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FREE ADMISSION

The Warrior Friday, May 10, 2019

THE WARRIOR

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For more information, call the Warrior office at 660-687-5727, email 509bw.public.affairs@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

Air Force Col. Jeffrey Schreiner poses for a portrait on March 22, 2019, at Whiteman Air Force Base, Missouri. Schreiner took command of the 509th Bomb Wing during a ceremony on May 9, 2019. (U.S. Air Force photo by Staff Sgt. Danielle Quilla)



509th Bomb Wing Vice Commander, Col. Seth Graham, and 509th BW Command Chief, Chief Master Sgt. James Lyda, pose for a photo with 509th BW Airmen on May 3, 2019, at Whiteman Air Force Base, Missouri. May is Asian American and Pacific Islander Heritage Month. Team Whiteman is celebrating the culture, traditions and history of Asian Americans and Pacific Islanders in the United States. (U.S. Air Force photo by Staff Sgt. Kayla White)

Team Whiteman celebrates diversity during Asian-American, Pacific Islander Heritage Month

Staff Sgt. Kayla White 509th Bomb Wing Public Affairs

May is Asian American and Pacific Islander Heritage Month and Team Whiteman is taking part in the celebration.

Then-President George H. W. Bush signed the commemorative month into law in 1992 to formally recognize the contributions, culture, and traditions of Asian Americans and Pacific Islanders in the United States.

Here at Whiteman Air Force Base, Missouri, Airman 1st Class Lark Loise Borromeo, who has served as the Asian-Pacific American Heritage Association president for the last two years, said the APAHA is scheduled to host two free events that are open to all of Team Whiteman.

First, there will be an Asian Pacificthemed meal from 11 a.m. to 2 p.m. on May 16, 2019, at the Ozark Inn's backyard barbecue luau.

Then, the month's capstone event will take place from 11 a.m. to 2 p.m. on May 31, 2019, at the Missouri National

Guard Armory on base. This event will feature a food exposition, fashion show, Polynesian dance demonstration as well as raffle prizes.

By hosting these events, Borromeo and other members of the APAHA hope to highlight the diversity that enhances and strengthens the Air Force mission.

"This year's theme for the heritage

month is 'Unite our mission by engaging each other'," said Borromeo, who is a second-generation American with Filipino, Japanese and Chinese roots.

He said anyone can join the APAHA emphasizing the importance of inclusivity in furthering appreciation and understanding of Asian American and Pacific Islander contributions.

The Asian-Pacific American
Heritage Association (APAHA)
hosts meetings at 1 p.m. on
the third Thursday of each
month on base in Building 509.
Anyone can attend.

The Whiteman Weekly Wire is published weekly in the Warrior and on www.facebook.com/WhitemanAirForceBase.

Items to be published should be submitted no later than noon on Wednesdays to: whiteman.warrior@us.af.mil with the subject "Weekly Wire Request." Your submission must be five lines or less, including contact information. Attachments cannot be included.

The status of the installation during inclement weather or other circumstances is updated on Facebook, www.whiteman.af.mil, and the Straight Talk line, which is 660-687-6397.



The Fitness Center Track and Field is closed for renovations. PT tests will be conducted at Knob Noster High School. All tests are run through the Fitness Assessment Cell (FAC); the FAC will transport testers to the high school to complete the walk/run portion of the test. The Knob Noster track is not available for squadron PT, but if you'd like to run and get a feel for the track. it is only available after school hours

ADVISORIES

Due to ongoing construction projects, Arnold Avenue on base between 8th and 9th streets will be closed until September 2020. There will be a detour around this one-block area.



