

WARRIOR



ROCKETS RED GLARE

INDEPENDENCE DAY CELEBRATION EVENT HELD AT WHITEMAN AIR FORCE BASE PG. 8

UNDER WRAPS

B-2 STATIC GETS VINYL-WRAP MAKEOVER PG. 3



Weekly commander's message

Team Whiteman,

I hope all of you were able to relax and recharge over the holiday weekend with friends and family. Michelle and I thoroughly enjoyed seeing many of you and your families at our Independence Day Celebration last Friday. It was an exciting night for our Total Force team and I am grateful to everyone who was involved in the planning and execution -- job well done and thanks for your hard work.

Yesterday, I had my first chance to meet the members of our Whiteman Base Community Council (BCC), which consists of over 300 members from 20 local communities. It was great to meet people passionate about two things that are so important -- our Airmen and our mission. I look forward to working with the BCC throughout my time here and we all should be grateful for the stellar support the BCC provides to Team Whiteman.

Speaking of our Total Force team, the 131st Bomb Wing and the 442d Fighter Wing will be conducting their monthly Unit Training

Assemblies this weekend. As part of the UTA weekend, Lieutenant General L. Scott Rice, the Director of the Air National Guard, and Chief Master Sergeant Ronald Anderson, the twelfth Command Chief Master Sergeant of the Air National Guard, will be visiting and meeting with our partners in the 131st here and across the state at Jefferson Barracks. The degree of our Total Force Integration at Whiteman is known throughout the Air Force, and I am sure these two leaders will be just as impressed as I have been by the professionalism and expertise of our Guard and Reserve partners.

Looking at the calendar, we have several exciting weeks ahead of us and we need every member of our team ready to perform at his or her best. So stay safe this weekend, take care of each other and look out for your wingmen.

-v/r

JJN

JOHN J. NICHOLS, Colonel, USAF
Commander, 509th Bomb Wing



U.S. Air Force photo/Senior Airman Danielle Quilla
U.S. Air Force Col. John Nichols, the 509th Bomb Wing commander, speaks during a wing all-call at Whiteman Air Force Base, Mo., June 30, 2017. Nichols introduced himself to Team Whiteman and laid out his expectations for the wing to include the importance of suicide prevention and the DUI Battle Plan, as well as preparing for upcoming inspections and exercise.

THE WARRIOR

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The deadline for article submissions to the **Warrior** is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions do not guarantee publication.

For more information, call the **Warrior** office at 660-687-5727, 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/
Senior Airman Danielle Quilla

Fireworks illuminate Ike Skelton Lake as part of the 2017 Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2017. The event was free for all DoD ID card holders and their families.

NEWS BRIEFS

**Disposition of Personal Effects
Staff Sgt. Matthew M. Sheeron**

Capt. Bradley Connor is authorized to make disposition of the personal effects of Staff Sgt. Sheeron, deceased, 509th Maintenance Squadron (MXG) as stated in AFI 34-511, Disposition of Personal Property and Effects. Any person having claims for or against Staff Sgt. Sheeron should contact Capt. Connor at 660-525-4742. (509 MXG/660-687-1931)



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	Mostly Sunny
Hi 89	Hi 86
Lo 71	Lo 61

Sunday	Monday
Chance of Storms	Mostly Sunny
Hi 87	Hi 90
Lo 67	Lo 70

B-2 Wrap-up: Static gets wrap finish



By Senior Airman Danielle Quilla
509th Bomb Wing Public Affairs

Refinishing a static display is a lot like detailing a car. While Senior Airman Courtlin Rowland, a low observable (LO) maintainer with the 509th Maintenance Squadron (MXS), spent a week in the cold polishing and waxing the mini B-2 static display at the entrance of Whiteman Air Force Base, Missouri, he started brainstorming a long-term fix for the sun bleached paint.

Three times a year the mini B-2 is refinished, which takes five Airmen about five days to complete. However, during this particular session the paint would not harden and dry completely due to the weather ranging from 30 to 50 degrees Fahrenheit.

