

WARRIOR



DRAFT EVENT

▶ PG. 8

WHITEMAN PARTICIPATES IN KC CHIEFS DRAFT DAY

Weekly commander's message

Greetings, Team Whiteman!

It was great to see so many of you on Saturday at the NFL Draft event, which supported AFGSC's Year of the Family initiative. Over 1,750 Total Force service members, retirees and family members braved the pouring rain to meet the Kansas City Chiefs players and cheerleaders who attended the event. As part of this family-friendly event, our own teammates announced the Chiefs' draft picks that day live on national television and our installation gained worldwide exposure! Thanks to all the volunteers, the Kansas City Chiefs, and all the event sponsors, including our Whiteman Base Community Council (BCC), for making this a tremendous event for Team Whiteman!

Speaking of our BCC, almost 200 members met here at Mission's End on Wednesday for our monthly luncheon. During these meetings, BCC members meet with representatives from their sister squadron, learn about our Airmen, and discover opportunities regarding

how they can help our team succeed ... it is a win-win for us and our partners in the surrounding area and we are lucky for the stellar support our BCC provides!

Today is a bittersweet day as Chief Master Sgt. Darron Hunter, our 509th Maintenance Group superintendent, will retire from the Air Force following more than 25 years of faithful service. Chief Hunter, who first served here at Whiteman beginning in 2000 as the Dedicated Crew Chief on the Spirit of Kitty Hawk, has been a role model for countless Airmen as he truly embodies our Core Values of Integrity, Service and Excellence. Darron, on behalf of our entire Total Force team, thank you for your service, for the impact you have had on our mission and the inspiration you have afforded our team ... we wish you and your family all the best!

Also today, Mission's End will be hosting First Friday beginning at 4 p.m. Grab your friends and come safely enjoy the Cinco de Mayo festivities our Force Support teammates

have planned ... hope to see you there!

Finally, Chief Smith and I look forward to seeing hundreds of our youngest teammates tomorrow as they "head out the door" as part of Operation Spirit. This mock deployment, made possible by our Airman & Family Readiness Center and dozens of volunteers, provides military families with a firsthand perspective on what their loved ones experience leading up to a deployment and what daily life is like while deployed. This event also introduces our Whiteman families to the many resources available to them while their loved ones are away serving our great nation.

Have a great weekend, watch out for your Wingmen, and if you see something unsafe ... say something!

Defend ... Avenge!

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



"Operation Spirit 2016"

2T1 AFSC Changes From Vehicle Operations to Ground Transportation

By Lt. Col. Kellie S. Courtland
509th Logistics Readiness Squadron commander

On a daily basis, the men and women of the 509th and 131st Logistics Readiness Squadrons (LRS) calmly and quietly go about their business supporting transportation requests to ensure the mission runs smoothly. They transfer parts from warehouses across the base to the flightline making sure maintenance can keep aircraft in the air and deliver aircrews to their jets keeping the tip of the Air Force's spear trained. They transport passengers and cargo in support of deployments, redeployments, and mission partner needs. Every day they manage requests for ground transportation rain or shine, 24/7 year-round.

These Airmen are traditionally known as "vehicle operators," but the Air Force has decided to recognize their blood, sweat, and tears by reclassifying them to "ground transportation."

"As the Air Force looks towards better articulating our capabilities, this change will set the stage for many of the things that are in motion," said U.S. Air Force Chief Master Sgt. Jason Hohenstreiter, the ground transportation career field manager. "As we move forward it is important that we remain true to our capability and responsibility to be the Air Force's organic ground transportation experts."

Most people do not realize these warriors do more than just drive buses. While deployed in theaters around the world, these ground transporters support not only the U.S. Air Force mission, but they work side-by-side with our sister

services. Several members from Whiteman LRS have embedded with the U.S. Army running convoy operations in Iraq and Afghanistan. They endured harsh climates and faced danger on a daily basis where 16 to 18-hour days were not uncommon.

During these combat operations, ground transporters from Whiteman alone have earned seven Bronze Stars, five Purple Hearts, seven Meritorious Service Medals, 69 Army Commendation Medals, 17 Army Achievement Medals, and 10 Air Force Combat Action Medals.

