



TINKER

TAKE OFF

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Disbrow delivers State of the AF

Staff Sgt. Christopher Gross
Air Force News Services

ORLANDO, Fla. (AFNS) — Acting Secretary of the Air Force Lisa S. Disbrow addressed current and future issues, and talked about some of the occasions the Air Force has to look forward to in 2017 during the Air Force Association Air Warfare Symposium here March 3.

Disbrow spoke about the importance of a growing active-duty and civilian force, updating aging fleets, and growing leap-ahead technologies.

“Our highest environment priority is improving readiness ... our top piece of this among many requirements is to increase end strength,” Disbrow said. “At the same time we must modernize our aging inventory across all major weapons systems with urgency.”

By the end of fiscal year 2017, Disbrow said the active-duty end strength is expected to be at 321,000, however, that number needs to grow to 350,000 in order to fill all the Air Force's existing units at 100 percent.



Air Force photo by Scott M. Ash

Acting Secretary of the Air Force Lisa S. Disbrow gives her “State of the Air Force” keynote at the Air Force Association Air Warfare Symposium March 3, in Orlando, Fla. She spoke about the need to invest in Airmen, technology, space and acquisition, and enlist the help of industry to reach this goal.

Amid the current shortage in personnel, Disbrow said careers that are most impacted include maintainers, pilots, acquisition and contract personnel, cyber experts, and software coders.

Civilian and Reserve component manning continues to be less than adequate. Disbrow said since Operation Desert Storm the Air Force civilian workforce has decreased from

262,000 to nearly 182,000.

“Our civilians are critical members of the team, 92 percent of them are in the field,

See Disbrow page 3.

Honorary Commanders



Air Force photo by Kelly White

Thirteen members of the Honorary Commanders Program were given an orientation March 3 about the Air Force Sustainment Center, depot maintenance, installation and supply chain operations. From left, Ms. Debra Teufel, Mr. Joseph Brevetti, Col. Scott Diamanti, Honorable Matt Dukes, Honorable David Holt, Ms. Judy Hatfield, Mr. Ron Witherspoon, Brig. Gen. Mark Johnson, Mr. David Brown, Ms. Carol Goodwin, Mr. Lane Neal, Mr. Johnny Kuhlman, Mr. Randy Grau, Mr. Jim Gebhart, Ms. Elizabeth Anthony, and Col. Stephanie Wilson. The Tinker Honorary Commanders Program helps to increase the understanding of both military and community capabilities while fostering essential relationships between Tinker's senior leadership and community, and government leaders throughout central Oklahoma.

A page in HISTORY



Commentary:

Mustache March from days of Olds

Howard E. Halvorsen

Air Force Sustainment Center Historian

The United States Air Force, despite being the youngest American military service, has a few outstanding traditions. Civilians vaguely know the tradition of Mustache March as an occasion used by some to raise money for charity. Many in our own military ranks only know Mustache March as “some damn pilot thing.” Well, it is indeed that, and it comes from one of our greatest Airmen, the first Wolf of the Wolf Pack, Robin Olds.

Born on Bastille Day, 1942, Olds was a life-long maverick in the United States Army Air Corps in



Photo courtesy of the Tinker History Office

Commander Robin Olds, a United States Air Force wing commander of the 8th Tactical Fighter Wing in the Vietnam War.

World War II, and a United States Air Force wing commander of the 8th Tactical Fighter Wing in the Vietnam War. Many pilots fighting in the Vietnam War superstitiously had a “bulletproof mustache,” but Olds used his as a “gesture of defiance.” The kids on base loved it. Most everybody grew a mustache.

He became the first Wolf when the 8th TFW became known as the Wolf Pack after their victorious air battle over the enemy known as Operation BOLO on Jan. 2, 1967. Readers might remember this battle being mentioned in the first Tinker Take Off issue of the year when the F-4 Phantom was lauded.

As a result of this battle, both Olds and the Wolf Pack became famous. His famous and expansive mustache, quite out of regulation, came home with its owner after Olds’ service in Vietnam was over. When he reported to Air Force Chief of Staff General John P. McConnell, the general walked up to him, stuck a finger under his nose and said, “take it off.”

Olds complied, of course, privately saying, “To tell the truth, I wasn’t all that fond of the damned thing by then, but it had become a symbol for the men of the 8th TFW. I knew McConnell understood. During his visits to Ubon over the past year, he had never referred to my breach of military standards, just seemed rather amused at the variety of ‘staches sported by many of the troops. (It) was the most direct order I had received in 24 years of service.”

Upon hearing the news, many of his fellow air warriors were stunned, but they kept a stiff upper lip – and put a rug on it. It was a touching display of masculine solidarity with aircrews worldwide growing mustaches, perhaps hoping to restore balance to a universe obviously going to hell in a handcart.

This incident with the world’s most famous manstache is given credit as the impetus for the Air Force tradition, “Mustache March,” in which aircrews,

See Mustache page 13.

Tinker Air Force Base



Air Force photo

Boeing CIM-10 Bomarc at the National Museum of the United States Air Force in Dayton, Ohio.

Douglas IM-99 BOMARC missile

Greg L. Davis

72nd Air Base Wing Public Affairs

The Boeing/Michigan Aeronautical Research Center IM-99A/B BOMARC missile was the world’s first ground-based long-range, anti-aircraft missile and the only anti-aircraft missile ever operated by the U.S. Air Force. The missile was supersonic capable and equipped with a 7-10 kiloton nuclear warhead. The missile’s name is a combination of the manufacturer and the research center that helped in the initial research project, thus BOMARC.

Few historical documents are available which show or discuss the work done at Tinker on the IM-99. The Oklahoma City Air Materiel Area was responsible for the missile from May 1955 to June 1957 when it was undergoing significant test and evaluation. The lack of details is most likely due to the classified nature of the program in the early years. There are notes and a write-up about the missile being managed and maintained here, but little else. It still remains a significant milestone for the advancement of U.S. Air Force technology and air power overall.

The IM-99 was designed to counter the Soviet Union’s increasing threat from long-range bombers capable of flying across the northern pole to strike Canada and the U.S. in the late 1940s and early 1950s. Development and testing progressed rapidly

See BOMARC page 13.

This week in Tinker history

March 11, 1942 - The Supply Division is activated.

March 10, 1949 - The 1800th Airways and Air Communications Service Wing arrives as a tenant unit on the base.

March 11, 1970 - The first F-4 fighter arrives at Tinker for repair.

March 14, 1983 - Tinker AFB overhauls its final J75-17 engine.

Key events scheduled in 2017:



April 7: Tinker Community Dining Out

April 28: MWC/TAFB 75th Anniversary Gala

May 20-21: Star Spangled Salute Air Show

June 23: Tinker AFB Golf Tournament

Sept. 16: Air Force Ball

Oct. 13: Capstone Event

552nd AMXS inducts Dedicated Crew Chiefs

Jillian Coleman
Staff Writer

The 552nd Air Control Wing inducted its first class of nine Dedicated Crew Chiefs March 3.

The purpose of the newly restored program is to ensure continuity and accuracy by assigning ownership to each individual aircraft. The Dedicated Crew Chief Program is an essential part of aircraft maintenance, Chief Master Sgt. Jeffrey Leemon said. As the superintendent for the 552nd Aircraft Maintenance Squadron, Chief Leemon explained how maintainers are held to the highest standards of professionalism, excellence and sound maintenance discipline.

The Dedicated Crew Chief is a job

description, not an Air Force specialty. “It is reserved for those who display initiative, management and leadership abilities necessary to maintain an aircraft to combat-ready status,” Chief Leemon said.

Ownership and accountability are established in assigning a Dedicated Crew Chief (DCC) to their own jet. DCCs are responsible for catching any small issue before it becomes a problem that could keep the aircraft grounded. Providing quality maintenance oversight is a No. 1 priority.

Chief Leemon offered his three L’s to becoming a successful DCC. First, he encouraged the inductees to listen. “Listen to your fellow maintainers and aircrews,” he said. “Exhibit and demand excellence from yourself

and fellow technicians.” A DCC is responsible for working diligently to identify and correct any discrepancies.

Next, the superintendent spoke about the importance of learning. The DCCs are known to be highly competent individuals, he said, but must always continue to develop and never settle or become complacent. “Learn something every day,” he added. Train, teach, mentor and coach those around you, and always work together as a team.

Lastly, Chief Leemon emphasized leadership. As a DCC, one must be well equipped to make tough decisions, to be courageous and bold leaders. Passionate leaders must endure long, never-ending work days while maintaining utmost professionalism. “[A DCC] should be committed to

perfection, but settle for excellence,” the chief said.

A program which has previously fallen by the wayside was restored, a huge day and accomplishment for AMXS and the Air Control Wing, noted Squadron Commander Maj. Christian Backhaus. He went on to commend the DCCs, those “a cut above the rest” who will have the honor of having their names painted on their jets.

“We support you in this endeavor,” Major Backhaus said, speaking directly to the inductees. “Remember, to whom much is given, much is expected. You must uphold the highest standards in core values and maintenance practices. We are proud of you, and proud of your dedication to the Air Force.”



Air Force photo by Jillian Coleman

Nine Dedicated Crew Chiefs from the 552nd Air Control Wing were inducted in a ceremony Mar. 3. The Dedicated Crew Chief program is a newly restored program which designates ownership and responsibility to individual aircraft. DCCs are tasked with maintaining and managing the aircraft to which they are assigned.

Disbrow continued from page 1

at depots, on the flightline or in hospitals,” she said. “They’re serving proudly in many critical positions.”

Disbrow said the Air Force not only faces an aging aircraft inventory – with an average aircraft age of 27 years old – but also one that lacks in numbers. With an aircraft inventory of 8,600 during Operation Desert Storm, she said the Air Force is currently at 5,500, and this is a critical aspect because “In a fight, quantity has a quality all of its own.”

Although the Air Force is primarily known for its conventional power, it’s also responsible for a major portion of nuclear deterrence. Disbrow said in order to stay ahead in this realm the Air Force needs to continue to upgrade legacy bomber platforms and needs to recapitalize intercontinental ballistic missiles; however the development of the B-21 Raider is a step in the right direction.

Looking ahead, Disbrow said “we want to increase and improve the use of experimentation and

prototyping as pathways to identify new operational concepts and capabilities, but as we do that we must ensure initiatives can be rapidly and affordably fielded.”

Hypersonics is one leap-ahead technology the Air Force continues to focus on, Disbrow said “once weaponized it will be a game changer. Hypersonic technology will enable us to better engage in highly contested environments, [because] speed matters especially when we need to stand off. Hypersonic weapons will allow us to more effectively address short-dwell targets that pop out from cover and then operate and then quickly hide.”

She said the Air Force will look to build on the success of the Boeing X-51, an unmanned research scramjet. She said the Air Force will invest in a foundational technology necessary to successfully demonstrate a weapon doing this by teaming the Air Force Research Laboratory and the Defense

Advanced Research Projects Agency with industry partners to look at multiple approaches to push and excel the prototype.

Some milestones the Air Force will look forward to finalizing and announcing during 2017, Disbrow said include MQ-9 Reaper basing, a final basing decision on the interim F-16 Fighting Falcon formal training units, the announcement of preferred locations for two additional Guard F-35A Lightning II locations, and the preferred location for Battlefield Airmen Training Consolidation.

She said the service will also continue to look at how robotics can be used to free up manpower. Robotics technology has already been implemented in 76 pharmacies, being used to fill prescriptions with fewer errors, which in turn will allow the Air Force to repurpose manpower to other important tasks.

Women's History Month

Kelley Butler, seeing things from a different view

Editor's note: This is the second article in a series celebrating Women's History Month. The women honored in this series were selected by members of the Federally Employed Women's organization.

Jillian Coleman
Staff Writer

Director of the Maintenance Support Group, Kelley Butler has delved into various professional opportunities before landing her spot on top of the 76th MXSG.

Managing approximately 600 people, Ms. Butler provides oversight for all of the production and installation support, along with the physical science labs and industrial metrology for the Oklahoma City Air Logistics Complex and its mission partners.

"Every single person in 76th MXSG is critical to making the complex successful," she said. "Every individual is working to keep the complex going strong."

With a background in electrical engineering, Ms. Butler came to Tinker in 1986, starting her career in software. After 16 years in the field, she was slated for the deputy communications director in the Air Base Wing. Following that role in the wing, Ms. Butler dipped into engineering for a year before becoming the director of staff under Lt. Gen. Bruce Litchfield.

Working as the DS provided Ms. Butler with unique opportunities. Visits with congressmen, trips to Capitol Hill, involvement with the community and interfacing with varying levels of civic leadership were among the highlights, the "little bits of everything" that accompanied supporting the three-star general.

Having transitioned into her current role in January 2016, Ms. Butler enjoys seeing things from a different perspective. "I'm able to understand things better and

realize there is more going on than what I'm dealing with in my area," she said. "Working in the front office helped me a lot in ways I didn't anticipate at the time. I'm able to see the bigger picture now and have a better understanding of our mission to help the warfighter."

Ms. Butler has found this job extremely rewarding. "Being able to witness and experience projects and construction from start to finish is something particularly rewarding," she said. Even more than production coming to fruition, Ms. Butler said the job is made better in an environment where people are warm and welcoming.

"There's so much energy in this organization," Ms. Butler added. "I think we have a great, inclusive culture here and I make it a priority to maintain and uphold that."

