



# WARRIOR

# 2016

Mission, Airmen and Families



# YEAR IN REVIEW

# Weekly commander's message

Greetings, Team Whiteman!

We kicked off 2017 in grand fashion this week by executing two incredible flyovers out in Pasadena, California, for the annual Rose Parade and Rose Bowl! These two flyovers were witnessed by millions of people all around the world, and they effectively showcased the capabilities of our stellar Total Force team, as well as our unique platform. Thanks to everyone on our team who made these high-visibility engagements happen ... job well done!

In addition, our maintenance professionals displayed their superior skills this week during the quarterly weapons load crew competition. Your effectiveness and efficiency continue to amaze me...please know how much I appreciate what you do on a daily basis for our team!

As you can see, 2017 is already proving to be a very exciting year for our team so I hope you all had time to relax and recharge over the holiday season. Chief Smith and I look forward to working together with all of you this year, and we both know that thanks to your dedication and professionalism, we will continue to Uphold the Legacy of Excellence our team is famous for!

Look out for your Wingmen this weekend, and if you see something unsafe or something



does not seem right with someone ... say something!

Defend ... Avenge!

Nuke

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

## THE WARRIOR

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509th Bomb Wing Commander

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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.

## 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 98.0% will earn a one-day pass, and those who score a 100% receive a one-day pass and one of the commander's coin.

Here are the Beat the Boss results for Dec. 12-21, 2016:



**Staff Sgt. Zachary Archer**  
372nd TRS, 100%

**Master Sgt. Andrew Chocha**  
509th MXG, 99.8%

**Senior Airman Ryan Lose**  
509th MUNS, 98.9%

**Senior Airman Jared Schanen**  
509th BW, 98.9%

**Capt. Matthew Small**  
393d BS, 98.6%

**Airman 1st Class Nicholas Johnson**  
509th CES, 98.5%

## On the cover

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

The **Whiteman Warrior 2016** year in review edition features the mission, Airmen and family events that took place at Whiteman Air Force Base, Mo. Highly trained and disciplined Airmen executed the global strike mission while continuing to support their families and the community.

## 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](http://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
Sunny	Sunny
Hi 16	Hi 29
Lo 5	Lo 7

Sunday	Monday
Mostly Sunny	Mostly Sunny
Hi 31	Hi 45
Lo 8	Lo 23

# Faces of the 131st



U.S. Air National Guard photo/Senior Master Sgt. Mary-Dale Amison

#### By 131st Bomb Wing Public Affairs

**Name:** Ivan Josué Rivera

**Rank:** Staff Sergeant

**Hometown:** Bayamón, Puerto Rico

#### What is your military specialty?

2W1X1 Aircraft Armament Systems

#### What is your civilian occupation?

I currently work as a full-time production recruiter with the 131st Bomb Wing. I am also a full-time student working towards my bachelor's degree in engineering technology with concentration in aviation science and a minor in logistics.

#### Why did you join the Air National Guard?

I graduated from a military school and was also part of an Air Force Junior ROTC program. My brother was already with the Missouri Air National Guard, so he guided me through the steps and the process for enlistment.

#### What do you like best about your job?

I love working with aircraft components and supporting the B-2 mission. Even here on the recruiting team I am able to accomplish these goals.

#### What do you enjoy most about being in the military?

I enjoy spending time with my guard family. They make my day by day fun and exciting! I also love that I am able to support my family and go to college for free.

#### What are your favorite ways to spend your free time?

I love baseball, but I always spend my free time with my wife, Keren, and my daughter, Gianna. Going to the Royals stadium, going to the park, or having dinner at a restaurant are moments that I love spending time with them. They are the main support and love of everything I do.

#### Where do you hope to see yourself in five years? 10 years?

I see myself in five years being an engineer and commissioned, and in 10 years, having a higher ranking position. I have faith that if a person wants something

with passion, they are able to achieve it if they don't quit. Focus, training and perseverance will lead you to success.

#### What is something that is on your bucket list?

Travel. I want to explore and see the historic wonders of countries and cities like: Peru, Jerusalem, Egypt, Rome, Greece, Brazil, and other parts of the world.

#### Do you have any interesting talents or skills?

I always have been good assembling components or hardware, maybe dance a little.

#### Tell us about a favorite military memory.

I think my favorite military experience was basic military training (BMT). I was under constant mental, physical and emotional pressure, but I was able to re-direct my mind and my main goals in life. I knew how important I was to my family and to my country. I developed values and outstanding leadership skills that have made me who I am today.

# Reel Time Theaters

We're saving a seat for you.

**FRIDAY, JAN. 6 • 7 p.m.**  
Office Christmas Party (R)  
Adults - \$6.25

**SATURDAY, JAN. 7 • 7 p.m.**  
Moana (PG)  
Adults - \$6.25, children - \$4.00

**SUNDAY, JAN. 8 • 3 p.m.**  
Moana (PG)  
Adults - \$6.25, children - \$4.00



## Need child care to attend the annual awards banquet?

The time has come to purchase the 2016 Annual Awards Banquet tickets, which will be held on Jan. 20, 2017, at the University of Central Missouri Elliot Student Union Ballroom.

