



TINKER

# TAKE OFF

Vol. 75, No. 38

Tinker Air Force Base, Okla.

Friday, September 22, 2017

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## Tinker time capsule

Air Force photo by Kimberly Woodruff

Phil Tinker, grandson of Maj. Gen. Clarence Tinker, and Jim Diehl, president of the Tinker Heritage Foundation, placed the lid on top of the time capsule manufactured by the Oklahoma City Air Logistics Complex REACT cell, a 3-D additive manufacturing team. The capsule was printed using the most modern technique of manufacturing to showcase our latest technology. Included in the capsule are contributions from nine units of Tinker Air Force Base; Air Force Sustainment Center, Oklahoma City Air Logistics Complex, 552nd Air Control Wing, Strategic Communications Wing One, 507th Air Refueling Wing, 448th Supply Chain Management Wing, Defense Information Systems Agency, Defense Logistics Agency-Oklahoma City, and 38th Cyberspace Engineering Installation Group. The time capsule will be unearthed in 2092. The dedication of the time capsule burial will be on Oct. 13 at the Maj. Charles B. Hall Memorial Airpark, outside the Tinker gate. The date is significant as on Oct. 14, 1942 Gen. H.H. "Hap" Arnold ordered the installation named Tinker Field.

# Celebrating the Air Force's 70th birthday

Jillian Coleman  
Staff Writer

The United States Air Force celebrated its 70th birthday earlier this week. Tinker's due diligence came in true fashion – cake and punch at the Club Sept. 18.

As celebrating history is part of tradition, 72nd Air Base Wing Commander Col. Kenyon K. Bell touched on some of the primary advocates for establishing a service dedicated to controlling air, space and cyberspace.

Gens. Billy Mitchell and Hap Arnold are

commonly referred to as the father and architect of the Air Force, respectively, and played a significant role in ensuring that the Air Force was separate and distinct in the ability to command the skies. The urge to detach from the Army Air Corps and become its own branch of service came at the price of courts-martial, loud mouths and a five-star general commanding at a squadron level, but 70 years later, it seems a small price to pay.

"We have commanded the skies for many decades, and will continue

See **Birthday** page 5.



Air Force photo by Kelly White

Airman Juan Rangel, with the 552nd Aircraft Maintenance Squadron, and 72nd Air Base Wing Commander Col. Kenyon Bell were the honorary cake-cutters at Tinker's celebration of the Air Force's 70th birthday Sept. 18 at the Tinker Club.

# A page in HISTORY



## Tinker Air Force Base

Commentary:

### A very belated Medal of Honor recipient

Howard E. Halvorsen

*Air Force Sustainment Center historian*

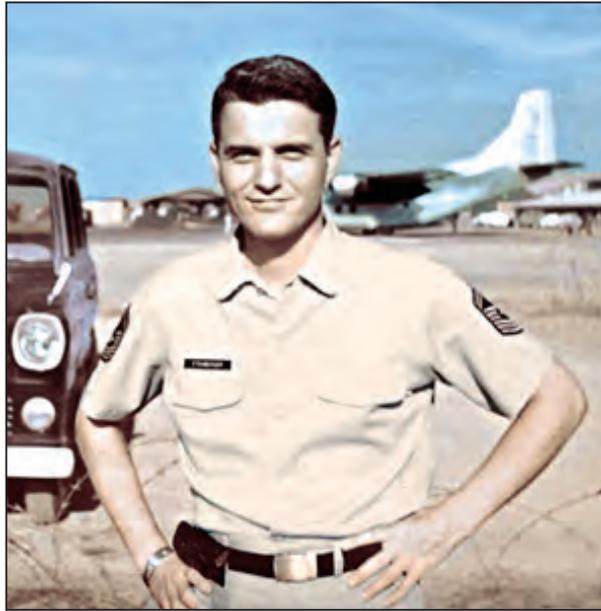
Richard “Dick” Etchberger was born in Hamburg, Pennsylvania, in 1933. He graduated from the local high school in 1951, joined the Air Force the same year, and attained the rank of Chief Master Sergeant on April 1, 1967.

During the Vietnam War, Etchberger was among a group of Airmen hand-picked for a classified mission: manning secret radar facilities in Laos.

According to the 1962 International Agreement on the Neutrality of Laos, the United States was to have no military facilities in that country. As such, the selectees would officially become civilians employed by Lockheed Aircraft. Etchberger was deployed to Lima Site 85, used to direct bombing missions against targets in Laos and North Vietnam. This procedure, to use Air Force personnel temporarily and then restoring them to their military service with no loss in pay or rank, was called being “sheep dipped.” The code name for this top secret mission was “Heavy Green.” The site was staffed by sixteen “former” Airmen, including Etchberger, two CIA agents and one forward air controller. Local guerrilla fighters were hired to protect the base.

Between November 1967 and March 1968, Lima Site 85 directed 27 percent of all air strike missions in Laos and North Vietnam. In fact, Etchberger and his fellow Americans used their talents with radar to direct more than 500 bombing missions in Laos and North Vietnam. When successful strikes were launched, even through heavy cloud cover, the North Vietnamese realized that a radar facility must be nearby.

Beginning in January 1968, North Vietnamese troops began closing in on Site 85. On Jan. 13, the base was strafed by two An-2 Colt biplanes, killing several of the local guerrillas. The crew of a CIA Air America UH-1H helicopter responded to the attack, managing to shoot down one aircraft with an AK-47. Plans were made to abandon and destroy the base, but they were not implemented in time. It was not thought their listening post could be attacked as it was literally a mile up a mountain, above the clouds. Even when thousands of enemy troops of the North Vietnamese Army 766th Regiment could



Photos courtesy of Tinker Air Force Base History Office

Chief Master Sgt. Richard L. Etchberger

be seen surrounding the mountain at its base, there was no sense of urgency in shutting down a post thought essential to operations designed to win and end the war.

When the site came under attack on March 11, 1968, a cable from William Sullivan, U.S. ambassador to Laos, to the U.S. State Department, said: “... it appears we may have pushed our luck one day too long in attempting to keep this facility in operation ...”

In the early morning hours that day, North Vietnamese soldiers who had scaled the surrounding cliffs assaulted the site. By 3 a.m., Etchberger and six others were the only surviving Americans out of the original 19. From the summit, the enemy lobbed down grenade after grenade, hour after hour. Etchberger and his men would grab those grenades and throw them back, or kick them into the valley below. But the grenades kept coming. One Airman was killed, then another. A third Airman was wounded, and then another. Eventually, Dick was the only man standing. Etchberger tended to the wounded and fought off the advancing North

See **Etchberger** page 12.



A Boeing B-50D Superfortress in flight wearing natural metal. The larger tail of the B-50 compared to the original B-29 can be seen here.

