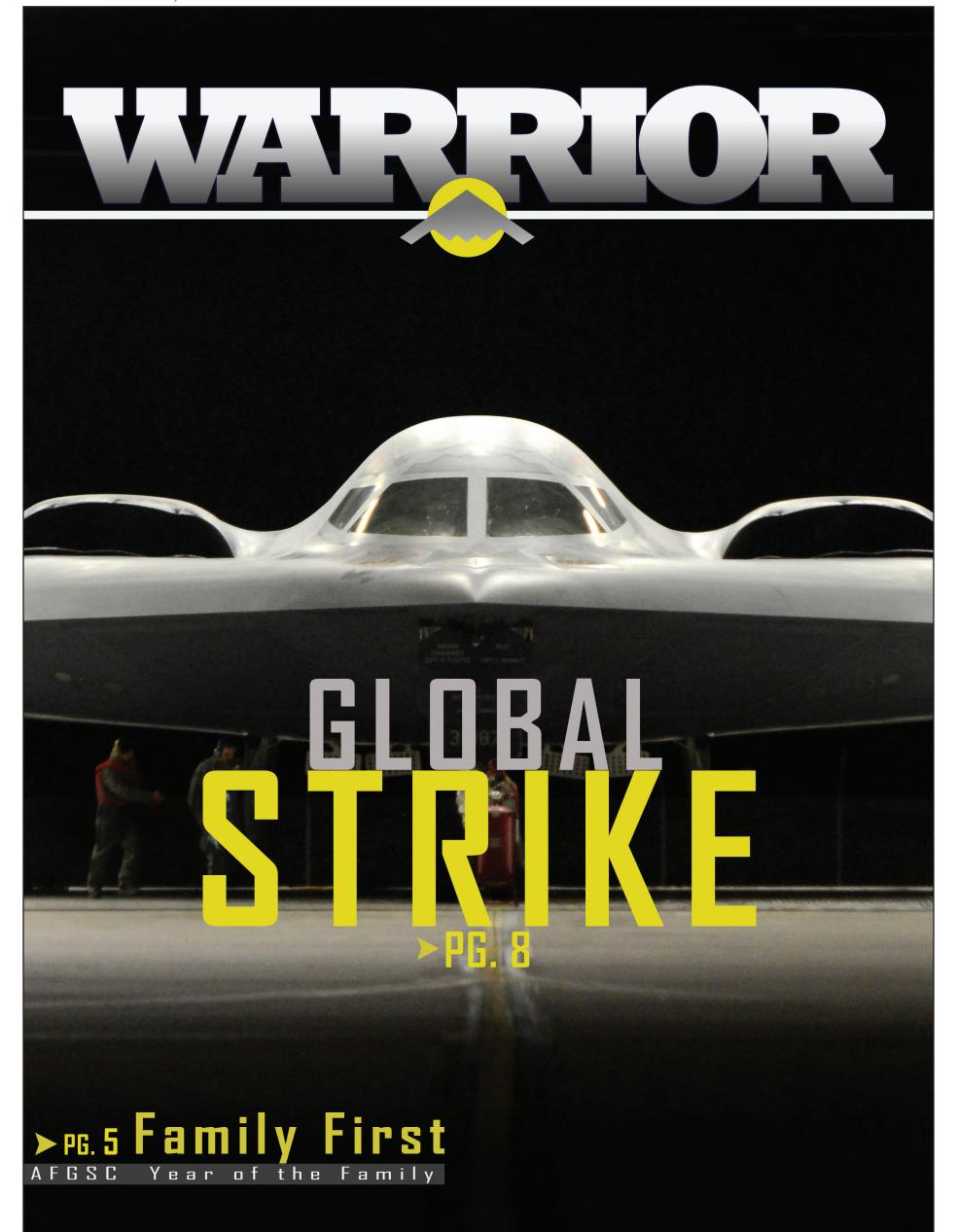
Vol. 8 No. 3/Jan. 20, 2017

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2 The Warrior Jan. 20, 2017

News

Weekly commander's message

Greetings, Team Whiteman!

I hope you all had a relaxing holiday weekend and that you found time to reflect on the accomplishments, as well as the sacrifices, made by Dr. Martin Luther King Jr.

