



TINKER

# TAKE OFF

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## Still in the fight



Air Force photo by Jillian Coleman

Members from Tinker Air Force Base, Midwest City and Del City fire departments joined together for the 2K Ruck walk during the 2017 9/11 Memorial event, hosted by the 72nd Air Base Wing Chapel Community. Over 1,700 military, civilian, contract personnel and families as well as community partners, signed up to participate in the record-breaking event, rallying behind the message that we are all "Still in the Fight."

## Remembering the lives lost

To the Airmen of the United States Air Force:

Monday we remembered the lives lost in the tragic 9/11 attacks on our homeland. For 16 years, the men and women of the United States Air Force along with our joint teammates have taken the fight to the enemy on and off our soil as we pursue those who wish Americans harm and threaten our way of life.

Many of you joined the Air Force in the aftermath of this terrible day, moving toward the sound of the guns in order to take on your role in this fight and share the honor of service to a grateful nation in a time of war. Let us not forget the Airmen who now carry the wounds of these wars with them forever, and those who made the



**Heather Wilson**  
Secretary of the Air Force

ultimate sacrifice on our behalf. The debt of gratitude we owe these men and women, as well as our Gold Star families, can never be repaid nor forgotten.

As we reflect on 9/11, let us honor the memories of all service members, first responders, and



**David L. Goldfein**  
General, USAF Chief of Staff

fellow Americans we lost, by renewing our commitment to Integrity, Service, and Excellence while delivering dominant air and space power to own the high ground and defend the nation.

We are honored to serve with you.



**Kaleth O. Wright**  
Chief Master Sergeant of the Air Force

**Heather Wilson**, Secretary of the Air Force

**David L. Goldfein**, General, USAF Chief of Staff

**Kaleth O. Wright**, Chief Master Sergeant of the Air Force

# A page in HISTORY



Commentary:

## Frank Luke: Medal of Honor Winner

**Howard E. Halvorsen**

*Air Force Sustainment Center  
Historian*

Lt. Frank Luke Jr., known as the “Arizona Balloon Buster” for his daring feats against German observation balloons, was his squadron’s most colorful ace and the first Airman to win the Medal of Honor. He was from Phoenix, Arizona, and was, like many other American personnel who fought against Germany, of German ancestry. In fact, his family had emigrated from Germany in 1873. Upon the declaration of war he joined the U.S. Army and then the Air Corps, eventually being assigned to the 27th Aero Squadron, the oldest fighter squadron in the United States Air Forces.

Eddie Rickenbacker, United States Army Air Corps’ top ace by WWI’s end, said, “He was the most daring aviator and greatest fighter pilot of the entire war. His life is one of the brightest glories of our Air Service. He went on a rampage and shot down 14 enemy aircraft, including 10 balloons, in eight days. No other ace - Britain’s Bishop from Canada, France’s Fonck or even the dreaded Richthofen - had ever come close to that.” Not everyone had high praise for Luke. He was



*Photos courtesy of Tinker History office*  
Lt. Frank Luke with his 13th official victory on Sept. 18, 1918.

considered arrogant by some and frequently disobeyed orders to the point where his immediate supervisor grounded him and placed him under arrest. His reckless flying caused him to go through six planes in 17 days. However, soon Luke escaped detention in another pilot’s plane in order to get at the enemy.

From Sept. 12, 1918, to Sept. 29, 1918, Luke, flying alone or with his best friend and wingman Lt. Joe Wehner, had a total of 18 confirmed victories against the Germans (14 observation balloons and 4 airplanes) along with 10 more unconfirmed kills. Wehner had another six kills, all of them flying protective cover for Luke. Many pilots did not like attacking the observation balloons as they were so well-defended by

anti-aircraft guns on the ground. When not under arrest, Luke fearlessly attacked the enemy. During one eight-day span he had 14 victories including three observation balloons in 30 minutes.

During this amazing run of victories, the Germans laid a trap for Luke and Wehner. On Sept. 18, 1918, while Luke was able to shoot down two balloons and two fighters, his best friend was killed. Luke did not recover from the loss of Wehner. He continued afterward to fly against orders to avenge his friend. On Sept. 29, 1918 during his last mission, he flew in solo against three observation balloons defended by anti-aircraft guns on the ground and eight German fighters from above. During the action he shot down two German fighters and all three observation balloons. He was wounded from fire from the ground after shooting down the first balloon but still managed with a damaged plane to knock out the other two. Then, he strafed German troops in the streets of a hamlet called Murvaux before crash landing. Once on the ground, while trying to get away and dying from his wounds he refused capture and emptied

*See Luke page 9.*

## Tinker Air Force Base Pratt & Whitney F135 turbojet engine

**Greg L. Davis**

*72nd Air Base Wing Public Affairs*

The Pratt & Whitney F135 turbojet engine is a derivative of P&W’s F119-PW-100 engine which powers the F-22A Raptor. The F135 engine has three variants, one for each type of F-35 Lightning II aircraft and is the engine used to power the F-35 exclusively. The F135-PW-100 powers the F-35A conventional takeoff and landing aircraft, the F135-PW-600 powers the F-35B short takeoff and vertical landing aircraft, and the F135-PW-400 powers the F-35C carrier variant aircraft.

Tinker’s role with the F135 engine centers on program management and engine maintenance, repair and overhaul of production engines being used by all F-35 variants. Depot-level stand-up began in 2012 with the first engine arrivals beginning shortly thereafter. A public/private partnership is in place between the Oklahoma



City Air Logistics Complex and Pratt & Whitney for this program. “Touch and labor” are accomplished by the OC-ALC with engineering, technical and proprietary oversight responsibility held by P&W. At Tinker’s OC-ALC all three engine variants are maintained and tested before being returned to the customer. International customer support is run through the foreign military sales office. Since 2015, the OC-ALC has produced 100 overhauled engines.

The F135-PW-100 and 400 versions have a conventional single-unit design for the F-35A and F-35C aircraft while the F135-PW-600 has a Rolls Royce LiftFan, driveshaft and three bearing and roll posts which provide vertical takeoff and landing lift thrust and directional/roll control authority for the F-35B VTOL aircraft used by the Marine Corps. The F135-PW-600s is the most complicated and advanced engine design in use today with the rear nozzle moving autonomously from standard configuration; straight back to provide thrust for forward flight, to downward pointing; to provide thrust for vertical lift from the main engine. When the aircraft requires vertical lift the main engine thrust is augmented by a LiftFan behind the cockpit for additional downward thrust.

According to a P&W fact sheet, the F135 is the world’s most powerful fighter engine. The engine has its own advanced health monitoring and reporting capability which identifies problems quickly and allows for higher mission capable rates with lower overall operating and ownership costs. The F135 is currently in service with the Air Force, Navy and Marine Corps as well as international customers around the world.

**Manufacturer:** Pratt & Whitney  
**Engine type:** F135 turbojet  
**Maximum thrust:** 43,000 pounds of thrust (with afterburner)  
**In-service dates:** 1996-present  
**Number produced:** 350+ (to date with continuing deliveries to U.S. and international customers)  
**Tinker connection:** Program management, maintenance, repair and overhaul



### This week in Tinker history

**Sept. 9, 1954** - Oklahoma City Air Materiel Area sends representatives to an Air Materiel Command phasing group meeting for the KC-135A in anticipation of its delivery in 1956.

**Sept. 15, 1958** - Tinker Diagonal ground breaking is held near the twin water towers of Area A.

**Sept. 12, 1962** - A B-57 crashes in a field northeast of Reno and Douglas Boulevard after departure from Tinker AFB and kills two aircrew members.

**Sept. 13, 1968** - Col. Loy R. Norris replaces Col. W. F. Seith as base commander.

**Sept. 14, 1996** - Gen. Richard Hawley, Air Combat Command commander; Maj. Gen.

Charles H. Perez, OC-ALC commander; U.S. Sen. James Inhofe (R-Okla.); and Lt. Gov. Mary Fallin (R-Okla.) help dedicate the Air Force’s 11th B-2 bomber the “Spirit of Oklahoma,” during a special naming ceremony at Tinker.

**Sept. 11, 2001** - Tinker AFB and the entire nation go on high alert after hijacked airlines crash into the World Trade Center Towers in New York City, the Pentagon in Washington, D.C., and western Pennsylvania.

**Sept. 12, 2008** - President George W. Bush, aboard Air Force One, lands at Tinker AFB to attend a few civic functions in the local area before departing the same day.

**Sept. 14, 2012** - The first F135 engine arrives at Tinker AFB for maintenance training and qualifications.

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

# 35th CBCS deploys to aid Florida base

**John Parker**  
Staff Writer

Eight members of 35th Combat Communications Squadron departed from Tinker Air Force Base Wednesday to help ensure that Homestead Air Reserve Base, Florida, remains in communication with military commanders and Hurricane Irma relief efforts.

The more than 90-member Air Force Reserve squadron specializes in establishing independent communication capabilities for the military and humanitarian and disaster-relief missions worldwide.

“Whether it’s supporting combatant commanders or a humanitarian mission, this is what we do,” squadron Commander Lt. Col. Monte Buchanan said. “We provide communications where there is no communications. If we can see the sky, we can get it hooked up.”

