

1-135th Attack Reconnaissance Battalion Recognized, Pg. 5/ Striker Life Marathon, Pg. 11

WARRIOR



SECAF JAMES VISITS TEAM WHITEMAN

Why is professional development important?

By Master Sgt. Cameron St. Amand
Whiteman Air Force Base Career Assistance Advisor

Professional development refers to many types of educational experiences related to an individual's work. From mission support to operations, continuous improvement on the job is expected. From medical to logistics and maintenance, the need to sharpen skills and increase knowledge is required to consistently strengthen ability. All enlisted military professions already require Airmen to participate in mandatory professional development to learn and apply new knowledge by attending professional military education (Airman Leadership School, NCO Academy, etc.), and complete skill-level upgrade training.

But you also may have been told by your commander, supervisor or peer that seeking out voluntary professional development is equally important...and they are right!! Not just for awards or evaluations, but for you to become a stronger, more versatile Airman. Lifelong learning is important to every individual in the Air Force. It is critical to foster an environment of continuous education, since the challenges that we all face are also continuous. The better prepared you are for those challenges can make all the difference in how effective and efficient you are able deal with them.

What is the point in reminding you that self-improvement is critical? While we in the Air Force are all occupational professionals, we must remember we are all Airmen first! Professional development in the areas of leadership, cultural diversity, customs and courtesies, communication, ethics and standards (to name a few) only makes you a stronger Airman. As a professional Airman, and as your career assistance advisor, I am here to assist you with your professional development needs.

WAFB Career Assistance Advisor, 687-7829
Professional Development Ctr, Rm 109



Master Sgt. Cameron St. Amand

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This week's "Did You Know?"

By Master Sgt. LaFoundra Thompson
509th Operations Group First Sergeant

DID YOU KNOW... that while military members are allowed to have second jobs in order to meet financial obligations, there are certain limitations and requirements that should not be forgotten.

Often times, an individual that wishes to pursue off-duty employment may or may not have the proper information on what is and what is not allowed. As leaders it is important to ensure that members are aware of these limitations.

Pursuant to the Joint Ethics Regulation (DoD 5500.7-R) a member may not apply for a position as outlined below:

LIMITATIONS:

- Brings discredit upon the Air Force, Department of Defense or U.S. Government.
- Interfere with or be incompatible with government duties.
- Interfere with the customary or regular employment of local civilians.
- Require absences during normal military duty hours.
- Involve any expense to the Air Force or use of government facilities, property or manpower.
- Endanger your safety or health.
- Involve the use of your military title or representation before any federal agency.
- Involve employment with an organization involved in a strike.
- Place you in a position that might be incompatible with your rank, position, or assignment.
- Require action at any time as a sales agent for the purpose of personal commercial solicitation of military personnel junior in rank or grade.
- Appear to involve a conflict of interest.
- Involve working for a firm or other entity that is engaged, or is endeavoring to engage, in business transactions of any sort with an agency of the DoD.
- Violate any U.S., state or local law: ordinance; or Air Force regulation or instruction.

REQUIREMENTS:

- Notify supervisor and/or leadership.
- Complete AF Form 3902 and route through leadership for



Master Sgt. LaFoundra Thompson

approval by commander.

FINANCIAL RESPONSIBILITY:

As Airmen, it is important to be financially responsible and pay your debts on time. If a second job is required to meet your financial obligations, you should ensure you are doing it the right way and within the guidance set forth by AFI 1-1 para 2.8.

You are encouraged to seek guidance from your supervision and First Sergeant prior to pursuing off-duty employment.

THE WARRIOR

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On the cover

U.S. Air Force photo/
Staff Sgt. Nicholas Wilson

Secretary of the Air Force Deborah Lee James shakes hands with U.S. Air Force Tech. Sgt. Travis Patterson, 442nd Security Forces Squadron unit training manager, during her visit to Whiteman Air Force Base, Mo., May 29, 2014. James visited the active-duty, Guard and Reserve units on base.

NEWS BRIEFS

B-2 Barista Café

The Mission's End is proud to announce the opening of the B-2 Barista Café. Hours of operation are Monday through Friday, 11 a.m. to 1 p.m.

Spirit Café

Don't have plans for Friday evening? Go to the Spirit Café!

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It sounds so good I want to go to the Spirit Café too! So, don't waste time. Tell a friend and take a friend to the Spirit Café today!

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.

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.

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.

COMPLAINTS, CONCERNS?

VISIT THE WHITEMAN



NINER LINE!



WEATHER

Today	Saturday
Chance of Storms	Thunderstorms
Hi 79	Hi 77
Lo 64	Lo 67
Sunday	Monday
Chance of Storms	Chance of Storms
Hi 74	Hi 76
Lo 64	Lo 60

AFGSC continues progress on Force Improvement Program initiatives

Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. -- Air Force Global Strike Command is moving forward with a series of initiatives under its Force Improvement Program to change and improve the culture of the Airmen who perform the nuclear mission.

Lt. Gen. Stephen Wilson, AFGSC commander, is addressing wide-ranging changes recently proposed by FIP, which seeks to mitigate challenges and develop solutions facing the nuclear mission.

