

WARRIOR



ROYAL Festivities

Whiteman Airmen open Kansas City Royals season opener pg.8

▶ **pg.2 GOING SOCIAL**
Encouraging Airmen to engage and communicate



How to be happily married to the military

By Keva Cochran
393rd Bomb Squadron spouse

Remember when you got engaged and people would give you all kinds of unsolicited advice? I remember my aunt telling me that when you marry a man, you don't just marry him ... you marry his whole family. No one ever tells you that when you marry a military man, you don't just marry the man ... you marry the military as well.

It's a huge challenge to have a happy marriage. It takes a lot of sacrifice and it's hard work. But when you marry an Airman, there's a third wheel in the marriage and that's the Air Force. At the beginning of my journey as a military spouse, there were times that I really resented that third wheel.

Over the course of the past seventeen years, that resentment gradually grew into acceptance and amazingly enough, now I can say that I really do love and appreciate the Air Force. Our marriage is stronger and happier-not despite the Air Force-but in many ways because of the Air Force and the challenges faced along the way. I'd like to share with you a few things that I have found that have helped our marriage during our Air Force journey.

First, be flexible. I'm sure many of you have had this experience: You've arranged to have a special meal for your family at 6 p.m. Your spouse had said he was planning on being home on time. The clock strikes 6 p.m., 6:30 p.m., 7:00 p.m. The food is now cold and you are really frustrated. Your spouse walks in the door more than an hour later and he explains that there was a situation at work that simply had to be dealt with before he could

I am so grateful for this Air Force journey and how it has strengthened our marriage. As I've tried to be flexible, to build a strong support system, and to be positive on this journey, our marriage and family has become stronger and happier. Our children are building character and becoming more resilient and the Air Force has progressed from being a third wheel to being a special part of our family.

come home. I went through this frustrating scenario dozens of times during our first couple of years in the Air Force. I finally realized that my husband's job in the Air Force was never going to be a "nine-to-five" (or even a seven-to-six for that matter!). He just has to stay until the work gets done. I came to the realization that I needed to plan as if he probably wouldn't be home for dinner, and then if he did get home in time, it was a pleasant surprise! Most days he does make his family engagements on time; but remembering to be flexible has made me so much happier.

Second, be a friend. There will be times when you are "holding down the fort" while your spouse is deployed or on temporary duty (TDY). You need a support system to help you through those times. There are lots of places to meet good friends: your church, squadron functions, your community, spouse organizations, PTA, etc. A good friend of mine here at Whiteman Air Force Base, Mo., always says, "It's not the base that makes an

assignment enjoyable, it's the people you meet and connect with that make the assignment." There will be times when you are in need of help and there will be times when your friends really need your help. I have found so much joy through opportunities to serve others in our Air Force family. When my spouse is TDY or deployed, he knows I will be okay because I have a healthy support system of good friends. This knowledge makes it much easier for him to leave our family and focus on his job while he is away.

Third, be positive. Another scenario: Your family has waited with anticipation for permanent change of station orders. Where will you go next? Germany? Hawaii? Florida? Your spouse comes home and ... drum roll please... he announces that your family will be headed to the frozen tundra of Keflavik, Iceland for the next three years.

This is not the dream assignment you had in mind!

I've learned that my children and my spouse are watching my reactions in moments like this, and they take their cues from me. If I try to put my best foot forward when preparing for a new location, then my family will follow suit. A positive attitude is huge when it comes to helping your family transition to a new base and community.

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What is the social domain?

By Sandra Williams
Community Support Coordinator

There are four areas of a person's life which captures the totality of how they experience and relate to others and themselves. In order to be a balanced person, you must first have a balanced lifestyle. The mental, physical, social, and spiritual domains are the four areas that require constant vigilance.

The last quarter, we focused on the spiritual domain ... which is the ability to sustain an individual's sense of well-being and purpose through a set of spiritual beliefs, principles or values. This quarter we will be focusing on the social domain.

The social domain is our ability to engage in healthy social networks that promote overall well-being and optimal performance. What's that you say? You're not a "social" person? That's ok, most of us aren't. Being healthy socially doesn't mean having many intimate friends, a multitude of casual acquaintances; but it does mean being able to know how to make contact. That might be on social media, Twitter, Facebook or even video games that allow us to communicate.

