

WARRIOR



OPERATION THUNDER WEASEL

PG. 8 509TH CES
& 1-135TH
PARTICIPATE IN
JOINT EXERCISE

PG. 3 OPERATION POLAR ROAD

TWO B-2 SPIRITS JOIN B-52 STRATOFORTRESSES IN BOMBER EXERCISE

EVERYTHING YOU NEED TO KNOW ABOUT
PG. 4 BHOP



The very best, like no one ever was

By Maj. Joy Tredway
Commander, 509th Force Support Squadron

Welcome to August Team Whiteman! It's a new month and that means another First Friday is waiting for you at Mission's End Club this afternoon. As the 509th Force Support Squadron (FSS) commander, I am especially excited about this First Friday's theme of Pokémon, and not just because I'm a level 9 Team Instinct player myself, but because Mission's End provides us the venue to celebrate our heritage. Like our custom designed Pokémon t-shirts say: "Whiteman AFB ... The Very Best, Like No One Ever Was!"

Being the very best is what we do as members of the profession of arms. We give our all. We exercise our core values in everything we do. And if you haven't thought about it before, becoming a Club member is a demonstration of that professionalism.

When you go to First Friday tonight, I hope you'll take advantage of the free buffet if you're already a member. And if not, I hope you'll fill out an application. Club dues start out at just \$4 and increase based on rank, but even the most costly categories will easily make up their dues cost in savings and benefits. But to me, Club membership isn't about the financial benefit, it is about the professional responsibility and the support I give my community.

Club membership says "I'm all in." It's the same as being a member of any professional or civic organization like the Air Force Sergeants Association, the Military Officers Association of America, alumni associations, local rotaries, etc. It's also a military tradition. As a military dependent myself, I remember my dad telling me how his commander encouraged Airmen to be Club members. Club membership also offers professional networking and camaraderie. Without the Mission's End Club and events like First Friday, it would be significantly more difficult to build our sense of community, share stories, learn and laugh together.



Also, I know a Club membership really means Whiteman community membership. Though we call it "Club dues," your dollars go directly into the pot of funds called the Morale, Welfare, and Recreation Fund (MWRF). To those who say they don't like the Club as much as the Golf course or the Bowling Center, Club dues support those facilities and more. Dues go right back to Whiteman.

If you were here for the Independence Day celebration and enjoyed the fireworks, games, zip line and petting zoo, that was free to Whiteman families, but paid for in part with Club dues. Coming soon is our annual Boo Bash before Halloween and Tree Lighting Ceremony during the holiday season before the new year. Again, all are 'free' to the

community, but paid for because of the outstanding support Team Whiteman has offered in supporting Club membership.

As the 509th FSS commander, I have the privilege and honor of leading a world-class team dedicated to providing outstanding customer service and programs to promote readiness, ensuring esprit de corps and improving the quality of life for Airmen and their families.

That's more than just words for words' sake and every day you'll see that across our facilities. Today I hope you'll attend First Friday, join the Club if you haven't already, and take time to honor our heritage at Whiteman AFB through Club membership.

Every day, Whiteman AFB, you truly are: "The Very Best, Like No One Ever Was!"

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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BASE OF OPERATIONS: TINIAN ISLAND
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On the cover

U.S. Air Force photo/
Senior Airman Danielle Quilla
U.S. Air Force Airman 1st Class Nicholas Wake, an explosive ordnance disposal team member assigned to the 509th Civil Engineer Squadron, provides rear security during the Operation Thunder Weasel exercise at the Truman Lake National Guard Training Site, Mo., July 27, 2016. His security actions ensured his remaining team members were able to safely evacuate the casualty during an ambush scenario.

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 "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

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
Chance of Storms	Chance of Storms
Hi 88	Hi 83
Lo 75	Lo 69
Sunday	Monday
Chance of Storms	Chance of Storms
Hi 84	Hi 89
Lo 68	Lo 71

America's global strike capabilities on full display during POLAR ROAR



U.S. Air Force stock photo/Senior Airman Joel Pfister

509th Bomb Wing Public Affairs Staff Report

This week, Team Whiteman executed training operations in support of POLAR ROAR.

With flights to three distinct parts of the globe, POLAR ROAR's unique design provided valuable training in polar navigation and weapons operations, as well as integration with NORAD and NATO allies and partners.

Moreover, it tested our bomber force's ability to support three synchronized flight paths.