FIP is the epitome of empowering Airmen. Airmen at the Air Force's three missile wings identified the most pressing issues, and recommended more than 300 solutions. Ninety-eight percent of those recommendations were approved for implementation.

Some of the approved recommendations include enhancing leadership development, realigning nuclear inspections into the broader Air Force Inspection System, and returning the Personnel Reliability Program to being a commander's program.

Leadership Development

Pulling inputs directly from the field, AFGSC is establishing a clearly-defined and sustainable career path for missileers that emphasizes field operations.

AFGSC is transitioning to a construct that mirrors the aviation community that increases experience and proficiency across the missile operations groups, while also delivering more efficient and effective training and evaluation.

Called "3 + 3", a missileer will spend their initial three-year tour as a deputy crew member and then upgrade to a crew commander. During this first assignment, the focus is on mastering the weapon system by performing the mission in the field. Doing so will give missileers a deeper knowledge base before serving in their second three-year assignment as an instructor, evaluator, and flight commander.

The Air Force will also implement cross-service exchanges and institute leadership development courses for missile crew commanders, instructors, evaluators, support personnel and squadron commanders.

Evaluation and instruction procedures are also changing substantially to clearly distinguish between the two and improve training quality.

"By implementing best practices from the Air Force, training now focuses on providing learning opportunities where critical self-assessment is paramount, and the instruction is tailored to the experience level of each crew," Wilson said. "Evaluation has shifted to a recurring 15-to-18-month cycle -- similar to the aviation community -- and is comprised of a written test, simulator evaluation and field evaluation."

Inspections

Changes to how the Air Force inspects its units are required to enhance the strength and efficiency of the nuclear force.

The Air Force is realigning its nuclear inspection process to shift the focus from continual inspection preparation to a system that recognizes daily field operations excellence.

"This fosters an environment that encourages identifying potential issues early, provides a mechanism for Airmen to report those issues, and empowers the unit to address any deficiencies without lowering the standard," Wilson said.

PRP

The Air Force is also changing the way it manages the personnel reliability program.

PRP is a commander's program used to assess the mental and physical fitness of their nuclear professionals. The program will take a more streamlined approach to remove the administrative burden that the program has become.

For example, an Airman could be automatically suspended under PRP for an off-base dental appointment.

By changing the PRP paradigm, commanders will consider the Airman to be "up" on PRP instead of automatically, "down."

More Work to be Done

AFGSC is using the momentum of FIP to see where improvements can be made with its bomber forces. Like the ICBM FIP, surveys have gone out to Airmen and their families for feedback. FIP teams will visit the bomber bases beginning June 11 and outbrief Wilson and Maj. Gen. Scott Vander Hamm, 8th Air Force commander, later that month.

"I am very proud of the men and women of Air Force Global Strike Command and truly value the great work that our Airmen do every day," Wilson said. "Their dedication has been proven through this grassroots effort that was accomplished by Airmen, for Airmen."

Strategic bombers deploy to Europe to train, exercise capabilities

U.S. Strategic Command Public Affairs

OFFUTT AIR FORCE BASE, Neb. -- Three B-52 Stratofortresses flew to the U.S. European Command (USEUCOM) area of operations today to train and integrate with U.S. and allied military forces in the region.

During this short-term deployment, the multi-role heavy bombers will conduct training flights in the USEUCOM area of operations, providing opportunities for aircrews to sharpen skills in several key operational sets and become familiar with airbases and operations in the region. Additionally, in recognition of the legacy of the U.S. Eighth Air Force in the Allied invasion of Normandy in World War II, a B-52 will take part in the 70th anniversary D-Day commemoration in Graignes, France, June 7.

"This deployment of strategic bombers provides an invaluable opportunity to strengthen and improve interoperability with our allies and partners," said Adm. Cecil Haney, commander, U.S. Strategic Command. "The training and integration of strategic forces demonstrates to our nation's leaders and our allies that we have the right mix of aircraft and expertise to respond to a variety of potential threats and situations."

USSTRATCOM routinely conducts training missions in support of geographic



U.S. Air Force photo/Staff Sgt. Jason McCasland
Two B-52H Stratofortress bombers assigned to U.S. Strategic Command depart Barksdale Air Force Base, La., June 3, 2014 for a short-term deployment to the U.S. European Command area of operations. U.S. Strategic Command routinely conducts training missions in support of geographic combatant commands.

combatant commands to ensure the U.S. has a credible and flexible capability to provide the President a variety of options he may need to protect the nation or its allies and partners.

Two of the forward-deployed B-52s are assigned to Barksdale Air Force Base,

Louisiana, and one is assigned to Minot Air Force Base, North Dakota. The B-52 is a long-range, multi-role bomber capable of delivering both conventional and nuclear munitions. B-52s can fly at high subsonic speeds at altitudes up to 50,000 feet.

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Top III Winner!



