

WARRIOR

Year of the B-2

Vol. 4 No. 46
November 22, 2013

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80 percent strategy and 20 percent mechanics: What really matters when it comes to success

Chief Master Sgt. Stuart Allison
509th Mission Support Group



U.S. Air Force photo/Airman 1st Class Keenan Berry
Chief Master Sgt. Stuart Allison is the command chief of the 509th Mission Support Group at Whiteman Air Force Base, Mo. He is currently deployed with the 407th Air Expeditionary Group as its superintendent.

Over the last year I've been on a quest to identify and highlight simple success strategies that, if followed, will increase career success. It is easy for anyone to learn the methods of success in any field.

You can exercise how you think you should exercise. Or you can secure proven strategies, take massive action, exercise correctly and achieve lasting results.

There are three things you can do to ensure you are using the right strategies to implement your methods, and they follow from three main questions, which I ask in this column.

What are the pros doing?

Watch the industry leaders in your field and look at their strategies. There is no reason to reinvent the wheel. There is an unprecedented amount of information in front of us - ebooks, blogs, Twitter feeds, and many easy ways to connect with those who have made it big. The real surprise? People are willing to share their strategies for success with you. No one is hiding the ball when it comes to success in any field.

How do you approach setbacks and failures?

Success comes after many tiny failures. The successful person is the one who re-

sponds well to setbacks and failure on the path to success. The successful person realizes that one or two strategies will never be enough. The successful person knows that he must continue to find and try new strategies if the current ones are not working. How you frame your results determines how (and if) you will keep working to find new strategies.

In the words of Tony Robbins, "There is no such thing as failure—only feedback."

Are you tracking your strategies?

There are many paths to a single goal and you must find which path will work for you. You will only know this by tracking your strategies and their results daily. This could be in the form of a journal where you reflect on what is working each day, week, and month. Other times, you can track measurable results such as fitness goals. If you are tracking your strategies, patterns will emerge that will point you to the right path of success.

Success is not due to luck; success comes from finding the right strategies. All of the knowledge and methods about what makes someone successful in any endeavor is just 80 percent of the solution. The other 20 percent is what someone actually does with the methods of success he or she knows. How often have we seen that person who knows everything yet has not attained success? Study the right people. Frame how you view failure and feedback. Track what is working.

In the end, it is not only knowledge that makes one successful—it is the actions one takes. Success does not come to someone who simply knows what the right course of action is, or the person who dreams of someday taking action. Success comes from the person who takes action, who is willing to fail and who is willing to find the right strategies for success.

Spiritual resiliency for the holidays: How to think about the holidays

Chaplain (Maj.) Mike Shannon
509th Bomb Wing deputy wing chaplain

Have you ever noticed that we are called "human beings" and not "human doings"? It is something worth thinking about. It seems we are constantly doing and doing more and more. As we approach the holidays, I would like to encourage you think more about your being and less about your doing to relieve some of the stress of this time of year.

Here are some things to think about.

1. Be thankful. Studies show that people who are thankful or grateful exhibit less stress in their lives and, thus, seem to have a much more enjoyable and longer life than those who are not. On the spiritual fitness side of the house this would suggest that we be thankful to God. The Psalmist reminds us, "I will give to the LORD the thanks due to his righteousness, and I will sing praise to the name of the LORD, the Most High" (Psalm 7:17 ESV). It is good and appropriate to look outside of ourselves and give thanks where thanks are due.

2. Be realistic. I have two points in mind here. First, be realistic about your expectations...especially your expectations of the perfect family setting without any conflict or disagreements and/or the perfect holiday, where you have the perfect table settings or perfect tree and all the decorations laid out like in one of those home magazines.

For most of us...it just won't happen. So relax and lower your expectations and enjoy life as it unfolds before you. So what if the turkey did not turn out the way you wanted! It's okay...life will go on. Use the mishaps and imperfections to make memories.

Second, be realistic about your expenditures. Too many people strive for what they believe will be the perfect holiday, perfect gifts and perfect moments, and they're willing to pay any price to get it. Unfortunately, they can't afford it. Then in January they are stressed trying to pay off that which they couldn't really afford and only to find out that all that money spent never really paid off. So be realistic about what you can afford. Life is more than the toys you can buy.

3. Be in the moment. Dr. Richard Carlson states, "We allow past

problems and future concerns to dominate our present moments, so much so that we end up anxious, frustrated, depressed and hopeless." I would like to encourage you to take time to be with people you love and care about. Absorb the moments you have with them. Make lasting memories of that moment. The Apostle Paul reminds us of the importance of memories, "I thank my God in all my remembrance of you" (Philippians 1:3 ESV).

My daughter is away from home attending university in Virginia. I can't believe how fast she has grown. It seems like she grew up in just a blink of the eye. I often find myself reflecting back on some the moments we had together. Don't let these special people and these special moments pass you by...be intentional about making memories with those whom you love. May you one day look back and say with the Apostle Paul, "I thank my God in all my remembrance of you."

4. Be patient. Gordon MacDonald, in his book *Ordering Your Private Life*, tells a great story about a scientist about 70 years ago who was on an expedition in a portion of an unmapped area of Africa. "On the first three days of their trek, they achieved an unexpected rate of speed, which put them substantially ahead of schedule. The scientist was elated. But all that changed on the fourth day when he arose from his tent and discovered that no one was moving. In fact he was told that the African support team intended to sit the day out. When he asked why, he was told that they had decided they'd been moving much too fast and that it was time to stop and "let their souls catch up with their bodies."

