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# **INSIDE:**

- B-2 TRAINS AT WAKE ISLAND
- NASCAR STAR TOURS FLIGHTLINE
- TALON FLYOVER WOWS STEELERS

# News

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For more information, call the Warrior office at 660-687-5727, email 509th.bw.pa@ us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509thth Bomb Wing, 509thth 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 by Senior Airman Jovan Banks

On Sept. 18 the U.S. Air Force celebrates its establishment as an independent armed service in 1947. For more than seven decades our legacy has been one of adaption, innovation and technological change on a constant quest to reach beyond our limits in the defense of the nation.

# Out front: Growing beyond your comfort zone

Lt. Col. Miroslav Karamarinov

509th Bomb Wing Civil

Engineer Squadron commander

WHITEMAN AIR FORCE BASE, Mo. – I joined the Air Force more than 17 years ago. Things have changed since then – my own personality being one of them.

Today, I consider myself outgoing, extroverted and comfortable speaking in front of a large audience or easily strike up conversation with people I have never met before. However, that wasn't always the case.

The main reason for this change is that I kept pushing myself out of my comfort zone. I was able to identify my communication skills as the area I needed to improve the most. As a leader, I am required to continue pushing myself to be better in areas that challenge me.

## Facing challenges

When I joined the Air Force, I was self-conscious and uncomfortable with public speaking or talking with people I had never met before. Naturally, I tried to stay out of the spotlight.

English is not my native language and I did not feel very confident communicating in my second language. I had to push myself to get out of my comfort zone and become better at public speaking in my newly adopted language.

I had learned some English in the early '90s while attending the military academy in my native Bulgaria, but did not start speaking it regularly until a few years later. That happened after I attended the Defense Language Institute (DLI) at Lackland AFB, Texas, as a foreign military education and training officer. The DLI course was great, but only taught English reading and comprehension.

A few years later, I left Europe and immigrated to the United States. I joined the U.S. Air Force in 2001 and commissioned through the Officer Training School (OTS).

As a prior infantryman, I thought that nothing in OTS could challenge me. I was wrong. It wasn't running or rucking

that almost kicked my backside during the three-month course, it was the written assignments and videotaped PowerPoint presentations that really made me sweat.

Upon graduating, my first assignment as a fighter engine support engineer required interacting with blue-suit maintainers, repair depot workers and defense contractors at various manufacturing and operational facilities. I realized that in order to be successful in my job, I had to get out of my comfort zone and start to communicate effectively with the entire team so I could achieve the objectives that my leadership had set for my section.

I realized that my drive to be an effective project engineer and manager made me overcome my shyness and come out of my shell.

Being a good communicator became more important when I jumped into leading Airmen. After a few years serving as an aviation engineer, I switched Air Force career fields and became a civil engineer (CE). The nature of my new job was to serve with a large number of Airmen in a CE squadron. It was a big change from being a project engineer and a program manager in the office environment at my previous assignments.

Rather than staying behind my desk, I started looking for more speaking opportunities in order to improve my communication style. Leading training exercises and going through a combat skills pre-deployment training with a large team further helped me give instructions under pressure and demand more of myself.

### Leading the best

I believe that I took the final step in the process of adapting my personality to be a more effective leader when I joined the Explosive Ordnance Disposal (EOD) career field.

The bar for my performance as a leader was suddenly raised because of the demanding mission and the caliber of Airmen I had to lead. I needed to become a better and more aggressive communicator not only

to inspire my Airmen, but also to promote the unit and its achievements outside of the squadron. These two tasks I had in front of me as an EOD leader were critical for getting the mission done and for providing my flight with the resources it needed.

There was one more reason for me to improve: I had to be successful leading in an EOD sub-culture that consisted of type-A personalities. I had to be ready to operate in a joint environment and be able to run with top performers from all military service branches. As a leader, I had to be armed with a quick wit and sometimes to sport comebacks faster than the electric current that sets off a blasting cap.

Lastly, I knew that my EOD Airmen deserved a leader who represents them well and makes them proud. That expectation gave me an additional boost to improve and communicate even better.

Fast forward a few assignments and a few years ahead, I completed a Myers-Briggs Type Indicator test that revealed I have an outgoing personality. That was very surprising for me because I never before perceived myself that way.

