

WARRIOR



WHITEMAN WINGS OVER THE ROSE BOWL

B-2s MAKE APPEARANCE AT 2014 CHAMPIONSHIP



A new year requiring a new mindset

By **Brig. Gen. Glen D. VanHerck**
Commander, 509th Bomb Wing

Happy New Year Team Whiteman! Welcome back and I hope you all had an enjoyable holiday season and have returned refreshed and ready to tackle the opportunities and challenges that we'll undoubtedly face in the upcoming year. I like to take a mental inventory early in the year, as I am sure many of you do, to reflect, to make some new resolutions and to set goals for the upcoming year. Perhaps this year, we can share some common resolutions and synergize our efforts while we position ourselves for what will undoubtedly be more fiscal uncertainty in the future. Doing so will not only make us an even stronger team, but it will also maximize the assets we have available to us here and it will enable us to best utilize the funding we have. It is my goal to tackle these tough challenges and to turn them into opportunities that will have positive and beneficial results for Team Whiteman, our community partners, the Air Force and our Nation.

First, let me say congratulations on an outstanding 2014! Team Whiteman accomplished so much due to your tremendous dedication, support and leadership! Best Bomb Wing in the USAF...Eubank Trophy for AFGSC services support...perfect execution of the flying hour program while setting a record for the most hours and sorties ever flown by the B-2 in a single month...highest mission capable rate in the history of the B-2 and the lowest average rate of Low Observable Maintenance hours ever! Well done and thank you for all the hard work that made those accomplishments become a reality!

Ten years ago our Air Force looked much different than it does today. The past decade has brought changes in posture, budget and personnel strength. In turn, these changes have impacted how we do business on a daily basis. These are changes that many of whom have been around the Air Force for a while, my family and myself included, are familiar with, and they are changes that we are going to face for the foreseeable future. Over the past couple of years budget cuts forced many Air Force installations to make tough choices, shifting resources that support "like to do" and "ought to do" things in order to pay for the "must do" challenges. At Whiteman, we have been blessed to have a MAJCOM that has continued to fund many "like to do" and "nice to do" things, such as providing funding for lifeguards at the base pool and funding for the base library. As always, we need to maintain a combat-ready force, and as our budget continues to shrink, dollars that were once going to less mission-critical areas will be supporting that combat role. This challenge requires us to curb our frustrations and to refocus our energy on developing creative solutions. It requires us to further unite as teammates and to take care of each other every day. And it will require increased communication and support of our families in order for us to be successful.

Our uniformed and civilian Airmen must always remain focused on our primary mission--to provide Strategic Deterrence, Global Power and Combat Support to our great Nation! Accomplishing our mission requires leadership at every level. Commanders, talk to your troops. Look them in the eye and give them honest feedback and just as important, listen and be open to new ways of doing business. For supervisors, I'm all about common sense. I certainly welcome your innovative ideas and if you see something that needs your dedicated leadership, take initiative and handle it at the lowest level. For all Airmen, if you see wasteful spending or misappropriated funds, you, and all government employees, have a responsibility to report it. We need you and each and every Airman to identify the waste and inefficiencies that you see. You are empowered to take ownership of these issues and I'm charging you to fix them wherever and whenever you find them. If you can't fix them at your level, then please identify these issues to your supervisor and/or commander, or me!



Brig. Gen. Glen D. VanHerck
Commander, 509th Bomb Wing

Ultimately, we have to change the way we do business and the way we think - it's going to take a culture change. It's up to all of us to find innovative ways to be effective and efficient while safely making our mission happen. The whole country needs to team up and solve this problem and recognize that our days of feeling entitled are over. But let me assure you that in the midst of this challenging new mindset, taking care of our Airmen and their families is still of the utmost importance to me. I promise to continue to balance this with ensuring that we are able to accomplish the mission at home and abroad, each and every day.

Finally, are you doing your part to support our Morale, Welfare and Recreation (MWR) programs? When I joined the Air Force nearly 27 years ago, the club membership rate was near 100 percent for active duty and many retirees remained members of the club system. Today our membership rate is approximately 10 percent and that is a significant loss in revenue. What many folks don't understand is that by being a club member you are supporting all MWR programs. The MWR fund supports the library, club system, child development center, bowling alley, golf course, auto hobby shop, outdoor recreation, archery range and many more programs we and our families use all the time! Let's stop thinking about the "club" being a building on base but rather let's think of all of us being part of a club of "members" that support and utilize MWR programs. These programs are fantastic benefits that we have become accustomed to and many folks view them as entitlements. They are not. With the fiscal realities and the change in culture of our force, these programs continue to be at risk and likely could be cut in coming years without a significant change in culture. We can greatly increase the funds available for these programs, which in turn will further increase the support to Team Whiteman, by increasing our club participation and membership rate. Let's partner together to accomplish this goal. If there is a way I can maintain a service by finding a different and more innovative way of doing business, I want to do it to support our Air Force community. However, I cannot sacrifice mission capability to get there. So let's come together this year as an Air Force team and resolve to make the best of this challenge by maximizing our assets and by stepping up as responsible leaders in a fiscally-constrained environment. Thank you for your continued service and I look forward to a great new year.

THE WARRIOR

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Published by the **Sedalia Democrat**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Whiteman Air Force Base.

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The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions does not guarantee publication.