The Hebrew idiom for the word patience means literally, "long of nose." This is sometimes translated as "slow to anger" or "long suffering." Sometimes with all the hustle and bustle of the holidays we can live life at a very fast pace and easily lose our patience; then we can become very short tempered and angry. Proverbs 19:11 puts it this way -- "Good sense make one slow to anger [literally, 'short nosed'] and it his glory to overlook an offense." When you feel as though you are becoming less patient with the people around you it sometimes just makes good sense

See Resiliency, page 7

THE WARRIOR

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

On the cover

U.S. Air Force photo/
Airman 1st Class Keenan Berry

Master Sgt. Oscar Cannon, 509th Aircraft Maintenance Squadron first sergeant, and Alexander Vitela, 3, son of Tech. Sgt. Kassandra Vitela, 325th Weapons Squadron, place an angel on the angel tree at Whiteman Air Force Base, Mo., Nov. 19, 2013. Donors who participate in this program choose an angel, buy an age- and gender-appropriate gift, and place the gift and angel under the tree.

NEWS BRIEFS

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

New location for Retiree Activities Office

The Retiree Activities Office has officially moved to its new location. Their new address is:

750 Arnold Ave., Ste. 114
Whiteman AFB, MO 65305

They can still be reached at 660-687-6457 or toll-free at 1-800-303-5608. Office hours are still Monday through Friday 9 a.m. to 3 p.m.. For updated information, visit <http://www.whiteman.af.mil/units/509thbombwing/whiteman-retireeactivitiesoffice/index.asp>.

Air Force Housing Web Site

Visit www.Housing.af.mil to find your new home with the Air Force. This web site 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.

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 Bldg. 711, Room 305, or call Detective Steven Scott at 660-687-5342.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.



WEATHER

Today	Saturday
Rain Likely	Mostly Sunny
Hi 35	Hi 34
Lo 31	Lo 24

Sunday	Monday
Sunny	Mostly Cloudy
Hi 34	Hi 39
Lo 15	Lo 25

Fry those turkeys safely!

By 509th Civil Engineer Squadron Fire Department

The NFPA (National Fire Protection Association) urges consumers not to use turkey fryers when preparing holiday meals because of the dangers frequently associated with the devices.

NFPA urges those who prefer fried turkey to seek out professional establishments, such as grocery stores, specialty food retailers and restaurants for the preparation of the dish, or consider a new type of "oil-less" turkey fryer.

Underwriters Laboratories (UL) also considers turkey fryers to be dangerous, presenting numerous safety hazards to consumers. UL has decided not to certify any turkey fryers with their trusted "UL" mark.

If you absolutely must use a turkey fryer, here are some safety tips.

- Turkey fryers should always be used out-

doors a safe distance (at least 15 feet) from buildings and any other flammable materials. Never use turkey fryers in a garage or under an overhang.

- Make sure the fryers are used on a flat surface to reduce risk of accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.
- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.

• Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over, which can potentially cause a fire or even an explosion hazard. The National Turkey Federation (NTF) recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.

• Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose fire extinguisher, and immediately call the fire department for help.

As a reminder, never leave cooking food unattended in the home or outside. Always maintain a safe, hazard-free cooking area. If you have any questions about fire prevention and fire safety, please give Tim Robinson a call at 660-687-6083 or Darren Millard at 660-687-6080.

CSAF: Air Force must modernize despite budget woes

By Jim Garamone
American Forces Press Service

WASHINGTON (AFPS) -- Budget concerns affect every aspect of the Air Force, but the service must continue to modernize, the service's chief of staff told the Defense Writers Group here Nov. 12.

In forming the defense strategy, the service chiefs have to take resources into consideration, Gen. Mark A. Welsh III said.

"To some extent, numbers have always driven strategy," he added. "A strategy uninformed by resources is not a strategy -- it's a dream. We've got to understand the reality of where we are going in order to build a strategy that makes sense for the nation."

As Joint Chiefs of Staff try to determine what the military can do with the reality of a sequestered budget, the service chiefs' responsibility is to tell national leaders "what we are capable of doing with the level of resources we think we're going to have over the next 10 years," the general said.

Today, the Air Force and the rest of the services are doing this on multiple levels. Planners are looking at three different budgets: the president's budget request, a midpoint budget and the sequester budget. The service chiefs need to be straightforward about how much money it takes to field a capability, Welsh said, and what capacity is needed to be credible.

"Our job is to make sure everybody understands the military situation clearly," he said. "Where we would be failing is if we came out of all this and somebody thought we could continue to do all the things we've done in the past when we won't have the capability or capacity. We need to make sure that everyone understands where reality lies. And then we execute. That's our job."

The Air Force is a high-tech force, the general told the reporters, so modernization is a requirement. Updating the service's fighter, aerial refueling and long-range strike bomber fleets are the recapitalization programs the Air Force has to stand behind to be a viable force in the mid-2020s, he said.

Beyond these programs, Welsh added, officials have looked at every other modernization program in the Air Force. If sequestration remains unchanged, the Air Force will have to cut 50 percent of these programs just to be able to afford some level of readiness and to modernize the force, he said.

The general acknowledged that morale of Air Force military and civilian personnel concerns him. Military morale remains "pretty good," he said, with some units having a downturn.

"Airmen are still pretty excited about what they do," Welsh said. "They are very proud of what they do. They want to be the best in the world at what they do. When they can't be, that's when we're going to have a morale problem and they will choose other options, because they've got them."

Leaders must ensure Airmen have the training, the education and the tools they need to be the best at what they do, Welsh said. Still, he added, the force is confused and is concerned about the future.

Welsh said he believes morale is better than people think among the Air Force's civilian employees, given three years of no pay raises, this year's furloughs and the recent government shutdown.

"The civilians I've talked to told me they could almost understand (the furlough); they didn't like it, but they understood it," he said. The Air Force lost 8 million man-hours to furlough, and it was "a huge deal," he said.

But the government shutdown took civilians over the top, Welsh said, and Air Force civilians now are worried about job stability and job security. They are also worried that government shutdowns may become the common response from now on if Congress cannot come to an agreement.

"We have a lot of civilians now who are contemplating other career choices," Welsh said. "That's not a good thing for the Department of Defense. Our civilian workforce is essential to us, critical. I feel we have to rebuild trust with our civilian workforce, and that's a horrible situation to be in. We, as a government, let them down last year."