"It's easier to set a vision for our future in a world anticipating an increased adoption of remotely piloted and autonomous/intelligent vehicles that we offer much more than our ability to operate vehicles," said Hohenstreiter.

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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.

On the cover

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

A member of Team Whiteman rushes through to the final portion of the Play60 obstacle course during the 2017 Kansas City Chiefs Draft Day event at Whiteman Air Force Base, Mo., Apr. 29, 2017. The event offered various activities for families as well as a meet and greet with past and present Kansas City Chiefs players.

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 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)

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 Thursday at 5:30 p.m., with an optional discussion on spiritual resilience to follow at 6:30 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.

Air Force Housing website

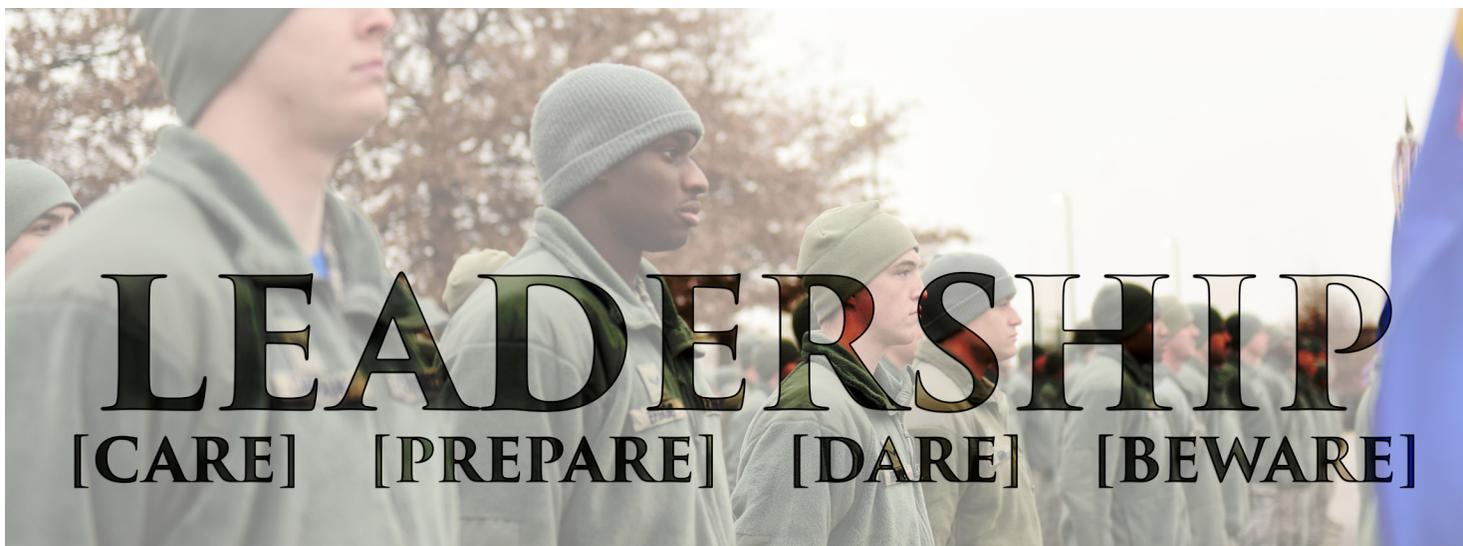
Visit www.housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

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 69	Hi 75
Lo 46	Lo 48
Sunday	Monday
Sunny	Mostly Sunny
Hi 75	Hi 78
Lo 47	Lo 55



Leadership—Keeping it Simple

By Lt. Col. Justin Secret

509th Security Forces Squadron commander

Regardless of our vocation in life, improving leadership skills is something we all can benefit from – even if it only helps us lead ourselves better! And — wow — are there a ton of resources out there to help us improve our leadership ability. It would take a lifetime to read all the books on leadership. For the audience of this article, I'm sure I'm not alone in having quite a library after several years of serving. Many of these books hold extremely valuable information, information that has been quite useful over the years. But truly, it can all be overwhelming. Or ... maybe it isn't that complicated? I have found that though each text lays out new and insightful leadership information, they are just saying the same thing in different ways. In short, they point out there are four areas we need to touch in order to do well by the people and organizations we serve. We must, in this order, care, prepare, dare and beware in order to be effective. It is no coincidence that care is the first concept.