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

U.S. Air Force Airman Kyle Howe, 509th Logistics Readiness Squadron traffic management flight passenger travel representative, receives the Whiteman Top III MVP award at Whiteman Air Force Base, Mo., May 21, 2014. Howe conducted 62 briefings concerning personal property and passenger travel entitlements. He executed three passenger missions in ranging hours and supported 442nd Security Forces Squadron Patriot Hook deployments and a restricted movement.

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Volunteer opportunities await Whiteman youth

By Whiteman AFB Youth Programs

Attention teens: Are you bored? Air Force Family Member Programs Flight and the Air Force Aid Society have the solution. High school sons or daughters of active-duty Air Force members can volunteer up to 250 hours over the four years of high school, with a maximum potential of \$1000 toward college or vocational-technical school.

The Youth Employment Skills Program

is an Air-Force-wide program that offers high school students the opportunity to learn new skills, volunteer their time while helping their community, and receive money toward their educational endeavors.

Additionally, for every hour volunteered, \$2 will go to base youth programs to support recreational improvements, computer labs, and other teen programs.

For more information about the YES Program, please contact Whiteman Youth Programs at 687-5586.

Nuclear deterrence medal approved for total force Airmen

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- The Nuclear Deterrence Operations Service Medal, approved May 27 by Secretary of the Air Force Deborah James, is among several incentives focused on attracting and retaining high-caliber Airmen in the nuclear mission, Air Force Personnel Center officials said May 30.

The medal, intended to recognize

Airmen dedicated to national strategic nuclear deterrence objectives, may be awarded to eligible active duty, Air Force Reserve and Air National Guard Airmen.

Eligibility criteria and submission instructions are under review and being finalized by Air Staff, and AFPC personnel specialists and will be available following leadership approval.

For more information about Air Force recognition programs and other personnel issues, visit the myPers website.

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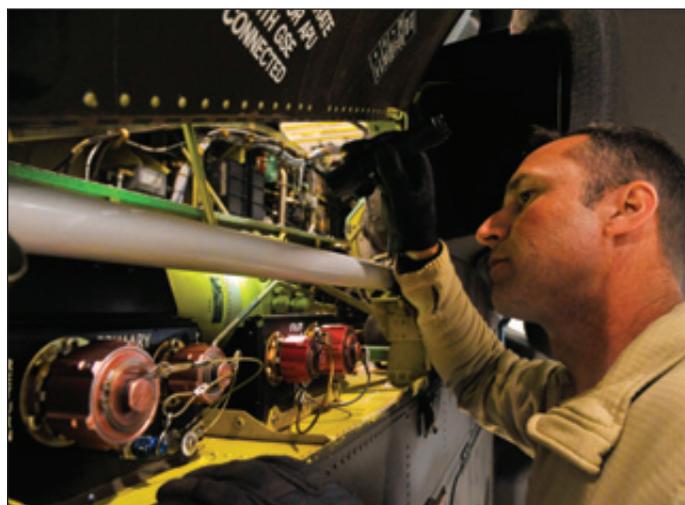
1-135th wins Outstanding Army Aviation Reserve Unit of the Year



Staff Sgt. Matthew Hunt, 1-135th Attack Reconnaissance Battalion Delta Company avionics electronic armament specialist, removes a 30 mm mounted gun from an AH-64 Apache at Whiteman Air Force Base, Mo., May 14, 2014. This is a part of the annual inspections, which consists of lubing and cleaning the gun to extend its "life."



Chief Warrant Officer 2 Josh Brewer, 1-135th Attack Reconnaissance Battalion Alpha Company maintenance test pilot, pre-flights an AH-64 Apache at Whiteman Air Force Base, Mo., May 14, 2014. This is done in preparation to ensure air worthiness of the aircraft after maintenance operations.



Chief Warrant Officer 3 Phillip Little, 1-135th Attack Reconnaissance Battalion Bravo Company maintenance test pilot, pre-flights an AH-64 Apache at Whiteman Air Force Base, Mo., May 14, 2014. This is done in preparation to ensure air worthiness of the aircraft after maintenance operations.

By Airman 1st Class

Keenan Berry

509th Bomb Wing Public Affairs

The 1-135th Attack Reconnaissance Battalion (ARB) was recently recognized as the Outstanding Army Aviation Reserve Unit of the Year by the Army Aviation Association of America.

The battalion accomplished a benchmark year, completing two extremely significant training events and deploying to Regional Command (RC) North, Afghanistan. Any one of these events alone would mark a significant achievement for any Army National Guard aviation battalion, showcasing the impressive accomplishments of 1-135th ARB throughout 2013.

Due to an extremely condensed timeline, the battalion completed an exceptionally complex 30-day training event, enabling them to meet the FORSCOM requirement of an aerial gunnery qualification within 180-days of arrival into theater. This was accomplished while also utilizing the time and resources at hand to plan and execute a number of pre-mobilization requirements, and conduct high altitude training event in Boise, Idaho, which they planned and executed. In Feb. 2013, the battalion qualified 23 aircrews on Tables VII/VIII, the most in the 1-135th ARB's history during a single gunnery event. They completed TSIRT, CLS and conducted HAMETS for 30 aviators, a first for any National Guard AH-64D

battalion prior to mobilization.

