

# WARRIOR



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# BEST BOMB BUILDING

Munitions Squadron Airmen vie for spot in AF-wide competition Pg. 8

**THE WARRIOR**

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For more information, call the **Warrior** office at 660-687-5727, email 509th.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.



Patrol caps will be worn with nametapes placed on the back using Velcro or sewn on. Officer rank will be sewn on the front of the hat and centered 1/2 inch above the visor.

T-shirt will be Tan.

Name and USAF tape embroidery will be spice brown thread.

**Right Sleeve**  
(max. 2 Velcro patches)  
Subdued U.S. Flags are mandatory and will be centered at the top of Velcro.

The following patches are approved to be worn under the US Flag:

Higher headquarters (HHQ) subdued cloth patch, Directorate subdued cloth patch, Inspector General identification subdued cloth patch, or subdued cloth patches/badges of awarded campaigns/combat while assigned to the awarding unit.

**Left Sleeve**

(max. 2 Velcro patches)  
Organizational unit of assignment subdued cloth will be centered at the top of the Velcro area unless one of the following patches are worn:

Duty Identifier Tabs, or Joint qualification tabs may be worn, (e.g., Army Ranger, Sapper, Airborne, Air Commando, SERE, EOD) above the unit patch.

**Right or Left Sleeve**

The following patches will be worn on either sleeve in place of either the HHQ or organizational unit patch:

Weapons Instructor Course patch (graduate or instructor), USAF Test Pilot School and School of Advanced Air patch, Space Studies patch, Critical Care Air Transport Team patch, Test Pilot School graduate patches or other completed equivalent schools

Boots will be Coyote Brown.

**LOCAL  
WHITEMAN AFB  
GUIDANCE**

• Comptroller Squadron and Bomb Wing Staff can purchase uniforms on March 21-22

• Each Airman is limited to two complete sets (tops, bottoms and headgear)

• Airmen are advised to begin ordering and purchasing Air Form and name tags prior to March 14, 2019, which requires payment at time of order and a seven to ten-day turnaround

• Clothing Sales personnel can assist in determining proper sizes

**BENEFITS**

• The OCP works in all climates and across the spectrum of missions we perform.

• Over 100,000 Airmen have been issued and/or are already wearing OCPs. This includes Air Force Central Command, Air Force Special Operations Command and our Air Force Global Strike Command Defenders.

• The OCP will bring back Air Force heraldry with unit patches

• The OCP celebrates our joint warfighting excellence and close ties with the Army

**AIR FORCE OCP UNIFORM GUIDANCE**

**On the cover**

A team of Airmen from the 509th Munitions and the 131st Maintenance Squadrons build BDU-50 inert trainer munitions on Feb. 1, 2019, at Whiteman Air Force Base, Missouri. This training opportunity simulated assembly of the Mark 82 500 pound bomb, the live version of the munition. The Airmen recently competed to represent Air Force Global Strike Command in the Air Force Combat Operations Competition (AFCOCOMP), where they were evaluated in the areas of speed, accuracy and safety.

(U.S. Air Force photo by Airman Parker J. McCauley)

Suicide and interpersonal violence are serious issues that require comprehensive, seamless prevention, intervention, and postvention responses from exceptional leaders. In order to support readiness and build a more lethal force, leaders must foster and promote resilience among their Airmen. Leaders should familiarize themselves with available resiliency tools and resources to prevent and respond to crisis such as suicide or sexual assault.

Access these resources at [www.resilience.af.mil](http://www.resilience.af.mil)



**AF RESILIENCE**  
LEADERSHIP TOOLS FOR CRISIS PREVENTION, INTERVENTION, & POSTVENTION



# THE WHITEMAN WEEKLY WIRE

NEWS | UPDATES

The Whiteman Weekly Wire is published weekly in the Warrior and on [www.facebook.com/WhitemanAirForceBase](http://www.facebook.com/WhitemanAirForceBase).

Items to be published should be submitted no later than noon on Wednesdays to: [whiteman.warrior@us.af.mil](mailto:whiteman.warrior@us.af.mil) with the subject "Weekly Wire Request." Your submission must be five lines or less, including contact information. Attachments cannot be included.

The status of the installation during inclement weather or other circumstances is updated on Facebook, [www.whiteman.af.mil](http://www.whiteman.af.mil), and the Straight Talk line, which is 660-687-6397.

## X Closures / Downtime

- **The Airman and Family Readiness Center** will be closed for training on March 27, 2019.
- **The Qualified Recycling Program** is open for drop-off 24/7 with reduced customer service staff. Cardboard, paper, newspaper, printer cartridges, lead acid batteries, scrap metal and aluminum cans are accepted.
- **The Fitness Center Track and Field** is closed for renovations. PT tests will be conducted at Knob Noster High School. All tests are run through the Fitness Assessment Cell (FAC); the FAC will transport testers to the high school to complete the walk/run portion of the test. The Knob Noster track is not available for squadron PT, but if you'd like to run and get a feel for the track, it is only available after school hours.