### Boeing B-50 Superfortress

Greg L. Davis

*72nd Air Base Wing Public Affairs*

The Boeing B-50 Superfortress was a four-engine, medium strategic bomber produced for Strategic Air Command as an improved version of the original B-29 Superfortress. The B-50 had a larger vertical stabilizer making it distinguishable from the B-29, but the real differences were hidden beneath the aircraft’s skin as B-50s were specially configured for carriage and delivery of nuclear weapons.

Tinker’s role with the B-50 came mainly from maintenance of the P&W R4360 engines in the specialized engine shops of the Oklahoma City Air Materiel Area. Tinker also performed aerial tanker and reconnaissance modifications to expand the mission capabilities of the airplane. Tinker history office documents note that during the Korean War, “B-29s, B-50s and B-36s came to the base for modifications necessary to combat communist aggression.” Between January 1949 and June 1957 there were 431 B-50 maintenance items completed here.

There were multiple variants of the B-50 which were operated by the Air Force exclusively. The B-50A required 11 aircrew while the B-50D and the aerial refueling version, the KB-50J/K required only eight. The reconnaissance version, the RB-50G, carried aloft an impressive 16 aircrew. The varying number of personnel needed to fly the B-50 was indicative of the complexity of the mission and duration of flight.

One of the most notable accomplishments for the B-50 was the first nonstop, around-the-world flight Feb. 26-March 2, 1949, by B-50A, serial number 46-010, “Lucky Lady II.” The 43rd Bomb Group (Medium), 63rd Bomb Squadron (Medium) flew from and returned to their home base at Carswell AFB, Texas, and traversed the globe in an amazing 94 hours and 15 minutes.

The introduction of jet bombers to the SAC fleet led to a relatively short operational life for the radial-powered B-50. SAC phased out its last B-50 in 1955. Military Airlift Command flew some Weather Reconnaissance WB-50s until 1965. The final flying RB-50 was used as a research platform by the Aerospace Medical Research Laboratory at Eglin AFB, Florida, until 1969.

**Manufacturer:** Boeing

**Aircraft type:** B-50

**Nickname:** Superfortress

**Crew:** 6-16 depending on the variant

**Power plant:** Four Pratt & Whitney R4360 radial engines (augmented by two General Electric J47 turbojets on KB-50J/K tankers)

**In-service dates:** 1948-1969

**Number produced:** 3,970

**Tinker connection:** Fuel tank installation, refueling and reconnaissance modifications



### This week in Tinker history

**Sept. 18, 1945** – Lt. Gen. James Doolittle visits Tinker Field.

**Sept. 20, 1945** - Storage of B-29s at Tinker Field begins.

**Sept. 17, 1948** - Jet bomber overhaul begins upon the arrival

of the first B-45 bomber.

**Sept. 22, 1960** - The new Tinker air freight terminal begins operation.

**Sept. 16, 1968** - Oklahoma City Air Materiel Area obtains engineering responsibility for the RC-135C aircraft from Air Force Systems Command.

**2017 Key events:** Oct. 13: Capstone Event



Air Force photo by Darren D. Heusel

## Froehlich spends time with 635th SCOW

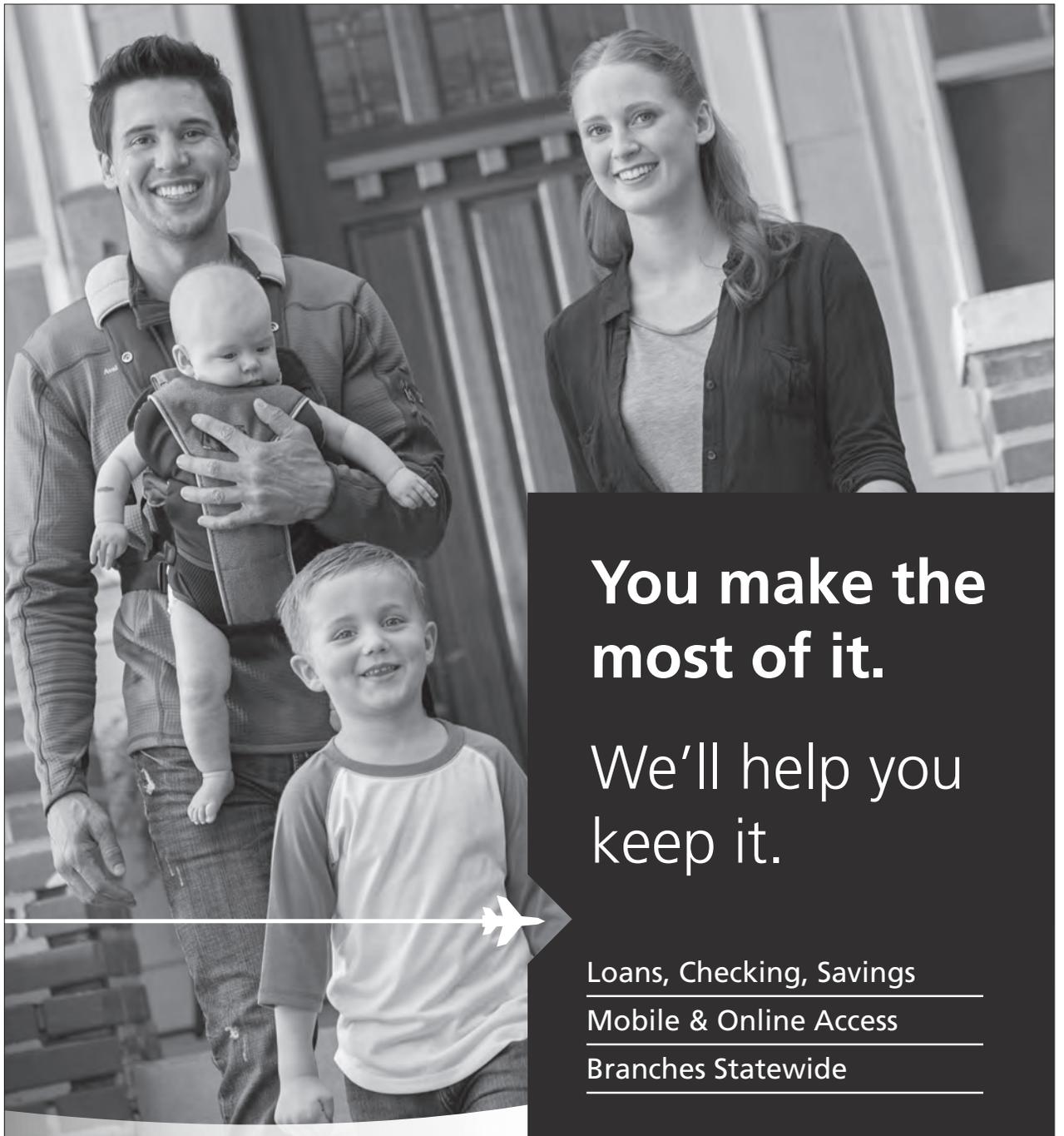
Col. Eric Froehlich, Air Force Sustainment Center vice commander, standing, greets members of the 635th Supply Chain Operations Wing during his immersion to the wing on Sept. 7 at Scott Air Force Base, Illinois. Froehlich, who assumed his new position on July 10, was at Scott to participate in the Air Force Materiel Command metrics review the day before and decided to make good use of his time by spending the next day or two learning more about the 635th SCOW mission.