Described as a helping organization, 76th MXSG is comprised of 600 different personalities, backgrounds and experiences, so the pressure to earn credibility and validation that you're the right person for the job was substantial, Ms. Butler said.

"You want to treat everyone fairly," Ms. Butler said. "Bringing in diversity of all kinds and really embracing that has been essential. Different views and different people, with fresh eyes or perspectives, strengthen the team and the mission."

Ms. Butler went on to explain that every new job or experience brings nerves. "You can be confident in your capabilities and still be nervous because you don't know exactly what to expect. You want to overcome obstacles. You want to prove yourself to your employer and employees." For Ms. Butler, there is always something to learn and improve upon. "There are challenges that you attack full-on and there are skills that can be refined. It's rewarding to prove yourself to others, and even more so sometimes, to prove to yourself that you're the right choice."



Air Force photo by Kelly White

Kelley Butler has had an extensive career at Tinker Air Force Base, spanning from 16 years in software, to working in engineering, to becoming director of staff for the Air Force Sustainment Center, and now to being the director of the 76th Maintenance Support Group for the Oklahoma City Air Logistics Complex.

"This job requires a variety of skills and motivates me to keep learning in order for us to reach our 'Art of the Possible' goals," Ms. Butler said.

The director looks forward to the continued progress of the Air Logistics Complex. With various long-term goals working toward cost-effective production strategies, Ms. Butler is excited about the experience she brings to the table as well as continued growth in the role shaping her daily.

44th Annual AF Assistance Fund campaign

The official launch of the 44th annual Air Force Assistance Fund (AFAF) Campaign for Tinker AFB runs through April 14, giving us another opportunity to help our fellow Airmen when they need it most.

The AFAF campaign supports four charities that are dedicated to caring for Airmen from induction through retirement and beyond. The four charities are the Air Force Aid Society, General and Mrs. Curtis E. LeMay Foundation, the Air Force Village, and the Air Force Enlisted Village. These aren't charities you'll see in your CFC lineup. They are examples of Air Force people taking care of their own—Airmen Helping Airmen. Our annual campaign demonstrates this fact, that Airmen take care of our own.

If you have any questions, contact this year's project officers, Master Sgt. Monica Thomas, 72nd DS/SGD at 582-6403, monica.thomas.1@us.af.mil or Master Sgt. Christopher Shady, 72nd SFS/S30A at 734-2900, christopher.shady@us.af.mil.

Preparations for 2017 local Wage Grade Survey underway

72nd Force Support Squadron

The Federal Wage System was developed under the provisions of public law in 1972.

Rates of pay for employees in the FWS (WS, WD, WL, WG) are identified as prevailing rates, which means they are reflective of pay rates for similar private sector jobs in the same geographical area. Prevailing rates are based on the following principles: Equal pay for substantially equal work, maintaining the levels of the rates of pay in line with prevailing rates in the local wage area, and maintaining such rates of pay to attract and retain quality prevailing rate employees.

The Department of Defense is designated by the Office of Personnel Management to serve as the lead agency in approximately 115 wage areas. The DOD Wage Staff provides guidance to the Local Wage Survey Committee to assure timely completion of the wage survey.

The Wage survey for the Oklahoma City area will occur in August. Several data collection teams will visit selected businesses and gather information about wage rates paid to employees performing work, which is comparable to specific grades of FWS jobs. Each business must have at least 50 employees and be located in Oklahoma, Cleveland, Canadian, McClain or Pottawatomie counties. Rates paid to

state and local government trades workers are not considered.

The following jobs are required to be under survey: janitor (light), janitor (heavy), material handler, maintenance laborer, packer, helper (trades), warehouseman, fork lift operator, material handling equipment operator, truck driver (medium), truck driver (heavy), machine tool operator II, machine tool operator I, carpenter, electrician, automotive mechanic and toolmaker. The LWSC may recommend other jobs be surveyed. In previous surveys, aircraft mechanic and aircraft structures assembler positions were also surveyed.

The LWSC will conduct hearings on March 17 in Bldg. 4023, the 38th CEIG Theater at 4023 Hilltop Road. The purpose is to permit presentation of information, requests and recommendations by the local organizations and individuals concerning the areas, industries, establishments and jobs to be covered in the wage survey. The LWSC is not authorized to hear issues/requests outside the purpose stated above.

Recommendations and supporting evidence should be submitted in writing before or at the hearings. Contact Charlotte Davis at 736-7400 by March 14 to submit information or to schedule an appointment to testify before the committee.

Continuous Energy Improvement to benefit OC-ALC paint operations

John Parker
Staff Writer

The Oklahoma City Air Logistics Complex is using the Art of the Possible to engineer major improvements for two of its largest energy-consuming operations.

The energy-efficiency projects will target Bldg. 3225, a hangar where overhauled aircraft get new paint jobs, and Bldg. 3228, where paint is stripped off planes.

These projects will help the ALC to meet federal goals to cut energy consumption and emissions through 2030. The OC-ALC will be the first Air Force facility to implement the international standard for Energy Management, ISO 50001. The catch-phrase “Continuous Energy Improvement” is being used to generate enthusiasm around the effort.

OC-ALC Energy Manager Joseph Cecrle said the Continuous Energy Improvement initiative is designed to act on big and small ideas for energy-use reductions from the complex’s personnel in every shop.

“The strength of our Continuous Energy Improvement program is that we get the people who understand each operation to think about how to do things a little differently – to change their processes in some way to save energy,” Mr. Cecrle said. “We tap into people’s creativity to get energy savings at little or no cost.”

The painting hangar is a good example. Bldg. 3225’s heavy-duty ventilation system draws in fresh outside air on one side of the building to be filtered and conditioned for specific temperature and humidity ranges that different anti-corrosion and paint processes require. In winter, for example, that includes warming the colder air.

Powered exhaust fans at the other end of the hangar draw the treated air over the aircraft. Before that air leaves the building, it is heavily filtered again to remove overspray before it is vented back outside at a rate of 360,000 cubic feet per minute, said Joey Hunter, a mechanical engineer with the 72nd Civil Engineering Directorate that is supporting the project.

OC-ALC engineers plan to install a “Run-Around Heat Recovery System” that will recycle heat from the exiting air back to the original fresh-air intake system via pipes carrying a glycol/water mix. The recaptured heat will reduce the energy needed to condition incoming air.

“Building 3225 is far and away one of the top energy-intensive operations at Tinker,” Mr. Hunter said. “With the current single-pass-of-air system we use now, it’s akin to keeping your doors wide open in the wintertime while you’re heating your house. We want to capture and reuse the heat that’s going out the open door.”

The upgrades for Bldg. 3225 projects are expected to reduce energy use by up to 35,676 million BTUs a year. The equipment and operations changes are projected to save \$414,613 annually, Mr. Hunter said.

But that isn’t the only energy improvement project going on.

Bldg. 3225 personnel already recognized that heating and cooling the facility used the most energy in their operation, and that waiting for aircraft deliveries with the massive hangar doors open caused a great deal of energy waste – heating energy in winter and cooling energy in summer. They reasoned that if they could better coordinate with the aircraft delivery drivers they could minimize the amount of time that the doors remain open.

Bldg. 3225 personnel are now setting up a process for coordinating with the Maintenance Operations Center (MOC), which oversees aircraft deliveries, to enable “just-in-time” door opening. This additional energy saving comes at no cost to the ALC. It is the product of insights that could only have been gleaned by experienced individuals working at the facility.

Both facets of the OC-ALC’s energy program are being delivered through an Energy Savings Performance Contract with Honeywell. The global manufacturing and management company is implementing multiple OC-ALC projects at its own cost. The company will recoup its investment through the difference in the OC-ALC’s energy bill over the 20-year term of the contract.

The ALC’s Performance Contract with Honeywell is unique in that Honeywell is also providing support for the ALC to become the first government-operated facility to become ISO 50001 certified. It is this ISO 50001 certification that is driving the ALC’s Continuous Energy Improvement program, and the OC-ALC is serving as the model for its sister complexes in Utah and Georgia for how this can be done.

Energy savings ceremony, March 29

A ribbon-cutting ceremony will be held March 29 to mark the activation of an Energy Savings Performance Contract that is projected to cut energy consumption at the Oklahoma City Air Logistics Complex by 35 percent in the coming years.

The ceremony will begin at 1:30 p.m. at Hollywood and Vine in Bldg. 3001.

The massive energy-efficiency overhaul in partnership with Honeywell International Inc. will modernize dozens of OC-ALC buildings and industrial operations.

Besides improving energy efficiency, the project will also increase reliability and add resiliency to the complex’s maintenance, repair and overhaul mission

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A breed apart: imagination, courage and persistence

Chaplain, Col. Shon Neyland
Air Force Materiel Command

I am constantly amazed at the great leaders of our nation who, at pivotal times, changed the direction of America because of their vision, creativity, and fortitude. Many of us may not be aware of one such leader, Gen. Bernard A. Schriever. General Schriever was born in Bremen, Germany in 1910. He and his family came to America when he was 13 years old. He graduated from Texas A&M University as an aeronautical engineer. Upon entering the military, he started his career in the Army Field Artillery before enrolling in the Army Air Corps Flying School. During WWII, General Schriever flew the B-17 in multiple combat sorties in the Pacific Theater with the 19th Bomb Group. Following his time as a bomber pilot, General Schriever became a major force in the USAF space and ballistic missile research. In 1954, General Schriever was appointed as Commander of the Air Research Development Command's Western Development Division, where the Intercontinental Ballistic Missile (ICBM) was created. The ICBM would be able to travel thousands of miles to deliver nuclear weapons and the missile technology would also be used to launch satellites into space. As General Schriever began to see the value of unmanned missiles in defense of our nation, some senior leaders, including General Curtis LeMay, believed the focus for deployment of nuclear bombs was best served with the prestigious B-52 platform. General Schriever disagreed

with that position because he had a unique vision for the future. General Schriever wrote in 1957, "In the long haul, our safety as a nation may depend on our achieving space superiority." He also predicted in the same year that lunar expeditions and even interplanetary flight would someday be possible. Interestingly, eight months after General Schriever's bold predictions, the Soviet Union launched the first satellite, the Sputnik, into space. General Schriever's pioneering work led to the development of the Thor intermediate range ballistic missile and three intercontinental ballistic missiles, the Atlas, Titan, and Minuteman. General Schriever was appointed as commander of the Air Research and Development Command in 1959 and commander of Air Force Systems Command (AFSC) in 1961. By 1963, AFSC oversaw 40 percent of the Air Force's budget. General Schriever believed there were three keys which set visionary people as "a breed apart." He stated, "The world has an ample supply of people who can come up with a dozen good reasons why a new idea will not work and should not be tried, but the people who produce progress are a breed apart. They have imagination, the courage and persistence to find solutions." First, he believed those who would reach the highest level in technology had to have "imagination." In other words, one has to dream of what the possibilities are and not focus on the obstacles before us. Second, it takes "courage" to move forward with innovative and

bold ideas. There will always be risks involved with every new endeavor, but pioneers exhibit courage in what they pursue. Finally, "persistence" is a necessary component if change is to take place. Greatness does not happen overnight, but is a result of dogged persistence. Solutions cannot be reached without persistence. The imagination, courage, and persistence General Schriever and his teams displayed changed the world in regards to the defense of our nation. In the end, General Schriever proved to be correct in that the ICBM would become extremely significant in the Cold War and ultimately a key deterrent to nuclear war. General Schriever retired in 1966 after 33 years of military service. Indeed, history now records General Schriever as "a breed apart" and his contributions to our nation were instrumental to our defense. Most agree he and his team literally designed the weapon that changed the world, the ICBM. In 1998, I had the pleasure of attending the base renaming ceremony in which General Schriever attended. I was a Flight Commander and Satellite Operations Officer at Falcon Air Force Base, Colorado during the time when Falcon AFB was renamed to Schriever AFB. Even then, I did not realize the incredible impact he had on America in the very career field I was serving in as a Space and Missile officer. As I reflect back on that day, I now realize I was in the presence of greatness. I encourage each of us to commit to work and live by the three principles General Schriever espoused: imagination; courage; and persistence.



Col. Stephanie Wilson
72nd Air Base Wing
Commander

Action Line

The Tinker Commander's Action Line is a communications channel established for personnel to bring problems and observations to the commander's attention. The Action Line serves as an avenue for effecting positive change across Tinker Air Force Base and has led to improvements in safety, working conditions, quality of life and a better understanding of base programs and processes. When inquiries or comments are forwarded, a direct re-

sponse should be received in a timely manner. While we hope individuals will seek a more timely resolution of issues through their facility management or unit command channels, an individual may visit the Commander's Action Line tab on Tinker's internal home page to submit an action line. Those who don't have access to the home page can send an email to CommandersActionLine@us.af.mil.