## General information

- **The Whiteman AFB Tax Center** will not be stood up this year as a result of December's partial government shutdown. Options to assist you with filing your taxes, including free online software and tax consultants available via phone, are detailed at [www.whiteman.af.mil/taxcenter/](http://www.whiteman.af.mil/taxcenter/). Taxes are due to the IRS by Monday, April 15, 2019 (April 17, 2019 for residents of Maine and Massachusetts). The IRS is accepting tax returns now.
- **TRICAREOnline (TOL)** offers online access for appointment management, prescription refills, health data, the nurse advice line, secure messages with your PCM and more. Go to [www.TRICAREOnline.com](http://www.TRICAREOnline.com).
- **Army & Air Force Exchange Service (BX)** shoppers can now buy items at [ShopMyExchange.com](http://ShopMyExchange.com) and pick them up at their local Exchange for free. Visit <https://www.shopmyexchange.com/#>.
- **The base gym now has a new parking spot** reserved during all regular hours and days. The new space is near the front entrance and is reserved for any wing annual award winner or member of Honor Guard.
- **Combat Communications, led by Lt. Col. Shipman**, 11 a.m. – noon every Wednesday in his office at the base chapel. Service men and women and spouses meet to talk about combat experiences and support options. Call DSN: 975-3652 or COMM: 660-687-3652.
- **The Exceptional Family Member Program and Special Needs Support Group** meets at 10-11 a.m. the first and third Tuesday of each month at Whiteman AFB Youth Center. The group provides free information, speakers, children's activities and other events. Call 660-687-7132 for more information.
- **Keys, wallets, bicycles, jewelry and other items** have been turned in as found property to Security Forces. To inquire, visit Building 711, Room 305, or call Detective Steven B. Scott at 660-687-5342.
- **Materials left outside the Whiteman recycling center** are base property; taking them is theft. Contact the recycling center with questions at 660-687-6253.
- **Are you interested in joining a vanpool or starting your own?** The Department of the Transportation (DoT) manages the vanpool program for the DoD at no out-of-pocket costs for you. This program is open to active duty, guard, reserve and civilians. Contact Maj. Keith Bratton at [keith.bratton@us.af.mil](mailto:keith.bratton@us.af.mil).
- **Have you checked out the Whiteman Air Force Base smartphone app?** The app is frequently updated with new content and resources, including events, a base directory, medical information, and information for inbound and outbound personnel. A link to the download the app is available on the Whiteman website.
- **For the latest news, photos, and videos** please refer to the official Whiteman Facebook page at [www.facebook.com/WhitemanAirForceBase](http://www.facebook.com/WhitemanAirForceBase).



## WEATHER

### FRIDAY

Partly Sunny  
Hi 37 – Lo 15

### SATURDAY

Sunny  
Hi 39 – Lo 29

### SUNDAY

Partly Sunny  
Hi 45 – Lo 28

### MONDAY

Chance Rain/Snow  
Hi 38 – Lo 22



## Volunteer Opportunities

Powell Gardens is looking for volunteers for numerous positions. Volunteers are given free admission to Powell Gardens year-round, along with discounts and other benefits. Volunteers must be at least 16 years old. For more information, call 816-697-2600 ext. 304 or email [bhallak@powellgardens.org](mailto:bhallak@powellgardens.org).

The Whiteman Air Force Base Chapel is looking for volunteers to usher, check in and greet attendees during the National Prayer Lunch on March 7, 2019 at Mission's End on base. Volunteers receive a free meal. For more information, email [devon.grejczyk@us.af.mil](mailto:devon.grejczyk@us.af.mil) or [graham.baily@us.af.mil](mailto:graham.baily@us.af.mil).

To volunteer for Team Whiteman's Airman Against Drunk Driving (AADD) program, contact Senior Airman Tyler Anderson at [tyler.anderson.14@us.af.mil](mailto:tyler.anderson.14@us.af.mil).



## Upcoming Events

- **A pre-diabetes class** is 2:30-4:30 p.m. on the first Tuesday of every month at the 509th Medical Group Education and Training room in the basement. Call 660-687-1199 to enroll.
- **EFMP/special needs or deployment/remote status military family** are invited to Coffee & Chat 10-11 a.m. every third Wednesday of the month at Coffee SKNOBS in Knob Noster. Complimentary coffee with refreshments are offered. Children are welcome with adult supervision. For more information, call 660-687-7132.
- **The Airman and Family Readiness Center** offers financial classes every month. Individual appointments are available. Call 660-687-7132 or 660-619-2735 for more information.

## SEASONAL ADVISORIES

- **Reminder:** Snow-removal equipment has the right of way on the airfield and base streets.
- **If you are experiencing heating issues on base**, please contact the 509th Civil Engineer Squadron at 660-687-6350.

