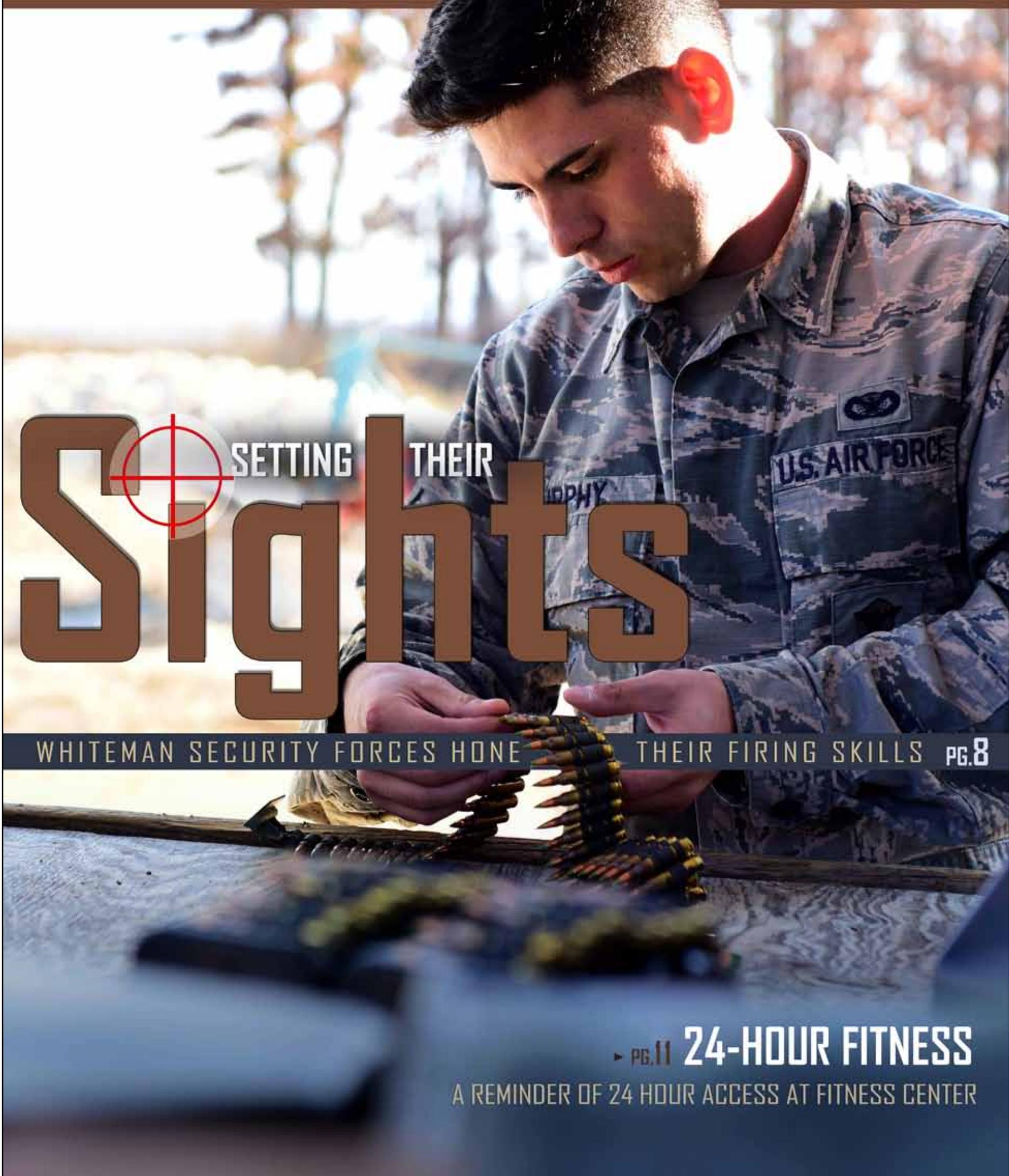


WARRIOR



SETTING THEIR Sights

WHITEMAN SECURITY FORCES HONE THEIR FIRING SKILLS **PG.8**

▶ PG.11 24-HOUR FITNESS

A REMINDER OF 24 HOUR ACCESS AT FITNESS CENTER

Weekly commander's message

Greetings, Team Whiteman!