Strategic bomber missions, like POLAR ROAR, ensure crews maintain the readiness and proficiency necessary to provide an always-ready global strike capability.

"POLAR ROAR was specifically designed

and closely coordinated with our allies to ensure we are integrating our bomber capabilities with their military assets to the maximum extent, strengthening and improving our interoperability as we work toward mutual goals," said U.S. Navy Adm. Cecil D. Haney, U.S. Strategic Command commander. "The unique, real-time training with NORAD and NATO that was afforded by POLAR ROAR enables us to build enduring relationships necessary to confront the broad range of global challenges."

Overall, POLAR ROAR involved three nonstop, simultaneous flights of CONUS-based bombers, to include B-52 Stratofortresses and B-2 Spirits.

Our B-2s flew over the Pacific Ocean to

Alaska's Aleutian Islands, where they practiced intercepts with NORAD-assigned F-15s. The B-2 also conducted an inert weapons drop at the Joint Pacific Alaska Range Complex.

At the same time, B-52s from the 2nd Bomb Wing flew nonstop to the North and Baltic Seas and through the English Channel. During this mission, they conducted intercept training with multiple ally and partner aircraft, and then returned to their home station at Barksdale AFB, La.

Additional B-52s from the 5th Bomb Wing, Minot AFB, N.D., flew over the North Pole to mainland Alaska, where they conducted intercept training with NORAD-assigned F-22s and executed an inert weapons drop at the Joint Pacific Alaska Range Complex.

Changes to WAFB Privately Owned Firearms Policy

On Tuesday, July 26, the 509 Bomb Wing Security Forces Squadron hosted two Town Hall meetings to educate members of Team Whiteman on the approved changes regarding Privately Owned Firearms (POFs). Installation leadership has approved these changes, which became effective August 1, 2016. The

changes to the POF provisions strike a balance between upholding the personal liberties of our team members with the need to protect our unique assets here at Whiteman AFB. If you have questions about the changes or are unsure how they apply to you, please contact your firearms monitor.

Privately Owned Weapons Policy (Takes effect 1 August 2016)

CONCEALED CARRY (HANDGUNS)

- Authorized by 509 BW/CC for State Concealed Carry (CCW) permit holders
 - Does not apply to contractors, visitors or delivery personnel
 - Must have concealed carry permit on person when carrying
 - May only have weapon in vehicle. Weapon may not be removed from vehicle for any reason while on the installation
 - For off-base residents, weapon may be secured in a privately owned vehicle for up to 24 hours
 - May be loaded or unloaded
 - Must be in a locked metal container designed to secure a handgun
 - Container must have a key, combo, or biometric locking mechanism
 - Must be stored out of sight
 - On base residents may only conceal carry weapons in their vehicle while traveling to the gate and from the gate to housing, they may not store them in their vehicle

LAW ENFORCEMENT SAFETY ACT (LEOSA)

- Must be assigned to (including dependents) or federal civilian employees assigned to Whiteman AFB in possession of LEOSA credentials
- Must receive a Whiteman AFB LEOSA concealed carry permit from the 509 SFS Pass and ID section in Bldg 711
- Active duty personnel must have a minimum of 6-years time in service
- May only carry concealed when not performing official duties
- May conceal carry on person anywhere on base with the below exceptions:
 - Restricted/Controlled Areas
 - Whiteman Elementary School
 - Medical Group Facilities
 - Youth Center
 - Child Development Center
 - Commissary
- Vehicle storage same as CCW holders

LAW ENFORCEMENT CONTACT

- If stopped for base entry point checks, traffic violations or any other reason by base law enforcement personnel
 - Must immediately inform LE personnel of presence of firearm
 - Produce LEOSA/CCW credentials
 - May be apprehended for failing to notify LE of a concealed weapon

PENALTY FOR NON-COMPLIANCE

- As a minimum, failure to comply with the policy/standards will result in a loss of privileges:
 - First offense: 6 month loss of privilege
 - Second offense: 1 year loss of privilege
 - Third offense: Permanent loss of privilege

Detailed guidance can be found in WAFBP 31-1, Integrated Defense Plan, Annex W, Tab F, Appendix 1. Copies of the plan have been sent to all unit security managers.

POCs: Mr. Don MacMillan, 509 SFS, 687-6688
Mr. Jerry Osban, 509 SFS, 687-4482

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SATURDAY, AUG. 6 • 7 p.m.

