

WARRIOR



CLASS IS IN
SESSION

WAFB kids head back to class PG. 8

NO PAIN, NO GAIN

Get fit with TRX PG. 5

Weekly commander's message

Team Whiteman,

This week our Total Force team once again demonstrated our unique global strike capabilities by executing several sorties involving the release of training munitions over local ranges. We also supported USAF Weapons School operations by conducting three full scale weapon releases, of eighty 500-pound bombs each, at the Nellis Test and Training Range in Nevada. These operations were a total team effort, and as always I am incredibly proud of the way our team performed.

Outside our gates this week, members of our Total Force team and the local community met to celebrate the groundbreaking of the new Spirit Trail. Once complete, the trail will connect Knob Noster State Park and Warrensburg. In addition to the biking and running options this \$1.2 million community project will provide our area, the trail will also provide new opportunities for our families to spend time together outside. As you know, 2017 is Air Force Global Strike Command's Year of the Family, and this endeavor is an example of how not only our Air Force supports our military families, but how our local communities do too.

Looking ahead to next week, Mr. Kevin Hines will be here to visit and speak with our team. Mr. Hines is the author of "Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt." At the age of 19, Mr. Hines attempted suicide by jumping off the Golden Gate Bridge. Miraculously, he

survived the fall and now has become an inspirational speaker. I have had the privilege of hearing Mr. Hines speak before -- his message is emotional and especially inspirational, which is why we are bringing him here.

Mr. Hines's first presentation will be on Thursday, August 24, at 6:30 p.m. inside the Professional Development Center. This evening presentation allows spouses and age-appropriate dependents to hear his story as well. He will also give two presentations on Friday, August 25, inside Hangar 52, which will be an approved alternate duty location for both civilian and military members. One session will be at 7 a.m., and the other will be at 3 p.m. I look forward to hearing his presentation alongside all of you.

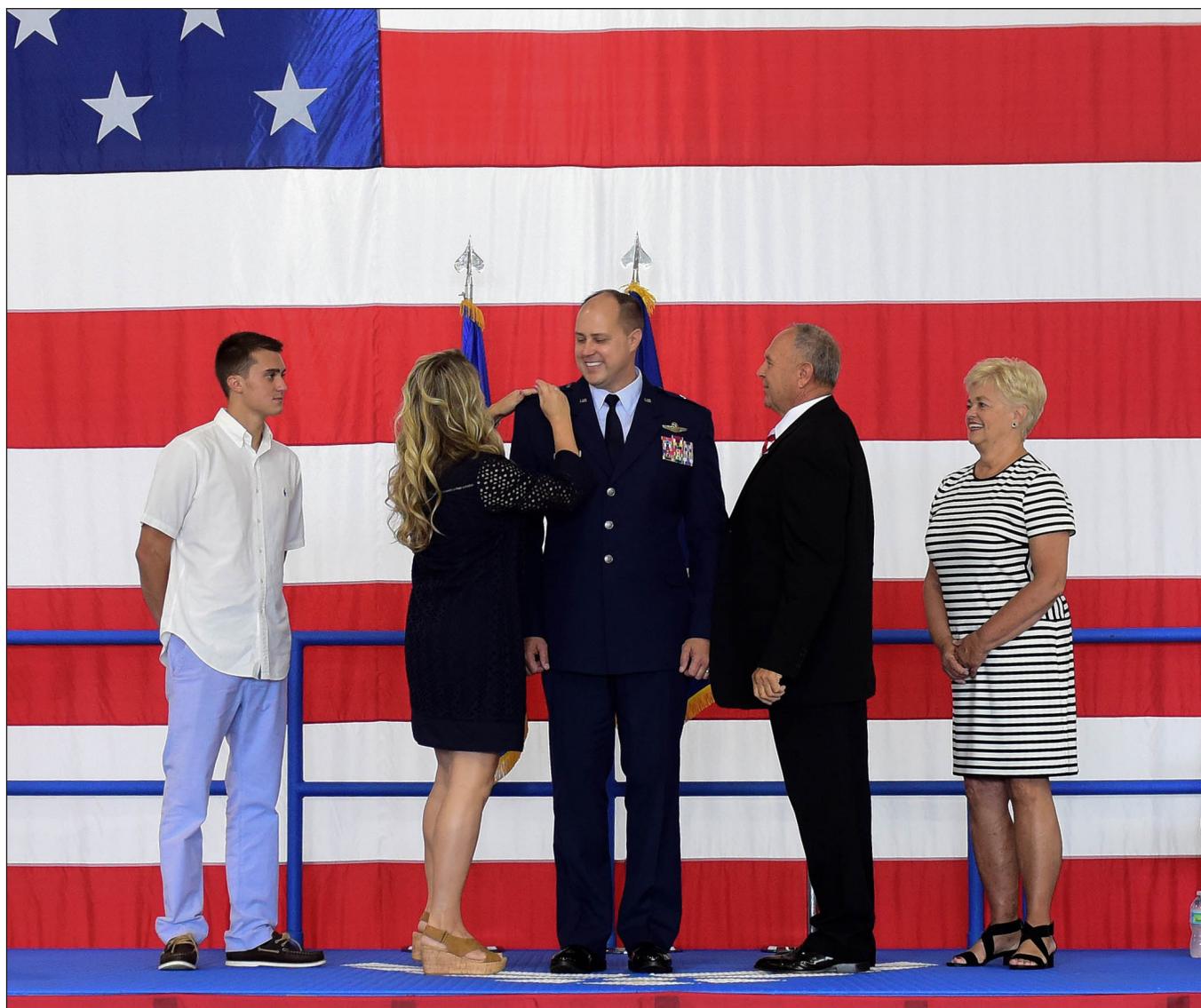
As we head into the weekend, talk to your Wingmen about their plans. If they don't have any, find something to do together that you both will enjoy. There is a lot going on in the local area, including the State Fair in Sedalia, so be sure to enjoy all that the Heartland has to offer.