Caring for people is the price of admission to leadership. Specifically, creating a climate of affection and genuine love for those on our left and right is always the difference between great organizations and less-than-great organizations. Nothing will work over the long haul if leaders, and even more importantly all members of an organization, don't care about others and build this affection climate. This is discussed in some way in virtually every leadership text and I've heard and read great leaders address this topic countless times. Retired Chief Master Sergeant of the Air Force Robert Gaylor simply and effectively described the importance of caring by stating, "People don't care how much we know ... until they know how much we care." Most people can relate to this. When we talk to someone it takes only a few seconds of interaction to know where they stand on caring. Of course, if we feel someone doesn't really care we are not motivated to follow them or even assist them. If it doesn't come naturally for us, this is an area for focus. For those people out there who may think this is a little "too soft" in a military setting, this culture creates a great place to work and reduces "trouble" while really playing hell with an enemy in combat.

Simply caring will do a lot for our effectiveness; however, it isn't enough. We must also prepare – we have to know what we are doing! We must study all aspects of our specialty, and even more as our careers go on. Know the guidance and read up on contemporary issues in other organizations. Know what the rules are, don't just rely on someone else. However, to Chief Gaylor's point, if we do this preparing alone, without caring, we will lose effectiveness. If

we care and prepare together, we will be strong and effective leaders. A good non-example of this can happen in youth sports. There is a typical shortage of coaches for youth sports programs, so many times parents who would otherwise not get involved in coaching get involved. Why? They do it because they care, love their kids and want to help out. With that being said, if they volunteer for a soccer coaching job when they have never personally played the game, it may be a long season for all involved no matter how much they care (don't ask me how I know). Seriously and simply, leaders need to be experts in the areas they lead, or at least work hard toward being one quickly.

If we care and prepare, we are going to be successful, and because of that, we have at least one more responsibility. We must have the courage to send up, down or laterally the right message. We must dare to tell people what they need to hear and not necessarily what we think they want to hear. Personally, I believe there are many leaders who care and prepare. It is the dare piece that gets a bit complicated. To clear up the complication, consider this: if we know our motivations are sound (care) and we know what we are talking about (prepare) then we must dare to make a difference when the situation calls for it. Keep in mind, if we dare without caring and/or without preparing, we will fail at the dare concept. If we are going to dare, we need to be credible, otherwise we should probably be silent – or go do more caring and preparing! A quote from Davy Crockett sums up the dare leadership concept better than anything I can write, "Be always sure you're right - then go ahead!"

Even if we have these first three concepts down to a science, beware that there will be distractors. These distractors can take the form of people we encounter including subordinates, co-workers or even bosses. They may also be things we deal with that will provide huge temptation to veer from the concepts discussed here. Beware of that and take time to reflect. Are you caring for your people and are your motives correct? Have you put the effort into your preparation that enables you to know what the right answer most likely is? Is your integrity solid and are you telling or doing what needs to be done, but not necessarily what is popular? If the answer is yes to these questions, then let the distractors go and do the right thing. Beware, distractors frequently creep in when we are doing things right. Recheck your vector and have confidence that following these concepts will enable long-term success.

So there it is, a short version of what the books all seem to point to – care, prepare, dare and beware. I recommend making a version of this your own. Follow these concepts and keep looking for opportunities to lead. Though challenges will always arise, you will find long-term success in this endeavor, and so will our Air Force.



The free Whiteman Air Force Base app is available to read the latest base news, find pictures of promotion ceremonies, locate needed phone numbers and even get information about various base events.

At this time, the app is only available to iOS users and can be found on the app store. For android users, the app will be available in the very near future, so please stay tuned.



Reel Time Theaters

We're saving a seat for you.