Here I am now, an extrovert according to the MBTI test and a person I think none of my peers or bosses would describe as a wall flower who would prefer to keep himself out of any conversation.

What I learned from my evolution as public speaker is that I must continue getting out of my comfort zone so I can continue improving all aspects of my leadership style.

Your journey may be different and you may feel challenged in different areas. That's OK.

Whatever your hurdle may be, I encourage you to not stay in your shell. The key is to not shy away from difficulties. Tackle your obstacles and expand the boundaries of your comfort zone.

Fearlessly lead from the front. You may find that your fears, once overcome, shape and strengthen you.

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The Warrior **News** Friday, September 21, 2018

## **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

## 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.



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

To submit a web tip go to the AFOSI web page at http://www. osi.af.mil.

How to report an anonymous tip using a smart phone:

- 1. Open 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).

# WEATHER

Saturday

Friday

Sunday	Monday
Lo 66	Lo 65
Hi 87	Hi 88
Mostly Sunny	Mostly Sunny

# Sunny Sunny Lo 65 Lo 66

# Glider to Bomber: 76 years of aviation history at Whiteman AFB

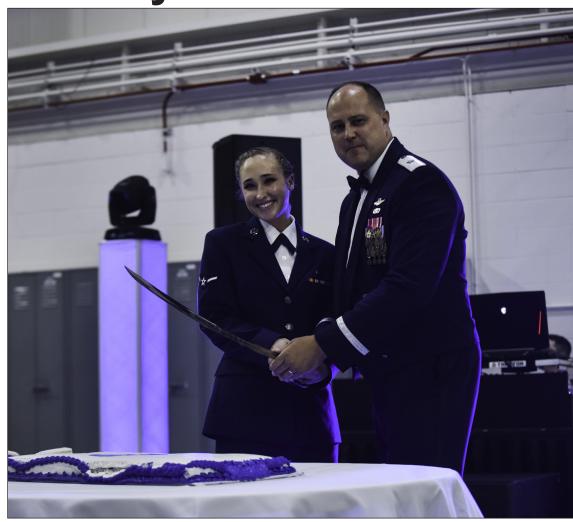
BASE, Mo. -- Members of Team Whiteman commemorated the 71st anniversary of the U.S. Air Force and 76 years of flight at Whiteman Air Force Base, Mo., Sept. 15, 2018.

During the annual Air Force Ball, attendees heard keynote speeches from Whiteman AFB leaders and U.S. Air Force Maj. Gen. Garrett Harencak, the commander of Air Force Recruiting Service, Joint Base San Antonio-Randolph, Texas. Harencak served as commander of Whiteman's 509th Bomb Wing from 2007 – 2009.

Guests also shared in the ceremonial cake cutting by the highest-ranking Airman and the lowest-ranking Airman in attendance. In commemoration of time-honored traditions, the Whiteman AFB Honor Guard presented the colors and remembered prisoners of war and those missing in action with a POW/MIA table ceremony.

The B-2 Spirit, A-10 Thunderbolt II and T-38 Talon aircraft served as a backdrop to the event. Airmen and their guests took photos in front of the stealth bomber.

To watch the official Whiteman Air Force Ball 2018 video, scan the code below.



U.S. Air Force photos by Senior Airman Jovan Banks







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# The Air Force We Need: Plans call for 386 operational squadrons

### Secretary of the Air Force Public Affairs

NATIONAL HARBOR, Md. (AFNS) — Air Force Secretary Heather Wilson announced the results of an in-depth analysis aimed at outlining what the Air Force needs to implement the National Defense Strategy while speaking at the Air Force Association's annual Air, Space and Cyber conference Sept. 17, 2018. "The analysis says what every Airmen already knows," Wilson said. "The Air Force is too small for what the nation is asking us to do. We have 312 operational squadrons today. The Air Force We Need has 386 operational squadrons by 2030."

Air Force leaders said the National Defense Strategy marks the reemergence of long-term, strategic competition with China and Russia. The Air Force's imperative is to compete, deter, and win this competition by fielding a force that is lethal, resilient, rapidly adapting and integrates seamlessly with the joint force, allies and partners.