Throughout the week our Total Force team has been executing a variety of B-2 initial qualification and continuation training missions necessary to ensure we maintain a constant state of readiness, enabling us to complete our strategic deterrence and global strike missions. These B-2 training flights included sorties to the Cannon Range in southern Missouri where we dropped 2000-pound unguided, inert BDU-56 munitions.

In addition to supporting flying operations, our maintenance teammates performed various ground tests this week on our B-2 fleet. These specific tests are part of our B-2 modernization efforts. Next week we will go a step further and conduct similar airborne tests to continue advancing our platform's unique capabilities.

On Wednesday we hosted a Base Community Council (BCC) event, which allowed leaders from across the base to meet with their respective community liaisons from the surrounding area. For those of you that may not know, the support, as well as the funding, the BCC provides for us is tremendous. The BCC supports our installation in many different ways throughout the year and we are grateful for their continued support!

Also this week we hosted the second of three scheduled planning meetings in preparation for the April 2017 Nuclear Weapons Accident-Incident Exercise (NUWAIX). More than 50 people from various government agencies participated in this planning event, including representatives from Air Force Global Strike Command, as well as the Defense Threat Reduction Agency (DTRA), the lead planning agency for the exercise. NUWAIX will include dozens of base, local and federal agencies and will exercise our ability to respond to a major event. We look forward to working with our interagency partners and to the exercise next spring!

I hope many of you are able to attend the Ryan Daniel concert tonight, which is taking place at Royal Oaks. The free concert begins at 7 p.m. and is a great opportunity for our team to relax and unwind with friends and fam-



ily. Ryan Daniel is a former Ammo Airmen and Tops in Blue member, so if you are interested, be sure to attend... thanks to everyone on our team who made this event possible!

As always, continue to watch out for one another, both on and off duty, and if you see something unsafe...say something!

Defend...Avenge!

Nuke
PAUL W. TIBBETS IV
Brigadier General, USAF
Commander, 509th Bomb Wing

THE WARRIOR

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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 do 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, 509th Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

Congratulations to the **WAFB winners of the** **2016 AFGSC Weather Awards:**

Unit
509th OSS Weather Flight

Civilian
Mr. Walter Otto, 509th OSS

On the *cover*

U.S. Air Force photo/
Airman Michaela R. Slanchik
U.S. Air Force Airman 1st Class Tyler Murphy, a 509th Security Forces Squadron (SFS) security response team member, counts out 150 rounds of ammunition for an M249 automatic rifle at Fort Leonard Wood, Mo., Nov. 14, 2016. Each 509th SFS member in attendance fired the weapon with a thermal scope, a steel scope and while wearing a gas mask during qualification.

NEWS BRIEFS



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 "AFOSP" 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

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
Partly Sunny	Sunny
Hi 54	Hi 46
Lo 53	Lo 29
Sunday	Monday
Sunny	Sunny
Hi 49	Hi 55
Lo 26	Lo 30

Family bond gets Veteran Airman through PTSD

By Senior Airman Nathan Dampf
131st Bomb Wing Public Affairs

A 30-year career, multiple deployments and two months of intense training could not prepare retired Senior Master Sgt. Bob Weber for what he would experience during a 2010 deployment to Afghanistan.

"We got there in July," said Weber. "In January, that was when Pharris was killed."

Army Sgt. 1st Class Robert W. Pharris was killed in action by a roadside bomb Jan. 5, 2011. A goat and sheep farmer and a member of the Missouri National Guard, Pharris went to Afghanistan with Missouri's Agri-Business Development Team-IV (ADT-IV) to encourage agriculture infrastructure development in Afghanistan.

The loss of Pharris caused pain that lasted well beyond the deployment.