As you may have seen in the news, our Total Force team conducted precision strikes against two Daesh terrorist camps located in Libya on Wednesday evening. The strikes were conducted in coordination with the Libyan Government of National Accord and authorized by the President of the United States. These combat missions, which were executed by two of our B-2s, symbolize our ability to strike anytime, anywhere! Col. Eaves, Chief Smith, Chief Settle and I are incredibly proud of how our entire team executed these important strikes, which will help ensure stability and security abroad. Every single member of our team had a role in enabling these strikes, and together we have just authored the next meaningful chapter in the history of our wings!

That was not the only excitement we have experienced recently. For example, last week members of our leadership team, as well as our teammates designated as Military Training Instructor (MTI) candidates, visited Basic Military Training (BMT) at Lackland Air Force Base, Texas. During our visit, we learned firsthand about the latest updates to BMT, which will enable us to better support our first-term Airmen when they arrive here at Whiteman. Our MTI candidates were also afforded a preview into what their future roles will be when they train the next generation of American Airmen ... what a great responsibility!

On Tuesday we held our 4th Quarter Awards Ceremony at Mission's End. During the ceremony we recognized some of our top-performing bomber Airmen who have simply done an amazing job over the last few months! This was a great way for us to start our week. Thanks to everyone who came out to support our award winners and to those who put the ceremony together ... well done!

Also this week, our Total Force team was fully engaged in an exercise designed to validate our response capabilities to an incident involving strategic weapons. Simply



put, our entire team responded exceptionally well! Exercises like this will continue as we lead up to this year's Nuclear Weapon Accident Incident Exercise (NUWAIX), which will occur here at our installation this spring. NUWAIX is a Defense Department whole-of-government exercise designed to demonstrate the cooperative efforts of federal, state and local response agencies. I have no doubts our team will knock NUWAIX out of the park, just as we did the exercise this week!

Finally, today we have the privilege of hosting Gen Robin Rand, the Commander of Air Force Global Strike Command. During his visit, Gen Rand will meet with different members of our team and serve as the guest speaker at our Whiteman Annual Awards Banquet tonight. During the banquet, we will celebrate the best of the best of our bomber Airmen while enjoying some well-deserved downtime with one another ... hope to see you there!

As always, watch out for one another this weekend and thank you for the stellar work you all have been doing at home and downrange in support of our great nation. Be safe and enjoy your weekend!

Defend...Avenge!

Nuke PAUL W. TIBBETS IV Brigadier General, USAF Commander, 509th Bomb Wing

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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 do 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, 509th Spirit Blvd. Suite 116, 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 illustration/ Senior Airman Joel Pfiester A B-2 Bomber is prepped at Whiteman Air Force Base, Mo., Jan. 18, 2017, to conduct precision strikes against two Daesh terrorist camps located in Libya. The B-2 brings massive firepower to bear, in a short time, anywhere on the globe through impenetrable defenses.

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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

Lo 39

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
Mostly Cloudy	Mostly Sunny
Hi 58	Hi 62
Lo 41	Lo 44
Sunday	Monday
Mostly Cloudy	Partly Sunny
Hi 51	Hi 48

Lo 34

Reach out from Whiteman



U.S. Air Force photo/Senior Airman Jovan Banks

U.S. Air Force Airman 1st Class Michael Heatherly, an aircrew flight equipment technician assigned to the 509th Operations Support Squadron, sits with David Lee, the KDKD News & Public Affairs Director, prior to going live on the Whiteman Speak Out program at Clinton Mo., Jan. 12, 2017. David Lee has been hosting the Whiteman Speak Out program since 2003 when he arrived to the radio station.

By Senior Airman Jovan Banks 509th Bomb Wing Public Affairs

An Airman's job is not always easy to explain but neither are life experiences, especially when 200 thousand people are listening.

Twice a month, Airmen have the opportunity to explain their role in the mission and share their personal story with the communities surrounding Whiteman Air Force Base, Missouri.

With two different radio stations participating in the program, KOKO of Warrensburg and KDKD of Clinton, Whiteman is able to build stronger relationships with our neighboring communities in Missouri.

Airman 1st Class Michael Heatherly, an aircrew flight equipment technician assigned to the 509th Operations Support Squadron, recently had the chance to be on Clinton's KDKD Speak Out program.

The Clinton broadcast is roughly 10 minutes, airing on the second Thursday of each month on 95.3 KDKD at 9:40 a.m. It was introduced to Clinton in 2003 when David Lee, KDKD News & Public Affairs Director, came to the station.

Each Speak Out segment is saved online for seven days and can be listened to at http://www. westcentralmoinfo.com/speakout/

"Hi, I'm David Lee, this is our Whiteman Speak-Out Program," is how the host greets his listeners and introduces the featured Airman to Clinton and the six surrounding counties.