Homestead, located on the southern tip of the Florida peninsula near Miami, was pummeled by winds of at least 40 mph Monday as Irma moved northward across the state. Although downgraded to a tropical storm Monday, the system was still capable of damaging winds and flooding rains.

The base is home to the Air Force Reserve Command’s 482nd Fighter Wing. The combat-ready wing flies F-16C fighters and includes more than 2,500 personnel. The Air Force Reserve has been dispatching personnel and supplies to Homestead since Monday to help in recovery efforts on and off base.

The 35th CBCS Airmen departed their home base at Tinker AFB on a C-17 transport plane with 32,944 pounds of cargo and supplies on five oversize pallets. The equipment includes servers, radio equipment, power generation and other tools to connect to Department of Defense networks, voice communications and the internet.

The squadron is no stranger to Homestead. About 30 members participated in annual training there in June with other communications units. Buchanan said base leadership brought up the topic of the squadron potentially providing aid after a hurricane.

“They started those discussions and we had our information gathering down there about what they would need in the event of a hurricane,” he said. “So we had a good idea of what they needed as we’re preparing to go back now.”

The 35th CBCS is part of the 960th Cyberspace Operations Group based at Joint Base San Antonio-Lackland, Texas.



Air Force photo by John Parker

Staff Sgt. Alexander Riggs, top, pulls up netting Sept. 11 to secure one of five pallets headed to Homestead Air Reserve Base, Florida. He is one of eight 35th Combat Communications Squadron airmen who left Tinker Air Force Base Wednesday to ensure the base’s communications operations are working after Hurricane Irma swept through. Helping on the ground are Master Sgt. Greg Hodson, left, and Senior Airman Walter Lynn, both with the 507th Air Refueling Wing. Members of the 72nd Air Base Wing and the 72nd Logistics Readiness Squadron also provided support for the mission.



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Report any suspicious activity to 72nd Security Forces Squadron at 734-3737.

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**We get it.<sup>SM</sup>**



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# Escaping today's supply chain challenges

The Air Force Sustainment Center's Enterprise Supply Chain Analysis, Planning, and Execution program will help the Air Force integrate supply chain planning processes with modern information technology.

**Sandy Windsor**  
ESCAPE Functional Manager

The Air Force Sustainment Center's 448th Supply Chain Management Wing is spearheading an initiative to modernize supply chain planning capabilities that will directly impact supportability to warfighter support around the globe.

The AFSC is comprised of nearly 43,000 Total Force Airmen who deliver combat effects for the immediate and long-term requirements of component and combatant commanders in every area of responsibility. Serving as the Logistics Numbered Air Force, AFSC

is the supporting command for the readiness of Logistics and Sustainment activities around the world. The Center encompasses three Air Logistics Complexes, three Air Base Wings, two Supply Chain Wings, and 21 geographically separated operating locations around the world.

As a critical part of the AFSC mission set, the 448th SCMW is leading a transformational initiative called the Enterprise Supply Chain Analysis, Planning, and Execution program that is now on contract and on schedule to vastly improve how the Air Force supply chain leverages data to forecast spare part buy and repair requirements, set more accurate spares requirements plans, redistribute inventory to the point of need, and integrate planning throughout the supply chain enterprise.

Frank Washburn, director, 448th

See **Supply** page 9.



Air Force photo by Kelly White

Aircraft Mechanic Steven Harris, 564th Aircraft Maintenance Squadron, preps the No. 1 and No. 4 areas for window installation on a KC-135 Stratotanker. The workers in programmed depot maintenance line recently broke their own record by completing a PDM in 86 days.

## Message to Airmen: A dark day in history

Fellow Airmen,

September 11 marked the 16th anniversary of one of the darkest days in our nation's history. On the morning of September 11, 2001, our nation and our way of life came under attack.

Since then, our lives have changed in many ways, but we still stand united as Americans. There were and will be memorial events and remembrance ceremonies across the country. These events are important since they help us reflect on the sacrifices of the men and women that died and were injured, including of course the heroic efforts of those that responded with courage and bravery after the attacks occurred. While we remember the victims in New York, Pennsylvania, and at the Pentagon we also remember the total force Airmen, Soldiers, Sailors, Marines and civil servants that have served so valiantly...and the families that have supported them.

Since 2001, our Air Force has been operating at an incredible pace to support combat operations, multiple contingencies, and humanitarian relief efforts...simply look at what is currently happening in the homeland with Hurricane Harvey relief while Hurricane Irma batters the southeastern United States; all the while continuing to protect



**Lt. Gen. Lee K. Levy II**

our homeland and our allies. This pace of operations has taken a toll on our weapons systems, infrastructure, Airmen, and our families. Many

See **Message** page 8.



*Air Force 70th  
Birthday Celebration*

**Sept. 18, 3-5 p.m.**  
at the Tinker Club



Howard Halvorsen, the Air Force Sustainment Center historian will speak about the history of the Air Force.

This is a free event open to everyone with base access.

## 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](mailto:tinker.takeoff@us.af.mil).

**Advertising:**

Call 278-2830 for display ad information.

**Advertising deadlines:**

*Display ads:* Fridays at noon.

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

**Classified ads:**

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Free ad forms can also be turned in at the Tinker Take Off office in Bldg. 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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**Tinker Air Force Base**

**Col. Kenyon Bell**  
Tinker Installation Commander

**Mark Hybers**

Acting Chief, 72nd Air Base Wing Public Affairs

Public Affairs Editorial Staff

Kimberly Woodruff.....Managing Editor  
Tiffany English.....Production Editor/Designer  
John Parker.....Staff Writer  
Jillian Coleman.....Staff Writer  
Kelly White.....Staff Photographer

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# Still in the fight

**Jillian Coleman**  
Staff Writer

The Chaplain Corps declared the 2017 theme for the 9/11 Memorial Ruck and Run to be “Still in the Fight,” a message stemming from Scripture found in the book of Micah. The verse reads: “Rejoice not over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the Lord will be a light to me.”

Though often times the conversation revolves around the “big fight,” the Chaplain Corps wanted to emphasize the importance of remaining steadfast in the fight – whatever that fight may be. A fight doesn’t need to be confined to combat zones, but rather many of the fights we struggle with are outside the realm of the physical term. Depression, grief, loss of life and daily stresses are other obstacles that remain at the forefront of the message.

Command Chief Master Sgt. Mark Hurst of the 552nd Air Control Wing gave his personal testimony to a base theater full of civilian and military Airmen during the 9/11 Memorial luncheon, held Sept. 8.

Reflecting on the 16 years since the Sept. 11 attacks, the chief talked about the struggles and challenges that have existed in that time, as well as the importance of assessing where we are right now, before looking ahead to see what the future holds.

“It’s important to recognize what we mean by the term, ‘fight,’” Chief Hurst explained. “It’s not necessarily the fight overseas or the future fights, but rather the little battles we face every day and throughout our life. Those battles prepare us and strengthen us for whatever that big fight is – what tests you down to your very core.”

The most prevalent battles for the 552nd ACW chief began during a 2004 deployment to Afghanistan, 10 years and three days into his military career - May 13, 2004, to be exact.

About a month and a half into this deployment,

Hurst and about 70 of his closest friends were moving under the cover of darkness, about seven to nine vehicles. They were ambushed.

Rocket propelled grenades flew over the lead vehicle, small arms fire goes off. As Hurst was preparing to return fire, another RPG exploded over his head, pushing him down to the floor of the Humvee. Trained to pull security, Hurst got up and shook off. Over time, the left side of his body began to feel the effects of the shrapnel burning inside of his body. The chief was taken to initial care before eventually moving to Bagram Air Base to undergo multiple surgeries.

The ambush resulted in Hurst taking shrapnel to the left side of his body and face. He had a softball-size hole in his shoulder, a golf ball-size hole in his back, a 2 ½ inch hole in his neck in addition to his face, which was peppered with shrapnel. The most significant injury he endured came from the shrapnel that hit his cheekbone, went through his eye and severed his optical nerve.

A story that brings chills down your spine or makes the hair on your neck stand up, but to the chief, that’s not what his story is about. Considering himself just a small character in a story full of heroes, Hurst pressed that what came after his 2004 episode in Afghanistan was the real focal point.

Fast forward a little bit, and Hurst was joined by his wife, a staff sergeant in the U.S. Air Force at the time, in Germany before eventually heading home. It wasn’t until he was home alone when the reality truly set in.

“I often say that I was in a cage match with God,” he said. “I found myself, for about four hours, just asking ‘why me, why did this happen to me?’” A cage match that forced him to wrestle with what Col. Geoffrey Weiss, commander of the 552nd ACW, calls true wisdom... The intersection of knowledge, experience and most importantly humility where we find a willingness to turn towards



Air Force photo by Kelly White

Over 100 volunteers helped out with the 9/11 Memorial Run and Ruck held Sept. 11. Many of the volunteers were from the Tinker Chapel community and helped out at the run registration and packet pickup. Over 1,700 people registered for the annual event.

those that love us and can provide assistance in our greatest time of need.

Hurst made the commitment to focus on the things he had, rather than pity himself for what he lacked. That turned out to be a good decision.

