

WARRIOR



GOLD STAR FAMILIES

MEMBER OF TEAM WHITEMAN NARRATES AF TRIBUTE VIDEO

PG ■ 3

INSIDE:

- AIR FORCE DONS NEW UNIFORM
- SUICIDE PREVENTION
- SURVIVING FLU SEASON

Preventing suicide - starting with myself

By Glenn S. Robertson, 90th Missile Wing Public Affairs

F. E. WARREN AIR FORCE BASE, Wyo. (AFNS) — Some days, and even on good ones, the thought creeps up out of nowhere — an insidious sense of doubt. Of worthlessness and a sense of purposelessness that whispers in my ear and tells me that I will never accomplish the goals I have set for myself. The thoughts that make me ask why I shouldn't just call it quits and end the sadness that plagues me.

I am just one of nearly a quarter of the population who has suffered with this illness for most of my life. Just like all of them, depression is present nearly every day of every year. If this sounds familiar to you, you are not alone. There are millions in this country who know the daily struggle of depression.

But I do not and I will not allow this disease to define me — and I ask anyone reading this who might be going through hard times to do the same. Maybe your situation is different. Maybe Post-Traumatic Stress Disorder haunts you and the things you've seen and experienced make you never want to open your eyes again. Maybe the stress of your job or your life seems to be too much to bear and you can't see any end in sight. Overwhelming anxiety. Brain injury. The effects of substance abuse. So many different mental troubles can lead to suicidal ideation, which can complicate finding a solution for an individual thinking about hurting themselves.

Whatever personal challenge you're fighting with, please do everything you can to remind yourself that life is worth living. It's a challenge and often even a struggle, absolutely. But, no matter what you're struggling through, there are people who care about you with the resources available to help guide you through the darkness.

Whether it's an anonymous phone call to a hotline, a visit to a chaplain or a whole host of options in between, there are people



— real people — out there who want to bring you back from the brink and help you realize that life is too precious to turn your back on. I have lost three people I considered friends — including one as close to me as a brother — to suicide. I will never forget the day I received the message that he died. It has stuck with me for 11 years now, a dull ache of loss for a friend torn away too soon. I ask myself if there was more I could have done to keep him from this end. He, and each of the others, left holes in those left behind when they died, and they are missed terribly by many people every day, even 11 years later.

For those of you who have made it this far and cannot relate to anything written above, I have a request for you as well. Go to <https://www.af.mil/Suicide-Prevention/>

and read about some of the programs and other resources available. If you see someone who's clearly not themselves, struggling with some unseen torture, ask them how they're doing. Ask them to get coffee or grab lunch. Sometimes all it takes to support someone in this situation is just being there. Or you can go a few steps further and learn the signs. Sign up for A.S.I.S.T. training through the chaplain's office or take a similar program that will help you notice warning signs before they become tragedies.

September is officially Suicide Prevention Month, but there is no timeline on reaching out to someone in need and you can learn how to be more aware of the subtle signs shown by those at risk twelve months a year. You may be the one to save a life.

THE WARRIOR

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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, 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 Gold Star families are survivors of active-duty personnel killed as a result of combat or terrorism, on or after, Sept. 18, 1947. According to Title 36 of the United States Code, starting in World War I, American families would display service flags, white with a red border, on homes to signify military service. A blue star signifies a deployed service member, a silver star means a family member was injured in battle and a gold star means a family member has paid the ultimate sacrifice. (U.S. Air Force illustration)

★ YOUR ACTION COULD SAVE A LIFE ★

MYTH People who talk about suicide aren't serious, they won't actually attempt suicide

FACT Studies show that 80% of those who die by suicide gave some warning about what they had planned

MYTH Once people decide to die by suicide, there is nothing you can do to stop them

FACT Suicide can be prevented and most people who are suicidal don't want to die, they want to stop their pain

Military Crisis Line
1-800-273-8255 PRESS 1

DIAL 911

Military OneSource
CALL: 1-800-342-9647
CLICK: www.MilitaryOneSource.mil
CONNECT: 24/7

BeThere
Peer Support Call and Outreach Center
www.BeTherePeerSupport.org

WHAT WE DO

The Defense Suicide Prevention Office supports a collaborative public health approach where suicide prevention is integrated into military, family and civilian policies and programs to reduce suicidal behavior in Service members, their families and DoD civilians. We are working closely with the military services, civilian organizations and the community to create a network of support for suicide prevention efforts.

