

# Star Spangled Salute Air Show

May 20-21



TINKER

# TAKE OFF

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Tinker Air Force Base, Okla.

Friday, May 19, 2017

# They're here!



**Gates open at 8 a.m. tomorrow** for the 2017 Star Spangled Salute Air Show. The Air Show is from 8 a.m. to 5 p.m. Saturday and Sunday. For more Air Show information, see the souvenir program insert or visit [www.tinker.af.mil](http://www.tinker.af.mil).

## Driving & Parking

As you approach Tinker Air Force Base from Interstate 40 or I-240, look for signs directing you to the entrance. Parking and shuttles from the parking areas are free.

Driving from the west side of the base to the east side will be restricted.

**Public Entry Points/Parking:** On the south end of the installation, Bldg. 9001 (the old General Motors Plant off of SE 74th Street) will have access points open to enter into the parking area south

of Bldg. 9001. On the east side, Hruskocy and Lancer Gates will be open for public entry into parking lots north and east of Bldg. 3001.

**Authorized personnel** can enter through the Tinker, Vance and Gott Gates. Personnel can park at the 72nd Medical Group, Bldg. 1094, and take the free shuttle to the event area.

Shuttles from Bldgs. 1094 and 9001 will run from 8 a.m. to 5 p.m.



## INSIDE

**AFSC commander provides keynote address at MRO Americas**

Page 3

**72nd Air Base Wing gets new commander**

Page 5

**Airmen and Sailors graduate from Tinker Airman Leadership School**

Page 6-7



**Honoring the brave during Police Week**

Page 8

**75 year partnership, Tinker and Midwest City**

Page 9

**Tinker Events Calendar**

Page 1b

# A page in HISTORY



## Commentary:

## The Berlin Airlift, seeing through the fog

**Howard E. Halvorsen**

*Air Force Sustainment Center Historian*

*Editor's note: This is part two of a four-part story on the history of the Berlin Airlift.*

As you will recall from last week's issue of the Tinker Take Off, we discussed how the Berlin Airlift got started and its importance to maintaining the peace of the world. What had started as a stopgap measure to circumvent the Soviet blockade of the land routes to West Berlin, became seen as the only viable alternative to World War III. The airlift's first commander, Brig. Gen. Joseph Smith, on a

short, temporary assignment, did an amazing job of improvisation — especially considering neither he nor anyone on his small staff had any airlift experience. However, it was commonly thought that major airlift operations like these were impossible to maintain. The only successful large scale airlift in history was the "Hump" operation in Asia during World War II. Mimicking that operation in some of the worst flying weather in the world was seen as an impossibility. Lt. Gen. William H. Tunner, the one man in world history who had led such an impossible operation over the "Hump," was brought in with a handpicked task force

*See Airlift page 10.*



*Photos courtesy of the Tinker History Office*

The last official flight of the Berlin Airlift in 1949.

## Tinker Air Force Base



*Photo by Greg L. Davis*

Overall view of a 552nd Air Control Wing E-3C Airborne Warning & Control System aircraft shown over the central United States as it approaches a KC-135R Stratotanker to refuel. The AWACS aircraft has a large rotating radar mounted above the aircraft's fuselage and large sensors mounted along the sides of the forward fuselage and below the nose.

## Boeing E-3 Sentry

**Greg L. Davis**

*72nd Air Base Wing Public Affairs*

The Boeing E-3 Sentry is a special mission aircraft built around a highly-modified Boeing Model 707-320 commercial airliner. The Airborne Warning and Control System, or AWACS, is essentially a powerful airborne search and track radar system using a rotating dome affixed 11 feet above the top of the rear fuselage using two aerodynamic pylons. The aircraft itself sits on tricycle landing gear with mid-fuselage mounted, swept-wings with two TF33 engines under each wing. It has a traditional tail configuration.

Tinker's connection with the E-3 Sentry has stretched over the aircraft's entire operational life. The first E-3 arrived here in March 1977 directly off the production line and was quickly followed with a total of 35 aircraft purchased between fiscal years 1977-1984. Tinker is the primary operating location for the E-3 and includes both training and operational flight squadrons, unit-level maintenance and depot-level maintenance through the co-located Oklahoma City Air Logistics Complex.

The North Atlantic Treaty Organization purchased and operates 18 E-3A 'U.S./NATO Standard' aircraft. These NATO standard aircraft differ slightly from U.S. Air Force aircraft in the avionics and communications suites necessary to communicate with NATO air and ground units. These aircraft also retain many of the legacy systems and technology when compared to the numerous upgrades given to the U.S.A.F. aircraft over the last 40 years.

There have also been foreign military sales of E-3s: seven to the United Kingdom, five to Saudi Arabia and four to France. These aircraft are all equipped with high-bypass CFM56 engines.

The U.S.A.F.'s current upgrade program, much

*See Sentry page 4.*

**Manufacturer:** Boeing

**Aircraft type:** E-3

**Nickname:** Sentry/AWACS

**Crew:** Flight crew of four; 16-20 mission specialists

**Power plant:** Four Pratt & Whitney TF33 turbofan engines producing 21,000 pounds of thrust each.

**In-service dates:** 1975-present

**Number produced:** 35

**Tinker connection:** Flight operations, training, maintenance, repair and overhaul

## This week in Tinker history

**May 17, 1943** - Oklahoma City Air Depot Control Area Command becomes the Oklahoma City Air Service Command.

**May 12, 1945** - Work on the B-29 Eagle Project is completed.

**May 18, 1962** - The Tinker Diagonal Highway

is dedicated.

**May 15, 2002** - North Atlantic Treaty Organization Airborne Warning and Control System aircrews depart Tinker AFB after a seven-month visit to support U.S. homeland defense during Operation NOBLE EAGLE.

## Key events scheduled in 2017:



**May 20-21:** Star Spangled Salute Air Show

**June 23:** Tinker 75th Anniversary Golf Tournament

**Sept. 16:** Air Force Ball

**Oct. 13:** Capstone Event

# AFSC commander provides keynote address at MRO Americas

**Darren D. Heusel**  
72nd Air Base Wing Public Affairs

The senior ranking service member charged with providing sustainment and logistics readiness and delivering combat power for America recently told a diverse audience of commercial and military leaders at MRO Americas they share common interests in defending the nation and performing maintenance, repair and overhaul on aircraft and other aviation assets.

Serving as the military keynote speaker at this year's conference and exhibition held April 25-27 at the Orange County Convention Center here, Lt. Gen. Lee K. Levy II, Air Force Sustainment Center commander, said all those in attendance support the nation's aviation interests, adding, "We may wear different uniforms, but we're all Airmen and have similar goals."

"We care about safety, we care about performance, we care about efficiency and we care about effectiveness," Levy said at the conference attended by more than 14,000 military and industry professionals from 87 countries and 49 states, as well as Washington, D.C. and Puerto Rico. "By aligning our interests and our goals, we can work together to sustain our air, space and cyber capabilities."

Levy talked about building resilience and agility into the logistics "kill chain" to enable globally integrated operations in the future strategic environment.

The general also talked about leveraging innovation and technology in MRO operations to deliver combat power for America faster, better and cheaper in the new strategic environment.

And, he discussed ways organizations could work together to prevent the organic supply chain from being the weakest link in future military operations.

In the Air Force, Levy said leaders typically talk about a kill chain in terms of hitting a target, or acquiring "kinetic effects." They use the acronym F2T2EA for find, fix, track, target, engage and assess. He said to meet the demands of the new strategic environment, leaders must also think about a "logistics kill chain."

The current command and control architecture "isn't maybe what I'd like for it to be," he said, in terms of being effective in a new strategic environment.

"The current planning construct assumes we have the right intelligence and enough time to shape and deter potential threats before we have to seize the initiative and take action," Levy said. "We may not have that luxury."

From a logistics standpoint, he said, the logistics kill chain gives military leaders another construct by which they can look at how they support their combatant commanders.

"We need to look at available resources and demand signals across the entire enterprise simultaneously and be able to anticipate, predict and immediately react to changing conditions and requirements anywhere in the world," Levy said. "We must continuously assess whether we have the right sourcing strategies in our supply chain to support surge operations."

"We must determine how long we can sustain a fight if our suppliers don't have the capacity to meet sudden increases in demand signals."

The general went on to say one of the things that drives leaders in that kill chain is what he referred to



Photo by Darren D. Heusel

Lt. Gen. Lee K. Levy II, Air Force Sustainment Center commander, delivers the military keynote address at the MRO Americas Conference held April 25-27 at the Orange County Convention Center in Orlando.