“I knew I wasn’t done [serving in the Air Force], and at no point did Melanie think I was either,” Hurst added. “But I didn’t just make the decision to stay in, we had to fight to stay in.”

See Luncheon page 12.

## 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

1



# Tinker's 9/11 Memorial Run and Ruck

1. Over 1,700 participants and Ruck on September 15 at Tinker Chapel, has been a tradition for last year's event. The Tinker Chapel included the Air Force Chaplain Corps, Base Chaplain Services, Base Chaplain Center, Mission Center, and many other participants. Many of the participants wore shirts with the Superman logo on the front, symbolizing "Still in the Fight".

2. 5K runners participating in the event.



2



4



3



5

*Air Force photo by Kelly White*  
 1. 1,730 runners take off for Tinker's annual 9/11 Memorial Run and Ruck, held Sept. 11. The event, hosted by the Tinker Air Force Base, has grown exponentially since its inception, with participation at 1,000 participants. Collaborators with the event include the Air Force Security Forces, Tinker Fire and Emergency Services, Public Affairs, Tinker Health and Wellness, Midwest City and Del City Fire and Police units, and over 100 volunteers. Participants are emblazoned with the symbol of hope on the t-shirt, representing strength and resiliency and that Tinker is "Still in the Fight," which was this year's event theme.

*Air Force photo by Jillian Coleman*

runners push down Mitchell Avenue before hitting the

final stretch towards the finish line. The event included military, civilian and contract personnel and families as well as community partners, Midwest City and Del City fire and police departments.

*Air Force photo by Jillian Coleman*

3. 72nd Air Base Wing Commander Col. Kenyon K. Bell participated in the 2017 9/11 Memorial 5K Run with his wife, Lori, and their three children. His Superman cape is symbolic of the event's theme "Still in the Fight." The theme stems from the Bible verse, "Rejoice not over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the Lord will be a light to me." (Micah 7:8)

*Air Force photo by Jillian Coleman*

4. 1,730 runners take off for Tinker's annual 9/11 Memorial

5K Run and 2K Ruck, held Sept. 11. The event garnered 700 more participants than the 2016 event.

*Air Force photo by Kelly White*

5. John Eads, AFLCMC lead program manager for the TF33 engine, performs the National Anthem to kick-off the opening events for the 9/11 Memorial Run and Ruck on Sept. 11. Chaplains Kory Capps and Paul Joyner join him on stage.

To view more photos of the 9/11 Memorial Run and Ruck, visit [www.tinker.af.mil](http://www.tinker.af.mil).

## Message

continued from page 4

of our Airmen have made the ultimate sacrifice while answering our nation's call, while many others now carry both visible and unseen wounds from their service. I want to thank each of you for your service to our country and our Air Force, while reminding each of us to be a good wingman and look out for each other. We stand shoulder-to-shoulder

as one team to deliver combat power for America.

Our Air Force will continue to answer our nation's call...we run towards the sound of the gunshots...it's what we do, but we cannot do it without the daily best efforts of each of us throughout the Air Force Sustainment Center. We must continue to use the "Art of the Possible" to find more effective and less expensive ways to deliver combat power for our nation. While we should celebrate our many successes, we must

remember that there is much work yet to be done. Our nation is relying on us.

Finally, there are many threats around the world that wish us harm and seek to end our way of life...recent attacks in the United Kingdom, Spain, and the attack on the Air Force Recruiting Center in Bixby, OK are stark, tragic examples. We must remain vigilant and alert. We have dedicated and skilled defenders that guard our gates and conduct patrols, but it takes all of us, every single one of us...to keep all

of us safe. If you see something, say something...let's all do our part to make sure there are no more 9/11's and that it is something our great grandchildren never have to experience, only read about in a history book.

Thank you again for everything that you do. I am enormously proud to serve with you.

Your Fellow Airman,  
LEE K. LEVY II  
Lieutenant General, USAF  
Commander

## Air Force announces 100-percent promotion opportunity to major

Secretary of the Air Force Public Affairs

WASHINGTON -- In the latest move to restore the Air Force's readiness and lethality, senior leaders are taking a closer look at officer performance management with a focus on developing leaders and retaining the talented professionals the service needs.

Over the last year, Headquarters Air Force has conducted research and developed recommendations on a variety of officer performance management related tools, to include evaluations and promotions. The goal is to better identify talent, future potential and plan for current and anticipated officer shortages.

"There have been no major changes to the Officer Evaluation System in nearly 30 years, but there have been significant changes to our force composition, mission, requirements, and how our performance system reflects what we value in officers," said Air Force Deputy Chief of Staff for Manpower, Personnel and Services Lt. Gen. Gina Grosso.

"Although the system hasn't changed, challenges with agility, efficiency, consistency and transparency have been documented by research and in the field for over 20 years," said Maj. Mike Lupher, Chief of Workforce Development for the Air Force Talent Management Innovation Cell. "We recognized we needed to do something about it and are taking a comprehensive approach to addressing these challenges."

### Field Grade Officer Requirements and Promotion Opportunity

One of the immediate needs senior leaders focused on was the service's requirement for growing and developing enough field-grade officers to meet mission demands. The Air Force is currently undermanned in Line of the Air Force field-grade officers across the Air Force (92 percent), with non-rated field-grade officers manned at 74 percent.

As such, beginning this December, the pool of line officers considered for promotion to major will have a 100-percent promotion opportunity. Promotion opportunity rates are typically adjusted as required to meet the needs of the Air Force.

"With this change, captains whose conduct has been exemplary can expect to be promoted to major," said Secretary of the Air Force Heather Wilson. "We've been letting capable people leave the service and we need them."

Promotion Recommendation Forms (PRF) will only be required for officers who receive a "Promote" (P) recommendation and have derogatory information (Article 15, Court-Martial, Referral Report, Letter of Reprimand) filed in their Officer Selection Record (OSR), and for officers with a "Do Not Promote" (DNP) recommendation.

"I fully trust raters and senior raters to continue to ensure the Air Force's high standards of conduct," said Gen. David Goldfein, Air Force Chief of Staff.

More information about the initiative is available at myPers. (Link)

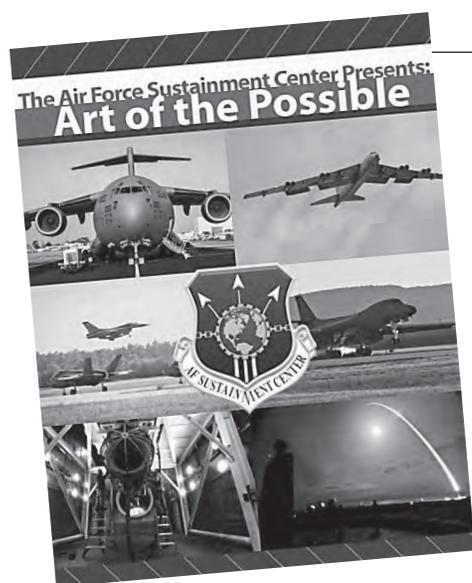
### 'One more swing of the axe'

Goldfein also characterized the move as "one more swing of the axe" for him and Secretary Wilson to increase the lethality and readiness of the force while smartly reducing administrative burdens on squadron commanders.

"This change, along with many other initiatives, will help re-enforce our trust and confidence in squadron leadership and their management of our talented Airmen," he said.

Air Force officials said they will continue to review the research and recommendations on how to improve officer performance management and will announce new initiatives once they're approved and ready for deliberate phased implementation.

Other talent management initiatives the Air Force has recently implemented as part of its broader effort to restore readiness and lethality include continuing to grow the force, reducing unnecessary administrative burdens on Airmen, alleviating unneeded Air Force instructions, providing commanders more say in developmental education opportunities, tackling the pilot retention crisis, and more acutely focusing on the needs of Airmen at the squadron level to ensure they are fully prepared to accomplish their missions.



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# 2017 FEMP award winners recognized at Energy Exchange

## Air Force Installation and Mission Support Center Public Affairs

Tampa, Florida - The Oklahoma City Air Logistics Complex was honored recently with a Federal Energy Management Program award for multiple energy-saving projects that led to \$4.4 million in cost savings.

OC-ALC Energy Manager Joe Ceacle accepted the award last month at the 2017 Energy Exchange in Tampa, Florida. The Air Force recognized six projects and energy leaders at the event.

“Congratulations to our Air Force award winners for the outstanding work they are doing to improve Air Force energy resilience, and helping enhance mission assurance through energy assurance,” said Richard Hartley, acting assistant secretary of the Air Force for Installations, Environment and Energy. “Each winner represents the best of what the



Air Force photo by J. Brian Garmon

Acting Assistant Secretary of the Air Force for Installations, Environment and Energy, Richard Hartley, center, stands with Federal Energy Management Program award recipients for the U.S. Air Force at the 2017 Energy Exchange in Tampa, Florida. Energy Manager Joe Ceacle, left of Hartley, accepted the honor Aug. 18 in behalf of the Oklahoma City Air Logistics Complex.

Air Force has to offer and demonstrates a strong commitment to ensuring we are well positioned for the future.”