VISIT US AT www.dsppo.mil

Learn how to #BeThere for yourself and others at www.dsppo.mil.
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DEFENSE SUICIDE PREVENTION OFFICE

TOP FACTORS FOR SUICIDES

- 70% **Access to Lethal Means**
of military suicide deaths result from a firearm
- 42% **Ineffective Coping Skills**
of Service members were experiencing significant relationship problems
- 33% **Fall from Glory**
of Service members were experiencing legal or administrative problems within 90 days of dying by suicide
- Treatment Participation**
Individuals may view treatment negatively based on culture, perception, and systematic factors

RISK FACTORS

- ⚠ Lack of belonging and sense of burdensomeness
- ⚠ Emotional and psychological pain
- ⚠ Inability to deal with stress
- ⚠ Mental health problems
- ⚠ Access to lethal means

PROTECTIVE FACTORS

- ★ Feeling a sense of belongingness and connectedness (e.g. spiritual, family support, trusted peer/adult or community support) and having a purpose
- ★ Being able to socialize feelings and access to care
- ★ Having effective coping, problem solving and communication skills, and positive thinking
- ★ Easy access to a variety of clinical and non-clinical interventions and support for help seeking
- ★ Means reduction and safety planning

HOW TO HELP SOMEONE IN SUICIDAL CRISIS

- ✓ Be direct. Talk openly and matter-of-factly about suicide.
- ✓ Be willing to listen. Allow expression of feelings. Accept the feelings.
- ✓ Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture about the value of life.
- ✓ Get involved. Become available. Show interest and support.
- ⊗ Don't dare him/her to do it.
- ⊗ Don't act shocked. This will put distance between you.
- ⊗ Don't be sworn to secrecy. Seek help.
- ✓ Offer hope that alternatives are available but do not offer general reassurance such as "It will get better", "It could be worse".
- ✓ Get help from persons or agencies specializing in crisis intervention and suicide prevention.

Call the Military/Veterans Crisis Line at 1-800-273-8255 (press 1).

#BeThere

**RISKS & WARNING SIGNS
HOW TO HELP**

DEFENSE SUICIDE PREVENTION OFFICE

Family Forever: Gold Star tribute video shares images, memories of heroes

Tech. Sgt. Alexander W. Riedel

WHITEMAN AIR FORCE BASE —

“We remember.”

Those words are the theme of a new tribute video released by the Profession of Arms Center of Excellence (PACE), on Sept. 20, 2018.

Family photos, frozen moments in time, share vignettes of the life of fallen Airmen — and the impact their deaths had on those they left behind, known as Air Force Gold Star Families.

The term originates from the distinctive U.S. service flags, starting in World War I when American families displayed white flags with a red border and a star in the center for each member serving the military. A blue star signifies a deployed service member in uniform. The star was changed to gold to commemorate a fallen loved one who never returned.

The video is narrated by Linda Ambard, the 509th Bomb Wing violence prevention integrator at Whiteman Air Force Base, Missouri, and a Gold Star Spouse.

A civilian member of Team Whiteman, Ambard’s wing leadership encouraged her to contribute her voice to the project to represent fellow Gold Star families. She was selected from a pool of voice auditions.

“I didn’t want to be part of something that simply shared what the Gold Star is about, because,” Ambard said, “it is so much more than a title. This video tells the story of the huge impact a loss has on our families. That, to me, was very important.”

MAKING THE VIDEO

Narrating the four-minute video wasn’t easy for Ambard, who couldn’t read the script while looking at the faces and smiles in the pictures, especially because some of the pictures in the video are hers. Ambard’s husband Phil, a U.S. Air Force major, was killed in 2011 when an Afghan pilot opened fire on U.S. Airmen in Kabul, Afghanistan.