FRIDAY, MAY 5 • 7 p.m.
Guardians of the Galaxy Vol. 2
(PG-13)
Adults - \$6.25, children - \$4.00

SATURDAY, MAY 6 • 7 p.m.
Guardians of the Galaxy Vol. 2
(PG-13)
Adults - \$6.25, children - \$4.00

SUNDAY, MAY 7 • 3 p.m.
Guardians of the Galaxy Vol. 2 (PG-13)
Adults - \$6.25, children - \$4.00

509th AMXS master sergeant receives Chiefs' Choice award



U.S. Air Force photo/Senior Airman Danielle Quilla
U.S. Air Force Master Sgt. Jonathan Cate, the command support staff superintendent assigned to the 509th Aircraft Maintenance Squadron, receives a Chiefs' Choice award at Whiteman Air Force Base, Mo., April 28, 2017. In addition to leading his squadron on base during storm damage mitigation and a no-notice generation exercise, Cate coordinated all tours and static displays during the Senior Leader Conference. He worked with units on base to ensure all aircraft were ready and towed into place without impacting normal flying and maintenance schedules.

TEAM WHITEMAN'S MISSION IS TO
EXECUTE STRATEGIC DETERRENCE, GLOBAL STRIKE
AND COMBAT SUPPORT...ANYTIME, ANYWHERE!

ENVISIONING BEING AMERICA'S PREMIER BOMB WING
TOTAL FORCE AIRMEN EXECUTING SAFE, SECURE AND
EFFECTIVE NUCLEAR AND CONVENTIONAL
AIRPOWER...COMBAT-READY TODAY, INNOVATING FOR TOMORROW!

Military Spouse Appreciation Week

MAY 8-14, 2017

*All discounts & offers are for spouses, identification can be proven with ID card.

MONDAY: 6 a.m. - 1 p.m. \$1 coffee at B2 Barista
3 - 5 p.m. Spend \$10 with Buckeye Acres & receive a FREE jam or jelly!
*located at Balfour Beatty's Leasing Office Parking Lot

TUESDAY: 6 a.m. - 1 p.m. FREE round of golf at the Royal Oaks Golf Course (*Cart not included)
1 - 5:30 p.m. FREE Spouses Self Defense Class - Offered by Gracie Barra Whiteman
*Fitness Center

WEDNESDAY: 6:30 - 8 p.m. Paint With Us Night \$5 (Normally \$15) - Mission's End
4 - 6 p.m. Curb Side Grub at the Club - Mission's End
(*SIGN UP BY May 10 at 2 p.m.)

THURSDAY: 9 a.m. - 12 p.m. FREE Manicure & Shellac Manicures - Warrensburg Career Centers
Beauty School *located at the Fitness Center
11 a.m. - 1 p.m. FREE Military Spouse Appreciation Social - A&FRC
6 - 9 p.m. Designer Bag BINGO, DOUBLE CARDS for Spouses - Mission's End
Mission's End Specials
6:30 - 9 p.m. Give Parents a Break / Parents Night Out

FRIDAY: WING DOWN DAY
Buckeye Acres - FREE jar of jam or jelly with a minimum purchase of \$10 at the
Farm in Warrensburg

SATURDAY: Buckeye Acres - FREE jar of jam or jelly with a minimum purchase of \$10 at the
Farm in Warrensburg

SUNDAY: 10:30 a.m. - 5 p.m. Mother's Day Brunch at the Mission's End Club
\$19.95/\$21.95 non-members (*SIGN UP BY 5/10*)

For more information, check out "Whiteman AFB Marketing" on Facebook!

THINK SAFETY

Motorcycle Safety Awareness Month



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

Motorcycle Safety Awareness Month is a nationally recognized campaign to educate motorcycle riders and non-riders on the importance of vehicle safety. To help kick off Motorcycle Safety Awareness Month, the 509th Bomb Wing Safety Office and Green Nights Military Motorcycle Club held a Motorcycle Safety Day. During this event motorcyclists were offered information on available Motorcycle Safety Foundation classes, a safety course to practice their riding skills, and opportunities for mentorship from experienced riders.

Unite our voices by speaking together

Celebrating Asian American Pacific Islander Heritage Month

By Senior Airman Danielle Quilla
509th Bomb Wing Public Affairs

“I was introduced to the Asian American Pacific Islander Heritage (APPIH) community through my wife, Tech. Sgt. Janie Ramsey,” said U.S. Air Force Tech. Sgt. Troy Ramsey, the 13th Aircraft Maintenance Unit crew chief section chief. “She grew up in South Korea and then moved to the states.”