The OC-ALC was honored for its work in reducing energy usage by over 147 billion BTUs, resulting in a

cost savings of more than \$4.4 million. The complex’s accomplishments include the awarding of a \$262 million energy savings performance contract, the largest in the history of the Department of Energy; achieving leadership program endorsement through ISO 50001 accreditation and developing a \$19 million utility energy service contract project to replace boilers, upgrade lighting and upgrade compressors.

October is Air Force Energy Awareness Month, and the OC-ALC will host an Energy Expo Oct. 17 in Bldg. 3001 and Oct. 18 in Bldg. 9001. The complex’s theme this year is “Protect the Power ... Continuously.” The OC-ALC’s ISO 50001 Continuous Energy Improvement program gives every individual the opportunity to make operations more energy efficient and resilient.

## Supply

continued from page 4

SCMW, has experienced supply chain transformation first-hand.

“Over the last 41 years, I have been fortunate enough to work in the Air Force supply chain and participate in many transformational changes in our business processes in order to provide better support to our warfighters,” he stated. “With that said,” he continued, “none of these past transformational and modernization efforts are more significant than the fielding of ESCAPE advanced planning and scheduling capabilities in the 448th Supply Chain Management Wing.”

With working capital fund revenues of more than \$6 billion annually, the Air Force supply chain is big business, rivaling many Fortune 500 companies. The Air Force supply chain is also complex, managing Air Force depot-level repairable and consumable spares across the globe and supporting a wide range of weapon systems that include 1960s vintage refueling and bomber aircraft, ICBMs, space and C3I systems, missiles, fighter aircraft with cutting-edge technology, and a wide range of engines. Even more impressively, Mr. Washburn and his nearly 3,000 employees manage this diverse supply chain using spares requirement planning technology from the 1980s – equivalent to using rotary phones in today’s age of smartphone technology. The benefits of transforming to a modernized advanced planning and scheduling system under the ESCAPE initiative include daily visibility of global

supply chain transactions, reduced operating costs, and immediate responses to program changes such as increased flying hours or engine overhauls.

### The Compelling Need for Change

Over the past 40 years, the Air Force and its industry partners have developed a multitude of capable systems that offer highly customized supply chain advanced planning and scheduling capabilities. However, many of these specialized Air Force systems are becoming increasingly difficult to maintain and integrate with larger “enterprise” processes due to nuances within the systems themselves, a complex data environment, and a rapidly evolving IT and cybersecurity environment. They also require specific skill sets that are exceedingly difficult to grow or replace as a more experienced workforce approaches and enters retirement.

Recognizing the need for change, the Air Force sponsored a demonstration of commercial off-the-shelf software for supply chain advanced planning and scheduling in 2010. A successful test of software using five years of Air Force and Defense Logistics Agency-managed historical demands gave credence to the idea that a configured COTS solution could address the Air Force’s complex supply chain spares planning needs while maintaining the “look and feel” of Air Force spare parts planning processes. In other words, it was time for the Air Force to consider upgrading its rotary phone to a smartphone.

In the Fall of 2016, the Air Force took a major step toward modernizing its

supply chain planning system and business processes when it awarded a competitive contract to DSD Laboratories and partners PTC and IBM for delivery of an integrated supply chain advanced planning and scheduling service to enhance weapon systems support. Team DSD is working closely with the Air Force supply chain team to consolidate legacy processes, enable more efficient supply chain planning, and improve inventory performance for maintenance operations around the world.

### Software as a Service

The Air Force elected to pursue a “Software as a Service” solution and leverage a DoD cloud computing strategy rather than a traditional IT acquisition. The SaaS approach was successfully deployed by the U.S. Coast Guard and mitigates risk through the avoidance of large upfront costs to procure hardware, software, and a system integrator. Incremental roll-outs with a rapid transition into sustainment will streamline configuration activities and incentivize timely delivery of the capability.

### Enabling Technology

Currently, government personnel are working with Team DSD to identify appropriate sources of data to enable PTC’s Service Parts Management product – widely considered to be a “best of breed” commercial supply chain planning toolset. Supporting data will be owned and managed by the Air Force and made available to Team DSD, as well as analysts to support business operations.

### Moving Forward

Implementation of the supply chain advanced planning and scheduling capabilities is co-led by Headquarters AFMC, Directorate of Logistics, Engineering and Force Protection and the 448th SCMW ESCAPE Core Team, which includes subject matter experts from across the Air Force supply chain and stakeholders from the AFSC Logistics Directorate and the 635th Supply Chain Operations Wing.

Mr. Washburn spoke confidently that an advanced planning and scheduling solution will drive improvements throughout the enterprise. “The most visible change will be having a modernized, integrated solution resulting in more accurate and timely spares requirement for our Air Force... our enterprise will experience performance improvements from the business process transformation.”

With a change of this magnitude, he also recognized organizational change management as a key component going forward. “I believe the first factor in meaningful and positive change is embracing, rather than resisting, the opportunity to be part of transformational change and modernizing our Air Force spares planning capabilities,” he commented. “This is a big deal and we will need the passion and dedication of each employee to bring about positive change. They are the experts. We will need input from each and every supply chain professional during the implementation phases of the advanced planning and scheduling capability.”

The Enterprise Supply Chain Analysis, Planning, and Execution program is projected to field initial operating capability in late 2018.

## Luke

continued from page 2

his pistol into the enemy troops surrounding him until a German rifle bullet finished him.

Luke was awarded the Medal of Honor for the valor shown on his last mission. In 1917, the Army had put an airfield on Ford Island at Pearl Harbor in Hawaii. This was named Luke Field after his death. Later, Luke Air Force Base, 30 miles northwest of Phoenix,

was named in his honor. It was opened in 1941 and flies F-16s today with F-35s already planned to replace them. Luke’s accomplishments from Sept. 12 through Sept. 29, 1918, were unsurpassed by any pilot in World War I. These 18 victories were earned

during just 10 sorties in eight days of flying. While we should not emulate the lack of military discipline by the roughneck copper miner from Phoenix, Arizona his bravery and devotion to duty is something that should never be forgotten.

# Around Tinker



## Area C-1 Humorous Speech and Evaluation Contest winners announced

The Limitless Toastmasters, Tinker Toastmasters, Noon Flight Toastmasters and Boeing Plane Speakers Toastmasters Clubs hosted their area Humorous Speech Contest and Evaluation Contest on Sept. 6 in the Keith Howard Conference Room in Bldg. 3001. Contestants from the local Toastmasters Clubs competed for a spot in the upcoming Division Speech Contest.

The purpose of the Humorous Speech and Evaluation Contests are to provide opportunities for speakers to challenge their speaking abilities, to provide learning opportunities for the audience by observing more proficient speakers and to recognize the value of humor and feedback in public speaking. Winners of the area contest will advance to the Division Humorous Speech and Evaluation Contest scheduled for Oct. 7 in Choctaw.

The participants in the Humorous Speech Contest were:

Bradley Bracher – Tinker Toastmasters

Jason Crouch – Noon Flight Toastmasters

William Orland – Limitless Toastmasters

The second place finisher in the Humorous Speech Contest was William Orland from Limitless Toastmasters.

The winner of the Humorous Speech Contest was Bradley Bracher from Tinker Toastmasters.

The participants in the Evaluation Contest were Divya Bhatt with Limitless Toastmasters and Jason Crouch with Noon Flight Toastmasters.

The second place finisher in the Evaluation Contest was Divya Bhatt from Limitless Toastmasters.

The winner of the Evaluation Contest was Jason Crouch from Noon Flight Toastmasters.



Courtesy photo by Tim Robillard

Winners and participants in the Area C-1 Humorous Speech and Evaluation Contest from left to right included, Bill Orland, Divya Bhatt, Brad Bracher and Jason Crouch.

## Two, along with Incident Management Team members earn 72nd ABW Wildcatter awards

### 72nd Air Base Wing

The following were recently honored with Wildcatter awards from 72nd Air Base Wing Commander Col. Kenyon K. Bell.

**Capt. Justin Boerner** is an active duty officer, currently attending law school under the excess leave program, and is assigned to 72nd Air Base Wing/JA as a legal intern during his summer academic recess. Captain Boerner is tirelessly manning two critical position vacancies, a labor litigation attorney and the division's lead paralegal. In his role as labor attorney, he authored 15 legal instruments including highly sensitive Command Directed Investigation legal reviews and case motions submitted to judges of the Merit System Protections Board and Equal Employment Commission. He has drafted, and finalized, settlement agreements allowing management officials to effectively resolve employee labor complaints and avoid litigation which would have impacted aircraft production on the installation. Captain Boerner also advocated the Air Force's position in front of an MSPB judge at prehearing conference and is currently performing designated counsel responsibilities, developing strategy, preparing witnesses, and gathering evidence, in three highly contested litigated cases set for hearing in August 2017. He spearheaded a complex litigation project, covering three cases, for the U.S. Attorney's office, negating potential Air Force financial liability in excess of \$900,000. He has been solely responsible for training a new investigator from the AFLCMC on the complicated subject of reasonable accommodation of disabilities, assisting the organization to prepare for an expedited hearing. Captain Boerner penned an article on Equal Pay under the Lilly Ledbetter Act which was published in the office's Legal Ease July edition. Fulfilling the paralegal vacancy, Captain Boerner administered over 350 civilian adverse actions while managing 15 active MSPB and 17 active EEOC cas-



**Capt. Justin Boerner**



Tinker Incident Management Team members from left to right are Sean Mosshammer, Chad Beals, Master Sgt. David Smith, Robin Lewallen, Brian Farris, Col. Kenyon K. Bell, Lisa Kuefler, Chief Master Sgt. Paul S. Thomas Jr., Terry Ford, 1st Lt. Min Juan Chen, James Bradley, David Langford and Nathan Schooling.

es. Additionally, he streamlined the division's case management procedures and created a modernized, efficient Digital Labor Paralegal Continuity Binder. Captain Boerner's contagious positive attitude and relentless work ethic has not only ameliorated division manpower deficiencies but has made an enduring impact on the division's mission capabilities.

