

MISSOURI AIR NATIONAL GUARD ASSISTANT ADJUTANT GENERAL NAMED PG. 9

2 The Warrior May 13, 2016

Reflection of a profession

News



509th Medical Group nurses and medical technicians gather for a group photo during National Nurses Week at Whiteman Air Force Base, Mo., May 6, 2016. The annual celebration was held from May 6 through May 12 this year, and the theme was "Culture of Safety - It Starts with YOU."

By Lt. Col. Cindi Willis 509th Medical Group

National Nurses Week is an annual event that began May 6 and ended May 12, 2016. The celebration coincides with the birthday of Florence Nightingale, the founder of modern nursing. This year's theme is "Culture of Safety – It Starts with YOU."

For several years the nursing profession has been recognized as one of the most trusted professions. To foster that trust, the 509th Medical Group is committed to providing safe and exceptional care to all of our patients.

U.S. Air Force Nursing Services includes registered nurses (RN), licensed practical nurses (LPN) and medical technicians, and we celebrate National Nurses Week a little different each year. This year we kicked off the week by providing all nursing services staff with a special t-shirt and took a group photo.

We had games and drawings throughout the week culminating with a potluck luncheon on May 12.

When I reflect on what National Nurses Week means to me, I think of all the times my patients have said, "Thank you." I think about the times my patients couldn't verbally thank me, but I saw the appreciation in their eyes. And, sometimes it's the littlest gesture of caring nurse's that has the greatest impact on a patient. I've been a nurse for 22 years, and I still love my profession. Caring for others creates a sense of fulfillment that is hard to find in



other occupations.

Most of us working in nursing services, either as active duty, civilian or contractors, feel a sense of pride when caring for our military patients. This is what was conveyed to me when I asked the staff about their thoughts of being in nursing services in the Air Force:

• Greater sense of pride

• Sense of a "higher calling" caring for veterans and their families

• Ensure pilots, support staff and their families are healthy, both mentally and physically, to carry out the Air Force mission

• Daily opportunity to care for deployed forces, interact with veterans and hear about their unique stories from past wars

• Friendships and bonds secured during active-duty service last a lifetime

• Active-duty members caring for those who serve our country and protect our way of life

• Sense of belonging to something greater than ourselves

• Active-duty population is usually a healthier population

• Military medicine focuses on prevention and wellness first, then disease management

I've had many opportunities during my Air Force career; I lived overseas, traveled to places I never even imagined being in, and deployed three times, twice to the Middle East and once to Honduras. I also had the opportunity to support stateside humanitarian operations during Hurricanes Katrina, Gustav and Ike where I helped stabilize and aeromedical evacuate 3,300 injured, ill and displaced civilians. I've been assigned to inpatient units, outpatient primary care clinics and have had administrative roles. Every position that I took on, and the people I worked with, helped mold me into the person I am today. The most rewarding aspect of my job is knowing I'm successful because of the exceptional nurses and technicians I work with and their diligence and devotion to our active-duty members, veterans and their families.

THE WARRIOR Editorial Staff

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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.

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.

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

On the cover

U.S. Air Force photo/ Airman 1st Class Keenan Berry U.S. Air Force Airman 1st Class Connor Walsh, a 509th Civil Engineer Squadron explosive ordnance disposal team member, inspects a barrel's bore on an HD2 robot at Whiteman Air Force Base, Mo., May 10, 2016. The robots must be inspected prior to and after each use for discrepancies.

By Tech. Sgt. David Brandon 509th Medical Operations Squadron

Since 1949, the month of May has been observed as National Mental Health Awareness Month, a time when advocates

and activists across the country draw atten-

tion to the mental health issues that affect as many as one in four Americans (includ-

ing Active Duty military). According to the Centers for Disease Control and Prevention, more people die from suicide in the U.S.

than from traffic accidents or homicides. We lose 22 veterans to suicide daily.

sociated with mental illness, many people

are too ashamed or embarrassed to seek

the help they need for themselves or their

loved ones. For many service members,

the fear remains that engaging in mental

health treatment will have an adverse ef-

fect on their career or duty status. National

Mental Health Awareness Month is a time

when we work together to break through

that stigma. How do we accomplish that

here at Whiteman? We express compassion

for those who struggle with mental health

issues and draw attention to the proven

methods that can help change their lives for

Messages from leaders

visors, mental health services are and should

be actively supported and encouraged.

