



TINKER

# TAKE OFF

Vol. 75, No. 30

Tinker Air Force Base, Okla.

Friday, July 28, 2017

## Lancer Gate

will be closed July 29  
8 a.m. – 12 p.m.  
Liberator Gate 21  
will be open instead.

## Tinker Gate 1

will be closed July 30  
8 a.m. – 12 p.m.  
Eaker Gate 2  
will be open instead.

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Air Force photo by Kelly White

Brig. Gen. Andrea Tullos, director of Security Forces, deputy chief of staff for Logistics, Engineering and Force Protection, Headquarters U.S. Air Force, Washington, D.C., visited with members of the 72nd Security Forces Squadron at the Tinker Auditorium July 11. As the Air Force's Top Cop, Gen. Tullos briefed the room on upcoming training policies, procedures and manpower as well as the Air Force chief of staff's initiative to revitalize squadrons.

## Top Cop visits 72nd Security Forces

Jillian Coleman  
Staff Writer

The director of Security Forces Brig. Gen. Andrea Tullos engaged with the 72nd Security Forces Squadron during her two-day tour at Tinker Air Force Base, July 10-11.

Primarily, General Tullos briefed the defenders on the latest news from the Pentagon as well as praised them for their unparalleled professionalism and skill sets.

She covered hot topics from training and equipment to manpower and statistics.

Healthier than where security forces has been since pre-9/11, the number of Active Duty cops sits at 25,000. With approximately 96 percent of Airmen coming through the schoolhouse, the goal is to be fully funded, including all authorizations, by the end of 2018. Expansion of the Air Force, via Congress, will allow more Airmen through the pipeline, reaching an ultimate goal of

100 percent.

The general centered most of her presentation around the foundation of security forces training. Getting back to the basics, she emphasized the expectation of the schoolhouse producing Airmen that are fully capable and proficient in shooting, moving and communicating. Arriving at a base with foundational skill sets will

See Tullos page 9.

## Dutch commander advises Tinker logistics chapter

John Parker  
Staff Writer

International military cooperation is here to stay and despite the challenges is a source of strength for the goals of coalition partners, a Netherlands army officer and a NATO leader said at Tinker Air Force Base.

Dutch Maj. Gen. G.W. van Keulen spoke July 20 in the Oklahoma Room of Bldg. 3001 at the Logistics Officer Association Tinker Crossroads Chapter luncheon.

The director of operational readiness for the Netherlands Ministry of Defense spoke about the benefits and hurdles of multinational cooperation and his opinions

about how leadership could be improved.

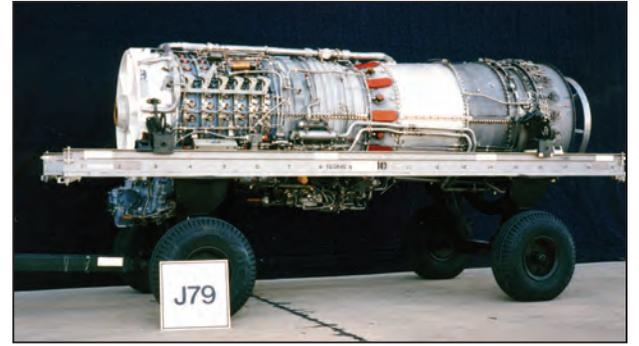
His coalition experience ranges from serving during the Cold War in a Leopard II main battle tank crew on the border of the former East and West Germanys to command as the combined joint logistics

See Dutch commander page 9.

# A page in HISTORY



## Tinker Air Force Base



*Courtesy photo*

General Electric J79 turbojet engine on a transport cart. The engine is over 17 feet long, almost three feet in diameter and weighs between 3,500-3,800 pounds. The front of the engine is on the left with the afterburner can (without nozzles) on the right.

## General Electric J79 turbojet engine

**Greg L. Davis**

*72nd Air Base Wing Public Affairs*

The General Electric J79 engine is a variable stator, axial flow turbojet with afterburner used to power multiple types of aircraft including, but not limited to, the F-4 Phantom II, F-104 Starfighter, Israeli Aircraft Industries Kfir, A-5 Vigilante and B-58 Hustler.

The J79 is an outgrowth of an earlier engine produced by GE, the J73. The J79 was designed to meet requirements issued by the United States military for a “high-thrust, low-weight, mechanically simple jet engine that could perform efficiently at Mach 0.9 cruise and Mach 2.0 combat speeds,” according to a fact sheet from the National Air and Space Smithsonian museum. The resulting engine was truly a dramatic advancement for the jet engine with the introduction of variable stator vanes in the compressor section, which lowered weight, reduced compressor stalls and worked well across the flight envelope.

The J79 first powered an aircraft in flight, a Douglas XF4D Skyray on loan from the Navy to General Electric as a testbed, in December 1955 at Edwards AFB, California. On Feb. 17, 1956, it powered a Lockheed YF-104 Starfighter aloft and within a month the YF-104 Starfighter had surpassed Mach 1, a significant milestone at the time.

Tinker had a long-term relationship with the J79 engine. According to historical documents, in Sept. 1955 the Oklahoma City Air Materiel Area, as it was then known, “becomes the specialized Air Materiel Area for J79 engine maintenance.” This association continued at steady work levels for 20 years until there was a major project called Project Have Horn which converted and overhauled 96 in-service J79s destined to support 48 F-4E Phantom II aircraft instead of purchasing new engines.

For the period of Sept. 19, 1975, through Aug. 12, 1981, J79 engine maintenance and workload was shifted to the San Antonio Air Logistics Center before being moved back to Tinker’s Oklahoma Air Logistics Center. The move back may have been precipitated by the fact that total management and

*See J79 turbojet page 4.*

**Manufacturer:** General Electric

**Engine type:** J79 turbojet

**Maximum thrust:** 17,900 pounds of thrust (with afterburner)

**In-service dates:** 1956-present

**Number produced:** 17,000+

**Tinker connection:** Program management, maintenance, repair and overhaul



*Photos courtesy Tinker History Office*

The Korean Armistice Agreement was signed on July 27, 1953, and was designed to “ensure a complete cessation of hostilities and of all acts of armed force in Korea until a final peaceful settlement is achieved.”

### Commentary:

## The end of the USAF’s first war – Korea July 27, 1953

**Howard E. Halvorsen**

*Air Force Sustainment Center Historian*

In 1947, the United States Air Force became an independent military service. In 1948, the USAF met their first challenge in the Cold War: the Berlin Airlift. When war broke out on the Korean peninsula at 4 a.m. on June 25, 1950, the Air Force was the deciding factor in the outcome of a war that did not end until July 27, 1953. The Far East Air Force destroyed the North Korean Air Force in the first weeks of the war. They obliterated strategic targets in the first months and conducted an effective interdiction campaign throughout the conflict. FEAF aircraft destroyed 34,000 vehicles, 276 locomotives, and 3,800 railroad cars. The interdiction campaign destroyed 70 percent of North Korea’s tanks, trucks, and artillery pieces

and inflicted nearly 50 percent of North Korean troop casualties. The Military Air Transport Service (MATS) used C-47s, C-54s, C-97s, C-119s, and C-124s to airlift 214,000 passengers and 80,000 tons of cargo to the combat area. MATS air-dropped another 15,000 tons of supplies and conducted 386,536 medical evacuations. The Air Rescue Service recovered 9,898 U.N. troops, with 996 saves in the combat zone. SAC B-29s flew 1,995 reconnaissance and 21,328 combat sorties to drop 167,000 tons of bombs on various targets. The USAF suffered 1,729 casualties. Just before the armistice, Capt. Ralph S. Parr Jr., USAF 335FIS (Chiefs)/4TFW, scored the last aerial victory of the Korean War by shooting down an Il-12, allegedly with a number of senior Soviet officers onboard.

*See Korea page 10.*



### This week in Tinker history

**July 25, 1943** - During the first Tinker Open House, 80,000 people take a tour of the facilities.

**July 29, 1946** - Oklahoma City Air Materiel Area receives its first jet engine, a J33-11 used for experimental work.

**July 25, 1956** - Oklahoma City sells \$685,000 in bonds voted in 1942 for a water line to Tinker. The sale had been postponed because of wartime worker and steel shortages.

**July 22, 1957** - The Guided Air Missile/GAM-77 is assigned to Tinker.

**July 27, 1961** - Operation of the Lake Tenkiller recreation area begins for Tinker employees.

**2017 Key events:** Sept. 16: Air Force Ball    Oct. 13: Capstone Event

# Cutting the ribbon for growth and progress

**Jillian Coleman**  
Staff Writer

Tinker's Veterinary Treatment Facility has been expanded, renovated and is fully functional—made official in a ribbon cutting ceremony July 17. After a significant increase in Military Working Dogs and the population of authorized patrons, the demand for a larger staff and facility became too strong to ignore.