In 2006, Troy met Janie at Ellsworth Air Force Base, South Dakota.

“I knew her for about two years before we were married, and in that time I started learning about Korean cooking and some of the culture,” said Troy. “Soon after we were married my mother-in-law moved in with us, and I began to learn how to communicate better because she did not understand much English.”

In 2013, after being married for about seven years, the Ramseys took a trip to South Korea to visit Janie’s family.

“It was an eye-opening experience,” said Troy. “When we arrived at the airport, we got a rental car and I did not think twice about it. I had an

international driver’s license, so I hopped into the driver’s seat and we proceeded in to Seoul.”

Within miles, Troy realized he could not read the road signs, and he didn’t even have a GPS to tell him where to go.

“I found the nearest exit and I switched spots with Janie,” said Troy. “There were a few times during the trip I would get separated from my wife and it was somewhat scary. I was in a country where I didn’t know as much of the language as I should have known and most Koreans don’t speak much English.”

Nevertheless, Troy said it was still a fun trip and he will always remember the experience.

“I was not expecting the city areas to be as nice as they were,” he continued. “The major cities of Incheon and Seoul were clean, and the people were polite and respectful ... unless they were driving.”

Many people warned Troy he would not enjoy the food because it was weird, especially the street food.

“I tried a lot of different foods while we were there and I liked most of it. The street food is amazing,” said Troy. “Overall most of my fears were crushed within a few days of being there and just trying new things made the trip worth it.”



Courtesy photo

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH
"Unite Our Voices By Speaking Together"
MAY 2017

POC: Tech. Sgt. Janie Ramsey
660-687-2312

MAY 1 11:30 a.m.: PROCLAMATION SIGNING : LIBRARY
MAY 3 11 a.m. - 1 p.m. : HERITAGE MEAL : OZARK INN
MAY 10 3 - 3:30 p.m. : YOUTH ORIGAMI : YOUTH CENTER
MAY 19 6:45 a.m. : GREEN DOT / AAPIH 5K : BASE TRACK
MAY 25 11 a.m. - 1 p.m. : CAPSTONE EVENT : GUARD ARMORY

Whiteman kicks off May heritage month



U.S. Air Force photo/Senior Airman Danielle Quilla
 U.S. Air Force Tech. Sgt. Maria Vanessa Keck, a member of the Asian Pacific American Heritage Association, plays the ukulele during the Asian American Pacific Islander Heritage Month proclamation signing event at Whiteman Air Force Base, Mo., May 1, 2017. This year's theme "Unite our voices by speaking together," celebrates the cultural traditions, ancestry, native languages and unique experiences Asian Americans and Pacific Islanders encounter in the United States.

**See Something ...
Say Something**

A little rain can't dampen spirits on Draft Day

By 509th Bomb Wing Public Affairs Staff

More than 1,750 people braved the rain to attend the Kansas City Chiefs Draft Day Event at Whiteman Air Force Base, Missouri, April 29, 2017.

Throughout the day, families were able to meet current Chiefs' players, ambassadors, cheerleaders, and the mascot, KC Wolf. Free stacks of pizza and a canoe filled with soda and water were provided to help fuel attendees to cheer on the National Football League (NFL) picks and take part in the activities.

As part of the draft day festivities, a handful of service members were selected to announce the Chiefs' draft selections.

U.S. Air Force Senior Airman Bryan Nixon from the 509th Operations Support Squadron announced Jehu Chesson as the



139th overall pick.

U.S. Air Force Senior Airman Jennifer Blanchard from the 442d Aircraft Maintenance Squadron announced Ukeme Eligwe as the 183th overall pick.

The "kid pick" announced Leon McQuay III as the 218th overall pick.

In addition to the announcements of the Chiefs' draft picks, families had the opportunity to test their football skills on a variety of obstacle courses and games as part of the NFL Play60 initiative. The NFL Play60 is designed to tackle childhood obesity by bringing together the NFL's long-standing commitment to health and fitness with an impressive roster of partner organizations. Inspiring kids to get the recommended 60 minutes of physical activity a day in school and at home.

A Whiteman explosive ordnance disposal (EOD) unit also gave attendees a hands-on experience with EOD gear and robotics.

