is FREE. Come to the FCC office for an application prior to participation. Reservations need to be made at least a week prior to the care date. Call for more details.

Gen. Welsh discusses airpower future at Atlantic Council



U.S. Air Force photo/Scott M. Ash
Air Force Chief of Staff Gen. Mark A. Welsh III speaks to an audience attending part of the Atlantic Council's Commanders Series during a breakfast meeting in Washington, D.C., Dec. 1, 2015. During his comments, Welsh stated, "We're not building an Air Force for ourselves. We're building an Air Force to meet combatant commanders' requirements."

By Senior Airman Hailey Haux
Secretary of the Air Force
Public Affairs Command Information

WASHINGTON (AFNS) -- Air Force Chief of Staff Gen. Mark A. Welsh III spoke on the future of American airpower during a Dec. 1 event at the Atlantic Council in Washington, D.C.

The event was part of the Commanders Series, a preeminent platform for military and defense leaders to discuss strategic issues with an audience drawn from the community.

"Over the last 68 years, we have basically brought American airpower to all corners of the globe and I don't anticipate that changing any time soon," Welsh said. "The demand signal for airpower will continue to go up, it's been going up for a long time now and it will continue to go up because our people bring great, great capability for the joint force."

Welsh spoke for the need to modernize aircraft and infrastructure, not just to prepare for the conflict of the next few years, but 25 to 50 years in the future.

"We must modernize. Holding on to everything that made us great will not make us great in the future; it's just a fact," Welsh said. "It is important for us to understand before we think about that force of the future, that capability gap we have enjoyed here in the United States for years is closing and it is closing fast."

"If we don't pay attention to this, airpower will no longer be an asymmetric advantage of the U.S. military. The impact of that could be catastrophic ... The U.S. way of war will have to be adjusted."

Welsh said every day is a good day being the Air Force chief of staff because he gets to stand with people he respects, and represent a force he loves and values while serving a nation he would die for.

"The only thing that personally keeps me awake at night is worrying about letting them down. That would kill me," Welsh said. "I love the people in my Air Force. I just love them and if I felt I wasn't working hard enough or I didn't care enough or I let them down in some way, I wouldn't sleep at all."

AIR NATIONAL GUARD

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