The newly opened vet clinic, a joint partnership between the Air Force and the Army, has extended its capabilities to include anesthetic procedures, both surgery and dental, as well as placing catheters and monitors, all providing crucial support to the mission. With an increase in accessibility, the veterinary treatment facility consistently ranks in the top worldwide, serving 4,700 patients including dogs, cats, rabbits, hamsters and birds.

Primarily, the Veterinary Clinic provides medical care for the Military Working Dogs and other Department of Defense animals, Food Inspection Services and preventative medicine. Other services pertain to privately owned pets of service members and their families, with routine medical care, limited surgical services and treatment for animal-related services.

Air Force Sustainment Center Commander, Lt. Gen. Lee K. Levy II, recognized the importance of the partnership between the military teammates in attendance – the Army, Navy and the “multispecies” representatives, the Military Working Dogs.

“We recruit service members, but we retain families,” the general said. “Their quality of life extends to their pets and having the necessary – the best possible – resources to sustain that care is important. We have a world-class, top-notch team and we finally have a facility that matches that. It takes leadership, dedication and talent, and I commend everyone who had a hand in making this a reality.”

Representing the Army's role in the mix was commander of Public Health Activity at Fort Hood, Lt. Col. Sydney Cobb. He spoke of the significance and magnitude of the conglomerates and joint efforts behind the new treatment facility.

“Culminating the ribbon cutting ceremony represents an enduring partnership between the Air Force Sustainment Center and the Army Medical Department and veterinary facility,” the colonel expressed, “as well as the partnership with the Air Base Wing, Medical Group, Security Forces Squadron and the Tinker Air Force Base community.”

The partnership dates back to the existence of the U.S. Air Forces Veterinary Corps, until the Army established their veterinary mission on the installation. The original treatment facility was set up in a mobile home where the current Base Exchange is located.



Air Force photo by Kelly White

From left, 72nd Medical Support Squadron Commander Lt. Col. Jeffrey Fewell, 72nd Air Base Wing Commander Col. Kenyon Bell, Air Force Sustainment Center Commander Lt. Gen. Lee K. Levy II, Public Health Activity Commander at Ft. Hood Lt. Col. Sydney Cobb, and 72nd Medical Group Commander Col. Christopher Grussendorf cut the ceremonial ribbon at the newly remodeled Veterinary Treatment Facility on the south side of Tinker July 17. As a joint partnership between the U.S. Army Medical Department's Veterinary Corps and the Air Force Sustainment Center, 72nd Air Base Wing, 72nd Medical Group, 72nd Force Support Squadron and 72nd Security Forces Squadron, the clinic has increased its capabilities of care to further support Military Working Dogs as well as family pets for military members and retirees.

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See Vet page 8.

# CHANGE OF LEADERSHIP

## 948th Supply Chain Management Group

**Jillian Coleman**  
Staff Writer

As military custom, every couple of years brings a new wave of command. It is rare however, to have groups led by civilian leaders.

On July 14, the 948th Supply Chain Management Group's change of leadership ceremony was one of the few to feature civilian leaders. Ms. Lois Huizar assumed leadership of the 948th from Mr. Billy Mitchell.

As director for the 948th Supply Chain Management Group, Huizar's responsibilities include the management oversight of requirements planning, enterprise sourcing management and Foreign Military Sales. Directing a group that is geographically spread across three locations, the director manages workforce development, as well as strategic sourcing implementation for the 448th Supply Chain Management Wing.

Huizar joins the 948th from the 76th Commodities Maintenance Group where, as the deputy director, she was responsible for approximately 2,000 personnel and 20 major production facilities. Such facilities provide manufacture, repair, overhaul and testing of more than 175,000 aircraft and missile components annually. Prior to her assignment in CMXG, Huizar also served in various capacities within the 448th Supply Chain Management Wing including deputy director roles of the 557th Combat Sustainment Squadron, the 421st Supply Chain Management Squadron (propulsion) and the 848th Supply Chain Management Group.

"With her background and

knowledge, she will continue to drive great improvement in the execution of the AF supply chain," 448th Supply Chain Management Wing Director Frank Washburn said. Washburn went on to describe the new director as one whose passion is in developing people. "[Huizar] is committed to the development of people and creating that next bench of leaders," Washburn added. "We are very fortunate to have her leading the 948th and we are confident that she'll continue to successfully propel the group forward."

The new director acknowledged the honor and privilege that comes with leadership and thanked her superiors for the opportunity before addressing her new team.

"I am looking forward to continuing to build on the great work and getting acquainted with each of you," Huizar expressed. "I like to set the bar high and I believe people will rise to the occasion. I believe in forward momentum and collectively, I know we will achieve great things."

The outgoing commander celebrated his group's accomplishments as he passed the guidon to his successor. Noting everything from the tech orders and operations to enterprise metrics and asset availability, Mitchell stated that the 948th contributes world class supply chain support to the wing. A group that is constantly leading the way through innovation and acquisition, the planning and execution that spans geographically across three centers – all culturally vastly different – is steadfast and will undoubtedly continue to thrive under its new leader.



Air Force photo by Kelly White

448th Supply Chain Management Wing Director Frank Washburn passes the guidon of the 948th Supply Chain Management Group to the new group director Lois Huizar during a Change of Leadership Ceremony July 14. Master Sgt. Ryann Del Rosario served as guidon bearer during the formal ceremony. Ms. Huizar will be responsible for the management oversight of requirements planning, enterprise sourcing management and Foreign Military Sales, along with workforce development and strategic sourcing implementation for the 448th Supply Chain Management Wing.

## J79 turbojet

continued from page 2

engineering functions for the J79 engine program had been transferred from Air Force Systems Command at the beginning of fiscal year 1975.

Tinker ended full overhaul functions for the J79 engine on Feb. 20, 1992, when the last overhauled engine passed acceptance tests and was returned to

service. Repair service continued until 2003, with a total of 7,646 J79 engines repaired for U.S. and foreign military sales use.

The J79 served across the world in the most extreme conditions, from arctic cold to desert heat, in reliable fashion. While the engine was a thirsty beast capable of consuming massive amounts of jet fuel, the power it produced enabled the U.S. and its allies to send aircraft into the skies for decades and establish air-dominance across the battlefield. Aircraft powered

by the J79 engine are credited with more enemy kills than any other western jet fighter.

The J79 engine continues in service across the world with F-4 Phantom operators and legacy platforms still in service. Additionally, many J79 engines which cost over \$600,000 when purchased new can be bought as surplus for a fraction of the original price and have been used to power land-speed record vehicles and car/jet-trucks popular at air shows and drag strips across the nation.

### 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, keep straight at the stoplight down Air Depot. The Public Affairs office, Bldg. 7005, will be on the right. Enter the north door. Once inside the building, go straight down the hallway. The Tinker Take Off office is in Room 509 at the end of the hall, on the right.

**Deadlines:**

The deadline for newspaper submissions is Wednesdays at 4:30 p.m. for the next week's issue. Stories can be e-mailed to tinker.takeoff@us.af.mil.

**Advertising:**

Call 278-2820 for display ad information.

**Advertising deadlines:**

Display ads: Fridays at noon.

Classified ads: Classified ads must be turned in to the Journal Record by noon Wednesdays.

**Classified ads:**

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. 7005, Room 509. 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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# A new chief for the Air Base Wing

**Jillian Coleman**  
Staff Writer

The 72nd Air Base Wing welcomed its new Command Chief in May, Chief Master Sgt. Melissa Erb. A career defender, Chief Erb joins the ABW after nearly 26 years with Security Forces. Her 27-year mark in the Air Force will come in August.

Starting out from a small farming town in Wisconsin, the chief neared graduation unsure of the options ahead. Recognizing that the Air Force peaked her interest, she met with a recruiter and joined the delayed enlistment program. Watching her mother work as a nurse, Chief Erb thought the medical profession was the route for her, as well. Be as it may, life doesn't always go according to plan.

Graduation came and went, but with no open slots in the medical career field, the now-chief made the decision to move from delayed enlistment to general enlistment.

"Security Forces was an option for me, so that's where I ended up," Chief Erb explained. "I wasn't sure that was the right place for me. I was a shy kid, not very outgoing at all, but I learned very quickly that I would have to come out of my shell if I was going to survive in that career field."