Thanks for what you and your families do for our great nation. Have a great, safe weekend.

v/r

JJN

JOHN J. NICHOLS
Brigadier General, USAF
Commander, 509th Bomb Wing



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

U.S. Air Force Col. John Nichols, the 509th Bomb Wing commander, was promoted to brigadier general at Whiteman Air Force Base, Mo., Aug. 11, 2017. He is responsible for the combat readiness of the Air Force's only B-2 base, including development and employment of the B-2's combat capability as part of Air Force Global Strike Command.

THE WARRIOR Editorial Staff

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The Sedalia Democrat
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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 660-687-5727, email 509.bw.pa@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 by
Airman Taylor Phifer

Danica Hudson, a third grader at Whiteman Elementary School, draws a picture of her favorite part of school at the Youth Center at Whiteman Air Force Base, Mo., Aug. 16, 2017. School started back up for the Knob Noster School District Aug. 17, 2017.

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 the AFOSI web page at <http://www.osi.af.mil>.

How to report an anonymous tip using a smart phone:

1. Open 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 enjoyable. 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.

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
Mostly Sunny	Sunny
Hi 86	Hi 87
Lo 62	Lo 67
Sunday	Monday
Sunny	Mostly Sunny
Hi 89	Hi 88
Lo 67	Lo 70

Inspection changes for Global Strike Airmen

By Joe Thomas

Air Force Global Strike Command

BARKSDALE AIR FORCE BASE, La. — The Air Force Global Strike Command (AFGSC) Inspector General (IG) team wishes to increase awareness of the Air Force Inspection System, or AFIS. This inspection system focuses on mission readiness without creating extraneous work or preparation, according to U.S. Air Force Col. Omar Colbert, AFGSC IG Inspection division chief.

"Being mission ready means being inspection ready and not vice versa," Colbert said. "Being ready to execute your mission on a daily basis negates the need for getting ready for an inspection. We want Airmen to focus on training and learning what they need to learn to accomplish the mission."