“The words are spot on,” Ambard said. “The script was personal, because those are the words that any widow relates to. The power of the video is that we recognize that the loss was more than a military member: This was your husband, your father, your child.”

The images were compiled by the PACE Heritage Today program, which reinforces the core values, inspires, and promotes critical thinking and dialogue.

“The interview process (with video participants) was an integral portion to creating the video,” said Christa L. D’Andrea, Heritage Today Program manager at Joint Base San-Antonio-Randolph, Texas. “We had conference calls and interviews with survivors to find out what is most important to them and how they experienced the process. The words in the script came directly from these interviews. They are a representation of the voices of real survivors.”

While not every story could be included, D’Andrea said that the shared experi-



Linda Ambard, a violence prevention integrator at the 509th Bomb Wing at Whiteman Air Force Base, Missouri, left, stands with her daughter, U.S. Air Force Maj. Emily Short, during the Air Force Symposium dinner Sept. 19, 2018 at National Harbor, Maryland. Ambard and her daughter attended the dinner for the official release of the Gold Star Family video that Ambard narrated. (Courtesy photo)

ence of Gold Star families tells a story of resilience, love and pride.

“We wanted Airmen to be reminded of the ultimate sacrifices made by Gold Star families in their communities,” D’Andrea said. “We encourage commanders to embrace Gold Star families as members of the Air Force family — to reach out, bring them into the fold. These Airmen left a legacy we don’t want to forget.”

PART OF THE FAMILY

Since her husband’s death seven years ago, Ambard has advocated for families of the fallen, addressed Congress and accepted invitations to the White House for her outreach. Along with fellow Gold Star families, she has also contributed to a new initiative by top Air Force leaders to improve care for widows and widowers of Airmen called the Air Force Families Forever program.

“The Air Force means everything to me,” said Linda, whose four of five children currently serve in the military, adding she joined the Whiteman wing staff

“because I could not lose my Air Force family at the same time I lost my husband.”

There are more than 2,900 Air Force Gold Star family. In the Air Force, the program started out as the “Gold Star Wives” program, which didn’t offer tangible benefits.

After soliciting feedback, including Ambard’s, Air Force Chief of Staff Gen. David Goldfein requested in April 2017 additional lifelong support for Gold Star families.

“The families of our fallen heroes deserve our unwavering support every day,” Goldfein said via social media. “Our Gold Star families are our responsibility and caring for them is our sacred duty.”

Gold Star family members (parents, adult children and siblings) now can receive an ID card for access to Air Force bases in the continental United States, Alaska and Hawaii.

This base access connects families to the Air Force community closest to them



To watch the video, scan the code above.

by enabling unescorted access to gravesites and memorial sites. It also allows family members access to the installation to meet with their Airman & Family Readiness Center program specialist, attend on-base chapel services, visit military friends and attend unit events.

“It’s about finding your way through darkness,” Ambard said. “It’s for the spouses who may not know what to do next. It’s about being more than a last name and staying connected to the military family. If you are just starting this journey it can be very, very lonely. The Air Force wants, and is trying, to do better. There are things we don’t like to think about and many families do not know about available resources. The video is the first step in ensuring people understand what the program is truly about. It’s about where we take it now.”

TAPS

Ambard continues to work with the Tragedy Assistance Program for Survivors, a nonprofit organization that provides emotional support and healing to anyone grieving the death of a military loved one. The TAPS staff provides military survivor seminars, Good Grief Camps for young survivors and resources relating to grief and trauma.

As a peer mentor, athlete and author, she also donates all of her proceeds from her book, “Courageously Alive—A Walk Through Military Loss,” to the program.

Despite bitter-sweet memories, the day of the video release wasn’t only about loss, Ambard said.

Together with her family, she welcomed to the world her first granddaughter.

On Sept. 30, Whiteman celebrates Gold Star Mother’s Day.

To reach the Air Force Families Forever program, call 866-299-0596, or visit facebook.com/AFFamiliesForeverSupportNetwork.

For immediate counseling and assistance, visit www.taps.org or call the 24-hour helpline at 800-959-2877.

