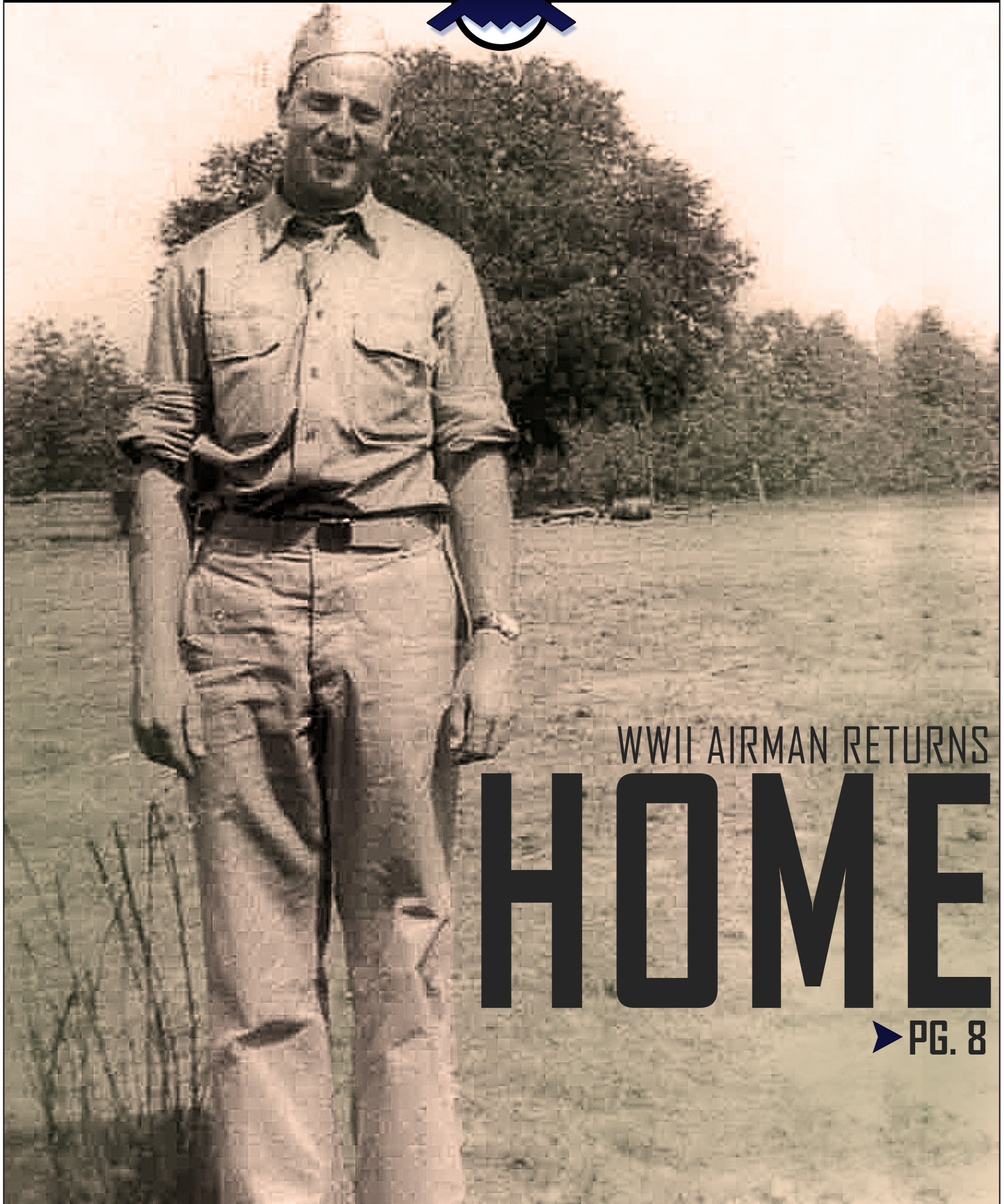


WARRIOR



WWII AIRMAN RETURNS

HOME

► PG. 8

The Art of the Debrief, Part 1

By Col. Ken Eaves
131st Bomb Wing Commander

In my humble opinion, there are no better aircrews in the skies than those in the United States military. While others may boast about their talented aviators, there are certain aspects to how our aircrews approach their craft that set them apart. One of the most important aspects is the debrief. The debrief is so vital that countless papers and articles have been written on the topic at the United States Air Force Weapons School. The problem is that debriefing doesn't just belong in the operations squadron or with flight operations.