# Airman Leadership Class 19-B graduates



(U.S. Air Force photo by Staff Sgt. Kayla White)

**509th Bomb Wing Staff reports**

44 Airmen graduated from Airman Leadership School on February 14, 2019, during a banquet and ceremony at Whiteman Air Force Base, Missouri.

Imbued with the qualities of confidence, humility and trustworthiness, class 19-B took their first steps forward as Air Force leaders.

“Congratulations on your commencement from Airman Leadership School,” said Master Sgt. Jacques Ridore, the ALS commandant. “The instructors provided you with the basic knowledge that, if used properly, will help make this Air Force a much stronger, disciplined and more-effective force.”

**THE LIST OF GRADUATES COMPRISES:**

**Lion’s Den**

- Senior Airman Keshawn Baylor, 509th Maintenance Squadron
- Senior Airman Cyrin Bryant, 509th Security Forces Squadron
- Senior Airman Travis Curtis, 509th Communications Squadron
- Senior Airman Sean Dunn, 509th Munitions Squadron
- Senior Airman Benedic Flores, 509th Civil Engineer Squadron
- Senior Airman Cameron Gilbraith, 358th Fighter Squadron
- Senior Airman Matthew Grates, 934th Logistics Readiness Squadron
- Senior Airman Zachary Grebe, 509th Maintenance Squadron
- Senior Airman Albert King, 509th Medical Operations Squadron
- Senior Airman Corey Mazzoni, 509th Civil Engineer Squadron
- Senior Airman Erick Negron-Matos, 509th Security Forces Squadron
- Senior Airman Bradie Rhoades, 509th Security Forces Squadron
- Senior Airman Kayla Rollins, 509th Force Support Squadron
- Senior Airman Nicholas Rowe, 509th Security Forces Squadron
- Senior Airman Kevin Williams, 509th Bomb Wing

**Eagle’s Nest**

- Senior Airman Scott Ptak, 20th Attack Squadron
- Senior Airman Matthew Abshier, 509th Security Forces Squadron
- Senior Airman Dennis Best II, 76th Aerial Port Squadron
- Senior Airman Timothy Conklin, 509th Maintenance Squadron
- Senior Airman Joseph Dobrawa, 509th Security Forces Squadron

- Senior Airman Ashley Edmond, 358th Fighter Squadron
- Senior Airman Jeremy Felch, 13th Bomb Squadron
- Senior Airman Joshua Hare, 509th Maintenance Squadron
- Senior Airman Logan Hobbs, 509th Aircraft Maintenance Squadron
- Senior Airman Jacob Jettmar, 509th Security Forces Squadron
- Senior Airman Vanessa Jones, 509th Medical Operations Squadron
- Senior Airman Chad Lawrence, 509th Security Forces Squadron
- Senior Airman Ryan Lemke, 509th Security Forces Squadron
- Senior Airman Blake Rhone, 509th Maintenance Group
- Senior Airman Dalton Smith, 509th Security Forces Squadron
- Senior Airman Austin Ting, 509th Civil Engineer Squadron

**Viper Pit**

- Senior Airman Alyssa Timby, 509th Operations Support Squadron
- Senior Airman Ryan Carlson, Ryan Carlson, 509th Maintenance Squadron
- Senior Airman Seth Ellison, 509th Force Support Squadron
- Senior Airman Caleb Grady, 509th Civil Engineer Squadron
- Senior Airman Torrey Gray, 127th Force Support Squadron
- Senior Airman Angelina Landry, 159th Fighter Wing
- Senior Airman Jack Lott, 509th Security Forces Squadron
- Senior Airman Shaun Naas, 509th Operations Group
- Senior Airman Deven Nauta, 20th Attack Squadron
- Senior Airman Nick Pultro, 509th Security Forces Squadron
- Senior Airman Dane Sharpe, 509th Security Forces Squadron
- Senior Airman Melissa Sterling, 442nd Fighter Wing

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\*\*Does not include filing fee which varies by county (\$102.00 Approx.) or the fee for service by publication if needed or the class required for divorces with minor children.

## Award winners

**509th Bomb Wing Public Affairs staff reports**

Personnel from Whiteman Air Force Base, Missouri, have recently been recognized with the Lt. Gen. Leo Marquez Award in the category of aircraft maintenance. The award recognizes base-level military and civil service aircraft, munitions and missile maintenance personnel who perform hands-on maintenance or manage a maintenance function.

Master Sgt. Stephen P. Napier, from the 509th Maintenance Squadron is the Supervisor Manager recipient

of the award for the Major Command or MAJCOM, of Air Force Global Strike Command.

Staff Sgt. Duane Faller, from the 509th Maintenance Squadron is the Technician recipient of the award for the Major Command or MAJCOM, of Air Force Global Strike Command.

Cora A. Moore, from the 509th Maintenance Squadron is the Civilian Technician recipient of the award for the Major Command or MAJCOM, of Air Force Global Strike Command.