General information

- · Service members are advised to be aware of what they consume as some states legalize recreational marijuana and THC. THC and CBD oils are illegal under federal law and Article 112a of the Uniform Code of Military Justice (UCMJ). Products containing them, such as THC beer, can cause a positive urinalysis result in a drug test.
- TRICAREOnline (TOL) offers online access for appointment management, prescription refills, health data, the nurse advice line, secure messages with your PCM and more. Go to www.TRICAREOnline.com.
- · Army & Air Force Exchange Service (BX) shoppers can now buy items at ShopMyExchange.com and pick them up at their local BX for free. Visit https://www.shopmyexchange.com/#.
- The base gym has a parking spot reserved during all regular hours and days. The new space is near the front entrance and is reserved for any wing annual award winner or member of Honor Guard.
- The Exceptional Family Member Program and Special Needs Support Group meets at 10-11 a.m. the first and third Tuesday of each month at Whiteman AFB Youth Center. The group provides free information, speakers, children's activities and other events. Call 660-687-7132 for more information.
- Keys, wallets, bicycles, jewelry and other items

- have been turned in as found property to Security Forces. Visit Building 711, Room 305, or call 660-687-5342
- The Qualified Recycling Program is open for drop-off 24/7 with reduced customer service staff. Cardboard, paper, newspaper, printer cartridges, lead acid batteries, scrap metal and aluminum cans are accepted. Materials left outside the Whiteman recycling center are base property; taking them is theft. Contact the recycling center with questions at 660-687-6253.
- Are you interested in joining a vanpool or starting your own? The Department of the Transportation (DoT) manages the vanpool program for the DoD at no out-of-pocket costs for you. This program is open to active duty, guard, reserve and civilians. Contact Maj. Keith Bratton at keith.bratton@us.af.mil.
- Have you checked out the Whiteman Air Force **Base smartphone app?** The app is frequently updated with new content and resources, including events, a base directory, medical information, and information for inbound and outbound personnel. A link to the download the app is available on the Whiteman website.
- For the latest news, photos, and videos please refer to the official Whiteman Facebook page at www. facebook.com/WhitemanAirForceBase.



FRIDAY

Mostly Sunny Hi 63 - Lo 47

SATURDAY

Chance **Showers** Hi 62 - Lo 48

SUNDAY

Mostly Sunny Hi 68 - Lo 47

MONDAY

Sunny Hi 70 - Lo 53



Volunteer **Opportunities**

- Flags will be placed in Sunset Cemetery in Warrensburg for Memorial Day at 10 a.m. on May 24. Volunteers will enter in the west entrance of Main Street and groups will be given a list of names, a map with grave locations and flags. Dress appropriately for the weather.
- Powell Gardens is looking for volunteers ages 16 and **older for numerous positions.** Volunteers are given free admission year round, along with discounts and other benefits. Call 816-697-2600 ext. 304 or email bhallak@ powellgardens.org.
- To volunteer for Team Whiteman's Airman Against Drunk Driving (AADD) program, contact Senior Airman Tyler Anderson at tyler.anderson.14@us.af.mil.
- Whiteman AFB Fitness Center Pool is now hiring lifeguards. Applicants must be 16 years or older and have a current lifeguard certification. Apply at www.nafjobs.org or call 660-687-6476/5215/7876 with questions.

Upcoming Events

- Powell Gardens is hosting the Family Frolic: Backyard Bugging from 10 a.m. - 3p.m. on May 11 at their facility just outside of Warrensburg, Missouri. Kids can dig in the dirt, sift pond sludge, chase insects and participate in many other family-oriented activities.
- Motorcycle Safety Day is 9 a.m., May 13 at the Missouri Safety Center at 1200 S Holder St. in Warrensburg, Missouri. There will be a practice course, local vendors, a B-2-themed motorcycle and free food will be provided by the USO. Contact Wing Safety with questions at 687-7233.
- National Police Week is May 13-17. The week starts with an opening ceremony and a Ruck March at 7:30 a.m. Uniform is OCPs or the uniform of the day.
- The 28 Days to a Better Belly class is 11:30 a.m. to 1 p.m., Thursdays from May 30- June 27 at the Professional Development Center in Room 222. Evening classes are 6 p.m. to 7:30 p.m.
- The Professional Development Center will be hosting the Dads Basic Course from 8 a.m.-1 p.m. on May 30 at the Professional Development Center in Room 223. Topics