In the past, inspections have been more performance and compliance based with standards and less about effectively and efficiently accomplishing the day-to-day job. Air Force Instruction 90-201, The Air Force Inspection System, changed that by making the process more efficient both in the scope of inspections and how the IG conducts them, Colbert said.

"We found that there was an unhealthy reliance in the past on periodic external inspections for assessing the mission readiness of the unit," Colbert said. "We also found that one of the primary incentives for getting in compliance was preparing for an inspection. That wasn't the way we wanted to do inspections."

"This led to the expression 'painting the grass,'" he added. "Airmen were spending a greater portion of their time preparing for an inspection when the emphasis should be placed on being mission ready on a daily basis."

The Unit Effectiveness Inspection and Wing Commander's Inspection Program

AFGSC Airmen should expect a Unit Effectiveness Inspection, or UEI, Capstone every two years, with a series of evaluations in between, said Hank Jenkins, the deputy chief, AFGSC IG Inspections Division.

"The evaluations are continual so there isn't just one inspection, but a cycle of smaller inspections used to build a photo album of mission performance during the course of the UEI cycle," Jenkins said. "We have on-site and virtual inspections. The wings are also doing self-assessments and the AFGSC functional managers are also continuously assessing wing capabilities. Continual evaluation is everyone's responsibility."

Duplicate or overlapping inspections have also largely been removed, Jenkins said.

Each AFGSC wing or wing-equivalent now has an IG in charge of executing the Wing Commander's Inspection Program (CCIP). These wing-level inspections are conducted by Wing Inspection Teams comprised of members from units throughout the wing. The CCIP gives the Wing Commander, subordinate commanders and the wing Airmen the ability to identify risk, identify areas of improvement, determine root cause and precisely focus limited resources, all aligned with the commander's priorities.

The AFGSC IG team also evaluates these wing inspection programs and their inspection teams, always providing guidance and

mentorship to ensure inspections are conducted fairly and remain focused on the mission. The entire process is a team effort throughout all levels of the command, Colbert said.

"We're constantly interacting and communicating with the wings to keep information flowing and ensure they're always mission ready," Colbert said. "The functional managers at AFGSC are responsible for reaching out to the units and observing how effectively they are training and whether or not they are equipped for their respective missions."

Colbert also emphasized the IG's role in helping wings gain traction on projects requiring support at major command and higher levels.

"We have had some success stories bringing the right level of attention to problems encountered by the wings which appeared bogged down for various reasons."

Some examples include helping wings acquire funding to repair a leaking roof on a nuclear weapons maintenance facility and funding to rebuild a live structural fire trainer, according to Colbert.

The AFGSC IG team will start the UEI Capstone process 90 to 120 days before the inspection by administering surveys addressing areas such as leadership, working conditions, training, morale and base support. A week prior to the Capstone, the IG team will conduct Airmen-to-IG sessions. These sessions involve small teams interviewing Airmen, specifically targeting areas of leadership, operations and quality-of-life.

"These sessions are tailored to a specific area so we can accurately assess the impact leaders, programs and policies have on the Airmen" Colbert said. "Feedback we receive during the sessions is investigated and validated during the Capstone with findings detailed in the UEI final report in one of four Major Graded Areas."

The Four UEI Major Graded Areas

Every Air Force UEI consists of Major Graded Areas, or MGAs. These areas are Managing Resources, Leading People, Improving the Unit and Executing the Mission.

"Everything we look at will fall into one of these areas," Colbert said. "The wings get a rating or score for each of these MGAs and an overall rating for the Capstone."

In short, these MGAs not only take the mission into account but also how the mission affects Airmen and their families.

"For each of these categories there are sub-categories," Colbert said. "We look at training, quality-of-life at home, impacts from temporary duty assignments, how many hours the Airmen are working during the day, housing availability and activities in the local area."

"We also look at the quality of support they receive when going out the door on a deployment. We're making sure that the units are compliant day to day so when they're called to go and execute their combat mission they are more prepared to conduct that mission. If anything, the inspection system complements the high operational tempo of the mission."