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To celebrate Tinker’s 75th Anniversary, we are including little blasts from the past straight from the pages of 1943-45 era Tinker Take Offs that were shared with our staff by Louis Kenneth Jr. Comstock. This photo appeared on the front page of the Tinker Take Off Jan. 20, 1945. The caption that accompanied the photo reads, “JEEP MANEUVERS — All jeeps repaired in the Jeep unit at OCATSC are put through a severe road test under simulated battle conditions. Shown above are three jeeps ready to plunge over the huge mound of hard packed dirt that has been made out on the jeep proving grounds in the southwest corner of the installation. During the strenuous tests, all jeeps are put over a six-mile grind, including this plunge over the mound, through mudholes and ditches. They are driven at speeds of five to 65 miles an hour, and if they pass the test they are ready for overseas service. The jeeps were formerly road tested on the highways but because of the the 35-mile-an-hour speed limit, they could not be tested at full speed, so Colonel Mulzer approved the present proving grounds.”

# Sentry continued from page 2

of which is conducted at Tinker, is currently underway. Block 40/45 represents a revolutionary change for AWACS by modernizing the 1970s era mission computer, controller displays, and other systems using modern off-the-shelf components. An upgraded Identification Friend or Foe system and communications equipment make the E-3 not just a powerful flying radar capable of monitoring and controlling aircraft from ground level to the

stratosphere in a 250 mile circle, but also acting as part of a larger Command and Control Battle Management element in the Theater Air Control System by passing information to other players such as fighters for intercepts and ground based assets for monitoring and interrogation.

In modern warfare the ability to control the skies and achieve air-superiority is critical. Therefore, there are E-3s in-use across the world and the USAF has permanently forward based E-3s at Kadena Air Base, Japan and Elmendorf AFB, Alaska. Air refueling capability gives the Sentry long legs and the ability to quickly deploy and when necessary

remain aloft for many hours at a time to meet the needs of combatant commanders.

The venerable E-3 Sentry has played crucial roles in air combat by monitoring and controlling contested airspace over Iraq during Operation Desert Shield/Storm, Northern and Southern Watch, Iraqi Freedom, and over Afghanistan in Enduring Freedom. It also played a key role in NATO Operation Allied Force and over the continental US in support of Operation Noble Eagle. If there is an area of tension in the world it is virtually guaranteed an E-3 Sentry is on duty to monitor and control the airspace.

## Tinker Take Off

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**Tinker Take Off Office**  
**(405) 739-5780**

**How to find us:**  
Enter Tinker Gate off of Interstate-40, turn left at the stoplight 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](mailto: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:**  
Free classified ads can be placed online at [www.tinkertakeoff.com](http://www.tinkertakeoff.com).

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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# 72nd Air Base Wing gets new commander

Jillian Coleman  
Staff Writer

Tinker Air Force Base gained a new installation commander May 1, as Col. Stephanie Wilson relinquished command of the 72nd Air Base Wing to Col. Kenyon Bell. The traditional ceremony was held at the Tinker Club.

Wilson’s Tinker tenure was inundated with accomplishments and achievements, according to Air Force Sustainment Center Commander Lt. Gen. Lee K. Levy II. Praising the outgoing commander for her consistency, poise and style, Levy acknowledged her most noteworthy moments in the Air Base Wing to a room full of distinguished Air Force and community leaders, fellow Airmen and friends.

“Colonel Wilson delivered a world-class presentation during a presidential visit when she was brand new to the job,” the general said. “Her leadership and commitment to excellence helped drive the 72nd ABW to achieve a coveted rating during an UEI, all while providing incredible mission support to Tinker Air Force Base, the Oklahoma City Air Logistics Complex, the 552nd Air Control Wing, Strategic Communications Wing ONE and the 507th Air Refueling Wing.”

The general also presented Wilson with the Legion of Merit, recognizing her outstanding leadership and persistent collaborative efforts that readied the base for the bed-down of the KC-46A Pegasus campus. The installment ensures \$111 million in facilities and infrastructure are ahead



Air Force photo by Kelly White

The 72nd Air Base Wing welcomed Col. Kenyon Bell as its new commander during a change of command ceremony May 1 at the Tinker Club, assuming command from Col. Stephanie Wilson. From left to right, the 72nd ABW command team: Col. Thomas Brown, vice commander, Col. Kenyon Bell, commander, and Chief Master Sgt. Melissa Erb, the new wing command chief.

of schedule for aircraft to receive depot level maintenance by 2018.

The last two years with Colonel Wilson at the helm have been hallmarked by success, culminating her distinguished 24-year career in the United States Air Force. She withheld tears as she addressed and thanked her commanders and Wildcatters for their unwavering support and professionalism.

“The 72nd Air Base Wing is unlike any other,” Wilson said. “I’ve been a part of high-speed units in my past, but everyone is firing on all cylinders all the time, performing and taking care of the mission without missing a beat.”

The outgoing commander spoke directly to her successor in closing comments, confident in the qualities, experience and capabilities Bell brings to the wing.

“I’ve worked across base from you for two years and you’re an amazing leader,” Wilson said. “I look forward to the new feats of success that you will lead this Air Base Wing to achieve. My family and I wish you and yours continued success in the United States Air Force.”

Bell comes to the Air Base Wing having commanded the 76th Aircraft Maintenance Group, so he is familiar with the people, the place and the tempo. Levy, who considered the new commander to be “the only one who came to mind,” had to out-wrangle numerous competitors to keep Bell for the wing. As a commander, Bell is no stranger to the high challenges and expectation the job brings, but the general reminded him that Team Tinker is “confident in you and are invested in

your success.”

Bell’s previous leadership roles include two operational squadrons, one being the first commander of the 451st Expeditionary Maintenance Squadron in Afghanistan. He has also served as Strategy Branch Chief and later Readiness Branch Chief at the Pentagon before becoming deputy commander for the 76th Propulsion Maintenance Group and commander of the 76th AMXG.

“I’m honored to be here, accepting the reigns of command from Colonel Wilson,” Bell expressed.

He introduced a host of guests, including the wing’s new Command Chief Master Sgt. Melissa Erb, before speaking to the demands of his new role. Acknowledging his passion for leading and being in command, Bell thanked Wilson for her professionalism and service, and providing a wing that is “clicking on all cylinders.”

“As I embark upon this great responsibility, I look forward to serving this wing, our mission partners and this community,” Bell began. “The multiple players who work and serve on Tinker Air Force Base perform a great mission for our U.S. Air Force and I am proud to continue that – fellow wing commanders and mission partners, that is my pledge to you.”

“To the men and women of the 72nd Air Base Wing, your exceptional work stands front and center every single day,” Bell continued. “It is an honor to be your commander and I look forward to earning your trust and serving right alongside you.”

## The Commander’s Action Line



Col. Kenyon K. Bell  
72nd Air Base Wing  
Commander

The Commander’s Action Line serves as a direct link for Tinker personnel to bring questions or concerns to the 72nd Air Base Wing commander’s attention, in the case that a timely resolution of issues through facility management or unit chain of command doesn’t occur.

Items of interest to the installation overall will be published in the Tinker Take Off to effect positive change across Tinker and lead to improvements in safety, working conditions, quality of life and a better understanding of base programs and processes. Below are some helpful telephone numbers to assist you in trying to resolve an issue.

To submit an Action Line, visit the Commander’s Action Line tab on Tinker’s internal home page. Those who don’t have access to the home page can send an email directly to **CommandersActionLine@us.af.mil** and a response should be received in a timely manner.

### Suicide Prevention Assistance

Base Chapel .....734-2111  
Suicide Prevention - Lifeline .....1-800-273-8255  
Military Mental Health ..... 582-6603  
Civilian Health Promotion Services..... 582-6817

### Sexual Assault Response

Sexual Assault 24-hr line ..... 734-7272  
Military Family Life Counselors ..... 432-6311  
Domestic Abuse Hotline & Services..... 256-2825

### Key Numbers

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



Airman Leadership School Class 17-D graduates.