The social domain forces us to realize that we aren't alone. The ability to communicate, feel connected, have social

Being healthy socially doesn't mean having many intimate friends, a multitude of casual acquaintances; but it does mean being able to know how to make contact.

support and feel a sense of teamwork. If you know you have someone to turn too, it makes that day that just isn't going that great, that much easier to deal with.

We always have to make time to play and have fun and there are many avenues available to do just that. Getting involved in the community, group activities, etc., is just the tip of the social domain and there will be more to follow as the weeks go by.

This quarter we want to focus on increasing contacts and support from the important people in your life, which will include friends, family, co-workers, leaders and your wingmen.

Like coach Vince Lombardi said "It is not whether you get knocked down. It's whether you get up again..." I would like to add, "...it's better if we have someone who can help us get back up". That is the social domain.

THE WARRIOR

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For more information, call the Warrior office at 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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On the cover

U.S. Air Force photo/
Airman 1st Class Joel Pfister
Airmen from Whiteman Air Force Base, Mo. pack away a large U.S. flag after a flag detail during the Kansas City Royals opening day game at Kauffman Stadium April 6, 2015. More than 100 Airmen participated in the detail that was accompanied by the singing of the National Anthem and a B-2 Spirit flyover.

NEWS BRIEFS

EODWF fundraiser run

Registration is now open for the Explosive Ordnance Disposal Warrior Foundation (EODWF) run.

Registration will be \$25 and includes an EODWF shirt. You can choose to run a one mile race, 5K or just donate to a wonderful cause!

The EOD Warrior Foundation (EODWF) serves the EOD community by providing financial assistance and support to active-duty and veteran wounded, injured or ill EOD warriors, families of our wounded and fallen EOD warriors and by maintaining the EOD Memorial.

To register or find out more information, please visit <http://www.eodwarriorfoundation.org/events/events/view/115>

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Not sure what to eat on 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, located at the Whiteman Community Activity Center!

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 building 711, room 305, or call Detective Steven Scott at 660-687-5342.

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.

WEATHER

Today	Saturday
Sunny	Mostly Sunny
Hi 65	Hi 69
Lo 42	Lo 42
Sunday	Monday
Mostly Cloudy	Partly Sunny
Hi 72	Hi 73
Lo 51	Lo 55

A message from the Chief of Staff

Mark A. Welsh III
General, USAF Chief of Staff

April is Sexual Assault Awareness and Prevention Month for the Department of Defense. This year's theme is "Eliminate Sexual Assault. Know Your Part. Do Your Part."

Every Airman, at every level of our Air Force, has a unique role in preventing this crime and, when prevention fails, responding to it. Each of us has a responsibility to foster a culture of dignity and respect and actively work to eliminate behavior that doesn't value each and every person as critically important to our team. When we see such behavior, we have a moral obligation to identify it as unacceptable and ensure those displaying it understands we will not tolerate



it. We also share the responsibility to act if we see inappropriate behavior unfolding. We do not tolerate sexual harassment and

assault. They are completely contrary to our Core Values. Those who don't understand that need to find a new line of work.

In those terrible instances when a sexual assault does occur, we also share a commitment to care for the victim in every way possible: to provide them dedicated legal support, a thorough, timely investigation, the proper legal outcome, and whatever care they require. We must ensure they know we are there to help them, and do everything in our power to eliminate even the slightest hint of professional or personal retaliation of any type against them.

I ask that each of you dedicate yourself to this effort. There's only one acceptable goal and that's an Air Force free from sexual assault. We can't get there without you!

Take care of each other.

Former Army 'shirt' will drive family readiness in 131st, seeks volunteers

By Senior Airman Nathan Dampf

131st Bomb Wing Public Affairs

If an Airman is having issues managing his own finances, he has a resource to teach him how in the 131st Family Readiness Group. If a woman's husband is deployed and she doesn't know what to do when her car breaks down, she has a resource in the FRG. And, for the military spouse who is looking for something to do with the kids during a drill weekend, he can find answers at the FRG.

Single or married, with or without children, there are a myriad of resources available from the 131st FRG.