Leaders at Whiteman have strived to cre-

ate a culture where Airmen at all levels can

feel comfortable opening a dialogue regard-

ing stress, anxiety, depression and seeking

help. A leadership narrative that normalizes

mental health treatment and the difficulties

inherent in the challenges we face each day

During an Air Force study, it was found

is key in creating a healthy culture.

From base leadership to frontline super-

Unfortunately, because of the stigma as-

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NEWS BRIEFS U.S. AIR FORCE EagleEyes

WATCH.REPORT.PROTECT.

U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to http:// www.tipsubmit.com/WebTips. aspx?AgencyID=1111 or the AFOSI web page at http://www.osi.af.mil

How to report an anonymous tip using a smart phone:

1. Use the smart phone app

2. Manually select an agency

3. Choose USA then Federal Agency then select AFOSI

4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip VIA text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

Air Force Housing website

Visit www.housing.af.mil to find your new home with the Air Force. This website 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.

Stealth Lounge

If you are a young Airman, let the Stealth Lounge make your time at Whiteman more fun. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The lounge opens at 4 p.m. during the week and noon on weekends. There is free dinner every Friday at 4:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.

Please like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

Found property

Sunday

Hi 63

Lo 44

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.

WEATHER Today Saturday Mostly Sunny Chance of Storms Hi 74 Hi 59 Lo 50 Lo 43

Partly Sunny Storms Likely

Monday

Hi 64

Lo 48

that chaplains received top marks from Airmen as a trusted source. As such, partnering with the chaplaincy can help. In addition, examples of Airmen and families overcoming a mental health issue can send a positive message about the benefits of seeking help. Success stories regarding mental health treatment, and the benefits of

the better.

May is **Mental Health Awareness Month** Knowing when to reach out for help takes courage

seeking assistance need to be told as well. Leaders at all levels should take advantage of existing educational programs, such as the Patriot Support Program's anti-stigma campaign, to aid their education efforts to defeat stigma.

Mental Health Awareness Month

Education

In addition to the 509th Medical Group (MDG) whole-person approach to wellness, overcoming stigma and encouraging help-seeking should be a primary focus of commander's calls and mentorship sessions. Consistently promoting or normalizing mental health services by commanders at all levels requires more than occasional statements about getting help and should be considered a sign of character strength instead of weakness. Removing stigma needs to be a stronger focus as well as eliminating unfounded stereotypes.

While the number of Airmen willing to obtain mental health services has gradually increased, work still needs to be done to continue to remove barriers to care and the perception of stigma. Recent data from an Air Force Community Assessment Survey suggests that one in 10 active duty service members reported untreated mental health problems and that 90 percent had no intention of seeking mental health services.

Reluctance is due in part to misconceptions about what mental health treatment involves, the effectiveness of mental health services, and as mentioned earlier, the concerns about potential impact of help-seeking

on one's military career and relationships. **Facts and Resources**

The fact is that many mental health problems are very easily treated with effective evidence-based treatments. Although mental health staff may be required to inform commanders about duty or deployment limitations, these notifications are similar to other medical notifications and do not disclose details of the mental health visit. A study published in 2014 showed that 97 percent of Airmen who sought mental health care voluntarily, before problems are noticed by commanders or other community members, did not experience any negative impact

Many people have times in their life when they have difficulty coping. Knowing when it is time to talk to someone, or get additional help, is one of the key tenants of mental fitness. For more information about mental health support, or to speak with one of our mental health professionals, please call the MDG Mental Health Clinic at (660) 687-4341.



Clinic update

Looking to make a stop at the clinic? As construction continues in full force, please read below for information regarding current operations as they may affect where your appointment is located.

A few more departments have moved to temporary locations while their areas are being remodeled: Public Health has relocated to the second floor; Release of Information is located in the Radiology department; the dietician and health promotion manager have moved to an office near ambulance services. Mental Health and Referral Management are still located in the Temporary Phasing Facility (TPF) in the parking lot.

We ask for your continued patience and cooperation while construction continues through early 2018.

U.S. Air Force graphic



FRIDAY, MAY 13 • 7 p.m.SATURDAY, MAY 14 • 7 p.m.Captain America: Civil War (PG-13)Captain America: Civil War (PG-13)Adults - \$6.25, children - \$4.00Adults - \$6.25, children - \$4.00

SUNDAY, MAY 15 • 3 p.m. The Boss (R) Adults - \$6.25

ALS class 16-D graduation



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

Graduates of Airman Leadership School (ALS) class 16-D gather for a photo after their graduation ceremony at Whiteman Air Force Base, Mo., May 5, 2016. ALS is a fiveand-a-half week course that prepares senior airmen to be professional, war-fighting supervisors and lead Air Force teams to support the employment of air, space and cyberspace power.