Nuclear Inspection Programs

Under the AFIS, nuclear focused inspections are conducted by the AFGSC IG. The Nuclear Surety Inspection, or NSI, is a performance-and-compliance-based inspection

focusing on a unit's ability to manage nuclear resources while complying with all nuclear surety standards. Nuclear units will receive an NSI within a 24-month certification cycle and are assessed against up to 12 MGAs. Additionally, nuclear operational readiness is assessed during major Department of Defense, major command and wing-level exercises. The evaluations focus on a unit's ability to generate, safeguard and employ nuclear weapons safely and effectively.

No Notice On-Site Visits

By direction of Gen. Robin Rand, the commander of AFGSC, the AFGSC IG is now conducting no-notice, on-site visits. Wings can expect a no-notice visit typically two to nine months after their last major inspection (UEI Capstone or NSI). The objective of the no-notice program is to assess a wing's ability to effectively execute its mission by observing the wing in the conduct of its daily operations. Inspection teams will consist of about ten inspectors, focusing on maintenance, operations, security, people and support.

At the end of the visit, the inspection team members give the wing commander a verbal out brief and written observations on how the unit performed during the assessment.

The Bottom Line

Through AFIS, the AFGSC IG employs a number of tools to accurately and continually assess a unit's performance, readiness, efficiency, discipline and effectiveness to execute assigned missions, according to Colbert.

"Continuous evaluation is the cornerstone of AFIS and is not only the responsibility of the AFGSC IG," Colbert said. "But it's also the responsibility of commanders, wing IGs, AFGSC functional managers and Airmen at every level. Continual evaluation gives commanders timely and accurate feedback on issues interfering with the unit's ability to conduct daily operations so effective corrective measures can be developed and implemented quickly."

"With the addition of the CCIP, commanders at all levels are encouraged now to focus on mission readiness and building a culture of disciplined compliance and continuous improvement and to avoid wasting Airmen's time on inspection preparation. Remember: Mission ready means inspection ready."

The AFGSC IG and his inspection team are committed to the mission as well, Colbert said.

"One thing that must be emphasized is we are truly dedicated to helping the wings," Colbert said. "We take our role as inspectors very seriously, but more importantly, the roles we play as coaches and mentors to the command's Airmen and Wing IG teams are just as important. We don't want to be seen as the IG wearing the 'black hats' but as a team of fellow Airmen committed to serving our warfighters and helping them improve mission readiness."

Colbert added that Air Force Global Strike Command is very fortunate to have an IG team composed of dedicated, knowledgeable professionals whose focus is solely to serve the command.

"Expect the AFGSC IG, Col. Thomas Rudy, and his inspection team to visit your units soon," Colbert said. "But rest assured, they are truly coming to help."

Reel Time Theaters

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FRIDAY, AUG. 18 • 7 p.m.

Girls Trip (R)

Adults - \$6.25

SUNDAY, AUG. 20 • 3 p.m.

Dunkirk (PG-13)

Adults - \$6.25, children - \$4.00

SATURDAY, AUG. 19 • 7 p.m.

Valerian and the City of

Thousand Planets

(PG-13)

Adults - \$6.25,

children - \$4.00

The Blue Beret: Your first line of defense



U.S. Air Force Tech. Sgt. Justin Nutter, a 509th Security Forces Squadron flight chief, controlled entry during an exercise at Whiteman Air Force Base, Mo., Aug. 4, 2017. An entry control point was stood up to account for all response force personnel in the simulated danger area.

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

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U.S. Air Force Airman 1st Class Tamia Sheegog, a 509th Security Forces Squadron (SFS) response team member, performs surveillance from a Bearcat's turret at Whiteman Air Force Base, Mo., Aug. 4, 2017. SFS personnel are qualified on the M-240 machine gun, M-16 and M-4 rifle, M-9 Beretta and many other weapons to protect government assets and personnel.



A Humvee rushes in response to an exercise at Whiteman Air Force Base, Mo., Aug. 4, 2017. The 509th Security Forces Squadron performs routine exercises in order to hone their response to various potential real-world scenarios.