- include diapering, bathing babies, packing a diaper bag and communication with your spouse as new parent. RSVP to Cory Watson at 687-7332 or at cory.d.watson.civ@mail. mil.
- A pre-diabetes class is 2:30-4:30 p.m. on the first Tuesday of every month at the 509th Medical Group Education and Training room in the basement. Call 660-687-1199 to enroll.
- EFMP/special needs or deployment/remote status military family are invited to Coffee & Chat 10-11 a.m. every third Wednesday of the month at Coffee SKNOBS in Knob Noster. Complimentary coffee with refreshments are offered. Children are welcome with adult supervision. For more information, call 660-687-7132.
- The Airman & Family Readiness Center offers financial classes every month. Individual appointments are available. Call 660-687-7132 or 660-619-2735 for more information.
- Every Sunday at 2 p.m. 4 p.m. at the Stealth Lounge will host a social for anyone who speaks English as a second language. This social allows anyone who attends to practice their English and meet new people.

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News

2020 Budget Request essential to security, DOD leaders say

By David Vergun

Acting Defense Secretary Patrick M. Shanahan, Defense Department Comptroller and Chief Financial Officer David L. Norquist and Chairman of the Joint Chiefs of Staff Marine Corps Gen. Joe Dunford testified about the fiscal year 2020 defense budget request at a Senate Appropriations Committee's defense subcommittee hearing in Washington.

Main Points

- The fiscal year 2020 defense budget request of \$750 billion supports the 2018 National Defense Strategy. The request includes \$718 billion for DOD with most of the remaining amount going to the Energy Department, which manages military nuclear systems.
- The budget enables DOD to maintain irregular warfare as a core competency, yet prioritizes modernization and readiness to compete, deter and win in a high-end fight of the future against China and Russia.
- This budget is critical for the continued execution of the NDS, and it reflects difficult, but necessary decisions that align finite resources with strategic priorities.

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Budgetary Highlights

- The largest research, development, testing and evaluation budget in 70 years
- Double digit increases to investments in both space and cyber.
- Modernization of the nuclear triad and missile defense capabilities.
- The largest shipbuilding request in 20 years, when adjusted for inflation.
- An increase in total end strength by roughly 7,700 service members.
- A 3.1% pay increase to the uniformed military, the largest in a decade.

Alabama Army National Guardsmen from the 690th Chemical Company prepare their Nuclear, Biological, Chemical Reconnaissance Stryker vehicle at the Joint Warfighting Assessment training exercise at Yakima Training Center in Washington, April 29, 2019. (Photo: Army Pfc. Valentina Y. Montano)

Left to right: Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff; Acting Defense Secretary Patrick M. Shanahan; and David L. Norquist, DOD's comptroller and chief financial officer, testify on the fiscal year 2020 Defense Department budget request on Capitol Hill, May 8, 2019. (Photo By: Lisa Ferdinando, DOD)



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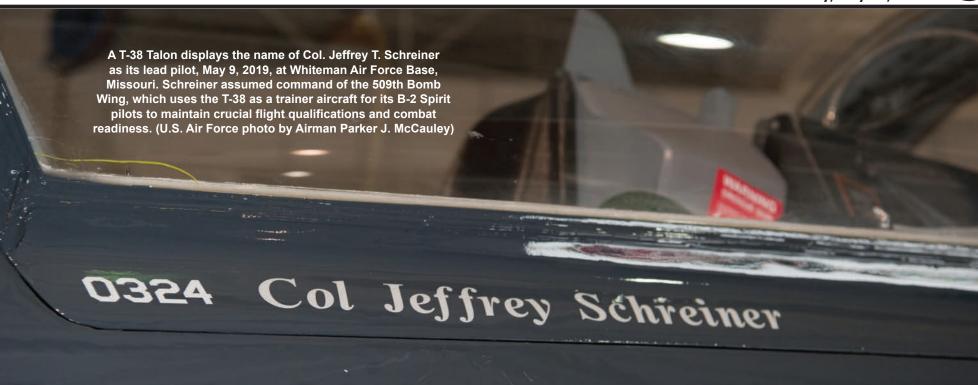
Future Budgetary Concerns

The officials told Congress that DOD cannot implement the NDS at sequestration levels of funding. Sequestration would halt progress in rebuilding readiness, growing the force, modernizing for the future and investing in critical emerging capabilities such as artificial intelligence, hypersonics and directed energy. It would also force DOD to cut end strength and critical modernization efforts that ensure the United States outpaces its competitors.