"It's my intent to create a robust family network program that will help prepare the families of the 131st Bomb Wing," said Gary Woods, the new 131st Bomb Wing Airman and Family Readiness Program manager, who comes to the position from U.S. Army Garrison Japan. "Supporting the National Guard is a bit more of a challenge. But, it's important to recognize those demographics and create programs that reach out to our Citizen Airmen across the state, and sometimes across state lines."

Woods, a former U.S. Army first sergeant, led more than 600 Soldiers during three different tours—two in Japan and one at Fort Gordon, Georgia. Reaching out to and helping service members is something that Woods was taught by one of his early mentors in the Army.

"I still remember Staff Sgt. Clark," Woods said. "He said, 'What I help you do, make sure you do for two or three other people.'"

Woods took that message to heart and helped much more than two or three. While at Fort Gordon, Georgia, he became the first sergeant for the 297th Military Intelligence Battalion. Then, after he moved to Japan, he was assigned as the U.S. Army Garrison Japan first sergeant at Camp Zama, Japan. That assignment morphed into a third tour as a first sergeant at Headquarters, Headquarters Company U.S. Army Japan/1st Corp Forward.

In those positions, Woods worked closely with company commanders and provided day-to-day guidance to the Soldiers in the unit. He emphasized genuinely caring for service members beyond the uniform. Now, Woods intends to use that experience to drive the 131st family readiness program here.

Family readiness programs in the Department of Defense are vital to the mission, and especially applicable to National Guardsmen who do not constantly live the military lifestyle. There are a variety of programs that family readiness professionals promote.

* They encourage overall unit morale by making sure Airmen and their families are coping well with military life. Or, they promote programs and resources available to families of deployed Airmen. Some program managers call regularly to the family of deployed Airmen to ensure the home front is safe or check-in just to say "hello" and the unit is here thinking of you.

* Family readiness managers also maintain unit retention by ensuring the members are taken care of throughout their time in service. Woods recalled how his wife, Renee, would attend baby showers so the Soldiers in his unit felt part of a team and would want to stay within that team.



U.S. Air National Guard photo/Senior Master Sgt. Mary-Dale Amison
131st Bomb Wing Airman and Family Readiness Program manager, Mr. Gary Woods, chats with family readiness volunteer Ms. Sole Suchomel at the Airmen and Family Readiness Center, Whiteman AFB, Mo. Woods is actively seeking volunteers to help with a variety of programs.

* And lastly, program managers provide an understanding of—and access to—available government benefits or entitlement programs. They may hold classes on government insurance for deployed members, or programs on managing finances.

The success of the programs depends on volunteers, said Woods. As he energizes FRG programs at the wing, he is actively seeking volunteers from 131st Airmen and their families to participate or share their ideas to improve on what has been done in the past.

Ready to refer concerns to Woods are the 131st chaplains. As they walk around visiting with Citizen Airmen, the chaplains need to be ready to direct the Airmen or their dependents to the spiritual, medical or basic "functions of living" resources available here, said Lt. Col. Scott Doby, wing chaplain for the 131st Bomb Wing.

"We are fortunate in this wing to have people who are walking encyclopedias in their field," said Doby. "As a former first sergeant, without a shadow of a doubt, Mr. Woods understands the military culture and family culture. He'll be prepared to handle a variety of experiences in his new role."

In addition to the chaplain's office, Woods is also looking forward to working with other members of Team Whiteman to help Airmen and their families.

"The biggest thing I want to do is take advantage of our location and capitalize on Total Force Integration," he said of the Air National Guard's relationship with other active and reserve units at Whiteman. "I want to act with my counterparts in the 509th (Bomb Wing) and 442nd (Fighter Wing, Air Force Reserve). We need to build a network and establish relationships that will reach out to all of our Airmen and their dependents who need support."

For more information on volunteer opportunities with the 131st Family Readiness Group, contact Mr. Gary Woods at (660) 687-7972.

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RECYCLE This Paper ... Think Green

Wing retreat ceremony



Senior Airman Eric Olivero, Whiteman Air Force Base Honor Guard member, brings down the flag during a retreat ceremony at Whiteman Air Force Base, Mo., March 27, 2015.



Col. David Benson, 509th Operations Group commander, stands at attention during a wing retreat ceremony at Whiteman Air Force Base, Mo., March 27, 2015. A retreat ceremony signifies the end of a duty day and is also a way to pay tribute to the American flag.