Wilson said the analysis of the 386 squadrons needed to support this strategy is based on estimates of the expected threat by 2025 to 2030. At the end of the Cold War, the Air Force had 401 operational squadrons.

"Today, we are the best Air Force in the world," Air Force Chief of Staff Gen. David L. Goldfein said. "Our adversaries know it. They have been studying our way of war and investing in ways to take away those advantages. This is about how we stay in front."

Wilson said the Air Force chose to focus on operational squadrons — fighter and bomber squadrons, attack and special operations, space, cyber, tanker, airlift and other frontline units — because they're the core fighting units of the Air Force.

"Our operational squadrons are the clenched fist of American resolve," she said.



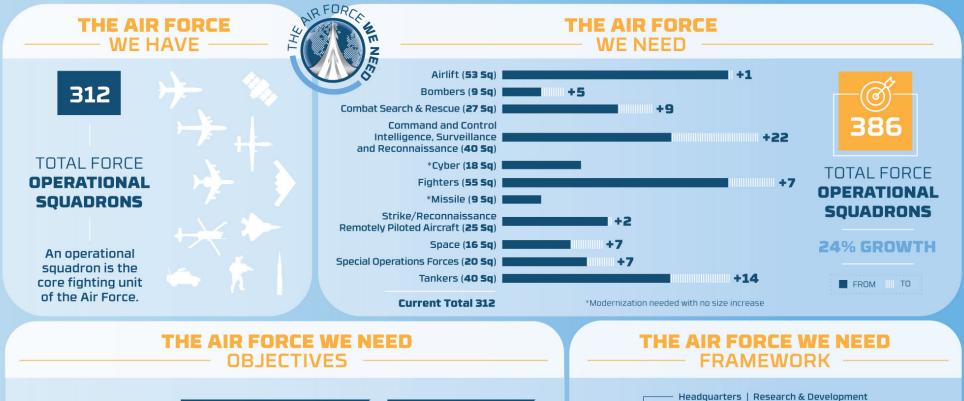
The analysis, according to Air Force senior leaders, presents an honest assessment of the Air Force that America needs to fight and win in future conflicts. The analysis was driven by strategy and not by budget.

"We usually have the dialogue about the Air Force we can afford," Goldfein said. "This is different. This is about the Air Force we need to present credible options to compete, deter, and

if deterrence fails, win."

Wilson understands it will take time to build the support and budget required for the Air Force We Need.

"We aren't naïve," she said. "But we have an obligation to be honest with our countrymen and tell them, as those who came before us have done in their time, what should be done... What we must do."



# 2018 NATIONAL DEFENSE STRATEGY Rebuilding military readiness as we build a more lethal Joint Force

# COUNTERING THE THREAT

Compete long-term with China and Russia

Deter and counter rogue regimes (North Korea and Iran)

Deter opportunistic aggression elsewhere

Defeat terrorist threats to the U.S.

Defend interests from challenges below the level of armed conflict

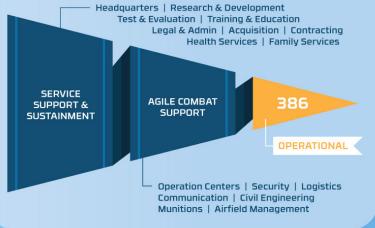
# WHAT IT WILL TAKE

Support from Congress

Long-term commitment to grow

Budget predictability and stability

Trained, equipped and ready Airmen



# Researchers study factors influencing Airmen's tobacco use during technical training

By Shireen Bedi

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. — The Air Force strictly regulates tobacco use during basic and technical training, but some Airmen still use it. Air Force researchers are working with the University of Virginia (UVA) to uncover why Airmen use tobacco despite the restriction and health consequences.

Col. (Ret.) G. Wayne Talcott, consultant, chief of Air Force Health Promotions at Joint Base San Antonio-Lackland and director, Military Population Health Program at UVA, and Melissa Little, deputy director, Military Population Health, are researching why young, enlisted Airmen continue to use tobacco despite knowing the risks and impact on readiness and performance.

"Around 28 percent of Airmen come into the Air Force already using tobacco," Talcott said. "Tobacco use isn't allowed during basic and technical training, so they are essentially forced to quit all through basic training and for the first four weeks of technical training, bringing the total of tobacco-free weeks to 12."