Fast forward 26 years, and the shy, not very outgoing young Airman made a difficult decision to hand in her badge and beret. The upside, she says, is knowing

that the opportunity to reach and engage with a bigger amount of Airmen results in making a bigger positive impact.

After two and a half decades serving as a defender, the main task in the new role became understanding a different way to approach people. Joining a large civilian workforce, especially, Chief Erb recognized quickly that being very direct and abrasive was not going to be as effective. What was, however, going to be effective was something that she learned years ago, as that petite-framed female Airman. Proving to her counterparts that she was capable of doing the same job as well as they could, Chief Erb didn't ever doubt her own abilities. She earned their respect and refused to let gender, stature, personality traits and the like, hinder her from becoming a successful Airman.

"My attitude is that, if you tell me 'no' I'm going to prove to you otherwise, period. I'm going to figure out how to get to 'yes' — as long as it doesn't compromise my Airmen," the chief said. "Challenges to me are opportunities."

Though she thoroughly enjoyed the tremendous sense of pride and camaraderie that comes with being a Defender, the chief will channel that in a different capacity for the 72nd Air Base Wing. Emphasizing that learning that sense of pride has made a huge

See **Chief** page 10.



Air Force photo by Kelly White

Chief Master Sgt. Melissa Erb, command chief for the 72nd Air Base Wing, joins the ABW after nearly 26 years with Security Forces.

## 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](mailto: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

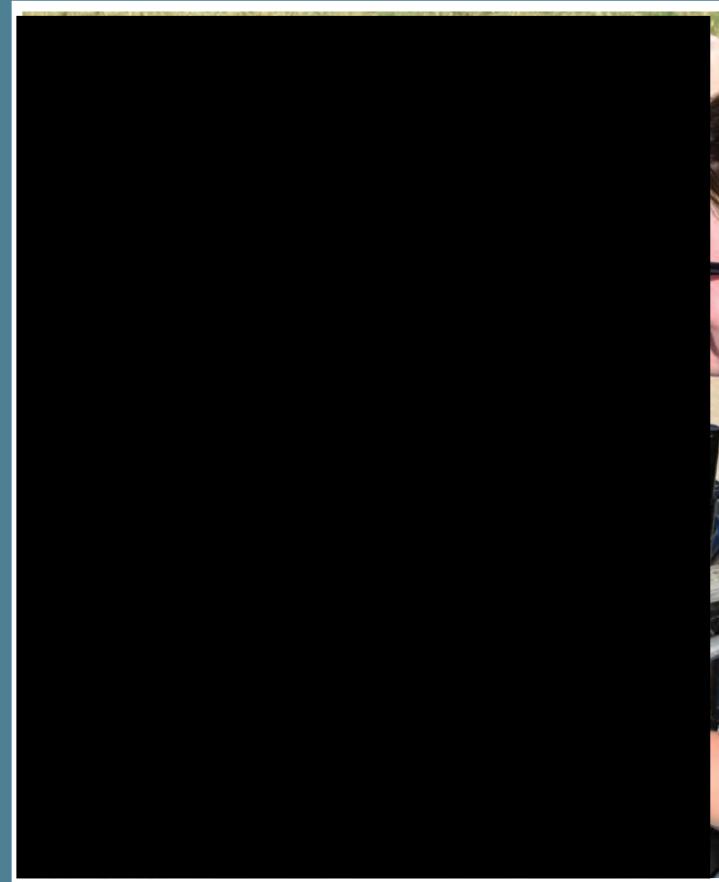
### Key Numbers

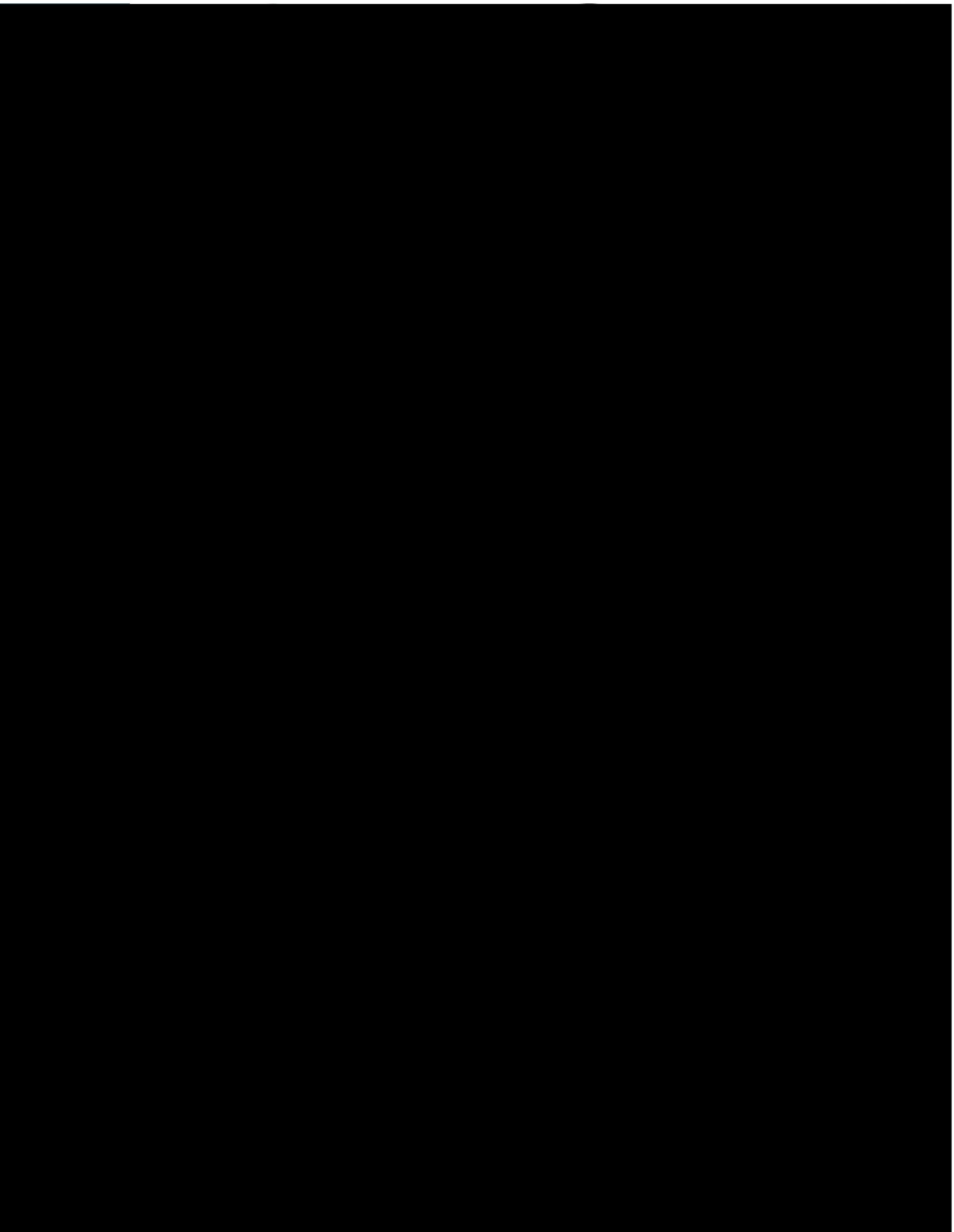
Base Legal Office.....	739-5811	IG Complaints (for appt.).....	739-2051
Base Safety Office.....	739-3511	Military Equal Opportunity.....	739-2104
Base Restaurants .....	734-3161	Military Pay .....	739-5768
Civil Engineering .....	734-3451	Public Affairs .....	739-2026
Civilian Personnel.....	739-3334	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

# WELCOME HOME 964TH AIRBORNE AIR CONTROL SQUADRON

*Air Force photos  
by Ron Mullan*

Approximately 160 members of the 964th Airborne Air Control Squadron returned to Tinker on July 19 after more than four months of deployment to Southwest Asia. Hundreds of family members, friends and squadron teammates were on hand to welcome them home.





# Retired Master Sgt. named volunteer of the year

**John Parker**  
Staff Writer

Serving customers at the Military Personnel Section DEERS/ID Office is not always easy duty for anyone working there.

During its busiest times, the Bldg. 1 office may fill up with military and civilian personnel who may have to wait more than an hour to obtain ID cards or get other business done. And, if a customer forgets to bring a required piece of paperwork? That's not good.

Retired Master Sgt. Leland Dickey volunteers to work there and has done so for about three years. He greets and signs in customers and answers questions and phones. He says it's interesting and rewarding work, with plenty to do.

