Vol. 3 No. 24 June 15, 2012

1-135th ARB receives AH-64D Apache Longbows



U.S. Air Force photo/Senior Airman Nick Wilson

Soldiers from the 1-135th Attack Reconnaissance Battalion perform pre-flight checks on an AH-64D Apache Longbow. The multi-mission Apache Longbow is the next-generation version of the AH-64D Apache. See page 8 for story and more photos.

required to avoid a 'hollow force'

By Tech. Sgt. Richard A. Williams Jr. Air Force Public Affairs Agency

ARLINGTON, Va. (AFNS) -- The Air Force chief of staff reinforced the importance of avoiding a "hollow force" to a group of civic and industry leaders attending the Air Force Association's monthly breakfast here June 11.

Gen. Norton Schwartz said the Air Force must secure the proper balance between three separate but closely related dimensions: readiness, modernization and force structure.

"A shortfall in one or more of these dimensions leads to insufficiencies that also are distinct but intertwined -- respectively: a hollow, aging, and poorly postured force," Schwartz said. "This complex interplay is why the oft-referenced 'delicate balance' is so difficult to achieve."

For the Air Force, an important part of achieving this balance is ensuring it has

See CSAF, page 7

Command-wide firefighters receive upgrade training

By Airman 1st Class Cortney Paxton 341st Missile Wing Public Affairs

MALMSTROM AIR FORCE BASE, Mont. – Twelve active-duty firemen from throughout Air Force Global Strike Command gathered at Malmstrom Air

Force Base May 9 through 24 for a 12-day training class. Fire Officer II is offered only four times a year by the Louis F. Garland Fire Academy located at Goodfellow Air Force Base, Texas. The class is part of the upgrade training and professional growth of military firefighters around the world.

"These firefighters are [transitioning] from the ones that actually fight the fire, to the person telling the other firefighters what to do on type 3 emergencies - struc-

ture fires and house fires," said Timothy Sirmans, Fire Officer instructor. "We teach them how to incorporate safety while handling a shift of up to 25 firefighters and how to keep track of them while mitigating an incident."

The Fire Officer students can be from any branch of service and can be Guard, Reserve or active duty members. According to Sirmans, this class is the first class in five years that has had only active duty Airmen. This was a special treat for him and the class's additional instructor, Matthew Simmons, considering they are both retired Air Force master sergeants.

Although Simmons and Sirmans work together frequently, members stationed at different bases don't get

See Fire class, page 12

Congratulations to Whiteman's newest lieutenant colonel selects:

Deano Busch, 509th Operation Support Squadron Justin Grieve, 509th OSS David Goode, 709th Munitions Squadron

Daniel Hoadley, 325th Weapons Squadron **Todd Markwart,** Detachment 5

Whiteman Spirit Day

A B-2 Spirit is scheduled to be on display at Base Operations from 9 a.m.-1 p.m. today, allowing Team Whiteman members to bring their families to see the aircraft. Static displays are weatherpermitting and members are responsible for their guests while on the flightline. Security Forces will be on post and can answer questions about regulations. Cameras are not permitted. The aircraft will be roped off and patrons cannot enter restricted areas. For questions, contact public affairs at 660-687-6121.

ON THE INSIDE

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Four commanders are scheduled to assume command of the 509th Maintenance Squadron, 509th Maintenance Operation Squadron, 509th Munitions Squadron and the 13th Bomb Squadron today the T-9 Hangar.

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The T-38 Talon, which normally sits near the Express, (on Spirit Blvd.) relocated to receive scheduled maintenance and painting May 30.

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WEATHER

Saturday
Mostly Sunny
Hi 89
Lo 68

Sunday Partly Sunny Hi 92

Lo 72

Monday Partly Cloudy Hi 90 Lo 64

Courteey of National Weather Serv

The Warrior
June 15, 2012

Commentary

Core values in a professional Air Force

By Chief Master Sgt. Craig L. Barylski 509th Maintenance Group Command Chief

Have you ever pulled into your driveway, left your hat in the car and walked into your house? Made a quick dash into a building or an abrupt about face to reenter a building just as Retreat started?

I'm sure everyone has seen someone do this at least once; did you correct it or let it go? I'll admit I haven't always made the right decisions myself. Maybe we all need to be reminded about the foundation on which the Air Force is built; core values.

This is your Air Force; everyone must do their part to ensure it remains strong well into the future. The Air Force's core values are the key to ensuring this happens. Integrity First, Service Before Self, Excellence in All We Do. All three are equally important to the success of our Air Force; however, integrity is the glue that holds everything together.

Integrity first means doing the right thing, whether someone is watching you or not. This means accepting credit or blame for your successes and failures and never making excuses for your actions. Making the right decisions may not always be popular, but who cares?