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Angel Tree allows Team Whiteman to give back



U.S. Air Force photo/Airman 1st Class Keenan Berry

Master Sgt. Joseph Lindley, 509th Communications Squadron first sergeant, assists in decorating the angel tree at the Base Exchange at Whiteman Air Force Base, Mo., Nov. 19, 2013. The First Sergeants Council is sponsoring the Angel Tree Program to benefit children in need, and is encouraging members of Team Whiteman to be a part of the service opportunity this year.

By Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

It is that time of year – when giving to make someone else’s holiday special means even more than usual. One way Whiteman makes that goal possible is through the Angel Tree, which is sponsored by the First Sergeants Council to help children enjoy gifts donated by the base populace.

Whiteman first sergeants are encouraging Airmen to donate gifts to put smiles on children’s faces.

“The Angel Tree program is designed to help provide an enjoyable holiday season to the children of Whiteman Airmen and their families,” said Master Sgt. Tina Carroll, 709th Munitions Squadron first sergeant. “Every gift counts!”

The process for donating is simple, safe and secure.

“In order to sponsor an angel, simply select an angel from the tree and purchase a gift that the angel may need or want,” said Carroll. “Then return the wrapped gift with the angel attached to the tree at the Base Exchange. Throughout the week, a first sergeant will collect the returned gifts. Once all of the gifts are collected, they will

be returned to each squadron’s first sergeant and handed out to the families before Dec. 19.”

The first sergeants said they enjoy supporting their Airmen’s families to ensure they have a joyous holiday.

“As first sergeants, we are dedicated to supporting Team Whiteman,” said Master Sgt. Lafoundra Thompson, 509th Operations Group first sergeant. “This includes active duty, Guard, Reserve, civil servants and most importantly, the families. With the Angel Tree program, the focus is on not just the family as a unit, but specifically on the children to ensure they have a most joyful Christmas holiday.”

Helping and supporting fellow Airmen is a vital part of the mission at which first sergeants thrive. Helping out a family is a simple, yet powerful, way to show that support, as well as give back to Whiteman.

“The Whiteman First Sergeants Council thanks each and every volunteer for helping out with this wonderful cause,” said Carroll. “Without everyone’s help and dedication, this program could not exist.”

For more information, call Carroll at 660-687-8153.



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Session 3b Jan. 23 - Feb. 26
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Get involved: Whiteman AFB private organizations



The presidents of Whiteman's private organizations are pictured at Whiteman Air Force Base, Mo., Nov. 8, 2013. Pictured from left to right: Chief Master Sgt. John Stricklin, Whiteman Chief's Group; Tech. Sgt. Jesse Guerra, Whiteman Tier Two; Master Sgt. Randolph Wyatt, Whiteman Top Three; Master Sgt. Shawn Cushman, Whiteman First Sergeants Council; 1st Lt. Amanda Zenner, Company Grade Officers Council; and Airman 1st Class Jermaine Walton, Whiteman Airmen Council. The private organizations of Whiteman Air Force Base are always looking for new members.

U.S. Air Force photo/Staff Sgt. Brigitte N. Brantley

All about the private organizations

"We have a great synergistic atmosphere between the base private organizations. As such, sharing of professional growth information, mentorship opportunities, volunteer opportunities and quality of life events have increased. Within the past year, most Whiteman AFB private orgs. have agreed to compete against each other once per quarter in the "Battle of the Private Orgs." This "battle" is normally at no or low-cost and affords an occasion in which we have some lighthearted fun and build camaraderie amongst Team Whiteman's professionals."

- Master Sgt. Randolph Wyatt, president of the Whiteman Top Three and 509th Munitions Squadron first sergeant

Whiteman Airmen Council:

The purpose of the Whiteman Airmen Council is to provide a professional organization that promotes goodwill and enhances the living standards of all Whiteman junior enlisted and the enlisted force in general. WAC aims to continually develop and foster the advancement of enlisted personnel and provide a positive impact of Whiteman and the surrounding community.

- Whiteman Airmen Council president: Airman 1st Class Jermaine Walton

Whiteman Tier Two:

Whiteman Tier Two is an organization devoted to the concept of being the backbone of the enlisted corps. General membership is made up of all staff and technical sergeants stationed at Whiteman AFB. Our organization provides services to the base and community, as well as holds fundraisers when voted upon by active members. Our efforts aid other organizations on base such as the Whiteman Airmen Council, American Red Cross and Sexual Assault Response Coordinator. This past year we have donated funds to the Atomic Luau, Air Force Marathon, Motorcycle Safety Day and the Air

Force Ball. Additionally, the annual POW/MIA Remembrance Run and Wings Over Whiteman are both events that Tier Two is committed to. Also, Tier Two attends every promotion recognition ceremony to remind our newest staff sergeants what we hold dear and provide a visual reminder to all in attendance. Tier Two meetings are held every third Wednesday of each month. Time and location vary.

- Whiteman Tier Two president: Tech. Sgt. Jesse Guerra

Whiteman Top Three:

The Top Three's purpose is to promote goodwill, mutual assistance, camaraderie and closer working relationships; disseminate information on base activities or functions; and promote the common goals of Whiteman AFB. The association aims to care of Airmen by taking ownership and sponsorship of activities designed to continuously develop and foster the advancement of enlisted members by responding to their concerns, aiding in personal and professional development and inspiring esprit-de-corps. Our objectives are to help members support each other; support goodwill and welfare programs developed and initiated by the USAF and the Whiteman Top Three; provide civic, social and recreational activities to enlisted members of Whiteman AFB as authorized by USAF directives; enhance the level of professionalism throughout the enlisted corps; facilitate an environment that ensures opportunity and encouragement are provided for Airmen to continue their personal growth and professional development; and actively lead the enlisted corps into meaningful involvement with community events and programs that will nurture and support the needs of our Airmen and their families. We also support and foster total force integration. Top Three meetings are held monthly every second Wednesday at the Missions End at 1130.