"I enjoyed the show," said Heatherly. "The DJ was very friendly and easy to talk to (and he) did a great job of making the segment a conversation than an interview. I'd recommend the show to anyone."

Opportunities such as the radio show help Airmen feel they are a part of the community, which builds stronger relationships with the communities surrounding Whiteman.

"Having a relationship with the surrounding community is important because we are a part of the community whether we realize it or not," said Heatherly. "For as long as an Airman is stationed here, this should be home. We should feel that way when out in the community, not like a visitor."

These shows not only boost community relations, but also the morale and welfare of the Airmen.

"It is an opportunity to get out and have a good conversation with someone who supports us," said Heatherly. "Any opportunity to share our own personal story and get feedback from a local should make us feel more at home. Plus getting a chance to talk about yourself is always good for morale."

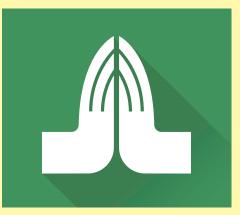
Every Airman has their own personal Air Force experience to share, with that in mind if you would like to participate in the Speak Out program contact your first sergeant or the 509th Bomb Wing Public Affairs office at 660-687-5727. We, along with Missouri, look forward to hearing from you.

Whiteman annual National Prayer Breakfast

By Staff Sgt. Ronald Murray III 509th Bomb Wing chapel

The 509th Chapel Corps will be hosting a local observance of the annual National Prayer Breakfast at the Mission's End on Feb. 3 at 8 a.m.

The Air Force Global Strike (AFGSC) Command chaplain, Col. Ronald M. Harvell, is scheduled to be the guest speaker. As the command chaplain, he advises and represents the AFGSC commander on all aspects of the Chaplain Corps mission.



The prayer breakfast celebration began during World War II when a small group of congressmen and their staff began meeting for prayer and bible study. Today, the National Prayer Breakfast is held in Washington, D.C. and is sponsored by the U.S. Senate and the U.S. House of Representatives prayer groups. The purpose of the occasion is to bring together the leadership of the U.S. in recognition of the moral and spiritual values upon which our nation was founded.

Tickets will cost \$5 and include a full American breakfast. For more information or to sign up, contact the base chapel at 660-687-3562.



We're saving a seat for you.

FRIDAY, JAN. 20 • 7 p.m. Star Wars: Rogue One (PG-13) Adults - \$6.25, children - \$4.00 SATURDAY, JAN. 21 • 7 p.m. Star Wars: Rogue One (PG-13) Adults - \$6.25, children - \$4.00

SUNDAY, JAN. 22 • 3 p.m. Monster Trucks (PG-13) Adults - \$6.25, children - \$4.00

TEAM WHITEMAN'S MISSION IS TO EXECUTE **STRATEGIC** DETERRENCE, GLOBAL STRIKE ORT...ANYTIME, ANYWHERE! ND COMBAT SUPP ENVISIONING BEING AMERICA'S PREMIER BOMB WING TOTAL FORCE AIRMEN EXECUTING SAFE, SECURE AND EFFECTIVE NUCLEAR AND CONVENTIONAL AIRPOWER...COMBAT-READY TODAY, INNOVATING FOR TOMORROW!

Medsafe: Dispose of medications correctly

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

As part of a patient safety initiative, Whiteman's pharmacy now houses Medsafe, a medicine return container that enables Whiteman personnel to safely dispose of their expired or unneeded overthe-counter and prescribed medications

The large blue container, located between the immunizations clinic and pharmacy, helps Team White-

man avoid medication abuse, accidental consumption and in return, prevents water contamination that improper medication disposal can cause.

The service is open to all those who have access to Whiteman.

Medsafe can be utilized during normal clinic operating hours: Monday through Friday from 7:30 a.m. to 4:30 p.m.

For more information on pharmacy resources please contact 660-687-1774.

Prohibited items below:

*NO ILLEGAL DRUGS ALLOWED!

*NO sharps containers, syringes, needles, batteries, aerosol spray cans, trash, medical devices, chemicals, or other hazardous materials.

*NO liquid containers more than 4oz. (Please place in a plastic baggy before depositing.)

MILITARY APPRECIATION GAME



FFR 18 7017

To pick up tickets, military members and their families must show their ID card at the will call window. The tickets for military members and their families are part of UCM's command pass and are free for military members and their families. The women's game begins at 1:30 p.m.