Base Legal Office.....	739-5811	Civilian Personnel.....	739-3334	IG Complaints (for appt.).....	739-2051	Retirement (civilian).....	1-800-525-0102
Base Safety Office.....	739-3511	DOD Fraud, Waste and Abuse Hotline ...	800-424-9098	Military Equal Opportunity.....	739-2104	Security Forces.....	734-2878
Base Restaurants.....	734-3161	Equal Employment Office.....	739-7889	Military Pay.....	739-5768	Force Support.....	734-3566
Civil Engineering.....	734-3451	Fraud, Waste and Abuse.....	739-3922	Public Affairs.....	739-2026	Alternate Dispute Resolution.....	736-2151

Tinker Take Off

Tinker Take Off Office
(405) 739-5780

How to find us:
Enter Tinker Gate off of Interstate-40, turn left at the spotlight on Arnold Street. The 72nd Air Base Wing Headquarters, Bldg. 460, will be on the right. Enter the southwest wing. Once inside the building, turn right and then right down the first hallway. The Tinker Take Off office is in the Public Affairs Office, Room 127, at the end of the hall.
Deadlines:
The deadline for newspaper submissions is Wednesdays at 4:30 p.m. for the next week's issue. Stories can be e-mailed to tinker.takeoff@us.af.mil.
Advertising:
Call 278-2820 for display ad information.
Advertising deadlines:
Display ads: Fridays at noon.
Classified ads: Classified ads must be turned in to the Journal Record by noon Wednesdays.
Classified ads:
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Free ad forms can also be turned in at the Tinker Take Off office in Bldg. 460, Room 127. Call the Journal Record at 278-2866 to place a paid ad. Paid ads cannot be accepted in the Tinker Take Off office on base. Free ads are for current or retired Tinker employees (restrictions apply).

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Prescription transfers: avoiding hiccups

Jillian Coleman
Staff Writer

Tinker Air Force Base is its own entity as it pertains to hospitals, clinics and pharmacies. Unlike other nationwide chain hospitals, clinics and pharmacies, the Department of Defense does not have a database which holds patients' full information. In a military lifestyle when you move from base to base, this can create a hiccup as many are unaware that they need to organize their prescription information to help ensure as smooth of a transition as possible.

Master Sgt. Sean Sowash, the NCOIC of the 72nd Medical Group's Pharmacy Element, explained the process to better educate the public of the procedural steps, and to help alleviate any confusion or misconceptions. The goal is two-fold, to help ease the stress of those relocating from base to base and to keep pharmacies and pharmacists up to speed and efficient. A better streamlined process prevents patients from having another thing to worry about when they PCS, and prevents pharmacists from getting overloaded with prescriptions.

While there is a movement to adopt a new electronic health record for all of DoD, Sergeant Sowash said that is still a long ways down the road. Consequently, until that day comes when accessibility is achieved sans delay, individuals will need to register their information with the hospital and pharmacy each time they relocate.

"In order to get prescriptions filled, we have to actually transfer those prescriptions into the Tinker Air Force Base pharmacy from your previous pharmacy," Sergeant Sowash said.

When a patient registers, a pharmacist then needs to contact the previous pharmacy and collect information. Additionally, the pharmacists need to ensure they carry the medication and address any issues or questions with the departing facility. So, if you're



Air Force photo by Kelly White

With a growing stack of bins to her right, Brenda Daniels, a pharmacy technician with the 72nd Medical Support Squadron, fills a multitude of prescription orders.

new to base it is important to know that registering yourself in the hospital computers is essential. Before any prescriptions can be entered, the patient needs to be in Tinker's system.

"Since the prescription or patient did not originate [at Tinker], we don't have record of it. Transferring the prescription allows us to get that record by having one of our pharmacists call the previous pharmacy and verify all of the pertinent information, like the original prescription date, doctor, number of refills, directions, etc."

Part of the problem that's been discovered, the sergeant said, is that there's no real avenue to inform people that when they PCS, they are responsible for tying up all of their loose ends. That includes the closing and transfer of medications. Unfortunately, Sergeant Sowash added, there can be a lot on one's plate when PCSing, so people don't always think to check with the pharmacy before departing.

A phone call from the patient will not suffice in the transfer process. The staff in the 72nd Medical Group

will physically need the prescription bottles in order to take information from existing labels. Having the labels on hand, the sergeant noted, really safeguards an extra layer of insurance.

It can be a bit of an inconvenience to both a patient and a pharmacist, so it's important to take the proper measures before relocating to a new base. The transfer and refill process can vary but typically takes up to five business days to complete. If the departing facility is a stateside pharmacy, Tinker's clinic can normally complete the transfer in 72 hours. An overseas base, however, may tack on a few extra days.

Sometimes, Sergeant Sowash added, there are unavoidable circumstances in which a patient cannot wait to have their medication refilled. In such cases, the pharmacist uses discretion and with the exception of controlled substances, they may provide a few tablets or a few days' worth of medication. However, it is strongly encouraged to not wait until you're completely out of medication to start the process.

"We work to ensure that a patient does not go without medication for too long," the pharmacy technician said. "Our goal is to have no gap in care for the patient."

The process sounds simple, but it has shown to create many headaches. It can be an inconvenience to be a patient without necessary medication. Likewise, it can be an inconvenience to be a pharmacist and be backed up with orders, having to coordinate times with various clinics across the globe to link up with pharmacists to obtain necessary information.

Hopefully, Sergeant Sowash said, awareness of the issue will help assuage both parties and the transfer and refilling of scripts can be better streamlined.

To register in the clinic you will need to visit Patient Administration, located right next to the pharmacy. For more information, contact (405) 582-6371.

How to take measure, literally, of your retirement



Air Force photo by Kelly White

Andrea Perkins, the community readiness consultant lead with the Airman and Family Readiness Center, gave a town hall presentation at the Base Theater March 7 about the new Military Blended Retirement System which will be fully implemented starting Jan. 1, 2018.

John Parker
Staff Writer

One of the ways Andrea Perkins emphasizes how important it is to think about and plan for military retirement ASAP is by handing out tape measures.

Ms. Perkins, the lead community readiness consultant with the Airman and Family Readiness Center, recently used the exercise in two Tinker AFB town hall meetings about the military's new Blended Retirement System and the retirement-oriented Thrift Savings Plan.

First, Ms. Perkins asks participants to cut off the tape measure from zero to their present age. Those years for saving for retirement are gone, she says.

Then she asks them to roughly estimate their life expectancy. Participants can then cut off all the "years" past that date.

The final cut is the age that the person wants to retire. Perhaps 50, 55, 65... That leaves two lengths of tape measure: one showing how many years the

person will be working and saving for retirement versus how long they may live after retirement.

With life spans expected to rise in the future, those years of retirement could extend into a person's 90s or more, Ms. Perkins says. The visual is usually pretty striking for people who try it.

"So you have that little bitty tape in which you'll be making income to support the rest of your life for when you will not be working, and a potentially big piece of tape showing your retirement years," Ms. Perkins said. "So the moral of the story is to be really intentional, regardless if you choose the Blended Retirement System or the legacy military system."

"It's a visual way for people to realize that in your life span, since we're living longer, you don't have a whole lot of time that you're going to be making money if you want to enjoy those long years of retirement."

The tape measure test is one way to emphasize

See **Retirement** page 15.

• Exercise, Exercise, Exercise • Exercise, Exercise, Exercise •



Airman Ryan Kalugdan and Staff Sgt. Chris Hansen, both with the 72nd Operations Support Squadron's Weather Center, issued weather warnings, watches and advisories base wide throughout the day during Tinker's annual natural disaster exercise Feb. 27. The weather center continuously monitors local and national weather sites to keep Tinker personnel fully informed and prepared in case of a real world emergency situation. Although the natural disaster exercise is not an Air Force-required exercise, it is important for all base personnel to stay fully aware of response procedures, especially with Oklahoma's unpredictable spring weather.



Terry Ford, Tinker Fire and Emergency Services chief, points out important information to emergency responders gathered around him during the natural disaster preparation tornado drill Feb. 27. Due to the frequent occurrence of tornados and damaging winds, Tinker regularly holds exercises to ensure appropriate responses by the population and crews.



Paul Logan, with the Inspector General's Office, played the role of an active shooter in an exercise held in Bldg. 3705 March 3. This exercise was the first active shooter exercise put on by the IG office specifically for the Oklahoma City Air Logistics Complex, as well as Defense Logistics Agency members who also work in the building. The purpose was to see how building occupants would react to an active shooter incident with first responders entering the building.



The Emergency Operations Center (EOC) is the C2 support element comprised of personnel at the operational level before, during and after an incident, and is the focal point for the support when on-scene requirements surpass the installation's capabilities.

• Exercise, Exercise, Exercise • Exercise, Exercise, Exercise •

• Exercise, Exercise, Exercise • Exercise, Exercise, Exercise •



Force photo by Greg L. Davis
ation on a base map
edness exercise and
weather in the region,
ation and emergency



A Continuity of Operations (COOP) exercise was held Feb. 28, as part of an Air Force annual requirement. A COOP is usually held within 12-24 hours after an emergency situation to assess damage of property and to figure out what is needed to make the mission fully operational again. Pictured here, from right, 72nd Mission Support Group Commander Col. Michael Green, the Emergency Operations Center (EOC) Director, and Tinker Fire and Emergency Services Chief Terry Ford and Scott Bloxham work in the EOC during last week's COOP exercise. The EOC is the C2 support element that coordinates information and resources to support the installation's actions before, during and after an incident at the operational level, and is the focal point for the development and coordination of the follow-on operations and recovery plan.




Col. Stephanie Wilson, 72nd ABW commander leads the Tinker's Crisis Action Team (CAT) comprised of leadership from the Air Base Wing and associate organization representatives. The CAT is the command and control site for the installation commander and supports the Emergency Operations Center. Strategic decisions are made regarding the mission and how the base is affected during any contingency.



Air Force photos by Kelly White

of mainly Air Base Wing, contracting and tenants when their assets are involved. The EOC coordinates information and resources to support the installation's actions at the development and coordination of the follow-on operations and recovery plan. The EOC updates the Crisis Action Team (CAT) with continuing incident status and requests

• Exercise, Exercise, Exercise • Exercise, Exercise, Exercise •



Construction Zone

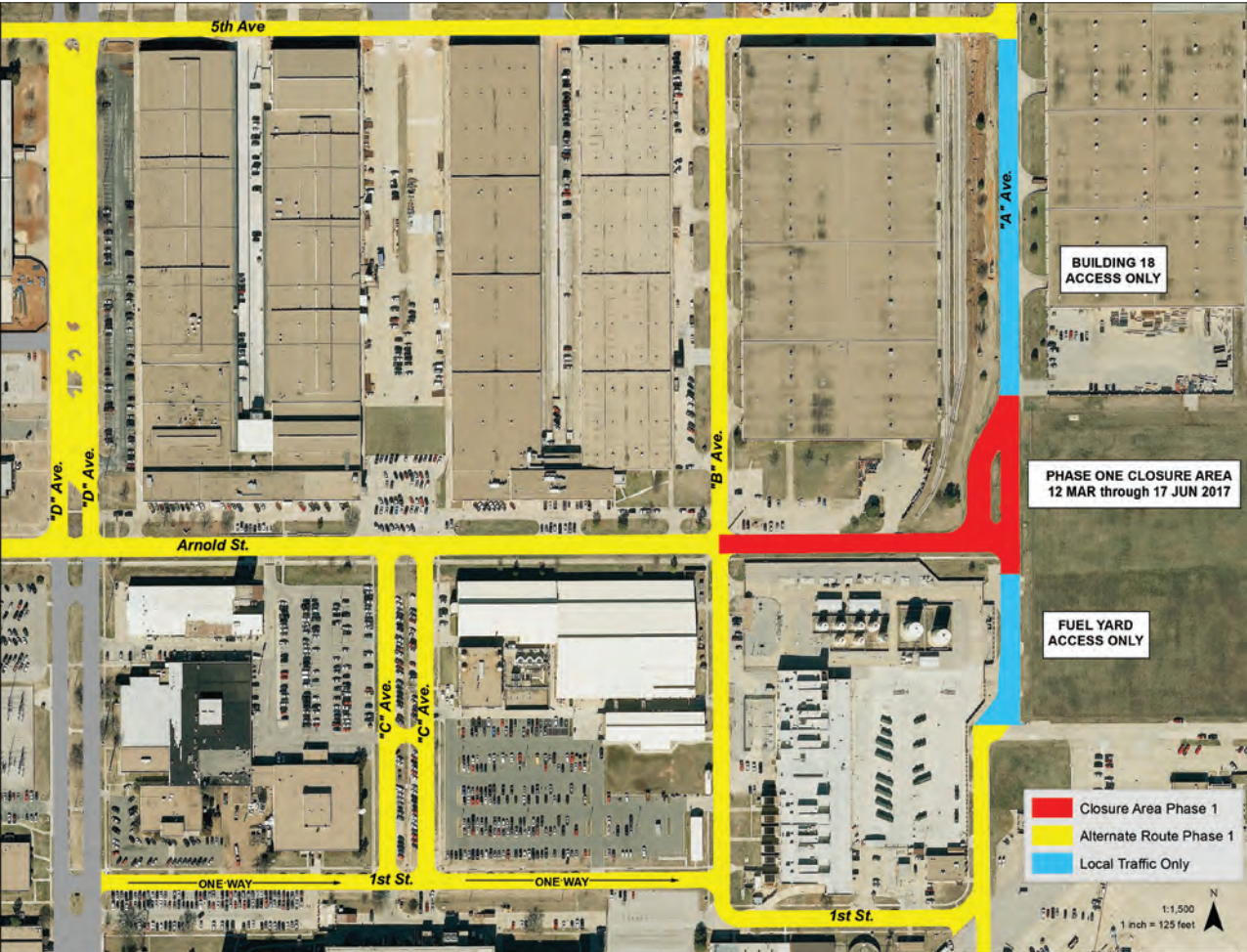
Road/Lane Closure:


Arnold Ave. from “A” to “F” in 3 Phases - Phase 1 on Sunday from 6 a.m. until May 21 at 4 p.m., Phase 2 on May 22 from 6 a.m. until Aug. 20 at 4 p.m. & Phase 3 on Aug. 21 from 6 a.m. until Nov. 19 at 4 p.m. for contractor to perform a full depth repair and replacement of roadway in 3 Phases. Detours will be posted during each phase. Two-way traffic will be maintained during Phases 2 & 3.