Ensure you treat everyone equally;to include enacting discipline and reward-

ing those for a job well done. Keep an open mind; encourage constructive feedback from all levels. Seek out subordinates and peers and ask them what they are thinking. They often have a different perspective, good ideas and even a better way to do something. Be mindful of your actions; ask yourself how this will reflect on you, your unit and the Air Force.

All of these are required for a strong foundation

Next, Service Before Self is putting the Air Force's needs first. This may be the most difficult one at times; occasionally, we all have personal needs that will require our primary focus. That means others have an inherent responsibility to step up and comply with the mission at hand. It means being physically and mentally prepared and ready at a moment's notice to accomplish the mission, anywhere, anytime. It also means making sound judgments in the best interest of the mission. both as a leader and a follower. Maintain control, have proper restraint over emotions and always maintain loyalty to personnel and the unit.

Everyone must maintain faith in the system. When someone shows doubt or negativity, people start to emulate it. Correct it, or the mission might suffer. By making personal sacrifices and put-

ting the mission first, you already show the character of the final core value, Excellence in All We Do.

Excellence in All We Do is the commitment we promise to ourselves to make the Air Force better. Regardless of your specific mission, challenge yourself and those around you to do the best, and produce the best product possible. Always hold yourself and your subordinates to the highest standard. Ensure everyone is properly trained, and promote personal and professional education. Maintain top physical and mental shape to be able to cope with current and future requirements.

Remember, you don't have to do everything by yourself, work as a team to achieve common goals. Ensure you have serviceable resources at hand to accomplish the mission. By making yourself the best at what you do and living by the core values you will only strengthen the Air Force as a whole.

Are you holding yourself and your subordinates to the highest standards? Whether you are an airman, NCO, senior NCO, officer or civilian, starting, finishing or somewhere in the middle of your career, these standards keep the Air Force foundation strong. This is our Air Force; we all must live by these core values to ensure it remains strong.

Those surreal moments in Baghdad, Iraq

By Lt. Col. Heidi Osterhout

Office of Security Cooperation in Iraq

BAGHDAD, Iraq (AFNS) -- (Editor's Note: Lt. Col. Heidi Osterhout is deployed for six months as the deputy legal advisor supporting the Office of Security Cooperation mission, based in Baghdad, Iraq. This is her second deployment to Iraq.)

There are several surreal moments during deployments -- the blast of hot air that hits you for the first time as the C-130 Hercules doors open, sand storms that sting your eyes and taste bad, taking cover because of alarms or incoming, rolling to the floor with your pillow without realizing it until you're halfway on the ground when an alarm sounds, laughing about silliness that only deployed people understand, and holidays away from home.

Holidays are perhaps the most surreal. You're reminded that it isn't "Groundhog Day." People at home are celebrating whether you're there or not. Life is, in fact, proceeding in spite of you.

This past Memorial Day started with a second day within one week to report late -- a luxury we almost never enjoy. The surreal began at breakfast. The dining facility looked like the Fourth of July. Red, white and blue were everywhere -- streamers, pictures and big fluffy decorations hung from the ceiling. But the surreal didn't stop there -- it peaked at our 9 a.m. memorial service.

At about 8:45 a.m. we started lining up outside, each trying to find trees to stand under to avoid the sun. It's hot already, somewhere in the 90s I'd guess. Sweat dripped down your back within minutes of walking outside, but you really only noticed it if you stood still. We stood around chatting and joking until the ceremony began. Most people avoided looking at the two large posters of our fallen, prominently displayed on either side of the ceremony grounds. We knew we'd enter the solemn realm soon enough. The pictures of these fallen were placed on the posters by people within the unit who knew them personally.

Even after the five-minute warning, we kept chatting. The ceremony appropriately began with a prayer that ended by

thanking God for the gifts he's given us -- life, liberty, and the pursuit of happiness. Then, the honor guard, made up of our own enlisted folks from all of the services, marched forward with the colors. When our flag came forward, "Taps" sounded. No one worried about sweat rolling down their backs anymore. Indeed, everyone experienced chills at that moment.

As the flag raised to full glory, then lowered to its resting spot honoring our fallen, I experienced perhaps the most surreal moment of my life. Here we stood in this place that claimed so many American lives and permanently injured so many more, sharing the moment with members of all of our services as well as civilians from various countries, honoring the fallen with a moment of our time before running off to work. Time stood still.

The ceremony continued with a wreath laying ceremony, a poem, another prayer and then an opportunity to place a small flag in front of one of the posters. We stood afterward, no longer chatting. Instead, as a group, we each stared intently at every one of the pictures of our fallen. I think we each tried to engrave every face squarely into our memories so they are never forgotten.

Everything we do here is done with the memory of the fallen and injured. Their pictures line our walls, lest we start to forget. If we can't make this country stable, all they sacrificed is lost. Helping Iraq with Foreign Military Sales and guiding them to protect themselves is a necessary part of that stability. Thank you to those brothers and sisters who gave their all. And to the families who still deal with the loss, especially on this day.