**Award winners:**



**Senior Airman Zachary Becker**  
552nd Maintenance Squadron,  
John L. Levitow Award Winner



**Senior Airman Remicajhen Dela Cruz**  
552nd Operations Support Squadron, Academic Award Winner, Distinguished Graduate



**Senior Airman Joseph Rippinger**  
Air Force Sustainment Center, Leadership Award Winner, Distinguished Graduate



**Senior Airman Chelsea Cummings**  
137th Aeromed Evacuation Squadron, Sharp Image Award Winner, Distinguished Graduate

# Airmen and Sailors graduate from Tinker Airman Leadership School

**Airman Leadership School**

Thirty-seven Airmen and two Sailors graduated from Tinker’s Airman Leadership School last week.  
Graduates are:

**137th Aeromed Evacuation Squadron**

Senior Airman Chelsea Cummings, Sharp Image Award Winner, Distinguished Graduate

**161st Intelligence Squadron**

Senior Airman Jared Stevens

**164th Civil Engineering Squadron**

Senior Airman Derrick Woods, Flight Leader

**190th Civil Engineering Squadron**

Senior Airman Brandon McKenna

**452nd Civil Engineering Squadron**

Senior Airman Antonio Tyler

**507th Aircraft Maintenance Squadron**

Senior Airman Dallas Smith  
Senior Airman Travis Krause

**507th Security Forces Squadron**

Cenecia Booker

**552nd Air Control/Networks Squadron**

Senior Airman Joshua Carter  
Senior Airman Christopher Harner

**552nd Aircraft Maintenance Squadron**

Senior Airman James Kemp, Flight Leader  
Senior Airman Steven Peters  
Senior Airman Keenan Stanton, Flight Leader

**552nd Maintenance Group**

Senior Airman Michael Mohammed, Freedom Citation Winner  
Senior Airman Michael Pennington

**552nd Maintenance Squadron**

Senior Airman Zachary Becker, John L. Levitow Award Winner

Senior Airman Richard Flower

Senior Airman Kara Zens

Senior Airman Nigel Sams

Senior Airman Matthew Michael

Senior Airman Nicholas Poultney

**552nd Operations Support Squadron**

Senior Airman Remicajhen Dela Cruz, Academic Award Winner, Distiguished Graduate

Senior Airman Tyrail Toney

Senior Airman Brandon Dozier

**72nd Air Base Wing**

Senior Airman Lisa Elijah

**72nd Logistics Readiness Squadron**

Senior Airman Jamaria Rose

**72nd Medical Support Squadron**

Senior Airman Petra Smith, Class Leader

**72nd Security Forces Squadron**

Senior Airman Jordan Chadwick  
Senior Airman Andrew Coughlin

Senior Airman Dustin Davis

Senior Airman Brandon Elliott

Senior Airman Zhennan Zhong

Senior Airman Aaron Gray

**960th Airborne Air Control Squadron**

Senior Airman Russell Denis

**965th Airborne Air Control Squadron**

Senior Airman Linsie Rice

**966th Airborne Air Control Squadron**

Senior Airman Seth Franks

**Air Force Sustainment Center**

Senior Airman Joseph Rippinger, Leadership Award Winner, Distinguished Graduate

**Fleet Air Reconnaissance Squadron FOUR**

Petty Officer 3rd Class Jonah Casper  
Petty Officer 3rd Class Taylor Reed



Air Force photos

# Freedom Citation: What does Freedom mean to me?

**Senior Airman Michael Mohammed**  
552nd Maintenance Group

Have you ever wondered what your ultimate purpose is in this life? Have you considered what future generations will remember or be told about you — what you accomplished, who you were? Will they be told of how your actions and resolve inspired and continues to inspire? These are things that I never really gave much thought to, in all honesty... not until that fateful day.

Most of us lived out youth without a care in the world, but on my first day of second grade, the unimaginable happened. I witnessed a huge plume of smoke climbing into the sky from the direction of Manhattan, where both of my parents had earlier headed, as they did every day, to work. My seven-year-old self believed my seven-year-old friends when they insisted a volcano was erupting in downtown Manhattan. We were all evacuated to our homes, which in my case was my Grandma's, who cared for me daily after school. She tried and failed to remain calm, as she insisted I stay away from the windows. For the remainder of the morning and afternoon, I couldn't eat, because I had finally learned through the news on TV that the "volcano" was in fact the smoke rising from the burning World Trade Center. I sat on the shoe rack in our pitch-black closet absolutely terrified that my parents were among the thousands presumed dead from the tower collapses. Even at seven years old, the depth of what had happened slapped me in the face the same way it does now. In the evening, when my mother, after walking for hours in heels, finally made it to my Grandma's, I was able to release my breath and function normally again, being a momma's boy and all. My dad was still heavily on my mind, though. He called later to inform us that he was OK - but it would be weeks before I saw him again.

At the time, my dad was an active duty infantry E-8 in the Army, stationed at the Lexington avenue armory in midtown Manhattan, a couple miles from where the towers were located. His mission was Search and Rescue, and his unit had mobilized to the site of the attacks immediately following the collapse of the towers. It was clear at this point that it had been a terror attack. They were authorized by the President to maintain martial law. It was over a decade later, after I was already in the military, that he finally shared what he saw at Ground Zero in the immediate aftermath. The details were horrific and unfathomable. I will always remember with a heavy heart how afraid I was for my parents, not knowing if they were among the thousands who so tragically perished that day. I wouldn't wish that level of fear on anyone. It was partially for this reason that I initially considered fighting the people I saw as being responsible for the attacks, by joining the U.S Army. My actual



**Senior Airman Michael Mohammed**  
552nd Maintenance Group,  
Freedom Citation Award Winner

reason had yet to make itself apparent.

Directly following the attacks, my dad, who was operating in the Ground Zero area for eight months in the aftermath, detailed to me what he described as the greatest thing he'd seen in his 27-year military career. There was nationwide unity following the attacks, one that saw people of all different backgrounds, races and religions stand together to support each other in the face of such overwhelming grief and shock. Bodegas and corner stores were open 24/7, handing out food and water to the workers at Ground Zero. Groups like Muslim and Jewish people, who previously despised each other, joined arms to escape the carnage. American flags flew in front of most homes and from so many vehicles in absolute solidarity. Us New Yorkers displayed to the whole planet that we would not be intimidated in the face of terror.

As I grew older in the city, I noticed that this same solidarity had begun to fade, nearly disappearing completely over time.

My middle and high school years were full of conflict over my last name, regardless of my actual race, background or belief system. The unification the country developed after the attacks crumbled into the epidemic of racism and divisiveness that was so prevalent prior to this horrific event — yet somehow worse. My last name now painted a target on my back. I've lost count of the number of physical and verbal altercations I was subjected to over those few years simply due to my last name and what people in their ignorance assumed about me. We had bonded so well in the face of tragedy, but it was lost as we once again disintegrated into a bunch of fools squabbling in the street over petty differences.

As I prepared to graduate, my dad told me about the Air Force and how he would have gone that route if he could do all 27 years over again. He taught me that it didn't matter what service you were in, what color your skin was, or what your name was. At the end of the day, we all stood by and defended one flag. Freedom belonged to each and every one of us. Unfortunately, joining the military didn't mark an end to the prejudice I faced, but my decision to fight for my country showed the world where I stood. It allowed me to encourage others like myself, solidifying the concept that this nation stands for freedom and there is every opportunity to succeed, regardless of what others think of you. I wanted and still want my legacy to be reflected in the lives of others I've encouraged and empowered to stand up for what they believe in, despite any odds facing them. That is the true meaning of freedom to me. The freedom to stand tall in the face of adversity and walk on is an indispensable and unique aspect to life in America. Everyone has a story, and my experience has encouraged others to fearlessly follow their dreams. For that, I will be forever humbled and grateful.

# Honoring the brave during Police Week

**Jillian Coleman**  
Staff Writer

In commemoration of National Police Week, the 72nd Security Forces Squadron honored the fallen in a memorial service at the Tinker Chapel May 15.

Paying tribute to the brave men and women in law enforcement who made the ultimate sacrifice in 2016, members of Security Forces read the 143 names of the fallen Airmen and K-9 from each state before giving a final salute to the wreath in memoriam. To its right was an empty crate in honor of the fallen military working dog, to its left stood a pair of boots and cap to honor the fallen Airmen.

Chief Master Sgt. (retired) Matt Dukes, mayor of Midwest City, spoke to members of the Security Forces, a career field he spent 30 years in, while on active duty.

“We come together to honor those who have given their lives in protection of our community, state and our nation,” the mayor said. He went on to describe the law enforcement profession as one that is “inherently dangerous” and one that is among the few that carries the weight that going to work that day, does not always ensure coming home that night.

Currently, the national memorial is adorned with 21,000 names of law enforcement lives that have been lost. So far in 2017, the number of fallen law enforcement officers stands at 48.

“Not many people have the courage to do what you do and stand up to go where you go,” Mayor Dukes expressed. “The best way to honor the fallen is to remember them and learn from them. Look out for yourself, your family and your fellow officers. Thank you for your service to our country.”



*Air Force photo by Kelly White*

Members of the 72nd Security Forces Squadron's Charlie Flight, including Airman 1st Class Ryan Walsh, pictured, read the names of 143 law enforcement officers, Airmen and Military Working Dogs killed in action in 2016 during the National Police Week's memorial service at the Tinker Chapel May 15.

# Airmen stop woman from jumping off bridge

**Ron Mullan**  
72nd Air Base Wing Public Affairs

What started as an ordinary day for three Tinker airmen, soon turned into anything but ordinary. Their quick reaction and application of the Air Force's Wingman concept saved a life May 10.

Captain Justin Phelps and 1st Lt. Camden Rogers of the 960th Airborne Air Control Squadron, 552nd Air Control Wing at Tinker Air Force Base, were returning to base from lunch when they spotted a woman leaning over the edge of the bridge at I-40 near the Tinker Gate.

“We were stopped at the red light and looked towards our left and a woman was on the top of the bridge looking over, visibly crying and upset,” said Rogers.