CONFIRMED UTILITY OUTAGES

Semi-Annual Steam, Chilled Water & Compressed Air Outage: Zone C (Steam Outage will affect Bldgs. 2210, 2211, 2280, 3001, 3102, 3105, 3113, 3125, 3220, 3221 - Chilled Water Outage will affect Bldgs. 3001, 3113 & 3221 - Compressed Air Outage will affect Bldgs. 2122, 2136, 2210, 2211, 3001, 3102, 3113, 3125, 3220, 3221, 3225, 3234, 3703 & 3705) on March 31 from 11:30 p.m. until April 2 at 11:30 p.m. for semi-annual maintenance, repair & cleaning of compressors/chilled water and boiler systems.

Phase 1 of Arnold Ave. Road/Lane Closure





Construction Zone

Road Closure:

Hercules Rd. from parking lot entrance south of Patrol Rd. to parking lot entrance west of Bldg. 830 until April 6 at 6 a.m. for contractor to construct a round-a-bout at the corner where Hercules Rd. turns to the east. All traffic will be routed through the parking lot west of Bldg. 830. There can be no truck traffic through the parking lot during this closure. All trucks will be detoured around the base, not through Navy.

Hercules Road Closure through April 6

72nd Air Base Wing Civilian Mentoring Program, promoting development

Jillian Coleman
Staff Writer

The 72nd Air Base Wing held a civilian mentor and mentee meet and greet session Feb. 24. The session culminated a year of mentoring and professional development events through the wing's civilian mentoring program, which launched in January 2016. The program was developed as a result of feedback received through wing DEOCS (defense equal organization climate survey) as well as from the UEI (unit effectiveness inspection) from 2015.

72nd Air Base Wing Vice Commander Col. Thomas Brown recalled his own experience, and encouraged participants to really fight hard not to be the person in the room who came to check off a block.

"This is one of the best forums," Colonel Brown said. "This serves as a resource to let you know what vehicles are available to you, as civilians, to help better yourself and your career."

"It's important for you to understand where your opportunities for advancement are," the colonel added. "We want you to know that we are here to help you collaborate, network and advance your career, but you need to do your part and put the work in, too."

Following an application process and some additional recruiting, 26 mentees were matched with 24 mentors in December, by 72nd ABW Director of Staff and the wing's civilian mentoring program senior adviser Bob Sandlin, based on hobbies, interests, backgrounds and career fields. Some

senior active duty members were also recruited to help ensure the mentorship program supported all career fields.

"We want to retain our mentors," Eberhard Bauer, 72nd ABW Civilian Mentoring Council chair said. "But we also want to be able to recruit more and be able to reach more people who are interested in becoming mentors or mentees."

During the meet and greet, participants received packets with tool kits, action plans, time logs, benefits and responsibilities. Also in the works is an electronic survey to help provide feedback. If something needs to be addressed or fixed, or if there are success stories, that feedback is appreciated and will be used to improve our program.

For more information on the Civilian Mentoring Program, contact Mr. Bauer at 739-5078.



Riza McCoy, right, with the 72nd Aerospace Medicine Squadron, and Bernice Williams, with the 72nd Logistics Readiness Squadron, were paired as mentor and mentee through the Civilian Mentoring Council. Twenty-six mentees were paired with 24 mentors through recruiting efforts for the 72nd Air Base Wing's program.



The 72nd ABW Civilian Mentoring Council leadership team, from left, Michael Wiles, 72nd ABW/SCOS, technology officer; Eb Bauer, 72nd ABW/XPX, president; Allison Smith, 72nd ABW/JAJ, vice president; Justin Kuefler, 72nd FSS/FSDEB, curriculum development officer; and Chris Fellows, 72nd LRS/LGRDF, lead logistics officer. Not Pictured: Brent Burgess, 72nd LRS/DO, operations officer; Robert Kroupa, 72nd OSS/OSW, public affairs officer, and Lea Johnson, 72nd MDSS/CCS, assistant logistics officer.



Air Force photos by Kelly White

Mentors and mentees gathered at the Hill Conference Center Feb. 24 for a meet and greet session hosted by the Civilian Mentoring Council. Guest speakers encouraged participants to continue reaching out to each other for career guidance and support and to use the resources they have to help them on their career paths.



Saga of General Tinker's trophy

What was the story behind the battered loving cup found in the dump in Missouri? The major had to know.



SAGA OF GENERAL TINKER'S TROPHY

What was the story behind the battered loving cup found in a dump in Missouri? The major had to know.

WHEN Clyde E. Kuhn brought the dented silver cup home his son-in-law, Air Force Maj. Harold W. Peters, knew there would be little difficulty in digging out the story behind it. A bit of rubbing brought the engraved inscription out clearly: 1st PRIZE FORMATION FLIGHT Nov. 9, 1922, Presented by THE BANKS OF JUNCTION CITY, KANS., Won by 16th Squadron Pilots Major C. L. Tinker, Lieut. J. D. Barrigar and Lieut. H. C. Wischart.

But learning how the trophy found its way to the waste disposal area of a beautification program in Gasconade, Mo., the major's hometown, might prove troublesome—maybe impossible. Gasconade is 300 miles from Junction City, Kans., and 1967 is 45 years from 1922. Nevertheless, Major Peters, an assistant flight instructor at Sheppard Technical Training Center, Texas, told his father-in-law that he would take the cup with him when he returned from leave. Mr. Kuhn was happy to turn the trophy over to the major, with the hope that it would be returned to its rightful owner.

Publicity at Sheppard finally brought in letters from two former members of the 16th Observation

Squadron. One was from one of the men whose name was on the trophy, retired Col. Harry C. Wischart. The other was from CWO Charles Gruber, also retired. The story of the trophy, as Major Peters rightly surmised, was readily revealed.

Colonel Wischart reported that he, John D. Barrigar, and Maj. Clarence L. Tinker, then commander of the 16th Observation Squadron,

were members of a formation flying group that put on exhibitions at municipal airport dedications. The Banks of Junction City awarded the cup to the group when it smothered all competition with its skill during the 1922 contests.

Maj. Clarence L. Tinker eventually rose to the grade of major general, and was the first US Air Force general to die in action in World War II. Tinker AFB, Okla., is named in his honor. Mr. Gruber reported that Lieutenant Barrigar was killed in an airplane accident in the late twenties.

Several months after the trophy was discovered it was returned to its "rightful owner." Brig. Gen. John M. McNabb, commander of Sheppard TTC, presented the cup to Maj. Gen. Melvin F. McNickle, commander of the Oklahoma City Air Materiel Area, Tinker AFB. Colonel Wischart and Mr. Barrigar were present for the ceremony.

General McNickle took the trophy home to Tinker, where it now rests with General Tinker's other memorabilia. Nobody knows how the loving cup got to the waste disposal area of Gasconade, Mo. And nobody really cares—now that it's back where it belongs.



The 1st Prize Formation Flight trophy, which had been presented to Major Gen. Clarence Tinker and to members of the 16th Observation Squadron formation flying group in 1922, was discovered in a dumpsite in Gasconade, Mo., in 1967 and is now proudly displayed among other memorabilia in the Tinker Club.



Photos courtesy of the Tinker History Office

Nobody knows how the 1st place Prize Formation Flight loving cup from 1922 got to the waste disposal area in Gasconade, Mo.

Air Force photo by Kelly White

Members of 552nd Air Control Wing proudly serve as judges for the 28th Annual Oklahoma Student Inventor's Exposition



Air Force photos by Ron Mullan

2nd Lt. Seung – Eun, 552nd Air Control Networking Squadron, Tech Sgt. Chadrick, 552nd Operations Group, and Staff Sgt. Jason, 552nd Maintenance Group were commended by Oklahoma Gov. Mary Fallin at the state Capitol for their participation as judges for the 28th Annual Oklahoma Student Inventor's Exposition held at Rose State College Feb. 28.



Capt. Jeremy, 963rd Airborne Air Control Squadron, listens as a student inventor explains his idea for alternative energy during the 28th annual Oklahoma Student Inventors Exposition held at Rose State College, Feb. 28. More than 20 members of the 552nd Air Control Wing volunteered to serve as judges. The expo featured 180 students in grades 2 to 12 from 22 schools across the state.



Airman First Class Daniel, 552nd Air Control Networking Squadron, listens as a student explains his historical project during the National History Day competition at Webster Middle School, Oklahoma City. Members of the 552nd Air Control Wing served as judges.

BOMARC

continued from page 2

building on missile technology of the time and resulted in missiles of increasing accuracy, range and utility. The key features of the IM-99A, later designated CIM-10A, was initial take-off from a vertical position using a liquid-fueled rocket-booster to propel it until it accelerated to supersonic speeds. After reaching supersonic speeds the two fuselage-slung Marquardt ramjets would ignite and propel the missile as it was guided toward the targets by ground-based controllers. Once the missile was within 10 miles of its target, its onboard Westinghouse AN/DPN-34 radar would guide it toward intercept. The missile would detonate, “at the closest point of pass or on impact,” according to Boeing’s fact sheet. Detonation within a few miles of the target was considered a successful intercept because the resulting nuclear blast and shockwaves would destroy the airborne bombers.

Improvements later incorporated into the design were a switch from the dangerous and unstable liquid rocket fuel which has to be loaded aboard the missile to a solid rocket fuel booster of lighter weight. This lower weight and stability not only increased the overall range of the IM-99Bs, but also dramatically increased the response time from launch order to firing by up to 30 minutes. The BOMARC was incorporated into the North American Aerospace

Defense Command network and used by Canada as well.

As the stand-off between the Soviet Union and the U.S. dragged on into the Cold War, changes in strategy toward intercontinental ballistic missiles targeted at each other’s major cities and bases ensured mutually assured destruction. The chance of heavy bombers coming over the poles lessened and the IM-99A/B became less valuable to the overall mission. However, after being withdrawn from its intercept mission many continued on as CQM-10A/B high-speed target drones for tests of other air-defense missiles. Many of these Air Force missiles helped refine the U.S. Army’s Air-Defense mission as targets for the Raytheon MIM-23 HAWK missile system and the success the program enjoyed in cementing the Army’s capability and motto: If it flies, it dies. The last of the BOMARC drones were retired in 1972.

Manufacturer: Boeing
Aircraft type: IM-99A/B
Nickname: BOMARC
Power plant: 50,000 pound thrust solid fuel rocket (take-off), two Marquardt RJ43 ramjet engines creating 11,500 horsepower each
In-service dates: 1955-1972
Range: 300-440 miles
Number produced: 700
Tinker connection: Management, maintenance, repair

Mustache

continued from page 2

aircraft maintainers, and other Airmen worldwide show solidarity by a symbolic, albeit good-natured “protest” for one month against Air Force facial hair regulations.



Photo courtesy of the Tinker History Office

Robin Olds being carried off the field by the 8th Tactical Fighter Wing Wolf Pack after his final mission.

Patient Safety Awareness Week, March 12-18

72nd Medical Group

The 72nd Medical Group is gearing up for Patient Safety Awareness Week, March 12-18. Sponsored by the National Patient Safety Foundation, this week is a time to recognize our commitment to patient safety and to promote awareness among our staff, patients, and community.

The theme for the week is “United for Patient Safety.” Everyone in the health care process plays a role in delivering safe care, and by uniting together and sharing that common goal, we can make a difference in patient safety. From patients to care providers, from the front line to the Command staff — we are all united in the goal of keeping patients and those who care for them free from harm.

As we know, patient safety is a serious public health issue. Like obesity, motor vehicle crashes, and breast cancer, harms caused during patient care adversely impact the lives of patients, families, and medical staff.



Although patient safety has already advanced in important ways, there is more work to be done in our quest for Zero Harms.

During the week the 72nd Medical Group is participating in activities including educational outreach to our patients, community and our staff.

- Patient Safety presentation board contest for medical group staff
- Patient and staff comment boards in Medical Group atrium
- Display table with patient safety materials and promotional items in Medical Group atrium
- “Ask Me 3” patient education

video in Medical Group atrium

- Daily healthcare literacy challenge puzzles with prizes
- Twitter chat on the topic, “Patient Safety: What patients want (and need) to know” on Tuesday, March 14, from 1 to 2 p.m. Eastern Time
- Complimentary Webcast, “The Voice of the Patient and the Public” on Wednesday, March 15 from 2 to 3 p.m. Eastern time

“I am proud of the work that our staff does every day to make the 72nd Medical Group a leading health care provider in our community,” says Col. Chris Grussendorf, 72nd Medical Group Commander. “To improve our service and drive for Zero Harms, our medical staff needs effective partnerships with patients and families. Our “United for Patient Safety” initiative is an outstanding opportunity to further develop the relationships that are the foundation for the high quality trusted care that our Tinker AFB families deserves.”