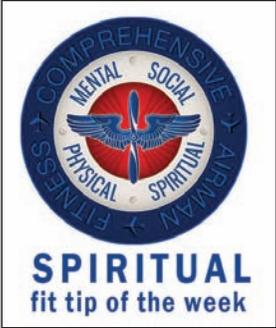
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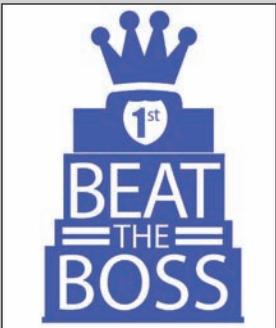
U.S. Air Force photo/
Staff Sgt. Brigitte N. Brantley
A B-2 Spirit stealth bomber from Whiteman Air Force Base, Mo., flies over the Rose Bowl Stadium during the 101st Rose Bowl Game Jan. 1, 2015, in Pasadena, Calif. The game was attended by more than 90,000 fans and viewed on television by more than 28 million viewers.

NEWS BRIEFS



SPIRITUAL FIT TIP OF THE WEEK

"Military power wins battles, but spiritual power wins wars."
— General George C. Marshall



The Beat the Boss program is a monthly PT test competition between 509th units that will recognize outstanding teamwork and devotion to fitness at the Squadron level. Active duty 509th Airmen who score higher than the commander's score of 98.5% will earn a one-day pass and those who score a 100% win a one-day pass and one of the commander's coins.

Congratulations to the following Airmen who "Beat the Boss"!

- **Lt. Col. Drew Irmischer**
509th Bomb Wing • 100%
- **Senior Airman Cody Rother**
509th Security Forces Squadron • 99.30%
- **Capt. Brian Baumgarten**
20th Reconnaissance Squadron • 100%
(tested on 23 Dec 2014)
- **Staff Sgt. Zachary Archer**
372nd Training Squadron • 100%
(tested on 24 Dec 2014)
- **Capt. Melissa Sidewell**
20th Reconnaissance Squadron • 99.5%
(tested on 2 Dec 2014)
- **Capt. Mark Armbruster**
495th Fighter Group • 100%
- **Master Sgt. Brian Hunter**
495th Fighter Group • 100%

ATTENTION NCAA Basketball Fans!!!

Tickets are now available for members of Team Whiteman to purchase to watch the Missouri Tigers take on the visiting (#23) Arkansas Razorbacks live on Jan. 24 at 1 p.m. Tickets, which normally go for \$40, are now on sale for Team Whiteman members for only \$15! If interested please visit Building 509 to see Staff Sgt. Heather McCoy in Chief Master Sgt. Shawn Drinkard's office (Room 211) or Staff Sgt. Brigitte Brantley in the Public Affairs office (Room 116) to sign-up and order your tickets today! The deadline to get your tickets is 12 p.m. Jan. 13 so act fast! The game is scheduled to be broadcasted live nationwide by ESPN but why watch on TV when you can be there yourself for such a great price!

WEATHER

Today	Saturday
Sunny	Mostly Sunny
Hi 17	Hi 29
Lo 10	Lo 6
Sunday	Monday
Mostly Cloudy	Cloudy
Hi 35	Hi 32
Lo 22	Lo 26

Put down and step away from your smart phone

By Col. David Benson
Commander, 509th Operations Group

It's 5 a.m. on December 28th and I am sitting in the Gulfport Regional Airport waiting on my flight back to Kansas City. My wife and four kids decided to stay with my in-laws for a few more days, so I am on my own (something that is very strange for a father of four).

Fog has rolled in and my 6:30 a.m. flight gets delayed; first till 9 a.m., then 10 a.m., then 12 p.m. ... you know the drill. Ultimately I would be delayed a total of ten hours and I decided to take advantage of quiet time to catch up on some reading that wasn't Dr. Seuss or Magic Tree House (those with kids understand).

However, the Sports Illustrated Bowl Preview and USA Today only take up so much time and I still had several hours to go. I walked back to the book store to see if there was something else and stumbled across the Harvard Business Review (for some reason it was right next to the Golf Digest). Being from Mississippi, I usually shy away from things that have "Harvard" in the title, but this one had an article on leadership that caught my eye. I opened the cover and decided to dive in.

The article focused on what makes a leader. In it, the author analyzed 188 successful companies around the world to see which personal traits of leaders had the most effect on outstanding organizational performance.

While we all may think that technical expertise and good looks are the key, what the author found is effective leadership is built upon a foundation of good social skills. Yes! The most important trait of leadership was being able to have effective personal interaction with those in your organization. Understanding your people by asking questions (face to face, not over data) and actually listening, allowing workers in your organization to express their ideas and follow through on them, and being able to communicate a clear vision for the organization are just a few examples of key social skills essential to effective leadership.

Wow! You mean we actually have to talk with each other? Do



people today do that? I know I have to text my wife and kids to get their attention, even if I'm five feet away! I quickly glanced up from my fashionable airport cloth chair and looked around. Of the over 100 people "patiently" waiting with me, only two were actually talking. Of the rest, most (you guessed it) were staring intently at their smart phone.

In today's world where we primarily communicate via data like email, text and Snapchat (from what my teenager tells me) and get most of our training online with ADLS and PME via correspondence, our social skills, so key to effective leadership, have declined.