# AF Week in Photos



Airmen from the 71st Rescue Squadron return from a deployment in southwest Asia, Feb. 11, 2019, at Moody Air Force Base, Georgia. Reintegration events like these are especially important to Moody's Airmen and their families as Moody is the most deployed base in Air Combat Command. (U.S. Air Force photo by Airman 1st Class Erick Requadt)



The U.S. Air Force Honor Guard Drill Team debuts their 2019 routine in front of Keesler leadership and 81st Training Group Airmen on the Levittow Training Support Facility drill pad at Keesler Air Force Base, Mississippi, Feb. 8, 2019. They are the nation's most elite honor guard, serving the President of the United States, the Air Force's most senior leaders and performing nationwide for the American public. The team comes to Keesler every year for five weeks to develop a new routine that they will use throughout the year. (U.S. Air Force photo by Kemberly Groue)



Capt. Ryan Arsenault, 7th Airlift Squadron pilot, documents training while Maj. Gene Ballou, 313th AS pilot, prepares to refuel from a KC-46 Pegasus. Over 170 KC-46s are planned to replace aging tankers and revitalize the Air Force tanker fleet. (U.S. Air Force photo by A1C Sara Hoerichs)

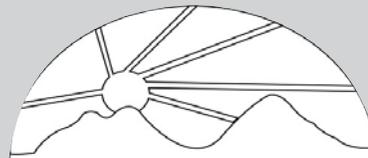


Senior Airman Christopher Allen, 66th Security Forces Squadron Military Working Dog handler, watches as his working dog, Qquail, leaps through an obstacle toward Staff Sgt. Mark Devine, 66 SFS MWD trainer, during an outdoor training session at Hanscom Air Force Base, Mass., Jan. 24, 2019. Military canines provide SFS personnel with drug and explosive detection as well as specialized missions for the Department of Defense and other government agencies. (U.S. Air Force photo by Linda LaBonte Britt)

## Welcome To **KNOB NOSTER**

JUST OUTSIDE WHITEMAN AIR FORCE BASE

[www.cityofknobnoster.net](http://www.cityofknobnoster.net)



A growing, friendly community where people and businesses are ready to serve you!

### LOCAL ACTIVITIES

**Professional Women's Organization**—1st Mon. of each month - Basement of City Hall

**Lion's Club**—2nd & 4th Mon. 7 p.m. - Jubilation Center

**Knob Noster Area Business Council**—4th Thurs. of each month. 660-563-1633 for more info.

**Masons**—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM

**Garden Club**—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

**Alcoholics Anonymous (AA)**—Every Fri. 8 p.m. - Basement of Methodist Church

**Knob Noster Board of Aldermen**—1st & 3rd Tues. each month - City Hall, 201 N. State Street

**Whiteman Area Piecemakers Quilt Guild**—3rd Thurs. each month 7 p.m. - Methodist Church

**AMVETS**—Membership Dinner 1st Tues. each month 6 p.m. - AMVETS Building

**VFW**—1st Fri. each month 7 p.m. - VFW Building

**VFW Auxiliary**—1st Fri. each month 7 p.m. - VFW Building

**Boy Scouts** - Troop 509 Knob Noster United Methodist Church, Arnold Sauter, 660-441-5219

**Cub Scouts** - Pack 405 Ben Pancoast, 660-238-5936

**Cub Scouts** - Pack 509 Knob Noster United Methodist Church

**Girl Scouts** - Jo Ellen Elwell 563-3514

**Freedom of Road Riders, Local 33** - 3rd Sun. 1 p.m. - AMVETS Building

#### ANTIQUES & MORE

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#### CHRISTIAN BOOK STORE

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#### DENTISTRY

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#### FARMERS' MARKET

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# 20th ATKS presents Homefront Ruck March

Saturday April 13, 2019  
Katy trail, Green Ridge to Sedalia  
\$10/per person

**What to bring:**

- ruck sack: 20 lbs for men, 15 lbs for women
- hydration source
- each team shall have one 25 pound weight to carry for the entirety of the ruck

**Questions? Contact:**  
Jeanne.davis.1@us.af.mil



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COMFORT HOME Glazed Microfiber Power Recliner **\$598** (COMPARE AT \$899)  
COMFORT HOME Big Man Recliner **\$698** (COMPARE AT \$1,299)  
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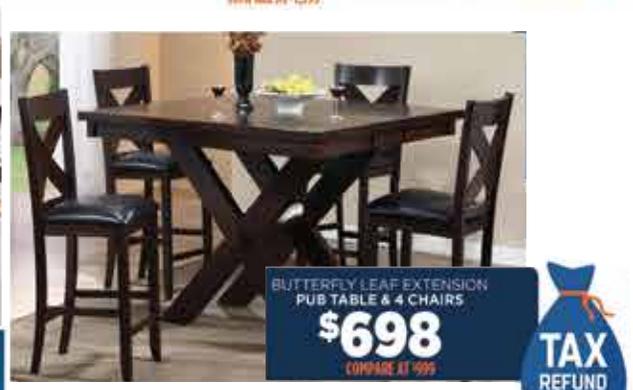