- Child care will be provided at the Child Development Center (CDC) between 5:30-10:30 p.m.

- Non-members will be charged \$12 for normal four hours (6:30-10:30 p.m.) and \$5 extended care (5:30-6:30 p.m.), a total of \$17.

- Members will be charged \$10 for normal four hours (6:30-10:30 p.m.) and \$5 extended care (5:30-6:30 p.m.), a total of \$15.

- Give Parents a Break (GPAB) voucher is free for normal hours (6:30-10:30 p.m.) and \$5 extended care (5:30-6:30 p.m.), a total of \$5.

Children will need to have a valid registration with the CDC or Youth Center in order to participate. Interested families can contact the individual center to learn more about registering.

Families interested in receiving GPAB benefits need to contact Airman & Family Readiness Center to see if they qualify and sign up for GPAB benefits.

Regardless, if families wish to use their GPAB benefits or will be paying on their own, the deadline to register and sign up for the event is close of business on Wednesday, Jan. 18, 2017.

**Unit Point of Contacts are as follows:**

- 509th Bomb Wing Staff:**  
Staff Sgt. Shannon Womack  
Staff Sgt. Laprincess Day
- 20th Attack Squadron:**  
1st Lt. Emily Keyes  
Staff Sgt. Margo Newkirk
- 509th Maintenance Group:**  
Airman Johnny Washington (MXO)  
Staff Sgt. Colby Nash  
Tech. Sgt. Johnie Moreno (AMXS)  
Tech. Sgt. Lawrence Tucker (MXS)  
Master Sgt. James Merrill (MUNS)
- 509th Medical Group:**  
Tech. Sgt. DeCarlos Lambert
- 509th Operations Group:**  
Airman 1st Class Lauren Mange
- 358th/442d Fighter Squadron:**  
Master Sgt. Ernest Fishburne
- 509th Contracting Squadron:**  
Staff Sgt. Paul Denton
- 509th Security Forces Squadron:**  
Master Sgt. Ryan Buehler  
Tech. Sgt. Paterik Alsup
- 509th Logistics Readiness Squadron:**  
Staff Sgt. Bryan McCart
- 509th Civil Engineer Squadron:**  
Tech. Sgt. Matthew Workoff
- 509th Force Support Squadron:**  
Master Sgt. Dennis Caldwell  
Senior Airman Kristapher Hudson  
Senior Airman Montel Robinson  
Senior Airman Asuka Varga
- 509th Communications Squadron:**  
Staff Sgt. Jeffrey Lemmer

# MISSIONS AND EXERCISES

*Executing strategic deterrence, global strike, and combat support ... Anytime, anywhere!*



# **“Remember! Celebrate! Act!”**

## **A day on, not a day off!”**

The Whiteman African American Heritage Association cordially invites you to attend a march in honor of Martin Luther King Jr. Day.

**Friday, Jan. 13, 2017 at 10 a.m.**

**Ike Skelton Pavilion**

**\*Weather permitting**



**View the  
*Whiteman Warrior* online  
by logging onto  
[www.whiteman.af.mil](http://www.whiteman.af.mil)**

# B-2 Spirit flyover during 103rd Rose Bowl



Air Force photo/Master Sgt. Christopher Gish

A B-2 Spirit performs a flyover during the 103rd Rose Bowl pregame at Pasadena, Calif., Jan. 2, 2017. The Rose Bowl is an annual American college football bowl game that is part of the Pasadena Tournament of Roses Association's "America's New Year Celebration," which includes the Rose Parade. The B-2 has performed a flyover for the event since 1999.

## Whiteman Airman receives CGOC Bars and Stars award



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

U.S. Air Force 2nd Lt. David Jones, the 509th Civil Engineer Squadron engineering flight commander, receives a Company Grade Officer Council (CGOC) Bars and Stars award from Capt. Justin Cassidy, CGOC president, Col. Mark Ely, the 509th Bomb Wing vice commander, and other CGOC members at Whiteman Air Force Base, Mo., Dec. 16, 2016. Jones completed the critical Fiscal Year 18 Integrated Project List, which included 28 candidate projects totaling more than \$36 million in construction for Team Whiteman. He also is his squadron's head physical training leader and has led many off-duty activities for his Airmen.



The Official Whiteman Website

Quick Response codes enable readers to access additional content outside the publication.

Most QR code readers are available for free in the Android Market and App Store.