Since every Airman is a leader, we all need to be cognizant of that fact and start to build habits that develop our social skills. We all need to make a New Year's Resolution (along with the standard losing 10 pounds) to get out from behind our computer, put down and step away from our smart phone and talk with one another. If you can do training face to face, as opposed to online, do it! Such personal interaction will significantly increase your knowledge of yourself, your coworkers, your organization and family while developing the key social skills that are the foundation of effective leadership.

The next time you're delayed at the airport, don't be afraid of reading the Harvard Business Review. While it's not as entertaining as Sports Illustrated, it is (probably) more educational, and even a Mississippian could understand it ... or at least most of it.

Comprehensive Airman Fitness 2015: Spiritual Fitness

Lt. Col. Dwight Magnus
509th Bomb Wing Chaplain

Last month I attended the advance screening of "Unbroken" at the base theater. I had already read the amazing book of the same title and was once again inspired by the story of Louie Zamperini. He was an Olympic athlete that was shot down over the Pacific during World War II, survived weeks at sea only to be captured by the Japanese and sent to a POW camp. Throughout the film, I saw how Louie incorporated what we call the four pillars of Comprehensive Airmen Fitness: Spiritual, Social, Mental and Physical.

At Whiteman, 2015 is the Year of Comprehensive Airmen Fitness. Each quarter we will take a closer look at each of the four pillars, hoping to educate, inspire and provide practical opportunities in each of the four areas. This quarter we will be highlighting the spiritual pillar.

The Department of Defense definition of spiritual fitness includes: "an individual's overall spiritual condition. A spiritually fit person has the ability to continuously gain understanding of who one is in terms of core values and identity; live according to them, find purpose and meaning in life; is open to education; uplifted by connections with others; resilience



to persevere when faced with adversity; and able to make meaning out of their experiences to reach full potential." For me as a Protestant Chaplain, I like a simple definition of, "being right with God, with others and with oneself."

Everyone is responsible for spiritual fitness regardless of their faith, religious background or spiritual tradition. In order to assist you, we will offer you different resources to help build your spiritual fitness. Over the next three months, we will be presenting articles on what spiritual fitness looks like from the Protestant, Catholic, Jewish and other faith traditions perspective. We will host special events, including

a Marriage Seminar, Prayer Breakfast, Spiritual Renewal Week, Storytellers, and special services for Passover, Lent and Easter.

For now, let me leave you with this **"Five for Five Spiritual Fitness Challenge"**. Commit to doing any or all of these five things over the next three months:

1. Read the Bible or other sacred text for five minutes a day.
2. Pray or meditate for five minutes a day
3. Attend your place of worship five weeks in a row.
4. Give \$5 a week to the church or charity you support.
5. Volunteer five hours per month at the service organization of your choice.

If you miss a day or a week doing this challenge, start again the next day or week. Don't give up growing in these spiritual disciplines. If you already do these, add five more minutes, dollars or hours to your discipline. Also, you should share your commitment with a wingman or a family member for accountability. Finally, use social media to share ideas, stories and struggles with these challenges. Celebrate your wins! You can post them at our Spirit Chapel Facebook page or whatever works for you. I hope you all have a blessed new year and will join me in building up your spiritual fitness in 2015.

Reel Time Theaters

We're saving a seat for you.

FRIDAY, JAN. 9 • 7 p.m.

SATURDAY, JAN. 10 • 7 p.m.

Hunger Games: Mockingjay (PG-13)
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The Pyramid (R)
Adults - \$5.75

SUNDAY, JAN. 11 • 3 p.m.

The Pyramid (R)
Adults - \$5.75

Tax season is on the horizon

Provided by the
Whiteman Legal Office

The Missouri Department of Revenue (MDOR) is responsible for collecting state income taxes from Missouri residents. Often, military members who live in Missouri solely due to military orders and claim a different state as their home of record receive letters from MDOR stating that they owe Missouri income tax and risk fines if they don't. There are two options that military members can pursue to ensure that MDOR knows that you are not a resident of Missouri and are not supposed to pay Missouri income taxes.

The first option is the Military No Return Required application. This option is only available if you have not yet received a letter from MDOR stating you owe Missouri taxes. This can be accessed on the MDOR website at <https://sa.dor.mo.gov/nri/>. You should submit this application every year after tax

season. The purpose of this form is to tell MDOR that even though you are stationed at Whiteman AFB and might have an address in the state of Missouri, you are only here due to military orders and that you have a different state of residence. Once you submit this form, you will receive a confirmation number that you should keep with your tax documents for that year.

If you have already received a letter from MDOR stating that you owe state income taxes, you should file an MO-NRI instead of the process mentioned above. This form can be found at http://www.dor.mo.gov/forms/MO-NRI_2014.pdf. You should fill out the application and mark block 3b, Non-Missouri Home of Record. Once completed, mail this form along with the letter you received to MDOR so they can update their records.

If you have any questions concerning this process, please contact the Legal Office at 687-6809.



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What can you do about debt?

By Maj. Stephen Maddox
20th Reconnaissance Squadron

5 reasons debt is dumb:

- When you owe money, it causes stress.
- Whatever you buy on credit depreciates while you keep paying interest.
- Buying on credit costs more; miss a payment you'll see why your bank is flush with cash.
- College loans are like zombies; they are really hard to kill ... some can even survive bankruptcy.
- Debt controls you; why slave away for a creditor when you could be working for your own benefit?