Independence Day: Resurgence

(PG-13)

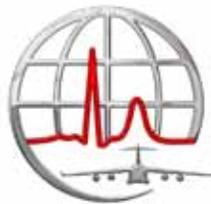
Adults - \$6.25, children - \$4.00

SUNDAY, AUG. 7 • 3 p.m.

Finding Dory (PG)

Adults - \$6.25, children - \$4.00

BEHAVIORAL HEALTH OPTIMIZATION PROGRAM (BHOP) & INTERNAL BEHAVIORAL HEALTH CONSULTATION (IBHC) SERVICE



BHOP

Behavioral Health Optimization Program

- For Active Duty, Dependents, and Retirees
- Services within the Family Health Clinic
- Provided by a Licensed Clinical Social Worker
- Variety of areas addressed
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- Quicker access to appointments
- Short term treatment alternative to Mental Health



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Ask for a
BHOP appointment



Strengthen your Physical & Mental CAF pillars

What is The Behavioral Health Optimization Program?

The Behavioral Health Optimization Program (BHOP) is a program that addresses optimum healthcare needs of the population as it relates to daily functioning and quality of life issues of the population. The program's main goal is to promote optimizing the treatment of the comprehensive healthcare needs of the population by providing interventions that will optimize the successful treatment of the patient population. The BHOP uses the Internal Behavioral Health Consultant (IBHC) to focus on helping patients develop healthy behaviors or change current behaviors that interfere with overall health and well-being. The BHOP also uses a Behavioral Health Care Facilitator (BHCF) to monitor your symptoms and check on how you are managing your health concerns.

What is the Internal Behavioral Health Consultant and Behavioral Health Care

Facilitator?

The IBHC offers help when stress, worry or emotional concerns about physical or other life problems interfere with your daily life. The IBHC is a licensed psychologist or social worker specially trained to work as a member of your Patient-Centered Medical Home (PCMH) team. This team approach allows the PCMH team and patients to consider medical, physical, behavioral and emotional aspect of health.

The BHCF is a registered nurse that will contact you by phone periodically to monitor your symptoms and check on how you are managing your health concerns. The BHCF will then share your progress with your primary care team. In many cases, care facilitators and behavioral health consultants will work together with your primary care manager to make quick, effective changes to your treatment and address your symptoms.

See BHOP, page 14

International experts discuss security and stability at 2016 USSTRATCOM Deterrence Symposium



DoD photo/Steve Cunningham

U.S. Navy Adm. Cecil D. Haney, U.S. Strategic Command (USSTRATCOM) commander, poses for a group photo with personnel assigned to Whiteman Air Force Base, Missouri, who attended the seventh annual USSTRATCOM Deterrence Symposium, La Vista, Neb., July 28, 2016. During the two-day symposium, industry, military, governmental, international and academic experts held discussions to promote collaboration on global deterrence. One of nine DoD unified combatant commands, USSTRATCOM has global strategic missions assigned through the Unified Command Plan, which include strategic deterrence; space operations; cyberspace operations; joint electronic warfare; global strike; missile defense; intelligence, surveillance and reconnaissance; combating weapons of mass destruction; and analysis and targeting.

U.S. Strategic Command Public Affairs

LA VISTA, Neb. - More than 650 deterrence practitioners from Department of Defense (DoD) agencies, industry, academic institutions and international organizations attended U.S. Strategic Command's (USSTRATCOM) 2016 Deterrence Symposium, July 27-28, for panels and speeches designed to promote increased collaboration and discussion on global deterrence issues.

In his welcoming remarks, U.S. Navy Adm. Cecil D. Haney, USSTRATCOM commander, highlighted the level of international participation at this year's symposium, which included representatives from Australia, Canada, Germany, France, Denmark, the Netherlands, Georgia, Japan, the Republic of Korea, Sweden, Norway, Poland and the U.K.

Haney also commended the USSTRATCOM Deterrence and Assurance Academic Alliance for providing a forum for communication and collaboration between the command and academic institutions and stressed the importance of continuing to grow the next generation of strategic thinkers and strategic warriors by asking the attendees under 30 years of age to stand and be recognized.

"I am thrilled to see the diverse and talented audience we have here: allies and partners, international experts, members of our government, think tanks, academia, national labs, industry and media," Haney said. "I want to thank all of our international guests - [we] have 13 nations represented here, 14 when you count the United States. I can't be more proud for having you on the same ship with us. Thank you for being here. Your presence, opinion, and your expertise are important to continued dialogue."