"I realized the paint we were using wasn't going to cure so I decided to try something I used to detail cars," said Rowland, who is a car enthusiast in his off-time.

Rowland pitched the idea to use a vinyl-wrap technique, which is an environmentally friendly process. It eliminates polyurethane paints, which become atomized and potentially harmful to lodging and base housing.

Once the wrapping process was started it only took one and half days to complete with just one Airman and the two members of the Gator Graphics company.

"The results are impressive," said U.S. Air Force Senior Master Sgt. John Biery, an LO flight chief with the 509th MXS. "Rowland saved \$18,000 and may have revolutionize how we look at reducing manpower and cost to sustain static displays."

Thanks to Rowland's efforts, the mini B-2 static display was ready to welcome distinguished visitors to the base during the Air Force Global Strike Command's 2017 Senior Leader Conference.



Courtesy photos

Reel Time Theaters

We're saving a seat for you.

FRIDAY, JULY 7 • 7 p.m.

SATURDAY, JULY 8 • 7 p.m.

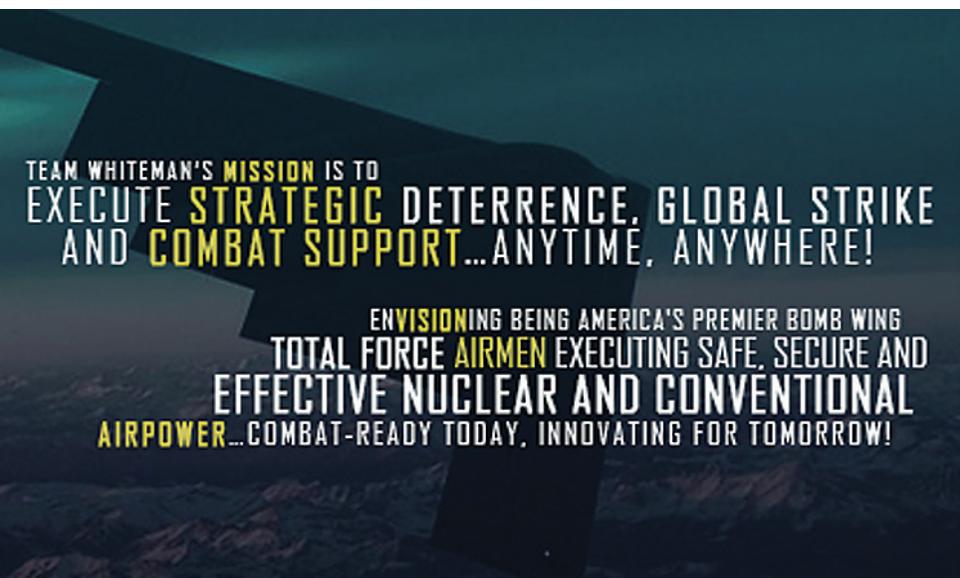
Spiderman: Homecoming (PG-13) Spiderman: Homecoming (PG-13)

Adults - \$6.25, children - \$4.00 Adults - \$6.25, children - \$4.00

SUNDAY, JULY 9 • 3 p.m.

Spiderman: Homecoming (PG-13)

Adults - \$6.25, children - \$4.00



509th CONS gets new commander



U.S. Air Force photo/Senior Airman Jovan Banks
Maj. Leigh Baumbaugh (right) assumes command of the 509th Contracting Squadron during a squadron change of command ceremony on June 30, 2017, at Whiteman Air Force Base, Mo. Baumbaugh took command from the previous commander Maj. Quincy Hearn.

Faces of the 131st



Airman 1st Class Samantha Patriarca

By Senior Master Sgt. Marydale Amison
131st Bomb Wing Public Affairs

Name: Samantha Patriarca
Rank: Airman 1st Class
Hometown: Barnhart, Missouri

What is your military specialty?
• 3S0X1 Personnel Specialist

What is your civilian occupation?
• I've been a server at Texas Roadhouse for 4 years, it's such a great place to work. Recently, I started a temporary tech position with the 157th Air Operations Group so that is my full time job now. This fall I plan on going to Lindenwood University to finish up my Bachelor's degree in Human Resources Management.