So what are some practical ways to make ends meet and pay off your debts?

Get some help: The Airman and Family Readiness Center offers free courses and resources for those who are interested. MilitaryOneSource or a chaplain can also provide counseling; this can be invaluable if money problems are causing stress in your relationships.

Get smarter: Everything you need to know about money can be learned for free from a book or on the internet. The library is still free! Dave Ramsey offers good advice through a website, radio

show, and podcast (free on iTunes).

Get on a budget: You absolutely must have a budget. You and your family need a monthly plan to succeed with your finances. Watch out for Christmas; everyone loves to celebrate, but don't give your checking account an 11-month hangover.

Get creative: Tax season offers plenty of opportunities to claim deductions and credits. Tracking your charitable donations, even small things like donated clothes, can add up for a family. Large expenses, such as interest on a home loan, depreciation on rental property, medical bills, business expenses, and student loan interest make itemizing an unbeatable deal (search "IRS topic 500"). Another option for some people is the Public Service Loan Forgiveness program. It allows certain federal school loans to be forgiven after making 120 payments (10 years). See StudentLoans.gov for details on repayment options. One final way you can slash your bills is on digital services. Cutting back your cable or cell phone services saves money every month. Also check out a mobile virtual network operator (MVNO) as an alternative to your pricey cell phone provider. 20SomethingFinance.com's article on MVNOs is a good, quick read on the subject.



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Mental misconceptions: Psychologist's mental health perspective

By Senior Airman Austin Harvill
633rd Air Base Wing Public Affairs

JOINT BASE LANGLEY-EUSTIS, Va. (AFNS) -- (This feature is part of the "Through Airmen's Eyes" series on AF.mil. These stories focus on a single Airman, highlighting their Air Force story.)

It is 7 a.m. on a Monday in 2012. Nancy wakes up, puts on her best business attire, grabs a cup of coffee and heads out the door. Working as a high-paid psychologist in Louisville, Kentucky, she has a day full of client appointments to keep her busy.

As each client leaves, she said she feels accomplished; but she also feels that something is missing. There are too many clients but none of them really understood how they got to her office to begin with. Nancy felt like there could be a more proactive way to help her clients, so she decided to search for other like-minded professionals and discovered they all work for the same company: the U.S. Air Force.

"A lot of people suspect military doctors only join to help pay bills or schooling before they eventually leave for private practice," said Capt. Nancy DeLaney, a 633rd Medical Operations Squadron psychologist. "There are people out there who joined because of what the Air Force is doing, and I think a lot of people don't really understand what that is."

DeLaney left her civilian position because she saw something no other mental health organization had -- the intent to prevent mental health issues, and provide care whenever necessary as the norm.

"Most civilian agencies do not have any real focus on mental health. The military is one of the only organizations with a dedicated mental health team, which is a huge departure from the private sector," DeLaney said. "Service members can schedule mental health appointments during work hours, and services can be tailored to fit the needs of their particular diagnosis.

"They can walk through our doors and



U.S. Air Force photo/Senior Airman Austin Harvill
Capt. Nancy DeLaney commissioned in 2012 to support the Air Force's mental health program. DeLaney said the Air Force places specific focus on preventative measures on the forefront of mental health care. DeLaney is the 633rd Medical Operations Squadron psychologist.

see someone, and no one would ever find out most of the time," she continued. "If they have a need for a higher level of care, the Air Force community will wrap around them and get them the care they need. You won't find that anywhere else."

In her old job, DeLaney would suggest stress-relieving techniques to her clients, but this almost always took place after they had reached their limit. Now, she has a chance to show people the preventative steps to take before they ever step foot in her office.

"Our prevention measures are second to none, if you ask me," DeLaney said. "We pursue community mental health prevention,

which is a fancy way of saying everyone knows what we have available. We don't pinpoint certain individuals or offices, because as a culture we have taken the first steps in understanding anyone is susceptible and everyone deserves the same treatment."

Not only does DeLaney believe she can assist in the prevention of mental health issues, but in the event someone does need help, she can get that person everything they need as soon as possible.

"Since the Air Force views mental health as a high priority, we have the opportunity to take someone out of their environment and help them," DeLaney said. "Here, people

are encouraged to call a timeout. We can prescribe an hour of breathing exercises. We can have counseling sessions in the middle of the week. As professionals, we can help those people immediately, not just when it is the most convenient for the work schedule."

When clients do come in, DeLaney knows there is even more opportunity for success.

"The first thing I tell patients is they are my clients," DeLaney said. "These people are people, just like everyone else, they aren't broken. Someone with a broken arm doesn't need to be 'fixed,' they just need to heal. Mental health issues are the same, and I want people to know that."

In the office, DeLaney has a chance to express those sentiments because she knows she has an extended period of time with her clients.

"We can't fix in a week something that took years to build and that is okay," she said. "These people aren't losing money by sitting in my chair; in fact they are probably going to be better off in their career because of it. I can help them get to the places they need to go, because both of us have the time to make that happen."

At the end of the day, all of this healing and opportunity has the potential to help someone improve their life exponentially, DeLaney said. She believes being part of another person's life journey, and walking with them in a time of difficulty, is truly an honor.