- Whiteman Top Three president: Master Sgt. Randolph Wyatt

Whiteman First Sergeants Council:

The Whiteman AFB First Sergeants Council is a private, nonprofit organization designed to promote quality of life for Whiteman's military members and their families. We provide an enlisted voice to the command level, promoting a more effective problem-solving forum. Council membership is extended to all active-duty first sergeants and "additional duty" first sergeants assigned to Whiteman AFB, as well as retired first sergeants and active-duty personnel who held the 8F000 Air Force specialty code during their careers and left in good standing. Our primary mission is to support and assist our members through all facets of their career, both professional and personal. We are mentors, leaders, advisors, enforcers and counselors. People are our business.

- Whiteman First Sergeants Council president: Master Sgt. Shawn Cushman

Whiteman Chiefs' Group:

Our purpose is to enhance the professional image of all enlisted members here at Whiteman AFB. We do this by promoting and supporting activities and functions which better our local military & civilian community. We accomplish this is by attending monthly meetings, luncheons, social events, and charity programs. Furthermore, our organization sponsors multiple awards and recognition programs.

- Chief's Group president: Chief Master Sgt. John Stricklin

Company Grade Officers Council:

The purpose of the Company Grade Officers Council is to provide an opportunity for networking and professional development among company grade officers and to enhance the general overall welfare and status of the members of Whiteman AFB through

support for and active involvement in base/wing level activities, recognition programs, and other community activities.

- Company Grade Officers Council president: 1st Lt. Amanda Zenner

Air Force Sergeants Association:

AFSA is a federally chartered non-profit organization representing the professional and personal interests of active duty, retired and veteran Total Air Force and their families. Membership consists of all grades and ranks of total Air Force active duty, Air National Guard, Air Force Reserve Command, veterans, retirees and families of the aforementioned. AFSA is active on the legislative scene, working to enhance and maintain quality of life benefits for its members irrespective of their grade or status in life. AFSA has also contributed more than \$1.8 million dollars in scholarship programs that have benefitted Air Force family members. AFSA Chapter 881 assists the members of the 509th Bomb Wing and its tenant members by fostering positive networks both inside the military organization and the cities within the surrounding areas through volunteerism. Our members have donated countless hours to provide non-monetary assistance in building up community relations and organizations. We also work with all Whiteman AFB private organization to provide a positive atmosphere and increased welfare to ALL its members and families. We meet the first Tuesday of each month in the Top Three Lounge of the Missions End. To find out more on becoming a member please contact AFSA Ch. 881 President Ronal R. Reed at 660-687-4380 or you can visit the AFSA website at www.hqafsa.org

- AFSA Chapter 881 president: Staff Sgt. Ronal Reed

Members of Team Whiteman may visit the Airmen Council, Tier Two, and the Top Three SharePoint sites to learn more.

Whiteman Elementary School renews lease until 2041



Dr. Jaret Tomlinson, center, Knob Noster R-VIII School District superintendent; U.S. Air Force Brig. Gen. Thomas A. Bussiere, 509th Bomb Wing commander; and Lt. Col. Richard Goodman, 509th Mission Support Group deputy commander, along with other school board members, celebrate the rededication of Whiteman Elementary School, Nov. 13, 2013, at Whiteman Air Force Base, Mo. The school's lease has been renewed through 2041.



LEFT: Attendees discuss planned improvements of Knob Noster R-VIII School District schools during the Whiteman Elementary School rededication ceremony at Whiteman Air Force Base, Mo., Nov. 14, 2013. Whiteman, whose school lease has been extended through 2041, is one of many Knob Noster schools that will benefit from construction projects planned to start in early 2014. RIGHT: Dr. Jaret Tomlinson, left, Knob Noster R-VIII School District superintendent, explains planned construction projects during the Whiteman Elementary School (WES) rededication ceremony at Whiteman Air Force Base, Mo., Nov. 14, 2013. U.S. Air Force Brig. Gen. Thomas A. Bussiere, 509th Bomb Wing commander, and dozens of educators attended to hear about projects planned to improve schools through the district.



U.S. Air Force photos/Staff Sgt. Brigitte N. Brantley

Learn more. Do more.

"I'm attending SFCC at Whiteman in order to complete my CCAF degree, and then I want to transfer to a four-year university. I like that the classes work with my schedule and are close to my home. Plus, SFCC is very military friendly."

~Amber Rash, Warrensburg

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Scholarship awarded



U.S. Air Force photo/Staff Sgt. Brigitte N. Brantley

Michelle Slayton, center, a Park University student, accepts the Military Family Scholarship from Brig. Gen. Thomas A. Bussiere, 509th Bomb Wing commander, and Chief Master Sgt. Lee Barr, 509th BW command chief, Nov. 13, 2013, at Whiteman Air Force Base, Mo. Also pictured are Dale Buckingham, Park University campus center director and Michelle's husband, Christopher, from the 509th Maintenance Squadron.

Two Thumbs Up for Red Box Movie Rental Kiosk at Whiteman AFB Exchange

By Emma-Jayne Swan
AAFES Central Region, Assistant Store Manager

Military families can turn the lights down, the volume up, grab a bag of popcorn and prepare for movie night as the Army & Air Force Exchange Service and Red Box roll out a new way to rent the hottest movies and video games on military installations.

The new offering provides military shoppers with an affordable and convenient way to rent DVDs, Blu-Ray discs and video games. Red Box arrived on Whiteman AFB on 8 November 2013. A kiosk is located by the front entrance of the Exchange.

Red Box rentals are charged at a daily

rate. New releases start at \$1.20 for DVDs, \$1.50 for Blu-Ray discs, \$2 for video games and new releases are added every Tuesday.

Online rentals are available as well. Shoppers select their favorite movies and games at redbox.com and pick them up from the kiosk during the next visit to the Exchange.

Returning movies is made even simpler by allowing customers to return movies and video games to any Red Box kiosk location on or off the installation.

"Movies are a great way to spend time with family or unwind," said the Whiteman AFB Exchange's Becky Stover Main Store Manager. "This service will make that quality time even better."