A continuing resolution would also hamstring DOD by stopping new initiatives, the officials said, including the increased investments in cyber, space, nuclear modernization and missile defense. Funding would be in the wrong accounts and DOD would lose buying power



Soldiers participate in Exercise Cyber Shield at Camp Atterbury, Ind., April 16, 2019. (Photo By: Army Spc. Joshua Syberg)



Homecoming: Schreiner returns to Whiteman AFB to take command of the 509th Bomb Wing

Airman Parker J. McCaulev

509th Bomb Wing Public Affairs

Col. Jeffrey T. Schreiner assumed command of the 509th Bomb Wing from Brig. Gen. John J. Nichols during a change of command ceremony on May 9, 2019, at Whiteman Air Force Base, Missouri.

Maj. Gen. James C. Dawkins Jr., the commander, Eighth Air Force, and commander, Joint-Global Strike Operations Center, at Barksdale Air Force Base, Louisiana, served as the presiding official for the ceremony.

Schreiner a native of Independence, Missouri, is returning to Whiteman AFB after serving as the battle watch commander in the Global Operations Center of U.S. Strategic Command (USSTRATCOM) at Offut Air Force Base, Nebraska.

"My Missouri roots run deep," Schreiner said. Serving as commander of the 509th Bomb Wing marks his third stint at Whiteman AFB.

Schreiner is a B-2 Spirit pilot and also has flight hours in the B-52 Stratofortress and trainer jets, including the T-38 Talon. Additionally, Schreiner was an instructor and an evaluator pilot in both the B-2 and T-38. He was also the commander of Whiteman AFB's 13th Bomb Squadron.

"I'm excited and humbled to have the opportunity to lead the 509th and look forward to watching all our amazing Airmen provide America with its most-lethal combat air power," Schreiner said during the change of command ceremony.

Schreiner emphasized his new installation's crucial role in ensuring the safety and security of the United States.

"The mission of the 509th is critical to our national security strategy, providing both nuclear deterrence and the world's most deadly conventional platform," Schreiner

said. "Together with our mission partners, Whiteman Air Force Base represents the entire spectrum of military power."

Nichols, who will now serve as the deputy director of Global Operations of U.S. Strategic Command (USSTRATCOM) at Offutt Air Force Base, Nebraska, gave his farewell to Whiteman AFB and wished Shreiner luck.

"I've had the honor and privilege of leading the 509th Bomb Wing for the past two years," Nichols said. "And it has been the highlight of my career."

Nichols also thanked the Airmen of Whiteman AFB.

"You are what makes Whiteman successful," Nichols said. "All I can say is, 'thank

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Col. Jeffrey T. Schreiner, right, sits next to former 509th Bomb Wing commander Brig. Gen. John J. Nichols during a change of command ceremony at Whiteman Air Force Base, Missouri, May 9, 2019. Schreiner accepted command and is responsible for the combat readiness of the Air Force's only B-2 Spirit base, including development and employment of the long-range strike bomber's stealth combat capability as part of Air Force Global Strike Command. Schreiner is a command pilot with more than 3,700

Force photo by Airman Parker J. McCauley)

flying hours and previously served as the 13th Bomb Squadron commander. (U.S. Air

The Warrior Friday, May 10, 2019

News

Are you a new



...or going to be?

Dads the basics

Thursday, 30 May 2019 0800 - 1300

Professional Development Center,

Rm 223

Dads the Basics is an informational course designed to help understand some ins and outs of being a new dad brought to you by other Airmen and dads who have been there!