"I think one of the greatest aspects of Air Force mental health has to be the community," DeLaney said. "Outside of this Air Force, the confidentiality, culture, perception, treatment, prevention -- all of it -- surrounding mental health can be daunting. Inside our counseling sessions, within the walls of our clinic, people are given a chance to heal. People have the opportunity to be themselves and return to a healthy state. I have navigated that journey with a number of clients and watched them reclaim their lives after suffering alone for too long. That type of success is beyond rewarding and is why nothing could make me leave this Air Force family."

Whiteman sets sights on back-to-back food service excellence award

The Ozark Inn Dining Facility has been named the Air Force Global Strike Command winner and nominee to compete at Air Force level for the 2015 John L. Hennessey Food Service Excellence Award.

The Air Force Services Agency installation support sustainment section independently reviewed and scored all submissions based upon the following five categories: Kitchen Operations; Serving/Dining Operations; Training/Personnel and Readiness; Sanitation/Repair and Maintenance; and Management.

All the Major Commands are Air Combat Command, Air Force District of Washington, Air Force Special Operations Command, United States Air Forces in Europe, Air Mobility Command, Air Force Global Strike Command, Air Force Space Command, Pacific Air Forces and Air Education and Training Command.

The following is a list of all MAJCOM winners in all

three categories: All the MAJCOM

REGION 1:

- 325th Force Support Squadron, Tyndall Air Force Base, Fla. (ACC)
- 11th FSS, Joint Base Andrews, Md. (AFDW)
- 355th FSS, Hurlburt Field, Fla. (AFSOC)
- 786th FSS, Ramstein Air Base, Germany (USAFE)
- 87th FSS, Joint Base McGuire-Dix-Lakehurst, N.J. (AMC)
- 509th FSS, Whiteman AFB, Mo. (AFGSC)

REGION 2:

- 50th FSS, Schriever AFB, Colo. (AFSPC)
- 374th FSS, Yokota AB, Japan (PACAF)
- 82nd FSS, Sheppard AFB, Texas (AETC)
- 627th FSS, Joint Base Lewis-McChord, Wash. (AMC)

- 49th FSS, Holloman AFB, N.M. (ACC)

FOOD TRANSFORMATION INSTALLATION NOMINEES

- 28th FSS, Ellsworth AFB S.D. (ACC)
- 96th FSS, Eglin AFB, Fla. (AFMC)
- 45th FSS, Patrick AFB, Fla. (AFSPC)
- 673rd FSS, Joint Base Elmendorf-Richardson, Alaska (PACAF)
- 2nd FSS, Barksdale AFB, La. (AFGSC)
- 6th FSS, MacDill AFB, Fla. (AMC)

Congratulations to each member of the winning Whiteman team for their superior performance and exceptional customer service. The AF level Hennessey Award competition site visits will be conducted early 2015. We wish them the best of luck!



BANJO'S TIME CAPSULE

BY TSGT. CHRIS BOEHLEIN

131st Aircraft Maintenance Squadron

Fate can lead one down many paths as it has numerous times in the history of the 131st Bomb Wing and 110th Bomb Squadron. On August 14, 1945, the 110th Tactical Reconnaissance Squadron commander, Maj. George Noland, was at the controls of his P-51 Mustang known as "We Three" leading his squadron on a routine patrol in the pacific theatre on just another day during the war. Little did they know that they would be flying into military history that afternoon.

While on patrol, the 110th TRS Mustangs engaged enemy Japanese



fighters. During the ensuing air battle, six enemy aircraft were downed at the hands of the 110th pilots. Initially, it was thought that three aircraft were destroyed by Maj. Noland alone. Further examination of battle footage set the official score at two kills and one probable. On any day of the war, this would have been considered no small feat.

As fate would have it, history was made the following day when the Japanese Empire surrendered and World War II ended on August 15, 1945. The mission the 110th TRS had flown the day before turned out to be the last flown by

Allied P-51 Mustangs that were tallied as "credible results." To be more specific, Maj. Noland and his crew scored the last air-to-air kills of the entire war.

Some might say it was luck and that Maj. Noland and his squadron were in the right place at the right time to secure their place in history. In reality, people and organizations of quality create their own luck through perseverance and hard work.

From the early days in 1923, through the era of Maj. Noland in WWII, and up to the present day 131st Bomb Wing, the men and women of the Missouri Air National Guard have been at the forefront of history.



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Ice bridge closes gap to range complex



Senior Airmen Tyler Dray and Jerry Mitchell use an ice auger Nov. 20, 2014, while constructing an ice bridge in Fairbanks, Alaska. The bridge must be constructed every other year to provide access to the \$20 million range complex used to train pilots from around the world during Red Flag-Alaska exercises. Dray is a range maintenance structures journeyman and Mitchell is a heavy equipment operator with the 354th Civil Engineer Squadron on Eielson Air Force Base, Alaska.

Story and photos by Staff Sgt. Shawn Nickel
354th Fighter Wing Public Affairs

FAIRBANKS, Alaska (AFNS) -- From the first day the Tanana River in Alaska is frozen enough to walk on, Airmen from the Eielson Air Force Base's 354th Civil Engineer Squadron's range maintenance shop drill holes, pump water and let it freeze, layer after layer.

It's a constant game of hop scotch across sand bars, islands, sloughs, creeks and goliath spans of the main river, to build an ice bridge that connects civilization to the Blair Lakes Bomb Range that is 33 miles away through the wilderness.