Resiliency Continued from Page 2

to STOP and take a day to let your soul catch up with your body to get life back in perspective.

5. Be here. The Judeo-Christian world view holds that each person is created in the image of God. Because of this, we believe each person has intrinsic value and worth. They are not of value because of what they do or can do for us, but of value just because of who they are as a person. Just because they live, breathe and have their being. They are human beings (not doings) created in God's image.

Unfortunately far too many people are devalued and de-humanized, thus, feel as though they are at the bottom of the barrel of significance. These same individuals may think because their lives have little value or signifi-

cance it might be better to just end their lives. If you happened to feel this way; I'm here to tell you that you are important and valuable. I have been in too many situations where I have had to minister to the loved ones who are left behind with the hurt and pain of the results of suicide. They always express how much they loved the person. How much they need and want that person. The truth is that we need you HERE. Your family needs you here, your friends need you here, we, your military family, need you to be here. You...each of you... are of great value!

So let me encourage you to take some time this holiday season to think about your wellbeing... it is part of what it means to be human after all.

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Farewell Q&A with AFGSC command chief

By Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

The command chief of Air Force Global Strike Command visited Whiteman Nov. 14 to 16, to share his 28 years of experience and expertise with fellow Airmen one final time as a command chief.

Chief Master Sgt. Brian Hornback, an aircraft maintainer by trade who joined the Air Force in 1985 and plans to retire in early 2014, spent the majority of his career supporting bomb units around the world.

He sat down recently for some final words to the base where he served as command chief from 2007-2009 after being hired by the then-commander of the 509th Bomb Wing, Brig. Gen. Greg Biscone.

Why did you start your farewell tour here at Whiteman?

It was important for me to start the journey here because this is where I began my command chief journey. General Biscone hired me on in 2007 to be the "Mighty 509th" command chief and this place has always been special to me, like home to me. My youngest daughter was born here, so I had to come home to start the trip.

What will you remember most about Whiteman and the Airmen here?

Whiteman has so many memories. What resonates and what has always really stuck with me about Whiteman is everybody here is so professional. Even our worst Airmen are better than some of the best Airmen at other locations, and I've been around the world. There's something special about what the Mighty 509th is. Maybe it's the long history we have, and maybe every Airman recognizes their part in it.

Most of your career was spent supporting bomb units. As your career comes to an end, what effect do you hope you've left on the Air Force Global Strike community?

There are a couple things I learned along the way and a couple words that go with it that I will never define. One is whether I made a difference and two is whether or not whatever I did was successful. The Airmen of AFGSC own that definition. I can only hope I made a difference. I can only hope the efforts we went forward as a team to work on turn out successfully. That's all I can ask. I'll leave that up to you to define whether or not I made a difference or had some successes.

What are your future plans?

We walked into a great opportunity in the Bossier/Shreveport (La.) area. I got a great job, I'm going to run operations for a local company. It's kind of cool, they're in six states and one of them happens to be Missouri, so I'll have opportunities to come back here in a different capacity. We're going to grow old and shoot archery as a family in Louisiana.

Will you stay involved with the Air Force? If so, how?

Because I'm staying in the area, for my first year, I think I am going to pull back and allow my replacement to do what they do. Eventually, I will be back involved in any way, shape or form I can. When I hit my second retirement, my plan is to volunteer at whatever installation I'm close to, whether it's at the pharmacy or the Airman and Family Readiness Center, somehow to be in touch with Airmen.

What are your final words of advice to Airmen everywhere?

Enjoy your career. Make it one that when you look back on it, you go, "Wow." Nothing stops you, only you. You said yes once, and that's when you enlisted. Don't ever stop saying yes because on the other side of yes comes something that you have no clue what it's going to be about, but I can guarantee you that it will be exciting. Just enjoy it.



Staff Sgt. Casey Price, 509th Medical Operation Squadron dental technician, explains his work to Chief Master Sgt. Brian Hornback, Air Force Global Strike Command command chief, during his visit to Whiteman Air Force Base, Mo., Nov. 13, 2013. Hornback said what he will remember the most about Airmen at Whiteman is their professionalism.



Chief Master Sgt. Brian Hornback, Air Force Global Strike Command command chief, talks to a 509th Logistics Readiness Squadron member during his tour at Whiteman Air Force Base, Mo., Nov. 13, 2013. Whiteman is the first stop on Hornback's farewell tour as he prepares to retire.

Chief Master Sgt. Brian Hornback, Air Force Global Strike Command command chief, finishes his tour at Whiteman Air Force Base, Mo., with an interview with the 509th Bomb Wing Public Affairs Office, Nov. 13, 2013. Hornback said he started his farewell tour at Whiteman because this was where he started his command chief journey.



Airman 1st Class Jared Schanen, 509th Operations Support Squadron aircrew flight equipment technician, explains pilot vests to Chief Master Sgt. Brian Hornback, Air Force Global Strike Command command chief, during his visit to Whiteman Air Force Base, Mo., Nov. 13, 2013. After Whiteman, Hornback will make stops at all the other AFGSC bases.