Realizing that something wasn't right, the two immediately took action. After pulling their car over to the side of the road, they scrambled up the grassy embankment attempting to engage the distraught woman. Spotting the two men climbing the embankment, Tech. Sgt. Corey Irwin, 552nd Operations Support Squadron, stopped his truck on the median of Air Depot Blvd. to block traffic and distracted the woman by talking to her from below allowing Phelps and Rogers to get close to her.

“My instinct was, ‘Maybe I could catch her,’ said Irwin. “Probably unrealistic, but if nothing else, it was a human face for her to see and to distract her.”

Not only did Phelps and Rogers have to worry about the woman jumping, they also had to contend with high-speed traffic on the interstate.

The woman, who was upset over



*Air Force photo by Ron Mullan*

From left, Capt. Justin Phelps, 1st Lt. Camden Rogers, 960th Airborne Air Control Squadron and Tech. Sgt. Corey Irwin, 552nd Operations Support Squadron stand outside the headquarters Bldg. of the 552nd Air Control Wing. The three Airmen saved a woman from jumping off the interstate bridge located outside the main gate at Tinker Air Force Base.

family matters, told the two men that nobody cared and she just wanted to die.

Phelps knew it didn't look like a good situation. “I've had too many friends, military and otherwise, that did not reach out prior to committing suicide, and sadly they're no longer with us,” he said. “So it's good to be able to help someone. If they are having a bad day, sometimes it just takes a good wingman getting involved and talking to one another.”

Phelps and Rogers eventually talked

the woman into moving off the bridge and on to the side of the road until the Midwest City Police Department arrived to take her into protective custody and get her some help.

“This courageous action speaks volumes, and also reflects highly on the United States Air Force,” said Midwest City Police Chief Brandon Clabes. “From a law enforcement standpoint, this mental health crisis had the strong potential of a violent and tragic outcome.”

Clabes added this crisis was diverted

through unselfish actions by active military members of Tinker Air Force Base and “they saved one of the most precious things our world has to offer: a life.”

Airmen at Tinker Air Force Base are trained in basic first aid as well as being able to identify and assist someone who might be in need. This incident was a great example of something they prepare for every day. It also shows the continued strong relationship between Tinker and the local community.

# 75 year partnership, Tinker and Midwest City

**Kimberly Woodruff**

*Tinker Public Affairs*

For 75 years, Tinker Air Force Base and Midwest City have shared a mutually beneficial partnership that has enhanced the lives of those who live and work here.

During his recent the state of the city address, Midwest City Mayor Matt Dukes said this is an exciting time.

“This year, we celebrate our 75th anniversary and join Tinker AFB in celebrating their 75th, the Air Force 70th anniversary and the Chambers 75th anniversary,” he said. “Going forward, I plan to remain actively engaged with the community and Tinker AFB.”

Col. Kenyon Bell, 72nd Air Base Wing commander, said the partnership between the base and Midwest City is beneficial for everyone.

“It is not only financially responsible to search for efficiencies beyond our fence line, but it becomes a win-win for all parties in both reducing costs as well as building and strengthening community relationships,” the colonel said.

One such win comes in the form of a recently signed memorandum of agreement that starts the process of having Tinker’s trash service provided by Midwest City. Though not yet finalized, the long process has begun.

“We’re just as excited about the MOAs that don’t

necessarily make money, such as the agreement we have that provides meals to the homeless with excess food from the dining facility,” said Trudi Logan of the 72nd ABW Civil Engineering Directorate. “It is our favorite partnership agreement because it is a good thing to do.”

Through the years there have been many MOAs signed with Midwest City to assist with everything from police, fire and rescue and ambulance crews to juvenile and jail services.

“Tinker AFB is an extremely fortunate military base when it comes to the mutual aid provided by our local police, fire and rescue, and ambulance crews,” said James Rollings, 72nd Security Forces chief of plans and programs. “In times of emergencies, a close working relationship with our civilian counterparts is a key to streamlining operations, reducing stress for our work centers and families, and returning daily life to a normal pace.”

Terry Ford, chief of Tinker’s Fire and Emergency Services, mirrored the SFS kudos. “We enjoy great mutual support with our MWC firefighters,” the chief said.

In 2013, the Community Partnership Initiative program, known as P4, brought public-public and public-private partnership opportunities together. Military and community leaders could identify common objectives such as police, fire and rescue and ambulance service and manage those available resources efficiently and effectively.

“Although Tinker, like many other military bases has a combination of legal jurisdiction areas, due to our boundaries bordering various local communities, the response and support from all our local first-responders is nothing short of great,” Rollings said. “The outstanding support our local communities provide to the base is inspiring. In the event of a police, or fire emergency or natural disaster, the combined forces of various agencies all stand ready and willing to assist Tinker AFB.”

The latest realization of that support is evidenced by the reoccurring preparation meetings being held with all agencies as Tinker prepares for this weekend’s air show.

“Tinker’s proximity to Del City, Midwest City and Oklahoma City means we have a legal boundary at our perimeter and gates, which abuts to those areas; as well as, falling within the Oklahoma County Sheriff’s police response area,” said Rollings. “Additionally, because of the close proximity to the metro-plex, the Federal Bureau of Investigations is also a key partner should their services be required.”

Logan said Tinker Air Force Base will continue to carry on the legacy of partnering with community leaders.

“It’s a good thing to build those relationships and we are already looking at other long-range projects to carry on with Midwest City,” she said.

## MRO Americas

continued from page 5

as Big E (effectiveness), versus Little E (efficiency). He said the Air Force has lost some of its combat effectiveness because they have become extremely efficient. But when it comes to defending the nation, “effectiveness matters.”

“For us, our shareholder is the U.S. citizen,” he said. “They expect us to do one thing when the nation calls upon us and that’s win. That drives us to make decisions that may not be optimally efficient, but optimally effective in delivering war-winning results the nation expects us to deliver.”

Levy said as leaders develop fifth- and soon to be sixth-generation weapons to counter the new strategic environment, they need to develop effective logistics capabilities.

As the Air Force evolves towards a new and modern fleet of aircraft, they must continue to sustain the existing fleet. To do that, he said they will need new processes, new technologies and new skills.

Levy said sustaining legacy systems requires innovation, noting that the average fleet age of the Air Force is 27 years old, which he said “is pretty geriatric.” That’s about twice the age of the commercial aircraft fleet, he said.

“We have some old stuff...” he said. “So, if our airplanes are that old, you can imagine the MRO challenges that come along with that – corrosion, increasing workloads, managing costs, an aging workforce...yet we’re making that transition between fourth- and fifth-generation air, space and cyber power.”

Levy said the supply chain for legacy aircraft also requires special attention. He said many of the original suppliers and manufacturers are no longer in business or have pursued other lines of business. However, he still has an obligation to sustain the nation’s Air Force.

“When you think about the new future operating

concepts of our Air Force, it will involve more unmanned aerial systems and remotely piloted aircraft,” he said.

To sustain and maintain fifth-generation aircraft, Levy said he needs fifth-generation MRO capabilities and a fifth-generation workforce.

“We need highly skilled technicians, engineers and scientists,” he said.

Unfortunately, Levy said, there is a shortage of science, technology, engineering and math graduates not only in the Air Force, but across the nation. And, the Air Force is competing for the same graduates as those in the commercial and private sector.

As an example for the need for a more sophisticated future workforce, the general mentioned the new KC-46 aerial refueling tanker that will be maintained at Tinker. That aircraft, he said, requires more lines of software code to operate than the F-35 Joint Strike Fighter.

“We’re a nation that doesn’t produce enough STEM graduates,” Levy said. “This is a national security threat for me. We are an aerospace nation and we can’t maintain our technological edge in air, space and cyber if we do not produce the STEM graduates to advance and sustain the technology.

“I will tell you we don’t produce enough (Airframe & Powerplant) mechanics. I would tell you that not having enough qualified jet engine mechanics can be just as problematic as not having enough software engineers or computer scientists. And, we’re all hiring from each other.

It’s a zero sum game for us. We should work on how we can improve.”

Levy said he believes some globalization is good, adding, “Globalization is not necessarily beneficial in the defense industry, or defense sector” and that “fiscal instability has driven a lot of this.”

“If you’re a large defense firm, or if you’re a medium or small firm in the supply chain business, I’ve driven a lot of you out of business,” he said. “Or, you’ve made business decisions to go in other lines of work. For me, that worries me. I can’t allow that to be the weakest link. It’s just that simple.”

The good news with respect to the supply chain is that instability drives innovation, drives lean practices and makes organizations become more efficient, the general said.

“We’re remarkably the same in a lot of ways,” Levy said. “We can’t get enough STEM graduates in our workforce. We have an aging workforce and it is difficult work. And, the customer wants its airplane back, or his commodity, or his jet engine. At the end of the day, they want what they want, when they want it.”