For more information about PACE and the Heritage Today series go to www.airman.af.mil.

Three B-2 pilots visit U.S. Air Force Academy to discuss stealth mission, aviation

From 509th Bomb Wing staff reports

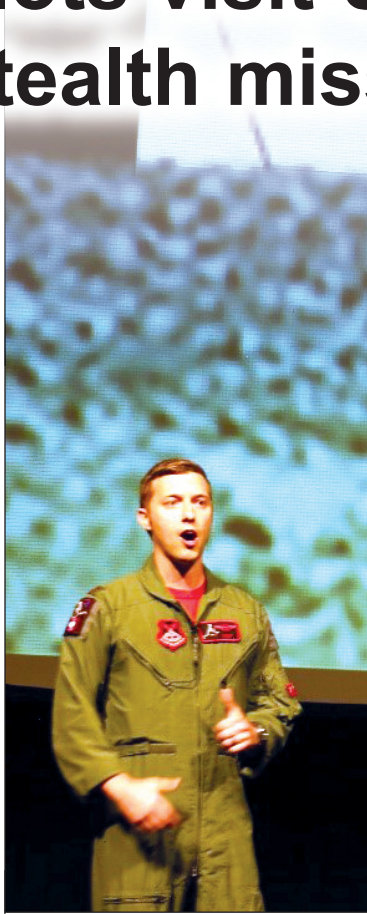
U.S. AIR FORCE ACADEMY, Colo. -- Col. Justin Grieve, commander of the 509th Operations Group; Lt. Col. Geoff Steeves, commander of the 13th Bomb Squadron; and Maj. Nick Anderson, the 13th Bomb Squadron weapons officer, recently visited the U.S. Air Force Academy in Colorado Springs, Colorado.

The three members of Team Whiteman spoke to about 4,000 cadets as a part of the Academy's Warrior Weekend event. Explaining the role of assuring allies and deterring enemies as well as the B-2's combat history, these three B-2 pilots talked about the stealth aircraft's most-recent combat action -- Operation Odyssey Lightning -- to take out Islamic State training camps in Libya in 2016.

"We appreciate the Academy's invitation to speak to future nuclear-deterrence and combat-aviation experts," Grieve said. "This was an incredible opportunity to showcase the B-2, to further the understanding of Whiteman's mission and to answer questions about flying the world's most strategic aircraft."

After the event, the pilots answered questions from cadets, allowing B-2 hopefuls and future leaders in various support career fields to learn more about this unique Air Force asset.

"At Whiteman, we're working hard to build the next generation of B-2 pilots," said Steeves, who oversees the B-2 pilot training squadron. "It was great to meet these cadets and let them know Whiteman looks forward to seeing them after their graduation."



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Whiteman legal office updates customer hours

509th Judge Advocate General

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

Office hours for specific services include:

- 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 Thursdays.

The Whiteman AFB legal office can be contacted at 660-687-6809.



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children - \$4.75, 3D - \$6.00

SATURDAY, SEPT. 29 • 7 p.m.

The Little Stranger (R)

Adults - \$7.00

SUNDAY, SEPT. 30 • 3 p.m.

Searching (PG-13)

Adults - \$7.00, children - \$4.75

Emotional Management

Please join us on **Friday, 28 September 2018** at the **Ford Auditorium** (located in the PDC Bldg. 515) at **1000** for a different type of briefing.

This Emotional Management briefing will help you understand what emotions drive your everyday actions and how to regain control over them.



Guest Speaker: David R. Strother



www.ValorProgram.com

About the Speaker:

David is a licensed clinical social worker who is currently the Director and Clinical Lead of the Valor Recovery Program at Signature Psychiatric Hospital in North Kansas City, Missouri. David's background includes a service history with the US Marine Corp, and was part of the first unit deployed to Kandahar, Afghanistan in support of Operation Enduring Freedom. He has also worked as a firefighter for Lees Summit Missouri for 5 1/2 years. Due to these various roles, he has a special passion for helping military service members and first responders. This led him to complete his B.S. in Social Psychology from Park University and eventually his MSW from the University of Kansas.