"We don't always know what we have for ice, so it's a little sketchy going across at first," said Shawn Kelly, the 354th CES range maintenance foreman. "Our first day out we had about 14 inches of ice all the way across. Our goal is to end up with 5 feet of ice, but after two weeks we were running between 24 and 30 inches."

With the bridge completed, more than 190,000 gallons of fuel, thousands of cubic yards of lumber, and other heavy materials will be delivered, which otherwise couldn't have been moved by helicopter. The bridge has to be constructed every other year to provide access to the nearly \$20 million range complex used to train pilots from around the world during Red Flag-Alaska exercises.

A water use permit is obtained from the state and no foreign materials are used during the construction, so as the weather warms long after the New Year, time washes away any tractor marks and snow berms used to form the ice.

"One of the best parts of this job is being out here, where hardly anyone will ever go, and getting to build something that will have a huge impact," said Senior Airmen Tyler Dray, a 354th CES range maintenance structures journeyman. "Two years of fuel alone would cost a fortune to helicopter (supplies and equipment) in to the range. This bridge hardly costs anything and doesn't affect the environment either."

However, getting to the completion point is quite the process. Kelly said the challenges really come when the mercury dips to



Senior Airman Tyler Dray uses an ice auger while constructing an ice bridge in Fairbanks, Alaska, Nov. 20, 2014.

minus 50 degrees, but the advantages make up for it.

"Ice is easy to make when it's that cold, but keeping pumps and other equipment running or started is extremely tough," he said. "The opposite challenge is when it's 7 degrees like it has been and we have a (snow) flurry, the water doesn't freeze well

and the snow insulates its warmth."

To overcome the overwhelming cold on the engines and machinery, they are started prior to leaving Eielson AFB, more than 30 miles away, and are ran the entire day. After being in the damp environment, air filters are cleaned daily and everything is lubricated using high-grade grease.

Second to the fluctuating freezing temperatures, the few hours of daylight are often accompanied by ice fog, which can make visibility next to nothing. Reflective "refrigerator suits" are worn to help keep the Airmen warm and offer some form of visibility; but with no landmarks on the open ice to keep track of the trail, the teams employ one simple trick to help guide them home.

"Flags -- simple orange (flags) where we drill holes mark the path," Kelly said. "It can be clear as day or pitch dark with a great view of the Northern Lights one minute then pea soup the next. Getting lost out here could mean not making it home at all."

The mixed unit of civilians and Airmen is one of the only teams able to build an ice bridge. Seasoned retired enlisted members who have stayed in Alaska offer knowledge to the newer service members who often endure the process for the first time. Generally, most enlisted members will build three bridges throughout their interior Alaskan tour.

"There are so many tricks, tips and processes to get this job done safely -- these guys definitely know what's going on," Dray said. "Even if it's something they haven't seen before or we have a suggestion, we all put our heads together to get it done and improve processes."

Because building the bridge is so unconventional, equipment is sometimes fashioned or improved by hand to overcome the arctic environment. This year, sleds were used to carry pumps and augers across chunks of ice that were miles wide. As the equipment was dragged, the snow and ice were flattened and compacted.

"When we are on land we leave a layer of snow so we can reduce impact on soil and foliage, but when spring comes and the ice melts, the entire process is washed down the river," Kelly said. "Next time we start again the river will be all different, the island's trees will be bigger and the weather will bring all new challenges."

B-2s fly over Tournament of Roses Parade, Rose Bowl



The Rose Bowl Stadium in Pasadena, Calif., awaits football and aviation fans Dec. 31, 2014. The next day during the 101st Rose Bowl Game, a B-2 Spirit stealth bomber from Whiteman Air Force Base, Mo., flew over the stadium, which was packed with more than 90,000 fans. The flyover was also watched on television by more than 28 million viewers.

A B-2 Spirit stealth bomber from Whiteman Air Force Base, Mo., flies over the Rose Bowl Stadium during the 101st Rose Bowl Game Jan. 1, 2015, in Pasadena, Calif. The game was attended by more than 90,000 fans and viewed on television by more than 28 million viewers.



U.S. Air Force Capt. Christopher Conant, left, a B-2 Spirit stealth bomber pilot with the 13th Bomb Squadron, and Capt. Matthew Zulauf, a B-2 pilot with the 393rd Bomb Squadron, represent Whiteman Air Force Base, Mo., during the 101st Rose Bowl Game Jan. 1, 2015, in Pasadena, Calif. The game was attended by more than 90,000 fans and viewed on television by more than 28 million viewers.



LEFT: From left to right: Lt. Gen. Samuel Greaves, commander of Air Force Space Command at Los Angeles Air Force Base, Calif.; Brig. Gen. Glen VanHerck, commander of the 509th Bomb Wing; and Capts. Christopher Conant and Matthew Zulauf, B-2 Spirit stealth bomber pilots, represent the U.S. Air Force at the 101st Rose Bowl Game Jan. 1, 2015, in Pasadena, Calif. The three on the right are from Whiteman Air Force Base, Mo., the home unit of the B-2s that flew over the game and that morning's 126th annual Tournament of Roses Parade.



RIGHT: U.S. Air Force Capt. Christopher Conant, a 13th Bomb Squadron B-2 Spirit stealth bomber pilot from Whiteman Air Force Base, Mo., helps decorate a float Dec. 31, 2014, in Pasadena, Calif. The 126th annual Tournament of Roses Parade was attended by an estimated 750,000 people and viewed on television by 80 million viewers internationally.