He suggested the commercial industry can use their influence on Capitol Hill and throughout the aviation community to help the government in their advancement of technology, to include additive manufacturing and other innovations.

“That includes cyber protections, so I know if I send you the ones and zeroes to make a part, you have the right ones and zeroes,” he said.

Levy said there is constant tension between the commercial sector and the government and organic sector. He said he maintains an organic logistics and sustainment system because the nation expects him to – to guard against strategic surprise, to handle logistics and sustainment during times of national crisis and surge, and to compensate for companies who can’t deliver on their own.

“We are the answer to readiness for our Air Force. It’s just that simple,” he said. “When we’re doing well, Air Force readiness is up. When we’re not, it’s down. We all live in a strategic environment, like it or not. Agility in that kill chain is important. I don’t think you’re any different.”

The general concluded saying vulnerabilities in the supply chain are a major concern of his and one that keeps him up at night.

“If my margin is to win, I can’t afford to let our supply chains become the weakest link to global combat operations,” he said. “When you think about taking care of really old stuff and new stuff, legacy and fifth-generation, soon to be sixth-generation, it requires our best effort.”

# Airlift

continued from page 2

to take over in late July.

Tunner thought the “bomber generals,” as he had referred to his predecessors and superiors, had done well before his arrival. However, he believed they had no idea how to properly run an airlift which, if done correctly, should have no need for improvisation. He brought a firm belief in regimentation and attention to detail.

The airlift’s goals were humanitarian, but the methods Tunner used were ruthlessly mechanical to create an efficient airlift process. This did not rule out the human factor entirely. Innovation often leads to improvements, such as the idea of loading awkward freight on planes that needed repairs, thinking the planes would be delayed in returning anyway. Then again, ruthless efficiency sometimes led to error, as in the story of one crew in such a hurry they battened down the hatches and flew away – with the loading crew still onboard.

By autumn, the airlift was performing far better than anyone had ever dared to hope. More planes, runways, pilots, and mechanics had been brought in to the mix. New and improved radar and runway lighting had been installed. Yet, the Soviet Union still believed they would win an eventual victory.

The free nations may have brought in General Tunner, but the Soviets were bringing in the same warfighter who had defeated Napoleon and Hitler; General Winter. Yes, soon the area of Western Europe with the worst flying weather was about to become much, much worse.

The Air Force had gone to extraordinary lengths to allow for stockpiling goods to get the West Berliners through the winter. As winter approached the cargo amounts had become record-breaking, but many of the improvements creating this were recent additions.

October came and the worst fog in memory descended on Germany, but hope remained. Military Air Transport Service commander Maj. Gen. Laurence S. Kuter, said of the following month, November, “November was a black and heart-breaking month.” The fog persisted until mid-December when local meteorologists were calling it the

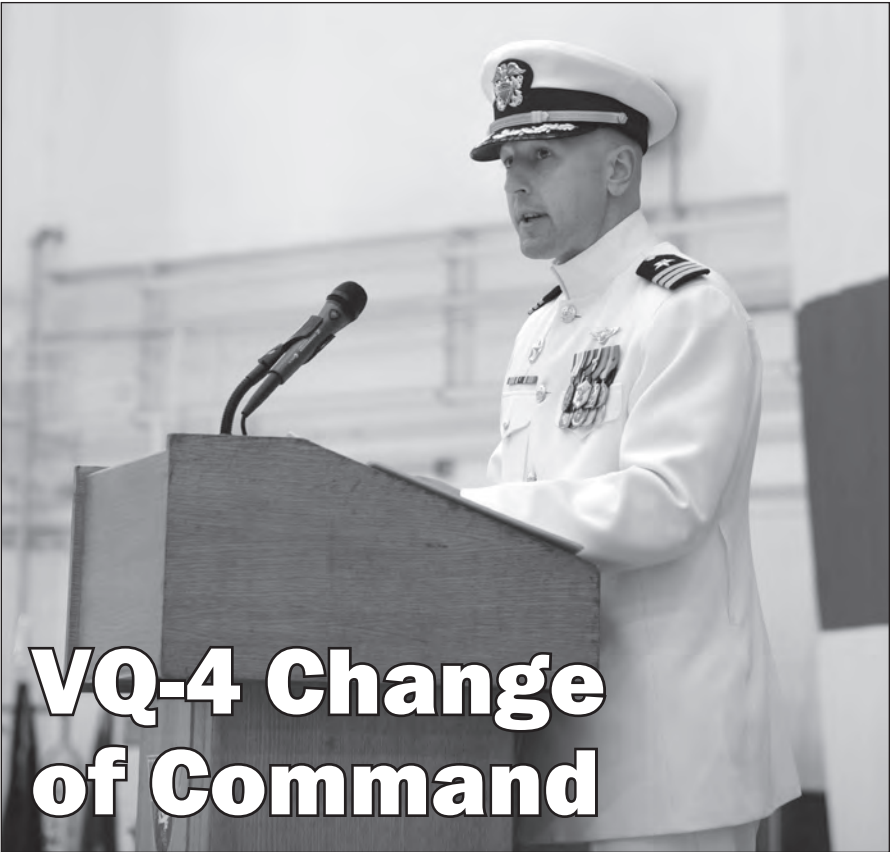
foggiest winter in 80 years.

The improvements made before winter made some flying possible. Still, stockpiled supplies were dwindling and the supplies coming through the fog were not enough. Occasionally, coal supplies dwindled down to a couple of days’ worth available. Despite all of this, Tunner continued to make improvements. Crews started radioing ahead to their home bases after leaving Berlin, reporting whether their plane needed repairs and whether they carried cargo. This meant that during the few precious hours of a break in the fog that not a moment was wasted.

In addition to supplies for the West Berliners being low, necessary supplies to maintain the airlift were often low – as was morale. The hours for our Airmen were long and there was little in the way of entertainment or decent living facilities for diversion. Orders were often extended at the last moment and some wondered why they were working so hard to assist their former enemy. Senior leadership and America’s political leadership soon worked to make sure everyone knew the importance of the airlift for national defense and the peace of the world.

The West Berliners, to their credit, endured, choosing to do without the necessities of life rather than submit to Soviet coercion. One popular joke went, “If there must be a blockade, then it’s better to be blockaded by the Soviets and fed by the Americans. Just imagine if it were the other way around!” At the darkest moment during the airlift as Christmas approached, something wonderful happened: storms.

Storms raked through all of Europe, but especially over Germany and took the fog with them. The break in the foggy weather came just in time. Additionally, temperatures remained unusually mild throughout the winter, which meant less coal and more food could be sent to replenish stockpiles. Even so, life in the city was hard. Three quarters of all housing was still in ruins after WWII, which meant several families often had to share a single room. Simple necessities were hard to find, most oftentimes it was shoes. In fact, as industrious and honest as the Germans working as mechanics for the



## VQ-4 Change of Command

Air Force photo by Kelly White

Cdr. Robert Majoris assumed command of Fleet Air Reconnaissance Squadron Four during their change of command ceremony May 5. Strategic communications Wing ONE and Task Force 124 Commander Capt. Ed McCabe presided over the ceremony, relieving Cdr. Kenneth Russell of duty. VQ-4 is a squadron of approximately 400 officers and enlisted personnel, making it one of the largest operational aviation squadrons in the Navy.

airlift were, some did not abstain from pilfering that rarest commodity. Those running the airlift limited the theft by only sending right shoes on one day and only left shoes on other days. The fog returned in February but did not last. Spring was on its way. The worst was over.

As spring set in, the British and the American Air Forces set larger and larger goals. The best of these was the “Easter Parade.” 12,940 tons of coal were flown on 1,398 flights in a twenty-four hour period. Morale improved as flying time increased and friendly competition was encouraged. One base newspaper ran a cartoon with an efficiency expert telling two base commanders that the other was outperforming him.

The Soviets finally admitted defeat and negotiations were held, agreeing to end the land blockade one minute after midnight May 12, 1949. The Soviets had not only lost in keeping the free countries out of West Berlin, they had

also paid a large economic price. More than that, it was this event that painted for most what each side stood for during the remainder of the Cold War. If there was any doubt before, everyone knew who were the good guys and who were the bad. In fact, supplies continued to be flown, as well as trucked, into West Berlin. It was clear that the Soviet Union could not be trusted.

In the end, 2.4 million tons of supplies had been transported by air into West Berlin at the cost of 79 dead, 31 of whom were Americans.

Next week, find out about Tinker Air Force Base’s contribution to the Berlin Airlift.

Sources include *The Air Force History Support Office*, *History.com*, “*The Air Force Can Deliver Anything*” by Daniel Harrington, “*The Berlin Candy Bomber*” by Gail Halvorsen, *The Office of the Historian Department of State*, *The Berlin Airlift Historical Society*

# Can You Spare Some Leave?

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*Courtesy photo*

The artwork above was painted by Senior Master Sgt. Darby Perrin of the 507th Air Refueling Wing in honor of Tinker's 75th anniversary. Lithographs of the commemorative painting, which features images representing both Tinker's and Oklahoma's heritage, are available at the Airman and Family Readiness Center. All proceeds from the sale of the lithographs will go to the Tinker Family Readiness Fund.