## Retirement awaiting Perrier



Air Force photo by Darren D. Heusel

Lt. Gen. Lee K. Levy II, Air Force Sustainment Center commander, presents Chief Master Sgt. Richard Perrier, Air National Guard senior enlisted adviser to the AFSC commander, with the Meritorious Service Medal prior to his weekly staff meeting Sept. 14 in the Anaconda Room, Bldg. 3001. Perrier served as Levy's senior enlisted adviser from April 30, 2013, to Sept. 24, 2017, and is due to retire soon after 42 years of service.



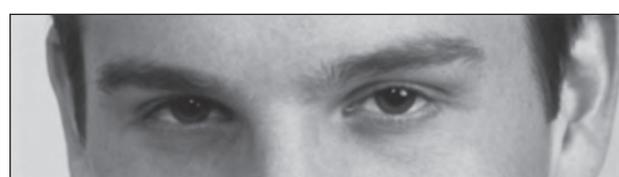
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We get it.<sup>SM</sup>



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# Honorary Commanders

*Air Force photos by Kelly White*

Left: 72nd Air Base Wing Commander Col. Kenyon Bell and Airfield Manager Mark Bradley show Tinker's runway system to members of this year's Honorary Commanders program during a tour of key locations Sept. 6.

Above: Base Operations welcomed Honorary Commanders during a tour of their facilities Sept. 6. The group were also able to tour the 10th Flight Test, the 552nd Air Control Wing and Tinker's air traffic control tower.



*Air Force photo by Kelly White*

# Controlling Tinker's wildlife

Matt Gage, left, a biological technician, and Clark Baker, right, a biologist, both with the U. S. Department of Agriculture Wildlife Services, showed 72nd Air Base Wing Commander Col. Kenyon Bell various technologies, devices and equipment they use around Tinker Air Force Base for animal damage control during an immersion tour along the Urban Greenway Sept. 8. They demonstrated several snares and traps and even light explosives (more like firecrackers) and lasers to keep birds and coyotes away from the airfield and surrounding areas, while working with Natural Resources Manager John Krupovage and his team to keep natural ecosystems and habitats thriving around the base.

## 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).

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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.

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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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Air Force photo by Kelly White

Howard "Hooch" Halvorsen, Tinker's base historian, educated attendees at Tinker's celebration of the Air Force's 70th Birthday on Sept. 18 on the history of the Air Force and the importance of sustaining aging aircraft.

# Birthday

continued from page 1

to command the skies in the years to come," Colonel Bell said. "Tinker has played an integral part in that, and I encourage you to be innovative in our thinking as we move into the next chapter of our United States Air Force."

The installation's base historian, Howard "Hooch" Halvorsen, piggy-backed the commander as the event's guest speaker. Halvorsen gave a brief 70-year history lesson, speaking to the magnitude of its global reach through the Cold War, Korean War, Vietnam War and Berlin Airlift.

"The entire Air Force today, give or take, flies with 5,032 aircraft," Halvorsen added. "This branch has truly led the way since its inception, too, with Chuck Yeager piloting the first supersonic flight months after our birth, and becoming the first integrated service in 1948." And, the force will continue to lead the way in years to come.

"We can sustain the aging fleet and continue to deter our enemies [here at Tinker, through the Sustainment Center]. That means it's the most powerful service in the world, sustained by the best people in the world. Tinker keeps our planes in the air, which keeps the United States' ability to win wars unparalleled to any adversary."

President Harry Truman signed the National Security Act of 1947 on July 26, which established the Department of the Air Force. It wouldn't be until Sept. 18 of that year when the first Secretary of the Air Force would be sworn in, thus officially forming the Air Force as one of the seven uniformed military services.

# 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



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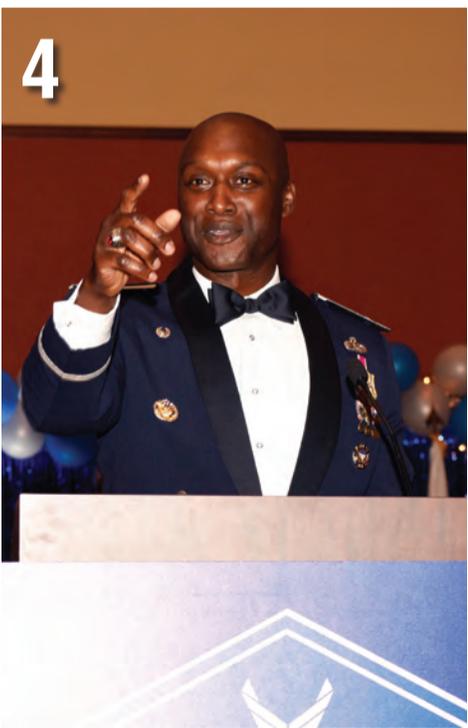
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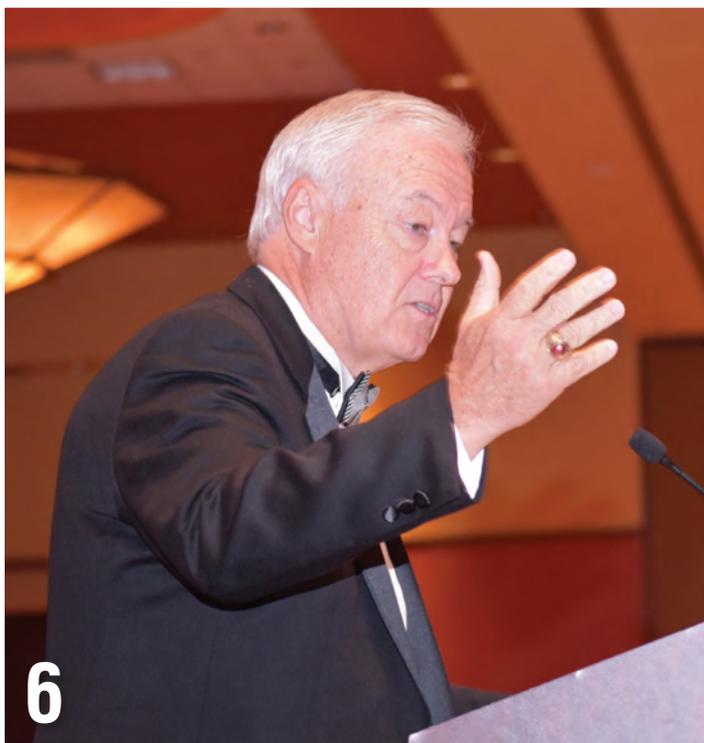
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# AIR FORCE BALL



*Air Force photos by Kimberly Woodruff*

1. Team Tinker, their families and distinguished guests came out to the Embassy Suites in Norman, Oklahoma on Sept. 16 to celebrate the 70th birthday of the Air Force and the 75th anniversary of Tinker Air Force Base during the Air Force Ball. Nearly 700 people attended the event.