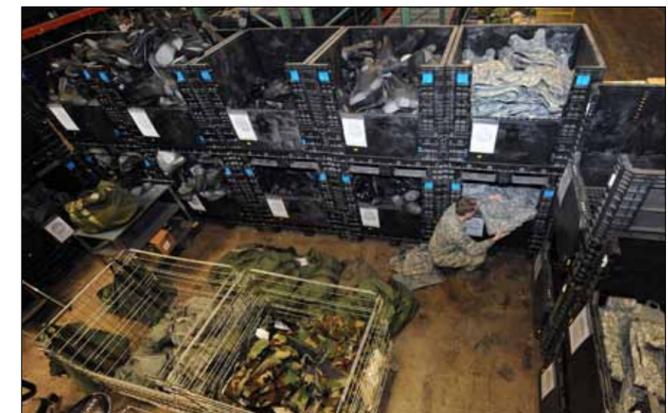


The Official Whiteman AFB Facebook Page

**RECYCLE This Paper ...  
Think Green**

# WHITEMAN AIRMEN UPHOLDING THE LEGACY

*Developing and supporting highly trained and disciplined professionals*





## Scholarships

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or visit

[www.whitemanwsc.com/scholarships.html](http://www.whitemanwsc.com/scholarships.html)

# COMMUNITY & FAMILY INVOLVEMENT

*Supporting those who sacrifice to support us*



*U.S. Air Force photos/509th Bomb Wing Public Affairs*

# Chapel renovation to begin

By 509th Bomb Wing  
Chaplain Corps



The chapel facility will be under construction beginning Jan. 7, 2017, at Whiteman Air Force Base, Missouri.

- Protestant services will be consolidated to one service every Sunday at the base theater 9 – 10 a.m.

- Catholic services will be consolidated to one Mass every Sunday at the base theater from 11 a.m. – 12 p.m.

- Friday night meals for Airmen held at the Stealth Lounge will be moved to every Thursday evening at 5:30 p.m.

- In addition to some of the services being offered, there will be a Community Prayer Vigil held at His House of Bread, located in Knob Noster on Friday, Jan. 13 at 5 p.m. and Saturday, Jan. 14 at 5 p.m.

- Weekly services will continue at the base theater until April 10, 2017, which is Holy Week.

The official reopening of the chapel will be Easter Sunday April 16, 2017.

For any questions regarding these changes, please contact any of the Chaplain Corps staff at 660-687-3652.

**The chapel sanctuary and blessed sacrament rooms will receive new carpeting, trim, wood fixtures, curtains, rods, and doors to match historic colors of chapel structure at Whiteman Air Force Base, Mo., Jan. 7 through April 16, 2017. In the mean time, all Protestant and Catholic services will be held at the base theater.**

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

**THINK SAFETY**

## New Year, New You:

# Take control of your own health



U.S. Air Force graphic

**By J.D. Levite**

Air Force Surgeon General Public Affairs

A new year can mean new opportunities, new discoveries and maybe a few new goals. While the New Year's Resolution is a common tradition, many of them get abandoned long before the new year is gone again. Setting goals for a healthier you is something everyone can do, if you do it right.

"Probably the most important thing is setting goals you can achieve," said U.S. Air Force Col. Thomas Moore, chief of health promotion. "Losing five pounds? It's a start. You can do that and build on it. Even small changes in weight can have an impact on improving health."

Setting small, manageable goals, gives you a chance to analyze how you got there.

"Once you hit that goal, it might be good to take a step back and say 'What did I do right?'" said Moore. "Was it because I was eating healthier stuff like fruits and vegetables? Move on that. Build on your successes."

The Air Force Medical Service (AFMS) is setup to provide many resources for helping people achieve their goals during the new year.

"The health promotion office can help with tobacco cessation," Moore said. "Many, not all, have a dietician who can either offer weight loss classes or possibly one-on-one counselling. If you don't want to go the health promotion route, next time you're seeing your doctor, talk about your goals with them."

2017 will also be a great chance to change how Airmen approach their own healthcare, too, as the AFMS tries to get people more engaged during their medical visits.

"I would recommend Airmen and their families resolve to be more active partners in their care," said U.S. Air

Force Col. John Oh, chief of preventive medicine. "We know care is safer when we have an effective partnership between the healthcare team and the patients. That's the kind of the cultural change we're trying to promote. The more patients understand about their conditions, their medications, their options - the more empowered they feel."

Oh and his team created the online Patient and Family Engagement Toolkit just for that reason to provide specific ways to get patients and their families more involved in their own care. He said their goal is to make care safer and more effective.

"Healthcare is changing," Oh said. "The amount of information freely available to patients and family members is a paradigm shift. We want patients to feel more comfortable asking questions and getting involved in their care to the extent they are comfortable."

Moore said the new year is as good a time as any to achieve some new healthier goals.

"Have a conversation with yourself about what you want to focus on. Maybe it's important to focus on one small area, like losing weight or giving up smoking," Moore said. "These things can have a negative impact on Airmen performance, whether direct job performance or the ability to bounce back from a setback. The fitter you are, the fewer of those unhealthy behaviors you engage in, the better you'll respond."

One tool to use to set those goals is Comprehensive Airman Fitness, which is one of many ways Airmen can achieve balance in several aspects of their life. Each of the four areas - Mental, Physical, Social, and Spiritual - need attention throughout the year if you truly want to grow. Start now with a simple New Year's Resolution and continue to try new things as 2017 unfolds.