## Depicting 75 years of Tinker history in paint

**April McDonald**  
72nd Air Base Wing Public Affairs

When it came time to find someone to put years of Tinker history on canvas, the 75th Anniversary committee turned to a Tinker Airman to paint the base's story.

Senior Master Sgt. Darby Perrin is an Air Force artist who serves in the 507th Air Refueling Wing.

Though the time frame to finish the painting for its unveiling at the Tinker and Community Dining Out in April was significantly shorter than he typically likes, Perrin said he was excited for the opportunity.

"It was an honor to be asked, by name, to be part of history," he said.

Base leadership had a clear vision in mind of



elements they wanted incorporated into the painting. Highlighting the total force concept was at the top of the list. Perrin said it was important to use actual Tinker Airmen, Sailors and civilians as models for the painting, so several base personnel members were brought in to be photographed. Look closely, you may recognize someone you know. "If you can tell who they are, I've done my job right," Perrin said.

Behind the people is the Oklahoma City skyline, which signifies the partnership between Tinker Air Force Base and Oklahoma City.

Another important element was the Native American heritage, stemming from Gen. Clarence Tinker's Osage Nation roots. The likenesses of General Tinker and an Osage warrior appear on

opposite sides of the painting.

The painting's bright blue Oklahoma sky is filled with aircraft that represents Tinker's impact to national security. The aircraft include the LB-30, B-24, P-47, B-29 (back), C-47 (front), F-4, B-1, B-52D, KC-135A, E-3, KC-46 and E-6.

This painting could not have been realized without the support provided from the Tinker Heritage Foundation. The Tinker Heritage Foundation provided a generous donation to fund the painting and has been a huge supporter of Tinker Air Force Base, most recently providing support in the renovation of the Tinker Club's Heritage Room.

Signed and numbered lithographs are available for \$40 at the Airman and Family Readiness Center in Bldg. 6001. The A&FRC can be reached at 739-2747. All proceeds will go to the Tinker Family Readiness Fund, which is a 501(3)c that provides direct support to the local military community.



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# Construction Zone

## CURRENT TRAFFIC ADVISORIES:

**Road Closure:** “H” Ave. between south parking entrance to Bldg. 477 & Sentry Rd. through May 26 at 5 p.m. for contractor to trench across “H” Ave to install new sanitary line.

**Road/Lane Closure: Revised** Arnold Ave from “A” to “F” in 7 Phases - Phase 1 until June 7 at 4 p.m., Phase 2 on June 7 from 6 a.m. until July 22 at 4 p.m., Phase 3 on July 22 from 6 a.m. until Sept. 2 at 4 p.m., Phase 4 on Sept. 2 from 6 a.m. until Nov. 2 at 4 p.m., Phase 5 on Nov. 2 from 6 a.m. until Jan. 2 at 4 p.m., Phase 6 on Jan. 2 from 6 a.m. until Jan. 23 at 4 p.m., Phase 7 on Jan. 23 2018 from 6 a.m. until Feb. 7 at 4 p.m. for contractor to perform a full depth repair and replacement of roadway in 7 Phases. Detours will be posted during each phase.

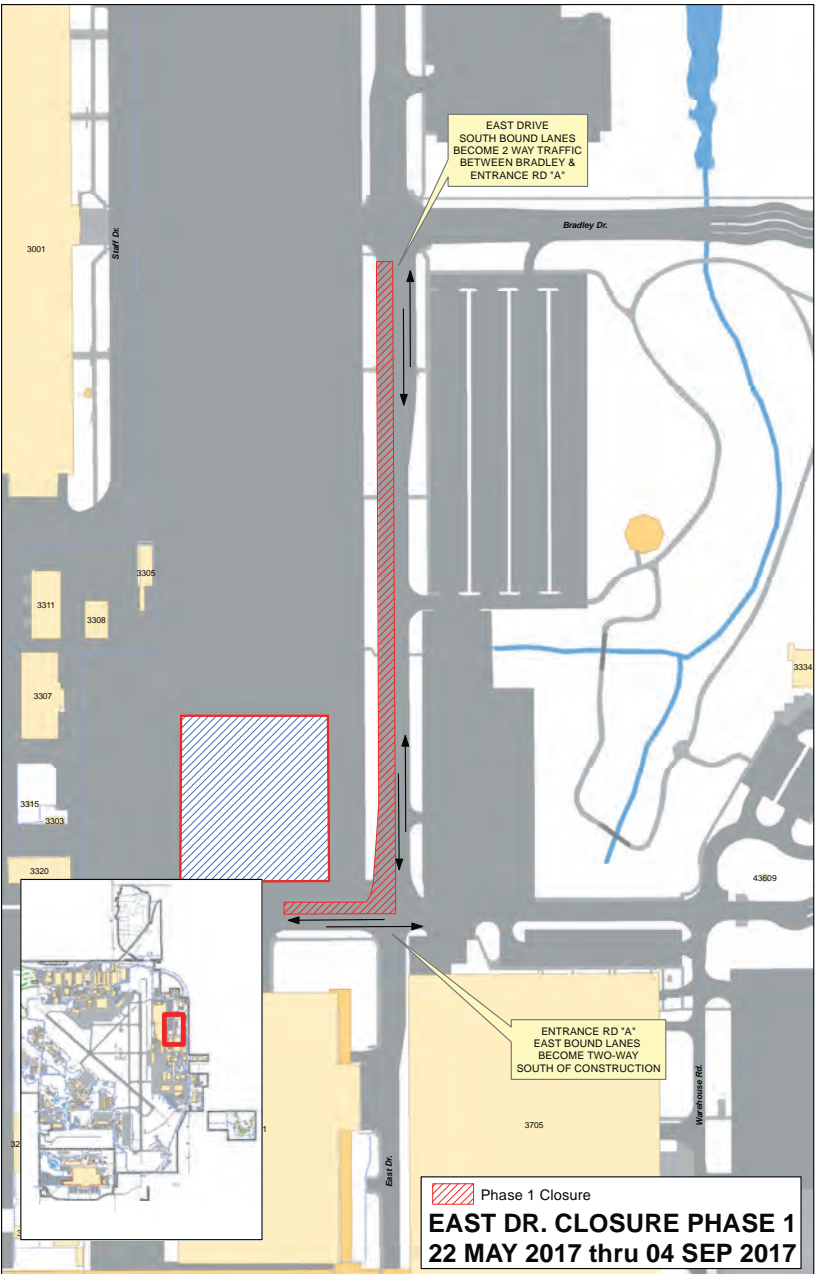
**Bridge Closure:** Bridge on Cook Ave. between Rawlings Ave. and Mitchell Ave. was revised to be closed May 22 at 7 a.m. until Sept. 15 at 5 p.m. to allow repair of the concrete spillway at the bridge.

**Lane/Road Closure:** East Dr. from

Bradley to Turbine Dr. to be done in 3 Phases. **Phase 1** on May 22 from 6 a.m. to Sept. 4 at 6 a.m. (Phase 1 will include a lane closure for the west half of East Dr. between Bradley & Entrance Rd. “A” and northwest corner of intersection.) **Phase 2** on Sept. 4 from 6 a.m. to Jan. 18, 2018 at 6 a.m. (Phase 2 will include a lane closure for east half of East Dr. between Bradley & Entrance Rd. “A” and northeast corner of intersection. Two-way traffic will be maintained through Phases 1 & 2.) **Phase 3** on Jan. 18 from 6 a.m. to March 18 at 6 a.m. (Phase 3 will include a road closure of East Dr. between Entrance Rd. “A” and Turbine & south half of intersection - There will be a detour around Bldg. 3705 during Phase 3 to allow the contractor to perform a full depth repair and replacement of roadway in 3 phases.

## CONFIRMED UTILITY OUTAGES

**Electrical Outage:** Bldg. 825 postponed to Aug. 13 from 8 a.m. to 5 p.m. for contractor to tie-in E4 duct bank to existing manhole.



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Air Force photos by Kelly White

Karen Dubbe, a cashier at Cafe 3001, assembles a colorful salad for her lunch. The tongs for each food item on the salad bar have either a green, yellow or red handle, based off the “Look for the Leaf” concept for nutrition awareness, allowing the customers to be knowledgeable about healthy food selections.

## Aramark serves up calorie labeling

**John Parker**  
Staff Writer

Diners at Aramark restaurant and concession facilities now have easier and expanded ways to find calorie and nutrition information about the hundreds of food and beverage items for sale every day across base.

Wendi Knowles, a registered dietitian and Nutrition Program manager with Health Promotion Services, said she is excited about the nutrition information improvements that began this month. They complement Aramark’s longstanding Health for Life awareness initiative and the company’s existing focus on labeling and highlighting healthier food options.