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ELITE **\$1,198** (COMPARE AT \$1,299)  
PILLOW TOP **\$799** (COMPARE AT \$1,099)  
ADAPT MEDIUM HYBRID **\$2,199** (COMPARE AT \$2,999)  
HYBRID **\$1,398** (COMPARE AT \$1,699)  
ORTHO COOL GEL **\$798** (COMPARE AT \$1,399)  
FFO HOME EXCLUSIVE **\$198** (COMPARE AT \$599)



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# Former UFC fighter shares plant-based diet benefits with 509th Medical Group

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

Consistently over the years, eating healthier has been one of the top New Year's resolutions in the United States. This year, members of the 509th Medical Group are working to spread the importance of nutritional awareness, and they started with an advance showing of "The Game Changers" documentary at the Whiteman Air Force Base Theater.

"The 509th MDG is responsible for providing evidence-based care to help service members remain fit to fight," said Lt. Col. Mary Anne Kiel, the 509th MDG chief of medical staff. "The Game Changers" offers an engaging and inspiring look at another tool that our staff can use for ourselves and our patients to achieve their health goals."

Approximately 70 active-duty members and their guests attended the advanced showing on Jan. 31, 2019. The documentary follows James Wilks, a former UFC mixed martial artist who currently serves as a combative trainer for government agencies, as he explores the benefits of a plant-based diet.

"As a combatives instructor for the U.S. military, I see the human body as a powerful machine with the potential for excellence in many areas, including strength, speed, stamina and recovery," Wilks stated. "Until I got badly injured in 2011, I never thought this potential had much to do with food, which I saw as mainly just calories and protein."

Six months after his UFC fight injury, he began researching diets that would optimize recovery. He found an Austrian study about Roman Gladiators, which indicated that they ate little to no meat. This prompted Wilks to set out on a five-year quest for the truth in nutrition.

"It is in our culture that we need to eat meat to be big and strong," Wilks said during an In The Can interview at Sundance Film Festival in 2018. However, after meeting with elite athletes, special ops soldiers, visionary scientists and cultural icons, Wilks found this not to be completely true.

His research showed that a plant-based diet consisting



(courtesy photo)

of primarily fruits, vegetables, nuts, seeds, oils, whole grains, legumes and beans can significantly improve physical and mental performance over meat-based diets. According to a Harvard Medical School article, "What is a plant-based diet and why should you try it?", plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins and minerals for optimal health, and are often higher in fiber and phytonutrients.

"It is important to note that although many individuals who follow the plant-based diet may never eat meat or dairy, this doesn't mean that everyone will choose to do so. They may simply choose to consume significantly more foods from plant sources," Kiel said.

"I thought the film took an unbiased approach in regards to a way of life outside of nutrition," said Tech Sgt. Jonathan Becker, a 509th MDG mental health flight chief who attended the advanced showing. After the film, Wilks opened the floor to questions. "He did not want individuals to go all in right away, but simply look at his quest, and what can have a healthier impact on someone's life."

The 509th MDG is working to collaborate with multiple services on base throughout the year to offer educational opportunities for military members and their families about ways to improve health. Other health benefits of this diet include preventing and reversing a number of chronic diseases like obesity, high blood pressure, high cholesterol and diabetes.

"I am also currently researching health benefits of a plant-based diet on how it can be implemented for weight loss and reducing fatigue," said Capt. Jacob Shepherd, a 509th MDG family medicine physician.

Those who are interested in learning more about whole food plant-based nutrition should contact their primary care providers or find links to resources on the AFMS - Whiteman - 509th Medical Group Facebook page. The official release date of "The Game Changers" is still to be announced.

## 509th & 131st Maintenance Group Maintenance Professional of the Year 2018 Annual Awards Banquet

When: March 15 2019, 1700 Social/1800 Start

Where: Bldg 52

Event Attire: UoD (Mil)/Smart Casual (CIV)

Event Menu:



Event POC:

MSgt K. Walker

MSgt C. Engel

MSgt. M. Wuntke

MSgt K. Johnson

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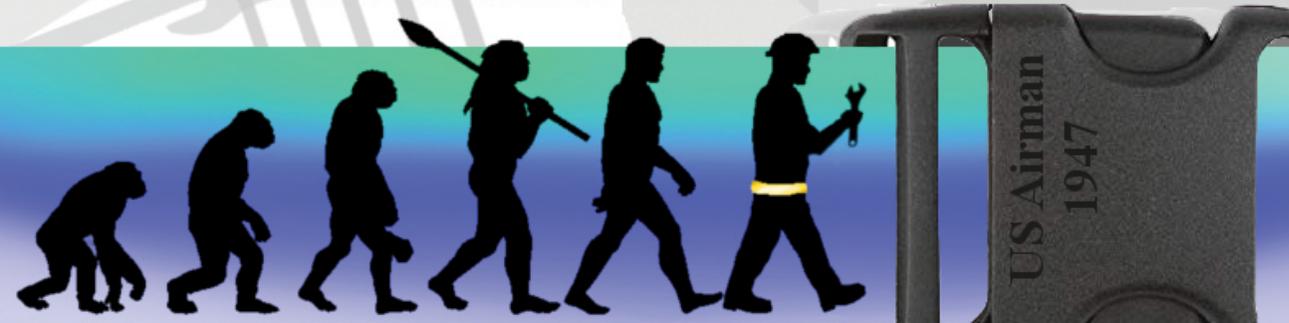
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# 509th Munitions Squadron Airmen set eyes on AFCOCOMP