The men's game begins at 3:30 p.m.

Air Force Global Strike Command announces Year of the Family



U.S. Air Force photo/Senior Airman Jovan Banks Members of Team Whiteman gather with the Kansas City mascot at Whiteman Air Force Base, Mo., April 30, 2016. Air Force Global Strike Command is dedicating 2017 to Airmen, their loved ones and the total force at large and will focus on areas that greatly affect their quality of life. These areas include where they live, learn, play, pray and receive care.

Air Force Global Strike Command is dedicating 2017 to Airmen, their loved ones and the total force at large. We are calling this year "The Year of the Family," and will focus our efforts on areas that greatly affect our Strikers and their families. These areas include where our Airmen live, learn, play, pray and receive care.

Last November, wing-level leadership from across the entire command met at Barksdale to address issues that fall within these five areas. Their task: find solutions and best practices that would serve to kick off efforts for the year toward caring for our Airmen and families in AFGSC. Their plan will not only serve as the basis for 2017, but will also serve as the foundation for quality-of-life programs for years to come.

Live

The plan calls for implementing multiple strategies that fall within any given area, one of which being where Airmen live. Space available in housing and dormitories is an issue not lost on the command. It is not uncommon for some Airmen to commute hours from off base to get to work. In more remote areas, space available in billeting is simply nonexistent, an issue AFGSC vows to fix.

Learn

Education is also an issue. Many service members are voicing concerns over education opportunities for themselves and family members, according to recommendations provided by wing-level leadership. As of right now, The Year of the Family plan calls for solutions ranging from outreach to local leaders to the establishment of charter schools.

Play

Fitness Centers, Entertainment Centers and Youth Programs have also come into focus. The command recognizes a need to upgrade these establishments so Airmen and their families can have a place to relax and re-energize without leaving base, especially in more remote areas. Many Airmen throughout the command have called attention to the need for upgraded facilities. The command is answering that call with a multi-faceted approach that tackles everything in this area, from gyms to base theaters.

Pray

The Year of the Family will also see an increased emphasis on spiritual health. Command leadership recognizes a need for retreats for both married and single Airmen as well as the need for overall spiritual wellness. The command also plans to expand existing programs and foster a sense of community among its members, according to The Year of the Family plan.

Care

"Care" includes child care, special needs and access to specialty care for all members. Although AFGSC does not have a direct tie to many of the third-party administrators who provide this care, recommendations were clear in that efforts would be made to reach out through the appropriate channels to solve issues.

Air Force Global Strike's mission also

plays a role in these five areas. Gen. Robin Rand, commander, Air Force Global Strike Command, recently discussed the increase in operational tempo and how this may result in increased burdens for service members and their families.

At any given moment, our Airmen are in four different combatant commands around the world deterring bad actors and striking our nation's adversaries. They have also played a role in stopping trans-national crime. If anything is certain, we are not getting any less work. That is one of the reasons why this effort is so important. We have to make sure that our Airmen are not overburdened and that their families are well taken care of.

Air Force Global Strike Command will work to eliminate or minimize these burdens. Our Airmen are working around the clock and around the world to assure, deter and strike our nation's adversaries. They deserve the best, something our command will work to make significant progress in "The Year of the Family."

FSS Airman receives Diamond Sharp Award



U.S. Air Force photo/Senior Airman Joel Pfiester

U.S. Air Force Senior Airman Montel Robinson (left-center), a fitness specialist from the 509th Force Support Squadron (FSS), is recognized with a Diamond Sharp Award at Whiteman Air Force Base, Mo., Jan. 12, 2017. Robinson was responsible for the oversight of augmentees while administering Fitness Assessments as the acting NCO in charge of the Fitness Assessment Cell for two weeks and assisted with drafting the 509th Bomb Wing and Air Force Global Strike Command end-of-month reports. Robinson led an FSS road cleanup and stepped up when a short-notice child care member was needed for a Booster Club Holiday Party. Robinson also volunteered to DJ for the Hearts Apart Dinner providing entertainment to over 100 recent, current, and deploying Airmen and families.



See Something ... Say Something

Feature

B-2 Bombers Destroy Daesh Camps in Libya







On Wednesday, January 18, Whiteman's Total Force team executed precision strikes against two Daesh camps in Libya. The strikes, which were completed by two B-2s over the course of a 30+ hour mission, were enabled by the dedication and professionalism of every Team Whiteman member. The strikes were conducted in coordination with the Libyan Government of National Accord, authorized by the President of the United States, and validated our ability to strike targets across the globe anytime, anywhere.