"It's three hours per shift and by the time the end of the shift comes along you're pretty much ready to go because you've had maybe a hundred and fifty people come in," he said with a smile.

Master Sergeant Dickey was honored July 18 as the 2016 Tinker Air Force Base Military Retiree Activities



*Air Force photo by Kelly White*

Retired Master Sgt. Leland Dickey was honored July 18 as the 2016 Tinker Air Force Base Military Retiree Activities Office Volunteer of the Year. He has volunteered to work at the Military Personnel Section DEERS/ID Office for the past three years.

See **Retired** page 10.



*Air Force photos by Kelly White*

72nd Air Base Wing Commander Col. Kenyon Bell and Air Force Sustainment Center Commander Lt. Gen. Lee K. Levy II check out the surgery room in the new Veterinary Treatment Facility, where the clinic's CPR training dog provides a realistic interpretation of an actual surgery set-up. A ribbon cutting ceremony was held July 17 to officially open the new clinic, whose services are available to Active Duty, Reserve, Guard, retirees and dependents.



Air Force Sustainment Center Commander Lt. Gen. Lee K. Levy II gave remarks and expressed his thanks and appreciation for the continued partnership between the U.S. Army Medical Department's Veterinary Services and Tinker Air Force Base during a ribbon cutting ceremony for the newly remodeled Veterinary Treatment Facility July 17. The vet clinic has extended its capabilities of care to be able to perform anesthetic procedures as well as placing catheters and monitors. The clinic provides care for Military Working Dogs as well as family pets for Active Duty, Reserve, Guard, retirees and dependents.

## Vet

continued from page 3

In 1999, the Army Veterinary Command teamed up with the 72nd Medical Group and the

72nd Force Support Squadron to build a new and improved facility that offered greater capabilities. Though there was an increase in treatment, there was significant limitation in who was provided care. Accessibility didn't fully expand until the mid-2000s, when the clinic began authorizing the practice of radiographs and surgical services.

Shortly thereafter, when the demand for privately owned animal care became so robust due to deployments and frequent activation, the veterinary services became available to Active Duty, Reserve, Guard, retirees and dependents.

For questions or more information about the Veterinary Treatment Facility contact 734-5780.



*Air Force photo by Kelly White*

Dutch Maj. Gen. G.W. van Keulen spoke July 20 in the Oklahoma Room of Bldg. 3001 at the Logistics Officer Association Tinker Crossroads Chapter luncheon.

## Dutch commander

continued from page 1

officer for the NATO-led International Security Assistance Force—Afghanistan.

At its height, ISAF-Afghanistan included more than 130,000 personnel with troops from 51 NATO and partner nations, according to NATO. Van Keulen also served with coalition forces in Bosnia.

A typical Dutch lieutenant currently serving in Afghanistan may be plunged into situations in which he or she may be guarded at a camp by Slovaks, mentored by Australian and French trainers, escorted by Afghan police on missions — all a reflection of how multinational partners integrate with each other, the general said.

“That’s the reality for our junior leadership,” van Keulen said. “Therefore, it’s important we realize this because you and I have the obligation to ensure that our personnel are prepared for this type of cooperation. And this must be done during their training and education.”

Coalition military forces today are more likely to be asked to support civilian functions such as re-establishing courts, banking systems, power generation and other civil society basics in nations recovering from conflict.

“This means that commanders in the field will have to mobilize all the cultural and intellectual skills of their personnel in order to resolve these

complex issues,” van Keulen said. “If those skills are supplied by military and civilian personnel from different countries, and therefore different cultures, they are bound to be better suited for their job than the skills of a purely national military staff.”

International cooperation also needs new types of leaders, the general said, who have more education in different languages and their subtleties and knowledge of cultural differences to overcome misunderstandings. The word “redeployment,” for example, has different meanings for American and European commanders within NATO and can lead to the wrong understanding on both sides.

Coalitions also depend on each partner contributing quality personnel and a willingness to share risks equally, he said. “You have to be able and to be willing to fight shoulder to shoulder and to suffer together,” the general said.

The general said all nations, including the United States, would benefit from more varied cultural awareness education about coalition partners and host nations. United States personnel share a common cultural trait.

“The attitude of the U.S. military is enormous,” van Keulen said. “Their will to work and to perform is immense.

“I hope I’ve made clear that I don’t see working in a coalition as a ‘necessary evil,’” van Keulen said. “There’s a tremendous source of strength and military power where we have to tap in. This will not only make the commanders better commanders, or staff officers better staff officers, but at the end you will be a better person. What I briefed you today is not official, but my honest true and professional judgment based on my experiences.”

## Tullos

continued from page 1

strengthen the effectiveness of more advanced training and resources when the squadrons are not relied upon for teaching the basics.

Aside from fundamentally equipping the defenders from the get-go, the general pushed the need to improve day-to-day training on installations. Offering that many tasks are better suited with hands-on approaches, General Tullos encouraged supervisors to better immerse themselves in training.

“Don’t conduct all of your training in a classroom setting,” she said. “Rather, get out with your flights and get on the line. Don’t press the ‘easy’ button and flip through PowerPoint slides – it is less effective.”

Throughout the 72nd Security Forces Squadron all-call, where the general addressed the base theater full of defenders, she stressed the importance for positive and intrusive leadership, both through professional and personal relationships.

“Take the time to get to know your Airmen. Invest in them as your leadership has invested in you. Sit down with them and give them that candid feedback to help them improve.”

Additionally General Tullos touched on the importance of Regional Training Centers and going back to the three to six month training before she addressed her concerns, as a whole, to the 72nd Security Forces Squadron. Most prominent on that list was the detection capabilities.

“We need to get you better technology and even better mobility,” she said. “We have the technology but we need to get it all to you.”

The top cop also spoke to her room full of defenders about the essentiality of strength in versatility. Referencing the force to have a large number of non-commissioned officers with a narrow scope of station experience, General Tullos expressed the need in doing a better job of broadening that adaptability and usefulness. In creating more holes and opportunities for change, the general hoped her defenders would consider stirring the pot a little.

“If you’ve been on base for six-plus years, consider a change,” she offered. “Consider going to nuclear enterprise if you’ve never been, consider your overseas assignment, consider how expanding that versatility in your career can be beneficial.”

In closing, the top cop echoed sentiments of positive impressions from leadership after answering some questions from the defenders. She assured the squadron of the trust the Air Force instills and maintains with its defenders.

Expressing the pride in the 72nd Security Forces Squadron, General Tullos relayed praises from Air Force Sustainment Center Commander Lt. Gen. Lee K. Levy II and Oklahoma City Air Logistics Complex Commander Brig. Gen. Tom Miller.

“In trying to capture what they’re impressed with, it’s a multitude of things,” Tullos said. “It’s the professionalism and engagement with them, as well as dismount patrol. They’re impressed with the patrols, seeing the high level of training with K9s and the gate guards who stand tall and welcome thousands onto this installation every day.” She continued her theme of honing in on the little things, on the basics, saying how it largely demonstrates the full capabilities of the security forces and allows ease and confidence in handling any task – big or small.

Tullos is the focal point for ensuring the physical security of Air Force nuclear assets as well as planning and programming for more than 38,000 Active Duty and Reserve component security forces at locations across the globe. The director of Security Forces provides policy and oversight for protecting Air Force resources from terrorism, criminal acts, sabotage and acts of war. As the top cop, General Tullos ensures that defenders are trained, equipped and prepared to support contingency and exercise plans.

# Korea

continued from page 2

The Korean War was America's first intentionally limited war, a "police action," whereas traditionally Americans viewed the wars in which they fought as a moral crusade. It was our first political war. It was a war, despite a CIA report predicting an invasion in June, we did not foresee and were entirely unprepared to fight. In March of 1949, General Douglas MacArthur, commander of U.S. Far East Command, stated that the Korean peninsula was outside the United States' sphere of influence. Secretary of State Dean Acheson echoed this in a speech on Jan. 12, 1950, to the National Press Club. We had withdrawn nearly all of our troops after WWII. Certainly the communists in North Korea, China, and in the Soviet Union could not think we would fight for such a desolate place. It was a central tenet of American foreign policy that we would never fight a land war in Asia. Instead, when the North Korean Army, the Immun Gun, crashed over the border on that rainy morning, the Cold War became a bit warmer.

The Korean War was one with many firsts. It was the first war in which the



Photos courtesy Tinker History Office

A soldier in the Korean War who will live, thanks to the advent of aeromedical rescue.