*U.S. Air Force photos by
Airman Michaela Slanchik*

Certified instructor brings a challenge

By Airman Taylor Phifer
509th Bomb Wing Public Affairs

Sweat dripped down their red faces into puddles on the floor as the members tried to catch their breath. The fitness instructor encouraged them to power through the hour-long class. By 6 a.m. the members would have completed an intense workout using just a band.

"This class will challenge you," said Katrina Shanks, the Total Body Resistance Exercise (TRX) instructor at the fitness center at Whiteman Air Force Base, Missouri. "But, it will also empower you to keep pushing and coming back for more."

Shanks has always had a passion for fitness, but she actually stumbled upon TRX by accident. She was at home searching for more information about competing in figure competitions when she learned about TRX. Wanting an alternative to lifting weights, she decided to give this type of workout a chance.

She discovered that TRX helped not only build strength, but also flexibility and balance without requiring the use of bulky equipment. First developed by the Navy SEALs, this workout only requires a TRX Suspension Trainer, which is an exercise band that uses a person's body weight and gravity. Hundreds of movements can be done with this band alone.

In order to become certified, Shanks first had to find training near her, which was no easy task.



Members of Team Whiteman push through the Total Body Resistance Exercise (TRX) class at the fitness center at Whiteman Air Force Base, Mo., Aug. 8, 2017. The challenging class involves a wide range of exercise movements using only a TRX Suspension Trainer, and is suitable for anyone no matter their age, gender, weight or experience with TRX.

Shanks travelled the nation to attend training, and doing so, her eyes were opened to some very beautiful places.

After nine months, Shanks earned her TRX certification in May 2017, and became the first female in Missouri to become a certified TRX instructor, not just a licensed instructor. As a certified instructor, Shanks was required to pass a test on knowledge of the brand, proper form and

instructor etiquette. She also had to demonstrate that she was able to show students modifications and progressions with each exercise.

Becoming a fitness instructor was a decision Shanks will never regret. Along with TRX, Shanks is also certified in group fitness and Silver Sneakers. She is licensed to teach Turbo Kickboxing, PiYo Live, Zumba and Zumba Step programs.

"My TRX certification was by far the hardest one I've earned," said Shanks. "I'm very proud of my accomplishment. I love when people underestimate the workout. They think it will be an easy class just swinging around on some bands, but more often than not, I have people say, 'Wow, I didn't think I was going to sweat that much!'"

Shanks went on to explain that the key to this workout is setting the standards and changing the conditions. Once people know what muscles they want to work, they can find a variety of exercises to utilize the TRX band. Then by applying progression in the exercise they can challenge those muscles.

"With TRX having a military background, it seemed natural to start my classes at Whiteman," said Shanks. "The base already had the TRX bands and they were eager to get things started."

Shanks brought this class to Whiteman in June 2017.

"I've been coming to this class since it started in June," said Nicki Yanak, a Whiteman team member, smiling as she wiped the sweat from her forehead. "I won't lie, TRX is a difficult workout, but I feel great after I complete it and Katrina is a very motivating instructor."

With a wide range of different exercise movements, upbeat music and an energetic instructor, this class is suitable for everyone no matter their age, gender, weight or experience with TRX.

"I remember my own struggle with weight after having my first child," said Shanks. "Now I strive to help others feel better about themselves inside and out."

As a fitness instructor, Shanks is able to set goals for her programs, clients and herself.

"My biggest goal with this program is to make it grow," said Shanks. "Spreading the benefits of TRX is a work in progress. Most people are intimidated by the bands, but upon trying the class they are drawn into the challenge that can get them the results they want."

With a goal to make the program grow as much as possible at Whiteman, Shanks also wants people to get involved and love TRX as much as she does.

"It makes me very happy when people tell me they rearranged their day to make it to my class," said Shanks. "Not even for me, but to see that they are investing the time and effort to improve themselves."

Along with her programs and clients, Shanks is pushing to become the best version of herself that she can be as she reaches her fitness goals.