U.S. Air Force photos/Senior Airman Joel Pfiester and Senior Airman Jovan Banks



WellPower: The willpower to be well

The 12-week comprehensive weight loss program is beginning next week!

WellPower is designed to educate and motive participants by improving daily nutrition and physical activity habits. Along with cognitive awareness, behavior modification with the goal of reaching and managing a healthy body weight, WellPower aims to help you live a healthier life.

The weekly classroom portions will be held on Tuesdays from 3-4:30 p.m., with a repeat session on Wednesdays from 8-9:30 a.m. An optional (but encouraged!) workout of various designs will be held on Thursdays from 3:30-4:30 p.m.

Contact the Health Promotion Coordinator at 660-687-1199 for more details and to enroll.

Right Attitude +Right Mindset +Right Foods +Right Exercise +Right Sleep



EXCELLENCE IN ALL WE DO





12 The Warrior
Jan. 20, 2017NewsCommentary: 'Ain't No Way'

By Lt. Col. W. Scott Doby 131st Bomb Wing Chaplain

We've all heard that phrase, "Ain't no way."

"Ain't no way he would do that." "Ain't no way she would hurt herself." "Ain't no way he would kill himself." "Ain't no way she would even think like that."

From my long tenure in the people business, along with first-hand experience, I've learned that the phrase "ain't no way," does not apply when it comes to thoughts about or the act of suicide.

Incredibly, some of the most wellknown leaders in the Bible have had thoughts of committing suicide. Such thoughts were evident in the lives of Moses, in Numbers 11:15; Elijah in 1 Kings 19:4; and Jonah in Jonah 4:8. Sadly, many other famous people in and out of our Bible history, such as King Saul, as told in 1 Samuel 31:4; but also Cleopatra (30 B.C.) and Ernest Hemingway (1961), have committed suicide. From the famous to the infamous, the act of suicide knows no boundaries.

Suicide is real and can happen to anyone, whether famous or not. The act of suicide boils down to a very real equation: typically unresolved past pain, plus negative coping skills, combined with an overwhelming event.

A person kills himself because the pain of the past – pain from mental, physical



or sexual abuse memories just doesn't go away. Add to that pain negative coping skills, such as abusing alcohol, drugs, food, gambling or pornography, and a person is set on a vicious cycle of slow destruction.

The pain of the past plus negative coping skills – combined with an overwhelming event, such as the loss of a job, the loss of a relationship, the death of a loved one or clinical depression – can all add up to making a person a candidate for suicide.

We can successfully break the suicide equation by addressing who we are and what has happened to us. We can positively cope with negative life experiences through exercise, journaling, hobbies and our relationships with our family, friends and God. We can react to the overwhelming events in our lives by choosing to ask for help from our family, friends, clergy and the medical community.

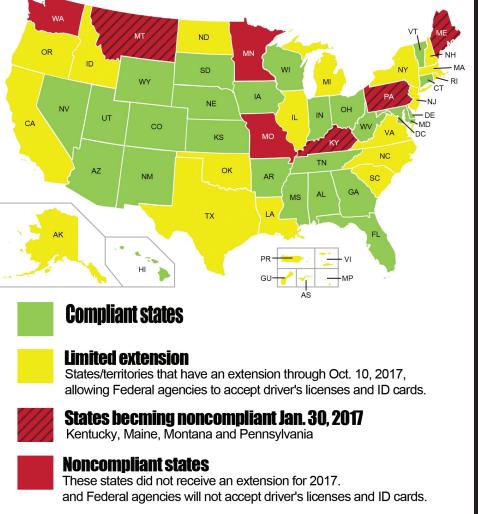
The night my own father committed suicide in the backyard, he was all alone and chose not to ask for help from anyone. I wish that he had; I think he'd still be with us if he did.

We are here for you. Who are we? We are your family, your friends, the Airmen and leaders in your unit, your clergy and your medical community. We care, and we are here for you.

The phrase "ain't no way" does not apply to the thoughts or the act of suicide. It was John Donne who said, "No man is an island." We are all very real human beings, with very real experiences and very real lives, who can lean on very real friends.

If you are hurting, we are here for you.

Real ID Act Update



Missouri remains a noncompliant state as of Jan. 12, 2017

For more information, visit the Department of Homeland Security website: https://www.dhs.gov/current-status-states-territories



or visit www.whitemanwsc.com/scholarships.html