The battalion then completed the challenging Unit Fielding and Training Program (UFTP) at Fort Hood to validate as an AH-64D battalion. The unit earned praise from UFTP support personnel stating the battalion was the best they had seen in five rotations, prompting the 166th Brigade Commander to send a personal message to the Adjutant General of Missouri praising the 1-135th ARB.

Capt. Adrian Hatcher, 1-135th ARB AH-64 pilot, expresses gratitude for the hard work and effort put forth to win this award.

"This year, we won the Unit of the Year award from the Army Aviation Association of America," Hatcher said. "It was a great experience and opportunity for us because our unit has been preparing for deployment since Feb. 2013. We put a lot of preparation into this and it really helped out our ground troops as well as retrograde operations."

Their intense, devoted performance is the reason the 1-135th can rightfully claim the Unit of the Year award as the Outstanding Army Aviation Reserve Unit. Still, constant progression must continue.

"You always want to improve and keep building on what you accomplished," said Command Sergeant Major David Gail, 1-135th ARB aircraft maintenance supervisor. "This doesn't give us an opportunity to relax, but it lets us know what we can achieve when we work hard!"



Sgt. Jeremy Harshner, 1-135th Attack Reconnaissance Battalion Delta Company avionics electronic armament specialist, fills an AH-64 Apache engine with oil at Whiteman Air Force Base, Mo., May 14, 2014. This is done to ensure the aircraft is prepared for flight.

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

Convoy of Hope



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

U.S. Air Force Airmen of the 509th Logistics Readiness Squadron, load cargo onto a C17 Globemaster III at Whiteman Air Force Base, Mo., May 10, 2014. This humanitarian move was en route to Haiti via "Convoy of Hope" from Springfield, Mo. The cargo contained rice and soybeans, and provided food for approximately 140,000 men, women and children.

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 contact DD Smith at 563-3553 or 660-441-0065 or Tina Hawks at 563-3011



Air Force Critical Days of Summer 2014 -- Motor Vehicle Safety

By the 509th Bomb Wing Safety Office

The Air Force core values, which define our standards of conduct, i.e., how Airmen behave, also set the environment for how we live and work. As we begin the summer season, taking leave and getting away is one of the first activities on our minds. When you include risk management and safety as part of your summer activities you will be upholding the standards of conduct and maximizing your chances of having an enjoyable activity.

Planning ahead is always a good step to help avoid the many risks that have the potential to ruin your vacation. Your road trip planning should always begin with TRiPS (<https://www.my.af.mil/trips/af/Login.aspx>). This is an effective risk management tool to find hidden dangers in your travel plans.

It's easy to think, "This won't happen to me," but does anyone plan on a tragedy? During the 2013 Critical Days of Summer period there were seven Airmen killed in vehicle and nine in motorcycle accidents. None planned for this to happen. Regardless of what caused the tragedy, using every risk management tool reduces your odds of being involved in a mishap.

The hazards associated with summer driving appear to be fewer than winter driving. This is not the case. Some of the situations that make it dangerous (<http://www.esurance.com/driving-tips/summer-driving>):

- Drivers on vacation add to road congestion
- Tire blowouts
- Increased road construction
- More bicycles and motorcycles on the road
- Sun and excess heat

Before you can call your plans final, your vehicle should be part of your plans. Take care of any needed maintenance and ensure you have an emergency kit in your car. The kit should include:

- First aid kit
- Flashlight
- Flares and a white flag
- Jumper cables
- Basic repair tools
- A jug of water and paper towels for cleaning up
- Nonperishable food, such as granola bars and drinking water
- Extra windshield washer fluid
- Maps

Below is a publication from the National Highway Transportation Safety Administration that includes information for summer travel. An interactive version of this publication can be found at: <http://www.nhtsa.gov/links/SummerDrivingTips/>.

Additional information on summer travel:
<http://www.cartalk.com/content/summer-driving-tips-1>
<https://www.dot.ny.gov/programs/driver-safety>

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SESSION 2 (JUNE 30th - JULY 18th) 5pm - 9:20pm
 Speech M-W
 Principles of Management M-W
 American History T-Th
 DAY SHIFT (9am - 1:20 pm)
 Comp. 1 M-W

SESSION 3A (JULY 21st - AUG 7th) 5pm - 9:20pm
 Humanities T-Th

SESSION 3B (JULY 21st - AUG 22nd) 5pm - 9:20pm
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SecAF James visits Team Whiteman

By Airman First Class Joel Pfister
509th Bomb Wing Public Affairs

The Secretary of the Air Force interacted with Airmen and shared her top priorities for the future of the Air Force during her first visit to Whiteman Air Force Base, Mo., May 29, 2014.

The 23rd Secretary of the Air Force Deborah Lee James visited Team Whiteman to learn about the B-2 and overall mission of the base, while interacting with Airmen and sharing her vision for tomorrow's Air Force.

James began her day by visiting several different units on base before attending a luncheon with base and community leaders.

"I've had a great morning where I've had the chance to visit with some of our Airmen who are directly involved with the B-2 and the great total force mission here," James said. "So I've got a pretty good overview of what's going on here and I have to tell you across the board I'm totally impressed with what I've seen here at Team Whiteman."