United Nations played a role. China and, to a lesser extent, the Soviet Union, fought on the side of North Korea while 16 countries sent troops against the communist hordes, with 41 sending

equipment. The Soviet contribution to the communist North was not only in top of the line equipment, but with 150 MiG-15 planes and pilots, all wearing Chinese uniforms with planes painted in Chinese colors, as soon as China entered the fighting. The United States sent about 90 percent of the troops in this first war with battles between jet aircraft. It was the first war with the widespread use of napalm, which contributed to the fact that the communists shot down fliers on sight. Thus, it was also the birth of combat search and rescue of pilots – as you read in the Tinker Take Off on July 21, 2017. The Air Force was the great force multiplier that kept tyranny from marching over the Korean peninsula. The U.S. lost a total of 36,574 lives in theater, with 103,284 wounded. 7,800 troops remain missing. It may surprise you that the war never ended. The armistice, which took two years to complete, ended the fighting but not the war. To this day, North Korea reports digging up bombs dropped on them during the war.

Just as events in Europe changed minds in relation to the rearmament

and rebuilding of Germany, a recent WWII foe, so did the Korean War in regards to Japan. It was ironic that, five years after ending Japan's ambition for a Greater East Asian Co-Prosperity Sphere, it became U.S. policy to help re-establish that very sphere for the war effort. We created a future economic rival in Japan for political and strategic Cold War reasons. The Korean War brought a global focus to the Cold War, previously thought of in terms of Europe only. In keeping the war regional and limited in focus, the Soviet Union and United States were learning how to manage states of crises in ways to prevent more devastating conflicts. The Cold War, as a system of international control, was becoming an institution. It was wisdom painfully won during the Air Force's first war.

Sources include: *AF.mil*, *The Cold War* by Martin Walker, *This Kind of War* by T.R. Fehrenbach, and "64 years after Korean War, North still digging up bombs" by Eric Talmadge AP published in the *Oklahoman* July 25, 2017.



Gen. Douglas MacArthur observes the Inchon landing.

## Chief

continued from page 5

difference for her and who she has become, Chief Erb described it as a way of life, not just a job.

"I don't wear the stripes for me. It's about taking care of the Airmen's needs and figuring out where they are. It all makes a difference in the end."

Chief Erb joins the Air Base Wing from Kirtland Air Force Base in New Mexico. Having never been to Tinker, the chief is excited to absorb as much as she can, through immersions and other avenues, in order to tackle the big issues. Opening her aperture to the mission of Tinker because of its diversity, the chief looks forward to what can be done better, faster and more cost effective. With two months under her belt, she's well on her way to turning this new opportunity into a solid, life-changing chapter of her Air Force career.

## Retired

continued from page 8

Office Volunteer of the Year.

Col. Kenyon Bell, 72nd Air Base Wing commander, thanked Dickey for his dedicated service.

"It is a tremendous honor for me to be able to present this to you," the commander said. "First for your service in the military. Then you just can't get enough, you come right back and continue to volunteer."

Retired Chief Master Sgt. Lorraine Caddy, the Retiree Activities Office director, praised the 22-year Air Force veteran for "extremely professional" work that included covering an extra shift for six months to ease the stress of having to use an Airman from the already

undermanned staff.

Caddy described Dickey as a valuable asset who has volunteered 240 hours of his time, signing in 6,338 customers for a variety of services.

"His depth of knowledge of unit processes and requirements, and his ability to patiently explain both to all customers, allows the military and civilian employees time to complete administrative tasks and customer transactions without interruption — thus shortening the waiting time for everyone," Caddy said.

Dickey said the honor was a "complete surprise."

"When I got notified I was selected, it was quite an honor, and I'm humbled," he said at a wing staff presentation.

Master Sergeant Dickey joined the Air Force in 1955 and retired in 1977. He later worked for more than 20 years for AT&T.

# Construction is progress



**A: Lane/Road Closure:** East Dr. from Bradley to Turbine to be done in 3 Phases: REVISED PHASE 2 until Nov. 18 at 6 a.m., (Lane closure Phase 2: East half of East Dr. between Bradley & Entrance Rd. "A" and northeast corner of intersection- two-way traffic will be maintained through Phase 2); PHASE 3 on Nov. 18 from 6 a.m. to Jan. 18, 2018

at 6 a.m. (Road closure Phase 3: East Dr. between Entrance Rd. "A" and Turbine & south half of intersection - detour around Bldg. 3705 during Phase 3.)

**B: REVISED Road/Lane Closure:** Arnold Ave. from "A" to "F" in 7 Phases – Revised dates: Phase 2 until Aug. 19 at 4 p.m. ("B" Ave. to "C" Ave.) Phase 3 on

Aug. 20 from 6 a.m. to Sept. 30 at 4 p.m. ("C" Ave to "D" Ave) Phase 4 on Oct. 1 from 6 a.m. to Dec. 2 at 4 p.m. ("D" Ave to "E" Ave) Phase 5 on Dec. 3 from 6 a.m. to Feb. 3, 2018 at 4 p.m. ("E" Ave to "F" Ave) Phase 6 on Feb. 4 from 6 a.m. to March 10 at 4 p.m. (intermittent roaming lane closures with flag men - surface course pavement) Phase 7 on March

11 from 6 a.m. to March 31 at 4 p.m. (intermittent roaming lane closures with flag men – pavement marking/stripping.) Road Closure is needed to allow the contractor to perform a full depth repair and replacement of roadway between "A" Ave. and "F" Ave. in 7 phases. Phase 1 – 5 will be complete closures. Detours will be posted during each phase.



**Gate Closure: Lancer Gate 20** at Bradley & Douglas tomorrow from 8 a.m. until 12 p.m. for shops to do quarterly maintenance on the Final Denial Barrier - Liberator Gate will be open during closure.



**Gate Closure: Tinker Gate 1** at Air Depot and I-40 on Sunday from 8 a.m. until 12 p.m. for shops to do quarterly maintenance on the Final Denial Barrier - Eaker Gate will be open during closure.

# Can You Spare Some Leave?

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# COMPREHENSIVE AIRMAN FITNESS



# Monthly

Section A

Friday, July 28, 2017

## 9/11 Run - Still in the Fight

**Jillian Coleman**  
Staff Writer

The fourth annual Tinker 9/11 Memorial Ruck and Run is right around the corner: Sept. 11 at 7 a.m. Wing Chaplain Lt. Col. Sammy Tucker hopes for this year to not only bring a great turnout, but for participants to really rally around the theme behind the run, "Still in the Fight." The superhero then ultimately drives from the Chaplains' spiritual message, which stems from Micah 7:8, "Though I fall, I will rise."

A spiritual resilience run that started in 2015 with 450 participants, Chaplain Tucker said the event has evolved, last year reaching over 1,000 individuals.

The goal this year is 1,500. More importantly however, Tucker hopes participants take something tangible from the resilience run.

Are you still in the fight?

The war on terrorism continues. We may face other conflicts and struggles in our own personal lives as well. Fights against issues like sexual assaults, depression, suicidal thoughts, racism, sexism, medical conditions and hopelessness surround us. Chaplain Tucker emphasized that the driving force behind this year's theme is to be encouraged to never give up; to never succumb to the fight.

The entire Tinker community is joining forces with police and fire departments from the greater

Oklahoma City area to affirm the sole objective: "We are still in the fight." A high-energy event designed to strengthen the spiritual domain of Airmen and their families.

Events will launch on the Friday leading up to the run, with a "Still in the Fight" luncheon held at the base theater Sept. 8 at 11:30 a.m. Chief Master Sgt. Mark Hurst, command chief of the 552nd Air Control Wing, will be the keynote speaker.

Registration is free. The first 1,500 participants will receive a free swag bag with a themed dri-fit shirt, run coin and other promotional run items. To register for the event, visit [www.tinker911@eventbrite.com](http://www.tinker911@eventbrite.com).



Photo Illustration

## Mental Health First Aid courses offered Aug. 1 and 2

**Jillian Coleman**  
Staff Writer

Mental Health First Aid courses will be offered to 1st Sergeants at Tinker's Airman and Family Readiness Center Aug. 1 and 2 and is offered to any Team Tinker member the 17 and 18 of Aug.

The course is broken down to teach participants a five-step action plan (ALGEE), which is geared to supporting someone developing signs and symptoms of a mental illness or in an emotional crisis. Participants are taught how to assess for risk of suicide or harm;

listen nonjudgmentally; give reassurance and information; encourage appropriate professional help; and encourage self-help and other support strategies.

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact and overviews common supports. The eight hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social and self-help care. The program also teaches the common

risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance abuse, bipolar disorder, eating disorders and schizophrenia.