Mr. Peter Watkins CBE, U.K. Ministry of Defence director general for security policy, highlighted the significance of working with partners and allies by discussing the continuing collaboration between the Ministry of Defence and the Department of Defense. He cited the U.K. liaison cell permanently assigned to USSTRATCOM Headquarters and other cooperative efforts as examples.

"We are increasing our participation in [US]STRATCOM-led exercises such as Global Thunder and Global Lightning, which are expanding out of the nuclear domain to cover [US]STRATCOM's wider responsibilities, including space, cyber and BMD (ballistic missile defense)," he said. "We've just renewed our commitment to provide a senior military advisor - two-star level - to Commander, [US]STRATCOM, to support these exercises and to directly support the command at times of crisis."

Watkins added his perspective on the current security environment and said the U.K. has given the concept of deterrence more thought in recent years, noting the 2015 U.K. Strategic Defence and Security Review contained a whole section on deterrence, whereas previous reviews "barely mentioned the word."

"State-based risks appear greater, conflict-related risks are

likely to rise and the dissemination of new technologies increases the potency of non-state actors," he said. "Modern deterrence, or making defense deterrence work in the contemporary security environment, has to be comprehensive and employ the full spectrum of our capabilities across all levers of national power. States cannot achieve that alone; the approach needs to be international by design, and build upon a common approach with allies and partners, based on shared interests and values."

Haney also discussed the security and deterrence environments, highlighting the capabilities and actions of the five emerging threats, beginning with Russia.

"By virtue of the size of its nuclear arsenal, Russia poses an existential threat to the United States," he said. "They continue to modernize, even though Russia faces some challenging economic conditions. At the same time, Russia is building conventional military forces; investing in nuclear weapons, including multiple independent targetable re-entry vehicles (MIRVs) with tactical ranges; and it's pursuing hypersonic-glide vehicle technology.

"Russia is engaged in destabilizing actions in Syria and Ukraine, developing counterspace and cyberspace capabilities and conducting below the threshold of armed conflict type of activities, all the while declaring and recklessly expressing its willingness to escalate if required," Haney continued. "Having said that, Russia must understand that it would be a serious miscalculation to consider nuclear escalation as a viable option. Russia will not achieve the benefits it seeks."

Haney then discussed the other four threats - North Korea, Iran, China and violent extremist organizations - facing the nation, and reiterated importance of partnerships to confront them.

"We must have a deep, deep understanding of the adversary, and we can't do this alone," he said. "Building deterrence and assurance capacity in the challenging geopolitical landscape I describe requires a collaborative effort... This is a team effort."

During a dinner keynote speech, Amb. Masafumi Ishii, ambassador of NATO to Japan, emphasized the need for collaboration with China when considering the future of the Asia-Pacific region, citing a potential unified Korea as an example.

"We need to come up with a consensus about what a united Korea should look like," he said. "Should it have nuclear weapons? Should it have United States forces? Then, we better share that with China. Only China can make decisions for themselves about the future of North Korea, but we can present elements which they can take into consideration."

He also predicted that 2030 will be a "very interesting" year because "China's defense spending, if the present trend continues, will be as much as the American defense spending."

"That does not mean that China is as militarily as capable as the America," he said. "But that will have a significant symbolic impact.

"I can identify only three pillars or poles or powers in the world which are both able and willing to work for the stability: [the] United States, Europe and Japan and democracies in Asia," he continued. "So it's important to create the closest possible coordination among these three powers if we want to maintain global stability."

Other keynote speakers at the conference include Mr. Brian McKeon, acting under secretary of defense for policy; U.S. Army Gen. Curtis M. Scaparrotti, U.S. European Command commander and NATO Supreme Allied Commander; and U.S. Army Gen. Joseph L. Votel, U.S. Central Command commander.

The two-day symposium also featured a series of panels where international deterrence experts discuss a wide-range of topics, such as ensuring credible deterrence and assurance capabilities, developing an integrated (space, cyberspace, conventional, nuclear, etc.) strategy, and the future of arms control among major state powers.

After the keynote speeches and panels were complete, Haney addressed the audience once more to provide his final thoughts on the discussions held and his vision for the future.

"Getting deterrence right is hard work," he said. "It takes cooperation with others, but success means a safer and more secure world... We clearly have more work to do; and I hope, given the brain power we have here at this symposium, we've stimulated your thinking to go forth and continue to work this hard so that we can make a difference.