Why did you join the Missouri Air National Guard?
• My dad and husband played a huge part in my decision to join the ANG. All the Patriarca men have joined the military, mainly the AF. So I wanted to be the 3rd generation, first female, to carry on that tradition.

What do you like best about your job?
• My job is pretty great because I'm a huge people person and as a personnel specialist, I am always talking and helping people. It's the best job for getting to know everyone in your unit.

What do you enjoy most about being in the military?
• The thing I love most is probably my

work environment. Thankfully, I work with amazing people who show great leadership and are constantly building me up. I could not have asked for a better unit to join.

What are your favorite ways to spend your free time?

• I love exploring nature and going to parks. When I'm not doing that, I'm usually nose deep in a book.

Where do you hope to see yourself in 5 years? 10 years?

• Career wise I plan to advance within the Guard. My goal is to make it at least 20 years. When it comes to my personal life, in 5-10 years, I hope I'll be a mom to two beautiful children.

What is something that is on your bucket list?

• One of the top items on my bucket list is to travel the U.S. with my husband and say I've been to all 50 states.

Do you have any interesting talents or skills?

• The joke at home is me being able to whistle well is my only talent, Haha!

Tell us about a favorite military memory.

• My favorite memory is when I marched across the bomb run during the graduation parade at BMT. To think that my grandpa, dad, uncle and brother all marched across the same run was just amazing. It was a very special event and I will never forget the sense of pride I felt that day.

The wall that heals



U.S. Air Force photo/Capt. Karl Wiest

The University of Central Missouri hosted "The Wall That Heals" on their campus from June 29-July 2. The wall is a Vietnam Veterans Memorial replica that travels across the country with a mobile education center designed to honor all those who fought and died in the Vietnam War. Many members of Team Whiteman took time to visit the memorial in order to honor the service and the sacrifice of those whose names are etched on the wall.

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3:00pm-5:30pm

Whiteman Family Homes Leasing Office Parking Lot
-301 Summit



We will have several of our local Farmers' here for you to purchase some local produce or goodies.

This is open to anyone with Base Access!

Officials urge retirees to transition club membership to virtual portal

By Air Force Installation and Mission Support
Center Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas -- For many Air Force retirees, a club membership is one way to stay connected to the service they love. Air Force Services Activity (AFSVA) officials are encouraging retirees to activate their new Air Force Club Member Portal accounts before losing that connection.

“Our retiree population is a special part of our Air Force family. Their contributions to shaping the Air Force of today are invaluable and we want to keep them connected to our Airmen and our installations,” said U.S. Air Force Col. Donna Turner, the AFSVA commander.

The Air Force began transitioning away from a club credit card to the Air Force Club Member Portal at six pilot installations in May: Osan Air Base, South Korea; Thule AB, Greenland; Whiteman Air Force Base, Missouri;

Eglin AFB, Florida; Joint Base San Antonio-Randolph, Texas, and JB Charleston, South Carolina.

Current member information was automatically loaded on the club portal, but members need to log in and update payment information to maintain their membership. The free MemberPlanet app is available in the App Store or Google Play. The web- and app-based system allows members to choose their payment methods and receive real-time event information directly on their smart devices or computers through the portal.

“Members can now use their credit or debit card of choice,” said Jonathan Boyd, the AFSVA chief of non-appropriated fund food and beverage operations. “It’s an easy process ... you simply update your profile using your smartphone, tablet, laptop or desktop computer.”

Members without easy access to smart devices or computers can also stop by their local club for assistance.

“Through the club portal, club members will have easy

access to a wide variety of information such as events and special programs scheduled, meal specials and other notifications in near real time,” Boyd said.