Community Support Coordinator, Karen Blackwell said the need for Mental Health First Aid came about after observing a gap across the installation for education on how to individuals can support those suffering with mental disorders.

"The Tinker Helping Agencies teamed up with the Oklahoma Department of Mental Health and Substance Abuse Services because the

state will pay for facilitator training and will provide material to teach courses for Mental Health First Aid, and one of their targets was active duty military and veterans," Blackwell explained.

As a result, 13 facilitators were trained as facilitators for Adult Mental Health First Aid. Eventually, Blackwell said, the goal is to be equipped to train all aspects of the population, both military and civilian. Three facilitators were also trained for Youth Mental Health First Aid.

See *Mental Health* page 4a.

# A2D2 saves lives, careers

**John Parker**  
Staff Writer

The consequences are substantial for an Airman pulled over for driving under the influence.

Besides thousands of dollars in fines, expenses, and criminal penalties if caught off base, additional military punishment can include reduction in rank to a recommendation for separation. If arrested on base, harsh career-impacting penalties are sure to follow.

DUI arrests, however, are preventable. For years, Tinker Air Force Base has encouraged Airmen to make a sober decision and keep a phone number in mind for a free (and consequence-free) ride home: 734-4242.

That's the Tinker A2D2 rescue number of Airmen Against Drunk Driving.

Staff Sgt. Ibrahim Alabed is a personnelist with the 552nd Maintenance Squadron and the recent past-chairman of the Airmen Against Drunk Driving Council. Four new council members began new terms recently in the all-volunteer program.

Sergeant Alabed said A2D2 has primarily benefitted young Airmen and Sailors who live in the dorms, but all base residents can take advantage of it.

"We don't care what rank you are; we don't care how intoxicated you are," he said. "If you need a ride, you need help. This is Airmen helping Airmen."

**Don't drink and drive.  
Call A2D2 405-734-4242.**

You could potentially save someone's career and save lives."

The ride program operates from 10 p.m. to 3 a.m. Fridays and Saturdays. Volunteer drivers are drawn from base military organizations that have dedicated A2D2 points of contact. The drivers work in pairs - sort of a "pilot" and "co-pilot," Alabed said - and use their own vehicles.

The volunteers can work the entire shift, but if more drivers are involved it can be split into shorter hours. The drivers usually pick up three to six people each weekend, Alabed said.

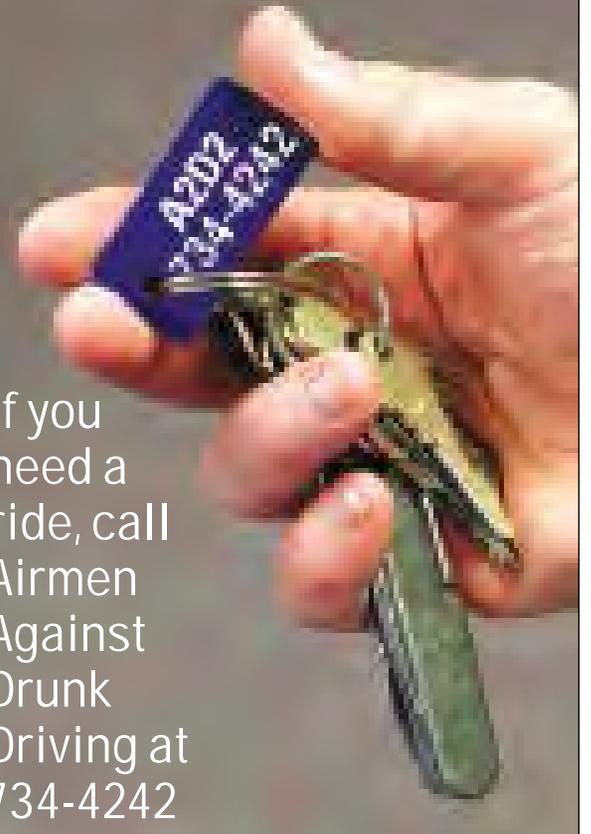
"The lifeblood of this program is the volunteers who give up their weekends to make sure that members get back," he said. "There are success stories every single weekend with lives potentially saved and accidents avoided."

The staff sergeant urged Airmen to make the decision now to keep the A2D2 number in their phones.

"Saving lives is obviously the most important benefit, but if you plan to make a career, then really think twice about the actions you take, because you won't have a career."

Don't drink and drive

If you need a ride, call Airmen Against Drunk Driving at 734-4242



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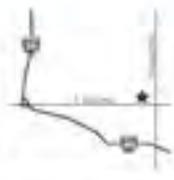


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# Tinker Spouses' Club (TSC) opens renovated Thrift Shop and combined Cinderella's Closet

**Tara Malec**  
*Tinker Spouses Club*

The recently combined Tinker Spouses' Club will open their freshly renovated Thrift Shop and newly combined Cinderella's Closet on Tuesday, Aug. 1, 2017. "Countless TSC volunteers spent part of their summer updating, organizing and renovating the TSC Thrift Shop and we can't wait for our Aug. 1 opening!" explained Kat Kosmala, President of the Spouses' Club. "Our shop is a treasure trove of great deals and it is right here on Tinker!"

The Cinderella's Closet, a formal attire/evening wear loan closet, was located at the Airman and Family Readiness Center but for ease of access and better location, was moved to the Thrift Shop location over the late spring/summer months.

"The Thrift Shop proceeds support the TSC

philanthropic work which includes college scholarships for eligible spouses and family members as well as programs which support Airmen and their families," continued Kosmala. Donations and consignments are accepted on Tuesdays and Thursdays from 10 a.m. until 12:30 p.m. and hours of operation are on those same days but from 10 a.m. until 2 p.m. There is also a donation box conveniently located outside. The Thrift Shop is located in the parking lot across from the Gerrity Gym and next to the Auto Hobby Shop in Bldg. 6002.

Who is eligible to shop at the Thrift Shop? Anyone with base access to Tinker! So, next time you want to donate (or consign) your gently used clothing, furniture, patio items, household goods, children's toys or furniture, etc. keep the Tinker Spouses' Club Thrift Shop in mind — it supports Airmen and their families in ways you may not have ever known.

## Eagle Eyes

The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror. The program teaches people about the typical activities terrorists engage in to plan their attacks. Armed with

this information, anyone can recognize elements of potential terror planning when they see it. Eagle Eyes provides a network of local, 24-hour phone numbers to call whenever a suspicious activity is observed. You and your family are encouraged to learn the categories of suspicious behavior and stay attuned to your surroundings. If you observe

something suspicious, send your input using this "Crimebusters" link, or alert local authorities. In case of an emergency call the 72nd Security Law Enforcement Desk at 734 3737, and for all non-emergency situations call the local AFOSI Detachment at 734 7822. For more information on the Eagle Eyes program, visit [www.osi.af.mil/Home/Eagle-Eyes/](http://www.osi.af.mil/Home/Eagle-Eyes/).

## Military Retiree News

**Retired Chief Master Sgt. Lorraine Caddy**  
*Retiree Activities Office Director*

Welcome to the heat of an Oklahoma summer! Our Retiree Activities Office Volunteer of the Year, Master Sgt. retired Leland Dickey, received his award at the wing commander's staff meeting on July 18. Sergeant Dickey has worked in the ID/DEERS office for several years and we hope the next time you see him there you will congratulate him. For those of you who do not have a DFAS account, they recently advised a change in the mailing address for the retired member and annuitants. For Retired Pay the new address is:

Defense Finance and Accounting Service, U. S. Military Retired Pay, 8899 E. 56th St., Indianapolis, Ind., 46249-1200; for annuitants it is the same except to indicate U.S. Military Annuitant Pay in place of Retired Pay in the address. You can get more information at [www.dfas.mil/retiredmilitary.html](http://www.dfas.mil/retiredmilitary.html).

If you need dental care under TRICARE, you can get more information at [jmontoya@delta.org](mailto:jmontoya@delta.org) or at the [trdp.org](http://trdp.org) site. Our planning of Retiree Day continues, Nov. 4 is the date, and we hope you and many of your friends will attend. You can contact our office at 739-2795 anytime with questions or email [lorraine.caddy@us.af.mil](mailto:lorraine.caddy@us.af.mil). Hope to see you in November.

## Tinker's Oklahoma Department of Veterans Affairs Schedule

The Oklahoma Department of Veterans Affairs has expanded service locations at Tinker to better serve veterans.