Being there that day was surreal. I stood on the same dry, hot sand as our lost brothers and sisters. I stood staring at the same flag that draped our lost brothers' and sisters' caskets when they returned home for the final time. I stood in Baghdad, remembering Americans who lost their lives here fighting for what they believed in. I will continue to stand on that same ground and remember our fallen every day of this deployment. I know we will reflect on similar thoughts during our Fourth of July ceremonies, again remembering the lost lives and understanding the importance of providing stability for this post-conflict nation. It is surreal.

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 does not guarantee publication.

For more information, call the Warrior office at 660-687-6123, email: Whiteman. Warrior@whiteman.af.mil, fax us: 660-687-7948, or write to us at:

509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

To advertise in The Warrior, call the Sedalia Democrat at: 1-800-892-7856.

The Warrior News June 15, 2012 🍮

NEWS BRIEFS

The Dorm BBQ is at 4:30 p.m. at the dorm pavilion for all E-1 through E-4. Pulled pork, baked beans, chips, soda and water will be served and patrons are scheduled to play volleyball. The BBQ is hosted by the Air Force Sergeants Association. For more information, contact Tech. Sgt. Heather Baumann at 660-687-1007.

Balfour Beatty Communities Lifeworks Events

Balfour Beatty Communities Lifeworks offers free events open to military personnel and their families. Events are held at the Lifeworks House, 245 Selser Dr., Whiteman AFB.

June 19: 2 p.m. -- Learn how to make your own dog treats for the pooch in your life! Great activity for children.

June 21: 2 p.m. -- Recycle Time Activity: Bring your plastic bottles to make a jellyfish in a bottle.

June 21: 4 p.m. -- Family Photo Night: Come out for a fun night of family photos. We'll have the props and photographer to take your family's photo- and we'll email it to you for free.

June 22: 10 a.m. -- Story Time! We read a book, have a snack and make a themed craft.

Search whitemanhomesvia Facebook.com for more information or, call 660-687-0559.

2012 Air Force Climate Survey

The 2012 Air Force Climate Survey officially launched and goes until June 22. The purpose of the AF Climate Survey is to assess the opinions and perceptions of Air Force active duty, guard, reserve, and civilian personnel on a wide range of issues, including satisfaction, resources, and unit performance. The Total Force results will be briefed to the secretary of the Air Force and the chief of staff of the Air Force. Aggregated results by personnel accounting symbol codes will be provided to leaders whose units have a sufficient number (10 or more) of respondents. Leaders are encouraged to brief the results to unit members, and then begin taking action to improve their units. Eligible participants will receive a personal invitation in their duty email inbox. For assistance, contact surveysupport@us.af.mil.

Whiteman ALS Instructor Hire

Whiteman Airman and Leadership School is looking to hire a staff sergeant instructor. For a list of qualifications, contact Master Sgt. Josef Albert, 511 Spirit Blvd, Building 515 Room 131, Whiteman AFB, Mo, 65305, located in the Whiteman Professional Development Center, no later than June 27. For questions, call 660-687-5760 or email Josef.Albert@whiteman.af.mil

Whiteman Warrior Story Ideas

The Public Affairs Office accepts story ideas for news and feature articles on people and organizations to help provide recognition of excellence in performance and set forth norms for mission accomplishment. To submit an idea, call 660-687-6123, or email whiteman.warrior@ whiteman.af.mil

Change of Command



Maj. Michael Bradley is scheduled Maintenance Operations Squadron today at the T-9 Hangar.



Maj. Randy Schwinler is schedto assume command of the 509th uled to assume command of the 509th Maintenance Squadron today at the T-9 Hangar.



Michael scheduled to assume command scheduled to assume comof the 509th Munitions Squadron today at the T-9 Hangar.



mand of the 13th Bomb Squadron today at the T-9 Hangar.

Park student receives scholarship



Air Force photo/Senior Airman Montse Belleau

Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, and (left) Dale Buckingham, Park University campus center director, presented Erica Conaway, wife of Airman 1st Class Mason Conaway, 509th Security Forces Squadron, with the Park University military family scholarship program award. Conaway is majoring in management and accounting with a grade point average of 4.0. The scholarship is for first-year students with Park and for a non-military spouse or dependent of active-duty military assigned, attached, or residing in the vicinity of the campus center.

'Go for green' helps Airmen stay fit to fight By Tech. Sgt. Chad Thompson

RAMSTEIN AIR BASE, Germany

(AFNS) -- Many people have heard of

"fit to fight" but how many Airmen know

proper nutrition is also an important part

A balanced diet can help fuel one's



body, which in turn assists in maintaining fitness goals.

86th Airlift Wing Public Affairs

The 86th Force Support Squadron has implemented a new Air Force-wide standardized program known as "Go for Green."