“They’re just upping the game with what they’re doing,” Knowles said. “This is significant that they’re putting calorie counts on everything for full disclosure so you can make your best choices.”

One of the most notable changes for customers is calorie information stickers on nearly every product sold in Aramark operations, which include the premier Café 3001 in Bldg. 3001, food trucks and staffed and self-serve C-Stores.

A kitchen-prepared parfait in a

clear plastic container, for example, now labels its calories along with the price. Café 3001 beverage dispensing machines have signage listing the calorie totals for an 8-ounce, 16-ounce or 32-ounce serving. The cafeteria now features calorie totals on their overhead menu screens.

The expanded information joins Aramark’s existing nutrition awareness efforts such as “Look for the Leaf.” The leaf symbols on menus, signs and screens are colored green, yellow and red to indicate healthier to less healthy choices, respectively.

The changes are designed to empower health-conscious eaters, not to discourage customer choices, said Chef Joe Hackett, Aramark’s chef manager. Fan favorites such as pizza and fried items will still be part of daily menus.

“We’ve designed our menus and lines, for example, to have a fish fry line every third Friday and a scheduled baked potato line,” he said. “Options are built in that if a person wants to eat healthy, they can. We have baked wings, we have sautéed zucchini in these lines and baked fish, as well.”

The information improvements follow a U.S. Food and Drug Administration requirement this month for large restaurant/food

operations to add calorie totals to prepared foods and menus. The implementation deadline was May 5, but the FDA recently delayed the deadline until next year. Many of the affected chains are going ahead with the change anyway.

Customers are also encouraged to come to Aramark’s main business office, located behind Java City in Café 3001, for more detailed nutrition information, such as fat grams, said Carrie Oehlerich, lead office assistant in Business Services. The office number is 734-3161.

The website [Aramarkcafe.com/tinkerafb](http://Aramarkcafe.com/tinkerafb) also contains more nutrition details on entrees and other food items offered on base, in addition to daily and weekly menus, site locations and hours of operation.

Hackett said the requirement dovetails well with Aramark’s commitment to expand its health-conscious fare.

“Our company wants 20 percent of our offerings to be heart healthy by 2020, which is a huge undertaking,” he said. One new item along that line is a breaded chicken sandwich that is baked, not fried, for a tasty meal with fewer calories, he said.

See **Labeling** page 4a.



Air Force photo by John Parker

The 552nd Air Control Wing Canadian Detachment team lines up with the CAN/US Cup after defeating the Americans 5-1 in the ninth annual match-up at the Blazers Ice Centre in Oklahoma City on May 12. The series record is now 6-3, Americans.

# Canadians reclaim cup in 5-1 romp

**John Parker**  
*Staff Writer*

The Canadian Flyers launched an offensive blitz in the last period to deliver a lopsided rout of the Americans last Friday.

With the 5-1 win, the 552nd Air Control Wing Canadian Detachment earned custody of the CAN/US Cup and full bragging rights for the next year at their new headquarters in Bldg. 255.

Family members and fans crowded the ninth annual cup at the Blazers Ice Centre in Oklahoma City. The

American Stars struck first as Steven returned an assist from behind the goal into the net with 6:50 left in the first period.

The Canadians responded at nine minutes into second period when Dennis wrestled the puck from a defender near center ice, broke away to the goal and slammed it past the goaltender.

The slow scoring pace of one goal a period ended abruptly in the last period as the Flyers pasted on four unanswered points.

Broden broke the ice on the scoring spree, followed by Matthew, Andrew and Don, the CanDet commanding officer. Canadian team goalie Tim earned his squad's MVP award for stopping a barrage

of U.S. shots on goal. Goalie Stephen was the U.S. MVP.

The series overall record is now 6-3, with the Americans leading in wins. The annual match-up is a fundraiser for the 552nd Air Control Wing Airman's Fund, which aids Airmen and families in financial emergencies and other needs.

"It was a good game," American player/coach David said. "It's always fun to get out there and play against our friends from the North. We didn't have our best showing and the Canadians definitely brought their 'A' game.

I hope they enjoy the cup this year because we are coming after it next year."

## Sports Shorts

### Football championship Tuesday

The Spring Flag Football League season 11 final playoff games are scheduled for Tuesday at the athletic field north of the dorms.

Two semi-final games are scheduled to start at 5:30 p.m. and 6:30 p.m. The title game is set for 7:45 p.m.

As of last week, Reserve Gold and 72nd Security Forces Squadron held the regular season's best records at 8-0 and 7-1, respectively.

### Golf lessons available

Want to improve your golf game? Sign up for the Get Golf Ready Clinic at the Tinker Golf Club. The clinic began this week, but will run through June 15. Sessions will be held every Thursday evening from 5:30 to 7 p.m. The cost is \$99, or for \$300 you receive a set of clubs to keep. Call the Pro Shop at 734-2909 to sign up.



# Reserve Gold shuts out Supply Chain, 22-0

Jillian Coleman  
Staff Writer

In the last week of regular season play the football league's undefeated Reservists remained untouched, outscoring 423rd Supply Chain, 22-0.

With the first possession of the game, SCMS had a small series of complete passes and marginal yard gain in their running game. To no avail, they turned the ball over, setting Gold up for their first touches of the match. Three consecutive plays led the Reservists to significant movement down the field, including a 17-yard completed pass from quarterback Jeffrey Infrere. Heading in to the second quarter, Gold was sitting pretty at third and goal. Minutes later they scored their first touchdown of the game, capped

with a successful two-point conversion.

SCMS gave it another go, with two failed attempts to hike the ball, resulting in back-to-back dead balls. Though they completed a pass on third down, Supply Chain didn't gain enough yardage for a first down, and were forced to punt. The Reservists nearly turned the ball back over immediately, with an interception opportunity gliding straight through the hands of the opponent. Gold redeemed themselves with a complete pass spanning close to the length of the field. Refs threw a flag, threatening another chance to put points on the board. Not stopping the victors, Gold's Infrere hailed a 12-yard pass to the end zone. Another two-point conversion put the deficit at 16 at the half.

After a rough first half of play, Supply Chain had a series of small runs and short passes. With strong winds serving as a deterring factor, those types of plays seemed to work to the Suppliers' advantage. The Reservists defense however, was successful in keeping SCMS out of scoring territory.

In the final quarter, Gold sprinkled in a one-arm snag, a 14-yard completion and another spinoff resulting in a five-yard gain, giving the Reservists another first down. After a largely overthrown pass past the end zone, Infrere connected his third touchdown pass of the game. The pass sailed through three defenders who didn't match the height. An incomplete two-point conversion sealed the deal.

## FOOTBALL STANDINGS

(as of May 9)

	W	L
Reserve Gold	8	0
72nd SFS	7	1
Med Group	5	3
552nd AMXS	4	4
Reserve White	4	4
424th SCMS	3	5
552nd MXS	3	5
72nd CPTS	2	6
552nd MOF	0	8

### May 9 scores

Reserve Gold 22 – 424th SCMS 0  
Reserve White 20 – 552nd AMXS 6  
72nd SFS 17 – Med Group 0  
552nd MXS 1 – MOF 0 (forfeit)

## Hazards? Near misses? Saves?

# VPP

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# Spreading the benefit

## Gift cards boost commissary shopping

**Mike Perron,**  
*DeCA public affairs specialist*

FORT LEE, Va. — Buying gift cards is a great way to shop for friends, relatives, and co-workers or even as a donation toward a good cause. In theory, giving a gift card means there's no chance you're buying the wrong size, color or worst of all, an unwanted item that ends up gathering dust on a closet shelf.

Case in point: the commissary gift card.

Available in-store to eligible shoppers and online for everyone else, commissary gift cards are a great way to say thanks to military service members, with the knowledge that both you and they are getting the most out of every dollar spent through the commissary's low prices. That's probably why they've become such a popular gift since their introduction just under six years ago.

"Giving the gift of groceries through commissary gift cards continues to grow as people show their support for our military service members and their families," said Bob Bunch, the Defense Commissary Agency's gift card

program manager. "More than three quarters of a million cards have been sold, worth more than \$26 million."

And according to Bunch, unlike some retailers' gift cards, the commissary card enjoys an unusually high rate of redemption: more than 91 percent of all cards sold have been fully redeemed.

Here are some commissary gift card quick facts:

- Gift cards are available at all

commissaries worldwide — on a rack at full service, front-end registers — as well as at the commissaries.com website. Just use the "Place your order" button on the gift cards page.

- Cards are good for five years from the date of purchase.
- Only gift cards purchased online incur a shipping and handling fee. There are no fees when the card is purchased in a store.