Effective debriefing is a tool that enhances mission accomplishment over time, and can be used in every mission we perform. Unfortunately, it is the one that we skip or ignore, usually because we feel we lack sufficient time for it. In an over-tasked, under-manned organization, all the energy goes into planning and execution of a mission or event. And, as soon as the execution phase is over, we move on to the next event. We might generate some form of after-action report, but while AARs tend to highlight mission "goods" and "bads," they rarely do enough analysis to prevent "bads" in the future. While I don't have any empirical data, there is enough anecdotal evidence to indicate that without effective debriefing, we spend more time repeating errors than what would have been spent preventing them. Bottom line: If you want a better organization that executes the mission more effectively with Airmen who are better equipped, you NEED to debrief.

Next, in Part 2 of this piece, we will

answer the question, "How do you perform an effective debrief?" But before we can begin, several things need to be in place.

1. We need to ensure we have the right information so that we can effectively debrief. This is an extremely critical step that will make or break the debrief. It is imperative that during any exercise, event, or mission that an individual or a group be tasked with taking quality notes. In addition, ask all individuals to take note of anything they notice out of the norm or not working correctly.

2. As a rule of thumb, when taking notes, comprehensive notes should answer four of the five Ws (who, what, when and where). We will get to the fifth W (why) in the debrief. With regard to the "who," note any specific people or organizations so the right personnel can be invited to the debrief. As for the "what," be sure to be precisely descriptive. Debriefs don't always happen immediately, and the quality of notes will directly impact the ability to recall any issues so they can be addressed adequately.

3. Someone needs to be in the lead. This doesn't have to be the highest rank. In fact, it should be whoever is tasked with running the event, or the person who is the most knowledgeable about the event. It is essential in a debrief that rank be left out of the room, so the focus can be on mission execution improvement. That doesn't mean we don't still follow normal customs and courtesies. But, if the colonel or chief made the error, he or she will need to fess up and be told how to do the task better in the future.

4. With that said, professionalism and respect should be a fundamental part of every debrief, regardless of rank. If everyone is treated the same – with respect – in the debrief, then everyone is more comfortable with being open and honest with their inputs. There is one way I have found success in opening up the room when I run the debrief. I always debrief myself harder than anyone else. In addition, I usually am the first to take blame for any failure. If I'm running the debrief, I was probably in charge in some manner and likely have some culpability in an error.

Finally, a few simple checklist items to get you ready:

- Be sure to set aside enough time to do a root-cause analysis
- Be sure to reserve a room with adequate space for all necessary participants
- Be sure to have some form of visual display so that the issues to be discussed, as well as additional deliberation, can be seen by all (white board, large projection screen, etc.)
- Be sure you have all the necessary people who can intelligently discuss the areas of mission execution that need to be addressed

As I mentioned in the beginning, an effective mission debrief can turn a good organization into a great one. It is the answer to the question, "How do we do it better next time?" You have enough information to start debriefing mission execution today. But, if you still want more, in my next commentary I'll provide you with some tools on how to debrief.

Lead strong and make a difference!

THE WARRIOR Editorial Staff

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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

Courtesy photo
Army Air Forces Staff Sgt. Roy Davis, an A-20G Havoc bomber assigned to the 13th Bombardment Squadron, is accounted for on June 7, 2017, by the Defense POW/MIA Accounting Agency. On June 23, 2018, he returned to his family and received a proper burial with full military honors in Ashby, Massachusetts.

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Friday	Saturday
Mostly Sunny	Sunny
Hi 88	Hi 85
Lo 73	Lo 64
Sunday	Monday
Sunny	Sunny
Hi 87	Hi 92
Lo 61	Lo 66

Reminder:

TRICARE Prime beneficiaries referral waiver period is over

By Brye Steeves

509th Bomb Wing Public Affairs

A temporary referral waiver for TRICARE Prime beneficiaries ended June 30, 2018, and patients need to take action to continue receiving specialty healthcare.

The waiver allowed TRICARE West Region beneficiaries to bypass the review and approval process for most specialty outpatient care through the end of June.

Although the waiver program was initiated and managed through Health Net Federal Services, which provides health insurance via the military's TRICARE program, the 509th Medical Group at Whiteman Air Force Base is working to help those who are affected, said Col. Chrystal Henderson, the 509th MDG commander.