"I hope that one day my grandchildren will live in a peaceful world that is not under threat from strategic attacks from nuclear weapons, terrorists, cyberspace weapons and space weapons," he continued. "Unfortunately, that is not the world we live in today. Strategic nuclear deterrence has not failed us in preventing major power war over the last 70 years. However, to address the challenges we've presented here and talked about - that confront us in the 21st century - we must have a more comprehensive approach.

"Our thinking and concepts must constantly evolve," Haney concluded. "This conference has helped evolve that thinking through discussions on new ways of exploring deterrence and assurance and asking hard questions."

One of nine DoD unified combatant commands, USSTRATCOM has global strategic missions assigned through the Unified Command Plan, which include strategic deterrence; space operations; cyberspace operations; joint electronic warfare; global strike; missile defense; intelligence, surveillance and reconnaissance; combating weapons of mass destruction; and analysis and targeting.

For more information about the symposium, please visit www.stratcomds.com.

For more information, contact the USSTRATCOM Public Affairs Office at 402-294-4130 or stratcom.offutt.J020.list.pa@mail.mil, or visit www.stratcom.mil.

BCC members hear from 509th BW vice commander



U.S. Air Force photo/Airman 1st Class Jazmin Smith

U.S. Air Force Col. Mark Ely, the 509th Bomb Wing vice commander, addresses members of the Whiteman Base Community Council (BCC) during a monthly luncheon at Whiteman Air Force Base, Mo., Aug. 3, 2016. The BCC is comprised of 18 local communities represented by more than 350 members. The BCC's sole mission is to support the Total Force service members assigned to Whiteman AFB.

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Operation Thunder Weasel tests EOD skills

By Senior Airman Danielle Quilla
509th Bomb Wing Public Affairs

509th Civil Engineer Squadron (CES) explosive ordnance disposal (EOD) team members participated in Operation Thunder Weasel with the 1-135th Assault Helicopter Battalion at Truman Lake National Guard Training Site, Missouri, July 26–28, 2016.

The joint exercise involved several different scenarios the EOD team members would potentially encounter in a deployed environment, which included traveling on helicopters to a target location.

“This exercise was the first time we have had the opportunity here on Whiteman to perform a full-scale air assault operation,” said Tech Sgt. Matthew Workoff, NCO in charge of EOD training with 509th CES. “This operation allowed us to evaluate our team members on their ability to load out, inflight, operate and exfil an area that they have never seen before, and do so safely.”

On the first day, the two teams traveled on UH-60 Blackhawks, operated by 1-135th Assault Helicopter Battalion crew members, from Whiteman Air Force Base (AFB) to the training site under the cover of U.S. Army AH-64 Apache Longbows.

“Utilizing the Blackhawks was vital during Operation Thunder Weasel because the teams were able to move to their objectives in half the time and do so with all their equipment,” said Workoff. “They were also able to practice skills involving the helicopters. Most EOD flights stateside do not get that opportunity.”

Upon arriving at the training site, the teams were tasked with clearing the area of improvised explosive devices (IEDs) utilizing their subsurface metal detector in order to establish a camp for the remainder of the operation.

The second day started early at 2 a.m. with an attack at the teams’ base camp followed by a team having to render safe a suicide vest attached to a member who was captured.

“Having the team members run a training scenario during the early hours of the morning gives them a better understanding of how these problems can happen at any time and that they must be prepared mentally and physically to meet these challenges,” said Workoff.

The teams were then dispatched to clear a road of emplaced IEDs and suspected weapons cache. Along the way they encountered near-explosions and gun fire. A simulated ambush tested the teams’ ability to treat a team member and evacuate a member who was shot and in need of immediate medical attention.

“The medical evacuation scenario was one of the most critical aspects of the entire operation,” said Workoff. “Throughout the years, EOD technicians have had to do this real-world, whether it was in a deployed environment or stateside. If we can equip our team members with these key skills now, I know that they will be able to perform under stressful conditions and save lives.”

Once these scenarios were accomplished, the area needed to be cleared for the helicopters to safely resupply the camp.

Finally, the third day was designated for breaking down the camp and clearing the area one last time before exiting the training site on Blackhawks back to Whiteman AFB.

“For me, I found that the most valuable aspect of the entire training operation was that it allowed me to train as close to real world as I can get,” said Airman 1st Class Nicholas Wake, an EOD team member assigned to the 509th CES.