Senior Airman Keenan Aitchison 139th CES **Senior Airman Victor Alexander** 509th SFS Senior Airman Jessica Bernard 509th MXS **Senior Airman Tyler Bouchard** 509th AMXS **Senior Airman Boyce Brandon** 142nd LRS Senior Airman Stephen Carper 509th LRS Senior Airman Bradley Debrick 509th MDOS **Senior Airman Matthew Ford** 509th OSS Senior Airman Brendan Frazer 509th CS Senior Airman Beau Haynes 509th AMXS **Senior Airman Justin Holden** 509th CONS Senior Airman Mark Hueber 509th SFS **Senior Airman Brian Jones** 509th CES Senior Airman Nathaniel Kiger 139th CES Senior Airman Joshua Layton 509th AMXS Senior Airman Ian Linker 509th AMXS

Senior Airman Malik Murray 507th CES **Senior Airman Jonathon Myers** 509th MXS Senior Airman Jordan Myers 509th MXS Senior Airman Tommy Ngo 239th CCS **Senior Airman Collin Nichols** 509th CES **Senior Airman Stephanie Nieves** 509th SFS Senior Airman Courtney Quade 509th MDSS Senior Airman Erik Riener 509th MXS **Senior Airman Joshua Roberts** 509th AMXS **Senior Airman Kevin Sanders** 509th AMXS **Senior Airman Jermaine Walton** 509th CES Senior Airman Douglas Webb 139th MXS Senior Airman Priscilla Webb 509th LRS **Senior Airman Cameron Welsh** 121st SFS Senior Airman Charles Woodard IV 509th MXS Senior Airman Nathan Young 509th LRS





All Events Will Have A Start Time Of 7am At Skelton Park We Reccomend Showing Up Early As Parking Will Be Limited.

> SAME DAY REGISTRATION: Available only to individuals with Base Access, Registration will last from 5:30 - 6:40am If signing up after April 24, Shirts / Shirt Sizes Cannot Be Guaranteed.

ATTENTION RUNNERS: "If You Are Not A DOD/military Card Holder, You Must Register Before May 6. In Order To Gain Access To The Base/Runway. Because This Race Will Be Run On An Active Military Installation, You Will Be Subject To A Background Check Performed By Whiteman's Security Forces. While Completing Your Registration You Will Be Required To Submit Your Full Name As It Appears On Your Driver's License, Driver's License Number & State Of Issue, And Social Security Number.

ROUTE CONTAINS SOME OFFROAD (DIRT/GRAVEL) PORTIONS.

Information is available via our facebook page & Website at: facebook.com/StrikerLifeHalfMarathon or whitemanfss.com

PEOPLE WHO READ NEWSPAPERS ARE BETTER

WRITERS AND **SPEAKERS**

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U.S. Air Force photo/Senior Airman Jovan Banks U.S. Air Force Brig. Gen. Paul W. Tibbets IV, the 509th Bomb Wing commander, presents Col. Brian Gallo the 509th Operations Group (OG) command guidon during an assumption of command ceremony at Whiteman Air Force Base, Mo., May 6, 2016. Gallo assumed command of the 509th OG from Col. Mike Pyburn.



RECYCLE This Paper ... Think Green

Excellence In All We Do

Feature Explosive Ordnance Disposal



U.S. Air Force Airman 1st Class Connor Walsh, a 509th Civil Engineer Squadron explosive ordnance disposal (EOD) team member, controls an HD2 robot on an EOD response vehicle at Whiteman Air Force Base, Mo., May 10, 2016. When the EOD team receives a response call regarding a suspicious package, they deploy a robot downrage to investigate the device.



F6A and HD2 robots sit dormant at Whiteman Air Force Base, Mo., May 10, 2016. The robots are capable of moving certain pieces of ordnance, depending on weight, to safer locations.



U.S. Air Force Airman 1st Class Conner Walsh, a 509th Civil Engineer Squadron explosive ordnance disposal (EOD) team member, uses an F6A robot controller at Whiteman Air Force Base, Mo., May 10, 2016. The robots are the primary means of handling explosive ordnances to eliminate potential harm to EOD members.