"Currently, my goal is to compete in a fitness competition," said Shanks. "I think about it often, but my love for fitness is almost as big as my love for all things culinary, so we'll see."

While she is aiming for certain fitness and health goals, Shanks is continuously progressing her professional career as well. She is in the process of getting her certification in personal training and as a Spinning instructor.

"There are so many different types of workouts and programs for people to get involved in on base," said Shanks. "I love fitness because there's always a new workout or exercise to try, you just have to find something you like."

The TRX class is held from 5 to 6 a.m. every Tuesday and Thursday at the base fitness center. For more information, please contact the fitness center at (660) 687-5496.



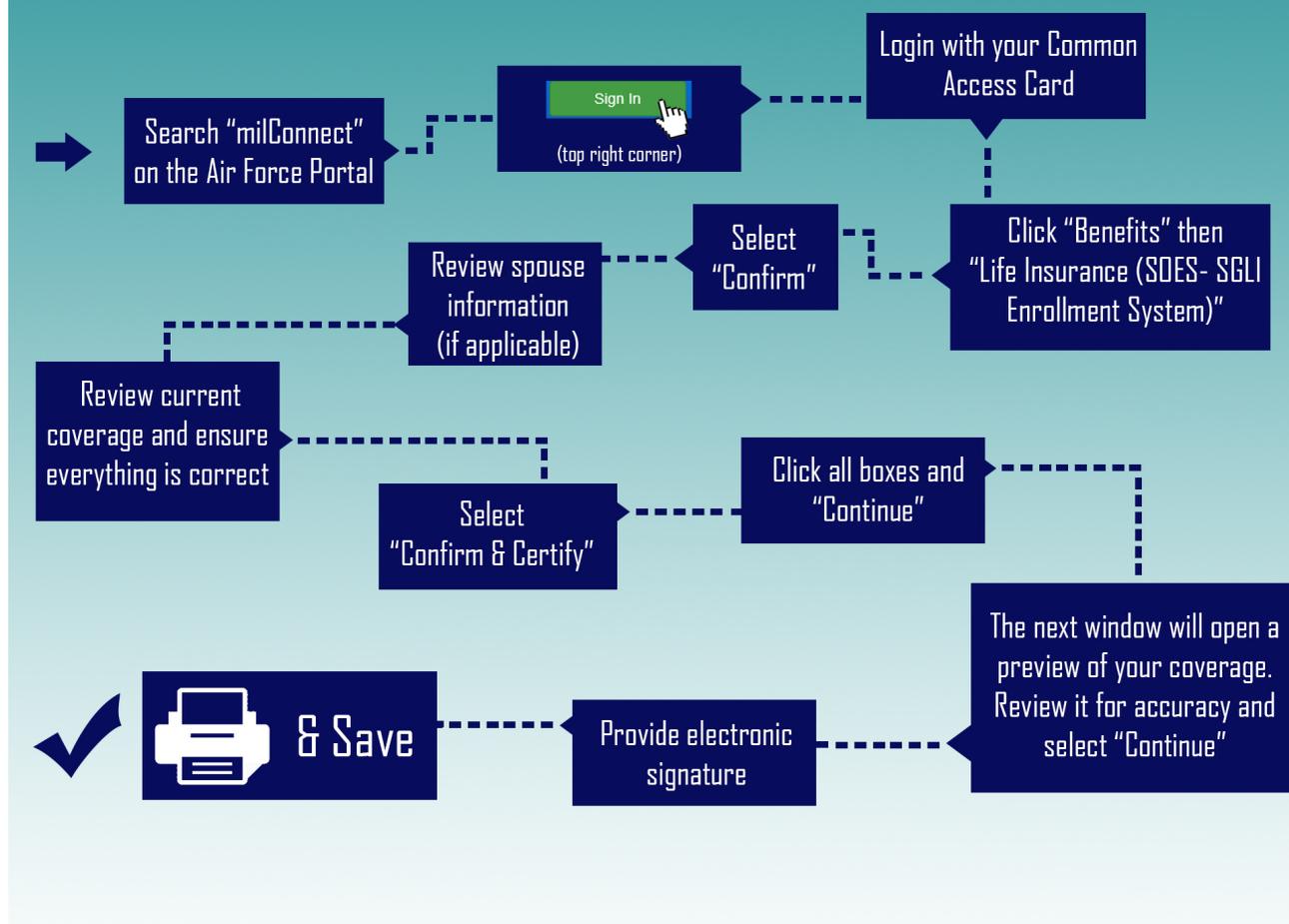
Katrina Shanks, the Total Body Resistance Exercise (TRX) instructor, performs an exercise with the TRX Suspension Trainer at the fitness center at Whiteman Air Force Base, Mo., Aug. 8, 2017. Shanks earned her TRX certification in May 2017, and brought the class to Whiteman in June 2017. This upbeat class is held from 5 to 6 a.m. every Tuesday and Thursday at the base fitness center.