Being a new father does not have to be scary! RSVP today! Contact Cory Watson to RSVP at 687-7332 or cory.d.watson.civ@mail.mil Some topics will include:

- Diapering, bathing baby, and packing a diaper bag
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 - Ride a bike that works—it really doesn't matter how well you ride if the brakes don't work.
- » Carry all items in a backpack or strapped to the back of the bike
- » Plan your route—if driving as a vehicle on the road, choose routes with less traffic and slower speeds. Your safest route may be away from traffic altogether, in a bike lane or on a bike path.
- » Obey street signs, signals, and road markings, just like a car.
 - Drive with the flow, in the same direction as traffic.
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DIAMOND



EQUIPMENT

It's not science fiction, it's NDI at Whiteman Air Force Base

Text and photos by Senior Airman Thomas Barley

Airmen at the Non-Destructive Inspection (NDI) Lab at Whiteman Air Force Base, Missouri, dedicate themselves to performing routine inspections on parts and equipment to ensure structural serviceability. These Airmen are experts committed to finding the smallest of imperfections with the ability to detect cracks as narrow as 150 nanometers.

In this photo series, Senior Airman Aaron M. Pitts, an NDI journeyman with the 509th Maintenance Squadron, uses a method known as the Fluorescent Penetrant Inspection (FPI), which relies on a florescent dye and ultraviolet light to highlight surface defects.

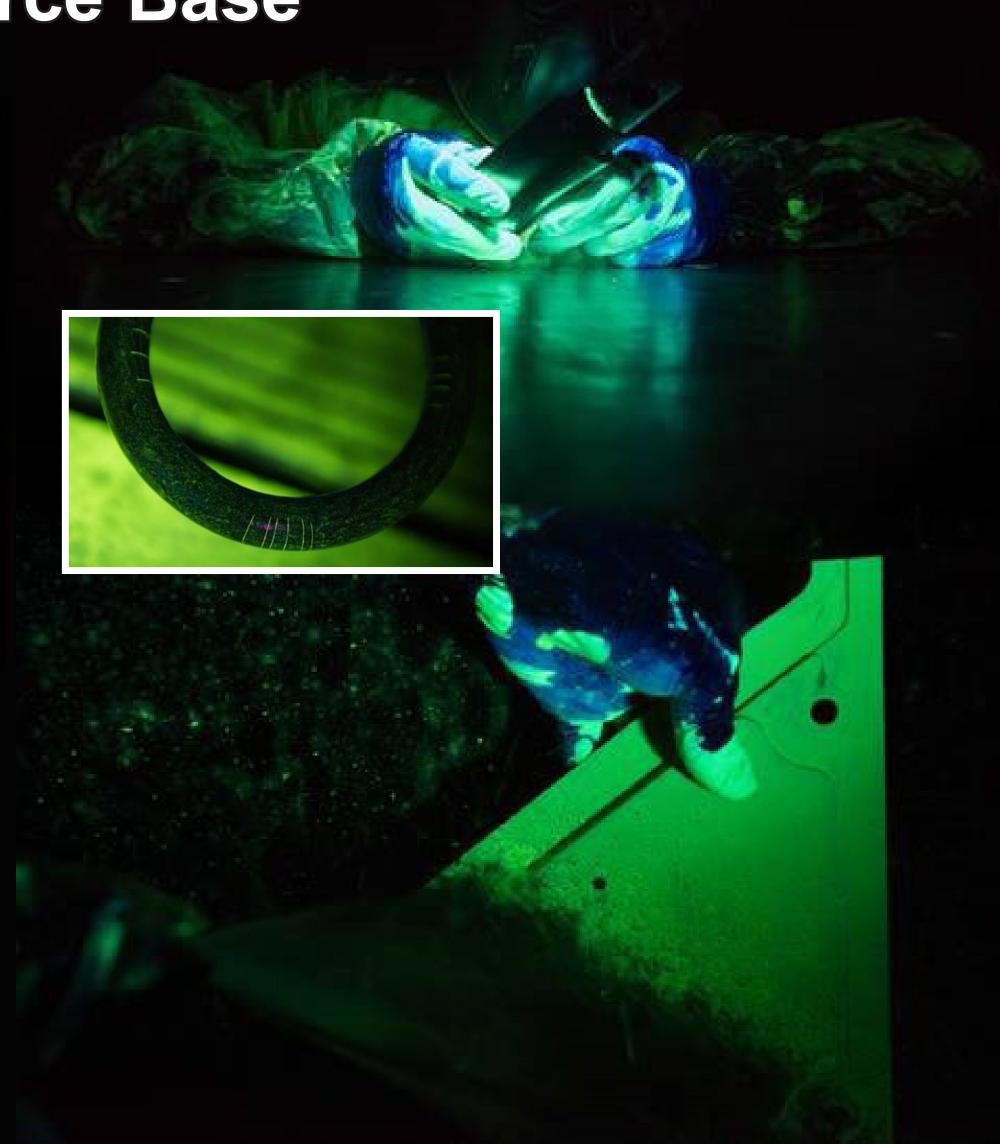
Pitts followed the six steps to an FPI. Before he can apply the penetrant, he cleans the surface of the material so it is free of any contamination such as paint, oil or dirt. When he applies the fluorescent penetrant, it seeps into any flaws or defects in the material. Next, he removes the excess penetrant and applies a developer. The developer acts as a background against the flaws so that they can more easily be detected and also causes the penetrant in the defects to surface and bleed. Pitts then places the material in a dark room and inspects it with an ultraviolet light.