2. During the Air Force Ball, Todd Bayles, mechanical engineer from the 76th CMXG REACT office and Jerry Bryza, media chief with 72nd Air Base Wing Public Affairs, stood by as Honor Guard member Airman 1st Class Joshua Stuff placed the last flag to fly over Bldg. 460 into the Tinker time capsule. Bldg. 460 housed the headquarters of Tinker Air Force Base for nearly 75 years.

3. While attending the Air Force Ball last Saturday, 72nd Air Base Wing Chaplain (Lt. Col.) Sam Tucker raised his glass during the toasts to the flag of the United States of America, to the Commander in Chief, the President of the United States, to the Chief of Staff of the United States Army, to the Chief of Naval Operations, to the Chief of Staff of the Air Force, and to the brave men and women of the Armed Forces.

4. Col. Kenyon Bell, 72nd Air Base Wing Commander thanked everyone for attending this year's Air Force Ball.

5. Brig. Gen. Tom Miller, commander of the Oklahoma City Air Logistics Complex, cut the ceremonial birthday cake along with Airman William Parker from the 72nd Air Base Wing comptroller squadron. During the cake cutting ceremony, Miller, the most senior Airman, received the first piece of cake and passed the cake to Airman Parker representing the passing of wisdom and leadership to our future leaders.

6. Garry Richey, former Oklahoma City Air Logistics Center executive director, was the guest speaker during the Air Force Ball.

7. Titan Blackbird Harris, a member of the Osage Nation, performed a dance to honor Gen. Clarence Tinker's heritage during the Air Force Ball Sept. 16.

8. To wrap up the Air Force Ball last Saturday, guests sang the Air Force Song.

**To view more photos of the Air Force Ball, visit [www.tinker.af.mil](http://www.tinker.af.mil).**



7



8

# Pinning ceremony for new Chief Petty Officers



Air Force photos by Kelly White

Thirty-two Chief Petty Officers officially pinned on their new ranks Sept. 15, joining a prestigious line of chiefs before them. Family members, friends, co-workers and base leadership were all witness to the culmination of the achievement of their successful accomplishments as they were pinned on by their loved ones and given their chief hats by their sponsor chiefs.



TACAMO's newest Chief Petty Officers celebrate their new ranks by high-fiving all chiefs in attendance at their pinning ceremony Sept. 15.

## FY 2018 CHIEF PETTY OFFICERS

### VO-4

AMEC Roger Ross  
YNC Michael James  
AWVC Douglas McDuffie  
YNC Nikeejah Riggins  
PRC Toby Janda  
AWFC Rick Kaneaster

AWVC Zach Coley  
AMEC Shawn Cruz

### CNATT

AWFC Nick Kniceley  
AWVC Keir Troncoso

### Naval Reserve

CEC Jason Steinke  
ISC Josh Lorenzen

### VO-7

AWFC Rodney Barnett  
AWVC Jason Belcher  
AWFC Brendon McInnish

### SCW-1

ETC Kenneth Dunn  
MAC Ernest Lopez  
MAC Gloria Jemison  
ABFC Rico Navarro

### VO-3

AMC Corey Woods  
AEC Juan Gomez

ATC James Mutka  
AMC Bryan Christian  
AZC Juan Pena  
ATC Christafer Sobbing  
AWFC Whaylon Crago  
AMC Nicholas Lorocque

ADC Jansen Repollo  
AMC Rickie Humphries  
AWVC James Youngblood  
ATC Nathan Schwartz  
NAS Patuxent River  
AMEC Jason Snyder

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Air Force photos by Kelly White

72nd Mission Support Group Commander Col. Mark Vitantonio, 72nd Air Base Wing Commander Col. Kenyon Bell and 72nd Logistics Readiness Squadron Director Stephen Walker cut the ceremonial ribbon for Tinker's new fueling station, Bldg. 1158, which is located on south Air Depot Boulevard. The 24-hour automated station for the base's 860-government vehicle fleet carries diesel, biodiesel, unleaded E10 and E85 ethanol.

## Fueling the fleet

**John Parker**  
Staff Writer

Tinker Air Force Base employs a massive fleet of more than 860 government vehicles to help accomplish missions ranging from getting overhauled warplanes back in the fight to ferrying parts and equipment to more than 450 buildings.

Now none of them need to head off the installation to fuel up — saving time, fuel costs and allowing more future strides in the Air Force's energy efficiency and renewable energy goals. Col. Kenyon Bell presided over a ribbon cutting Sept. 15 officially opening the base's new fleet fueling station.

The 72nd Air Base Wing commander said the vision for the \$4.6 million project, including \$1.9 million for the station, began 21 years ago. Its completion this year marks an important day for Tinker's future, he said.

"For us to be able to open up a station such as this, with an over 860-vehicle fleet around here, and for alternative fuels to be dispensed from our station on base, this allows a new capability and that's a big deal," Bell said.

The two-island station carries standard and alternative fuels, including diesel, biodiesel, unleaded E10 and E85 ethanol. It is flanked by four 12,000-gallon, above-ground fuel storage tanks and includes an air and water station.

The colonel said the facility will benefit the entire base. It replaces a station built in 1948 that provided only two types of fuel.



Danny Reedy, with the 564th Aircraft Maintenance Squadron, was the first customer to fill up his government vehicle after a ribbon cutting ceremony for the base's new fueling station Sept. 15.

"The fact that people who work on this base across the multiple mission partners are able now to stay on Tinker and get fueled up and get back to their worksites is tremendous," the colonel said after the ceremony. "The people who are producing planes, our fire and rescue members, everyone who needs to use a government vehicle — those individuals will save travel time and fuel, lower the risk of vehicle accidents and be able to stay on base more to accomplish their jobs."

The colonel said the station at the intersection of Air Depot Boulevard

and Vanaman Road on the base's west side features state-of-the-art safety and environmental protections. It will be a critical pillar in continuing to fulfill Air Force and Department of Defense requirements to boost environmentally friendly fuel alternatives and vehicles.

"We have close to 300 vehicles now that run on alternative fuels and this is one larger step for us in being able to make that happen," he said.

Terminal Manager James Mackey said the station is projected to provide an annual average of 55,000 gallons of biodiesel, 57,000 gallons of E85,

67,000 gallons of E10 and 54,000 gallons of low-sulphur diesel.

The automated 24-hour facility, designated as Bldg. 1158, will not need to be staffed daily. A small existing station for another alternative fuel, compressed natural gas, is located just south of the new one.

Stephen Walker, 72nd Logistics Readiness Squadron director, praised several organizations for their roles in the project, including the Army Corps of Engineers, Defense Logistics Agency Energy, the 72nd ABW Civil Engineer Directorate, the 72nd ABW and 72nd LRS.