Holidays are time to reach out to those who may need help

By Laura McGowan

88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, OHIO -- For some, the holidays come and go crazy fast with Thanksgiving, Black Friday, Cyber Monday, Christmas, Hanukkah, Kwanzaa and New Year's. For others it doesn't go by fast enough. They find no fun at the office holiday parties rife with games others consider to be the highlight of the party. While they might just be introverts, they may also be depressed.

"Depression can take [on] a number of different forms," said Capt. Kristen Redd, clinical social worker and acting director of psychological health. "It varies in terms of intensity, frequency and duration of symptoms."

She said, "The common threads among depressive disorders include a sad, irritable or empty mood in addition to somatic and cognitive changes that [can] impair a person's functioning on the job, in relationships and a variety of other ways."

It's not important that coworkers be psychologists or psychiatrists. It's only important that they be a Wingman. Sometimes, a person will be assigned to be another's Wingman. At other times, a coworker will seek you out and feel comfortable talking with you. When that happens, listen and observe. It could be the beginning of a wonderful friendship, and/or they may just want someone to talk to.

Sometimes the holidays bring out the melancholy in individuals. While many become excited about visits with friends or big family gatherings, others are separated (geographically or emotionally) from their loved ones. The abundance of holiday joy in some can magnify the solitude in others.

"We are bombarded in our culture by commercials and advertisements of idealized family gatherings, elaborate gift presentations and messages of merriment and joy," said Redd. "Many people have a holiday experience that doesn't match these images, and this can serve to increase symptoms of depression or other mental health symptoms."

Sometimes as a Wingman, you have to take Bold Face actions: Assess the desire for self-harm; assess the means of self-harm; assess the status of the four dimensions of wellness (physical, emotional, social, and spiritual); ensure your supervisor or leadership is aware if someone expresses intention or plan to harm themselves or someone else.

Redd said, "Being a good Wingman means knowing the people you work with and recognizing subtle and distinct changes in personality, behavior and appearance of those we work alongside, because these can be clues that someone is experiencing more than normal stress and difficulty acclimating to a significant life change."

If you or someone you know is dealing with depression, there are many helping agencies and resources

available for support: Mental Health Clinics (Active Duty members can self-refer by calling or walking in to schedule an intake appointment. Non-active duty beneficiaries can receive a referral to mental health through their PCM); the Behavioral Health Optimization Program (a service of Primary Care clinics available to eligible recipients providing evidence-based behavioral health consultation services to optimize patient daily functioning); Military Family Life Consultant, located at your installation Airmen and Family Readiness Center; and Chaplains.

Additional resources include Militaryonesource.com (free counseling for Active Duty or family members); Military Crisis Line by calling 1-800-273-8255, press 1, text 838255 or go online at www.militarycrisisline.net (with access to peer counselors in person and through online chats and text messaging).

You can also find help by contacting your local agencies who make up the installation Integrated Delivery System. Help is also available through the Vets4Warriors peer support chat line at 855-838-8255 or online at www.vets4warriors.com. This line will connect an individual with veteran peers who understand the unique challenges of military life and assist with problem solving and resolution.

For more information and resources, visit the Air Force Suicide Prevention website at www.airforcemedicine.af.mil/suicideprevention.

Bloom early

Spring semester begins Jan. 12; now enrolling.

Winter is on its way, but spring always returns. Bloom early this spring by taking classes at State Fair Community College on Whiteman Air Force Base.

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Getting a name



Capt. Myles Morales poses for a photo with his Pendleton quilt Dec. 3, 2014, at Moody Air Force Base, Ga. Morales' native name is Wanbli Kinyan Gli and it translates to 'the eagle flies home.' Morales is the 336th Recruiting Squadron support flight commander.

Story and photos by
Airman 1st Class Ceaira Tinsley
23rd Wing Public Affairs

MOODY AIR FORCE BASE, Ga. (AFNS) -- (This feature is part of the "Through Airmen's Eyes" series on AF.mil. These stories focus on a single Airman, highlighting their Air Force story.)

The buildings looked the same and the people seemed familiar, but something was different, maybe it was him. His Native American ties were lost at a young age and now nearly 20 years had passed since he was last connected to his roots.

This piece of his life was broken until

a naming ceremony brought him back to Standing Rock Reservation in South Dakota.

Capt. Myles Morales, the 336th Recruiting Squadron support flight commander, traveled approximately 1,700 miles to receive one of the most distinguished decorations in his Native American culture: a name.

"My native name is now Wanbli Kinyan Gli and that stands for 'the eagle flies home,'" Morales said. "Before my grandmother passed away one of the last things she said was 'one day the kids will return' (to the reservation)."

Morales smiled as he described how the elders chose his name.

"(The elders) found my grandmother's words to be powerful and thought that name would be a perfect fit," Morales said.

A naming ceremony is a sacred Native American tradition in which the elders collectively bless a name that embodies a particular person's character or experiences.

"Specifically in the Lakota Sioux tradition, a naming ceremony is typically done for warriors before they go to battle," Morales said. "Nowadays, people receive them for many different milestones, like graduating college. Any major milestone in their lives (the tribe) tries to honor because there is not too much progression within the tribes lately."