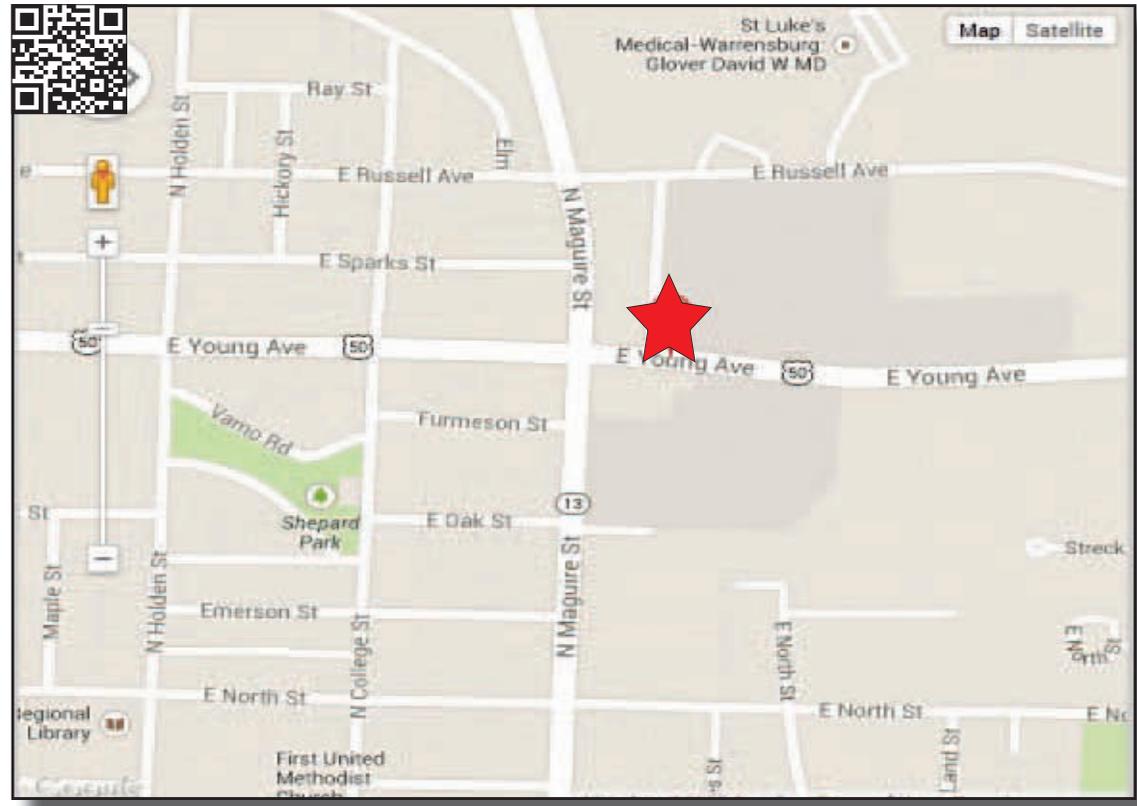


Tech. Sgt. Scott Kanny, 509th Logistics Readiness Squadron vehicle management and analysis journeyman, walks Chief Master Sgt. Brian Hornback, Air Force Global Strike Command command chief, through his squadron at Whiteman Air Force Base, Mo., Nov. 13, 2013. This was Hornback's first stop on his visit to all AFGSC bases before his retirement in 2014.



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The 72nd Test and Evaluation Squadron – testing for success

Story and photos by
Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

The B-2 Spirit is the world's most-feared weapon system, but it would not be so without the 72nd Test and Evaluation Squadron ensuring its ability to fight.

The 72nd TES has the essential job of evaluating and implementing new equipment, software and weapon systems specifically for the B-2 fleet.

"We test avionic computers and software to verify they function properly," said Tech. Sgt. Nathan Davis, 72nd TES maintenance systems administrator. "All equipment must be tested before it is used operationally. The equipment is sent down from its respective manufacturers to our shop. We receive test plans via email from Air Force Global Strike Command regarding equipment to be tested and evaluated. Within the test plans is information regarding the equipment's use, purpose and why it will be installed in the jet."

After the TES shop members receive the test plans, they review those plans and send an email with suggested changes informing AFGSC on what they do and do not agree with. After AFGSC revises the plans, they send modification paperwork along with the equipment.

Once the TES has discussed the aspects regarding the jet's needs and flying requirements for the pilots' assigned mission, the production section of the shop gives the information to the maintainers on the flightline. They also coordinate with the maintainers to run tests on the aircraft.

The TES shop members organize a timeline for the production section to tell how long it will take for the equipment to be installed on the jet and tested to ensure it operates properly.

"To evaluate and ensure the new equipment works, we need to test it on the aircraft," said Staff Sgt. William Sullivan, 72nd TES avionic evaluator. "This can be difficult because it cuts into flying hours, which delays the mission."



U.S. Air Force Tech. Sgt. Nathan Davis, 72nd Test and Evaluation Squadron maintenance system evaluator, inspects area racks at Whiteman Air Force Base, Mo., Oct. 29, 2013. Engineers across the Air Force use area racks to record data from the aircraft to see how it functions daily.

If the equipment fails to meet criteria, the 72nd TES shop will perform "work-arounds" (if the equipment does not work, they will find a way to test it) and inform pilots how to fly the jets.

Next, the 72nd TES shop implements a series of tests consisting of maintenance ground and flight testing.

Maintenance ground testing involves the 72nd TES loading the equipment and software onto the aircraft for testing. They use the modification paperwork to ensure the equipment matches what is on paper. They also perform maintenance checks such as pre-flight and operation checks, as well as a built-in test that is installed in the equipment and

software.

Flight testing involves the aircraft flying within a simulated range so the 72nd TES shop can engage in a multitude of different tests to observe how the equipment and software will work. During this testing they will send a signal to the jet to ensure the software and equipment respond properly while in flying conditions.

The 72nd TES is divided into three shops: The A shop, which handles radar communication navigation; the B shop, which handles guidance and communications flight control; and the C shop, which handles electronic warfare defensive avionics.

"The A shop deals with radios, radar and

systems on the aircraft," said Staff Sgt. Jaret Waggoner, 72nd TES network systems administrator. "The B shop handles flight control computers and actuators, and the C shop is behind technical systems organizing tests. All the shops control, repair and fix the computers on the jet."

Aside from the technical aspects of the 72nd TES shop, they find pride and honor in knowing their job contributes significantly to the mission.

"Essentially, our duty is to ensure that all equipment operates properly to aid pilots in successfully completing their tasks," said Sullivan. "I am proud to be a part of a passionate team who is willing to see the job gets done!"



Members from the 72nd Test and Evaluation Squadron plan for upcoming missions at Whiteman Air Force Base, Mo., Oct. 29, 2013. Mission planning allows the 72nd TES to plan out timelines and discuss all aspects related to aircraft equipment.