Although it rained non-stop during the event, spirits ran high as families and friends came together for the Whiteman Draft Day 2017 event.



Members of Team Whiteman met current Kansas City Chiefs players, ambassadors, cheerleaders, and the mascot, KC Wolf, during the 2017 Draft Day event at Whiteman Air Force Base, Mo., April 29, 2017. From setting up the festivities in 5 Bay and Hangar 52 to providing security and medical readiness, more than 100 volunteers ensured the event was a success.



U.S. Air Force photos/Senior Airman Danielle Quilla and Senior Airman Jovan Banks

AFAF hosts dodgeball tournament



The Air Force Assistance Fund (AFAF) campaign committee hosted a dodgeball tournament to enhance awareness for the AFAF campaign at Whiteman Air Force Base, Mo., on April 27, 2017. Several squadrons on Whiteman AFB participated in the dodgeball tournament and the 509th Security Forces Squadron (SFS 1) won the trophy for best team. There was also education stations set up to promote the four affiliates that make up AFAF: Air Force Aid Society, Air Force Villages Charitable Foundations, The Curtis E. LeMay Foundation, and the Air Force Enlisted Village.

U.S. Air Force photos/Tech. Sgt. Andy Kin



Integrity First

Service Before Self

**Excellence In All
We Do**

Fighting for freedom:

Service dogs help survivors overcome limitations

Story and photos by
Airman 1st Class Jazmin Smith
509th Bomb Wing Public Affairs

Like many others during the school year, Stephanie Shipwash, a graduate assistant at the University of Central Missouri, can be seen maneuvering around the masses on campus, with one little difference.

Steadfast at her side throughout the day, with a brindle coat and bright eyes peeled, is a service dog named Gabbie.

The Dutch Shepherd/Labrador mix came into Shipwash's life only a month ago, and it is through Gabbie's constant companionship that Shipwash has been able to truly move forward with her life.

During her enlistment in the U.S. Air Force, Shipwash was a victim of sexual assault, causing her to experience many disabling conditions that intensified her depression and anxiety.

She wore a mask to hide her pain and suffering from what she had been through, said Shipwash.

"I was, and still am, suffering from post-traumatic stress disorder (PTSD), severe anxiety disorder, panic attacks, obsessive compulsive disorder, and I was beginning to not want to leave my home," said Shipwash. "I couldn't be in crowds – and the definition of a crowd was getting smaller and smaller.

"To this day, I still have night terrors, insomnia and eating disorders – many of the things sexual assault survivors experience, unfortunately," added Shipwash.

However, in January 2017, she heard about something life-changing.

Only a month prior to being medically retired from the Air Force, Shipwash learned of a program in Liberty, Missouri, which matched veterans who battle PTSD and traumatic brain injury (TBI) with a service animal: The Warriors' Best Friend Foundation.

"I can get my life back."

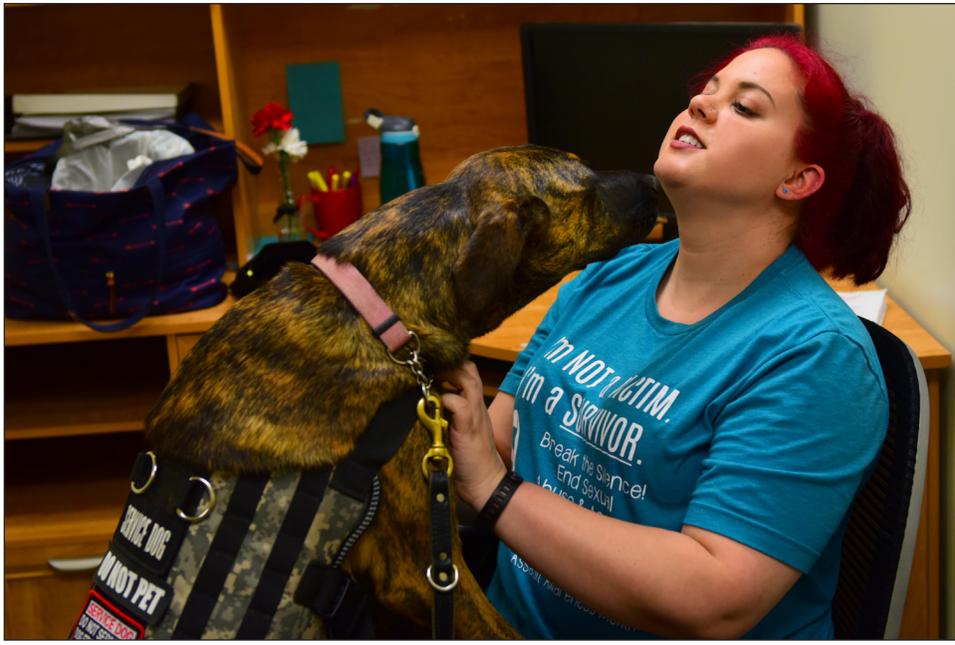
These were the first six words that crossed her mind, and she immediately inquired on her chances of getting matched with one of their animals.