# Fire training



Air Force photos by Greg L. Davis

Above: Members of the Tulsa Fire Department (wearing tan bunker gear) work with a member of the 72nd Civil Engineer Squadron, fire department during a training event using a full-size aircraft fire training device Sept. 13 at Tinker. The Tulsa firefighters were guests of the 72nd Civil Engineer Squadron fire department, who underwent recertification training.

Right: Two-member teams from the 72nd Civil Engineer Squadron, fire department, work together as they approach the full-size aircraft fire training device Sept. 13, at Tinker. The firefighters were conducting annual recertification training in the realistic environment.



## 386th HVAC technicians beat the heat, keep cool under pressure

**Tech. Sgt. Jonathan Hehnlly**  
386th Air Expeditionary Wing Public Affairs

When dealing with temperatures over 120 degrees, heating, ventilation and air conditioning technicians play a pivotal role in the 386th Air Expeditionary Wing's everyday operations. These unsung heroes can be seen outside each and every day braving the heat, working on refrigeration and air conditioning units that maintain temperatures for everything from the dining facility freezers to computer server rooms.

It's because of HVAC technicians that aircrew members can sleep in peace the hours before they engage in airlift missions around the U.S. Air Forces Central Command area of responsibility.

"Not only do we work to sustain the daily mission, we support the entire base to include all of our joint Coalition partners," said Staff Sgt. Jorge Martinez, an HVAC craftsman with the 386th Civil Engineer Squadron. "We keep a steady work environment by making sure not only the members are taken care of but the equipment as well."

Providing more than just comfort cooling, the HVAC team's efforts ensure the wing's command and control communications systems are functioning properly and not overheating, as



Air Force photos by Tech. Sgt. Jonathan Hehnlly

Senior Airman Jonathon Dow, a heating, ventilation and air conditioning journeyman with the 386th Expeditionary Civil Engineer Squadron, secures the side cover of an air conditioning unit at an undisclosed location in Southwest Asia, Aug. 23. Whether conducting preventative maintenance or responding to needed repairs these dedicated technicians beat the heat and keep cool under pressure as they keep up with daily demands.

well as maintaining food storage units that preserve the sustenance for U.S. and Coalition partner forces.

"If the rations refrigeration and freezer units went down it could be catastrophic," said Martinez. "We are a big asset here when it comes to troubleshooting. Whether the problem is big or small, our job is to find it, trou-

bleshoot it and fix it in a timely, orderly manner."

At the peak of the summer heat, the HVAC team responded to almost 770 service calls in one month's time. Whether conducting preventative maintenance or responding to needed repairs these dedicated technicians beat the heat and keep cool under pressure



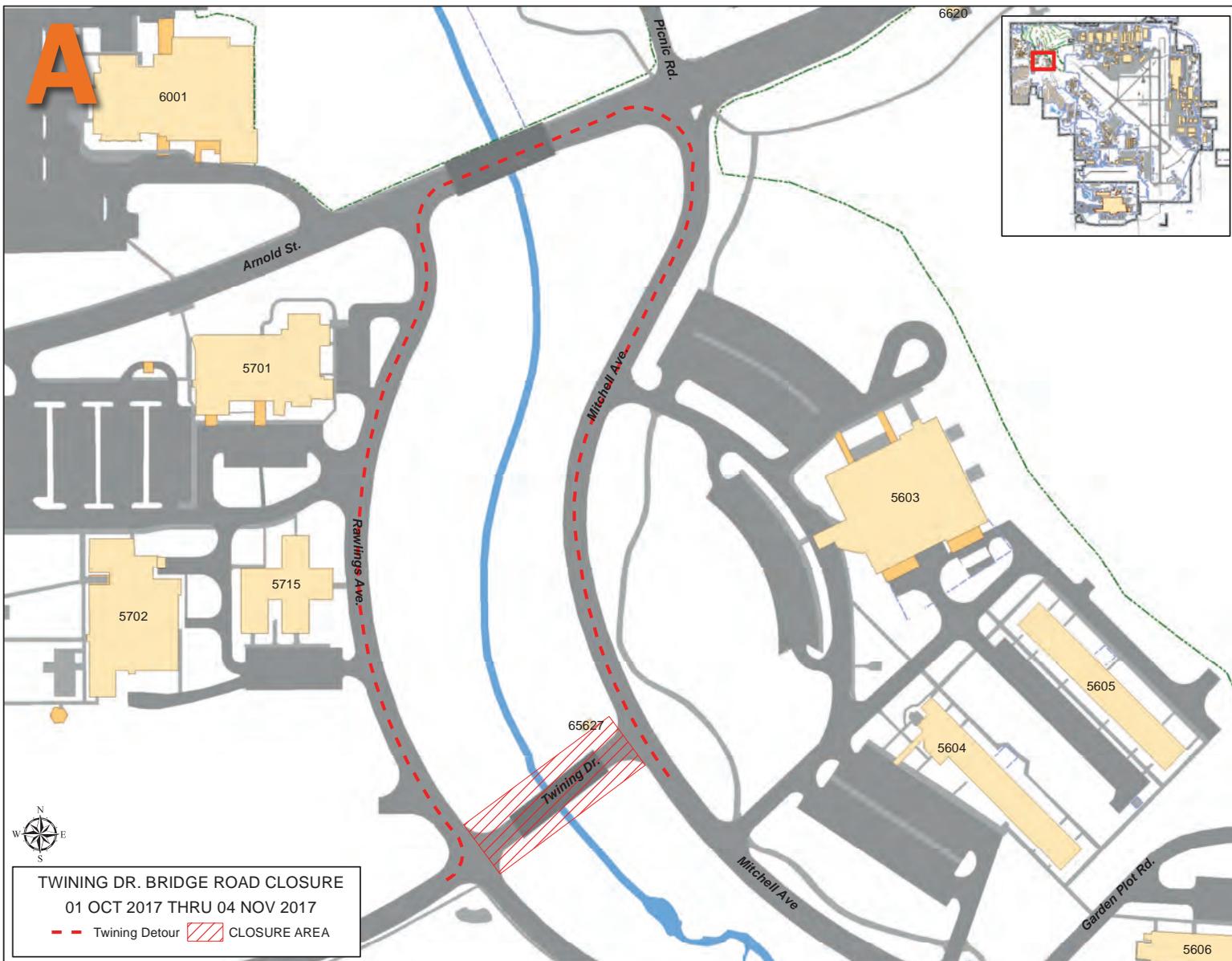
Staff Sgt. Jorge Martinez, a heating, ventilation and air conditioning craftsman with the 386th Expeditionary Civil Engineer Squadron, secures the cover of an electrical box at an undisclosed location in Southwest Asia, Aug. 23.

as they keep up with daily demands. "We are all about customer service," said Martinez. "We want to make sure we give everyone the best job we can."