**Michelle Bucia** performed above and beyond in her capacity as the environmental law section paralegal by reviewing the bi-annual Title V report to the Oklahoma Department of Environmental Quality, ensuring all mission partners were well below the permitted quantities. She continues to research and draft documents needed to formally modify federal jurisdiction for the land acquired as part of the KC-46A program. She reviewed and made comments for seven requests for temporary airfield waivers. Bucia personally reviewed and provided legal sufficiency comments for 22 separate contemplated actions. She volunteered to become the facility manager as personnel moved out of Bldg. 460 and was the point of contact with Civil Engineering for over two dozen critical work orders. Bucia managed and prepared excess equipment for turn-in at DRMO, took over as the organizational GPC approving official and was personally responsible for the success of legal's move from Bldg. 460 to both Bldgs. 1002 and 1014. Finally, Bucia is the single point of contact for efforts to maintain MICT inspection program each



**Michelle Bucia**

and every quarter. Dedicated, competent, professional and a true team-maker, Bucia continues to provide this office and the installation with her positive energy and enthusiasm.

**The Tinker Incident Management Team** is the only Type III IMT in the USAF. A locally built team consisting of fire, police, medical and planning personnel, the team performed in an exemplary manner during the 2017 Star Spangled Salute. This team developed comprehensive Event Action Plans, executed a 16-hour sustainment exercise to test the plan and operated an emergency execution cell for two 12-hour periods in support of the largest air show/open house in the history of Tinker. The efforts of the team resulted in flawless execution of emergency plans including medical, fire and police events. This grassroots effort truly embodies the Spirit of the Wildcatter and reflects great credit upon the 72nd Air Base Wing. Team Members are Terry Ford, 72nd ABW/CEF, James Bradley, 72nd ABW/CEF, Brian Farris, 72nd ABW/CEF, Nathan Schooling, 72nd ABW/CEF, Kevin Smith, 72nd ABW/CEF, Robin Lewallen, 72nd ABW/CEF, Michael Tuley, 72nd ABW/CEF, Shawn Mosshammer, 72nd ABW/CEF, Keith Powell, 72nd ABW/CEF, Chris Turner, 72nd ABW/CEF, Heath Nance, 72nd ABW/CEF, Justin Dulworth, 72nd ABW/CEF, Chad Beals, 72nd ABW/CEF, Senior Master Sgt. Michael Hodgden, 72nd SFS, Master Sgt. Joe Puga, 72nd SFS, Jason Allen, 72nd SFS, Jonny Conover, 72nd ABW/IG, Lisa Kuefler, 72nd ABW/CEX, MSgt David Hall, 72nd AMDS/SGPB and 1st Lt. Min Juan Chen, 72nd MDSS

# CONSTRUCTION ZONE



## LANE/ROAD CLOSURES

East Drive from Bradley to Turbine to be done in three phases: Phase 3 until 6 a.m. on Jan. 18 (Road Closure Phase 3: East Drive between Entrance Road "A" and Turbine and south half of intersection. Detour around Bldg. 3705 during Phase 3 - Parking Lot Entry on Entrance Road "A")

Arnold Avenue from "A" to "F" in seven phases: Phase 3 through 4 p.m. on Sept. 30, Phase 4 from 6 a.m. on Oct. 1 to 4 p.m. on Dec. 2, Phase 5 from 6 a.m. on Dec. 3 to 4 p.m. on Feb. 3, Phase 6 from 6 a.m. on Feb. 4 to 4 p.m. on March 10, Phase 7 from 6 a.m. on March 11 until 4 p.m. on March 31. Detours will be posted during each phase.

## BRIDGE CLOSURES

Twining Drive between Rawlings Avenue and Mitchell Avenue from 7 a.m. Oct. 1 to 5 p.m. on Nov. 4. (Contractor to replace support bearings under bridge)

Arnold Street between Rawlings Avenue and Mitchell Avenue from 7 a.m. Nov. 5 to 5 p.m. Dec. 18. (Contractor to replace support bearings under bridge)

## CONFIRMED UTILITY OUTAGES

Electrical Outage: Bldg. 10 on Sept. 17 from 7 a.m. to noon (arch flash study) USER REQUESTED

Electrical Outage: Bldg. 5702 on Sept. 17 from 7 a.m. to 3 p.m. (Replace primary riser pole, underground conductor & transformer) OG&E REQUESTED

Electrical Outage: Bldg. 201SW on Sept. 30 from 7 a.m. to Oct. 1 to 9 p.m. (Contractor to replace Panel A and all associated wiring)



# Can You Spare Some Leave?

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

<u>Recipient</u>	<u>Point of contact</u>	<u>Recipient</u>	<u>Point of contact</u>	<u>Recipient</u>	<u>Point of contact</u>	<u>Recipient</u>	<u>Point of contact</u>
Lyndon D. Armour	Frank Lopez, 734-4025 Floyd Lenox, 736-5820	Angela Harris	Jean-Claude Clicquot, 831-0603	James Thien Le	James Robinson, 734-6344	Michael Stephens	Phillip Wilkins, 739-9909
Traci Bassham	Michael Bassham, 736-4489	Jerome Harris, Jr.	Tracy Yarberr, 736-5192	Sherman Lofton	Daniel Smith, 736-3109	Jimmy Stiger	DonnaMarie Burr, 739-7435
Sharon Blethen	DonnaMarie Stitham, 734-7940	Rickey Harris	David Deal, 582-4158	Shelby Mancello	Ronald Hobbs, 739-5329	Sarah Streets	Shelly Young, 734-2493
Delma Braddy	Brenda Bluhm, 409-6507	Timothy Huff	Aaron Martinez, 736-3678	Anh Nguyen	Brad Lawson, 582-4052	Jeannie Tidwell	Rachel Golden, 734-6276
Denver Brinlee	Travis Gates, 582-4728	Jessica Huizar	Glenn Marcato, 736-7543	Julie Ngo	Terry Downard, 736-3653	Arthur Trevino, Jr.	Patrick Williams, 734-2443
Richard Burnham	Lorenza Smith, 582-4070	Charlotte Ikelberry	Tom Laird, 582-4712	My Vo Oden	Lonniell Bolton, 734-3218	Jackie Turner	Milton Ross, Jr., 734-0150
Cynthia Carpenter	Casey Burwell, 736-2545	Khary Irvan	David Hansen, 734-4886	Richard Pond	John Neely, 736-5467	Pamela Circo Webb	DonnaMarie Burr, 739-7435
Jessica Cole	Joshua Dixon, 734-1688	Shawmarie James	Johanna Humphrey, 734-9071	Crystal Potter	Lisa Baker, 739-2932	Thomas Webb	Carolyn Davis, 582-1082
Amanda Cozart	MSgt Vicki Moore	Zachary Janway	Hershel, Green, 739-4464	Marvell Rawls	Thomas McCullough, 736-4428	Vincent West	Timothy Moore, 736-5965
Jimmy Clymer	Travis Roy	DeChantel Johnson	Timothy Moore, 736-5965	Tim Replogle	David Morris, 582-4158	Jimmy Wilcoxson	Carl Clark, 417-2904
Kirsten Crenshaw	Travis Gates, 582-4728	David Jones	Wesley Durant, 736-4445	Diann Riter	Cindy Wright, 734-3451	Travis Wilson	Ryan Thrasher, 582-4837
Kory Davis	Darren Johnson, 734-8329	Melissa Jones	Richard Stull, 734-0104	Heather Rockenfield	Katherine Warden, 582-4759	Marilyn Winter	Juan Medrano, 465-8005
Chassity Folsom	Brett LaRoche, 622-7847	Rhonda Jones	Linda Gardner, 736-7576	Shawn Romesburg	Jennifer Reich, 734-1530	Sergio Zegarra-Cabello	Pamela Conway, 582-4099
Paul Garner	Gary Webb, 734-9573	Julius "Pepper" Guy	John Neely, 736-5467	Hallie Schroder	Craig Smith, 361-8591		
Courtnee Greenhaw	Scotty Rich, 734-8752	Nisha Justus	Jane Deviney, 736-4237	Kora Seeliger	Bobbi McKinney, 736-2976		
Michele Musgroves	John Beam, 736-7340	Randall Kenyon	Jonathan Brown, 582-4679	Jerry Sloan	Linda Woods-Miller, 736-2546		
		Robin Lantz	Lisa Baker, 739-2932	Kaleena Sneed	Mark Van der Veer, 736-7083		

**Outside Agency Listing**  
(POC for all: Kathy Michaelis, 736-7365)  
**Brianna Green, 412 FSS/FSDE**

## Luncheon

continued from page 5

Determined to stay the course, the chief's supervisor and commander at the time fought for an Exception to Policy. Approved over a year after his injuries, Hurst had to prove that he was capable of doing the job he was trained to do, by completing 100 percent evaluation of every task associated with his career field, though he would now be unable to deploy and unable to control air strikes.