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Whiteman Spouses' Club names AF Ball Mess-Dress Giveaway winners



Courtesy photo

Christine Daugherty, president of the Whiteman Spouses' Club, presents certificates to Airman 1st Class Vera Schwenk, and Airman 1st Class Noah Moglia, both from the 509th Aircraft Maintenance Squadron. The Whiteman Spouses' Club sponsored the 2018 Air Force Ball Mess-Dress Giveaway Contest, donating \$1,000 towards the purchase of a full mess-dress for two winners and tickets to attend the 2018 Air Force Ball. The Air Force Ball committee received 22 contest entries, each speaking to why the individuals serve. Schwenk and Moglia both discussed their service honoring a legacy of military sacrifice to protect freedoms around the globe and a dedication to fight for those who that can't fight for themselves.

What is Physical Therapy?

Physical Therapy is a treatment approach which involves therapeutic exercise, manual therapy, modalities and patient education to treat many musculoskeletal conditions.

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Whiteman BASE PICNIC
September 28th, 2018
The 509 EWCC invites Team Whiteman to partake in an afternoon of fun!

Time: 1200 to 1700
Location: Field across from Stars & Strikes Bowling Center
Games: Corn hole, mini golf, bubble soccer, bouncy castles, and punt, pass, and kick contest at 1600
Food will be provided by:
• USO from 1200-1600 (hotdogs and more)
• Mission's End Club from 1200-1400 (burgers, beans, potato salad, and coleslaw)
• Beverages & coffee will be available for purchase
Contact CPPO for information: 687-5754
Volunteer POC : SSgt Travis Keele: travis.keele@us.af.mil




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ACTIVE DUTY OCP FIELDING PLAN

AAFES MILITARY CLOTHING SALES



The following timeline depicts when the OCP Uniform will be available at AAFES Military Clothing Stores (MCS). OCPs are currently all unisex. Production of women's OCP coat and trouser have just begun and will lag initial distribution. Limited quantities of women's OCP coats and trousers are projected to be available for purchase in Feb 2019. OCP cold weather gear will also lag initial distribution and is projected to be available for purchase in Spring 2019 with priority fielding to northern tier installations.



Whiteman begins transition to Operational Camouflage Pattern uniform

Staff Sgt. Joel Pfiester
509th Bomb Wing Public Affairs

Airmen with serviceable OCPs are authorized to wear the new combat utility uniform. Previously only worn at Whiteman Air Force Base by Security Forces Airmen, all members of Team Whiteman will be authorized.

Currently, the Whiteman AAFES Military Clothing Sales Store is only authorized to sell the uniform to members of security forces and explosive ordnance disposal. By limiting the sale of the uniform at the determined initial locations, manufacturers will have time to produce additional stock for other locations, eventually outfitting the total force in the coming months.

"During this initial rollout phase, it is important for Airmen to understand the Whiteman Exchange does not control the availability or authorization to sell the OCP," said Mary Omler, general manager of the Whiteman Exchange. "Uniform manufacturers, in coordination with the DLA (Defense Logistics Agency), are committed to meeting the increased demand for OCP

Mandatory items for basic configuration

- Rank (spice brown)
- Name and USAF tapes (spice brown)
- Aeronautical, Space, Cyberspace badge
- U.S. flag (top of right sleeve) spice-brown cloth flag

Helpful tips

- Occupational badges may be worn, spice-brown embroidery on OCP background
- Name tapes and rank may be sewn on or worn as Velcro, but must be one or the other
- Velcro spice-brown name tape worn on the back of the patrol cap
 - Coat cuffs remain visible at all times
 - T-shirt will be desert sand or tan
 - Socks will be desert sand, tan or DLA-issued green
 - Tan or coyote-brown boots are authorized until June 1, 2020. After that date, only coyote brown will be authorized.
 - Tan and coyote brown backpacks colors are authorized with OCPs

uniforms for Airmen as swiftly as possible. However, due to limited quantities initially available, Airmen are restricted from purchasing OCP uniforms outside of the rollout plan."