Members of Team Whiteman stretch at the Total Body Resistance Exercise (TRX) class using the TRX Suspension Trainers at the fitness center at Whiteman Air Force Base, Mo., Aug. 8, 2017. The hour-long class helps to build strength, endurance, flexibility and balance while only using a TRX suspension band.

U.S. Air Force photos by Airman Taylor Phifer

New SGLI process



The new SGLI system is officially online now!

All members will need to update their information through the SOES (SGLI Online Enrollment System) annually, during their birth month.

Direct any questions to the Military Personnel Flight at (660) 687-6427



The letter "B" is for backpack

By Staff Sgt. Danielle Quilla
509th Bomb Wing Public Affairs

Stepping onto the scale, the 4-year-old stood tall in her yellow dress decorated with flowers. As a physical therapy technician recorded her weight on paper, Delilah Gordon, daughter of U.S. Air Force Staff Sgt. Samuel and Mrs. Sally Gordon, stepped down and placed her bright pink backpack on the scale to be weighed.

Her backpack was filled with free school supplies donated for the Back-to-School Brigade event at Whiteman Air Force Base, Missouri, on Aug. 8, 2017. Approximately 167 families, consisting of active duty, Air National Guardsmen and reservists assigned to different branches, attended the event to collect supplies for the new school year.

"The weight of the backpack should be no more than 10 percent of the child's bodyweight," said Senior Airman Tiffani-Amber Petit, a physical therapy technician with the 509th Medical Operations Squadron.

After making sure the backpack was not overweight, Petit helped Delilah adjust the straps to make it more comfortable for her to wear during her pre-kindergarten school year.

"This is the second year a weighing station has been set up to help educate parents on backpack safety," said Petit. "In addition to the weight of the bag, we gave tips to parents on how to ensure backpacks fit their child better, especially since we had many smaller children at the event."

According to the American Occupational Therapy Association, more than 79 million students in the United States carry school backpacks.

"Since Whiteman does not have an occupational therapy office, the physical therapy clinic deals with a broader range of issues," said Petit. "Being a smaller clinic, we currently aren't actively seeing dependents, however, we enjoy participating in community events as often as possible. It gives us an opportunity to reach out and educate dependents on injury prevention."

Just like trying on clothes and shoes before buying them, experts say it is just as important to try on backpacks also to find the one that is the right size for the student and has enough room for the necessary school supplies.

With the first day of school beginning on August 17 for Knob Noster and Warrensburg public schools, be sure to keep an eye out for students like Delilah.



The Whiteman Elementary School kicked off the new school year with the Back-to-School Brigade event at Whiteman Air Force Base, Mo., Aug. 8, 2017. Approximately 167 families, consisting of active duty, Air National Guardsmen and reservists assigned to different branches, attended the event. A total of 300 backpacks and \$2,700 worth of supplies were donated to help students start the new school year right.



U.S. Air Force photos by Staff Sgt. Danielle Quilla

WAFB welcomes Spirit of Innovation



Members of the 509th and 131st Maintenance Group maintenance flights use a crane to replace a B-2 Spirit replica, nicknamed the Spirit of Innovation, at Whiteman Air Force Base, Mo., Aug. 10, 2017. The B-2 replica weighs 600 pounds and is 22 feet in length compared to the actual B-2's true length of 172 feet. The aerospace repair and phase inspection shops led the project of replacing the static after the old display was removed for repairs. Whiteman owns one of only about 50 of these replicas that were gifted by Northrop Grumman to organizations who took part in the production of the aircraft.