## Airman Parker J. McCauley

509th Bomb Wing Public Affairs

Munitions Airmen from Whiteman Air Force Base, Missouri, competed to represent Global Strike Command in the Air Force Combat Operations Competition (AFCOCOMP) in May 2019 at Beale Air Force Base, California.

The team of 10 Airmen came from various shops across Whiteman's 509th Munitions Squadron and 131st Maintenance Squadron Munitions Flight, for a Total Force Integration (TFI) of active-duty and Guard personnel.

The team spent several weeks practicing before being evaluated by AFGSC.

Maj. Allison M. Barkalow, commander of the 509th MUNS, highlighted the participating Airmen.

"Our TFI team is motivated, dedicated and excited

for the opportunity to represent Air Force Global Strike Command at the premier Air Force-level AMMO competition," said Barkalow. "We've selected the best AMMO troops from throughout the squadron. They've come together as a team and are ready for the next level. I'm incredibly proud of each of them!"

2019 is the second year for AFCOCOMP, which gives munitions Airmen a unique experience with its emphasis on speed, integration between shops and friendly competition with others across the career field.

## Qualifying

"They do a qualifying round, which is what we're practicing for and then if we qualify we'll end up going to Beale Air Force Base in California for a week," said Master Sgt. Kristi Johnson, the Munitions Operations section chief with the 509th MUNS.

Throughout the qualification round, the Airmen practiced assembling bombs using training munitions with no explosive filler and trailers within the conventional maintenance shop. The two primary builds were six BDU-50s, which simulate the Mk 82 500-pound bomb, and four BDU-56s, which simulate the Mk 84 2000-pound bomb.

"We've been practicing for the last two weeks to improve on our speed and accuracy of completing the build from start to finish," said Johnson. "Those are two main components they will be looking at when they come out here for the qualification round."

Throughout the first couple weeks of practice, the team was able to cut in half the time that it took to do the builds, while also maintaining a focus on safety.

"It's pretty cool," said Airman 1st Class Rodger Hokanson, a munitions systems technician with the 509th

MUNS. "It's a chance to really gauge your skill level and see where you're at with your job knowledge and things like that. You know, we build this stuff every day, but building for speed and consistency is really fun. Normally we don't practice speed, so it's a different take on the job that we do every day."

He continued with more information on the day-to-day aspects of the build.

"As a crew chief, you have to know your technical data for bomb builds so you have to be familiar with that," said Hokanson. "It entails knowledge of the different components, what goes into the build, knowing your team, how to set them up for success and just a lot of it comes with practice, the more you do it, you get better."

#### A total-force endeavor

Tech. Sgt. Mitchell DeLouche, a conventional maintenance crew chief with the 131st MXS munitions flight

emphasized the cohesion between the Guard and active-duty Airmen at Whiteman.

"It's a pretty big honor but it's kind of just how we operate here," said DeLouche. "It's not really out of the norm, we work hand in hand with the 509th every day."

Airmen from outside of conventional maintenance came from the storage, inspections and accountability to fulfill not only their primary jobs but also to assist in the build process.

"It's been a good experience so far," said DeLouche. "Everybody's been motivated and very willing to learn new skills and I always enjoy teaching younger Airmen."

Hokanson highlighted the capabilities of the rest of the team and his leadership.

"The biggest thing is we all work in different parts of the bomb dump, but if you take a team of people and put them under good leadership and you teach them well, then anyone can do this quickly and efficiently," said Hokanson.



Above: A team of Airmen from the 509th Munitions and the 131st Maintenance Squadrons prepare six BDU-50 inert trainer munitions to be loaded onto a trailer on Feb. 1, 2019, at Whiteman Air Force Base, Missouri. This training opportunity simulated the construction and loading of the Mark 82 500 pound bomb, the live version of the munition. The Airmen recently competed to represent Air Force Global Strike Command in the Air Force Combat Operations Competition (AFCOCOMP), where they were evaluated in the areas of speed, accuracy and safety. (U.S. Air Force photo by Airman Parker J. McCauley)



Airmen with the 509th Munitions Squadron and the 131st Maintenance Squadron pose for a group photo on Feb. 1, 2019, at the Conventional Maintenance Shop on Whiteman Air Force Base, Missouri. The team of Airmen competed to represent Air Force Global Strike Command in the AF Combat Operations Competition after cutting their assembly time in half through weeks of preparation. (U.S. Air Force photo by Airman Parker J. McCauley)