James is responsible for the affairs of the Department of the Air Force, including organizing, training, equipping and providing for the welfare of its active-duty, Guard, Reserve and civilian-Airmen and their families.

During a base all-call, James shared her top three priorities, covering topics such as the well-being of our Airmen, the budget and proposed future endeavors.

"Priority number one is quite simply taking care of people," James said. "We have to develop them and recruit them. They need to see a path for advancement, training and readiness and they have to be able to take care of their

families."

However, raising compensation and continuing to take care of people is a real challenge given the current budget constraints, said James.

"We need to make every dollar count. What this means is at all levels we have to make sure that we are good stewards of the taxpayers dollars and that we make every dollar count on all levels," James said. "We need to make sure we don't waste money or let major programs continue to go over budget."

Making every dollar count is essential to balancing today's readiness and the needs of today for the needs of tomorrow, said James.

"Now and in 10-20 years from now the Air Force needs to remain on the cutting edge of technological advancements," James said. "We need to have what we need for today's readiness but we also have to provide for tomorrow and we have to do that by investing today."

James discussed several programs that are proposed to be in the works for the future such as a Long Range Strike Bomber which is the future of the bomber world, a Joint Strike Fighter which is the future of the fighter and close-air-support world and even the KC-36 Tanker for the future of the tanker world.

Following the all-call, James thanked Team Whiteman for the job they perform and continue to perform day in and day out.

"This is the way forward and I'm very proud of everything I've learned here and everything you all are doing," James said. "Despite all these challenges we are faced with, we will remain the very best Air Force in the world. Six months from now this fog will have cleared, Congress will have finished its work and we will carry on."



U.S. Air Force photo/Airman 1st Class Joel Pfister
U.S. Air Force Tech. Sgt. Broderick Jones, 509th Aircraft Maintenance Squadron and Tech. Sgt. Ronda Bollinger, 131st Aircraft Maintenance Squadron, shake hands with Secretary of the Air Force Deborah Lee James during her tour of a B-2 Spirit at Whiteman Air Force Base, Mo., May 29, 2014. James visited Team Whiteman to learn about the B-2 and overall mission of the base, while interacting with Airmen and sharing her vision for tomorrow's Air Force.



U.S. Air Force photo/Staff Sgt. Nicholas Wilson
Secretary of the Air Force Deborah Lee James shares some thoughts with Brig. Gen. Glen D. VanHerck during her visit to Whiteman Air Force Base, Mo., May 29, 2014. James' top three priorities as secretary of the Air Force are taking care of people, balancing today's readiness with tomorrow's, and making every dollar count.



U.S. Air Force photo/Airman 1st Class Joel Pfister
Secretary of the Air Force Deborah Lee James answers a question from Chief Master Sgt. Rufino Gonzalez, 509th Operations Group superintendent, during an all-call at Whiteman Air Force Base, Mo., May 29, 2014. The SecAF is responsible for the affairs of the Department of the Air Force, including organizing, training, equipping and providing for the welfare of its active-duty, Guard, Reserve and civilian Airmen and their families.



U.S. Air Force photo/Airman 1st Class Joel Pfister
Secretary of the Air Force Deborah Lee James and Congresswoman Vicky Hartzler interact with Airmen during a tour of a B-2 Spirit at Whiteman Air Force Base, Mo., May 29, 2014. James began her visit by touring several different units on base before attending a luncheon with base and community leaders.

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11:10 A.M.

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Sunday School Starts 11:45 AM
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 7:00 pm - Bible Study

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 Rom. 16:16
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 Web address: http://www.cofcwsbg.org
660-747-5519

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 Knob Noster, MO 65336
 660.563.2724
 knobumc@knumc.com

Sunday Worship: 10:45
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 Adult & Children
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 Join Us This Sunday
 (ACROSS FROM THE HIGH SCHOOL)