U.S. Air Force Tech. Sgt. Nathan Davis, 72nd Test and Evaluation Squadron maintenance system evaluator, right, and Staff Sgt. William Sullivan, 72nd TES avionic evaluator, inspect area racks at Whiteman Air Force Base, Mo., Oct. 29, 2013. The 72nd TES is divided into three shops – the A shop, radar communication navigation; B shop, guidance and communications flight control; and C shop, electronic warfare defensive avionics.

Former weatherman helps 131st Medical Group weather storm

By Airman 1st Class Nathan Dampf
131st Bomb Wing Public Affairs

When Staff Sgt. Tony Rich transitioned from the active-duty Air Force to the 131st Bomb Wing, Missouri Air National Guard, his mission changed from predicting the weather to dealing with its aftermath.

After serving as an Air Force meteorologist and deploying with the Army's 101st Airborne Division, Rich joined the Missouri Air National Guard as a training manager with the 131st Medical Group in March 2012.

Although Rich thought he was done with the weather when he left active duty, he said he soon learned that his new role would force him to deal with the effects of a devastating 2011 tornado.

He was up for the challenge.

"I enjoyed jumping into the middle of the chaos," said Rich, who was charged with rebuilding a training management program literally from the ground up following a devastating tornado at the wing's St. Louis headquarters. The program had to be strong in advance of an upcoming inspection. On top of the damage caused by the storm, the unit was already in flux because it was amidst its transition from Lambert Airport to Whiteman Air Force Base.

"When I stepped in, I was immersed in



U.S. Air National Guard photo/Airman 1st Class Nathan Dampf Staff Sgt. Tony Rich, training manager for the 131st Medical Group, reviews required training in the aerospace medical technician field with Tech. Sgt. Daniel Conley, 131st Medical Group, Nov. 16, 2013, at Whiteman Air Force Base, Mo.

training every day, in and outside of drill," he said.

As a result, Rich and his fellow Airmen worked overtime to make sure the group was prepared for their inspection. Their efforts paid off. The 131st Medical Group received

an "Outstanding" rating during the 2013 assessment, and inspectors recognized Rich as a top performer, said 131st Medical Group Commander Col. Joan Peterson.

"When Rich stepped into the position as an Airman, I talked to him and said, 'You'll

have my full support,'" Peterson said. "He was that catalyst for change. His demeanor exemplified those characteristics you only find in high-ranking officers."

Although Rich had no medical background, he seamlessly stepped into his role managing and administering the group's training program, said Peterson.

Rich is the point of contact for all on-the-job training and "forecasts" training needs.

Of all the tasks, the weatherman-turned-training expert says what he loves most about his job is helping others.

"I love coming into drill weekends and hitting the ground running," said Rich. "There are people who come in. They have a list of items. I have to resolve those things and see them through. I enjoy getting them the training they need and answering their questions."

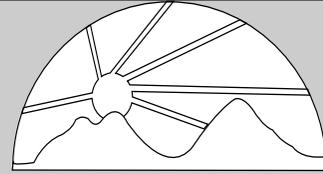
Helping those around him has not gone unnoticed. When the group held its Airman of the Year board, Rich was selected as the group's top noncommissioned officer.

Rich has a bright future with the 131st, Peterson said.

"He is such a high-caliber Airman who can take us wherever we need to go," said Peterson. "He is that exceptional, shining star you're happy to work with. You need to watch out for Tony Rich."

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Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church • Every Mon. Noon - Chapel Annex 2 at WAFB
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
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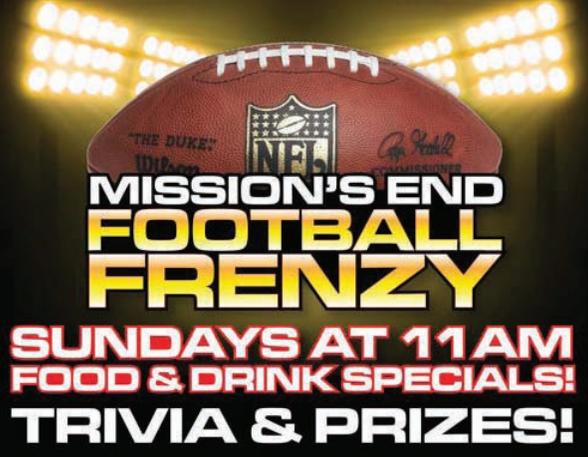
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SOUP & SALAD BAR *NEW!	\$8.95	THE GREAT ARTISTE	\$8.95
A wide variety of mixed greens, fresh fruits and vegetables, proteins, pasta salads, assorted dressings and delicious seasonal soups.		Crispy chicken, onions, tomato, cucumber, buffalo sauce and bleu cheese dressing on a pretzel bun.	
GRILLED CHICKEN SALAD *NEW!	\$7.95	THE BOCKSCAR BURGER	\$7.95
Romaine blend, grilled chicken, shredded cheese, tomatoes, onions and choice of dressing.		Black Angus beef patty topped with lettuce, tomatoes, onions and cheese on a toasted bun.	
CRISPY CHICKEN SALAD *NEW!	\$7.95		
Romaine blend, crispy chicken, shredded cheese, tomatoes, onions and choice of dressing.		ENOLA GAY *NEW!	\$7.95
HOUSE SALAD	\$5.95	Roast beef, cheddar, red onion, lettuce, creamy horseradish sauce, on your choice of bread.	
Romaine blend, shredded cheese, tomatoes, onions and choice of dressing.		THE LITTLE BOY *NEW!	\$7.50
SOUTHWEST CHICKEN WRAP	\$8.95	Roast beef and turkey, red onion, tomato, swiss cheese, creamy horseradish sauce on your choice of bread.	
Tomato basil tortilla, grilled or crispy chicken, black bean/corn salsa, lettuce, cheese and southwest ranch dressing.		THE FAT MAN *NEW!	\$8.95
BLACK BEAN BURGER LETTUCE WRAP *NEW! V	\$7.95	Cheddar, provolone, swiss, tomato, and lettuce on your choice of bread.	
Southwest black bean burger, tomato and avocado wrapped in lettuce.		THE MINUTEMAN *NEW!	\$8.95
ASIAN CHICKEN LETTUCE WRAP *NEW! GF	\$7.95	Smoked chicken salad on a toasted croissant.	
Chicken breast, garlic, ginger, green onions, water chestnuts, sauteed in a ginger/sesame sauce served with rice crackers and wrapped in lettuce.			
V Vegan Friendly Menu Item GF Gluten Free Menu Item		BREAD OPTIONS:	
		Marble Rye, 7-Grain, Wheat, Sourdough, Pretzel Bun or Croissant	
Baskets		Sides	
<i>All baskets served with your choice of one side item</i>		Kettle chips, waffle fries, steak fries, fruit cup, and side salad.	
CHICKEN TENDERS (4 or 6)	\$6.95/\$8.95	Onion Straws are an additional \$1 upcharge.	
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New 509th FSS building enables better service for customers