He focused on the positive.

The chief would go on to pass his evaluations – three days and nights full of Air Combat

Command evaluations — with flying colors, and was even approached about deploying to Iraq, something he was sure would never be an option for him again.

"I knew I wanted to go, but I wasn't on the other end of that phone call – 11:30 at night when the doctor is giving my wife the news," Hurst said. "Before I told them 'yes' I told them I would have to have the support of my wife."

The next conversation was short and simple, though the chief recalled it in awe, holding back tears.

"I told [Melanie] that I wanted to go back. She just said, 'OK,'...that was it." A month later, the chief was in Iraq. A year later he was back in Afghanistan as a squadron superintendent. He returned again in 2014 as a group superintendent.

He'd been knocked down, but continued to get back up.

"The reason I'm standing here, with the honor to serve as the 552nd Air Control Wing command chief, is not because of the things I've done, but because of the heroes around me and what they have done," he expressed. "I have an amazing wife who stood strong by my side and who has had more courage than I think I could have had; phenomenal teammates and extraordinary leaders that helped pave the way for any success I have had."

"When we face challenges, we often turn away from people. We try to handle it all on our own, which is the farthest thing from what we should do. Through humility we should seek help. I spent four hours asking God 'why me' and He's spent the last 13 years showing me why."



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<p><b>58 QUAIL HOLLOW</b> 3340 sq. ft. mol. In the Quail Hollow Addition located 1/4 mile East of Anderson Rd. on Reno. 3 beds, 3 baths, 2 dining, 1 living, game room, study, huge pantry, 4 car garage, outdoor living area with fireplace and kitchen. Choctaw Schools.</p>	<p><b>14025 S.E. 37TH</b> 3118 sq. ft. mol. In the Les Chateaux Addition located 1/2 mile South of S.E. 29th on Henney Rd. 3 beds, 2 full &amp; 2 half baths, 2 dining, 1 living, media room, walk-in-pantry &amp; 4 car garage. Choctaw Schools. \$455,900.</p>	<p><b>15490 Patterson Road</b> 2123 sq. ft. mol. At Shawnee Twin Lakes. Open concept floor plan with 3 bed, 2 bath, covered porch facing the lake! 3 car garage. \$298,500.00</p>
<p><b>14125 SE 37th St.</b> 3216 sq. ft. mol. In Les Chateaux Addition. 3 bed, 2.5 baths, study, formal dining, Media room, large living, 4 car Garage. Choctaw Schools. \$459,900</p>		

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# TIME OFF

Section A

Friday, September 15, 2017

## Talk to your Airmen regularly

An ounce of prevention is worth a pound of cure. Suicide Prevention is the role of every Airman and it starts long before people are at risk for attempting to take their own life. We live in a fast paced, digitally connected world and are, by profession, are driven by a common mission. At the end of the day, we survey our areas and can typically name the “to do” items, that have been checked off in support of our units goals. It’s important to remember that part of our mission, while less tangible than appointed tasks, is remaining connected and in tune with each other as well. Leaders at every level should prioritize team building and foster an environment that encourages a culture of caring for and about one another. Help people see their value on your teams and empower them to figure out the strengths and weaknesses of each member. By talking to your fellow Airmen on a regular basis, you can learn more about the challenges they are experiencing and remind them of their personal/professional strengths that can be used to cope with their struggles. We often feel helpless when faced with life stressors, whether for ourselves or others. Invest time into your team now.

### What does investing time into your team look like? Here are some ideas:

Take lunch breaks together (or breakfast or dinner or head to the coffee pot. It doesn’t matter how social interaction occurs).

Acknowledge hard work and effort as it happens, in the moment if you can safely do so. Don’t wait for quarterly awards to show your appreciation.

Pay attention to each other’s workloads; offer to help when you are able.

Point out individual and team strengths, use these to overcome weaknesses.

Learn the skill of constructive criticism. This allows for change and improvement rather than defensiveness and immovability.

Talk about background and upbringing. Many communication issues and behavioral concerns can be better understood and addressed when there is an understanding of how each person views a particular issue.

### Be supportive and use your resources

Regardless of rank, take time out of your day to talk with people in your work area. Research shows that having supportive relationships with



Air Force photo by Kelly White

Chaplain Kory Capps is the on-site chaplain for the Oklahoma Air Logistics Complex. By having chaplains located within Tinker units, they can better provide more one-on-one services and counseling, and provide an avenue for someone to talk to.

Mental Health Clinic 582-6603

Military Crisis Line 1-800-273-TALK (8255)

friends, co-workers, family members, and/or supervisors, is a protective factor in preventing suicide. Service members and military family members have the support of Mental Health and Military Family Life Consultants for assessment and counseling (call the Airmen and Family Readiness Center). Military One Source can provide information, referrals, and support. Your military chaplain or civilian faith community can offer spiritual guidance. Online information is readily available to help individuals boost their resilience and strengthen their physical, behavioral, relationship, and spiritual health. These supports, in turn, can help people prevent or overcome significant stressors that can lead to thoughts of suicide.

Remember, when a suicide attempt seems

imminent, the time for talking may have passed. Call 911 or take the person to an emergency room. Remove weapons, drugs and any other lethal objects, and do not ever leave a suicidal person alone. ACE: Ask, Care, Escort.

### When talking with a person you think might be suicidal:

Let the person know that you care and that he or she is not alone.

Listen attentively and allow them to express their feelings.

Reassure the person that suicidal feelings are temporary and help is available.

Try to be calm, sympathetic and accepting, and avoid giving advice, arguing, making judgments or minimizing the person’s feelings.

Finally, embrace the Wingman culture. We are not just names and phone numbers on a recall roster. Each of us are integral pieces of a massive machine and we cannot run effectively without each other.

## Food-tasting, recipe contest kicks off Hispanic Observance Month

The Tinker Hispanic Heritage Committee will kick off the Hispanic Observance Month with a ¡Sabor Hispano! food-tasting event and a best salsa contest with a \$50 gift card for the winner.

All are welcome to attend from 11 a.m. to 1 p.m. Sept. 21 at the Tinker Chapel.

“The event will feature dishes from various Hispanic countries, so come out, show your support,

and get a taste of each country’s dishes,” Tech. Sgt. Corine Hudson said.

For those who wish to compete in the salsa recipe contest, showcase a dish from a specific Hispanic coun-

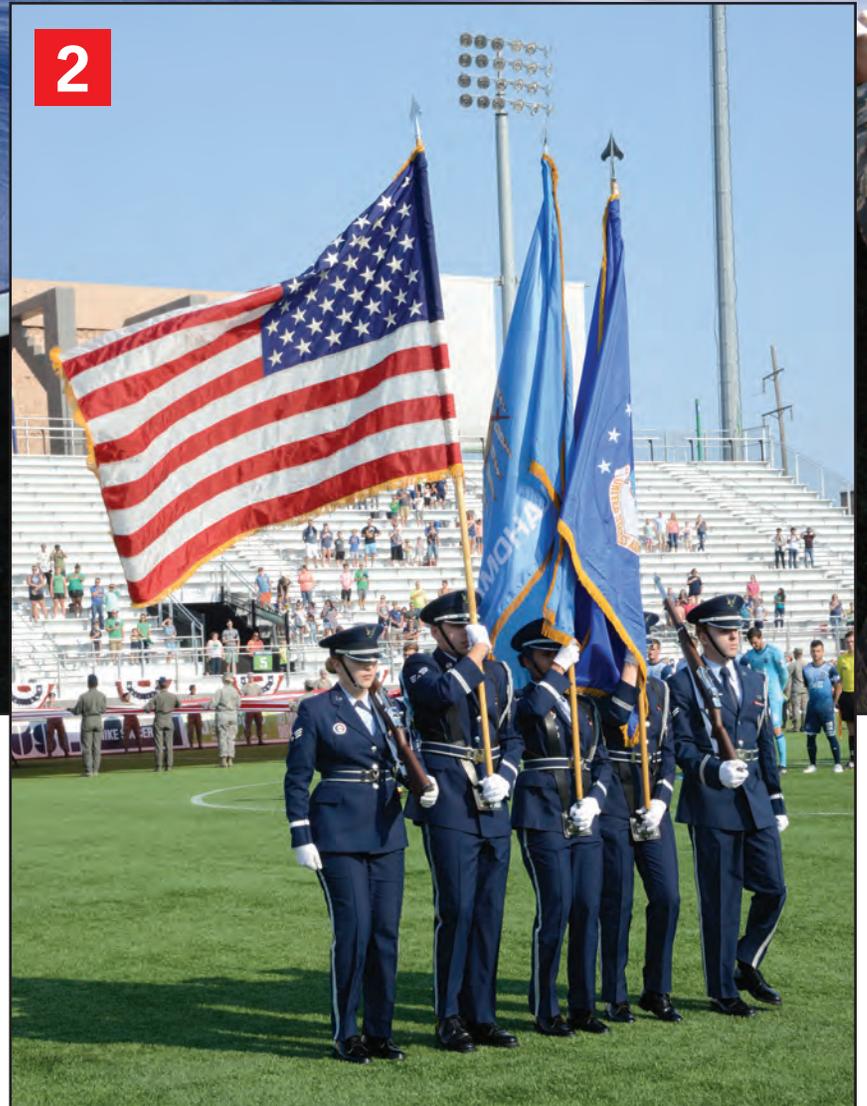
try or donate, email hugo.perez@us.af.mil or manuel.munoz.3@us.af.mil.