"The Med Group wants to remind Team Whiteman that this short-term program has ended, as well as understand what this means for them and their families, and what steps they can take next," Henderson said.

This update affects those enrolled in TRICARE Prime. The waiver allowed those beneficiaries to receive off-base medical care from authorized TRICARE network and non-network providers without paying out of pocket fees.

Continuing healthcare

Now, if beneficiaries would like to continue healthcare that was initiated during the waiver period, they will need to get a new referral from their primary care manager.

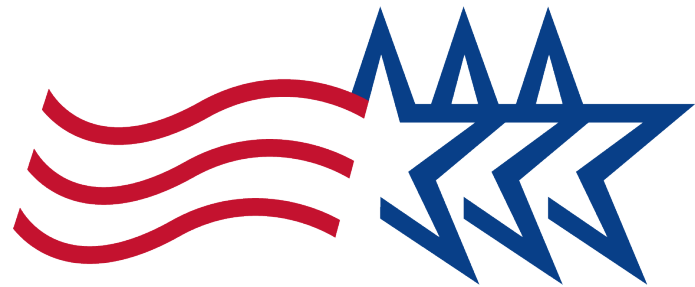
Otherwise, specialty healthcare received after June 30, 2018, could result in beneficiaries paying out-of-pocket expenses. This applies when non-emergency care is provided by an authorized TRICARE provider without a referral. TRICARE pays for services only if the provider is TRICARE-authorized and the services are covered by TRICARE. Beneficiaries need to contact their primary care manager.

Approved beneficiaries were issued a waiver letter to use as authorization for covered outpatient specialty care during this period. Now, to continue this healthcare, beneficiaries need to:

- Verify their referral and authorization requirement. This can be done at www.tricare-west.com. Click "authorizations" and then "is approval needed."

Most specialty services require a referral. To identify which services require a referral, go to www.tricare-west.com.

- In some cases, beneficiaries' doctors must submit a request for approval to Health Net Federal Services.



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If beneficiaries seek healthcare without an approved referral if one is necessary, they will incur out-of-pocket expenses.

- Once beneficiaries have received a new approval from Health Net Federal Services, they may seek care from their specialty healthcare providers.

Base clinic offering support

New referrals for specialty care can be obtained through the Whiteman medical clinic's appointment line at 660-687-2188; beneficiary counselors can be reached at this same number.

Additionally, the Medical Group hosts Coffee with the MDG Commander at 8:30 a.m. the first Monday of every month in the clinic's pharmacy waiting area to address healthcare service-related questions and concerns. The sessions are also available on the Whiteman Medical Group's Facebook page.

A temporary referral waiver program for TRICARE Prime beneficiaries is over. Non-emergency, specialty healthcare now requires your doctor to submit a request for approval, or you may incur out-of-pocket expenses.

Helpful links:

- Summary and FAQs: www.tricare-west.com/content/hnfs/home/tw/bene/auth/referral-waiver.html
- Off-base network providers: www.tricare-west.com/content/hnfs/home/tw/bene/symbolic_links/nw-prov-dir-app.html
- 509th Medical Group Facebook: www.facebook.com/Whiteman509MDG

WAFB Pride Month Color Run



More Color Run photos may be found on Page 4.

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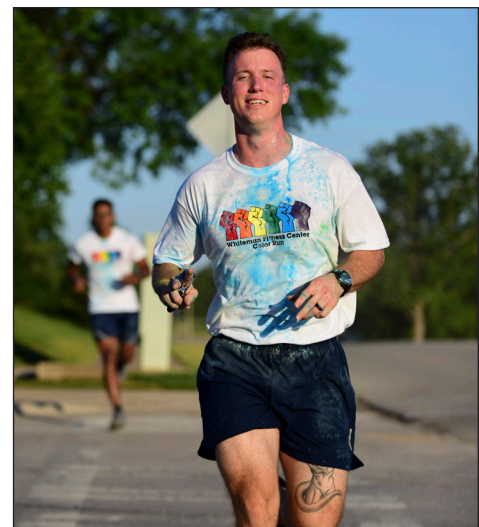
Adults - \$7.00, children - \$4.75

SUNDAY, JULY 8 • 3 p.m.

Ant-Man and the Wasp (PG-13)

Adults - \$7.00, children - \$4.75

Color Run cont.



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

More Color Run photos may be found on Page 3.