Weber was selected to lead five Air National Guard Airmen and 58 Missouri Army National Guard Soldiers as convoy escorts to ADT-IV in Nangarhar Province, Afghanistan. Prior to the deployment, the combined unit attended two months of convoy and escort training at Camp Clark near Nevada, Missouri, and at Camp Atterbury, Indiana.

"Ag told us where they wanted to go, we came up with the convoy plan, met at the trucks and did our thing," Weber said. "My main job - being a supervisor - was to bring my people home. I couldn't do that for Pharris."

One evening, Weber and his team drove out and returned on a successful convoy. However, Pharris was on a different mission. His convoy hit an improvised explosive device. His truck was eighth of twelve. The blast killed Pharris and Army Spc. Christian Romig, a cavalry scout with the 61st Cavalry Regiment, 101st Airborne Division, Fort Campbell, Kentucky.

"They got us all together and told everybody," Weber said. "It was a shock. It kind of hits you and you don't know what to do."

Weber consoled his Airmen and Soldiers as they continued their deployment. He kept his mind off of his own emotions by helping those around him.

"It was a trying and emotional time for everyone," he said. "You put it in the back of your head, but then I was only bringing 61 people home." The unit left a seat open on the plane in Pharris' honor.

It was when he returned home that the real work to heal began.

While deployed, Weber was injured when he jumped from a defensive tower in response to an incoming attack on their forward operating base. He went through eight surgeries upon his return to the U.S. Exhaustion from the surgeries and his medications helped him sleep fine at first. But as he recovered and the medications stopped, his nights became restless as thoughts began to roll into mind of what happened.

"While deployed, I was helping the teammates," Weber said. "At home, I had time to think about things."

Months passed and Weber finally sought mental health support. He worked with Cheryl Reed, who was the 131st Bomb Wing psychological health director at the time. With help, he started to make progress.

"The important thing to understand with Bob's situation is that he recognized he needed



U.S. Air National Guard photo/Airman 1st Class Halley Burgess
Retired 131st Bomb Wing Senior Master Sgt. Bob Weber credits his wife, Thomasine Weber, for providing social resiliency support to help him recover from injuries and following the loss of a fellow Missouri Guard member to an improvised explosive device during a deployment to Afghanistan. Weber was selected to lead five Air National Guard Airmen and 58 Missouri Army National Guard Soldiers as convoy escorts to ADT-IV in Nangarhar Province, Afghanistan. A goat and sheep farmer and a member of the Missouri National Guard, Army Sgt. 1st Class Robert W. Pharris went to Afghanistan with Missouri's Agri-Business Development Team-IV (ADT-IV) in 2010 to encourage agriculture infrastructure development in the war-torn country, and was killed in action by a roadside bomb Jan. 5, 2011.

help," said Reed. "Not everybody does that. Airmen should always remember the wingman concept and ask if they see someone acting out of character."

Weber sought out several wingmen, but left out perhaps his most important one for quite a while.

"At home, I didn't tell my wife for two years," he said of the loss of Pharris. "When I came back, I was different. I wasn't as good a husband or as good a father. But, I believe that once I opened up to them, they were able to understand where some of the problems that I was having were coming from. By having them informed of the problem I was facing, I was able to help them understand."

Even though his counseling started two years before he told her, Weber said he made significantly more progress after he brought his family into the conversation.

"It felt like a weight lifted off my chest," Weber said. "Counseling helped me recognize my triggers. I was able to talk about it more. You think, 'I'm Bob. I'm 10 feet tall. I'm invincible.' But, sooner or later, it catches up to you."

Weber, who worked with multiple counselors on base, also discussed his situation with his commander, the chaplains and leadership from the 131st.

"The biggest thing was that they were not going to judge me in a negative way," said Weber. "By far my biggest mistake was not saying anything about the problems I was having. Once I did open up to them, and they understood to some extent the issues I was facing, they were there for me whenever I needed to talk."

Although retired, Weber still encourages Airmen and Soldiers who may also be dealing with personal problems or post-traumatic stress disorder to open up about those situations to people in all of one's social circles.