But before Gabbie came into her life, there was a lot of time and work Shipwash had to invest into healing.

After pushing to go to the Stress, Trauma, Addictions, and Recovery (STAR) Program at the Research Psychiatric Center in Kansas City, Shipwash got much of the help she needed before taking Gabbie home in March.

"It was the best thing I could have done," said Shipwash. "It helped me to transition from victim to survivor and eventually let go of all the anger I was holding on to."

The STAR program helped tremendously, she said. She learned how to acknowledge and move past the resentment she had held for so long, so



Stephanie Shipwash, a graduate assistant at the University of Central Missouri, is calmed after her service dog, Gabbie, senses her anxiety in Warrensburg, Mo., April 20, 2017. In addition to providing emotional support, Gabbie has been trained on 25 commands to help Shipwash on a day-to-day basis. Three of the commands are catered towards lessening the effects of her post-traumatic stress disorder and depression.

she could move on with her life with Gabbie's help.

"I was really limited in what I could do in life before Warriors' Best Friend and Gabbie came into my life," said Shipwash.

Whenever Shipwash experiences a night terror, Gabbie is there to comfort her. She now no longer has to take medications to get through them since Gabbie's calming presence makes her feel safer.

"When I get frustrated, Gabbie has learned to get in my lap and calm me down," said Shipwash. "She is learning my triggers and behaviors and how to calm me down and bring me out of my moment."

Warriors' Best Friend Foundation has two important missions: provide highly trained service dogs for veterans battling PTSD and/or TBI at no cost to the veteran and demonstrate the potential value rescue dogs have to positively impact the lives of America's wounded veterans.

"To address this mission, Warriors' Best Friend partners with local animal shelters across the United States to identify canines that possess a certain set of characteristics necessary to become a service dog," said Samantha Jeffers, the Warriors' Best Friend Foundation director of development. "Warriors' Best Friend is one of only a handful of organizations that only adopts rescue dogs for their program and, in doing so, provides a second chance for two lives with every service dog placement we make."

The non-profit organization teaches its dogs 25 commands – three of which designate the dog as an animal trained to specifically assist

someone, like Shipwash, who has been diagnosed with PTSD.

Medical studies prove that service dogs can speed up a service member's recovery, both physically and emotionally, and unlike other treatments, they provide a lifetime of assistance and companionship.

"During their five to six months of training, each of the dogs in the program train in restaurants, retail stores and crowded environments to prepare for when they are placed with their veteran," said Jeffers. "When a dog is fully trained, they are made available for placement."

They are taught verbal and nonverbal commands, both of which Shipwash continues to use.

"Handler training is a nine-day period where a veteran learns all of their dog's commands and how to lean on their dog for assistance and support when faced with various stressors and triggers," she added.

"Apart from the use of learned commands to ease the symptoms of PTSD and TBI, bonding with a service dog has biological effects such as elevated levels of the hormone oxytocin," said Jeffers. "Oxytocin improves trust, the ability to interpret facial expressions, the overcoming of

paranoia and other pro-social effects.

"Service dogs have also been known to help adjust serotonin levels, lower blood pressure, and helps with episodes of depression," she added.

After a little more than a month, Shipwash isn't the only one who has noticed a difference.

"My mom and friends have noticed I'm happier and more willing to go out in public," said Shipwash. "I'm more comfortable in my job, and I feel much safer at home and in the open."