The small team of less than 20 HVAC technicians works around the clock to provide continuous maintenance and upkeep of several hundred HVAC units installation-wide.

"I take great pride in continuous improvement and using every diverse scenario to expand my knowledge base," said Senior Airman Jonathon Dow, an HVAC journeyman with the 386 ECES. "Not all situations are the same, but I have the knowledge to systematically find out what's wrong with the unit and to do the job."

# CONSTRUCTION ZONE



## BRIDGE CLOSURES

### A:

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)

### B:

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)

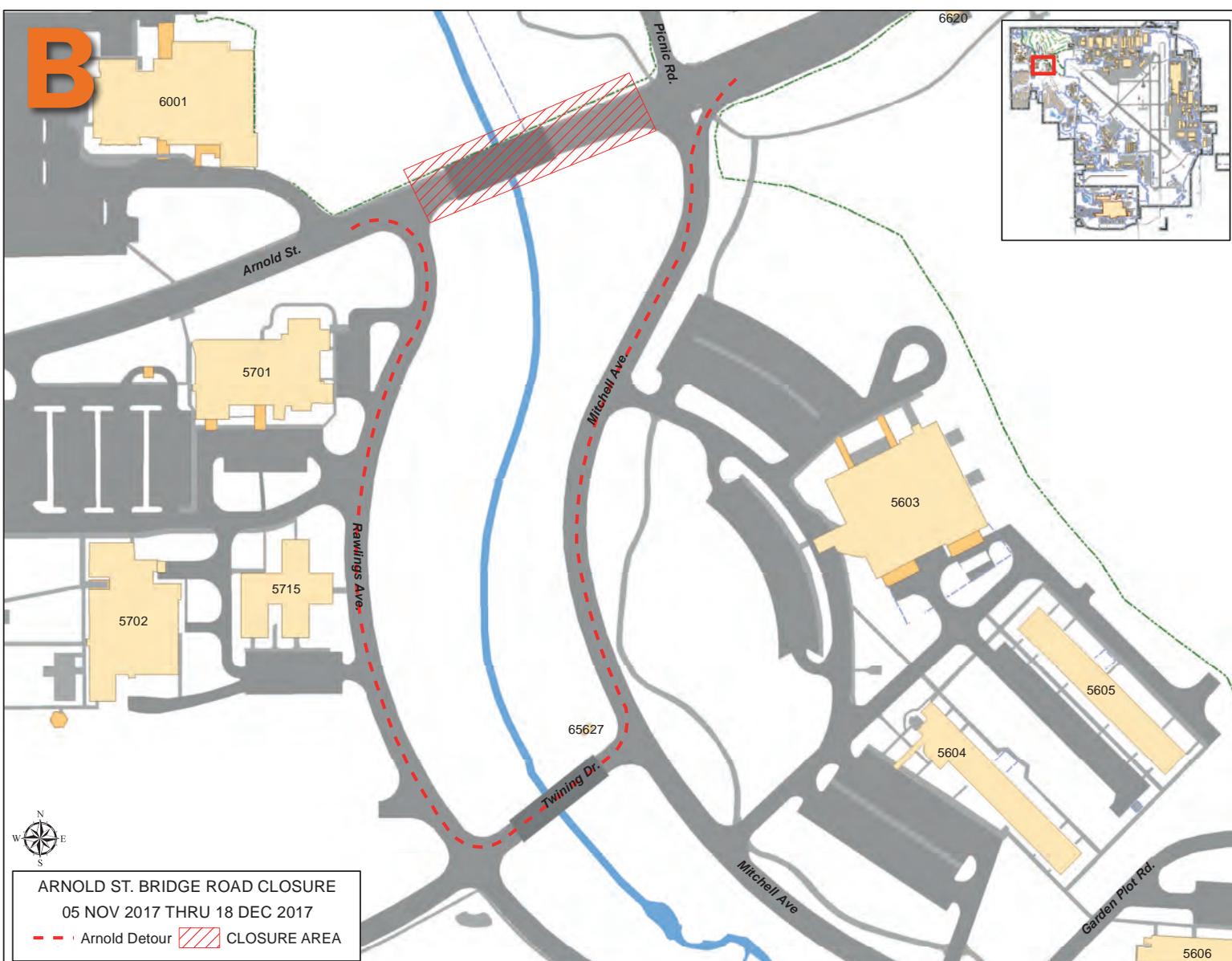
## LANE/ROAD CLOSURES

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.

## CONFIRMED UTILITY OUTAGES

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	Robin Lantz	Lisa Baker, 739-2932	Jimmy Stiger	DonnaMarie Burr, 739-7435
Traci Bassham	Michael Bassham, 736-4489	Jerome Harris, Jr.	Tracy Yarberr, 736-5192	James Thien Le	James Robinson, 734-6344	Sarah Streets	Shelly Young, 734-2493
Sharon Blethen	DonnaMarie Stitham, 734-7940	Rickey Harris	David Deal, 582-4158	Sherman Lofton	Daniel Smith, 736-3109	Jeannie Tidwell	Rachel Golden, 734-6276
Delma Braddy	Brenda Bluhm, 409-6507	Rita Hinderman-Bradford	MSgt Moore, 582-6036	Anh Nguyen	Brad Lawson, 582-4052	Arthur Trevino, Jr.	Patrick Williams, 734-2443
Denver Brinlee	Travis Gates, 582-4728	Timothy Huff	Aaron Martinez, 736-3678	Julie Ngo	Terry Downard, 736-3653	Jackie Turner	Milton Ross, Jr., 734-0150
Richard Burnham	Lorenza Smith, 582-4070	Jessica Huizar	Glenn Marcato, 736-7543	My Vo Oden	Lonniell Bolton, 734-3218	Pamela Circo Webb	DonnaMarie Burr, 739-7435
Cynthia Carpenter	Casey Burwell, 736-2545	Charlotte Ikelberry	Tom Laird, 582-4712	Richard Pond	John Neely, 736-5467	Thomas Webb	Carolyn Davis, 582-1082
Corey Clark	Jared Wilson, 582-4476	Khary Irvan	David Hansen, 734-4886	Crystal Potter	Lisa Baker, 739-2932	Vincent West	Timothy Moore, 736-5965
Jimmy Clymer	Travis Roy	Shawmarie James	Johanna Humphrey, 734-9071	Marvell Rawls	Thomas McCullough, 736-4428	Jimmy Wilcoxson	Carl Clark, 417-2904
Jessica Cole	Joshua Dixon, 734-1688	Zachary Janway	Hershel, Green, 739-4464	Tim Replogle	David Morris, 582-4158	Travis Wilson	Ryan Thrasher, 582-4837
Amanda Cozart	MSgt Vicki Moore	Michelle Jensen	James Palmer, 765-4622	Diann Riter	Cindy Wright, 734-3451	Marilyn Winter	Juan Medrano, 465-8005
Kirshthen Crenshaw	Travis Gates, 582-4728	DeChantel Johnson	Timothy Moore, 736-5965	Heather Rockenfield	Katherine Warden, 582-4759	Sergio Zegarra-Cabello	Pamela Conway, 582-4099
Kory Davis	Darren Johnson, 734-8329	David Jones	Wesley Durant, 736-4445	Shawn Romesburg	Jennifer Reich, 734-1530		
Chassity Folsom	Brett LaRoche, 622-7847	Melissa Jones	Richard Stull, 734-0104	Hallie Schroder	Craig Smith, 361-8591		
Paul Garner	Gary Webb, 734-9573	Rhonda Jones	Linda Gardner, 736-7576	Kora Seeliger	Bobbi McKinney, 736-2976		
Courtnee Greenhaw	Scotty Rich, 734-8752	Julius "Pepper" Guy	John Neely, 736-5467	Jerry Sloan	Linda Woods-Miller, 736-2546		
Michele Musgroves	John Beam, 736-7340	Nisha Justus	Jane Deviney, 736-4237	Kaleena Sneed	Mark Van der Veer, 736-7083		
		Randall Kenyon	Jonathan Brown, 582-4679	Michael Stephens	Phillip Wilkins, 739-9909		