Running over the competition: Whiteman hosts Striker Life



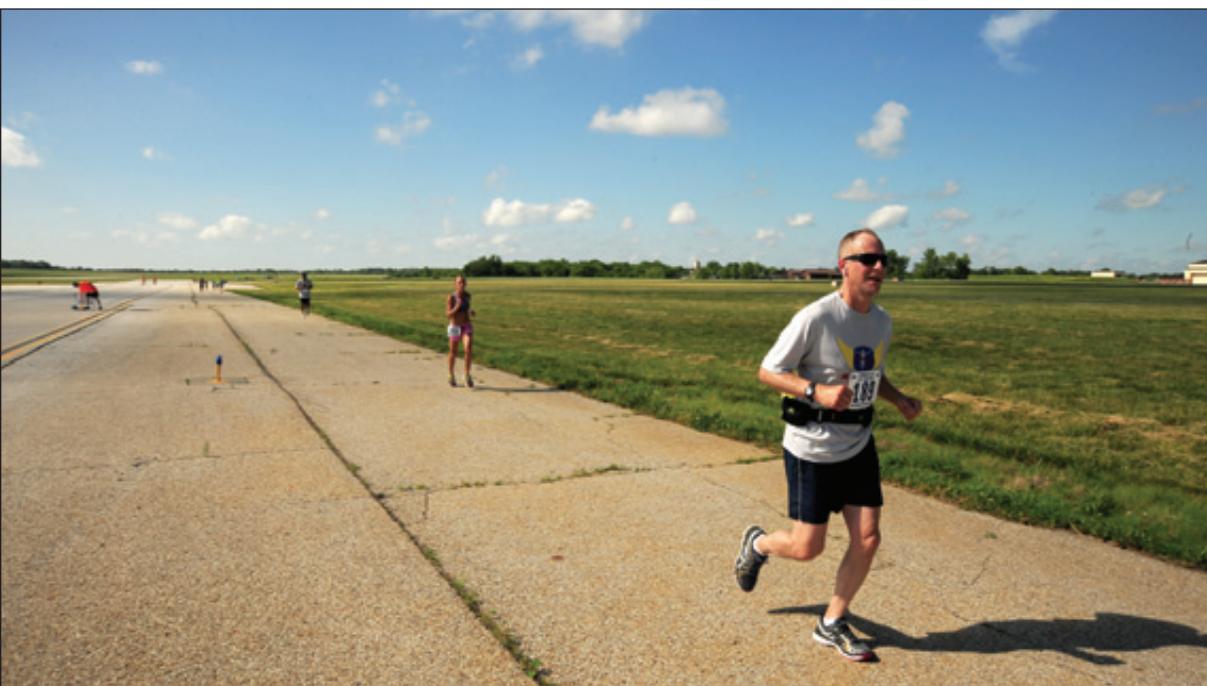
U.S. Air Force photo/Staff Sgt. Nick Wilson

Runners participate in the 2014 Striker Life Half Marathon at Whiteman Air Force Base, Mo., May 31, 2014. In an effort to promote physical fitness and encourage goal-setting by Airmen, Air Force Global Strike Command holds the marathon series across each base annually.



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

A participant walks after running in the Striker Life Half Marathon at Whiteman Air Force Base, Mo., May 31, 2014. The event took place at Ike Skelton Park and across the base. The run started at 8 a.m. and ended at 11 a.m.



U.S. Air Force photo/Staff Sgt. Nick Wilson

Lt. Col. Brian Zembraski, 509th Bomb Wing director of staff, runs during the 2014 Striker Life Half Marathon at Whiteman Air Force Base, Mo., May 31, 2014. More than 500 Service members and civilians participated in the event.



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

Participants compete in the Striker Life Half Marathon at Whiteman Air Force Base, Mo., May 31, 2014. Airmen and families participated in the half marathon, 10K or 5K.

Team Whiteman honors Provider of the Year



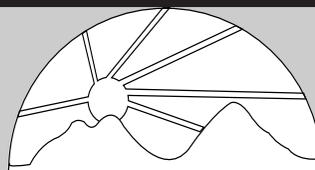
U.S. Air Force photo/Staff Sgt. Nick Wilson

Major Chip Hollinger, 509th Force Support Squadron commander, presents the 2014 Whiteman Family Child Care Provider of the Year yard sign and award to Kara Johnson and her family at Whiteman Air Force Base, Mo., June 3, 2014. An entourage of supporters including staff members of the youth center, base housing residents and children waited outside Johnson's house to surprise her with the award.

Welcome To

KNOB NOSTER

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A growing, friendly community where people and businesses are ready to serve you!

LOCAL ACTIVITIES

- Professional Women's Organization**—1st Mon. of each month - Basement of City Hall
- Lion's Club**—2nd & 4th Mon. 7 p.m. - Jubilation Center
- Chamber of Commerce**—2nd Thurs. of each month. Call Husineh Curts @ 660-238-6201 for more info.
- Masons**—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM
- Garden Club**—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

- Alcoholics Anonymous (AA)**—Every Fri. 8 p.m. - Basement of Methodist Church • Every Mon. Noon - Bldg. 3007, Behind Chapel "The Old Housing Office" 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
- VFW Auxiliary**—1st Fri. each month 7 p.m. - VFW Building
- Boy Scouts** - Troop 509 Methodist Church, Peter Blaszczyk, 660-563-6333
- Cub Scouts** - Pack 405 Bill Sander 687-1154
- Cub Scouts** - Pack 509 Methodist Church
- Girl Scouts** - Jo Ellen Elwell 563-3514
- Freedom of Road Riders, Local 33** - 3rd Sun. 1 p.m. -

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FEATURED EVENTS

SATURDAY 6/7

Outdoor Rec is open on Saturdays!
Visit us to start your adventure! Open from 8am-12pm on Saturdays! Ask us about our rates. Call **687-5565**.

WEDNESDAY 6/11

Boss & Buddy-Starts at 4:30pm- Mission's End
Join us for cheap wings, great food, fun & friends. Share some wings with your fellow co-workers and enjoy watching sports, or even a few of our beverage specials. Call **687-4422**.