Save the date 72nd Force Support Squadron Education and Training Section Career Development Fair, April 11

Mark your calendar for the 72nd Force Support Squadron Education and Training Section Career Development Fair scheduled from 9 a.m. to 1 p.m. on April 11 in Bldg. 9001. The Tinker community (military, civilians, dependents, contractors, retirees, etc.) is invited to join us for what is sure to be an outstanding event. Visit with colleges and universities, technical schools, and support organizations. Learn how you can use civilian or military tuition assistance to fund your program. Stop by the Assembly conference room located at the entrance of Bldg. 9001 on April 11.

For more information, contact George Davis at 734-6558 or Chris Kern-Garcia at 739-7408.

Around Tinker 72nd ABW Wildcatter Award



72nd Air Base Wing

A member of Team Tinker was recently honored with a Wildcatter Award from 72nd ABW Commander Col. Stephanie Wilson.

Cathy King with the Software Sustainment branch, has performed outstanding customer service and support for the Maintenance Planning and Execution (MP&E) system. Her willingness to take on new and difficult roles and responsibilities speaks volumes to her abilities and the confidence she inspires. Due to recent turnover in personnel at Headquarters, Ms. King has stepped up to help her colleagues within the MP&E Program Management Office (HQ AFLCMC/HIAR) and in the Command System Administrator (CSA) position (HQ AFMC/A4FD). She fielded questions and provided information regarding the system and business processes needed to bridge the knowledge gap. Ms. King also conducted a Functional System Administrator/CSA training class at Tinker, attended by MP&E representatives from the three Sustainment Centers and HQ AFMC Program Management Office. With her continuous process improvement



Cathy King

mindset, Ms. King utilized a portion of the training time to review existing system Deficiency Reports (DR's) and Base Line Change Requests (BCRs). She then determined which ones could be withdrawn, combined, and those requiring additional clarification. As a result, the team was able to prioritize the DRs/BCRs from 1 to 15.

One example of Ms. King's outstanding customer service to support the Warfighter occurred when the MP&E system was scheduled to be down for two days for the annual Requirements Review/Depot Determination (R2D2) processing schedule (used to determine manpower and capacity necessary to support workload execution). During the outage, 72nd ABW/SC was notified by HQ AFMC/A4FD there would be changes to the inflation factors submitted by HQ AFMC/FM. At that point, the R2D2 process was stopped because they were at the step where the inflation occurs. When the changes to the Oklahoma City factors were received, Ms. King had to go in and update the system manually. In addition, she also had to manually update the Warner-Robins Inflation Factors.

Ms. King performed all inflation updates herself for the Complexes in order to get the system back on line for the customers. This is the type of dedicated, ongoing support that Ms. King provides to the Command.

Volunteer Income Tax Assistance program

The Tinker Volunteer Income Tax Assistance (VITA) program provides tax preparation and electronic filing for active duty military, retirees, and their dependents by appointment.

The VITA program, organized by the base legal office, will be open until April 14 and is located in Bldg. 1, Door 3 on the west side of the building. There are signs guiding

visitors to the office. VITA hours of operation are from 7:30 to 11:00 a.m. and 12 to 3 p.m. Tuesdays through Fridays (excluding federal holidays). Appointments can be scheduled by

calling 739-7754. 1040-EZ filers may be served on a walk-in basis; however, all others must have an appointment. Appointments will have priority over walk-ins.

Retirement

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the importance of a one-time retirement choice for military members and spouses as the military transitions to the Blended Retirement System.

The Blended Retirement System will begin early next year, so military base counselors worldwide are focusing this year on getting word out about the details of the BRS.

The decision-making process involves learning about the military's current retirement system, the new BRS, deadlines, retirement savings calculators and more.

Service members with less than 12 years of total service as of Dec. 31, 2017, will need to choose between staying in the current retirement system or moving to the Blended Retirement System.

The A&FRC has been holding education classes across the base where units are located and others classes designed for anyone to attend. Military members and spouses can set up individual meetings with readiness counselors to learn and talk about this one-time retirement choice. Call 739-2747 to set up an appointment.

The DOD points out that service members typically have had to serve 20 years before becoming eligible for monthly retirement pay. Due to that policy, about 80 percent of military personnel leave service without any retirement benefit.

The Blended Retirement System gives personnel a new option. They can contribute to retirement savings and get an automatic 1 percent contribution match from the DOD, which can climb to 4 percent under different scenarios.

Military leaders are forecasting that up to 85 percent of service members will leave with some form of government retirement benefit under the new system.

The legacy retirement system allows 20-year veterans to receive 50 percent of their base pay after retirement. The new system reduces that benefit to 40 percent, among other changes, but military members can boost retirement savings through the Thrift Savings Plan, which remains the member's private savings even if their service is less than 20 years.

Affected service members can opt into the BRS anytime from Jan. 1, 2018, to Dec. 31 of that year. Holding off until the final date, however, means missing almost a year of DOD contributions that can start on New Year's Day next year. If a service member makes no choice by Dec. 31, 2018, he or she will be automatically remain in the legacy retirement system.

As of Jan. 1, 2018, new military members will be automatically enrolled in the Blended Retirement System.

Can You Spare Some Leave?

To donate, call the point of contact. Those needing to make changes to this list must call Kathy Michaelis, VLTP manager, at 736-7365.

<u>Recipient</u>	<u>Point of contact</u>	<u>Recipient</u>	<u>Point of contact</u>	<u>Recipient</u>	<u>Point of contact</u>
Kevin Aliff	Reggie Lee, 816-9210	Terlyn Harkey-Murphy	Capt. Acosta, 582-6023	Michael Pollard	Marty Hartwell, 582-4279
Rickey Amerson	Fernando Esquivel, 582-4177	Jerome Harris	Tracey Yarberr, 736-5192	Crystal Potter	Lisa Baker, 739-2932
Lyndon D. Armour	Frank Lopez, 734-4025	Rickey Harris	David Deal, 582-4158	Rickey Prince	Chris Ward, 582-4676
	Floyd Lenox, 736-5820	Gregory Helton	Jimmy McGehee, 734-6652	Robert Robison	Tammy Hebert, 736-2831
Michael Blazer	Benjamin Gunter, 736-3109	Michael Imotichey	Charles Nachbor, 582-4069	Linda Routen	Steven Ratliff, 734-9475
Sharon Blethen	DonnaMarie Stitham, 734-7940	Lydia Hawk	Robert Griffiths, 736-5886	Linda Sambrano	John Miller, 736-2218
Sandy Boyle	Kevin Miller, 734-8804	Jamice Herring	Steven Cosby	James Shade	Thomas Wright, 582-4328
Delma Braddy	Brenda Bluhm, 409-6507	Khary Irvan	David Hansen, 734-4886	Jerry Sloan	Linda Woods-Miller, 736-2546
Jammie Bradshaw	Major Quinlin, 734-3078	Michelle James	Janet Kuruvilla, 736-3925	Carey Smith	Lewis Hofeld, 582-2569
Gary Brazeal	Charles Anderson, 736-3109	Shawmarie James	Johanna Humphrey, 734-9071	Cynthia Stafford	Darrell Hines, 736-3109
Mendel Brewer	Gary Klemann, 582-4578	Zachary Janway	Hershel, Green, 739-4464	Michael Stephens	Phillip Wilkins, 739-9909
Tracy Brill	Chad Curl, 582-4575	David Jones	Wesley Durant, 736-4445	Jimmy Stiger	DonnaMarie Burr, 739-7435
Richard Burnham	Lorenza Smith, 582-4070	Rhonda Jones	Linda Gardner, 736-7576	Sarah Streets	Shelly Young, 734-2493
Tara Caldwell	Marsha Lena, 622-7808	Nisha Justus	Jane Deviney, 736-4237	DeLynne Teoli	Dianna Hutzel, 734-0268
Cynthia Carpenter	Casey Burwell, 736-2545	Randall Kenyon	Jonathan Brown, 582-4679	Jeannie Tidwell	Rachel Golden, 734-6276
Carlos Caudillo	Tracy Smiley, 736-3109	Chancy Lambert	John Huntsman, 736-5345	Marvin Tims	William Knoles, 734-0149
Janet Clifton	Ray Hosler, 622-7102	Kenneth Lane	Roy Arnold, 736-5888	Kelly Tinkham	Thanh Hoang, 734-0901
Jimmy Clymer	Travis Royce	Robin Lantz	Lisa Baker, 739-2932	Tanny Tournear	David Deal, 582-4158
Karen Corely	Angela Lambert, 582-4684	James Thien Le	James Robinson, 734-6344	Terri Trevino	Gloria Luck, 739-9474
Daria Dean	Antoinette Roach, 582-5629	Louie Le	Georgia Wooten, 582-4472	Arthur Trevino, Jr.	Patrick Williams, 734-2443
David Delsigne	Clark Nail, 582-4712	Byron Lisenbee	MSgt Hudson, 739-4385	Holly Way	Jeffrey Hand, 734-7116
Terry Demoe	David Protus, 582-4438	Shelby Mancello	Ronald Hobbs, 739-5329	Pamela Circo Webb	DonnaMarie Burr, 739-7435
Darin DeWitt	Josh Brotherton, 582-4070	Dakota Miles	Keith Turner, 734-5276	Vincent West	Timothy Moore, 736-5965
Celeste Fletes	Senior Master Sgt. Piper, 739-3636	Whitney Mitchell	Chris Kern-Garcia, 739-7408	Tim Wilson	Shane Spencer, 736-4385
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Chassity Folsom	Brett LaRoche, 622-7847	Danielle Morris	Barbara Avery, 736-2526	Marilyn Winter	Juan Medrano, 465-8005
Sandra Jo Foster	Thomas Martin, 736-7178	Kayla Norman	Susan Salazar, 739-9748		
Londell Futrel	Tracy Brill, 582-4543	My Vo Oden	Lonniell Bolton, 734-3218		
Rachael Garrison	Christopher Amend	Tama Perry	David Renfroe, 736-2884		
Janet Graves	Tivis Jessee, 682-5611	Jacob Pinion	Rodney Hernandez, 734-8162		
Mark Gunkel	Donald Weiser, 736-2323				
David Hans	Rodney Hernandez, 734-8162				

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14025 SE 37th

in the Les Chateaux Add. located 1/2 mile South of S.E. 29th on Henney Rd. 3118 sq. ft., 3 beds, 2 dining, 1 living, 1st floor gameroom, 2 1/2 baths, study, walk-in pantry, 4-car garage, 1 acre lot, well, septic, lawn & sprinkler allowance & Choctaw Schools. Price \$445,900.

2309 Augusta Dr.

in the Bridges in Shawnee located 1/4 mile South of Independence on Bryan. 3118 sq. ft. home with 2 dining, 1 living, study, 3 beds. 2 full & 2 half baths, media room, walk-in pantry, 4 car garage, City water & sewer. Price 418,900.

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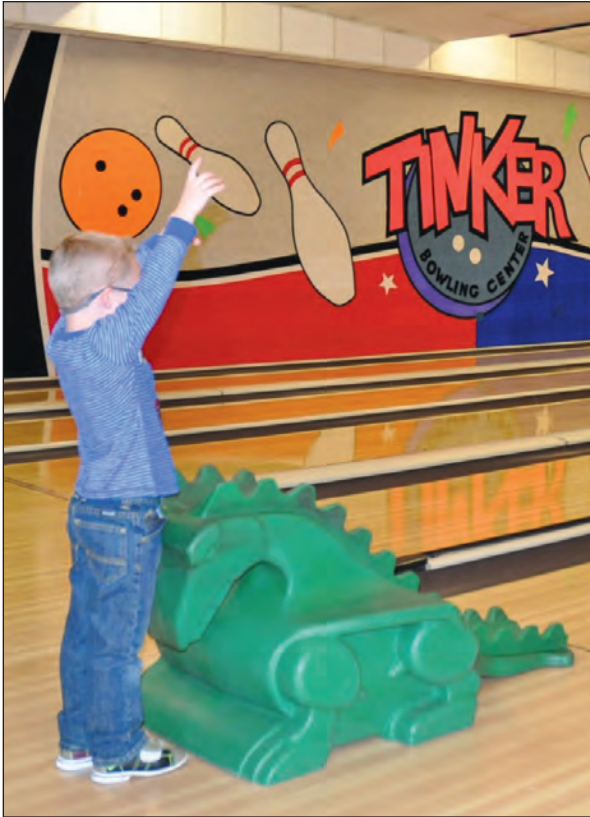
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Air Force photo by Cynthia Wright

Enjoy \$1.60 games for youth at Tinker Lanes and get a free souvenir cup with the purchase of a \$3 kids meal. To check out the rest of the spring break specials at Tinker for youth of all ages, visit www.tinkerliving.com/sb.

Tinker spring break deals

Cynthia Wright
72nd Force Support Squadron

Get ready for a week of spring break specials. Starting March 13, Tinker will be going wild with deals and activities for youth of all ages.

The Spring Break Movie Marathon will kick off the fun. Visit the Tinker Auditorium Monday through Friday for this year's most popular films. Start the week by finding out about the secret life of pets or have hug time with trolls. Then learn the legend of Tarzan, or help to find Dory. End the week with a superhero-packed Friday as the Avengers take on Ultron and Moana and Maui surf the open ocean to save their island. All movies are free and open to anyone with base access with popcorn and drinks provided. Pizza will be provided by TFCU at the 6:30 p.m. showing of Moana while it lasts.