### Tinker's ODVA location schedules:

- Mondays:** 8:30 a.m to 3:30 p.m. at Bldg. 1, Door 7, Room 147
- Tuesdays:** 8:30 a.m. to 3 p.m. at Bldg. 3001, Post 1AG & 71A/Strategic Planning Division
- Wednesdays:** 8:30 a.m. to 3:30 p.m. at Bldg. 9001, Post M 45
- Thursdays:** 8:30 a.m. to 3:30 p.m. at Bldg. 1,

- Door 7, Room 147
- Military payday Fridays:** 8:30 a.m. to 3:30 p.m. at BX Mall
- Non-military payday Fridays:** 8:30 a.m. to 12 p.m. at Bldg. 3001, Post 1AG & 71A/Strategic Planning Division; and 12:30 p.m. to 3:30 p.m. at Bldg. 1, Door 7, Room 147

For more information about the documents needed to support claims and to schedule an appointment, contact Tinker's ODVA Veteran Service Representative Patrick Martin (retired Air Force) at 918-351-9428 weekdays.



## Wingman Intervention Promotion

The Air Force Materiel Command Wingman Intervention Promotion is designed to capture, acknowledge and highlight real-life instances of Airmen taking action to keep themselves and their Wingmen safe. Each month, the Tinker Take Off highlights Airmen on base who have been "That Airman."

Tinker's Wingman Intervention Program wants to hear about everyone who is being "That Airman," not just at-risk behaviors. Send stories to Karen Blackwell at [karen.blackwell@us.af.mil](mailto:karen.blackwell@us.af.mil) in the above format. Also, a Wingman Coin is available for commanders to give to "That Airman."

### Be That Airman!

- Don't leave your Wingman alone
- Make a positive hand-off to commander, helping agency, director or supervisor

My Wingman is: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Supervisor: \_\_\_\_\_

### WHO'S YOUR WINGMAN?

"Promote An Environment of Respect and Resilience"

# Exchange News

## Birdies for the Brave Fundraiser

Come join us for the Birdies for the Brave Fundraiser, today starting at 1 p.m. at your Tinker Express I.

For every birdie and eagle made, a donation is made by Glenmorangie to Birdies for the Brave directly to 11 military charities.

Each participant has three opportunities to putt.

For each made putt, \$25 is donated to charity which includes the Wounded Warrior Project among many others.

An OSC-Webco representative will keep a tally sheet of all made putts.

## Exchange shoppers can win \$15,000 in gift cards in Unilever Axe Sweepstakes

The Army & Air Force Exchange Service is giving military shoppers the chance to win \$15,000 in gift cards this summer.

Through Aug. 17, authorized shoppers can enter the Axe Unilever Sweepstakes for a chance to win one of 25 \$500 Exchange gift cards. Winners will be chosen by random drawing on or about Aug. 24.

“A \$500 Exchange gift card would add a splash of fun to any military family’s summer,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior

enlisted adviser. “The only way to find out if you’ll be among the lucky winners is to enter today.”

Authorized shoppers 18 and older may enter at [www.shopmyexchange.com/sweepstakes](http://www.shopmyexchange.com/sweepstakes). No purchase is necessary to enter or win.

## Plan your party with Tinker Domino’s

Planning your kid’s birthday party just got easier. Let Tinker Domino’s help make your kid’s birthday party extra special! Call your Tinker Domino’s at 732-0618 for details.

## Shopmyexchange.com sweepstakes

Now through July 31, enter the week 27 Red Bull motorcycle sweepstakes for a chance to win 1 of 3 KTM Motorcycles. One winner worldwide. Approximate retail sweepstakes value is \$30,000.

Through Aug. 31, enter the Firestone Grill Sergeant Sweepstakes for a chance to win 1 of 50 \$300 Exchange Gift Cards.

Through Aug. 31, enter the week 27 Perfetti Van Melle sweepstakes for a chance to win a 2017 VW Beetle 1.8T Dune convertible car. One winner worldwide. Approximate retail value \$29,395

## Military Star card promotions

Major appliance zero percent promotion through Aug. 24, receive 12 months no interest or payments

on major appliance purchases of \$499 or more.

Jewelry and watch discount through Aug. 3, save \$100 on fine jewelry and/or watch purchases of \$799 or more.

Firestone zero percent promotion through July 31, six months, no interest plus no payment on purchases of \$499 or more.

Back-to-school zero percent promotion July 28-30. Receive 90 days no interest or payments on any purchase of \$199 or more with your Military Star card.

## Veterans can visit VetVerify.org for Exchange online shopping authentication

As the Department of Defense’s military exchange services prepare to welcome potentially 13 million honorably discharged veterans back to their military families this coming Veteran’s Day, VetVerify.org has launched to confirm eligibility to receive a lifelong military exchange online shopping.

Veterans may log onto VetVerify.org, which will use information from DOD’s Defense Manpower Data Center’s records and inform them of their ability to access this new benefit. If a veteran’s record has character of service data and that data meets the criteria for the online benefit, the veteran will be verified to shop. Then, beginning on Nov. 11, the veteran can log onto to the Air Force, Army, Coast Guard, Marine Corps and Navy Exchange websites at [shopmyexchange.com](http://shopmyexchange.com), [shopcgx.com](http://shopcgx.com), [mymcx.com](http://mymcx.com) and [mynavyexchange.com](http://mynavyexchange.com) for tax-free shopping. If a veteran’s information is incomplete, VetVerify.org will provide guidance on next steps.

Extending online shopping privileges to all honorably discharged veterans will directly improve family and support programs for Soldiers, Airmen, Sailors, Marines and Coast Guard members, as well as their families. Increased sales and earnings as a result of veterans online shopping benefit have the potential to generate tens of millions of dollars in additional dividends to Quality-of-Life programs. These funds decrease taxpayers’ burden to support services and programs on military installations around the world.

## Mental Health

continued from page 1a

“We only have so many helping agencies,” Blackwell said. “We’re trying to expand our resources and abilities to be able to have more options to help people who are suffering. We want to empower our community to better look out for one another”.

A chilling statistic to bolster the argument for need of more community support is according to a 2012 CDC study, 90 percent of suicides from individuals suffering from mental disorders, were most commonly seen with depression.

“So, as a prevention, we’re trying to give people a support system and appropriate professional help with what they deal with on a daily basis, so hopefully it won’t reach the level of suicidal ideations,” Blackwell emphasized.

Comparing much of the Mental Health First Aid training to CPR, Blackwell said the goal is to learn the techniques on how to speak to someone who may be experiencing an anxiety attack, for example. It can also mean directing them towards other options of self-help techniques, such as meditations or breathing exercises when they aren’t in crisis.

Mental Health First Aid certification courses are offered monthly. After an individual is certified for three years, Mental Health First Aiders are able to re-certify via computer-based training. To enroll for training, log onto your myETMS. For more information, visit [MentalHealthFirstAid.org](http://MentalHealthFirstAid.org) or call Alvin Chandler, Violence Prevention Integrator at 582-9848 or Karen Blackwell at 736-3215.

Currently there is not a scheduled class for Youth Mental Health First Aid that is offered on a regular basis like the adult course, but Blackwell said courses can be offered upon request.



## Mental Health First Aid

Join the movement.

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is YOU.

Aug. 1 and 2

Airman and Family Readiness Center  
(Bldg 6001)

REGISTER:  
<https://myetms.wpafb.af.mil/>

A person you know could be experiencing a mental health or substance use problem.  
**Learn an action plan to help.**

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



Take a course. Save a life.  
**Strengthen your community.**

For more information, visit  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



This summer, commit to your health and increase your physical potential. Get information, tools and support to quit and stay quit at [TRICARE.mil/UCanQuit2](https://TRICARE.mil/UCanQuit2).



**QUIT TOBACCO**  
[TRICARE.mil/UCanQuit2](https://TRICARE.mil/UCanQuit2)

# Tinker Calendar Recurring Events

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

**AB-Tastic:** Every Monday, 3:30 to 4 p.m. This free class is the perfect core strengthening solution. Use your body weight 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 one 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 six 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://org2.eis.af.mil/sites/21108/BodPod/default.aspx> to schedule an appointment.

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

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

**Color Pin Day at Tinker Lanes:** Every Tuesday, 10 a.m. to 3 p.m. Join Tinker Lanes for Color Pin Day! Make a strike with a color pin in the head position and win one free game coupon. Limit three 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 one hour. This program is designed

*See more recurring events on page 7a.*

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# Recurring Events

continued from page 6a

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

**Goal Setting:** This workshop is designed to help participants establish goal setting habits, remove mental roadblocks and get on the road to achieving goals. For more information, call the Airman and Family Readiness Center at 739-2747.