For the majority of the Airmen who participated, this was their first time experiencing training in this capacity.

“I was able to take basic skills I have learned at EOD school and apply them in a field environment that I have never seen before,” said Senior Airman Ryan Carel, an EOD team member assigned to the 509th CES.

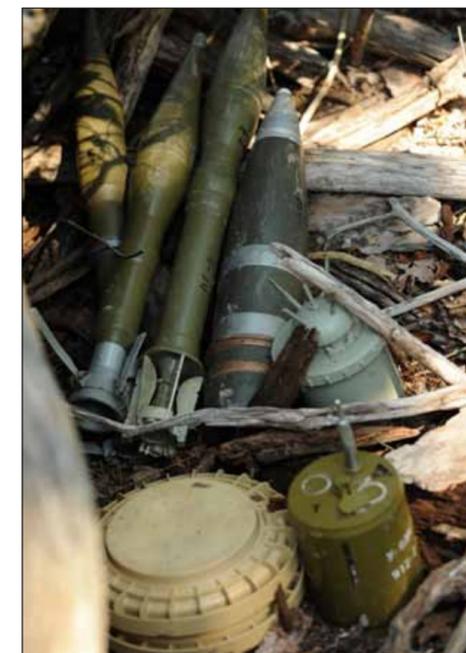
The 509th CES EOD unit plans to continue to working with the 1-135th Assault Helicopter Battalion and use the Truman Lake National Guard Training Site for future training exercises.



Explosive ordnance disposal (EOD) team members perform a medical evacuation during the Operation Thunder Weasel exercise at the Truman Lake National Guard Training Site, Mo., July 27, 2016. The EOD team was tested on their ability to treat the patient and evacuate them to a helicopter landing zone.



U.S. Air Force Senior Airman Conner Walsh, an explosive ordnance disposal team member assigned to the 509th Civil Engineer Squadron, clears a safe path during the Operation Thunder Weasel exercise at the Truman Lake National Guard Training Site, Mo., July 27, 2016. Teams were required to clear a safe path in order to locate and render safe any improvised explosive devices.



Unexploded ordnance items are hidden during the Operation Thunder Weasel exercise at the Truman Lake National Guard Training Site, Mo., July 27, 2016. Explosive ordnance disposal team members were tasked to locate, identify and dispose of the unexploded ordnance in support of their mission.



U.S. Air Force Airman 1st Class Tyler McConnell, an explosive ordnance disposal (EOD) team member assigned to the 509th Civil Engineer Squadron, radios in for updates during the Operation Thunder Weasel exercise at the Truman Lake National Guard Training Site, Mo., July 27, 2016. The EOD members utilized their attached support element to confirm the location of a weapons cache.

July Diamond Sharp



U.S. Air Force photo
Senior Airman Danielle Quilla

U.S. Air Force Airman 1st Class Timothy Doyle, an aircrew flight equipment technician assigned to the 509th Operations Support Squadron (OSS), receives the Diamond Sharp Award at Whiteman Air Force Base, Mo., July 25, 2016. Doyle spent the four-day Independence Day weekend at the Traveling Vietnam Wall Memorial where he performed taps three times. He also volunteered at the Warrensburg Veterans Home and provided support and escort to the veterans. In addition, Doyle attended a "lunch and learn" event with the 509th Operations Group and 509th OSS commander and provided them with feedback about the squadron.



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

Preventive measures lead to a healthier Air Force



August is
Preventive
Health
Month

U.S. Air Force graphic

By J.D. Levite

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- Preventing illness or injury is the goal of the Air Force's Preventive Medicine program, a topic that is highlighted in August during Preventive Health Month.

Preventive Health extends beyond health care at an individual level, concentrating rather on the health of individuals, communities and specific populations to help groups reduce their risk of disease, disability and death.

"We see patients one-on-one, but we also look at a global view," said Col. Patrick Monahan, chief of Population Health Operations. "We determine how to care for the population in the best way possible."

Col. Thomas Moore, chief of Health Promotion, said it's the community-level impact of preventive medicine that motivates him. "It's better to prevent than cure. 'An apple a day keeps the doctor away.' There's a lot of wisdom in that," he said. "We can help a lot of people versus just the one on one. That's the interesting part for me."

Preventive Health breaks down into three separate stages: primary, secondary, and tertiary. Primary prevention is meant to keep people from getting sick in the first place. There are many ways to do this from immunizations to targeting exposures that might get people sick.