After inspection, the material goes through one final cleaning before it is either repaired or replaced.

NDI is able to see what no other method can. When Airmen like Pitts detect these flaws and determine if these parts need to be fixed or replaced, they ensure the safety of our service members and keep the mission here at Whiteman moving every day.







Sparks fly at Whiteman AFB innovation presentation

Staff Sgt. Kristin Cerri

509th Bomb Wing Public Affairs

"Being innovative is about trust and empowerment," stated Chief Master Sgt. of the Air Force Kaleth O. Wright during the Air Force Association Air Warfare Symposium on Feb. 22, 2018.

"I trust our Airmen will help us get to where we need to be," continued Wright. "Leaders must help them get to ves."

Team Whiteman took those words to heart on May 1, 2019, during the Whiteman Edge Spark Tank Innovation Celebration. Twenty-one Airmen from various units on base submitted their ideas of sustainability, technology and resiliency. Three were selected to pitch their ideas to a panel of experts during the event.

The panel included: 509th Bomb Wing Commander Brig. Gen. John Nichols, 509 BW Vice Commander Col. Seth Graham and Chief Master Sgt. James Lyda, the 509 BW command chief.

The first presenter, Master Sgt. Jessica Ancheta, of the 509th Force Support Squadron, proposed an eco-friendly way to eliminate the use of over 252,000 to-go containers annually from the base's Ozark Dining Facility.

Next into the Spark Tank, Maj. James Sarver, a pilot assigned to the 393d Bomber Squadron, suggested implementing a program that would create effective debriefing capabilities of the B-2 Stealth Bomber.

Finally, the 509th Civil Engineer Squadron offered a solution to the dormitory housing deficit that unaccompanied, first-term Airmen face when they arrive at Whiteman AFB. "Raider Village" is a proposed expeditionary bed down that would house Airmen for six months prior to transferring them to the dormitories.

The panel, impressed with each of the three presenters, provided approval and leadership support for each idea to continue development with the goal of future implementation.



This will not be the last time Airmen of all ranks will have an opportunity to pitch their ideas. The Whiteman Edge portal at www.whiteman.af.mil/Edge is open for more submissions.

"I don't think this should be a one-time deal," Nichols

told Team Whiteman. "We need a Spark Tank every year because the very best ideas will come from you."

To watch the entire Whiteman Edge Spark Tank Innovation Celebration, visit facebook.com/ WhitemanAirForceBase

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2019 Wings Over Whiteman air, space show is June 15-16

From 509th Bomb Wing staff reports

The 2019 Wings Over Whiteman Air and Space Show and Open House is June 15 and 16 at Whiteman Air Force Base, Missouri. Admittance and parking are free.