- There is no limit to the number of gift cards that a purchaser can buy. However, DECA officials recommend organizations and activities consider purchasing their cards online if they plan to buy more than 50 at a time.
- The cards can be sent anywhere in the United States. However, cards can only be shipped to APO, FPO or DPO addresses outside the United States.
- To check card balances, use the "Check Your Balance" button on the gift cards page.
- For customer service questions, call 877-988-4438, which is also found on the back of the gift card. Customers can also use this number to check the balance on their card.

According to Chief Master Sgt. Stuart Allison, DECA's Senior Enlisted Advisor, the gift cards are appreciated by commissary shoppers for just about any occasion. "Commissary gift cards are a wonderful way for anyone to show appreciation and concern for a military member — whether for the holidays or any other time of year."

## Labeling

continued from page 1a

Hackett encourages people to try health-conscious options that they may not be familiar with, such as a recent batch of roasted beets. With Aramark's guarantee, there's no downside, he said.

"This is a transition for everybody, not just us, but also for our customers," he said. "We still stand behind food with a 100 percent satisfaction policy. If they take the risk to try something new, they may love it. They may not. But if they don't like it, we're going to take it back, give them something else, or make up for that."

"It's like, 'Try it.' What are you going to lose, except some weight?"



*Air Force photo by Kelly White*

Aramark's Cafe 3001 in Bldg. 3001 has recently added labels to grab-and-go items with calorie and nutritional information to help customers make healthier food selections if they choose.

## Exchange News

### • Exchange Patriot Pet contest puts \$3,000 in gift cards up for grabs

Army & Air Force Exchange Service shoppers have the chance to get their paws on \$3,000 in Exchange gift cards during the Patriot Pet photo contest.

From May 19 to June 1, Exchange shoppers worldwide can submit a cute, creative photo of their pet at [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes). One grand prize winner will receive a \$1,000 Exchange gift card. Two second place winners will receive a \$500 gift card, and four third place winners will receive a \$250 Exchange gift card.

"Owners of pets of all kinds are invited to showcase their furry, feathered and even scaly friends," said Air Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted advisor. "Who knows, your pet may fetch you the shopping spree of a lifetime."

Authorized shoppers 18 and up may enter the Patriot Pet Photo contest at [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes). No purchase is necessary to enter or win. Winners will be drawn on or about June 9.

### • Exchange offers shoppers chance to win a Yeti cooler, tumbler combo

The Army & Air Force Exchange Service will give Exchange shoppers the chance to party like a Yeti and win \$7,500 in prizes during the Memorial Day Pepsi & Tostitos Sweepstakes.

Through June 2, Exchange shoppers in the continental United States will have the chance to win one of 25 Yeti Roadie cooler and 20-ounce tumbler combos. Shoppers outside of the continental United States can enter to win a \$300 gift card.

"This sweepstakes will make for 25 very happy campers," said Air Force Chief Master Sgt. Luis

Reyes, the Exchange's senior enlisted advisor. "Enter today-your summer adventure is just beginning."

Authorized shoppers 18 and up may enter the Memorial Day Pepsi & Tostitos Sweepstakes at [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes). No purchase is necessary to enter or win. Winners will be drawn on or about June 9.

### • Shop my Exchange sweepstakes

Effective June 1-30, Exchange customers have the opportunity to enter the M&M's World sweepstakes for a chance to win a trip for two to one of the M&M's Worlds. Enter via [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes)

Effective through June 30, Exchange customers have the opportunity to enter the Foster Grant Ironman 2017 sweepstakes for a chance to win a trip for 2 to Hawaii for the Iron Man competition. Enter via [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes)

### • Exchange mobile food truck schedule for May

**Mondays:** Skillet King and Food To Go at Exchange, Littlefeather Farms at Bldg. 1083, C'est Si Bon at Bldg. 3220, Love & Hope at Bldg. 3220 (except May 22)

**Tuesdays:** Skillet King, Food To Go and Littlefeather Farms at Exchange, C'est Si Bon at Bldg. 1083, Twister Dogs at Bldg. 3220, May 23 Blue Donkey Café at Bldg. 3220, May 30 Chef Ray's Street Eats at Bldg. 3220

**Wednesdays:** C'est Si Bon and Food To Go at Exchange, Twister Dogs at Bldg. 1083, Rolling Café at Bldg. 3220, Love & Hope Inc. at Bldg. 3220 (except May 24)

**Thursdays:** Smokey Ray's BBQ and Food To Go at Exchange, Rolling Café at Bldg. 1083, Littlefeather Farms at Bldg. 3220 (except May 25), May 25 Skillet King at Bldg. 3220, May 25 Little Feather at WR ANG, June 1 C'est Si Bon at WR ANG

**Fridays:** Smokey Ray's BBQ, Food To Go, Rolling Café at Exchange, Twister Dogs and Jamaican Thunder at Bldg. 3220

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# Tinker Calendar Recurring Events

Don't drink and drive



If you need  
a ride, call  
Airmen Against  
Drunk Driving  
at 820-4444

**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. Visit <https://org.eis.afmc.af.mil/sites/72MDG/BodPod/default.aspx> to schedule an appointment.

**Cardio Sculpt:** Every Tuesday, 4:15 to 5 p.m. This free

See more recurring events on page 7a.

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# Recurring Events continued from page 6a

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.

**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.

**Group Lifestyle Balance:** This lunch class is a 12-week group weight loss program that provides education, coaching, and encouragement to help you create behaviors for a healthier, active life. Classes are free, supportive, interactive, and fun! For more information, call 582-6541.

**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 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

*See more recurring events on page 8a.*

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# Recurring Events continued from page 7a

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

*See more recurring events on page 9a.*



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# Recurring Events

continued from page 8a

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 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 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 734-2111.

**Protestant Men of the Chapel** meet at 7 p.m. Wednesdays in the fellowship hall. For information, call 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.

**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, May 19

*Community*

#### **Cholesterol and Glucose Screening**

Bldg. 3001 LH Office (O73),  
7 a.m. to 11 a.m.

See description on page 6a-9a.

### Monday, May 22

*Community*

#### **Cholesterol and Glucose Screening**

Bldg. 3001 LH Office (O73),  
7 to 11 a.m.

See description on page 6a-9a.

#### **Tobacco Cessation Individual Consults**

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

See description on page 6a-9a.

#### **Active Parenting of Teens Class (6 of 6)**

72nd MDG, Family Advocacy  
office, 1:30 to 3:30 p.m.

See description on page 6a-9a.

### Tuesday, May 23

*Community*

#### **Cholesterol and Glucose Screening**

Bldg. 3001 DLA/DLR C/R  
Post X-95 West Mezz, 7:30  
a.m.

See description on page 6a-9a.

#### **Group Lifestyle Balance Lunch Class**

Tinker Wellness Center  
Bldg. 5922, 11 a.m. to 12 p.m.

See description on page 6a-9a.

### Wednesday, May 24

*Community*

#### **Cholesterol and Glucose Screening**

Bldg. 3001 LH Office (O73),  
7 a.m. to 5:30 p.m.

See description on page 6a-9a.

### Thursday, May 25

*Community*

#### **Cholesterol and Glucose Screening**

Bldg. 3001 LH Office (O73),  
7:30 to 10:30 a.m.

See description on page 6a-9a.

#### **Tobacco Cessation Individual Consults**

Tinker Wellness Center,  
Bldg. 5922, 7:30 to 9:30 a.m.

See description on page 6a-9a.

#### **Rhythm Kids/Play Group**

Tinker AFB Homes Balfour  
Beatty Community Center,  
10 a.m.

See description on page 6a-9a.

#### **Group Lifestyle Balance Evening Class**

Tinker Wellness Center  
Bldg. 5922, 5 to 6 p.m.

See description on page 6a-9a.

### Tuesday, May 30

*Community*

#### **Cholesterol and Glucose Screening**

Bldg. 3001 LH Office (O73),  
7:30 to 10:30 a.m.

See description on page 6a-9a.

#### **Group Lifestyle Balance Lunch Class**

Tinker Wellness Center  
Bldg. 5922, 11 a.m. to 12 p.m.

See description on page 6a-9a.

### Wednesday, May 31

*Community*

#### **Cholesterol and Glucose Screening**

Bldg. 3001 LH Office (O73),  
7 a.m. to 5:30 p.m.

See description on page 6a-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 6a-9a.

#### **Group Lifestyle Balance Evening Class**

Tinker Wellness Center  
Bldg. 5922, 5 to 6 p.m.

See description on page 6a-9a.

### Monday, June 5

*Community*

#### **Tobacco Cessation Individual Consults**

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

See description on page 6a-9a.

### Tuesday, June 6

*Community*

#### **Group Lifestyle Balance Lunch Class**

Tinker Wellness Center  
Bldg. 5922, 11 a.m. to 12 p.m.

See description on page 6a-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 6a-9a.

#### **Group Lifestyle Balance Evening Class**

Tinker Wellness Center  
Bldg. 5922, 5 to 6 p.m.

See description on page 6a-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 6a-9a.

*See more events page 2b.*

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Summerfield Place  
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