The event is hosted by the Hispanic Heritage Special Observance Committee 2017.

# OKC Energy Military Appreciation Night



1



2



3



4

*Air Force photos by Kelly White*

1. Members of Team Tinker waved the American Flag during the opening ceremony of the OKC Energy Football Club Military Appreciation Night Sept. 10 at Taft Stadium in Oklahoma City.

2. The Tinker Honor Guard presented the colors at the OKC Energy FC Military Appreciation Night Sept. 10.

3. 72nd Air Base Wing Commander Col. Kenyon Bell and spouse, Lori, and Tech. Sgt. Louis, with the 552nd Maintenance Group, presented Bob Funk, Jr. (second from left) and Tim McLaughlin, right, owners of the OKC Energy FC, with a flag that had been flown over southwest Asia on an E-3 Sentry mission.

4. 72nd Air Base Wing Commander Col. Kenyon Bell placed the ceremonial soccer ball on the field to kick-off Military Appreciation Night at the OKC Energy FC soccer game Sept. 10. Col. Bell thanked all military members for their service and spoke briefly about Tinker's 75th Anniversary year as well as Tinker's mission.

TINKER AFB CLUB



Mother & Son  
**SUPER  
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Dance

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# Exchange News

## Sept. Air Force Assistance Fund/ Army Emergency Relief donation collection and bounce backs through Sept. 18

Customers may receive one bounce back coupon for each \$5 donated. Coupons may be redeemed Sept. 19 – 25. For every \$5 donated during these event periods, customers will receive a bounce back coupon for \$5 off a \$25 purchase.

### Air Force Day, Monday

For every \$5 donated during these event periods, customers will receive a bounce back coupon for \$5 off a \$25 purchase

To celebrate the Air Force's 70th birthday on Monday, Military Star is offering customers three great ways to save: save 10¢ per gallon on gas at fuel locations, save 15 percent at Exchange restaurants and save \$10 on purchases of \$25 or more at Exchange mall vendors.

### Special events at your main Exchange toyland department

World Play-Doh event, tomorrow

from noon to 2 p.m., free Play-Doh compound make and take while supplies last.

Shopkins Swapkins event Sept. 23 from 1 p.m. to 4 p.m. Kids get to swap their toys with other kids.

Transformers time trial event, Sept. 30, time will be announced on fb/buddylist. Come see the latest Transformers toys and test your skills to see how fast you can convert them from bot to vehicle and back again.

**Star Wars, are you the chosen one?** Sept. 30, time will be announced on fb/buddylist. Join us Sept. 30 from 10 a.m to 2 p.m. for a fun-filled Star Wars event! Kids of all ages will compete and win prizes for best Star Wars costume, best Star Wars artwork and best Jedi moves.

### Exchange giving away \$5,000 in gift cards during Freedom Challenge: Army vs. Air Force

The Army & Air Force Exchange Service is rewarding a Be Fit lifestyle with \$5,000 in gift cards and bragging

rights for either the Army or Air Force.

Through Sept. 30, anyone can participate in the Freedom Challenge: Army vs. Air Force by visiting MapMyFitness.com/challenges/aafes or downloading the MapMyFitness app. Participants can then select "Army vs. Air Force" under "Challenges" and select which branch they would like to support. Each workout logged will count toward the user's team of choice. Whichever service branch gets the most workouts logged at the end of the challenge will be declared the winner. All participants will also be automatically entered for a chance to win one of two \$250 gift cards to be given away weekly during the challenge. Participants who log at least one workout will, upon the challenge's end, be automatically entered into the grand prize drawing for a chance to win one of three \$1,000 gift cards. Winners who are authorized Exchange shoppers will receive Exchange gift cards. All other winners will receive an Under Armour gift card. "The Freedom Challenge is the perfect opportunity to engage in a little friendly competition while getting a chance to be rewarded for regular exercise," said

Chief Master Sgt. Luis Reyes, Exchange Senior Enlisted Adviser. "Of course, it's no secret who I'll be supporting. I encourage everyone to do the same and let their voice be heard this fall during the Freedom Challenge." The Freedom Challenge is open to anyone age 18 and older. No purchase is necessary to win.

### Exchange offers shoppers chance to win \$1,000 in gift cards during M&M's flavor wheel sweepstakes

Army & Air Force Exchange Service shoppers have the chance to win one of 10 \$100 gift cards during the M&M's Flavor Wheel sweepstakes.

Authorized shoppers worldwide can enter at shopmyexchange.com/sweepstakes through Sept. 30.

"Winning a \$100 gift card would be one sweet surprise," said Air Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted adviser. "Our lucky winners are going to feel like kids in a candy store."

Authorized shoppers age 18 and

See **Exchange** page 5a.

## Flu Vaccine for Tinker Civilian Workforce

All employees are highly encouraged to receive the flu vaccine, which is readily available off-base.



### OFF-BASE options for Flu vaccine:

- Provider office
- Local Pharmacy
- Walgreens
- CVS
- Wal-Mart

To find a location nearest you, visit:

<http://flushot.healthmap.org>

### Flu Basics

Flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

The flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine.

# Exchange

continued from page 4a

older may enter. The winner will be drawn at random on or about Oct. 6. No purchase is necessary to enter or win.

Enter for chance to win at [www.shopmyexchange.com/sweepstakes](http://www.shopmyexchange.com/sweepstakes)

Rockstar Carnival Cruise sweep-

stake through Sept. 30. Enter for a chance to set sail on Carnival Cruise for two.

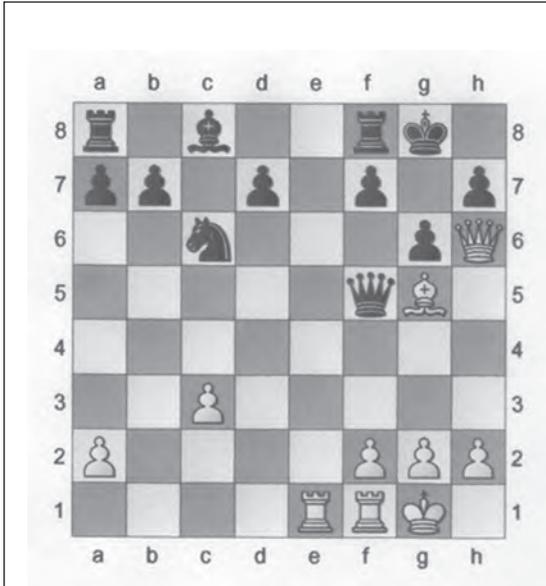
New Belgium Brewing custom bicycle sweepstakes through Oct. 31. Enter for a chance to win 1 of 6 (valued at 700) new Belgium Brewing custom bicycles.

Pabst Blue Ribbon motorcycle sweepstakes through Nov. 11. Win a custom PBR Knucklehead chopper approximate retail value \$25,000.



## Tinker Youth Center HALLOWEEN CARNIVAL

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2. Rh3+...Kg8
3. Nxe7# mate 1-0)



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# 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. \$1 Games & \$1 Shoe Rentals. 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 for military members on a profile and/or recovering from an injury. The program will focus on functional movement and mobility improvement through strength, cardio, core and flexibility conditioning that will be adjusted and based on each individuals profile limitations or area of injury/

*See more recurring events on page 7a.*

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1412 N Eastern Ave Moore, OK 73160 | 405.395.4838

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# Recurring Events continued from page 6a

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. Enjoy

mouthwatering fusion barbecue at the Chuck Wagon located at the Tinker Club. The club now offers a \$10 box lunch service perfect for your conferences/leadership events and gatherings! To download order form go to [Tinkerliving.com/club](http://Tinkerliving.com/club).

**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.

**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 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

*See more recurring events on page 8a.*

# OUT FOR FUN

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# Recurring Events continued from page 7a

members and their families have necessary information for a smooth reunion. Tapes and handouts available for all on tips for a successful reunion. Information: Airman & Family Readiness Center, Bldg. 6001, 739-2747.

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

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

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

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

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

2747.