The Air Force's Health Promotion effort focuses on primary prevention, too. In addition to advocating for new policies that make it easier to adopt healthy habits, such as improving dining facilities to offer healthier foods, Moore said they also create campaigns to promote the adoption of healthy behaviors like eating right and not smoking. They also work to keep Airmen from unhealthy behaviors.

He said, "We want to make sure people are as healthy as they can be and that we have the best fighting force ready to go."

Preventive Health's secondary stage is the one most Airmen have experienced in one way or another. It includes things like the annual Periodic Health Assessment, hearing tests, cancer screenings, and blood tests.

While it mostly works behind the scenes, Population Health plays a big part in the secondary stage by using data from military treatment facilities around the Air Force. "Once we identify areas we do well in and areas we have challenges in, we deep dive into more investigative work and see how we can improve," Monahan said.

One example of how Population Health improves preventive health is with breast cancer screening. Using the data available, Monahan is able to find a group of patients that should be receiving that screening based on their gender, age and other factors. He can then push for outreach campaigns to help make sure those people are getting that recommendation.

The final stage is tertiary prevention. At this point an individual already has a disease, but it's still in a stage that's early enough to treat. A good example of this is diabetes, which can be treated with a change in diet and nutrition long before it gets to the point where medicine is needed.

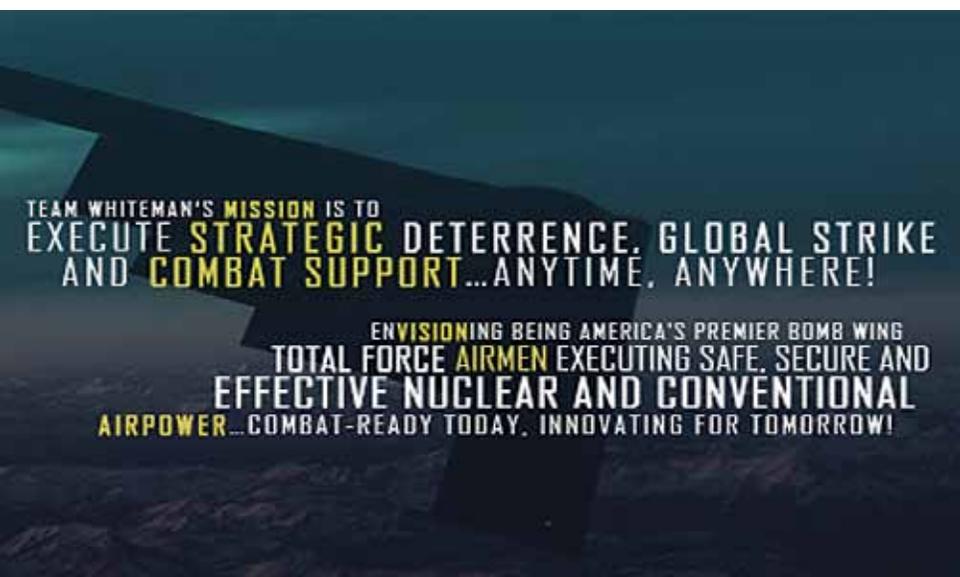
"All kinds of things can happen if your diabetes gets bad enough and isn't well controlled," Moore said. "So the efforts we make early on to try and prevent it from progressing to that stage, that's tertiary prevention."

Moore said many of the factors that have led to an increase in life expectancy for humans can be attributed to the concept of preventive health. Things like improved sanitation and just getting people to wash their hands have made a huge difference to public health overall because it has prevented people from contracting diseases they may have gotten otherwise.

"It's much better to get that shot periodically or get your blood sugar checked to make sure you're not diabetic," Moore said. "We can stick you and take a little bit of blood right now and send you down a path that hopefully keeps you healthy. Or you're going to end up in a situation where you're giving yourself a shot every day."

Preventive health covers topics ranging from the flu shot to tobacco cessation to alcohol consumption, and the Air Force is exploring new avenues for all of these issues. Throughout August, our site will cover all these topics and more while expanding on Preventive Health.





131st Bomb Wing welcomes new resource to help Airmen combat the challenges of life



U.S. Air National Guard photo/Airman 1st Class Halley Burgess
Ms. Bethany Harris, the 131st Bomb Wing's new director of psychological health, recently joined the wing to provide support to Airmen and their families during challenging times. More information on the Psychological Health program can be found by contacting Bethany Harris at bethany.harris@us.af.mil or by phone. Her office number is 660-687-7407.