"All Airmen need to know that there are people to talk with, and family is a great place to start," Weber said. "Everyone needs to know that there is no shame in seeking help if you are having issues that affect you and or your family."

"Whether if it's a buddy, a family member, or a professional, believe me you will feel so much better when you can talk about it."

Reel Time Theaters

We're saving a seat for you.

FRIDAY, NOV. 18 • 7 p.m.
The Accountant (R)
Adults - \$6.25

SUNDAY, NOV. 20 • 3 p.m.
Kevin Hart: What Now? (R)
Adults - \$6.25

SATURDAY, NOV. 19 • 7:30 p.m.
Studio Appreciation Advance Screening
Free Admission – Rated *
Tickets available at your local Exchange Food Court.
Seating open to non-ticket holders 30 minutes prior to showtime.

Volunteers needed for TFI EX support

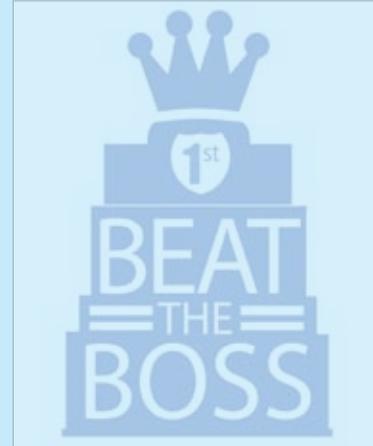
The MDG is looking for WAFB family members interested in playing the role of moulaged patients during a TFI exercise on Saturday, December 3. Participants must be 8 years of age or older. Volunteers should not have any known skin sensitivities or allergies.

If interested, please contact Lt. Col. Dianne Stroble at 687-6879.

Beat the Boss

The Beat the Boss program is a monthly PT test competition between 509th Bomb Wing units that recognizes outstanding teamwork and devotion to fitness at the Squadron level. Active duty Whiteman Airmen who score the same or higher than the commander's score of 95.4% will earn a one-day pass, and those who score a 100% receive a one-day pass and one of the commander's coins.

Here are the Beat the Boss results:



Maj. Christopher Conant
394th CTS, 100%

Senior Airman Anthony Camareno
442d MXS, 99.3%

Staff Sgt. Lavon Lehman
509th MXS, 98.6%

Senior Airman Delena Ruiz
509th MDOS, 98.1%

Staff Sgt. Jessica Vizcaino
509th SFS, 98.1%

1st Lt. Christopher Castaneda
20th ATKS, 97.9%

Master Sgt. Zachary Ledsworth
442d MXS, 97.3%

2nd Lt. Shannon Perdue
20th ATKS, 97%

Staff Sgt. Kalen Dozzi
509th CES, 96.8%

Senior Airman Tanner Connally
509th CES, 96.5%

Maj. Grant Smith
20th ATKS, 96.6%

1st Lt. Zachariah Wood
509th CPTS, 96.6%

Lt. Col. Matthew Newell
13th BS, 96.3%

Staff Sgt. Corey Schuler
509th BW, 96.2%

Maj. Neil Helbig
509th MDSS, 96%

Senior Airman Dillon Diangelo
509th CES, 95.7%

Staff Sgt. Joshua Bynum
509th CES, 95.7%

Staff Sgt. Samuel Livingston
20th ATKS, 95.7%

Tech. Sgt. Miguel Lara
509th BW, 95.7%

Whiteman day at the University of Missouri



ABOVE: U.S. Air Force Brig. Gen. Paul W. Tibbets IV, the 509th Bomb Wing commander, waves during Whiteman Day at Mizzou at the University of Missouri, Nov. 12, 2016. More than 400 military members and their families were in attendance to watch the football game between Vanderbilt University and the University of Missouri.

LEFT: A B-2 Spirit flies over Faurot Field during Whiteman Day at Mizzou at the University of Missouri, Nov. 12, 2016. More than 400 military members and their families were able to join the game and a tailgate hosted by the University of Missouri.