The "Go for Green" program is an easy-to-understand, color-coded system that shows what's good to eat and what items should be consumed less.

"'Go for Green' program is a new program ... implemented Air Force wide," said Airman 1st Class Brittany Davis, a food service journeyman. "It's a way for Airmen to easily identify what items they should be eating in the dining facilities.'

Green items are low-calorie, low-tono-fat items that can be eaten as often as one likes, she said. Yellow items are a little higher in calories, have a little more fat and should be consumed occasionally. Whereas red items are the least nutritious, are higher in fat content and should be consumed rarely.

Davis said the menu is the same but

See Green, page 10

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Guidelines for working in the heat

Story and photos by Senior Airman Nick Wilson 509th Bomb Wing Public Affairs

While Missouri's temperatures continue to rise, Team Whiteman should concern themselves with heat safety precautions both on and off duty. According to the 509th Medical Operation Squadron Public Health Flight, taking preventative measures to ensure Team Whiteman has a safe summer is an ongoing mission.

"We're all at risk," said Master Sgt. Louis Desomma, 509th Medical Operations Squadron NCO in charge of public health. "Ensure that you are properly hydrated and that you acclimate to the environment, especially if you're officially relocating from another area."

Failure to adjust to the summer environment could result in injuries such as a heat stroke, heat exhaustion and heat stress, according to Desomma.

"A heat stroke is the most severe heat injury and can be recognized when a person isn't sweating at all," said Tech. Sgt. Tara Lee, 509th MOS NCO in charge of force health management. "If you suspect somethingis out of the ordinary you need to get them to a shaded area and call 9-1-1."



Airman 1st Class Joshua Sawdy, 509th Comptroller Squadron financial management comptroller, hydrates after a run June 6.

Staff Sgt. Thomas Waters, 509th Comptroller Squadron financial management comptroller, pours water over his head to cool his body temperature after a physical training session June 6.



An Airman pulls a bottle of water off a shelf at the Whiteman Fitness Center June 6. The amount of water someone drinks varies depending on a person's weight and activity level.

Whether or not someone is going to have a heat stroke depends on variables such as health, physical activity, diet and the amount of time one spends in the sun, to name a few.

When it comes to avoiding heat-related injuries, the

best precautionary measure supervisors can take is to educate their subordinates on various actions that can be made while being exposed to extreme sunlight, according to Desomma.

"Supervisors should be making sure their personnel aren't working for long periods of time without drinking water," Desomma said.

The amount of water someone drinks varies depending on a person's weight and activity level.

"Along with ensuring that enough water is being consumed throughout the day, wearing loosely fitted clothing also helps circulate air throughout the body," Desomma said.

The following are guidelines courtesy of the 509th Bomb Wing Emergency Management office to avoid heat-related injuries:

- •Never leave children or pets alone in closed vehicles.
- •Stay indoors as much as possible and limit exposure
- •Stay on the lowest floor, out of the sunshine, if air conditioning is not available. Wear sunscreen with a Sun Protection Factor. Wing emergency management officials say the environmental protection agency recommends using SPF 15 sunscreen for minimum protection and SPF 30 for double protection and to apply often.
- •Postpone outdoor games and activities to the afternoon when the sunlight isn't very strong.
- •Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- •Eat well-balanced, light and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- •Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease, are on fluid-restricted diets, or have a problem with fluid retention should consult a doctor before increasing liquid intake.
 - •Limit intake of alcoholic beverages.
- •Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb heat.
 - •Protect face and head by wearing a wide-brimmed hat.
- •Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.
- •Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.
 - •Avoid extreme temperature changes.
- •Check on your animals frequently to ensure they are not suffering from the heat. Go to a designated public shelter if your home loses power during periods of extreme heat. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 12345). (Texting charges may apply).



Feature

From the Frontlines: Senior Airman Gary Randolph

Story and photo by Senior Airman Montse Belleau

509th Bomb Wing Public Affairs

U.S. Air Force Knowledge Operations Management personnel deploy, sustain and manage data, information, and knowledge-sharing services in a fixed and expeditionary environment.

Helping deployed Airmen obtain better data management and information is Senior Airman Gary Randolph, 509th Mission Support Group knowledge operations management technician, who returned from a seven-month deployment to Kandahar, Afghanistan, in April.

Some duties Randolph had to perform during his deployment included planning, coordinating, sharing and controlling an organization's data and information assets. He managed technologies to capture, organize and store tacit and explicit knowledge.

"Our job in the communications office was to keep all communication up and running at all times, efficiently and effectively so the Red Horse mission of the deployed mission. mobile construction could happen at all times," Randolph said.

Randolph said his deployment was totally different than his duties at Whiteman because he worked with a Civil Engineer unit and Red Horse Squadron as a knowledge operator.