If you're looking for more fun after your movie-packed day, the Force Support Squadron will provide several specials throughout the facilities. These specials include: buy one, get one range tokens for kids at Tinker Golf, a free selfie stick with a kid's class registration at Arts & Crafts, Six Flags over Texas tickets valued at \$40 through ITT, and more. So come spring into some fun this break with Tinker!

For a complete list of movies and specials, go online to www.tinkerliving.com/sb.

No limits: Airman pushes past near death experience

Sean Kimmons
Air Force News Service

BETHESDA, Md. (AFNS)—Staff Sgt. Sebastiana Lopez Arellano was riding a motorcycle when an animal scurried onto the road, causing her to swerve and hit a curb. As she high-sided over her bike, the momentum catapulted her body into a tree. The impact severed her right leg.

"I thought I was going to die," the 25-year-old Airman said of the February 2015 crash in Charleston,

South Carolina.

While at the hospital, she did briefly die twice before and during a coma that lasted for about a month.

The diagnosis was grim for Lopez, now a patient at the Walter Reed National Military Medical Center. Besides an amputated leg, she had several broken bones, ripped arteries and organs, nerve damage and serious hand injuries that prevent her from fully

See No Limits page 3a.



Air Force photo by Sean Kimmons

Staff Sgt. Sebastiana Lopez Arellano, a patient at Walter Reed National Military Medical Center in Bethesda, Md., learns some dance moves from volunteer Joe Kiballa on April 13, 2016. Lopez lost her right leg and suffered several other injuries in a motorcycle crash in 2015. She now uses sports and fitness as part of her physical and occupational therapy regimen.

VQ-7 upsets MXS 1

Jillian Coleman
Staff Writer

In the last week of regular season intramural hoops, the Navy's VQ-7 topped MXS 1, 59-51. The first half showed no considerably dominant play by either squad, but the Navy picked up the pace and momentum in the last few minutes before the buzzer.

The maintenance squadron had the first possession, hitting six points before the Navy countered. In the first 10 minutes, the ball was down both ends of the courts in routine play, posting only 31 points collectively. MXS had a couple consecutive drives including threes outside the key and buckets in the paint to put their squad up 24-15 with 3:28 remaining.

After a bit of regrouping, VQ-7 got hot, scoring 11 points in three minutes. Meanwhile, the maintainers recorded zero until the very last play of the half, Campbell put in a layup. The score was 28-26 favoring the Navy at half.

Both teams appreciated the halftime break, considering neither had the luxury of resting their legs with substitutions. The energy however, began

to shift towards the referees and there were various stoppages to counter arguments of fair and unfair calls.

MXS again had the first possession of the half, driving down for a quick two points. VQ-7's Pepe, who ended with 20 points, responded with a layup. Getting fouled mid-shot, the and-one resulted in an automatic free throw for the Navy. A missed opportunity gave the ball back to MXS who took the ball down for two.

Both squads put up a fair share of 3-pointers, raising the score and the stakes, as the lower-ranked Navy side held the lead over the maintainers. MXS had their opportunity to close that gap, in spite of the excessive fouling that occurred in the final few minutes of the game. VQ-7 missed consecutive shots from the line, but MXS failed to sustain their strength on offense.

The Navy's Hanks put up 20 points to share the leading scorer title with teammate Pepe, and MXS had 20 and 14 points from Wright and Williams respectively. The refs were relieved to blow the final whistle, putting VQ-7 on top, 59-51.

Basketball standings

(Reg. season final)

Military League

	W	L	Pct.
366 MPC	10	0	1.000
72 MDG	10	1	.909
552 MXS #1	8	3	.727
SCW-1	8	3	.727
552 MXS #2	7	3	.700
VQ-7	6	4	.600
Contracting	4	6	.400
72 SFS	4	7	.364
CGOC	3	7	.300
72 OSS	2	9	.182

Civilian League

	W	L	Pct.
Assassins	18	2	.900
Showtime	16	4	.800
Buckets R Us	11	9	.550
Flight Controllers	8	12	.400
Garbage	4	16	.200
424th BOL	3	17	.150

Playoffs begin

Gerrity Fitness Center

Double-elimination tournament games will be held March 13-16 and March 20-23. Start times are 5:15 p.m., 6:15 p.m. and 7:15 p.m., except for March 22 and 23. The championship games will start at 5:15 and 6:30 p.m. If needed due to a losers bracket comeback, the finals will be March 23 at those times.



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Exchange News

• Tinker Domino's interviews

On-site interviews will be conducted again today, 12 to 4 p.m. at Bldg. 1107, Express III (Navy Side).

• Get the latest from the Tinker Exchange on Facebook

At the Tinker Exchange, shoppers are more than just customers, they're family. That's why the Army & Air Force Exchange Service has launched a new way for Soldiers and their families to connect with their local store - the official Tinker Exchange Facebook page.

The page <https://www.facebook.com/TinkerExchange/>, is administered entirely by the Tinker Exchange, giving shoppers a direct line to their local Exchange team.

"Having a Facebook page just for the Tinker Exchange allows us to cater content to our shoppers here on post, including local community events, in-store-only specials and Exchange news," said Brenda Hyland, Tinker Exchange general manager.

The Tinker Exchange is one of more than 180 Exchanges that have launched local pages since fall 2016.

• Exchange puts Rockstar Husqvarna motorcycle up for grabs in sweepstakes

Through March 30, shoppers can enter the Rockstar Motorcycle Sweepstakes for an opportunity to win a Rockstar Husqvarna FC 350 motorcycle, valued at \$9,299. One lucky winner will be randomly drawn on or about April 7.

Authorized shoppers 18 and older may enter at www.shopmyexchange.com/sweepstakes. No purchase is necessary to enter or win.

• Spring Beauty Bar coupon offer, March 17 through April 6

\$20 off when you spend \$100 or more on beauty products with Military Star card.

• LG TV and/or home theater

Zero percent interest plus no

payments for 12 months with Military Star card, March 17 through 23.

• Unilever and Exchange offer chance to win sweepstakes

Through April 6, Unilever and the Exchange will offer Exchange customers worldwide the opportunity to enter the Unilever NCAA Sweepstakes for a chance to win 1 of 30 \$500 Exchange gift cards.

No purchase necessary to enter and entrants need not be present to win. Authorized shoppers can enter via ShopMyExchange.com/sweepstakes.

• March Exchange mobile food truck schedule

Mondays: Littlefeather Farms at Bldg. 1083, C'est Si Bon at Bldg. 3220; March 13 Love & Hope at Bldg. 3220

Tuesdays: Littlefeather Farms at Navy Express, C'est Si Bon at Bldg. 1083, Twister Dogs at Bldg. 3220; March 21 Chef Ray's Street Eats at Bldg. 3220.

Wednesdays: C'est Si Bon at Exchange; March 15 Chef Ray's Street Eats at Navy Express, Twister Dogs at Bldg. 1083, Rolling Cafe and Love & Hope Inc. at Bldg. 3220.

Thursdays: Smokey Ray's BBQ at Exchange, Chef Ray's Street Eats at Navy Express; Rolling Café at Bldg. 1083; March 30 Chef Ray's Street Eats at Bldg. 1083, Littlefeather Farm at Bldg. 3220; March 30 Blue Donkey Café at Bldg. 3220; March 16 Jamaican Thunder at WR ANG; March 23 Blue Donkey Café at WR ANG; March 30 Rolling Café at WR ANG.

Fridays: Smokey Ray's BBQ at Exchange, Rolling Café at Navy Express, Jamaican Thunder at Bldg. 1083 (except March 10); March 10 Littlefeather Farm at Bldg. 1083; March 10 Skillet King and Jamaican Thunder at Bldg. 230; March 17 and Rolling Cafe at Bldg. 230; March 24 C'est Si Bon and Love & Hope at Bldg. 230, Twister Dogs at Bldg. 3220, Love & Hope at Bldg. 3220.

No Limits continued from page 1a

opening them.

"This is a really bad nightmare," she recalled telling herself when she regained consciousness. "I felt very hopeless. I was thinking that I could never do anything again."

Turning point

As she recovered, the former C-17 Globemaster III crew chief found comfort in sports and fitness. A year after her crash, she competed in the Air Force Trials for wounded warriors and gained confidence by earning invitations to the Invictus and Warrior Games.

"It showed me that I could do this," she said. "That's when the old me came out. It was a turning point for me."

In early May, she captured two gold medals in rugby and hand cycling, and three silvers in shotput, discus and in another hand cycling event at the Invictus Games. She plans to add more hardware at the Warrior Games starting June 15.

Lopez contends in several other sports, such as wheelchair racing, hand cycling, shotput, shooting, and sitting volleyball — the most difficult sport for her to overcome.

In 2013 and 2014, she was selected to the All-Air Force volleyball team after playing college volleyball in her hometown of San Bernardino, California. But the extensive injuries have since prevented her from returning to form.

"It's very frustrating to me because I can't use my hands," she said. "They are one of the most important things in volleyball."

Lopez tries to keep a positive outlook as she progresses with physical and occupational therapy that help her improve in sporting events.

"It opened up a lot of doors for me," she said of her participation in adaptive sports. "I feel that the opportunities are endless."

Walter Reed's Military Advanced Training Center, where Lopez and other amputees receive state-of-the-art care, uses a sports medicine model with various activities and exercise equipment as part of the rehabilitation

process.

"I think sports are a great way to physically and mentally challenge yourself," said Annemarie Orr, an occupational therapist at the center. "For a lot of our patients who are young, active and highly motivated individuals, it's a way to push them to the next level in all aspects of their rehab."

Orr and other therapists aim to inspire amputee patients by instilling a sense of independence after their traumatic experiences.

"Despite all of the challenges they are faced with, they continue to succeed," Orr said, who also teaches basic daily living tasks to help amputees be self-sufficient.

Dancing the plight away

Hindered by her injuries, Lopez had to relearn small tasks like putting on her makeup, handwriting and even dressing.

"The small victories can add up to a huge victory," she said, smiling.

Her therapy has now advanced to the dancefloor. In the back of the training center, Lopez and a dance instructor often practice moves that would be hard for many two-legged people.

The Mexican-American Airman is no stranger to either ballroom dancing or the lively beats of Latin dancing.

"Merengue is fun," Lopez said of the festive Latin dance that heavily relies on hip motion. "It's in my blood."

Having fun is important to Lopez, who has struggled with anxious thoughts when out in public with her prosthetic leg.

"At first, I felt like everyone was judging me," she said. "Now I don't care."

She also makes an effort not to dwell on what lies ahead in life. By staying in the present, Lopez said she and other amputees can conquer tasks that were once thought out of reach.

"Don't overwhelm yourself thinking about the future," she said. "Focus on your recovery and just take it one day at a time. As long as you put the hard work into it, you can do whatever you want."



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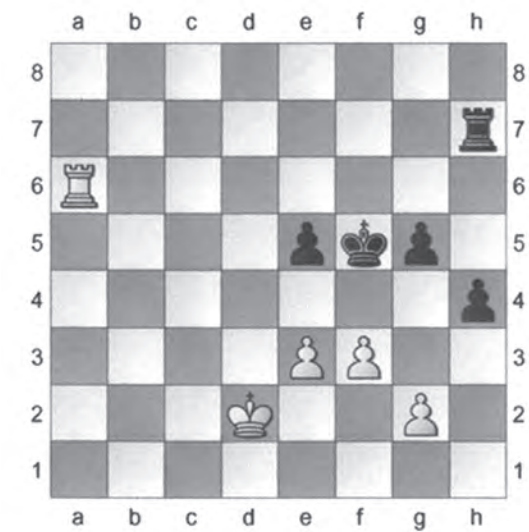


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739-SAFE

Tinker Calendar Recurring Events

Above the Belt Class: Every Monday, 11:30 a.m. to 12 p.m. This free class works on tone, sculpt, and building strong lean muscles. A variety of equipment will be used including your own body resistance. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

AB-Tastic: Every Monday, 3:30 to 4 p.m. This free class is the perfect core strengthening solution. Use your bodyweight and a variety of equipment to build a strong core. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

Active Parenting of Teens Class: Learn how to establish mutual respect and cooperation, decrease power struggles and mold values. Parents will also find out how to help their children make positive choices in life to prevent risky behavior, as well as how to guide them to develop skills and character they need as they gain independence. For details, call 582-6604.

Baby Basics Class: This four-session class is for new and expectant parents. Topics include infant health care, labor and delivery, coping with crying, "How to Budget for a Baby," baby/child safety, breastfeeding, infant nutrition, bathing and swaddling your baby, post-partum depression and a special break-out session for dads. For more details, call 582-6604.

Basic Auto Maintenance: Thursdays, 3:45 p.m. The Basic Auto Maintenance Course is required to be certified at Tinker Auto Hobby. Individual times can be arranged as necessary. Information: Auto Hobby, Bldg. 6002, 734-5616.

Beginning Crochet: Every Tuesday, 11:30 a.m. to 12:30 p.m. and Every Thursday, 4 p.m. to 5 p.m. Come learn the basics of crochet. Each student will be given one on one instruction. Cost of the class is \$20 per person. Information: Tinker Arts & Crafts, Bldg. 478, 734-5615.