One day at a time:

509th CONS Airman trains for fitness competition

By Airman 1st Class Taylor Phifer
509th Bomb Wing Public Affairs

Click. Click. Click. Her five-inch heels announced every step she took across the stage as the spotlight made her entire body glisten. Months of non-stop training and steadfast dedication came down to this single moment. She felt ready to face the judges. Once she hit center stage, the 5-foot fitness competitor struck her first pose and the crowd went wild. Now, all she had to do was smile – and flex every muscle in her body.

It was U.S. Air Force Airman 1st Class Haley Storicks's first figure competition, held in Sebring, Florida, on March 17, 2018. Among her dozens of competitors there, Storicks placed third overall.

"I've always been into fitness, but never did any competing until I was in the Air Force," said Storicks, an administrative journeyman assigned to the 509th Contracting Squadron.

Storicks began her fitness journey when she arrived at Whiteman Air Force Base, Missouri, in July 2017.

"I wanted to get healthier and lose the weight I put on after going through all of the stress of basic military training and technical school.

"I chose to compete because it has always been a dream of mine," said the 24-year old. "I've done mud runs and CrossFit in the past, but competing on stage is completely different than any of those. It's more of a pageant style and you get to show off all the prepping you've done leading up to it, which I love."

In the spotlight

During the competition, all the competitors were separated into categories based on their height and weight. The women were judged on their tan, complexion, makeup, hair, body fat percentage and stage presence. In general, there are three types of female muscle competitions: bodybuilding, fitness and figure.

"First, I found the right coach, who started me on a meal regimen and workout plan," she said. "I went from 24-percent body fat and 158 pounds to 19-percent body fat and 145 pounds. Although I have lost weight, I don't focus on that. You're building a lot of muscle during this process, so I try and focus on how I look with progress photos instead of the number on the scale."

Storicks's fitness coach, Arnold Budd, pushed her and kept her accountable during the process of changing her lifestyle to achieve her goals.

"My overall goals are to train hard, win a couple of competitions and live a healthy lifestyle," Storicks explained. "I love the way being physically fit feels and the more competitions I do, the more experienced I will become."

Getting fit, staying motivated

After Storicks found her coach, she started to do some serious training. Her workouts were different every day and her meal plans depended on whether she was trying to gain muscle, lose weight or tone her figure.

"When I was shredding (weight) for my competition I would work out every morning from 4:30 to 5:45 a.m., doing fast cardio on the stair stepper for 20 minutes and then an hour of abdominal work," Storicks explained. "After a full day at work, I would go back to the gym to do my trainer's workout."

Her meal plans were limited in both quantity and variety, and she ate every two to three hours.

"I ate egg whites, tilapia, grilled chicken, asparagus, a post-workout shake and oatmeal with peanut butter," Storicks listed.

This new lifestyle wasn't easy to adjust to though.

"My biggest challenge throughout this process was changing my diet," Storicks said. "I went from eating whatever and whenever I wanted to prepping all of my food and only eating at certain times. I craved cookie-dough ice cream, pizza and even food I never used to eat."

However, she focused on her goals and made a commitment to the new lifestyle of eating clean (avoiding processed and junk foods), working out and staying consistent. One of the key factors motivating her to push through the difficult



U.S. Air Force Airman 1st Class Haley Storicks, an administrative journeyman assigned to the 509th Contracting Squadron, works out at Whiteman Air Force Base, Missouri, June 1, 2018.

days was thinking about her family.

"I wanted to make my family and friends proud and prove to myself that I'm capable of being 100-percent committed in order to succeed," she said. "This lifestyle change has completely opened my eyes to what health, fitness and the competition world are all about."

During the training process and the competition itself, Storicks made a lot of new friends and developed a new confidence in herself.

"I'm in love with the way this makes me feel and seeing the progress and results along the way," she said. After completing her first competition, Storicks knew it wouldn't be her last. Her coach is confident that she'll succeed.