The portal will be rolled out across the Air Force Aug. 1, 2017. Members can either show their digital membership card through the MemberPlanet App on their smart devices or print a card from the app. The card features the member’s name, preferred club, and an expiration date.

“Air Force Club membership is a tradition,” Turner said. “It’s where our Airmen experience, learn and share our Air Force culture. Our clubs provide resiliency to our Airmen and their families. This new approach to membership will make it easier for our Airmen to stay connected with our Air Force tradition and build on the culture and esprit de corps established by those who have previously served.”

For more information, contact your local club or visit <http://www.myairforcelife.com/clubs/cmp.aspx>

Avoid Heart Disease: Know Your Blood Pressure, Cholesterol

By TRICARE Staff

You wake up one morning and feel pressure in your chest and then a sharp pain. Are you having a heart attack? You call 911 just to be safe. How did this happen or what you could have done to prevent it? Regular heart, cholesterol and blood pressure screenings can help you stay healthy. TRICARE covers heart disease screenings that include cholesterol and blood pressure checks.

Heart Disease

The heart pumps blood to the body to provide necessary oxygen and nourishment to keep us alive and healthy. When the heart can’t pump blood as well as it should or there’s reduced blood flow to the heart, it can lead to heart disease. Heart disease is the leading cause of death for men (and women) in the U.S. Majority of the risk factors are those that we can control, modify or treat, such as high blood pressure and high cholesterol. If you don’t know if your blood pressure or cholesterol levels are in the healthy range, make sure to talk to your doctor to find out.

Blood Pressure Screening

High blood pressure often has no signs or symptoms until someone experiences a stroke or heart attack. According to Centers for Disease Control and Prevention (CDC), high blood pressure was a primary or contributing cause of death for more than 410,000 Americans in 2014. The only way to know if your blood pressure is high is to get it checked regularly. TRICARE recommends adults have their blood pressure checked at least once every two years. You’ll also get a blood pressure screening each time you visit your doctor.

Cholesterol Screening

People with high cholesterol have about twice the risk of heart disease as people with lower levels, according to CDC. Like high blood pressure, you may not be aware that your cholesterol level is too high until something is wrong because you experience no symptoms. That’s why it’s important to schedule regular visits with your doctor to get your cholesterol levels checked. TRICARE covers cholesterol testing as recommended by National Heart, Lung and Blood Institute (NHLBI). Most adults (age 20 and older) should have their cholesterol checked at least once every five years, according to NHLBI.

The good news is many of the same healthy lifestyle choices you make for controlling your cholesterol can also help prevent high blood pressure and lower your risk of heart disease such as:

- Eating healthy meals low in saturated fat, trans fat, sodium (salt) and added sugars.

- Getting regular physical activity.

- Reaching and maintaining a healthy weight.

- Limiting alcohol intake. Men should have no more than two drinks containing alcohol a day.

- Avoiding smoking.

If you are diagnosed with high blood pressure or cholesterol, your doctor will work with you to come up with the best way to treat your condition. For more information about your heart-related benefits, visit the TRICARE website.

Whiteman celebrates Independence Day with fun and fireworks



The Whiteman Independence Celebration 2017 kicked off the holiday weekend at Whiteman Air Force Base, Mo., June 30, 2017. A UH-60 Black Hawk flyover started the festivities to include food, music, and various activities such as a zip line, rock wall, and face painting. The event closed with a fireworks display over Ike Skelton Lake.

*U.S. Air Force photos/
Senior Airman Danielle Quilla*

**Service
Before
Self**

New 325th Weapons Squadron CC



U.S. Air Force photo/Senior Airman Jovan Banks
Lt. Col. Jason Ellis (right) assumes command of the 325th Weapons Squadron during a squadron change of command ceremony on June 21, 2017, at Whiteman Air Force Base. Ellis took command from the previous commander Lt. Col. Daniel Hoadley.