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

**Healthy Thinking, Anger, Stress (H.A.S.) Class:** This four-session class teaches better ways of expressing and reducing feelings of anger. Practice techniques to help deal with stress, and learn how unproductive thinking

patterns may have been causing problems in your life. Remind yourself how to create more balance in your life and practice better self-care. For more information, call 582-6604.

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

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

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

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

**Muscle Make-Over Class:** Every Thursday, 4:15 to 5 p.m. This free class is a head to toe muscle condition workout to tone, sculpt, and build strong lean muscles. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

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

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

**Panini Thursdays at the Tinker Club:** Every Thursday,

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

**Performance Run Class:** This interactive eight-week program meets two days a week for one 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.*



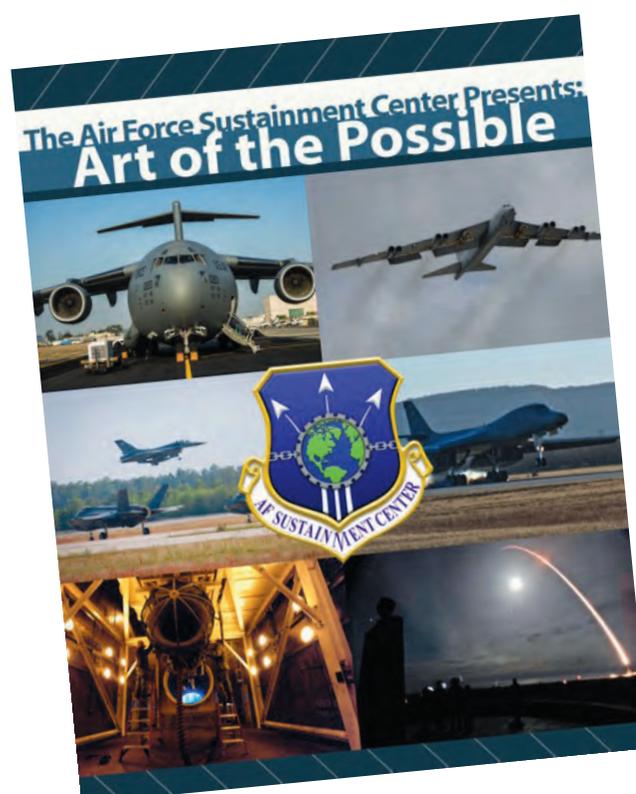
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# Recurring Events continued from page 7a

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 for the class, call 734-2163.

*See more recurring events on page 9a.*



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# Recurring Events continued from page 8a

**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 Treatment 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.

## ADVERTISEMENT

# WORSHIP DIRECTORY

## FIRST SOUTHERN BAPTIST CHURCH OF DEL CITY - MINISTRIES

Featured Church

Connection Groups are arranged by age or need. These Bible study classes (formerly known as Sunday School) meet each Sunday morning at 9am. Food & Clothing Service Ministry collects food and clothing and is distributed weekly to those in need in our community. Our food closet is open Wednesdays & Thursdays from 1-4. Clothing is only available by referral from our food pantry. Community Connection (formerly Angel Food). This ministry makes quality food available at discount prices monthly to anyone who would like to participate.

Men's Ministry includes opportunities for spiritual growth, fellowship and service. Events such as a weekly prayer time, Bible studies, Sporting clay shoot & breakfast, participation in the Rewired Men's Retreat and others help men develop into what God wants them to be. Women's Ministry hosts events such as retreats, dinners, conferences, Bible studies & mission opportunities focused on women. This ministry also participates in BGCO sponsored events such as the yearly Women's Retreat at Falls Creek.

Independent Baptist



**Southwest Baptist Church**  
1300 SW 54th Street, OKC, OK 73119  
Pastor Jason Gaddis  
(405) 682-1491  
southwestbaptistchurch.com

Sunday School 9:45 am • Morning Worship 10:45 am  
Evening Service 6:00 pm  
Wednesday Evening Service 7:00 pm

Southern Baptist



**First Southern Baptist Church Del City**

6400 S. Sooner Road, OKC, OK 73135  
405/732.1300 • Firstsouthern.tv  
Pastor, Shane Hall

**Sunday Worship Times:**  
Traditional Worship @ 8:30 AM, Modern Worship @ 11:00 AM,  
Connection Groups @ 9:45 AM

Southern Baptist



**Meadowood Baptist Church**

2816 Woodcrest at Reno  
Midwest City, OK • 405-737-7684  
Bob Rutherford, Pastor  
www.meadowoodfellowship.org

Sunday Morning Worship Service: 10:30am  
Sun. School: 9:15am; Sun. Evening Focus Groups: 5:45pm  
Wednesday Evening Prayer Service and AWANA at 6:00 p.m.

To advertise in the Worship Directory,  
call Wendy Duncan at  
**405-278-2831.**

Southern Baptist



**First Baptist Church of Midwest City**

705 E. Rickenbaker Dr., MWC 73110  
(405) 732.0308  
Pastor - Dr. Mike Tignor

**Worship Times:**  
Bible Study @ 9:00 AM, Sunday Worship @ 10:15 AM  
& 6:00 PM, Wednesday Bible Study @ 6:00 PM

Lutheran



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# TINKER Events

## 2017

### Monday, July 31

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule.

For more information, call 734-5506.

### Thursday, August 3

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

### Monday, August 7

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

### Thursday, August 10

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

### Friday, August 11

Community

#### Diabetes Support Group

#### Meeting

Tinker Wellness Center, Bldg. 5922, 1:30 to 2:30 p.m.

Monthly support group involving many aspects of

living with diabetes. Topics include nutrition, activity, stress management, dental health, foot care, and much more! For more information, call 736-2169.

### Monday, August 14

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule.

For more information, call 734-5506.

### Thursday, August 17

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For

more information, call 734-5506.

### Monday, August 21

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

### Thursday, August 24

Community

#### Tobacco Cessation

#### Individual Consults

Tinker Wellness Center, Bldg. 5922, 7:30 to 8:30 a.m.

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

### Monday, August 28

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

### Thursday, August 31

Community

#### Tobacco Cessation

#### Individual Consults

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

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

### Thursday, September 7

Community

#### Tobacco Cessation

#### Individual Consults

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

*See more events page 2b.*



## 2017 Upcoming Events

**AUG 4:** Midwest Summer Fest, 6 p.m. - 11:30 p.m., Charles J. Johnson Central Park in Town Center Plaza, SE 29th and Mid-America Blvd. Free and open to the public

**AUG 21-23:** Tinker and the Primes, Sheraton Midwest City Hotel at the Reed Conference Center

**SEPT 7:** Rose State College Learning Resource Center Grand Re-Opening, more info to come.

**SEPT 8:** Midwest Summer Fest, 6 p.m. - 11:30 p.m., Charles J. Johnson Central Park in Town Center Plaza, SE 29th and Mid-America Blvd. Free and open to the public.

**SEPT 14:** Picnic with Protectors, 5 pm - 7 pm, Joe B. Barnes Regional Park, Free and open to the public.

**SEPT 18-20:** 2017 Emergency Management Summit, Rose State College.

**SEPT 29:** Rose State College Foundation Golf Tournament, John Conrad Golf Course.

**SEPT 30:** Mid-America Street Fest, 11 a.m. - 6 p.m., Charles J. Johnson Central Park in Town Center Plaza.

**OCT 7:** Rose State College Heritage Day, Atkinson Heritage Center, more info to come.

**NOV 10:** Midwest City's 6th Annual Veterans Day Parade, 10 a.m., S. Douglas Boulevard between E. Reno Ave. and SE 15th St.



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*Continued from page 1b.*

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Friday, September 8**

*Community*

**Diabetes Support Group Meeting**

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

**Monday, September 11**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Thursday, September 14**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg.

5922, 7:30 to 9:30 a.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Monday, September 18**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Thursday, September 21**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Monday, September 25**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg.

5922, 1 to 3:30 p.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Thursday, September 28**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Monday, October 2**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Thursday, October 5**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. Create a quit plan, discuss

tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Monday, October 9**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Thursday, October 12**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Friday, October 13**

*Community*

**Diabetes Support Group Meeting**

Tinker Wellness Center, Bldg. 5922, 1:30 to 2:30 p.m. Monthly support group involving many aspects of living with diabetes. Topics include nutrition, activity, stress

management, dental health, foot care, and much more! For more information, call 736-2169

**Monday, October 16**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Thursday, October 19**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 7:30 to 9:30 a.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Monday, October 23**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 1 to 3:30 p.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.



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[405] 722-7972

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[405] 773-9191

Hunter's Ridge  
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