The problem, says Talcott, is that more than half of that 28 percent go back to using tobacco, even though the Air Force has some of the strictest tobacco control policies. Talcott and his team have also found that around 20 percent of new Airmen who have never used tobacco start using after joining to Air Force.

"Those numbers are high," Talcott said.



"What is really interesting is that most of those who initiate or re-initiate tobacco use start during technical training. We want to know why.3

To answer this question, Talcott and his team received a five-year grant in May of this year from the National Institute on Drug Abuse to study what factors lead Airmen to use tobacco products during technical training.

While interventions and policies discourage tobacco use, there is still an uptake," Talcott said. "We think that the unique military

environment may make it easier for Airmen to use tobacco. Understanding this could help inform tobacco cessation programs.'

Talcott and his team are examining what they call the "built environment" where they look at the physical environment, cost environment and human environment that contribute to Airmen tobacco use. Some of the environmental factors they are looking into are socialization at smoke pits, availability and cost of products off base, and the impact of leadership.

"Socializing at the smoke pits has an impact

to for Airmen coming into technical training to meet each other," Little said. "Before you know it, they end up addicted."

Talcott's team is also looking at the impact of cost and availability of tobacco products that could contribute to Airmen's tobacco use.

"We are assessing the pricing and availability of tobacco products off base," Little said. "In another study, we found that the density of tobacco retailers just off military bases is three times the national average."

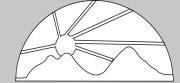
Because new Airmen learn everything from their leadership about the Air Force and what it means to be an Airman, Talcott's team is also considering this as a human factor.

'We want to look at what messages Airmen get from their leadership," Little said. "We know those messages really matter to young Airmen. We will interview leaders, commanders, and technical training instructors to get an idea of Airmen's perceptions and attitudes toward tobacco use."

The researchers have already begun collecting data, which will continue until 2022. They anticipate the results of the study will lead to improvements in tobacco prevention and ces-

"Ultimately, we would like to see a training environment, where its leadership, the physical environment, or the cost environment, make it easier for Airmen to make healthier choices when it comes to tobacco use," Talcott said.

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Knob Noster Area Business Council-4th Thurs. of each month. 660-563-1633 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

# LOCAL ACTIVITIES

Alcoholics Anonymous (AA)-Every Fri. 8 p.m. - Basement of Methodist Church

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 Knob Noster United Methodist Church, Arnold Sauther, 660-441-5219

**Cub Scouts** - Pack 405 Ben Pancoast, 660-238-5936

Cub Scouts - Pack 509 Knob Noster United Methodist Church

Girl Scouts - Jo Ellen Elwell 563-3514

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# Whiteman legal office updates customer service hours

## 509th Judge Advocate General office

Beginning on Oct. 5, 2018, the Whiteman Air Force Base legal office is closed for training until noon. Office hours for specific services

- Walk-in legal assistance is 9 a.m. – 10 a.m., Wednesdays.
- Powers of attorney and notary services are 7:30 a.m. - 4:30 p.m.,

Mondays through Thursdays and noon - 4:30 p.m., Fridays.

- · Wills are drafted by appointment only on Mondays.
- Legal consultations for other civil legal issues are available upon request on Tuesdays and Thurs-
- The Whiteman AFB legal office can be contacted at 660-687-6809



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# T-38s fly over Steelers' home opener, wow crowd

U.S. Air Force photos by Master Sgt. Andy Kin





burgh Steelers' home opener against the Kansas City Chiefs on Sept. 16, 2018.

The pilots are members of the 13th Bomb Squadron, including Capt. Lau-

filming them live for the Heinz Field in-stadium jumbo screens. The 13th BS Commander Lt. Col. Geoffrey Steeves, along with Kolod, presented a member

nAirForceBase to watch video of the Steelers flyover from inside the cockpit of the T-38 and Kolod's shout-out to her fellow hometown fans.