Story and photos by
Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

The Whiteman Air Force Base community gathered Nov. 13 to witness the ribbon-cutting for the new 509th Force Support Squadron facility's grand opening.

The building will serve as a new home for the 509th FSS, and will enable FSS to better serve customers on base.

"The FSS buildings where customers

needed to go to handle their business were scattered around base," said 2nd Lt. Nicole Carpenter, 509th FSS chief of force management. "This new building provides a convenient means to suit all their needs, to include in/out-processing and dependent information updates. It also consolidates all aspects of the command section and flights into one facility."

The new building is 12,000 square feet, and is home to several different sections serving different functions.

"When you first walk in on the right is the military personnel section, where all of your customer service, force management and career development needs can be taken care of," said Carpenter. "If you turn left, you are greeted by the command section, to include flight leaders for the sustainment operations, the Airmen and family services, community services, manpower and personnel, force development, and resource management."

Customers said they are excited about the new building and have already found it beneficial in many ways.

"This is a big addition to Whiteman Air Force Base," said Senior Airman Barry Fellows, 509th Civil Engineer waters and fuel systems maintenance journeyman. "It has greatly improved the work atmosphere for the employees, as well as customer satisfaction in knowing we don't have to go to different places to handle business. It has greatly enhanced military performance."

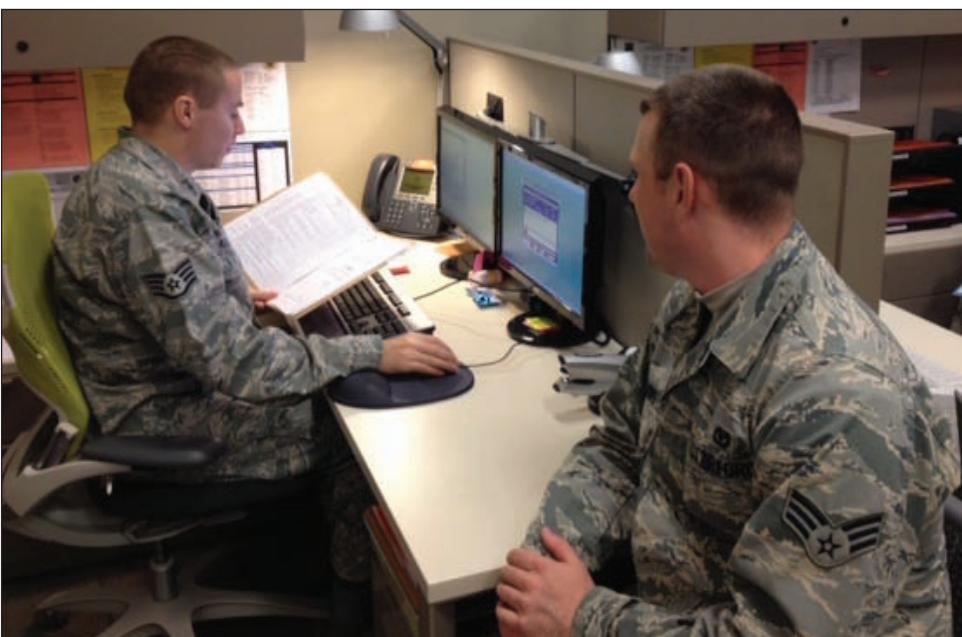
509th Force Support Squadron Commander Maj. Chip Hollinger said he is thrilled about this new location and the amount of hard work that will take place within it.

"As a customer in this process, I am very grateful for the outstanding support from the Army Corps of Engineers, Titan Construction Incorporated, local contractors and the 509th CES," said Maj. Chip Hollinger, 509th FSS commander. "With their precise coordination, they facilitated a plan that permitted non-stop support to the mission and the customers we serve."

Overall, the new 509th FSS building will better serve Airmen and their families, and



U.S. Air Force Maj. Chip Hollinger, 509th Force Support Squadron commander, speaks at the new 509th FSS building's grand opening at Whiteman Air Force Base, Mo., Nov. 13, 2013. The new 509th FSS building is 12,000 square feet and cost \$6 million; the facility will enable Force Support to better serve Airmen and their families.



U.S. Air Force Staff Sgt. Mathew Alexander, left, 509th Force Support Squadron NCO in charge of re-enlistments, assists Senior Airman Barry Fellows, 509th Civil Engineer Squadron waters and fuel systems maintenance journeyman, with his customer service needs at the new FSS building, Whiteman Air Force Base, Mo., Nov. 13, 2013. All sections of the 509th FSS were combined to serve the Airmen conveniently and efficiently.

while the building itself is certainly an exciting addition, it is the dedicated FSS team who will be working hard to meet those needs.

"I have the privilege of leading one of the most diverse and unique squadrons designed to support the most critical asset within our inventory – our Airmen," said Hollinger. "We will fill the walls of the new 509th FSS building with dedication to serve the Airmen and their family's needs. This is our mission."



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