A team of Airmen from the 509th Munitions Squadron and the 131st Maintenance Squadron tighten the nose of a BDU-50 inert trainer munition, which simulates the live Mark 82 500 pound bomb, while strapping it in place on a trailer on Feb. 1, 2019 at the Conventional Maintenance Shop on Whiteman Air Force Base, Missouri. Once the bombs were on the trailer, other Airmen from the team attached the tail fins that would stabilize the bomb in freefall. (U.S. Air Force photo by Airman Parker J. McCauley)

# Air Force formalizes policy on retention of non-deployable Airmen

**By Secretary of the Air Force Public Affairs**

ARLINGTON, Va. — In accordance with Department of Defense policy on military retention of non-deployable service members, the Air Force implemented its guidance in a memo signed Feb. 19.

Airmen who have been non-deployable for more than 12 consecutive months will be notified by their chain of command and evaluated for retention either through referral to the Disability Evaluation System or consideration for administrative separation.

Air Force leaders signed a memo charging every Airman to be fit for duty and maintain a wartime

mission-capable status.

To be wartime mission-capable, Airmen must:

- meet individual medical readiness standards, to include medical, dental, and physical components,
- be able to execute the wartime mission requirements of their respective career fields, to include technical, educational, and physical proficiency,
- be current on the Fitness Assessment and
- be considered a satisfactory participant in Air Force Reserve and Air National Guard duties, as applicable.

“We expect all Airmen to exercise personal accountability for their deployable status and to take the

necessary steps to maintain their readiness,” stated the memo signed by the secretary, chief of staff and chief master sergeant of the Air Force. “Commanders will ensure Airmen understand what is required and ensure the necessary resources are available to achieve our goal of a 95 percent or higher deployable rate within their units. The defense of our nation requires Airmen and the Air Force be ready to deploy at all times.”

Airmen exempted from this policy include those who are pregnant or postpartum, in a training or transient status, deployable with limitations, and are filling positions exempted by the secretary of defense.

Additionally, the new Air Force policy lists adoption, humanitarian assignment, legal action, sole survivor/surviving family member/deferred from hostile force zone, conscientious objector, absent without leave, or pending administrative separation as categories that are also exempt from this policy.

For some Airmen, being fit for duty means deploying to an austere environment at a moment’s notice; for others, it means being fit to execute wartime missions from home station. In both scenarios, commanders remain responsible for ensuring their Airmen are fit for duty.

“Being ready to go is in our DNA,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. “It comes from our expeditionary roots as Airmen.”

The Office of the Assistant Secretary of the Air Force for Manpower and Reserve Affairs will serve as the final retention approval authority, with one exception. Only the secretary of the Air Force may disapprove retention requests for combat-wounded Airmen who have been evaluated through the Disability Evaluation System and whose reason for being non-deployable is a result of their combat wounds.

“As a member of the profession of arms, all Airmen must be ready to execute their wartime missions,” said Shon Manasco, assistant secretary of the Air Force for manpower and reserve affairs. “Retaining Airmen who meet our standards to deploy is a top priority.”

For more information, Airmen should visit myPers or call the Air Force Personnel Center’s Total Force Service Center.

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# National Children's Dental Health Month 2019

**Tech. Sgt. Adolfo Figueroa**  
509th Medical Operation  
Squadron/Dental Flight

Being a parent is a busy job and it can be a struggle to get children into a consistent oral health care routine at home.

However, as difficult as it may be, it is important to establish this daily regimen. A child's primary teeth are significant, as they aid in the eruption of their permanent adult teeth. Primary teeth are also essential in a child's development as they aid in chewing and speech. Dental cavities are one of the foremost causes of infections and primary tooth loss in children, and the most common disease in children and adults worldwide. One of the best ways to prevent cavities in these primary teeth is to include fluoride as part of a child's daily brushing routine.

What is fluoride, and why is it important for children's teeth? Fluoride is a natural mineral that is released from rocks and soil. You heard that right, it's all natural! The most common sources of fluoride are community water sources, toothpastes and mouth rinses. In fact, due to its success, including fluoride in community drinking water has been named as one of the top public health achievements of the 20th century.

So you are probably asking yourself, how does fluoride prevent cavities? Well,

everyone's mouth contains bacteria, and lots of it. Bacteria are living organisms, and just like us, they like to eat. They consume the food that is left on your teeth after eating, and the byproduct of this process is a harmful acid that attacks the enamel, the outer layer of the teeth.

This attack on the enamel is what starts the decay process. Fluoride use makes that enamel layer much more resistant to the acid-producing bacteria, in turn, helping prevent cavities. It is recommended to start brushing your child's teeth with a tiny smear of fluoridated toothpaste as soon as they begin to erupt, and a pea-size amount when they are able to spit on their own. Scientific research has shown that the benefits of fluoride use far exceed the risks. If the recommended amount of fluoride toothpaste is used, it provides many benefits while minimizing the associated risks.