**Outside Agency Listing**

(POC for all: Kathy Michaelis, 736-7365)

David Lara, Holloman AFB  
Felicia Redden, Niagara Falls AFB

## Etchberger

continued from page 2

Vietnamese troops until a rescue helicopter arrived. He then helped load the wounded onto slings to be lifted into the hovering aircraft before coming aboard himself. As the helicopter headed towards an air base in Thailand, an enemy soldier below fired his AK-47 into the underside of the aircraft, fatally wounding Etchberger.

Etchberger was recommended for the Medal of Honor shortly after his

death, but the nomination was rejected. Numerous accounts blame President Lyndon B. Johnson, but the decision was made by Gen. John D. Ryan, the Air Force vice chief of staff, who was the Air Force's approving authority for top awards. The Lima Site mission was still classified at the time, and the U.S. was not supposed to have soldiers in Laos. Etchberger was instead awarded the second highest decoration, the Air Force Cross. The decoration was presented to his family during a secret ceremony at the Pentagon.

It was only after the Lima Site mission had been declassified 14 years

after Etchberger's death that his sons learned their father's true fate; they had previously been told that he died in a helicopter accident. In the early 2000s, veterans of the Air Force's 1st Combat Evaluation Group began requesting that Etchberger's Air Force Cross be upgraded to the Medal of Honor. The upgrade was approved by Air Force Secretary Michael B. Donley in 2008 and by Congress in 2009.

President Obama at the Sept. 21, 2010, Medal of Honor ceremony said: "As a technician, he had no formal combat training. In fact, he had only recently been issued a rifle. But Dick Etchberger

was the very definition of an NCO – a leader determined to take care of his men ... Richard Etchberger lived the Airman's Creed – to 'never leave an Airman behind, to never falter, to never fail.' So as the helicopter hovered above and lowered its sling, Dick loaded his wounded men, one by one, each time exposing himself to enemy fire."

Chief Master Sgt. Richard L. Etchberger did indeed exemplify our Airman's Creed, leaving us a "Proud Heritage, a Tradition of Honor, and a Legacy of Valor."

Etchberger is buried in St. John's Cemetery, Hamburg, Pennsylvania.



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52 Castle Gate Dr. 2452 sq. ft. mol

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**2420 FOREST GLEN DRIVE**

3424 sq. ft. mol.

In the Forest Glen Addition. Located 1/2 bk. North of S.E. 29th on Hiwassee. 3 beds, 2 full & 2 half baths, 2 dining, 1 living, media room, study, walk-in pantry, 4 car garage & Choctaw Schools. \$453,000.

**58 QUAIL HOLLOW**

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.

**3912 ELLA CLAIRE COURT**

2714 sq. ft. mol.

In the Chandler Crossing Addition. 4 beds, 3 baths, 2 dining, 1 living, game/media room, walk-in-pantry, granite kitchen counter tops, His & hers master closets & 3 car garage. Carl Albert Schools. \$379,900.

**14025 S.E. 37TH**

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 & 2 half baths, 2 dining, 1 living, media room, walk-in-pantry & 4 car garage. Choctaw Schools. \$455,900.

**2309 Augusta Drive**

3118 sq. ft. mol

The Bridges in Shawnee. 3 bed, 2 full baths & 2 half baths Study, large media room, master bed has sitting room, 4 car garage. \$418,900

**15490 Patterson Road**

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

**14125 SE 37th St.**

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

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# TIME OFF

Section A

Friday, September 22, 2017



## Picnic with Protectors

*Air Force photo by Jillian Coleman*

Children from the Midwest City community tested out the strength of some of Tinker's red dirt sailors at the annual Picnic with Protectors, Sept. 14. Held at Joe B. Barnes Regional Park, the event hosted by the Midwest City Chamber of Commerce included interactive law enforcement, fire and emergency services displays. An event to recognize the community's first responders, the picnic linked MWC police and fire departments, EMS and the Oklahoma County Sherriff's office with Air Force and Navy Security Forces.

## What is resilience and how do I get it?

### 72nd Air Base Wing Medical Group

Life has many challenges and rewards, but sometimes the rewards seem few and the hardships plenty. Airmen frequently face changes in their lives and career. Not everyone reacts to challenges in the same way; however, the positive ways we deal with distressing events that life throws at us is called resilience. It is the ability to work through adversity, bounce back after difficulties, and come out stronger on the other side. We can develop a skill set that includes thoughts, behaviors and attitudes to improve our resiliency in order to cope with stressful situations.

#### Factors in resilience

- The ability to make realistic plans and take steps to carry them out

- Caring and supportive relationships within and outside the family
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses



#### Strategies for building resilience

The American Psychological Association provides guidance on 10 ways to build resilience:

1. Make connections. Accept help and support from people who care and are willing to listen to you. Become active in volunteering, join a club or faith-based organization, become involved in leadership activities, or invite a friend or co-worker for coffee. The opportunities to make connections and meet new people are endless.
2. Avoid seeing stress as an unending problem. Stressful situations will happen, but you can change how you interpret and respond to these events. Rather than focusing on the

*See Resilience page 4a.*

# Sports Note

## Tennis tournament on tap

Amateur tennis players will face off in October in the annual Tinker Air Force Base tournament.

The Gerrity Fitness and Sports Center will host the tournament Oct. 2-7. The sign-up deadline is Sept. 25. Email [patricia.griffin.1@us.af.mil](mailto:patricia.griffin.1@us.af.mil) or call 734-4664 to register.

The event is open to all personnel working on base and will include men's, women's and doubles divisions. Singles will compete throughout the entire week, playing their opponents then reporting the results until a winner has been named.

On Saturday, Oct. 7, the blind draw doubles tournament will be held starting at 8 a.m. at the courts beside the fitness center. Trophies will be awarded for first and second place.