This year's show features: Air Combat Command's F-22 Raptor Demonstration Team, the A-10C Thunderbolt II demo team and the U.S. Army Golden Knights Parachute Team, along with Whiteman AFB's B-2 Stealth bomber and T-38 Talon jet.

Guests will get an up-close look at strategic Air Force assets that our Airmen use to carry out missions across the globe as well as the technical expertise of the U.S. military.

Wings Over Whiteman also features dozens of aircraft static displays, exhibition aircraft, vintage and modern war birds, and much more.

Please visit www.whiteman. af.mil/WOW/ or www.facebook. com/WingsOverWhiteman for more information.

Contact the 509th Bomb Wing Public Affairs office at (660) 687-5727 or 509.BW.PA@us.af.mil with questions.

Be sure to check out our video on 2019's Wings Over Whiteman. It'll give you a sneak peak of this year's event and get your excited to attend! www.facebook.com/

WingsOverWhiteman



Johnson County, MO Community Health Needs Assessment

COMMUNITY TOWN HALL MEETING

Western Missouri Medical Center and Johnson County Community Health Services invite you to a Town Hall meeting discussing our greater community's health.

TUESDAY, JUNE 11, 2019 5:30 - 7:00 pm Community Center Multipurpose Room BC

A light dinner will be provided.

THE PUBLIC IS INVITED TO ATTEND. Please join us for this opportunity to share your opinions and suggestions to improve health care delivery in Johnson County, MO.

Thank you in advance for your participation!





🚄 Friday, May 10, 2019

News



Commander of the 102nd Intelligence Wing, Col. Virginia I. Gaglio, and UMass Dartmouth **Chancellor Robert** E. Johnson signed a memorandum of understanding on April 29, 2019, agreeing to work together to develop mutually beneficial cybersecurity training and workforce development programs. U.S. House of Representative from the 9th District of Massachusetts Congressman William Keating and UMass Dartmouth's Dean of the College of **Engineering Jean Van**derGheynst also spoke at the event on campus. (U.S. Air National Guard photo by Staff Sqt. Thomas Swanson)

Air National Guard partners with UMass **Dartmouth on cybersecurity**



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Staff Sgt. Thomas Swanson 102nd Intelligence Wing

DARTMOUTH, Mass. -- The Massachusetts Air National Guard's 102nd Intelligence Wing and the University of Massachusetts Dartmouth signed a Memorandum of Understanding (MOU) agreeing to establish collaborative programs in the field of cybersecurity on Monday, April 29, 2019. The MOU creates a partnership that aims to mutually benefit both organizations for years

The agreement outlines the framework for future training and interaction between military personnel and university students and faculty, and identifies several particular areas where the organizations will work together.

The partnership includes cooperative program development where Airmen will assist the university to offer the most relevant academic and cybersecurity courses, and also provides students with internships and avenues for formal professional mentorship. UMass Dartmouth will assist the 102nd Intelligence Wing by providing access to mobile training teams to keep military personnel abreast of the most current developments in computer forensics. The MOU also establishes a joint campaign to make students more aware of the educational benefits earned through military service and specific career opportunities with the 102nd Intelligence Wing on Joint Base Cape Cod.

"We're excited to work with the 102nd to strengthen the cybersecurity of our nation," said UMass Dartmouth Chancellor Robert E. Johnson. "I want you and your colleagues to know that UMass Dartmouth is fully committed to making sure that our men and women serving in the armed services today and in the future have both the skillset and mindset to take on any foe or any enemy."

The 102nd Intelligence Wing Commander Col. Virginia I. Gaglio said, "The University of Massachusetts Dartmouth is a world-class research university with an incredible cybersecurity and engineering perspective that is a natural fit. The Air National Guard strengthens its forces by embracing local, state, federal and global partnerships. Today we're celebrating our relationship with the University of Massachusetts Dartmouth which is at the very roots of the Air National Guard, ensuring we have the right Airmen, education and tools to be our nation's premier fighting force."