"He managed trouble tickets and quickly resolved 300 comm issues," said Staff Sgt. Kristie Stefinsky, 809th Expeditionary Red Horse Squadron NCO in charge. "He also maintained the network and met customers' needs."

During his time off, Randolph said he volunteered as part of a litter team in Kandahar hospital helping transport patients from an aircraft to an ambulance.

"Working with them was great because I met a lot of amazing friends," Randolph said. "I also learned a lot about different aspects of the military in general including other career fields."

Getting a first-hand view of what goes on in the area of responsibility helped Randolph get a better understanding of

"Looking back at my deployment, I enjoyed it," he said. "Although you don't always realize it while you're there."

Randolph said he missed his family and friends and the convenience of home during his time away.

To thank him for his efforts during his deployment, the Army awarded Randolph the Army Achievement medal and a NATO medal.

"I salute all my fellow Airmen, Soldiers, Marines and Soldiers who are or have been in the desert or wherever deployments have taken them for their sacrifice," Randolph said. "After experiencing a deployment, it means so much more to me now."

Senior Airman Gary Randolph, 509th Mission Support Group knowledge operations management technician, recently returned from his seven-month deployment to Kandahar Airfield, Afghanistan. While there, he worked with the Red Horse Unit and Communications Squad-





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CSAF Continued from Page 1

the right mix of active duty, Air National Guard and Air Force Reserve Airmen and force structure, Schwartz said.

To that end, Air Force leaders in all three components worked together on the fiscal 2013 budget request and related strategic planning to understand the compromises that can and must be made to maintain an effective, efficient force, he

"Despite the fact that we did not always agree with complete unanimity, which is understandable due to different perspectives and institutional imperatives between the active and reserve components, we stand by our consensus -- together,' the general said.

The Air Force's plans to re-balance the force are needed in order to address the danger of unsustainable deployment rates by any one component, Schwartz said.

"Our reserve component is best optimized -- or, put another way, our reserve component affords us with the oft-referenced cost savings -- when Guard and Reserve Airmen are deployed at lower rates than their active-duty counterparts," the general said.

Therefore, the Air Force's current force structure needs to be re-optimized in relation to current realities and future eventualities, he said.

"Through careful, joint-sanctioned modeling, we determined that we could not sustain further active component cuts without jeopardizing the collective ability of the total force to support our nation's strategic interests," Schwartz said.



U.S. Air Force graphic/Corey Parrish, photo/Staff Sgt. Tiffany Trojca

As the Air Force rebalances, it will leverage its total force integration efforts by increasing the number of associations between the active duty and Reserve components, thereby enhancing all aspects of mission readiness and effectiveness, he

"Our (total force integration) associations provide us with the ability to utilize highly experienced Reserve component Airmen in helping to accelerate the maturity of their active component counterparts quicker," Schwartz said, citing one example of how such associations benefit the force.

When these associations are operated properly, total force integration will create efficiencies for the Air Force, saving in operational and overhead costs across the board, the general said.

"Be assured that, as a total force, we are united in a common cause to provide more effective and efficient air power, including military support to domestic contingencies and civil authorities," Schwartz said.



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8 The Warrior June 15, 2012 News

1-135th ARB receives full line-up of AH-64D Apache Longbows



U.S. Army Sgt. Keno Davidson, 135th Attack Reconnaissance Battalion AH-64D Apache Longbow crew chief, performs pre-flight checks on an Army AH-64D Apache Longbow.

Story and photos by Senior Airman Nick Wilson

509th Bomb Wing Public Affairs

The Missouri National Guard recently received its final AH-64D Apache Longbow helicopter straight from the factory, the battalion's 20 digital model aircraft that replaced an older analog model.

The primary mission of the 1-135th ARB is to readily deploy and provide ground forces with air support and direct close combat attack.

"We're basically the infantry's best friend when they're in a situation and need help," said Chief Warrant Officer Bobby Gentry, 1-135th ARB AH-64D Apache Longbow pilot.

During the past decade the older AH-64A Apache helicopter was used to support the 1-135th ARB's mission by provid-

ing armed reconnaissance day or night, on the battlefield and in adverse weather conditions.

The main difference in the upgrade from an AH-64A to the AH-64D model is the change from analog to digital controls and also allows the crew to acquire and process targets more accurately.

"This aircraft gives us more battle assessment and situational awareness," Gentry said. "They prepare us to be more combat effective and to be able to go to the battlefield and have an operational capability to speak to the ground commander."

To ensure aircraft are fully mission capable, the 1-135th ARB has a team of full time technicians who maintain and fly the aircraft.

Soldiers like Staff Sgt. Bo Epple, 1-135th ARB aircraft mechanic, are responsible for providing the routine maintenance

necessary to keep these choppers in the sky.

"The diagnostic equipment in the new model is more accurate than the older version," said Epple. "It helps to accelerate the troubleshooting process and save time."