U.S. Air Force photos/Senior Airman Joel Pfiester

Commander's trophy cup



Members of the 509th Force Support Squadron (FSS) receive a commander's trophy cup at Whiteman Air Force Base, Mo., Nov. 16, 2016. The 509th FSS was selected as the small squadron intramural sports team champion.



Members of the 509th Security Forces Squadron (SFS) receive a commander's trophy cup at Whiteman Air Force Base, Mo., Nov. 16, 2016. The 509th SFS was selected as the large squadron intramural sports team champion.

U.S. Air Force photos/Airman Michaela R. Slanchik

509th AMXS Airman receives Diamond Sharp award



U.S. Air Force photo/Senior Airman Jovan Banks

U.S. Air Force Senior Airman Andrew Lopez, a composite tool kit technician assigned to the 509th Aircraft Maintenance Squadron (AMXS), receives a Whiteman Diamond Sharp Award at Whiteman Air Force Base, Mo., Nov. 8, 2016. Lopez was selected for demonstrating military bearing while carrying the POW/MIA flag, honoring POWs and paying tribute to those that are still missing in action. Lopez also helped raise a total of \$438 for the Whiteman Top III by completing 160 push-ups, and was hand-selected to represent the 509th AMXS during the Concordia Fall Festival.



View the *Whiteman Warrior* online
by logging onto
www.whiteman.af.mil

Shooting for success



U.S. Air Force Senior Airman Jade Hernandez, a 509th Security Forces Squadron security response team member, trains on a M249 automatic rifle at Fort Leonard Wood, Mo., Nov. 14, 2016. During the week-long training, 80 Airmen from Whiteman Air Force Base, Mo., qualified on the M249 and 65 on the M240B light machine gun.



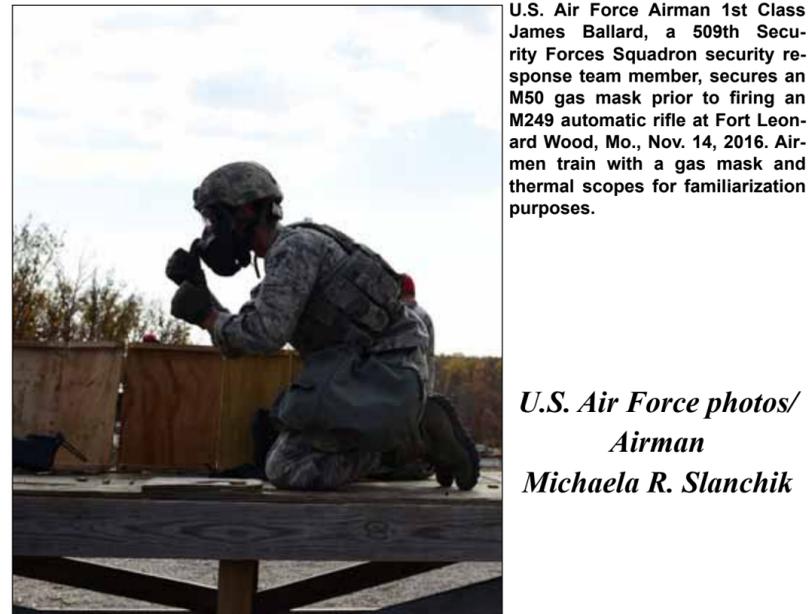
U.S. Air Force Airman 1st Class James Ballard, a 509th Security Forces Squadron (SFS) security response team member, loads 5.56 ammunition into a M249 automatic rifle at Fort Leonard Wood, Mo., Nov. 14, 2016. The 509th SFS annually qualifies on various weapons they may be required to carry while on duty or deployed.



U.S. Air Force Airman 1st Class Johnathan Gomez, a 509th Security Force Squadron security response team member, ensures an M240B light machine gun is clear before disassembly at Whiteman Air Force Base, Mo., Nov. 9, 2016. During qualification training, Airmen are taught proper safety and function checks before firing a weapon on the range.



U.S. Air Force Senior Airman Christian Chesnet, a 509th Security Force Squadron combat arms instructor, teaches an M240B light machine gun annual qualification class at Whiteman Air Force Base, Mo., Nov. 9, 2016. The class taught proper assembly, disassembly, loading, clearing and function checks.