February is National Children's Dental Health Month and the Whiteman Dental Clinic staff will be visiting the Youth Center, the Child Development Center and Whiteman Elementary to provide oral health education to the youth. We encourage parents to stay engaged with their children to establish a daily oral health routine as well as schedule them for regular dental visits. Visit [MouthHealthy.org](http://MouthHealthy.org) for more educational information to keep your child smiling big for years to come.



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# Activities & Events

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**Whiteman Air Force Base Upcoming Events**

Friday, March 1<sup>st</sup>

**First Friday @ Mission's End**

4:30 p.m. – 8:00 p.m.

Come out to our St. Patrick's Day First Friday and enjoy a specialty made meal of corned beef & cabbage, shepherd's pie & more! Bouncy castles available for kids.

\$13.95 non-members | \$6.95 kids 12 & under  
For more information call (660) 687-4422.

Friday, March 1<sup>st</sup>

**Trivia Night**

6:00 p.m. – 8:00 p.m.

Head down to Mission's End for some brain busting trivia! Categories include History, Geography, Music, Sports, TV, & Food. Prize is half of admission fees...the more teams that come equals more money for you to win!

For more information call (660) 687-5754.

Saturday, March 2<sup>nd</sup>

**Rescheduled 80's Murder Mystery**

7:00 p.m. – 9:00 p.m.

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Thursday, March 7<sup>th</sup>

**Sports Memorabilia Bingo**

5:30 p.m. check in | 6:10 p.m. start time

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

U.S. Air Force Brig. Gen. John Nichols, the 509th Bomb Wing commander, signed a proclamation on Feb. 1, 2019, declaring the month of February Black History Month at Whiteman Air Force Base, Missouri. Unfortunately, due to weather the events scheduled for this month were canceled. However, members of the African American Heritage Association (AAHA) host events throughout the year to highlight the cultural impacts of African Americans throughout history. For more information about AAHA and how to get involved, email their organization box at 509FSS.FSMM.AAHC@us.af.mil.

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# Commentary: Black History Month

By Staff Sgt. Dawn Hamilton

African American Heritage Association President

Black History Month is a time for our nation to continue the tradition of paying tribute to African Americans across the globe for their distinguished contributions, achievements and the influence they have made in our nation's history. For many, it is easy to turn a blind eye to traditions, experiences and culture besides one's own. Therefore, it is vital for everyone to practice a sense of awareness.

Personally, like other practices and celebrations throughout the year, black history

should be celebrated all of the time, added to textbooks and the origin of the events left the same. Slavery is not and should not be the only timeframe observed because there are millions of amazing discoveries, talents and teachings that each child within the U.S. should see. It is always okay to celebrate oneself, but don't forget to also cherish and celebrate someone who would be considered different than you. Embracing diversity and respecting life is the key to keeping the peace for many generations to come.

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### Featured Property of the Week

104 Shady Lane  
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This all brick home with stunning hand carved wood front entrance and french doors is sitting on the edge of town in quiet subdivision. The outside maintenance free, 2800+ square foot home has many updates including a new shingled roof, new vinyl soffit and metal fascia in spring of 2018. Featuring 3 bedrooms and 1 bath on the main floor, a full finished basement with a second bath, large family room for

entertaining guests, over-sized utility room with lots of shelving and storage and bonus room with closet that could be a 4th bedroom, there is ample room inside this home. It has had hardwood flooring installed throughout the main floor. The kitchen and main bath has been updated with granite counter tops and tile flooring. There is also a walk-in pantry in kitchen, and a built-in granite top buffet in dining room. The den/office and formal dining room with french doors have also been updated and hardwood flooring installed. The master bedroom features a walk-in closet, an additional entrance to the main bath, and walkout patio doors to the backyard with a privacy fence. The recessed formal living room features a wood burning fireplace and basement entrance with a spiral staircase. There is an oversized attached 2 car garage with an additional basement entrance. This is a "must see", beautiful home that is sure not to disappoint!  
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[windsorrealty@live.com](mailto:windsorrealty@live.com)

## FOR SALE IN COLE CAMP, MO

HOME + 32 ACRES **\$515,000** OR HOME + 72 ACRES **\$625,000**



1 1/2 story custom open concept home



72 acres has three ponds | 32 acres has one pond

#### Custom Home Features

- 3 bedroom
- 3 bath
- 2 car garage
- Wrap-around porch
- 42 transom style windows

#### Property Features

- Fully fenced
- Barn
- Garage & workshop
- Garden shed
- Corral system

Cole Camp Creek runs through the eastern portion of the property

**CONNIE MOTT** Land Agent  
 816.718.7123 | [ConnieMott@MidwestLandGroup.com](mailto:ConnieMott@MidwestLandGroup.com)

**MidwestLandGroup.com**

Midwest Land Group, LLC, 913.674.8010, Bryhn Craft and Steve Mott, Brokers, Licensed in Arkansas, Iowa, Kansas, Missouri, Oklahoma and South Dakota.



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