Before this ceremony Morales wasn't well informed about his culture, but that all changed when he was invited back to experience a part of his heritage.

"My mom passed away when I was 8 years old and after that we lost touch with that side of the family," Morales said. "Now that I've pinned on captain it's a big deal to them because I'm only the second person in the tribe that has made this rank."

He chuckled as he recalled his limited knowledge of the ceremony before, but was proud of all the things he learned and the sacred gifts he was presented.

"They presented me with many gifts signifying their thanks and congratulations," Morales said. "It's customary to give either a Pendleton or star quilts, but I got 11 (Pendleton quilts) and that is equivalent to the status of what a chief would have gotten."

The tribe also gifted Morales' with an eagle feather that symbolizes trust, honor, strength, wisdom, power, freedom and many other things in the Native American culture. He is required to handle the feather with care and it can never touch the ground.

"The elders performed a presentation with the feather and used thyme to purify me," Morales said. "He instructed me to face north, east, south, and then west and during every direction he said a prayer.



A quilt and an eagle feather rest on a table Dec. 5, 2014, at Moody Air Force Base, Ga. A native tribe gifted Capt. Myles Morales', the 336th Recruiting Squadron support flight commander, with a native name, an eagle feather and 11 quilts during his naming ceremony held in honor of him and his military achievements.

My family actually hand wove the beading (on my feather) and there is also an eternity wheel that represents life at the bottom made out of pheasant bone."

Morales spoke about the contributions his culture has made to the military.

According to the Annual Demographic Profile of the Department of Defense, American Indian/Alaskan Natives account for 1,901 or less than one percent of all active-duty service members in the Air Force

Native American code talkers were used in War World II, Morales said. Currently families are finding out that members of their tribe were so dedicated that they didn't even know they were in the military. These people guarded the military's secrets keeping their word of not speaking about missions until the day that they died.

Morales described members of his culture as very trusting and reliant people and he used this as the bedrock of his values.

"Everything I do I try to do well, and I've definitely developed a foundation (of values) from my culture to stand firm in tough times," Morales said. "The values I've learned have always been to be respectful, get an education and do everything to the best of your ability."

Now that Morales has been named, he embraces the Native American that he once knew little about. His grandmother was right, the children returned home.



Myles Morales poses for a photo holding his eagle feather Dec. 3, 2014, at Moody Air Force Base, Ga. Morales received the eagle feather during a naming ceremony held in his honor by the Lakota Sioux tribe on Standing Rock Reservation, South Dakota. Morales is the 336th Recruiting Squadron support flight commander.

DOD releases 2015 military pay, compensation rates

By DoD News, Defense Media Activity

The Defense Department announced the 2015 military pay and compensation rates for service members Dec. 22, with most service members receiving a 1 percent increase in basic pay.

The new rates for basic pay, basic allowance for housing (BAH), basic allowance for subsistence (BAS), and the cost of living allowance (COLA) rates for the contiguous U.S. (CONUS) will take effect Jan. 1, 2015.

Basic pay for service members will increase 1 percent, except for general and flag officers who will not see an increase in 2015.

BAH rates for service members in 2015 will increase on average \$17 per month, or 0.5 percent. Rates are calculated using median current market rent and average utilities (including electricity, heat, and water/sewer) for each pay grade, both with and without dependents. Two changes were made to BAH rate computations for 2015: renter's insurance, which contributed an average of 1 percent to rates, was eliminated, and the fiscal year 2015 National Defense Authorization Act reduced housing rates on average 1 percent for service members.

However, individual rate protection for service members remains an integral part of the BAH program. Even if BAH rates decline — including through the elimination of renter's insurance and the reduction in the calculated rate — a service member who maintains uninterrupted BAH eligibility in a given location will not see a rate decrease. This ensures that

service members who have made long-term commitments in the form of a lease or contract are not penalized if local housing costs decrease.

Service members can calculate their BAH payment by using the BAH calculator.

The 2015 BAS rates for military members will increase by 2.9 percent over last year. The new rates are \$367.92 per month for enlisted members and \$253.38 per month for officers.

The annual adjustments to BAS -- a monthly nontaxable cash payment to military members intended to be used to buy food -- are linked to changes in food prices as measured by the annual change in the U.S. Department of Agriculture Cost of Food at Home Index. From the beginning of October 2013 through the end of September 2014, the index rose by 2.9 percent, forming the basis for the increased BAS rates.

The DOD also released its 2015 CONUS COLA rates. Roughly 12,000 members will see a decrease in their CONUS COLA payments, while some 7,000 members will see an increase or no change, and 4,000 members will no longer receive a CONUS COLA payment.

CONUS COLA is a taxable supplemental allowance designed to help offset higher prices in high-cost locations, and rates vary based on location, pay grade, years of service and dependent status. Rates can increase or decrease depending on the prices in a specific duty location compared to prices in an average CONUS location. Service members can calculate their allowance by using the CONUS COLA calculator.

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REAL ESTATE SALES

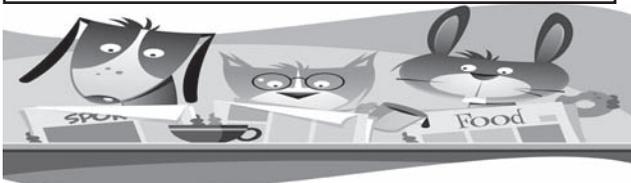


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