U.S. Air Force Airman 1st Class James Ballard, a 509th Security Forces Squadron security response team member, secures an M50 gas mask prior to firing an M249 automatic rifle at Fort Leonard Wood, Mo., Nov. 14, 2016. Airmen train with a gas mask and thermal scopes for familiarization purposes.



LEFT: One hundred and fifty rounds of 5.56 ammunition for an M249 automatic rifle are prepared for training at Fort Leonard Wood, Mo., Nov. 14, 2016. An Airman fires more than 300 rounds in total for their annual qualification training on the M249.
RIGHT: Airmen from the 509th Security Forces Squadron function check a gas regulator on an M240B light machine gun at Whiteman Air Force Base, Mo., Nov. 9, 2016. During classroom instruction, Airmen are familiarized with the weapon that they will be firing as well as basic weapon safety.



U.S. Air Force photos/
Airman
Michaela R. Slanchik



Mission's End

Thanksgiving Feast

24 November from 1100-1300
Enjoy traditional Thanksgiving entrees and sides

Ages 5 & under.....Free
Ages 6-12\$8
Ages 13 & above.....\$15
Club Members receive \$2 discount!

Open to anyone with base access
NO reservations

For more information contact
687-4422

The logo for FSS (Fleet Support Squadron) is located in the bottom right corner of the advertisement.

Airman **COOKIE** DRIVE

Drop off your solid in texture homemade cookies (no gooey frosting) December 12 & 13 at Mission's End between 0700-0900. Volunteers will organize and assemble packages December 14 from 0730-1000. Volunteers are welcome and appreciated!

Let's Spread Holiday Cheer to our Airmen in the dorms!

The advertisement features a festive background with a green Christmas tree decorated with blue and orange ornaments, a yellow star on top, and two wrapped gifts (one red with white polka dots, one green with white polka dots). The text is in various colors and fonts, including a large red "COOKIE" and a green "DRIVE". The bottom of the ad is decorated with two red and white striped Christmas stockings.

24/7/365

Your Whiteman Fitness Center

By Airman Michaela R. Slanchik
509th Bomb Wing Public Affairs

We've all been there. You wake up feeling motivated and decide to pack your bag, take your pre-workout and head to the gym. You get to the door and it's locked, and no matter how hard you pull that handle, it's not opening. You scan your Common Access Card (CAC) and it doesn't work. "What??"

You see your fellow fitness enthusiasts inside who you could ask to open the door for you, but you also see a sign that says, "CAC sharing prohibited," and you would never risk getting your wingman in trouble. Now you go home and eat your sadness away with a bag of potato chips, all because you didn't know that the Whiteman Fitness Center has 24-hour access--but only to those who register.

Since June 1, 2015, the Whiteman Fitness Center has offered around-the-clock fitness accessibility.

24-hour access is available to active duty military, reservists, guardsmen, dependents over the age of 16, Department of Defense civilians and retired military. Children under the age of 16 are prohibited after staffed hours for safety reasons.

Those who meet the requirements can bring their CAC, dependent ID or retired ID into the fitness center during working hours. The staff can assist you in obtaining access by giving you a briefing on the fitness center rules and emergency plan, then you will read, agree and sign the fitness center's Statement of Understanding where the rules and regulations are identified.

Once you've registered, you'll be granted access; your CAC will be activated for use on the scanners on the doors of the gym. Those with a dependent or retired ID will receive a small, white card that acts as their key.

Although the weight room and aerobic rooms will be open after staffed hours, the sauna, racquetball rooms, fitness assessment cell (FAC) and the parents with children room will not be accessible.

To date, more than 4,000 members of Team Whiteman have signed up for 24-hour access, totaling more than 64,000 visits since its activation. There have also been no reported injuries during the non-staffed hours. However, there is heavy surveillance just in case something was to happen.