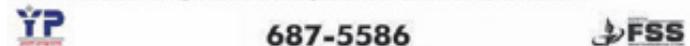
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Watch the Kansas City Royals Versus the Seattle Mariners with the YP Staff!
JUNE 21
11AM - 5:30PM
AGES 9-12

Let's Cheer on the KC Royals as they play the Seattle Mariners at Kauffman Stadium on Saturday, June 21st at 1:10pm. Wear Sunscreen, bring sunglasses and a hat and be prepared to sit in the sun and enjoy a Major League Baseball game!

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509 FSS PAGE EDITOR: KYLE C. HAMRICK
CONTACT US! 687-7929



JUNE 20-22
WHITEMAN AFB OUTDOOR REC
FAMILY CAMPOUT
ODR is inviting you to come for a RecOn campout at Big River Ranch in Lexington, Missouri. There will be plenty of activities for everyone to participate in. Some of these activities are: Horsemanship clinic, kayak/canoeing and horseback riding. The cost of this campout is \$40 per family. Seats are limited to the first 29 people. The price includes round trip transportation, tents and a grill to cook on. Saturday night meal will be provided. Participants will need to provide their own sleeping bags and 4 meals that are not being funded. There will be a pre-trip meeting on June 17 at 6pm.
\$40 PER FAMILY / LIMITED TO 29 PEOPLE
SIGN UP BY JUNE 13
NO ALCOHOL WILL BE PERMITTED ON ANY OUTDOOR RECREATION TRIP.
This trip is partially funded by the RecOn Initiative.
687-5565

WHITEMAN AFB OUTDOOR REC
REC ON INITIATIVE
JULY 12
NIANGUA RIVER Float Trip
8AM-6PM
Come enjoy a relaxing 8 mile float down the Niangua River. Sand Springs Resort will have a meal prepared and waiting for us as soon as we get off the river. Don't put off signing up, there are only 29 seats available and payment is due upon sign-up.
\$35 PER PERSON / LIMITED TO 29 PEOPLE
KAYAK/CANOE INCLUDED. SIGN UP BY JULY 3
This trip is partially funded by the RecOn Initiative
Cancellation must be made no later than 24 hours before the trip to receive a full refund.
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Whiteman's got Talent
at Mission's End
June 20 6-8PM
Join us at Mission's End for a night of fun, and watch Whiteman's finest entertainment compete for the top prizes!
1st Place: \$750
2nd Place: \$500
3rd Place: \$250
Tryouts are on June 4 at Mission's End from 5-7pm, acts must be family friendly.
Contact Joshua Bailey at joshua.bailey.12@us.af.mil for an audition sheet or for more information. Open to all ages, acts must be family friendly.
687-6525

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FCC NEWS AND INFORMATION

Supplemental Care

This program provides free overnight, weekend and holiday care for "emergency responders" or those who work 12 or more consecutive hour shifts and have no other adult at home. This care supplements the regular child care arrangements you are already paying for and is provided in a contracted, licesened family child care home. Come to the FCC office to apply prior to participation or call for more info.

Emergency Medical Care

For families who are experiencing and emergency medical issue with an immediate family member. All reservations must be made through the FCC office. Once Air Force has received verification of the needed, they will decide on the amount of time to be allotted. Call for more details.

Find the "Whiteman AFB Family Child Care Office" on Facebook!

FCC OFFICE 660-687-5590

Propane Fryer Safety



By Tech Sgt. Chris Gunn
509th Civil Engineer Squadron

This is Whiteman AFB Fire & Emergency Services Hot Tip of the Week. If you have any questions please call Fire Prevention at 687-6083/6080 and Check out our Facebook page: Whiteman AFB Fire & Emergency Services.

Grilling is not the only outdoor cooking out there, propane fryers are on the rise and not just for Thanksgiving dinners. Maybe you have plans for a big chicken wing or fish fry. Well keep these things in mind before you fry.

- Ensure fryer is 15 ft. away from facilities.
- Don't over fill cooking oil.
- Never leave unattended.
- Keep area clean and clear around fryer.
- Always follow manufacturers instructions.



Message on suicide and violence in the workplace

U.S. Navy Admiral Cecil D. Haney
USSTRATCOM Commander

When we read or hear about suicide and violence in the workplace we often wonder what situation prompted that behavior, but we usually don't think it can happen to us or at our work place. While no one wants it to happen, all too often we are reminded of how vulnerable we all are.

We must be alert to recognize these harmful behaviors and work to get our teammates the help they need. Suicide and violence in the workplace are the final results of a spiraling pattern of negative thinking that has at its core a sense of fatalism and hopelessness. Experts tell us that suicidal people develop tunnel vision with blinders that prevent them from seeing positive solutions to their predicament. Others who lash out violently at co-workers often fail to recognize even simple solutions to their resentment.