Airman 1st Class Desirae Yazzie, Whiteman Air Force Base Honor Guard member, folds a flag during a wing retreat at Whiteman Air Force Base, Mo., March 27, 2015.



Airmen render salutes during a wing retreat ceremony at Whiteman Air Force Base, Mo., March 27, 2015. Various base units from the 509th Bomb Wing participated in the ceremony.

WING VOLUNTEER APPRECIATION RECOGNITION CEREMONY

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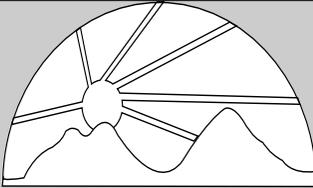
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Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church • Every Tues. Noon - 101 Gray Lane, Chapel Annex 2 at WAFB

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

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A ROYAL OPENER



Airmen from Whiteman Air Force Base, Mo. pack away a large U.S. flag after a flag detail during the Kansas City Royals opening day game at Kauffman Stadium April 6, 2015. More than 100 Airmen participated in the detail that was accompanied by the singing of the National Anthem and a B-2 Spirit flyover.



Airmen from Whiteman Air Force Base, Mo. perform a flag detail during the Kansas City Royals opening day game at Kauffman Stadium April 6, 2015. The Royals would go on to defeat the Chicago White Sox with a score of 10-1.



Balloons release before the beginning of the Kansas City Royals opening day game at Kauffman Stadium April 6, 2015. More than 100 Airmen from Whiteman Air Force Base, Mo. participated in a flag detail before the game.



Members of the Kansas City Royals line up to receive their American League Championship rings at Kauffman Stadium April 6, 2015. After the ring ceremony, Airmen from Whiteman Air Force Base, Mo. performed a flag detail accompanied by the singing of the National Anthem and a B-2 Spirit flyover.



Staff Sgt. Harrison Scott, 509th Aircraft Maintenance Squadron dedicated crew chief, and Tech Sgt. Joshua Cantrell, 131st AMXS dedicated crew chief, stand on the field at Kauffman Stadium during the Kansas City Royals 2015 opening day game April 6, 2015. Airmen from Whiteman Air Force Base, Mo. took part in a flag detail before the game.

U.S. Air Force photos/Airman 1st Class Joel Pfiester

Knob Noster School District meet and greet

On April 17 from 11 a.m. to 1 p.m. at Mission's End, Team Whiteman parents can come meet and talk to the new superintendent of the Knob Noster School District, Dr. Kristee Lorenz. She will have lunch with parents and host an open discussion about the cares and concerns of military families with children in the KNSD. Dr. Lorenz is also interested in hearing feedback and suggestions to assist KNSD leadership in shaping the future of the district. So come to Mission's End on the 17th, grab your lunch, and join us for this great opportunity.



Base Housing Survey Ongoing

All on-base housing residents are encouraged to complete the survey below regarding your preferences for future delivery of the Whiteman Warrior to your residence. The survey is only 10 questions, is completely anonymous, and will enable your preferences to be heard regarding home delivery of the Whiteman Warrior. The survey is open now through April 17th. Here is the link to the survey: https://www.surveymonkey.com/s/WAFB_Warrior_Delivery. If you have any questions or concerns, please contact the WAFB Public Affairs Office at (660) 687-6126.



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APRIL 10TH 6-10PM

\$5 Entrance Fee Free For All Single And Unaccompanied Airman

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WING VOLUNTEER APPRECIATION RECOGNITION CEREMONY

APRIL 17 AT MISSION'S END BEGINNING AT 3PM

Celebrate Service

THE AIRMEN & FAMILY READINESS CENTER IS HOSTING THE 2015 ANNUAL WING VOLUNTEER APPRECIATION RECOGNITION CEREMONY ON APRIL 17, AT MISSION'S END FROM 3-4:30PM.

EACH NOMINEE WILL RECEIVE A CERTIFICATE OF APPRECIATION SIGNED BY THE INSTALLATION COMMANDER, VICE OR SUPPORT GROUP COMMANDER. THIS EVENT IS VOLUNTEER FOCUSED.

HONORING THE MEN AND WOMEN WHO ACCOMPLISH THE EXTRAORDINARY THROUGH VOLUNTEER SERVICE, AND MOTIVATE OTHERS TO FOLLOW THEIR LEAD.