As production of the uniforms increases, AAFES will post locations on their webpage of where and when Airmen can purchase OCPs. AAFES online purchasing is expected around October 2019.

By April 1, 2019, Airmen can purchase the uniform at any

AAFES store that carries them. The schedule locations with available inventory will be updated monthly on the AAFES and Air Force's Personnel Center websites.

Just like the Battle Dress Uniform, worn by all services until about 10 years ago, the OCP Airmen will have distinctive Air Force feature. The name tape and Air Forces lettering will be a spice-brown color, and T-shirts and belts will be tan. Most rank

will also be in spice-brown thread.

Squadron patches will also be authorized for wear on the OCP, which was among the recommendations made by Airmen as part of the ongoing effort to revitalize squadrons.

Further feedback indicated that Airmen tend to find the OCP more functional with the slanted Velcro chest pockets and the easily-accessible shoulder pockets. Female Airmen report that the uniform fits better.

"The Army has done considerable work to make the OCPs a better fitting uniform for female service members," said Maj. Gen. Bob LaBrutta, director of military force management policy, deputy chief of staff for manpower, personnel and services. "The uniform comes in 20 female sizes and 37 unisex sizes. Female Airmen, currently issued the unisex uniform in U.S. Air Forces Central Command, report a better fit and higher morale as a result."

The OCPs are the joint combat uniform that links the Air Force and Whiteman with other war-fighting service branches.

"Seeing Airmen outfitted with the OCP uniform around Whiteman now, and in the future as the rollout continues, marks our Airmen's role in joint war-fighting excellence," said Chief Master Sgt. James Lyda, the 509th Bomb Wing command chief. "Our Airmen told their leadership this is what they wanted and it's happening." Meanwhile, Airmen may wear any serviceable OCPs according to AFI 36-2903 and the interim guidance published on the myPers website, Lyda said.

"Many of our Airmen already have this uniform from their numerous deployments, so they will be able to make the transition easily," said Chief Master Sgt. of the Air Force Kaleth O. Wright. "For other Airmen, we must provide enough time for their clothing allowance to fund the items to avoid out-of-pocket expenses."

Enlisted Airmen should start to see an increase to their annual clothing allowances starting Oct. 1, 2018.

The Air Force will fully transition to OCPs by April 1, 2021.

TIMELINE

2018

1 OCT

Serviceable OCP's may be worn with current patches/badges

Airmen can purchase OCP's at the following AAFES locations: Aviano AB, Charleston AFB, Shaw AFB and MacDill AFB

2019

1 APR

Expansion of in-store AAFES sales locations continues

OCT

Online sales projected to be available

2020

1 JUN

Coyote Brown boots must be worn (Tan is authorized until this date)

DLA Issued green socks must be worn (Desert Tan, Tan authorized until this date)

Tan T-Shirts must be worn

2021

1 APR

OCP Mandatory Wear Date

All Patches must be Spice Brown background with other subdued colors (color criteria guidance forthcoming)

BENEFITS

- The OCP works in all climates and across the spectrum of missions we perform
- Over 100,000 Airmen have been issued and/or are already wearing OCPs. This includes AFCENT, AFSOC and our AFGSC Defenders
- The OCP will bring back Air Force heraldry with unit patches
- The OCP celebrates our joint warfighting excellence and close ties with the Army

T-Shirt will be Tan effective 1 June 2020



Patrol caps will be worn with nametapes embroidered with **spice brown** thread and placed on the back using Velcro or sewn on. **Officer rank** will be sewn on the front of the hat and centered 1/2 inch above the visor.



Name and USAF tape, wing and occupational badges will be embroidered with **spice brown** thread.



Right Sleeve (max. 2 Velcro patches)

U.S. Flag is mandatory and will be embroidered with **spice brown** thread

Authorized list of embroidered spice brown right sleeve patches is forthcoming in the AFGM to AFI 36-2903



Left Sleeve (max 2 Velcro patches)

Exception: Awarded, joint qualification tabs (subdued cloth) may be worn above the unit patch as a third patch (e.g. Army Ranger, Sapper, Air Commando, SERE, etc.)