The majority of members from the 1-135th ARB are traditional National Guard soldiers.

In addition to their civilian jobs, many of the 1-135th Soldiers dedicated extra time to train on the new AH-64D Apache Longbow

Acquiring the new model of Longbows has been an accomplishment for the 1-135th along with every aviator and mechanic going through three to four months of training, according to Gentry.

"The biggest accomplishment is having guys willing to be away from their families and go through extra training to be prepared for the next era of army aviation here," said Gentry.



U.S. Army AH-64D Apache Longbow pilots from the 1-135th ARB, Chief Warrant Officer Allen Crist, and Capt. Joel A. Lewis, prepare for flight on an Army AH--64D Apache Longbow



U.S. Army Chief Warrant Officer Allen Crist, 1-135th Attack Reconnaissance Battalion AH-64D Apache Longbow pilot, performs a pre-flight check on an AH-64D Apache Longbow.





A member of the 509th Maintenance Squadron, holds the front of the T-38 Talon static display to keep it steady while being moved for scheduled maintenance and painting May 30.

Static receives facelift

By Megan Blair 509th Bomb Wing Historian

The T-38 Talon, which normally sits near the Express, (on Spirit Blvd.) relocated to receive scheduled maintenance and painting May 30.

The Historical Property Custodian and 509th Maintenance Squadron spent the last several months coordinating the removal and temporary relocation of the aircraft.

With the painting, one small change was made to the names that appear on the cockpit. In the past, the cockpit reflected the names of the current operations group commander and Al Cox, a long time T-38

maintainer. To be more historically accurate, the names on the cockpit are now Col. William M. Fraser III, a former Operations Group commander, and maintainer, Al Cox, when the T-38s first came to Whiteman in July 1993.

Static display aircrafts have been a longtime fixture for many Air Force bases and members. What many people do not know is that the aircraft belongs to the National Museum of the United States Air Force.

The aircraft located outside the museum are on loan to the installation. It takes a lot of people and effort to ensure that they are preserved for the generations to come.



Members of the 509th Maintenance Squadron, prepare the T-38 Talon static display to be moved for scheduled maintenance and painting.



Members of the 509th Maintenance Squadron, move the T-38 Talon static displayfor scheduled maintenance and painting May 30.

News

Green Continued from Page 3

the program is used to help Airmen realize what they are eating, and visually tells them what they should and shouldn't eat.

"We provide more healthy choice items than we do fried items for instance," said Staff Sgt. Bernaldo Martinez, store room assistant. "We also provide rice, salad, eggs, yogurts, fruits and vegetables to give them a wide range of whatever it is that they actually want."

He said they serve a variety of meals throughout the week to meet the needs of anyone who visits the dining facility, with the main customer being the Airmen in the dormitories.

This new program helps ensure Air-

men stay fit to fight and eating right, Davis said.

"If there are people going to PT boot camp or struggling with their PT test (Go for Green) makes it easier for them to come in here and identify what they should be eating in correlation with what their workout routine is," she said.

"Go for Green" posters like this one are hung throughout the dining facility here to explain to Airmen what the new color-coded system means. Green means eat often, yellow is eat occasionally and red is eat rarely. Maintaining a healthy diet is an important part of staying fit to fight.



Technology and the world-wide web make the sharing of information easy. Remember do not share or pass along critical information when outside of the appropriate workplace.

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News The Warrior June 15, 2012

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12 The Warrior June 15, 2012 **News**

Whiteman AFB makes safety improvements at Arnold Gate



U.S. Air Force photo/Airman 1st Class Bryan Crane

Members from the 509th Civil Engineer Squadron pour cement to create a new speed hump at the Arnold Gate June 4.



U.S. Air Force photo/Airman 1st Class Bryan Crane

Staff Sgt. Tyler Heath, 509th Civil Engineer Squadron heavy equipment craftsman, and Airman 1st Class Nicholas Evans, 509th CES heavy equipment journeyman, push away excess cement as they build new speed humps at the Arnold Gate June 4.

By Airman 1st Class Bryan Crane 509th Bomb Wing Public Affairs

Whiteman AFB installed new speed humps at the Arnold Gate from May 29 to June 7, in an effort to prevent vehicle collisions.

The speed hump installation is part of the base improvement program, according to Paul Day, 509th CES base pavement engineer. "The new system is expected to help out with the overall safety for the base populous.

Keeping speed down at the gate is

not always an issue faced by security forces, but any chance to help them if a situation arises is important Day

Originally, the construction was scheduled to be completed June 12, but both the civil engineers and contractors were able to reopen ahead of schedule June 7.

The total cost to install the speed humps was \$20,012 and the Arnold Gate was the final gate to receive the construction, as the Spirit and LeMay gates were completed in 2011.