In an effort to employ similar benefits for members of Team Whiteman, there is a new member joining the Sexual Assault Prevention and Response (SAPR) office on base.

Around the end of May, the SAPR office is slated to receive a full-time therapy dog. Wearing a tuxedo-black coat and golden eyes, Apollo will be able to provide any emotional support a member of Team Whiteman may need – or if you just want to visit, he's all ears.

"The entire SAPR team is truly looking forward to having Apollo on board to support not only survivors of sexual assault, but all of our Whiteman community," said Amy Creighton, the 131st Bomb Wing Sexual Assault Response Coordinator. "He is a kind and quiet soul that we think will be an amazing asset to our program."

As for Shipwash and Gabbie, the duo is looking forward to a brighter future where she can be free of the chains of PTSD and anxiety and have the freedom to take off the mask she's worn for so long, said Shipwash.

"Gabbie is giving me the freedom to be more independent and more myself again," remarked Shipwash. "We are looking forward to moving away from Missouri once I finish grad school, starting a whole new life, and leaving this one behind.

"We will live a life of helping people who have gone through similar situations like myself and showing them they too can break free from those chains," added Shipwash. "I now look forward to the future more than ever because I know Gabbie is right here with me, and we make a great team."

If you, or someone you know could benefit from talking with someone from the SAPR team or a victim's advocate, they can be reached at any time by calling 660-687-7272.

For more information on the Warriors' Best Friend Foundation, feel free to visit their website at www.warriorsbestfriend.org



Stephanie Shipwash, a graduate assistant at the University of Central Missouri, maneuvers around the campus with her service dog, Gabbie, in Warrensburg, Mo., April 20, 2017. Gabbie came from a local non-profit organization, called Warriors' Best Friend, which trains rescue dogs exclusively to help veterans who separated from the military with post-traumatic stress disorder or traumatic brain injury.



Gabbie, a service dog, keeps a watchful eye while her owner, Stephanie Shipwash, a graduate assistant, works at the University of Central Missouri in Warrensburg, Mo., April 20, 2017. Shipwash was medically retired from the Air Force in February for post-traumatic stress disorder and matched with Gabbie a month later to help alleviate the side-effects of her conditions.

April 2017 Courts-Martial, Article 15s, and Discharges



In April 2017, three members were punished under Article 15; Uniform Code of Military Justice (UCMJ), one member was administratively separated from the Air Force, and one general court-martial completed during this month.

Article 15s (3)

A Senior Airman received an Article 15 for dereliction of duty, misuse of government travel card, larceny under false pretenses; obtaining services of a value of \$500 or less under false pretenses. For these offenses the member received a reduction to the grade of Airman, with a further reduction to Airman Basic suspended, a suspended forfeiture of \$799.00 pay per month for two months, and a reprimand.

An Airman First Class received an Article 15 for reckless driving and failing to appear for a mandatory

court appearance. For these offenses the member received 30 days of extra duties, restriction to Whiteman AFB, Missouri for 30 days, reduction to Airman, and a reprimand.

A Staff Sergeant received an Article 15 for drunk driving in Warrensburg, Missouri. For this offense the member received a reduction to the grade of Senior Airman, reprimand, extra duty of 30 days, and a suspended forfeiture of \$1,216.00 pay per month for two months.

Court Martial (1)

United States v. Rameshk: On 20 April 2017, A1C Kamron R. Rameshk was found guilty in a General Court Martial for violation of Article 92, Article 120, Article 134, UCMJ, for failure to obey a lawful order, rape, and obstruction of justice. He was sentenced to reduction to E-1, forfeiture of all pay and allowances, 8 years confinement, and a Dishonorable Discharge.



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**Whiteman Air Force Base
Blood Drive**

**Thursday, May 11th
9:30 a.m. – 3:30 p.m.
&
Friday, May 12th
9:30 a.m. – 3:30 p.m.**

**Main Room
Whiteman Family Homes Neighborhood Center
105 Carswell
Whiteman Air Force Base**

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2017
POLICE WEEK
Celebration

*May 18 from 11 a.m. to 5 p.m.
located in front of the BX*

Enjoy K9 demos,
up close views of
Security Forces
vehicles, static
displays, weapons,
and more!



POC: Staff Sgt. Nikki Furnari