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

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

**Spin-Cycle:** Every Monday, 4:10 to 4:50 p.m. This free high energy non-impact workout is guaranteed to raise your heart rate. Follow your instructor on a simulated ride through terrains, hills, and jumps while controlling your own resistance. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

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

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

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

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

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

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

**Tobacco 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

*See more recurring events on page 9a.*



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# Recurring Events continued from page 8a

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

## MEADOWOOD BAPTIST CHURCH

We offer a variety of Sunday school Choices for all ages and Children's Church on Sunday mornings. Nursery is available for infants and children through age three during Worship services. On Sunday evenings we offer Youth activities and a variety of Focus classes at 5:45 to help train and equip U for ministry in the Lords service. DivorceCare is also offered on Sunday evenings at 5:45 for adults and children. On Wednesday evenings we offer evening meals at 5:00 - 6:00 adult choir practice, children choir practice, RA's, GA's, Youth activities and evening prayer service.

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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.**

Independent Baptist



**Beth Haven Baptist Church**

12400 S. Western OKC  
(405) 691-6990  
Leader - Rick Carter, Jr.  
www.okcbaptistchurch.com

**Worship Times:**

Sunday: 10am, 11am, 5pm, Wednesday: 7pm

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

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they work together to share their touching story of organ donation.

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# TINKER Events

## 2017

### Saturday, September 16

Community

#### Air Force Ball - Parent's Night Out

CDC West & Youth Center, 5:30:00 PM to 10:30:00 PM  
Ages 5 months-6th grade. \$25 per child. Space is limited. Children must be registered and paid for by 13 Sept. For more information, call 405.734.7866/3646

### Sunday, September 17

Community

#### Horse Race

Tinker Golf Club, 11:00:00 AM  
For more information go to [Tinkerliving.com/golf](http://Tinkerliving.com/golf) For more information, call 405.734.2909

### Monday, September 18

Community

#### Love & Logic class (3 of 4)

72 MDG, Family Advocacy Office, 9:30:00 AM to

12:00:00 PM

See description on page 6a-9a.

#### Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 1:00:00 PM to 3:30:00 PM

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Please call to schedule For more information, call 734-5505

#### Air Force Birthday Celebration

Tinker Club, 4:00:00 PM to 5:00:00 PM

Join us for cake. For more info [tinkerliving.com/club](http://tinkerliving.com/club) For more information, call 405.734.3418

### Tuesday, September 19

Community

#### Love 7 Logic class (4 of 4)

72 MDG, Family Advocacy Office, 9:30:00 AM to 12:00:00 PM

See description on page 6a-9a.

### Wednesday, September 20

Community

#### Japanese Noodle Buffet

Tinker Club, 11:00:00 AM to 1:00:00 PM

For more info [tinkerliving.com/club](http://tinkerliving.com/club) For more information, call 405.734.3418

### Thursday, September 21

Community

#### Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg. 5922, 7:30:00 AM to 9:30:00 AM

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

#### Story Time/Play Group

Tinker AFB Homes Balfour Beatty Community Center,

10:00:00 AM to

See description on page 6a-9a.

### Friday, September 22

Community

#### Cork & Canvas

Arts & Crafts, 6:00:00 PM to 9:00:00 PM

For more info [tinkerliving.com/arts](http://tinkerliving.com/arts) For more information, call 405.734.5615

### Monday, September 25

Community

#### Infant Massage class (1 of 5)

Tinker AFB Homes Balfour Beatty Community Center,

11:00:00 AM to

See description on page 6a-9a.

#### H.A.S. class (3 of 4)

72d Medical Group, Family Advocacy Office, 1:00:00 PM to 3:00:00 PM

See description on page 6a-9a.

#### Tobacco Cessation Individual Consults

Tinker Wellness Center, Bldg.

5922, 1:00:00 PM to 3:30:00 PM

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Please call to schedule For more information, call 734-5505

### Tuesday, September 26

Community

#### Infant Massage class (2 of 5)

Tinker AFB Homes Balfour Beatty Community Center,

11:00:00 AM to

See description on page 6a-9a.

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

72d Medical Group, Family Advocacy Office, 1:00:00 PM to 3:00:00 PM

See description on page 6a-9a.

### Wednesday, September 27

Community

#### Create Your Own Pasta Buffet

See description on page 6a-9a.

See more events page 2b.

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*Continued from page 1b.*

**Tinker Club, 11:00:00 AM to 1:00:00 PM**  
For more info [tinkerliving.com/club](http://tinkerliving.com/club) For more information, call 405.734.3418

**Infant Massage class (3 of 5)**  
Tinker AFB Homes Balfour Beatty Community Center, 11:00:00 AM to  
See description on page 6a-9a.

**Thursday, September 28**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 7:30:00 AM to 9:30:00 AM

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

**Rhythm Kids/Play Group**  
Tinker AFB Homes Balfour Beatty Community Center, 10:00:00 AM to  
See description on page 6a-9a.

**Infant Massage class (4 of 5)**  
Tinker AFB Homes Balfour Beatty Community Center, 11:00:00 AM to  
See description on page 6a-9a.

**Friday, September 29**  
*Community*

**Infant Massage class (5 of 5)**  
Tinker AFB Homes Balfour Beatty Community Center, 11:00:00 AM to  
See description on page 6a-9a.

**Monday, October 2**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 1:00:00 PM to 3:30:00 PM

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Please call to schedule For more information, call 734-5505

**Thursday, October 5**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 7:30:00 AM to 9:30:00 AM

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

**Friday, October 6**  
*Community*

**Fall Craft Fair**  
Bldg 3001, Oklahoma Room & Hallways G & F, 7:00:00 AM to 2:00:00 PM  
For more info [tinkerliving.com/arts](http://tinkerliving.com/arts) For more information, call 405.734.5615

**Fall Craft Fair**  
Bldg 3001, Oklahoma Room & Hallways G & F, 7:00:00 AM to 2:00:00 PM  
For more info [tinkerliving.com/arts](http://tinkerliving.com/arts) For more information, call 405.734.5615

**Saturday, October 7**  
*Community*

**Presidents Cup**  
Tinker Golf Club, 8:00:00 AM  
For more information go to [Tinkerliving.com/golf](http://Tinkerliving.com/golf) For more information, call 405.734.2909

**Monday, October 9**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 1:00:00 PM to 3:30:00 PM

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Please call to schedule For more information, call 734-5505

**Thursday, October 12**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 7:30:00 AM to 9:30:00 AM

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

**Friday, October 13**  
*Community*

**Diabetes Support Group Meeting**  
Tinker Wellness Center, Bldg. 5922, 1:30:00 PM to 2:30:00 PM

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

**Cork & Canvas**  
Arts & Crafts, 6:00:00 PM to 9:00:00 PM  
For more info [tinkerliving.com/arts](http://tinkerliving.com/arts) For more information, call 405.734.5615

**Saturday, October 14**  
*Community*

**Mother & Son Super Hero Dance**  
Tinker Club, 6:30:00 PM  
For more information go to [Tinkerliving.com/club](http://Tinkerliving.com/club) For more information, call 405.734.3418

**Sunday, October 15**  
*Community*

**Cross Country**  
Tinker Golf Club, 8:00:00 AM  
for more information go to [Tinkerliving.com/golf](http://Tinkerliving.com/golf) For more information, call 405.734.2909

**Monday, October 16**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 1:00:00 PM to 3:30:00 PM

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Please call to schedule For more information, call 734-5505

**Thursday, October 19**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 7:30:00 AM to 9:30:00 AM

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

**Friday, October 20**  
*Community*

**FSS Golf Tournament**  
Tinker Golf Club, 12:00:00 PM  
For more information go to [Tinkerliving.com/golf](http://Tinkerliving.com/golf) For more information, call 405.734.2909

**Monday, October 23**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 1:00:00 PM to 3:30:00 PM

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Please call to schedule For more information, call 734-5505

**Thursday, October 26**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 7:30:00 AM to 9:30:00 AM

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

**Monday, October 30**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 1:00:00 PM to 3:30:00 PM  
Create a quit plan, discuss

tobacco-use triggers, and coping strategies. Consults are 30 minutes. Please call to schedule For more information, call 734-5505

**Tuesday, October 31**  
*Community*

**Halloween Carnival**  
Tinker Youth Center, 6:00:00 PM to 9:00:00 PM  
For more information go to [Tinkerliving.com/youth](http://Tinkerliving.com/youth) For more information, call 405.734.7866

**Thursday, November 2**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 7:30:00 AM to 9:30:00 AM

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

**Friday, November 3**  
*Community*

**3 ALT Golf Tournament**  
Tinker Golf Club, 12:00:00 PM  
For more information go to [Tinkerliving.com/golf](http://Tinkerliving.com/golf) For more information, call 405.734.2909

**Saturday, November 4**  
*Community*

**Retiree Appreciation Day**  
Tinker Club, 9:00:00 AM  
For more information go to [Tinkerliving.com/retiree](http://Tinkerliving.com/retiree) For more information, call 405.734.3418

**Monday, November 6**  
*Community*

**Tobacco Cessation Individual Consults**  
Tinker Wellness Center, Bldg. 5922, 1:00:00 PM to 3:30:00 PM

Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Please call to schedule For more information, call 734-5505

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**FSS GOLF  
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Friday, October 20, 2017  
Tinker Golf Club

Join us for the first annual  
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