U.S. Air Force Airman 1st Class Connor Walsh, a 509th Civil Engineer Squadron explosive ordnance disposal team member, operates an F6A robot controller at Whiteman Air Force Base, Mo., May 10, 2016. The controller enables the robot to maneuver around different obstacles as well as disarm explosive devices.



U.S. Air Force Airman 1st Class Matthew Cline, left, and Senior Airman Ryan Carel, both 509th Civil Engineer Squadron explosive ordnance disposal team members, examine an x-ray of a suspicious package at Whiteman Air Force Base, Mo., May 10, 2016. The x-ray is used to reveal the presence of any explosive ordnance within a suspicious package.

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

Francis named new Missouri Air National Guard assistant adjutant general

By Senior Master Sgt. Mary-Dale Amison 131st Bomb Wing Public Affairs

JEFFERSON CITY, Mo. – The adjutant general of the Missouri National Guard has named a new assistant adjutant general-Air for the Missouri National Guard at Ike Skelton Training Site this week.

Maj. Gen. Stephen Danner, the adjutant general, announced Col. Michael Francis, the current commander of the 131st Bomb Wing, will succeed Brig. Gen. Gregory Champagne, the Missouri Air National Guard assistant adjutant general.

"Col. Francis is a truly dedicated professional and the driving force behind Total Force Integration with our active duty B-2 strategic partners at Whiteman Air Force Base," Danner said. "From his time on active duty and throughout his career with the Missouri National Guard's 131st Bomb Wing, he has proven time and again the ability to lead our Airmen on to great success."

Danner added that through Francis' tenure as commander, the 131st has garnered high praise with attainment of full operational capability in its strategic nuclear deterrence mission with the active duty 509th Bomb Wing.

During his command, the wing accolades include a Meritorious Unit Award, an Air Force Outstanding Unit Award, two consecutive Fairchild Trophies for "Best Bomb Wings in the Air Force," and visits from high profile leaders, including: Secretary of the Air Force Deborah Lee James, Chief of Staff of the Air Force Gen. Mark Welsh III, Chief of the National Guard Bureau Gen. Frank J. Grass and Chief Master Sergeant of the



Col. Michael Francis

Air Force James Cody.

Champagne, who has held the assistant adjutant general position since April 2013, has become the Air National Guard assistant to the commander, Air Force Global Strike Command at Barksdale Air Force Base, Louisiana. His previous assignment was as the 131st Bomb Wing commander, with Francis as his vice commander.

"It's quite the honor to be chosen by Maj. Gen. Danner for this position," Francis said. "I've worked alongside Brig. Gen. Champagne for a number of years and will strive to continue to build on the tremendous work he's done. We have two strong wings in this state and will continue to evolve and work to ensure our Citizen-Airmen are ready to answer our state and nation's call."

Francis entered the Air Force in 1989 after graduating from the United States Air Force Academy. After graduation from undergraduate pilot training, Francis served as an F-15 instructor pilot during two operational tours with the 1st Fighter Wing, Langley Air Force Base, Virginia and the 18th Wing, Kadena Air Base, Japan. Upon returning from overseas, his final active duty assignment was as an operational test pilot within the 53rd Wing at Eglin Air Force Base, Florida.

In 1998, Francis transitioned to the Missouri Air National Guard as an F-15 instructor pilot. As a command rated pilot, he has amassed over 3,700 hours in the F-15, T-38, and B-2 while serving as flight commander, aircraft maintenance squadron commander, operations group commander, vice commander and wing commander.

"It has been an extreme privilege to be the 131st Bomb Wing's commander," Francis said. "Looking back from my time as a second lieutenant up to present day, I have far exceeded the goals that I set for myself. I have always tried to be the best at what I do and look forward to the challenges ahead."

Eaves named commander of Missouri Air Guard 131st Bomb Wing

By Missouri National Guard

State Headquarters Public Affairs Office

Colonel Ken "Willie B" Eaves has been named commander of the Missouri National Guard's 131st Bomb Wing at Whiteman Air Force Base.

Eaves has a broad background of experience with varied assignments in the Air Force and he has demonstrated solid leadership qualities, said Maj. Gen. Stephen Danner, adjutant general of the Missouri National Guard.

"Under his command, the 131st will continue to lead the way with its crucial B-2 mission and provide a community-based force of ready Citizen-Airmen to defend and serve the people of Missouri and the nation," said Danner.