Better Body. Better Life. This eight-week healthy eating/

weight management program meets once per week for 1 hour. BBBL is designed to help individuals seeking to lose and maintain their weight and enjoy an overall healthy lifestyle. Participants will identify personal goals, understand behavior change, and gain knowledge on nutrition while working to achieve their personal goals. Minimum of 6 classes must be completed to receive a Form 108 certificate.

Bootcamp Fitness: Every Monday, 6:15 to 7:15 a.m. This adrenaline-pumping cardio and strength session couples plyometrics with high volume resistance training for an aerobic workout to challenge any fitness level. Information: Gerrity Fitness Center, Bldg. 6004, 734-5607.

BodPod Assessment Appointments: The BodPod is the premier system for measuring body fat and lean mass using air displacement technology. Testing will not be permitted without the appropriate attire. Appointments are 30 minutes. Call 734-6575 to schedule an appointment.

Cardio Sculpt: Every Tuesday, 4:15 to 5 p.m. This free class is an infusion of cardio intervals, strength and core training designed to maintain optimal heart rate levels, burn maximum calories, and firm your entire body. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

Cholesterol and Glucose Screenings: Free cholesterol and glucose screenings open to all Department of Defense civilians available. Bring an up-to-date Health Risk Assessment from AFMCwellness.com. For details, call CHPS at 582-6817.

Color Pin Day at Tinker Lanes: Every Tuesday, 10 a.m. to 3 p.m. Join Tinker Lanes for Color Pin Day! Make a strike with a color pin in the head position and win 1 free game coupon. Limit 3 per bowler. Information: Tinker Lanes, Bldg. 5703, 734-3484.

See more recurring events on page 5a.

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Recurring Events continued from page 4a

Communications Basics: Learn how your personality impacts your communication style. For more information, call 582-6604.

Dollar Mondays at Tinker Lanes: Every Monday, All day Monday's are dollar days at Tinker Lanes. That means dollar games and shoes. Information: Tinker Lanes, Bldg. 5703, 734-3484.

Family Day Bowling: Every Saturday, 1 to 5 p.m. The cost is \$30 per lane and includes two hours of bowling. Up to six people are allowed per lane with shoe rentals. Information: Tinker Lanes, Bldg. 5703, 734-3484.

FIT Basic: This eight-week progressive program meets three days a week for 1 hour. This program is designed for military members on a profile and/or recovering from an injury. The program will focus on functional movement and mobility improvement through strength, cardio, core and flexibility conditioning that will be adjusted and based on each individuals profile limitations or area of injury/weaknesses. One day each week will be dedicated to nutrition/behavior modification. Workout attire is required. Example Schedule: Tuesday - Strength Conditioning; Wednesday - Nutrition Education; Thursday - Core/Yoga Stretching.

FIT — Health & Human Performance: This eight-week progressive program that meets 5 days a week Mon-Fri for 1 hour. This program will enhance Active Duty member's human performance through fitness, nutrition and behavior change. Classes include run, strength, core, flexibility, cardio and functional movement conditioning; in addition, one day each week will be dedicated to nutrition/behavior modification. Pre/Post health and fitness assessments conducted. All participants must sign program memorandum prior to the program start date. Members cannot be on a profile. Example Schedule: Monday - Run Conditioning; Tuesday - Nutrition Education; Wednesday - Strength Training; Thursday - Run Conditioning; Friday - Bootcamp.

Goal Setting: This workshop is designed to help

participants establish goal setting habits, remove mental roadblocks and get on the road to achieving goals. For more information, call the Airman and Family Readiness Center at 739-2747.

Health and Happiness: Is being happy something that we can practice and get better at? Can being happy help us be healthier? Come explore the relationship between emotions and health. For more information, call 582-6817.

Healthy Thinking, Anger, Stress (H.A.S.) Class: This four-session class teaches better ways of expressing and reducing feelings of anger. Practice techniques to help deal with stress, and learn how unproductive thinking patterns may have been causing problems in your life. Remind yourself how to create more balance in your life and practice better self-care. For more information, call 582-6604.

Importance of Sleep: Come learn about the health benefits of sleep, tips for getting enough sleep, and when to see a doctor about your sleep concerns. For more information, call CHPS at 582-6817.

Lunch Break Bowling: Every Tuesday through Friday, 10:30 a.m. to 1 p.m. Come in during your lunch break for \$1.50 games. Information: Tinker Lanes, Bldg. 5703, 734-3484.

Lunch Specials at the Tinker Club: 11 a.m. to 1 p.m. Tuesdays through Fridays at the Tinker Club. The club serves up a buffet and a soup and salad bar. Themed lunches are offered on Wednesdays. Themes include Mongolian, Mexican and 'A Taste of Italy' pasta lunch.

Memory Loss: We all misplace our keys, but how can we tell normal forgetfulness from something more serious? We will discuss what affects memory loss, how to reduce the risk of developing memory loss, and tips to remember everyday things like new names or where we left those keys. For information, call CHPS at 582-6817.

Muscle Make-Over Class: Every Thursday, 4:15 to 5 p.m. This free class is a head to toe muscle condition workout to tone, sculpt, and build strong lean muscles. Information:

Fitness Center 3705, Bldg. 3705, 734-4664.

Open Revolving Senior League Bowling: Every Wednesday, 12 p.m. Seniors can bowl three games 9 pin no tap for \$6 per bowler. Information: Tinker Lanes, Bldg. 5703, 734-3484.

Overcoming Gym Intimidation: See the benefits of being active, the components of an exercise program and how often to exercise, plus learn ways to overcome gym intimidation and overcoming barriers to being physically active. For more information, call 582-6817.

Panini Thursdays at the Tinker Club: Every Thursday, 11 a.m. to 1 p.m. If you're in the mood for a delicious sandwich made panini style, you're in luck. Stop by every Thursday for some delicious panini favorites. Information: Tinker Club, Bldg. 5603, 405-734-3418.

Performance Run Class: This interactive eight-week program meets 2 days a week for 1 hour. This class is designed to improve running technique and performance. The course will review running fundamentals and will implement a progressive running program. Workout attire and running shoes required.

Personal Goal Setting for a Healthy Lifestyle: In this class we'll discuss health-related goals that people commonly make, how good and bad habits can make or break our success of reaching our goal, and learn several tips and tactics for keeping our goal. For information, call Civilian Health Promotions Services at 582-6817.

Pilates at 3705: Every Wednesday, 11:30 a.m. to 12 p.m. The class is free to all participants. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

Pilates at the Gerrity: Every Thursday, 6 to 7 p.m. The Pilates class will be every Tuesday and Thursday starting at 6 p.m. The class is free to all participants. Information: Gerrity Fitness Center, Bldg. 6004, 734-5607.

Portion Distortion: In this Civilian Health Promotions

See more recurring events on page 6a.



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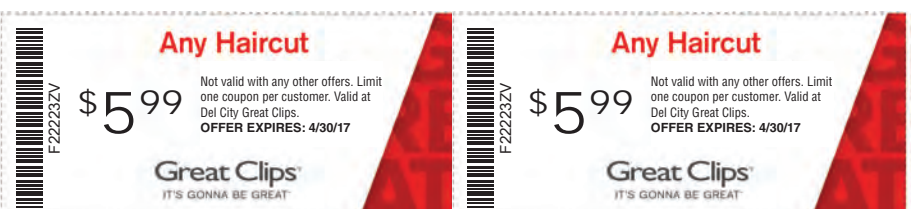
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Recurring Events

continued from page 5a

Class, participants will discuss how the amount of food people eat has changed over time, and how eating bigger portion sizes affects their health. For more information, call 582-6817.

Power Pump: Every Monday, Wednesday, & Friday, 9:15 to 10:15 a.m. The Power Pump class is free to all participants and starts at 9:15 a.m. each Mon., Wed., and Fri. Information: Gerrity Fitness Center, Bldg. 6004, 734-5607.

Power to Change Class: Power to Change is a 5-week educational class facilitated by the Tinker Family Advocacy Domestic Abuse Victim Advocate. It is designed to provide domestic violence education in a group setting. Topics include an overview of domestic violence, effects of the violence on self and other family members, coping with the effects, why it is difficult for victims to leave abusive situations, self-esteem, recovery, healthy relationships, healthy boundaries, assertiveness, safety, red flags and more. The class is currently open to females with base access. A men's class will be offered upon request. Classes are held Wednesday afternoons from 2 to 3:30 p.m. in the Chapel's Religious Education Bldg. Library. (Alternate class days/times could be available by request.) Call Family Advocacy at 582-6604 to sign up or to request a men's class.

Pre-Deployment: Every Tuesday, 8 to 10 a.m. and Every Friday, 1 to 3 p.m. The A&FRC provides individual and group briefings to ensure military members and their families have completed necessary preparations for deployment. Information: Airman & Family Readiness Center, Bldg. 6001, 739-2747.

Pregnancy Resource Briefing: The information presented in this briefing includes prenatal fitness and nutrition, dental care while pregnant, the New Parent Support Program, TRICARE and community resources. Spouses or partners are encouraged to attend with the expectant mother. For more information or to sign up, call 582-6604.

PREP Class: The Prevention and Relationship Enhancement Program class is for any couple wanting to improve communication, learn problem solving as a team and start having fun together again.

Pre-Separation: Every Wednesday, 1:30 to 4 p.m. This mandatory counseling is to ensure all active duty separating service members have the opportunity to be made aware of the transition services and benefits available to them. Information: Airman & Family Readiness Center, Bldg.

6001, 739-2747.

Reintegration Briefing: Every Thursday, 8 to 10 a.m. The A&FRC provides group briefings ensuring military members and their families have necessary information for a smooth reunion. Tapes and handouts available for all on tips for a successful reunion. Information: Airman & Family Readiness Center, Bldg. 6001, 739-2747.

Résumé Writing Workshop participants will learn valuable information on private industry résumé writing techniques, formats and guidelines, cover letters and more. The second half of the workshop goes into more detail on federal résumés. For more information, call the Airman and Family Readiness Center at 739-2747.

Rhythm Kids/Playgroup: Rhythm Kids offers singing, dancing and parachute play to parents and children under 5 years old. Bring your children for an exuberant experience for both of you. After the active fun of Rhythm Kids, relax and watch the kids play while you make new friends at Playgroup. No sign-ups needed. For more information, call 582-6604.

Senior Day Bowling: Every Wednesday, 10 a.m. to 3 p.m. Wednesday is Senior Day at Tinker Lanes. Seniors 55+ can bowl for \$1.25 a game. Information: Tinker Lanes, Bldg. 5703, 734-3484.

Simple Strategies to Manage Stress: This class will review three stress management techniques (focusing, calming, balanced living practices) so participants leave feeling more empowered to manage their stress. For more information, call CHPS at 582-6817.

Smooth Move: PCSing soon? This is one class you can't miss. You will learn how to make your move as smooth as possible whether you are going to the next state or overseas. For more information, call the A&FRC at 739-2747.

Social Hour at the Tinker Club: Every Friday, 4:30 – 5:30 p.m. Social hour is free for all club members and only \$5 for non-members. Includes food and rotating drink specials every Friday. Information: Tinker Club, Bldg. 5603, 734-3418.

Spin Class: Every Tues. & Thurs., 11:30 a.m. and Wed. at 12 p.m. This free class is a fun way to get a great workout in. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

Spin-Cycle: Every Monday, 4:10 to 4:50 p.m. This free high energy non-impact workout is guaranteed to raise your heart rate. Follow your instructor on a simulated ride through terrains, hills, and jumps while controlling your

own resistance. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

Story Time at the Tinker Library: Every Tuesday, 10:30 a.m. Join the fun at the Tinker Library as Mr. Peter reads exciting stories. Information: Tinker Library, Bldg. 5702, 734-2626.

Story Time/Playgroup: Join the group for stories, then relax at Playgroup. For parents and kids under 5 years old. Held at the Balfour Beatty Community Center on the first and third Thursdays. For information, call Family Advocacy at 582-6604.

Strength and Conditioning Class: 11 a.m. to noon Tuesdays and Thursdays at Bldg. 216 Fitness Annex. Come to these free strength and conditioning classes and make a 180 change. For more information and to sign up for the class, call 734-2163.

Taco Tuesdays at the Tinker Club: Every Tuesday, 11 a.m. to 1 p.m. This is a lunch to 'taco' bout with your friends because it's delicious. Information: Tinker Club, Bldg. 5603, 734-3418.

Taekwondo: Every Tuesday & Thursday, 6 to 7 p.m. Taekwondo provides athletic training with the combination of combat, self-defense, and balance. Classes are available for ages 6 to adult. Family rates are available. Information: Tinker Youth Center, Bldg. 5520, 734-7866.

Tinker Family Orientation: Base in-processing briefings (A&FRC, Commander, Chief, Housing, Education, Legal, IG, EFMP, SLO, EO, Readiness, Safety, Marketing, MFLC, Chapel, etc.) for active duty personnel and families newly assigned to Tinker AFB. For more information, call 739-2747. For Navy members, this is coordinated by the administrative section.

Tobacco Cessation Individual Consults: Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call 734-5506 to schedule.

Transition GPS: Mandatory course for all separating members of the Armed Forces. Topics include VA Benefits, GI Bill, TRICARE, employment, résumé writing, interview skills, budget and TMO. Spouses encouraged, but must pre-register. For details, call 739-2747.

VA Career Track 2-Day Class: The Career Technical

See more recurring events on page 9a.