"When half of the population is active duty military, they're not always able to work out during the staffed hours," said Staff Sgt. Jason Stevenson, a 509th Force Support Squadron fitness center journeyman. "Having access available 24/7 keeps Airmen deployment-ready and able to pass their PT [physical training] test."

To avoid ending up back at square one and locked out of the gym, remember to renew your registration every 12 months.

To sign up, visit the fitness center Monday through Thursday from 5 a.m. to 10 p.m., Friday from 5 a.m. to 8 p.m. or Saturday or Sunday from 10 a.m. to 5 p.m.



U.S. Air Force photo/Airman Michaela R. Slanchik

A gym patron scans her common access card (CAC) in order to gain access to the Whiteman Fitness Center during unmanned hours at Whiteman Air Force Base, Mo., Nov. 13, 2016. Only those who register their CAC are able to use the facility after staffed hours.

**Excellence
In All We
Do**

Congratulations to the
WAFB Winners of the 2016
AFGSC Medical Service Awards

Team Award:

Surgeon General's Medical Information Services Team: **509th MDSS**

Individual Awards:

Clinical Dentist of the Year:

Capt. James W. Koll, 509th MDOS

Outstanding Medical Materiel Airman of the Year:

Senior Airman Sarah E. Smallwood, 509th MDSS

USAF Pharmacy Technician Airman of the Year:

Staff Sgt. Courtney R. Quade, 509th MDSS

Outstanding Air Force Diagnostic Imaging NCO of the Year:

Tech. Sgt. Marvin E. Morris II, 509th MDSS

USAF Ophthalmic Airman of the Year:

Airman 1st Class Jenny L. Romero-Alvarez, 509th MDOS

AF Medical Service SNCO – Organizational Management Excellence Award:

Master Sgt. Christopher E. Espinosa, 509th MDSS

Chief of the Medical Staff Commitment to Excellence Award:

Lt. Col. Chris J. Wilhelm, 509th MDG

Outstanding PRP Support MTF Monitor of the Year:

Staff Sgt. Tiffany M. Wright, 509th MDOS

Outstanding CMA of the Year:

Maj. Trevor L. Ambron, 509th MDOS

**UPHOLD
THE
LEGACY**

Dorm residents call to action



U.S. Air Force photo/Senior Airman Danielle Quilla

Dorm residents attend an all call at Whiteman Air Force Base, Mo., Nov. 16, 2016. The all call provided a platform for leadership to address campus issues and present future plans to improve the dorm residents' quality of life.

How I fit into the mission



Airman 1st Class Andrew Erickson

**By Airman 1st Class
Andrew Erickson**

509th Operation Support Squadron

I am Airman 1st Class Andrew Erickson, and I am an air traffic controller here at Whiteman Air Force Base, Missouri. My role in the mission is to direct our aircraft in the airfield so they can fulfill strategic deterrence, global strike and combat support ... anytime, anywhere.

This role is no small task and requires me to develop into the best possible Airman to ensure the success of our mission and the safety of our country.

Without controllers, it would be impossible for our aircraft to take off safely to reach the fight, provide humanitarian aid or combat support to our allies.

As an air traffic controller, my first and top priority is to keep aircraft safe distances apart and issue safety alerts. Without this key role, the potential for aircraft collision would significantly increase, consequently affect the recourses vital to our mission effort and possibly hinder our ability to deter our enemies.

Within my own unit, it is important I become a rated controller in the facility here at Whiteman. New members of the team are required to obtain three position certifications that qualify them to become a rated controller. If I obtain my ratings, I will be able to effectively perform the task of controlling the aircraft, which will help free up other members of the team to perform other tasks, such as deploy where controllers are needed, move to bases that are undermanned and promotes to positions where their knowledge and experience would greatly increase the mission effort. I would also be given the opportunity to train the Airmen who follow me in the position so they, in turn, can successfully aid the mission.

In order to help the mission be successful, I must learn to effectively control aircraft and become a rated controller. I know this is quite a task to accomplish and that the journey will be tough; however, there are too many people counting on me to do my job effectively for me to fail. Therefore, I will succeed and uphold the legacy of those who came before me.