Authorized list of embroidered spice brown left sleeve patches is forthcoming in the AFGM to AFI 36-2903



Boots will be Coyote Brown effective 20 June 2020

(Current as of: June 27, 2018)

AIR FORCE OCP UNIFORM GUIDANCE

Further official wear guidance will be available soon in AFI 36-2903, Dress and Personal Appearance

Warrensburg's Sixth Annual

Ladies' Night Out

Tuesday, October 16, 2018

5:00 - 8:00 pm

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Small step with a big impact: Get your annual flu shot

Senior Airman Thomas Barley

509th Bomb Wing Public Affairs
It's nearly that time of year again. Yes, Halloween, Thanksgiving and Christmas – and flu season.


More than 200,000 Americans are hospitalized annually with various strains of the flu. According to the Center for Disease Control, a flu infection can in some cases be a contributing cause of death for children, the elderly and those with compromised immune systems.

While military members are required to keep up with annual immunization requirements, medical officials highly encourage family members also get the flu vaccination, said Lt. Col. Robert Rainey, 509th Medical Operations Squadron commander.

Flu signs, symptoms

The flu is more than just a runny nose and fever, Rainey said. It is a contagious respiratory illness which infects the nose, throat and lungs. It may cause mild to severe illness and even hospitalization or death. People who have the flu typically experience a variety of symptoms such as body aches, a cough and a sore throat. Chances of having these symptoms, however, can be reduced with one shot and some basic everyday

Is it a COLD or the FLU?

	COLD	FLU
		
FEVER	Low or None	High (100-102°F)
HEADACHE	Rare	Common
NOSE	Stuffy/Runny	Stuffy/Runny
SNEEZING	Common	Sometimes
COUGH	Mild/Hacking	Severe
ACHES/PAIN	Slight	Severe
FATIGUE	Sometimes/Mild	Several Weeks
THROAT	Sore	Sometimes Sore
ENERGY	Normal/Sluggish	Extreme Exhaustion
DURATION	7-10 Days	Several Weeks

SEEK MEDICAL ASSISTANCE

- For fevers 101°F or higher for 24 hours

PREVENTION

- Wash hands often
- Keep hands away from eyes, nose and mouth
- Get annual flu vaccination

TREATMENT OPTIONS
Cold Symptoms

- Over-the-Counter cold medications
- Over-the-Counter antihistamines
- Increase fluid intake
- Gargle warm salt water for sore throat
- Warm steam for congestion
- Rest

U.S. Air Force illustration by Master Sgt. Brittany Jones



Scan to watch!

dependents and retirees on a walk-in basis.

Immunization clinic hours are Monday through Friday 7:30 a.m.-noon and 1 p.m. - 4:30 p.m. The Medical Group will announce flu vaccine availability on its website, phone system and via other official channels.

In addition, there are several local TRICARE network pharmacies as well as the Johnson County Community Health Services in Warrensburg that offer flu vaccines at no cost (no co-pay) to TRICARE beneficiaries.

Missouri state law requires prescriptions for certain pediatric patients to receive a flu shot; the on-base Pediatrics Clinic has prescriptions available.

For more information about the flu vaccine, visit www.facebook.com/Whiteman509MDG/

preventive actions.

“Practicing good health habits, like covering your cough and washing your hands often, can help stop the spread of germs and prevent respiratory illnesses like the flu,” he said. “All persons aged 6 months and older are recommended for annual flu vaccination,

with rare exceptions. Taking these precautions helps others, too. Getting vaccinated is doing your part to help ensure your friends, family and everyone else around you also stays healthy.”

Immunization availability

The base Immunizations Clinic reviews its initial supply of flu

vaccines in mid- to late September 2018. The Whiteman Medical Group first vaccinates active-duty military personnel and civilian staff according to a prioritized plan. When sufficient numbers of military and civilian staff have been vaccinated, the Immunizations Clinic will offer the flu vaccine to

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Activities & Events

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Columbus Day

4-Person Scramble

6 Oct 2018
10:00 a.m. Shotgun Start

\$50 Per Person | \$30 For Members
(INCLUDES: TOURNAMENT ENTRY FEE, CART & GREEN FEES.)