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Recurring Events

continued from page 6a

Training Track is designed to assist you in:

- Defining technical career goals
- Identifying required credentials
- Finding career technical training opportunities
- Identifying local Veteran resources
- Utilizing your VA education benefits

Participants must complete the Core GPS program in order to attend this class. For more information, call 739-2747.

Walking for Your Health: The Basics: Come learn the reasons why you should start walking for exercise and some tips for sticking with it. For more information, call CHPS at 582-6817.

Wings & Things Fridays at the Tinker Club: Every Friday, 11 a.m. to 1 p.m. This delicious lunch features a variety of wings along with other things. Information: Tinker Club, Bldg. 5603, 734-3418.

Yoga: Every Tuesday & Thursday, 3 to 4 p.m. The free yoga classes use gentle movements to improve flexibility, balance, strength, and posture. This class may incorporate basic poses for various yoga styles. Information: Gerrity Fitness Center, Bldg. 6004, 734-5607.

Yoga Flow: Every Tuesday (Intermediate to Advanced Level) and every Thursday (Beginner to Intermediate Level) 3:30 to 4:10 p.m. This free class will get you into the flow with this invigorating style of Vinyasa flow yoga. This class ties postures together with breath and movement, into a flowing combination of strength, flexibility, and balance. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

Zumba: Every Monday, Wednesday, & Friday, 4 to 5 p.m. With free Zumba fitness classes, you can lose yourself in the music and find yourself in shape. Zumba dance workout classes feature exotic rhythms and high-energy Latin and international beats. Information: Gerrity Fitness Center, Bldg. 6004, 734-5607.

Tinker Chapel Recurring Events

CATHOLIC

For more information, call Jim Black at 734-8158 or the chapel at 734-2111.

Weekend Mass: Saturday at 5 p.m. and Sunday at 9 a.m.

Sunday School: 10:30 a.m. to noon Sundays.

Daily Mass starts at 11:30 a.m. Mondays, Wednesdays and Fridays at the chapel.

Holy Days of Obligation: Mass at 11:30 a.m. and 7 p.m.

Fellowship is held the second weekend of the month after Saturday and Sunday Mass.

Confession is from 3:30 to 4:30 p.m. Saturdays at the chapel or by appointment.

Catholic Women of the Chapel meet at 9 a.m. for fellowship and 9:30 a.m. for business the first Friday of the month.

Religious Education: 10:30 a.m. Sunday in the R.E. Bldg. For more information, call Julie Bierne at 734-2111.

Rite of Christian Initiation for Adults (RCIA): Classes for those interested in coming into communion with the Catholic church are held at 9 a.m. Sundays. For more details, call the chapel at 734-2111.

Rosary Prayer Group: Before Mass at 11 a.m. Mondays, Wednesdays and Fridays.

Ladies Rosary Guild starts at 1 p.m. Thursdays in chapel rooms 1 and 2.

Pre-Baptism Class starts at 12:15 p.m. the last Sunday of the month.

Choir Rehearsals Wednesdays at 6:30 p.m. and 8:30 a.m. Sundays for the 9 a.m. Mass.

Catholic Pastoral Council starts at 12:15 p.m. the first Sunday of every other month.

PROTESTANT

For more information on Protestant events, call Janina Peter at 734-8986.

General Protestant Service: 11 a.m. to noon, with Children's Church for kids ages 4 years old to fourth graders.

Communion: First Sunday of the month.

Sunday school: 9:30 to 10:30 a.m. Sundays in the R.E. Bldg. Sunday school is available for adults and children of all ages at the chapel. Call Brandi Briscoe at 734-2111 for details.

Wee Church is offered for children 6 months to 3 years during Protestant Bible studies from 6 to 8 p.m. Wednesdays and during Sunday service.

Fellowship Sunday: Third Sunday of the month after the service.

Weekly Fellowship Dinner: Groups meet for fellowship at 6 p.m. Wednesdays. Dinner is provided. All groups, including children's programs, follow.

Protestant Retirees of the Chapel meet at 5 p.m. every second Sunday at various restaurants. Call 734-2111 for details.

Protestant Women of the Chapel meet for Bible study

Part-time chapel position available

Airmen Ministry Center (Latte Lounge) position for Tinker Air Force Base Chapel: the statement of work, explaining the part-time position for 25 hours a week and necessary qualifications, is available at the base chapel weekdays from 7:30 a.m. to 4:30 p.m. If interested, please pick up a statement of work at the chapel and submit your résumé and bid by close of business today. Qualified applicants will be invited to interview March 13-14. If you have any questions, please contact the Chapel at 734-2111.

at 7 p.m. Wednesdays in room 4 and rooms 1 and 2. A children's program is provided. Call 734-2111 for details.

Tinker Youth of the Chapel is for sixth to 12th graders. Meet for Bible Study Wednesdays in the R.E. Bldg. For details on youth events, call Kim Chretien at 971-4499.

Protestant Men of the Chapel meet at 7 p.m. Wednesdays in the fellowship hall. For information, call Chaplain (Maj.) John Key at 734-2111.

Protestant Children of the Chapel: Elementary age children meet at 7 p.m. Wednesdays in the R.E. Bldg. For more details, call Brandi Briscoe at 734-2111.

Protestant Young Adults of the Chapel for college and career ages and adults/couples. The PYA meets at 7 p.m. Wednesdays in Loop Hall, Bldg. 5913. Call Chaplain (Capt.) Bill Mesaeh Jr. at 734-2111.

Choir rehearsals are held every Tuesday in the sanctuary. The praise team rehearses at 6 p.m. and the vocal choir rehearses at 7 p.m. Call David Briscoe at 734-2111 for more information.

Protestant Parish Council starts at noon the second Sunday of each month in classrooms 1 and 2.

Baptism - Call the chapel at 734-2111.

ECUMENICAL

Chapel Weddings – Couples wanting to be married at the base chapel must call 734-2111 four months before the wedding. The prospective bride and groom must go through four to six weeks of counseling to be married by a chaplain.

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TINKER Events

2017

Friday, March 10

Community

Diabetes Support Group Meeting

Tinker Wellness Center, Bldg. 5922, 1:30 to 2:30 p.m. Monthly support group involving many aspects of living with diabetes. Topics include nutrition, activity, stress management, dental health, foot care, and much more. For more information, call 736-2169.

Monday, March 13

Community

H.A.S. (3 of 4)

72nd MDG, Family Advocacy office 72nd MDG, F, 10:30 a.m.

See description on page 4a-9a.

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m.

Create a quit plan, discuss tobacco-use triggers, and coping

strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5505.

Thursday, March 16

Community

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. See description on page 4a-9a.

H.A.S. class (4 of 4)

72nd MDG, Family Advocacy office, 10:30 a.m.

See description on page 4a-9a.

Monday, March 20

Community

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m.

See description on page 4a-9a.

Tuesday, March 21

Community

Communication Basics class (1 of 2)

72nd MDG, Family Advocacy office, 12:30 to 3:30 p.m.

See description on page 4a-9a.

Thursday, March 23

Community

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. See description on page 4a-9a.

Rhythm Kids/Play Group

Balfour Beatty Community Center, 10 to 11 a.m.

See description on page 4a-9a.

Communications Basics class (2 of 2)

72nd MDG, Family Advocacy office, 12:30 to 3:30 p.m.

See description on page 4a-9a.

Monday, March 27

Community

Infant Massage class (1 of 5)

Balfour Beatty Community Center, 11 a.m. to 12 p.m.

See description on page 4a-9a.

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. See description on page 4a-9a.

Thursday, March 30

Community

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. See description on page 4a-9a.

Monday, April 3

Community

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. See description on page 4a-9a.

Thursday, April 6

Community

Tobacco Cessation Individual Consults

Tinker Wellness Center,

Bldg. 5922, 7:30 to 9:30 a.m. See description on page 4a-9a.

Monday, April 10

Community

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. See description on page 4a-9a.

Thursday, April 13

Community

Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. See description on page 4a-9a.

Friday, April 14

Community

Diabetes Support Group Meeting

Tinker Wellness Center, Bldg. 5922, 1:30 to 2:30 p.m. See description on page 4a-9a.

See more events page 3b.

2017 Easter / Lent Tinker Chapel Schedule

Protestant

April 9 at 11 a.m.

Easter Cantata (Palm Sunday)

(Sanctuary)

9:30 a.m. Sunday School group activity (RE Bldg. 5715)

April 14 at 6 p.m.

Good Friday Service

(Sanctuary)

April 16 at 6:45 a.m. Sunrise Service

(TAFB main flag poles)

Across from BX, off of Arnold & Air Depot

7:45 a.m. Easter Breakfast

(Fellowship Hall)

9:30 a.m. Easter Egg Hunt Celebration

(RE Bldg./no Sunday School)

11 a.m. Easter Service

(Sanctuary/no Children's Church)

Ecumenical

Through April 7, noon every Friday

Lenten Lunch every Friday in the Fellowship Hall (Free lunch)

Catholic

Through April 7 at 6 p.m.

Stations of the Cross

(Sanctuary)

March 23 at 7 p.m.

Lenten Reconciliation Service

(Sanctuary/Blessed Sacrament Chapel)

April 8 at 5 p.m.

Blessing of Palms/Procession/Mass

(Fellowship Hall/Sanctuary)

April 9 at 9 a.m.

Blessing of Palms/Procession/Mass

(Fellowship Hall/Sanctuary)

April 13 at 7 p.m.

Holy Thursday Mass

(Sanctuary)

April 14 at 3 p.m.

Passion of the Lord (Good Friday)

(Sanctuary)

April 15 at 8:30 p.m. Easter Vigil

(Sanctuary/Fellowship Hall)

April 16 at 9 a.m. Easter Mass

(Sanctuary)

TINKER AIR FORCE BASE

Spring Break MOVIE MARATHON

MONDAY 3/13

TUESDAY 3/14

THURSDAY 3/16

FRIDAY 3/17

THEME: COMEDY

1000-1130:
SECRET LIFE OF BEES

1145-1315:
KUNG FU PANDA 3

1330-1500:
THE LEGO MOVIE

1515-1630:
TROLLS

THEME: ACTION

1000-1150:
THE LEGEND OF TARZAN

1200-1400:
INDEPENDENCE DAY
RESURGENCE

1415-1615:
STAR TREK BEYOND

THEME: ANIMATED

1000-1140:
FINDING DORY

1200-1330:
THE PEANUTS MOVIE

1345-1530:
ZOOTOPIA

THEME: SUPER HERO

1000-1140:
BIG HERO 6

1200-1420:
AVENGERS: AGE OF ULTRON

1430-1700:
X-MEN: APOCALYPSE

1830-2030:
MOANA (PIZZA PROVIDED BY TFCU)

MOVIES WILL BE SHOWN AT THE TINKER AUDITORIUM & ARE FREE

Spring Break Specials:

TINKER LANES: PURCHASE A \$3 KIDS PIZZA MEAL & RECEIVE A FREE SOUVENIR CUP

ARTS & CRAFTS: FREE SELFIE STICK WITH EACH KIDS CRAFT CLASS REGISTRATION

TINKER GOLF CLUB: BOGO RANGE TOKEN WHEN YOU BRING YOUR KID(S) - LIMIT 2 PER DAY

OUTDOOR REC: RENT A MOONWALK 20% OFF AND GET A FREE GIFT

ITT: PURCHASE SIX FLAGS OVER TEXAS TICKETS AND GET A FREE GIFT

TINKERLIVING.COM/SB

405.734.2077

Continued from page 1b.

Monday, April 17
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, April 20
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Monday, April 24
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, April 27
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Monday, May 1
Community
Tobacco Cessation

Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, May 4
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Monday, May 8
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, May 11
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Friday, May 12
Community
Diabetes Support Group Meeting
Tinker Wellness Center,
Bldg. 5922, 1:30 to 2:30 p.m.
See description on page 4a-9a.

Monday, May 15
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, May 18
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Monday, May 22
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, May 25
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Thursday, June 1
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,

Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Monday, June 5
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, June 8
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Friday, June 9
Community
Diabetes Support Group Meeting
Tinker Wellness Center,
Bldg. 5922, 1:30 to 2:30 p.m.
See description on page 4a-9a.

Monday, June 12
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, June 15
Community

Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Monday, June 19
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, June 22
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.

Monday, June 26
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 1 to 3:30 p.m.
See description on page 4a-9a.

Thursday, June 29
Community
Tobacco Cessation Individual Consults
Tinker Wellness Center,
Bldg. 5922, 7:30 to 9:30 a.m.
See description on page 4a-9a.



THE SPIRITUAL HEALTH OF
THE
WARFIGHTER

DESIGNED FOR YOU

SERMON SERIES
FEBRUARY 19– APRIL 2
SUNDAYS @ 11 AM
TINKER CHAPEL

HOSTED BY YOUR TINKER CENTER OF RELIGIOUS EXCELLENCE

CYBER •

LOGISTICS •

AUTONOMOUS
SYSTEMS •

C4ISR •

STRIKE •

**THE VALUE OF
KNOWING THE MOST IMPORTANT PART OF
LOGISTICS ISN'T A PART AT ALL.**

Gone are the days when logistics simply meant juggling manpower and spare parts. Today's complex systems require big-picture thinking, deep technical expertise, and unparalleled engineering ingenuity. Northrop Grumman's holistic, strategic, and predictive approach provides game-changing Intuitive Logistics™ critical to mission success. *That's why we're a leader in logistics solutions that stay one step ahead.*

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