# **News**



Friday Sept. 21 • 7 p.m. The Happytime Murders (R) Adults- \$7.00, children \$4.75

Saturday Sept. 22 • 7 p.m. BlacKKKlansman (R) Adults- \$7.00, children \$4.75

Sunday Sept. 23 • 3 p.m. Mile 22 (R) Adults- \$7.00, children \$4.75



# **DEGRADED OPERATION** MESSAGE FY18

The 509th Logistics Readiness Squadron will be preforming degraded operations from Sept. 29 — Oct. 2. Integrated Logistics Systems System (ILS-S) and Integrated Maintenance Data System (IMDS) will be down on Sept. 29 at the normally scheduled time for end-of-day processing. Please be reminded that only priority 02-03 request will be accepted during this time. Normal processing should resume 2 Oct 18.

For flightline support, please contact Aircraft Part Store at 687-7137

For all other requirements, please contact Customer Support at 687-1289

If you have any further questions, please contact the following: MSgt Vincent Baugh at 687-7137/vincent.baugh@us.af.mil
TSgt Duane Taylor at 687-4074/duane.taylor.2@us.af.mil
TSgt Anton Auster at 687-4066/anton.auster@us.af.mil
TSgt Raffinee Johnson at 687-7137/raffinee.johnson@us.af.mil TSgt Douglas Curtis at 687-4535/douglas.curtis@us.af.mil







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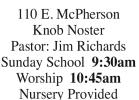
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11:00an

563-4813 charitychristiancenter.org

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563-3071

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> Sunday Worship: 10:45 Sunday School:

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# NASCAR's Brad Keselowski makes pit stop at Whiteman, meets B-2 crews

**Tech. Sgt. Alexander Riedel** 509th Bomb Wing Public Affairs

Sometimes even the best need

NASCAR racer Brad Keselowski recently visited the Kansas City area ahead of next month's race at the Kansas Speedway, knowing nobody knows speed and precision better than Team Whiteman.

The driver of the No. 2 Ford Fusion for Team Penske visited Whiteman Air Force Base, Missouri, Sept. 12, 2018, as part of a promotional tour. Keselowski got an up-close look at the B-2 Stealth Bomber and met Whiteman Airmen, with whom he compared notes and experiences.

"Much like NASCAR, it takes a team to put together one of the coolest airplanes in the world – one that can fly stealth across the globe," he said. "These guys do this every day and it is impressive."

Whether on the flightline or the racetrack, speed and teamwork are the core of success, Keselowksi said.

"We have our mechanics behind the scenes, the pit crew, fuels crew and me as the driver," he said. "That is similar for the 509th [Bomb Wing]. Here they have the crew chiefs who manage [maintenance operations] and their strategy officers and so many more people involved in the mission. There are a lot of parallels and mutual respect between the two worlds."

Coming to Whiteman AFB offered Keselowski the opportunity to sit in the seat of a B-2, "Spirit of America," and learn more about its unique global mission.

"I have a lot of respect for [our service members]," Keselowski said. "I am honored that they care and respect what I do as well. But it's on a whole new level what they do for us every day."

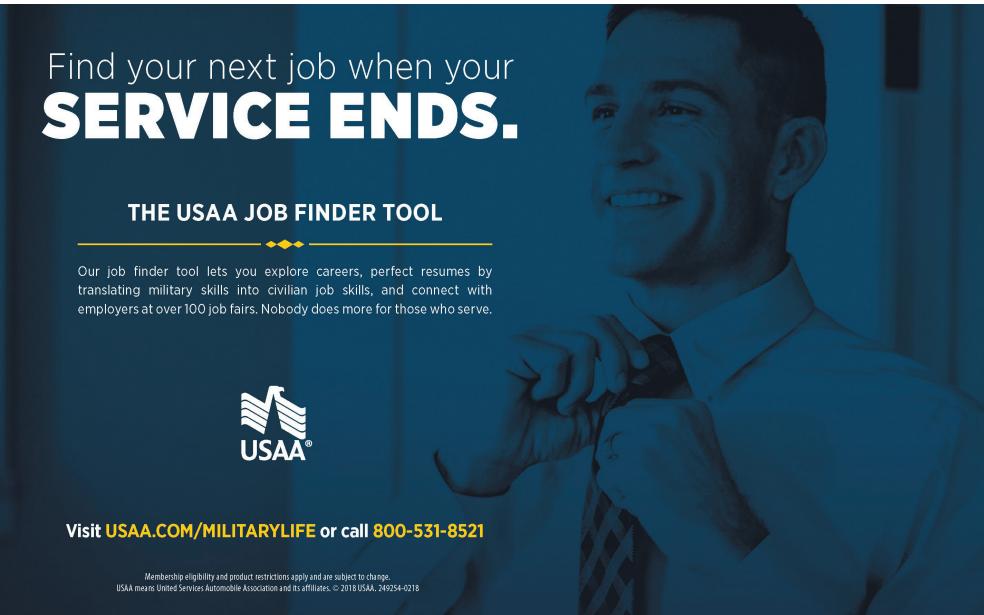
Be on the lookout for a short video on Keselowksi's visit to Whiteman AFB on www.facebook.com/WhitemanAirForce-Base