By Airman 1st Class Halley Burgess
 131st Bomb Wing Public Affairs

Bethany Harris, the 131st Bomb Wing's new director of psychological health, joined the wing to provide support to Airmen and their families during challenging times.

Harris now spearheads a strong Airmen and family support system where members can find assistance. The program is free, completely confidential and easy to access.

"Everyone has been extremely helpful," Harris said when talking about the Citizen Airmen of the 131st. "There is so much I get to learn about the military and everyone has been great at helping get me set up on their systems and integrating me into the unit."

Harris, a Marshall, Missouri native, has been with the unit since June. Harris previously worked for Fitzgibbon Hospital in Marshall as the behavioral health consultant for the outpatient clinics. She is a licensed clinical social worker with a master's degree in social work and has 20 years of experience working in mental health. These qualifications led her friend Dana Livsey, the unit's previous DPH, to recommend Harris apply for the position. This is Harris' first experience working with the military.

The DPH offers resources and referrals depending on the needs of the member or their families and connects them with the resources in their community. A variety of workshops are also offered, covering topics such as stress management, coping with loss and parenting skills. Members and families can also receive counseling on how to emotionally prepare for deployment as well as how to reintegrate back into the relationship afterward.

"My goal at this point is to make sure everyone knows what the DPH office does and to ensure people feel comfortable asking for assistance if they need it," Harris said.

Harris said she wants to encourage people to seek out resources before they are in a crisis situation. Instead, Harris recommends Airmen reach out when they start struggling, even if it's minuscule, so that they know their options should a situation get worse. Regardless of the situation, Harris strives for early intervention and wants members to know she is readily available to offer assistance.

More information on the Psychological Health program can be found by contacting Bethany Harris at bethany.harris@us.af.mil or by phone. Her office number is 660-687-7407.

BHOP

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What problems can the IBHC help me with?

The IBHC can help you develop plans for smoking cessation, resolving substance abuse issues or other lifestyle changes. They can also help you with a variety of other concerns such as difficulties with your family or relationships, grief, excess stress, depression, anxiety, anger, sexual problems, weight loss, PTSD or behavioral change, etc. In other words, the IBHC can help you with any type of mental health, physical, medical or behavioral issue by optimizing successful treatment options and promoting healthy behavioral change. If your medical condition, mental health condition, physical condition or behavior is affecting your quality of life and daily functioning adversely, the IBHC service can help you to optimize your quality of life and daily functioning through education and behavioral change.

What should I expect when I see the IBHC?

Your IBHC will ask you specific questions about your physical symptoms, the emotional concerns you are experiencing, your behaviors and how all of these might be related.

Your IBHC will make every effort to protect your privacy and confidentiality, consistent with the military and federal regulations. However, your IBHC will share information with your primary care manager (PCM) and other members of your health care team. Additionally, like all providers, they must report information from any active duty patient that could have a negative impact on our mission.

Your appointments should last no longer than about 30 minutes. Your IBHC will share

with you brief, solution-focused skills and techniques that might help you feel better. You will be seen by the IBHC in this clinic. This makes it easy for you and easy for the IBHC! You can expect your IBHC to have a close working relationship with your primary medical provider. Remember: your PCM is in charge of your health care. The IBHC's main job is to help create the best integrated health care plan for YOU!

Who is the IBHC and BHCF for patient-centered medical home?

James Dempsey, MSW, M.Ed., LCSW, CRADC is the IBHC for the medical group and is a Licensed Clinical Social Worker by training. He is also a Certified Reciprocal Alcohol & Drug Counselor. Mr. Dempsey has over 30 years of experience working in the mental health/behavioral health field and forensic social work. His experience includes working with children, adolescents, adults and geriatrics, providing individual/family/group therapy and trauma therapy. This includes working in inpatient & outpatient settings, residential group homes, nursing homes, psychiatric centers, private practice and the penal system.

Candi Foster, RN is the BHCF for the medical group and she has 25 years of nursing experience working in the mental health/behavioral health field. Her experience includes working in geriatric nursing, psychiatric nursing, home health care, physicians' office, county health department and primary care nursing environments. She also has experience in crisis prevention hotline, STD's, AIDS support and counseling, medication education, telephonic medical and behavioral triage, and metabolic screening.