ENTRY FEE MUST BE PAID IN CASH THE MORNING OF THE TOURNAMENT.

Contact Royal Oaks Golf Course @ (660) 687-5572 to sign up.




Upcoming Events

Friday, September 28th
Whiteman Base Picnic
12 p.m. – 5 p.m.

For more information contact CPPO @ (660) 687-5754. If you would like to volunteer email SSgt Keele @ travis.keele@us.af.mil.

October 1st – 31st

Pro Shop Sale
Stars & Strikes Bowling Center
Get 10% off your Pro Shop purchase.

Tuesday, October 2nd & 16th
Special Needs Family & Exceptional Family Member Support Group
10 a.m. – 11 a.m.

Join us @ Whiteman AFB Youth Center.

Thursday, October 11th
National Sausage Pizza Day
7 a.m. – 9 p.m.

Stop by Stars & Strikes Bowling Center & get \$1 off all large sausage pizzas!

Thursday, October 11th
Designer Bag Bingo
5:30 p.m. – 8:00 p.m.

Join us @ Mission's End. Pre-sale tickets are \$20 & \$25 if you pay at the door.

Saturday, October 13th
Murder Mystery: Best Laid Plans
7 p.m. – 9 p.m.

Join us @ Royal Oaks Golf Course. \$30 per person. Must sign up NLT Oct 5th. For more information please contact Community Programs @ (660) 687-5754.

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660-687-5590

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Base Residents

Doing child care to help support the AF mission? Licensing is not required if you are:

- Providing occasional care for a friend or neighbor.
- Baby-sitting on an occasional basis for other families.
- A teenager doing evening or weekend baby-sitting for families.
- Providing child care in the parents' own home.
- Parent cooperative where one of the parents provides supervision for other parents' children on an exchange basis and no fees are involved.
- Providing less than 10 hours of child care a week on an irregular basis.

If you are providing care beyond these opportunities, please contact the FCC program for a licensing application.



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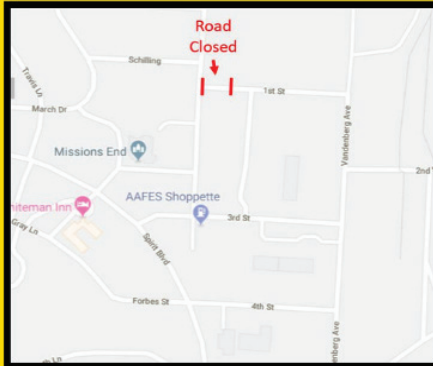
EOD honors MIA/POW during recognition run



U.S. Air Force photo by Senior Airman Jovan Banks
Explosive ordnance disposal Airmen of the 509th Civil Engineer Squadron run in honor of National MIA/POW Recognition Day at Whiteman Air Force Base, Missouri Sept. 21, 2018. The EOD Airmen took part in the event and carried the memorial flag in full gear for their portion of the 24-hour-long run.

ROAD CLOSURE NOTICE

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.

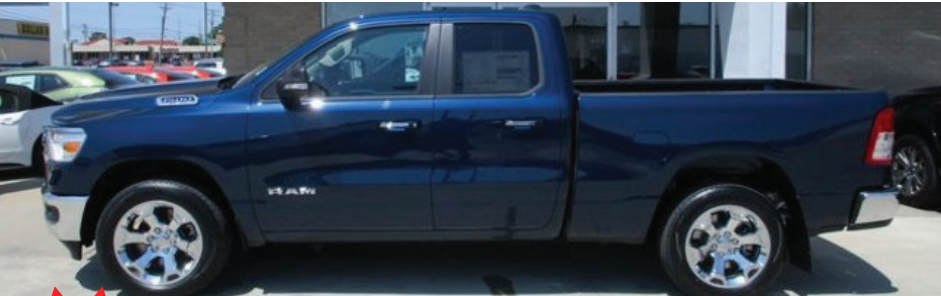


For questions contact:
Paul Day, 509th CES
DSN 687-6388



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