509th SFS Airman earns Diamond Sharp Award



U.S. Air Force photo/Airman Taylor Phifer

U.S. Air Force Airman 1st Class Austin Bechler, a security response team member assigned to the 509th Security Forces Squadron, received the First Sergeant's Diamond Sharp Award at Whiteman Air Force Base, Mo., July 5, 2017. While returning to base on May 22, 2017, Bechler noticed a vehicle involved in an accident on the side of the highway. He stopped and provided assistance to the mother and daughter in the vehicle. He spoke with the father over the phone and helped to calm him during the situation. Bechler remained on scene until emergency personnel arrived.

Core Groups:

Strengthening bonds and developing warriors

By Air Force Global Strike Command

BARKSDALE AIR FORCE BASE, La. -- What does a wingman look like? Many of our Airmen joined because they wanted to serve something bigger themselves — their fellow warriors and their nation. Given the stressors and the nature of our jobs, it is easy to lose sight of that, but it is also important to realize that being an Airman is much more than a job — it is a way of life with an ethos, a purpose and an identity that has meaning for all of us. Core Groups aims to reconnect Airmen with the warrior culture they joined, but more importantly, the program also seeks to connect Airmen with Airmen.

Calling Core Groups a program is a little misleading. These small groups are more of a means for Airmen to give their take on issues and challenges. Rather than being told what “integrity” is, Airmen will be given an opportunity to discuss what they believe it to be and examples of how they have seen it carried out throughout their lives. We are also keeping the groups small, (no more than 10 Airmen per group) so that all of our Airmen have a chance

to speak.

Bonds are formed at the small group level. This should not be a secret to any warrior or any student of human history. Military cultures of the world have always leveraged small groups to not only win their nation's wars, but also to foster a sense of community. This inevitably leads to the formation of traditions, purpose and overall identity.

That is why Core Groups is important. It focuses on the relationship we should have with one another as Airmen and warriors. What does that relationship look like? Core Groups aims to answer that question by bringing Airmen together in small groups to discuss their take on leadership and integrity while also giving them opportunity to share personal stories. Rather than dictate to our Airmen what these values mean in a strict sense, they will have a chance to voice what they believe these values mean and how their lives have been affected by them.

Not only does Core Groups seek to foster bonds between Airmen and educating them on our warrior culture, it also plays a key role in professional development. For far too long we have relied on our entry-level training and

career schools to teach a handful of selectees about professional development. This is a right for all of our Airmen, and Core Groups will now play a role in developing all of our Strikers. Every Airman has the right to learn how to become a better warrior.

For this reason, Airmen can drive each Core Group session in a direction of their choosing. Yes, these sessions have lesson plans that include a topic, typically on a core value or leadership trait, and an adjoining history lesson, but these are just tools meant to anchor the discussion. It is more important that our Airmen use these opportunities to get to know one another. This is why Core Groups are designed to be read on the way to the missile facility, under the wing of one of our strategic bombers, or somewhere off base. This is a chance for our Airmen, even our junior Airmen, to not only share their stories, but shape the dialogue of our warrior culture.

The plan: for small groups of Airmen (again, no more than 10) to meet together, talk about what is important to them and learn what it means to be a warrior, not only for your nation, but for each other.

CHAPEL SERVICES

Catholic Services

Weekend Mass at Base Chapel	Sunday: 11:00 AM
Reconciliation	after Mass or by request
Religious Education	Sunday: 9:30 AM
Scripture Study at Base Chapel	Sunday: 6:00 PM
Women's Study at Base Chapel	Tuesday: 7:00 PM

Protestant Services

Worship services at Base Chapel	Sunday: 9:00 AM
Stealth Lounge Young Adult Bible Study	Sunday: 4:00 PM
Women's Bible Study at Base Chapel	Wednesday: 6:30 PM
	Thursday: 9:30 AM

Muslim Prayer Room

Muslim Prayer Room at Base Chapel Complex

Jewish Prayer Room

Jewish Prayer Room at Base Chapel Complex