U.S. Air Force photos by Airman Michaela Slanchik

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Staff Sergeant Release



myPers

Air Force Personnel Center Report

JOINT BASE SAN ANTONIO-RANDOLPH, Texas -- Air Force officials have selected 14,181 senior airmen for promotion to staff sergeant out of 32,006 eligible for a selection rate of 44.31 percent.

The staff sergeant promotion list will be available on the Air Force Portal and myPers Aug. 24 at 8 a.m. CDT. Airmen will also be able to access their score notices on the virtual Military Personnel

Flight via the Air Force's Personnel Center secure applications page.

Those selected for staff sergeant will be promoted beginning Sept. 1, according to their promotion sequence number.

Commanders will receive notice of their selects from their senior rater's agent starting Aug. 17, with the intent to notify their selects no earlier than one day before the public release.

For more information about Air Force personnel programs, go to myPers.



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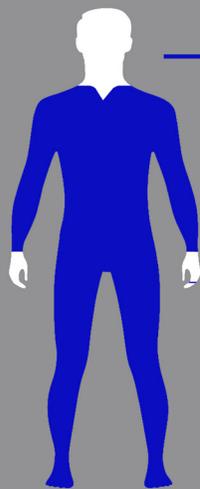
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* AIRMEN WITH SMALL HAND TATTOOS
AUTHORIZED UNDER THE OLD POLICY
WILL BE GRANDFATHEREDONE SINGLE-BAND RING
ON ONE FINGER
ON ONE HAND

UNAUTHORIZED CONTENT

RELATED TO GANGS/EXTREMIST & SUPREMACISTS ORGANIZATIONS
ADVOCATING SEXUAL/RACIAL/ETHNIC/RELIGIOUS DISCRIMINATION

The Kevin Hines Story

509th Bomb Wing Staff Report

Whiteman Air Force Base will host Kevin Hines, a renowned motivational speaker. Please join Team Whiteman on the 24th at the Ford Auditorium at 6:30 p.m. and again on the 25th in Hangar 52 at 7 a.m. and again at 3:00 p.m.

ABOUT KEVIN HINES

Kevin is one of only thirty-six (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

In 2016, Mental Health America awarded Kevin their highest honor, The Clifford W. Beers Award, for his efforts to improve the lives of and attitudes toward people with mental illnesses. Previously, he was awarded a Lifetime Achievement Award by the National Council of Behavioral Health in partnership with Eli Lilly. Kevin has also been awarded as a Voice Awards Fellow and Award Winner, an Achievement Winner by the US Veterans Affairs and received over 30 U.S. military excellence medals as a civilian.

Kevin sits on the boards of the International Bipolar Foundation (IBPF), the Bridge Rail Foundation (BRF) and the Mental Health Association of San Francisco (MHASF) and on the Survivors Committee of the National Suicide Prevention Lifeline.

Previously, he was a board member of the Northern California Chapter of the American Foundation for Suicide Prevention (AFSP) and was a two-term member of San Francisco's Mental Health Board. He has spoken in congressional hearings alongside Patrick Kennedy in support of The Mental Health Parity Bill. He continues his policy work as an Ambassador to the National Council for Behavioral Health.

In the summer of 2013, Kevin released his best-selling memoir titled *Cracked Not Broken, Surviving and Thriving After A Suicide Attempt*. He is currently producing a documentary entitled *Suicide: The Ripple Effect*.

Kevin's will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse, global audiences within colleges and universities, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations, and various industries. Thousands have communicated to Hines that his story helped save their lives. He has reached millions with his story.

Kevin believes in the power of the human spirit and in the fact that you can find the ability to live mentally well. His mantra: "Life is a gift, that is why they call it the present. Cherish it always."