Official Whiteman AFB **Facebook launched**

Whiteman Air Force Base launched an official Facebook page and invites users to search Whiteman Air Force Base via Facebook and click "Like." Users can access Whiteman AFB news, features, sports, commentaries, photos, videos and more.

Fire class Continued from Page 1-

that opportunity very often. This was a unique chance for four Malmstrom Airmen to work together with members from Barksdale AFB, La.; Ellsworth AFB, S.D.; F. E. Warren AFB, Wyo.; Minot AFB, N.D.; and Whiteman AFB, Mo.

"It definitely helps build teamwork," said Robert Lysholm, 341st Civil Engineer Squadron fire protection crew chief, regarding his work with Airmen from other bases. "It helps establish connections around the Air Force and allows us to see how other bases operate."

Staff Sgt. Sean Armstrong, 341st CES fire fighter, echoed Lysholm's thoughts.

"It definitely builds camaraderie with other bases," he said. "You get to know your brother fire fighters and then get to see what operations they're doing on a day-to-day basis versus what we're doing.

Lysholm and Armstrong took the class along with two other 341st CES fire fighters: Staff Sgts. Brian Patterson and Justin Zabel.

"These Airmen were selected because they are recognized as the 'up and coming' next generation of fire leaders," said Senior Master Sgt. David Clifford, 341st CES fire chief. "Each of them lives the Air Force core values."

The class taught the firemen how to lead others in a traditional manner at a fire station, and on-scene at an incident with both PowerPoint lectures and hands-on work. It was split into eight different units: orientation, government, human resource management, administration, certification test, investigations, incident management and safety. After completing all of the units, the Airmen are put to the test.

"Three full days - three eight-hour days - are actually handling and mitigating an incident," Sirmans said. "We have this program called Digital Combustion where we're able to take a digital picture of any building, stick it up on the screen, and put fire and smoke on it. Then they get to handle it. We have three evaluated positions: Incident commander, which is chief I; the operations commander, which is chief II; and the safety officer."

During these three days, 12 scenarios were played out giving every student a chance to act in each evaluated position. After each scenario, the class would go over each position and point out the things each individual did well and what they needed improvement on.

We want them to leave with confidence - that's the main factor so they can handle this when they go back to their base," Sirmans said. "We always talk about the fire as a big concern, but our job is to get there and put the fire out, and save lives and property."

According to Sirmans, by the end of the class, each student took home valuable information that can be used throughout their entire firefighting career - even into their civilian lives.

'The impact [of this class] is twofold," said Clifford. "It allows them to fill the next duty position in the fire department, [which is] station captain. Previously, they were crew chiefs of a single fire engine leading a crew of three to four firefighters. Now they can lead an entire shift of 10 to 13 firefighters. Second, they come out of the course with increased confidence on fire ground operations and safety.'

All 12 students graduated from Fire Officer II May 24.

"It was a great class and I'm glad I took it," Lysholm said. "It has definitely helped me excel to where I should be and advance in the fire department."

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Boss & Buddy-3:30-7pm- Mission's End Hang out after work and enjoy the cheapest hot wings around only .45 cents a wing! Call 687-4422 for more info.

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Pizza Thursdays!- 4-8pm - Mission's End

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FRIDAY 6/22

Cook's Night Off! - Call in & Pick-up- Mission's End Brisket w/ Onion Gravy, Creamy Cheesy Mashed Potatoes, Broccoli Sauteed w/ diced Red Pepper, Dinner Roll w/ Honey & Butter, White Cake w/ Strawberry Topping. All for under \$19. Call 687-4422 by 2pm, Pick up between 5 & 8pm.



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Events & Morale

TEAM WHITEMAN COMMUNITY

American Red Cross Volunteer Opportunity at Whiteman AFB — The American Red Cross has multiple volunteer opportunities at the 509th Medical Group. Anyone interested in volunteering should first contact the Medical Group's volunteer coordinators in the Resource Management office, room 1130. or call 660-687-6782. Volunteers can serve in a variety of service positions including patient check-in, answering phones, records management, pharmacy, lab, radiology support and other general administrative functions. Professional volunteers are also welcome. The MDG volunteer coordinator will help those with the Red Cross volunteer application process. More information and forms can be found at http://www.redcross.org/en/volunteer.

Volunteer opportunities for High School Students (dependents) — High school sons or daughters of active duty Air Force members can volunteer up to 250 hours over the four years of high school, with a maximum potential of \$1,000 toward college or vocationaltechnical school. The Youth Employment Skills Program is an Air-Force-wide program that offers high school students the opportunity to learn new skills, volunteer their time while helping their community and receive money toward their educational endeavors. For every hour volunteered, \$2 will go to base youth programs to support recreational improvements, computer labs, and other programs. For more information about the YES program, contact Whiteman Youth Programs at 660-687-5586 or search Whiteman AFB Teen Programs via Facebook and click "Like."