Photos courtesy of Kansas Speedway



Friday, September 21, 2018

# **News**

U.S. Air Force photos by Staff Sgt. Danielle Quilla

A U.S. Air Force B-2 Spirit deployed from Whiteman Air Force Base, Missouri, takes off from Wake Island Airfield, Sept. 14, 2018.



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# **Beyond Whiteman: B-2 crews** conduct hot-pit refueling on remote Wake Island airfield

## **Pacific Air Forces Public Affairs**

JOINT BASE PEARL HARBOR-HICKAM, Hawaii - Two U.S. Air Force B-2 Spirits took off from Joint Base Pearl Harbor-Hickam (JBPH-H), Hawaii, to conduct routine training at Wake Island and in the vicinity of Hawaii, Sept. 14,

During the training, one B-2 conducted hot-pit refueling at Wake Island, a coral limestone atoll in the mid-pacific, west of Honolulu. Hot-pit refueling is a technique in which aircraft land and refuel without shutting down their engines.

"Hot-pit refueling allows us to maximize time in the air versus on the ground," said Lt. Col. Nicholas Adcock, Air Force Global Strike 393rd Bomber Squadron commander. "It saves turnaround time. Practicing this technique helps us ensure our effectiveness as a force and keeps us ready, capable and lethal."

Operating out of a location with limited

infrastructure highlights the flexibility of U.S. forces in the Indo-Pacific to deter adversaries, and assure allies and partners.

"This deployment [and training] shows that the B-2 stealth bomber force can do more than operate from Whiteman Air Force Base," Adcock said. "It shows that we're adaptable enough to fly and strike from at home or abroad."

The B-2s are deployed at JBPH-H from Whiteman Air Force Base, Missouri, in support of the U.S. Strategic Command's Bomber Task Force. This marks the first deployment of B-2s to JBPH-H, however the bombers regularly rotate throughout the Indo-Pacific to conduct routine air operations that integrate capabilities with key regional partners and familiarize aircrews with operations in the region.

These missions showcase the U.S. forces' ability to address a global security environment and demonstrates U.S. commitment to a free and open Indo-Pacific.



A U.S. Air Force B-2 Spirit deployed from Whiteman Air Force Base, Missouri, taxis at Wake Island Airfield Sept. 14, 2018. The B-2 conducted hot-pit refueling, a technique in which aircraft land and refuel without shutting down their engines.



U.S. Air Force Staff Sgt. Hayden Thayer, crew chief deployed from Whiteman Air Force Base, Missouri, directs a B-2 Spirit at Wake Island Airfield Sept. 14, 2018. These missions showcase the U.S. forces' ability to address a global security environment and demonstrates U.S. commitment to a free and open Indo-Pacific.

# News

# WAFB ROAD CLOSURE

A portion of 1st St, from McConnell Ave., heading east toward Vandenberg Ave., will be closed for infrastructure repairs starting Oct. 8. The road will be closed for approximately two weeks and is scheduled to reopen on Oct. 22.

For questions contact: Paul Day, 509th CES DSN 687-6388



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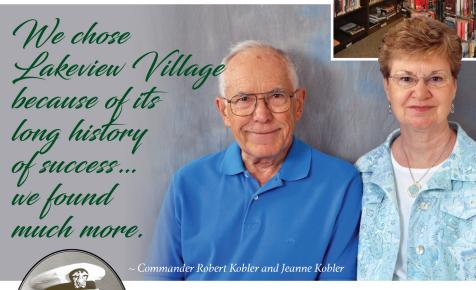
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