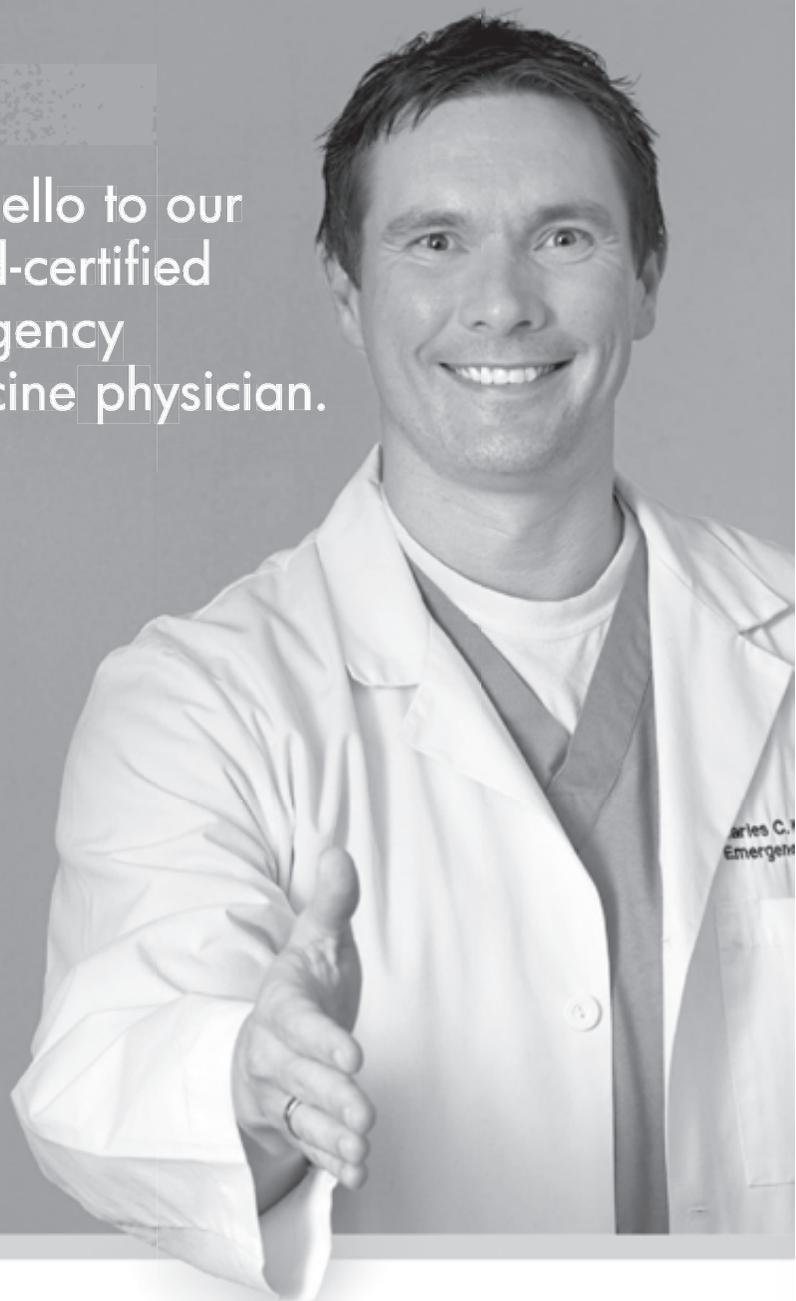
One solution is crisis intervention - recognizing destructive behavior and doing something to prevent it. We've all had training in these areas and know that warning signs are often present and we must act when we see them. We must be better than just reacting to the crisis. We must learn primary prevention. We must

learn to become open to the, emotions and behaviors of others, and understand when they are spiraling in a destructive direction. This support can be done by all of us and is the first line of defense. If done carefully and regularly, it may reduce the negative thinking that precedes suicidal and violent behavior.

Our Resilience initiative and the Directorate Resilience Officers can provide the tools and expertise to examine negative thinking patterns, as well as professional resources for serious personal challenges. If you prefer to address the situation privately, there are resources and tools at the Command Resilience Sharepoint page and at the "Stratcom Resilience" Facebook page.

We must never forget that our mission at USSTRATCOM is vitally important And each one of you play a critical role in that mission. Every day we experience a work environment that can be challenging and stressful and I have every confidence that you will meet that challenge. I also recognize that challenges in life can lead to desperate thoughts. I encourage everyone to recognize when their personal challenges are creating anxiety or other issues and to seek assistance from friends, family, or professionals. Together we can build a stronger and more resilient team.

Say hello to our board-certified emergency medicine physician.



No, seriously, say hello.

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The Official Whiteman Website



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 - 94 Camaro Z28 Convertible.....5,495
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PLEASE NOTE:
If you are submitting, or if you are considering submitting, an ad for publication in the classified pages of the Whiteman Warrior, please be sure to include a FULL and VALID e-mail address with your classified ad submission.

We thank you in advance for choosing to advertise with us!

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Western Missouri Medical Center is currently seeking a licensed physical therapist that is interested in sports medicine physical therapy. The qualified candidate must be willing to work closely with the WMMC athletic trainer and the WMMC sports medicine physician as we strive to develop our growing WMMC sports medicine program. All applicants must have current temporary or permanent Missouri Physical Therapist license. New grads are encouraged to apply.

If you are interested in working with a dedicated physical therapy team please submit resume to:

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Attn: Human Resources
660-262-7434
aowens@wmmc.com

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