Found property — Keys, wallets, bicycles, jewelry, cellular telephones and other items have been turned in as found property to Security Forces Investigations. To inquire about lost property, go to building 711, room 305, or call 660-687-5342. Vehicles have been identified as suspected abandoned and will be towed at the owner's expense. For more information about vehicles, contact Steven Scott at 660-687-5342.

Airmen Against Drunk Driving -AADD is a Whiteman Active Airmen Association program designed by Airmen to provide Whiteman personnel, who have a valid Department of Defense ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) a free safe ride home 24/7 in the local area by dialing 660-687-7433 (RIDE) or 1-888-516-0013 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

Palace Chase Briefing — Palace Chase Briefings are held the third Wednesday of every month at 11 a.m. in the Professional Development Center, building 519, room 101. For more information, contact Master Sgt. RodneyHarrell, in-service Recruiter at 660-687-1868 or 660-460-1041.

Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line — Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line is available 24/7 for safety planning, support and referrals. Victim advocates can be reached during duty hours and for nonemergencies at 660-687-4341.

Retiree Activities Office — The Retiree Activities Office provides an interface between the active-duty and the retiree population from all military branches. The RAO is staffed by volunteers and open from 9 a.m.-3 p.m., Monday through Friday. The RAO is looking for volunteers and training is provided. For information, call 660-687-6457 or 1-800-303-5608 or email rao@whiteman.af.mil.

Breastfeeding Support Group — Breastfeeding Support Group is a 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. -1 p.m. at the A&FRC. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

FAMILY ADVOCACY OUTREACH

Stress Management — Stress Management is a one-time 90-minute session support group and is offered the first and third Friday of every month from 3-4 p.m. in the Airman & Family Readiness Center. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. To sign up, contact 660-687-4341.

1-2-3 Magic — 1-2-3 Magic is a twosession research-based parenting skills class offered twice a month on the second and fourth Tuesday from 2-4 p.m. It teaches parents easy-to-follow steps for disciplining children ages two-12 without yelling, arguing or spanking. Parents will learn how to get their children to stop doing what they don't want them to do and encourage them to start doing what they want them to do. Parents will learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call 660-687-4341.

Common Sense Parenting — Common Sense Parenting is offered in three, 90-minute classes every month and is scheduled according to the parent's needs. The Family Advocacy Program offers two different classes. One for parents of children ages 3-5 and another for parents of children ages 6-16. This class will demonstrate how to give clear messages, stay calm and teach child self-control as well as prevent misbehavior. Reservations required, call 660-687-4341.

You, Your Children & Divorce — You, Your Children& Divorce is a 90-minute class offered twice a month on the second and fourth Tuesday from 11 a.m.-12:30 p.m., for individuals with children whose parents are in the process of a divorce. Class content focuses on helping parents help themselves and their children through a divorce successfully and minimize negative effects on the children. Reservations are required. This class is necessary for divorcing parents in Kansas, Mo. and Missouri and other states. Call 660-687-4341 for more information.

Prevention & Relationship Enhancement Program — Prevention & Relationship Enhancement Program is a communication workshop for couples (married, engaged and/ or dating)who have a good relationship and want to make it better. This is a six-hour workshop and will be held every three months on a Friday from 9 a.m.-3 p.m. Call 660-687-4341 for the next workshop date and location.

This Weekend at the Movies

Dark Shadows

June 16, 7 p.m. • Rated PG-13

Johnny Depp, Michelle Pfeiffer and Eva Green -- An imprisoned vampire, Barnabas Collins, is set free and returns to his ancestral home, where his dysfunctional descendants are in need of his protection. Rated PG-13 for comic horror violence, sexual content, some drug use, language and smoking. 126 minutes.

Think Like A Man June 17, 3 p.m. • Rated PG-13

Chris Brown, Gabrielle Union and Kevin Hart -- Four friends conspire to turn the tables on their women when they discover the ladies have been using Steve Harvey's relationship advice against them. Rated PG-13 for sexual content, some crude humor and brief drug use. 120 minutes

> Movie showings are featured at the Whiteman AFB Movie Theater. Call the movie line at 660-687-5110 for more information. Cash or check only. *Movies are \$4.50 for adults and \$2.25 (3-11 years). Doors open 30 minutes prior to show time.

*Movies and ticket prices are subject to change without notice.

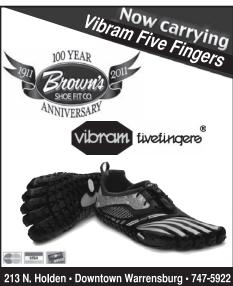




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6. Print legibly, and place punctuation and spaces where necessary. Use only one word per line.

7. Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.

8. Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at http://www.whiteman.af.mil and click on "Whiteman Warrior Classified Ad Form."

9. Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.

10. Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.

11. The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.

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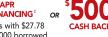
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