Eaves, who previously served as the wing's vice commander, will replace the wing's current commander, Col. Michael Francis. Serving as the second in command of the National Guard's only B-2 bomb wing that provides combat capability as part of Air Force's Global Strike Command, Eaves has led the active duty and Air Guard team at Whiteman on numerous occasions during highly visible exercises, and flawlessly executed taskings by higher headquarters in the absence of both 509th and 131st Bomb Wing commanders. The wing is a classic associate with the 509th Bomb Wing, the only two wings in the Air Force to fly the B-2 Spirit.

The Assistant Adjutant General - Air for the Missouri National Guard, Brig. Gen. Greg S. Champagne, said Eaves reflects the Guard's high standards.

"Col. Eaves demonstrates the caliber of Airman the Missouri National Guard contains," said Champagne. "His vast experience and leadership in key positions throughout the wing will further solidify the Air Guard in the state."

As the wing's previous commander, Francis said he is confident Eaves will lead the 1,100 combatready Airmen with much success.

"Col. Eaves' leadership has been a critical component to the 131st Bomb Wing's recent successes from Jefferson Barracks to Whiteman AFB with our Total Force partners, the 509th Bomb Wing," said Francis. "Col. Eaves is a strong advocate for our Airmen, our mission, and is absolutely the right leader to be the next 131st Bomb Wing commander."

Eaves, who has over 3,440 flight hours in aircraft ranging from the T-37, T-38, F-15, and the B-2, began his military career in the Georgia Air National Guard when he received his commission through the Academy of Military Science. After completing Undergraduate Pilot Training and F-15 pilot training courses, he served as a drill status and full-time Guardsman in Atlanta until 1995, when he transitioned to the Missouri Air National Guard. Col. Eaves has served in numerous flying positions as both an instructor pilot and commander and has a broad background of experience with assignments in flying operations and wing staff positions. He flew combat missions in Operations "Provide Comfort" and "Northern Watch."

Additionally, Eaves has a broad background of experience with assignments in flying operations, instruction, safety, wing staff and command positions.

He has been awarded numerous medals, ribbons and other citations, including the Meritorious Service Medal with one oak leaf cluster, Air Force Commendation Medal with two oak leaf clusters, Air Force Achievement Medal, Joint Meritorious Unit Award, Air Force Outstanding Unit Award with four oak leaf clusters, Combat Readiness Medal with six oak leaf clusters, National Defense Service Medal with one oak leaf cluster, and the Armed Forces Expeditionary Medal.

The change of command ceremony will take place at Whiteman Air Force Base on Sunday, May 15, at 1:31p.m.

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News



Uphold the legacy of E X C E L L E N C E

AADD Presents Pulled Pork BBQ Sandwiches



BBQ will be located in the parking lot by the AADD vehicle on Spirit Blvd. Bad weather location Stealth Lounge. Time: 1100-1300 Date: 17 May 2016

AADD Presents Barbeque Pulled Pork Sandwiches. for \$5.00.

Chips and a drink will be included with the sandwich.

Proceeds will be donated to AADD and the Air Force Ball.

services page

National Police Week

Whiteman AFB

Schedule of events

Week of May 16 - 20				
Monday	Tuesday	Wednesday	Thursday	Friday
Opening Ceremony 7:30 a.m.	Golf Tournament 9 a.m.	Pistol Competition 9 a.m.	Warrior Challenge 8 a.m 11 a.m.	Softball Tournament 9 a.m 3 p.m.
First Reading Vigil 8 a.m.	Weapons, Vehicles, K9, SAPR Kiosk, DUI simulator	Ruck March 3 p.m 6 p.m.	Weapons, Vehicles, K9, SAPR Kiosk, DUI simulator	Weapons, Vehicles, K9, SAPR Kiosk, DUI simulator
Memorial 5K 9:30 a.m 10:30 a.m.	10 a.m 2 p.m.		10 a.m 2 p.m. Bowling Tournament	10 a.m 2 p.m. BBQ 1 p.m.
Children's Day Trip 12 p.m 4 p.m.	State of the state		3 p.m 7 p.m.	Car Show 2 p.m.
Last Reading Vigil 5 p.m.	Precio and	a starte or setting		Closing Ceremony 4 p.m.

For more information, please contact Tech. Sgt. Christy Aguigui at (660) 687-1892

classifieds