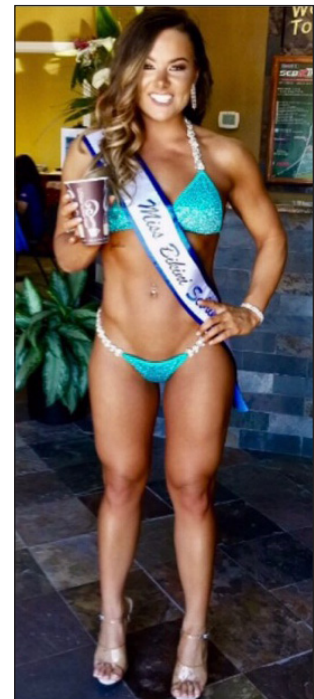
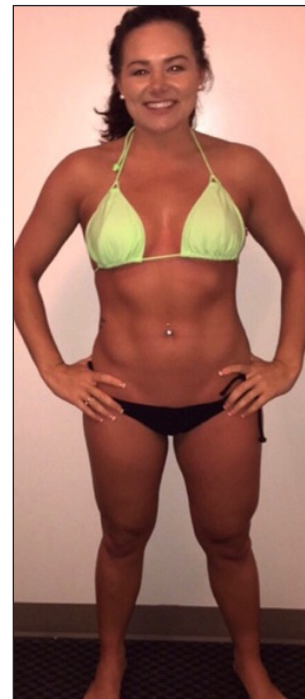
"I've been training with Storicks for eight months now and she is a true hard worker and go-getter," Budd said. "It's been nothing but fun to train and guide her toward her fitness goals."

Looking ahead

Currently, Storicks is preparing for a figure competition August 4, 2018 in Joplin, Missouri.

"This journey wasn't easy, but it was definitely worth it," Storicks said. "For anyone who's wanting to compete, it will push you to the best you can be and show you where your strengths and weaknesses are. You'll learn a lot about fitness, health and yourself along the way. It'll be tough and you might want to quit, but once you achieve that goal you'll remember why you started."

Until then, Storicks is trading in her stilettos for athletic shoes and combat boots, hitting the gym and executing the mission.



Courtesy photo
U.S. Air Force Airman 1st Class Haley Storicks, an administrative journeyman assigned to the 509th Contracting Squadron, poses for progress photos at Whiteman Air Force Base, Missouri, August 2017, and at Sebring, Fla., March 2018. These progress photos were taken at the beginning of her training program and after completing her first figure competition about seven months later.

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For more information, please call or email Staff Sgt. Eric Zimmerman at 660-687-6589 or eric.zimmerman.6@us.af.mil

WWII Reaper returns home after 72 years MIA, Whiteman squadron pays tribute

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

After more than 70 years missing in action, one of the 13th Bomb Squadron's Grim Reapers finally returned home to his country and his family in Ashby, Massachusetts.

On March 12, 1944, Army Air Force Staff Sgt. Roy Davis was one of two A-20G Havoc bomber crewmembers who didn't make it back after a mission in northeastern New Guinea during World War II. After numerous unsuccessful attempts over the years, Davis's remains were finally accounted for last year.

Davis, a member of the 13th Bombardment Squadron, 3rd Bombardment Group, received a proper burial with full military honors on June 23, 2018. The event included a tribute from two current Reapers who traveled from Whiteman Air Force Base, Missouri, to represent the squadron and honor one of their own.

"It's about tradition and heritage," said Capt. Keith Stock, a pilot at Whiteman AFB assigned to the 13th BS. "The squadron is a family that's been around for more than a century – it's one of the oldest units in the U.S. Air Force and has engaged in almost every major conflict, including WWII, when Staff Sgt. Davis was a member."

Stock and fellow Reaper pilot 1st Lt. Brandon Cameron presented Davis's brother with a uniform patch that members of the current 13th BS wear, a commemorative coin featuring the squadron's Reaper mascot, and a letter from the 13th BS commander, Lt. Col. Geoffrey Steeves.

"Every day the Airmen of the 13th Bomb Squadron strive to live up to the example established by our forefathers, including your brother Staff Sgt. Davis," Steeves wrote to Davis's younger brother, Norman Davis. "We are honored to be part of the same squadron in which your brother was once a member."

In addition to Whiteman's Reapers, veterans and service members from all five branches as well as members of the Ashby Police and Fire departments attended the memorial service in dress uniform. Almost 100 people paid their respects to the war hero. During the ceremony, Norman Davis received a folded American flag in memory of his brother's military service.

"It was quite an honor," he said after the burial ceremony. "Roy was a good brother. He meant a lot to me."

From unaccounted to recovered

During and after WWII, attempts were made to locate Davis, 2nd Lt. Vernal J. Bird and their aircraft. The

men were listed by the War Department as deceased and thought to be non-recoverable. That is, until September 2001.

A recovery team from the Defense POW/MIA Accounting Agency located a crash site in a remote area of Papua New Guinea. Meanwhile, a Papua New Guinea native turned over pieces of wreckage he claimed to have recovered from the site, where possible remains were also found. Those remains were identified as Bird's in 2013.