Meanwhile, speaking about the agreement's regional and national significance, Massachusetts Congressman William R. Keating said, "This is a great opportunity for young people in our area. These are the jobs of the future."



Activities & Events

Whiteman AFB Marketing 660-687-7929



Family Child Care Office

(660) 687-5590

FCC Orientation Class

Receive training to become a licensed Family Child Care (FCC) provider on Whiteman AFB. The class is approximately one week long and runs from 8 am - 3 pm. The classes are scheduled once 2 applications are received and when there is a need for new providers. The program needs providers who are willing to care for infants and children during swing and evening shifts and children with special needs. Stop by the FCC Office to pick up an application package. Applications need to be received by the Wednesday prior to the start of the next class. Child care can be provided if space is available.

Home Community Care (HCC)

Guard/Reserve parents who are single, dual Guard/Reserve, or whose spouse is working, are eligible to use this free program for their primary UTE weekends. Care for the HCC Program is provided in a contracted and licensed family child care home. 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 and are taken on a first come basis depending on space availability and available providers. Call for more details.

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Whiteman Air Force Base Upcoming Events

Thursday, May 16th Backyard BBQ Luau @ Ozark Inn 11:00 a.m. - 1:00 p.m.

Come enjoy the spring sunshine with a menu consisting of homemade burgers, BBQ chicken, cajun shrimp kebabs, potato salad, grilled pineapple, assorted chips and beverages! Meal will be served outside. Cornhole tournament with a \$30 gift card prize!

Open to all DoD ID holders.

For more information call (660) 687–5677.

Thursday, May 16th Paint With Us @ Mission's End 6:00 p.m. – 9:00 p.m.

Grab your friends and let your artistic side flow at the May Paint With Us. Food and drink available for purchase at the event. \$1 daubers. \$20 ticket | \$10 deployed/remote affected. For more information call (660) 687-5754.

Friday, May 17th Mother Son Dance @ Mission's End 6:00 p.m. – 8:30 p.m.

Attention all moms! We've got all the pieces ready for a great event... we just need you! Make sure not to miss out on the 2019 Lego themed Mother Son Dance! Photo ops begin at 5:30 pm. \$30 pair of tickets | + \$10 per additional child For more information call (660) 687–5754.

Saturday, May 18th **Kids Color Run @ Ike Skelton Park** 11:00 a.m. – 1:00 p.m.

Join us for the annual America's Armed Forces Kids Run! The USO will be on hand to serve food and drinks. Color Tunnel, Zumba and DJ Dance Music will be available at the event. Ages 3+ | FREE event

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509th MDG hosts 'Chopped' cooking competition



Airman 1st Class Elizabeth Cowen, Airman 1st Class Brittney McCallister and Master Sgt. Laura Bass, all assigned to the 509th Medical Group, pose for a photo on May 3, 2019, at Whiteman Air Force Base, Missouri. The 509th MDG hosted a healthy cooking competition modeled after the popular show "Chopped" to demonstrate how easy it can be to make healthy eating choices on a budget. (Courtesy photo by Alicia Ferris-Dannenburg)



Above, Team What the Fork, made up of Airmen and civilian personnel assigned to the 509th Medical Group, pose for a photo on May 3, 2019, after winning a healthy eating competition at Whiteman Air Force Base, Missouri. The 509th MDG hosted a competition modeled after the popular show "Chopped" to demonstrate how easy it can be to make healthy eating choices on a budget. (Courtesy photo by Alicia Ferris-Dannenburg)



A meal made from chicken. cheese, kale, apples and cauliflower is featured during the "Chopped"-style competition on May 3, 2019, at Whiteman Air Force Base, Missouri. The 509th Medical Group hosted a healthy cooking competition modeled after the popular TV show to demonstrate how easy it can be to make healthy eating choices on a budget. (Courtesy photo by Alicia Ferris-Dannenburg)



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