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WHITEMAN AFB STRIKER LIFE

HALF MARATHON, 5K & 10K
 BEGINS AT 7AM — 5.30.15

Go To Active.com Search "Striker Life Half Marathon" To Sign Up For The 1/2 Marathon, 5k Or 10k Run.

All Events Will Have A Start Time Of 7am At Skelton Park

SAME DAY REGISTRATION
 Available only to individuals with Base Access. Registration will last from 5:30 - 6:40am. If signing up after May 24, shirts / shirt sizes cannot be guaranteed.

ATTENTION RUNNERS
 If you are not a 2000hrly Card Holder, you must register before April 10, 2015 in order to gain access to the Base/Warehouse. Beyond this date you will be required to sign up at an Active Military Installation. You will be subject to a background check if performed by Whiteman's Security Forces. When you complete registration, you will be contacted by the Striker Life Team. We will need your full name, a 2" x 2" passport size photo, driver's license number & state of issue, and Social Security Number.

Information is Available Via Our Facebook Page & Website At facebook.com/whitemanmarketing Or Whitemanm.com

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FCC NEWS AND INFORMATION

Base Residents

FCC OFFICE 660-687-5590

Doing child care for the AF mission? Licensing is not required if you are:
 Providing occasional care for a friend or neighbor, Baby-sitting on an occasional basis for other families, Teenager doing evening or weekend Baby-sitting for families, Providing child care in the parents' own home, Parent cooperative where one of the parents provides supervision for other parents' children on an exchange basis and no fees are involved, Providing less than 10 hours of child care a week on an irregular basis:
 If you are providing care beyond these opportunities please contact the FCC program for a licensing application.

Contact The FCC Office for more information at 687-5590

Larry J. Heavner



Larry J. Heavner, 64, of Warrensburg, Missouri, passed away Wednesday, April 1, 2015 at Kansas University Medical Center. Larry was born June 4, 1950 in Elkins, West Virginia, the son of Harry and Orpha (Moyers) Heavner. He graduated from Petersburg High School, and shortly after, enlisted in the United States Air Force. Larry was united in marriage to Carolyn J. Turner on July 7, 1982 in Sumter, South Carolina. His military career took him all over the world, and finally to Warrensburg in 1989. In 1991, Larry retired from the Air Force and later became employed with General Electric. He attended Central Missouri State University and received a Bachelor of Science degree in Electronics Technology in 1996. He retired from General Electric in 2013, after twenty years of service. Larry was an avid fisherman, and loved the West Virginia Mountaineers. He enjoyed hunting, the great outdoors, and especially spending time with his grandchildren.

Survivors include his wife, Carolyn; three children: Kimberly Brand and husband, Kenneth, of Knob Noster, MO; Jonathan Heavner of Raleigh, NC and Michelle Taylor and husband, Marc, of Strasburg, CO; sister: Susie Figueroa and husband, Julio, of Petersburg, WV; two brothers: Steven Heavner of Moorefield, WV and Dick Heavner and wife, Brenda, of Mt. Storm, WV; and four grandchildren: Connor Heavner, Wyatt Brand, Nathaniel Taylor and Rori Taylor.

Memorial services will be held Saturday, April 11th at 2:00 p.m. at Whiteman Air Force Base Spirit Chapel with Chaplain Captain Anthony Davy officiating. Full Military Honors will be provided by Whiteman Air Force Base Honor Guard. Arrangements entrusted to Williams Funeral Chapel in Warrensburg.

In lieu of flowers, memorial contributions are suggested to Johnson County Cancer Foundation, in care of the funeral chapel.

Online condolences may be left at www.williamsfuneralchapel.net.

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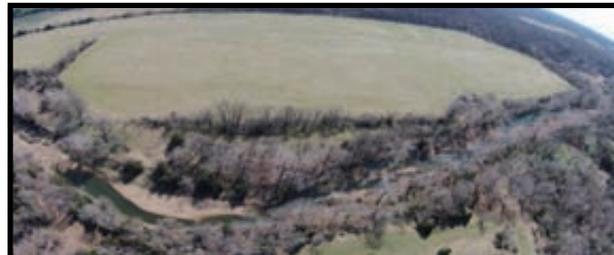
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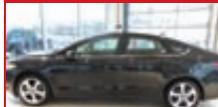
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