In 2016, a recovery team excavated the crash site. The team recovered additional remains, which went through DNA analysis. The material matched Davis's records.

Along with other MIA personnel from WWII, Davis's name is recorded on the Walls of the Missing at the Manila American Cemetery in the Philippines. A rosette will be placed next to his name to indicate that he has finally been accounted for and returned home.

Davis was laid to rest next to his father and mother, Chester and Gertrude Davis, in the Glenwood Cemetery.

"Staff Sgt. Davis's willingness to make the ultimate sacrifice for our nation defines what it means to be a 13th Bomb Squadron Airman," Steeves, the current 13th BS commander, said. "His legacy inspires us. Once a Reaper, always a Reaper."



Courtesy photo
Two fire trucks flew the American flag between two ladders at the Glenwood Cemetery for Army Air Force Staff Sgt. Roy Davis' military burial in Ashby, Massachusetts, June 23, 2018. Along with members of the Ashby Police and Fire departments, members of all five branches of the military attended the funeral to pay their respects to the World War II veteran who paid the ultimate price for freedom.




Courtesy photo
Names of American service members line the Walls of the Missing at the Manila American Cemetery in the Philippines. More than 400,000 Americans died during World War II and currently there are 72,917 service members who are still unaccounted for.



U.S. Air Force photo
Douglas A-20G Havoc at the National Museum of the United States Air Force. The A-20G lived up to its name by creating havoc and destruction on low-level strafing attacks, especially against Japanese shipping and airfields across the Southwest Pacific during World War II. Army Air Force Staff Sgt. Roy Davis was one of two A-20G Havoc bomber crewmembers who didn't make it back after a mission in northeastern New Guinea in 1944.



U.S. Air Force photo by Staff Sgt. Danielle Quilla
The current 13th Bomb Squadron patch and coin, along with a copy of the letter that was presented to the family of Army Air Force Staff Sgt. Roy Davis, a service member who was finally returned home after more than 70 years of being missing in action. Davis, a member of the 13th Bombardment Squadron of the 3rd Bombardment Group during World War II, received a proper burial with full military honors on June 23, 2018, in Ashby, Massachusetts.



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July 2018

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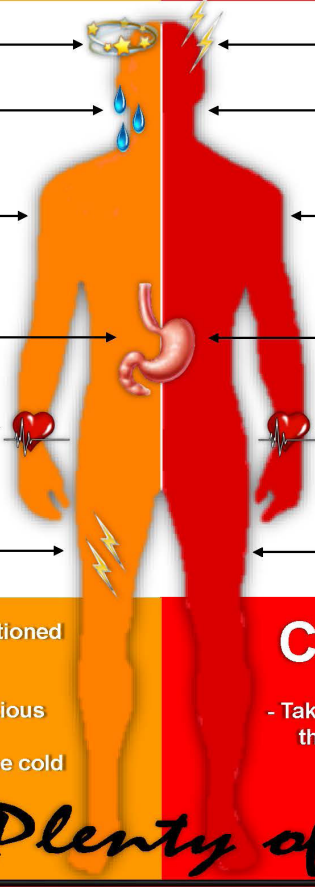
Excessive Sweating →

Cold, Pale, Clammy Skin →

Nausea or Vomiting →

Rapid, Weak Pulse →

Muscle Cramps →



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AFROTC detachment commander, instructor vacancies available for summer 2019



By Kat Bailey

Air Force's Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Air Force officials have announced 45 projected Air Force Reserve Officers' Training Corps detachment commander positions and 104 instructor vacancies available for summer 2019.

Line of the Air Force lieutenant colonels and majors selected for lieutenant colonel may apply for detachment commander positions. Officers eligible for instructor slots include first lieutenants, captains and majors in the Line of the Air Force competitive category.

Guard and Reserve officers are eligible to apply for both opportunities under the Voluntary Limited Period of Active Duty program. The application deadlines for detachment commanders and instructors are July 31 and Aug. 1, respectively.

Applicants must meet additional eligibility criteria for these career broadening leadership opportunities. Interested officers can search for eligibility and application procedures on myPers using keyword "AFROTC." Guard and Reserve officers should use keyword "VLPAD."

There are still 37 instructor vacancies remaining for this summer, which can be found on myPers under the "Hot Jobs" listing.

For more news and information, visit the Air Force's Personnel Center website.



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