## Tinker's Fall Carnival

Join us Oct. 8 from 11:30 a.m. to 3 p.m. at the ALS parade grounds. We will be celebrating change. Changes occur in life but do not have to hold us down. Use them to find new possibilities.

The fall carnival is free to all Team Tinker on behalf of the Tinker Chapel. It includes free food via food trucks, exotic petting zoo, carnival activities like hay rides, haze maze, slide and bounce house, face painting, pony rides, train rides and more.



Air Force photo by Kelly White



## Education Corner

### Military testing notice

Active duty Air Force enlisted members are encouraged to review their DVR and ARMS records to ensure records are accurate prior to the Promotion Eligibility Cutoff Date. Missing or incorrect data that can't be verified at the time of promotion selection will affect your promotion status and may result in rescoring of your promotion record and subsequent non-selection. Pay special attention to EPRs and decorations. If your records are incorrect, please contact Force Management or Enlisted Promotions to correct your records as soon as possible.

### Enlisted Professional Military Education

Service members currently enrolled in Enlisted Professional Military Education need to plan accordingly when preparing to test between now and the end of the year. Service members should not wait until the last minute to test. It is also important to plan out and allow time to retest (there is a 3 day wait) should the need occur. Avoid additional stress; plan now to knockout your EPME early. Examinees are encouraged to contact the Education Services Center at 739-7408 with questions regarding EPME.

### Reenrolling in Enlisted Professional Military Education

Please note that service members wanting to re-enroll in Course 14 or Course 15 should not automatically reenroll on the Air University website or they will automatically be reenrolled in the new SNCO DL and NOC DL courses respectfully. Service members will need to submit a trouble ticket via <http://www.aueducationssupport.com> to request reenrollment in Course 14 or Course 15.

### Free online courses earn CCAF credit

Active duty Air Force personnel can earn Community College of the Air Force credit for completing free online courses available through the United State Air Force Culture and Language Center. The two courses are "Introduction to Culture" and "Introduction to Cross-Cultural Communication."

The "Introduction to Culture" course introduces Airmen to the principles of culture in an Air Force context. It fulfills three resident hours of Social Science or program elective credit in the CCAF program. "Introduction to Culture" is designed to enhance cross-cultural competence, making Airmen more effective in expeditionary operations. Enrollment dates are Sept. 19 to Oct. 2, and class dates are Oct. 12 to Jan. 17. For additional information logon to: <http://culture.af.mil/courses/index.html>.

The "Introduction to Cross-Cultural Communication" course is designed to help Airmen better understand the process of communicating across cultural boundaries and includes learning units devoted to nonverbal communication, paralanguage, cross-cultural communication conflict styles, active listening, and interaction skills. CCC is offered online in a self-paced format, and fulfills three resident hours of either social science or program elective credit required for CCAF degrees. Enrollment dates are Oct. 17-23, and class dates are 9 Nov. 9 to Feb. 21. For information, visit <http://culture.af.mil/courses/index.html>.

If you have questions about enrolling or want to speak with a counselor regarding CCAF requirements, please do not hesitate to contact the Education Services Center at 739-7408.

### Opportunity for free retake ends Sept. 30

DSST has a limited time offer for eligible military students. Between now and Sept. 30, military students who do not pass their first attempt at an exam will be eligible for one free retake. Plus, the wait period for retakes has been reduced from 90 to 30 days so that service members can get back on

## Hispanic Heritage Month Piñata Festival

**Karla Wells**

*Hispanic Employment Program Manager*

Hispanic Heritage Month acknowledges the Hispanic and Latino American contributions to the United States. The term Hispanic or Latino, is inclusive of Puerto Rican, South of Central America, or other Spanish culture or origin regardless of race. The rich heritage, traditional culture and countless contributions made to the United States has been celebrated from Sept. 15 to Oct. 15 every year since 1968.

Sept. 15 is the anniversary celebrating the independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate independence throughout the month.

Hispanics or Latinos constitute 18 percent of the overall United States population or 57 million people, making it home to the largest community of Spanish speakers outside of Mexico.

Tinker Air Force Base will observe the exceptional contributions made by the Hispanic community during the celebration of history, education, and literature.

The Hispanic Heritage Committee has scheduled a Piñata Festival on Sept. 26 at the Tinker Youth Center from 4 to 6 p.m. to educate children on the origins and purpose of the piñata, with activities and refreshments.



*72d Force Support Squadron's 1st Annual*  
**FSS GOLF  
TOURNAMENT**

Friday, October 20, 2017  
Tinker Golf Club

Join us for the first annual  
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Bring your 4 person teams for some  
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Many prizes will be given out.  
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Questions - POC 2nd Lt. Markez Davis  
markez.davis@us.af.mil

Signup/Payment - Tinker Golf Club



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# Exchange News

## Special events at your main Exchange toyland department

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 Facebook/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 Facebook/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 Scavenger Hunt

Join Tinker Exchange's Scavenger Hunt starting Oct. 1 for a chance to win \$100 Exchange gift card! Stop by your customer service for more details.

## Model search

Your Tinker Main Exchange is looking for models for their Fall Fashion Show on Oct. 7.

To sign up, call your Exchange at 734-2641 ext. 112 or email [bryzabi@aafes.com](mailto:bryzabi@aafes.com).

## Military Star Card promotions

- \$100 off any jewelry and or watch purchase of \$799 or more through Sept. 28.
- Zero interest plus no payments for 12 months on any jewelry and or watch purchase of \$799 or more Sept. 29 through Oct. 26.
- Zero interest plus no payments for 12 months on any LG appliance purchase of \$499 or more Sept. 29 through Oct. 5.
- Twenty percent off plus 18 months no interest and no payments on any Ashley, Bassett, and/or Serta purchase of \$999 or more Sept. 29 through Oct. 19.

## 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](http://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](http://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 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 sweepstake 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.

# Resilience

continued from page 1a

stressor, look beyond the present to how future circumstances may be a little better.

3. Accept that change is a part of living. Sometimes goals may no longer be attainable due to adverse situations. Accepting circumstances that cannot be changed can help us focus on circumstances within our reach that are actually changeable.

4. Move toward your goals. Create realistic goals and work on moving toward them – even if it is a small accomplishment. Don't focus on the unachievable, but ask yourself what is one thing you can accomplish today that helps you move in the direction you want to go.

5. Look for opportunities for self-discovery. Learn something about yourself and find ways you have grown as a result of challenges. Many people who experience significant stress report having better relationships, a greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.

6. Nurture a positive view of yourself. Develop skills and confidence in solving problems and trusting your instincts. Start challenging negative thoughts by identifying ways they are unrealistic or irrational.

7. Keep things in perspective. Try to keep stressful events from being blown out of proportion, even when we feel that the pain or stress is never going to end. Look at the long term view and the bigger picture.

8. Maintain a hopeful outlook. By being optimistic about your future, you become empowered to believe that the best is yet to come. One way to achieve this is to visualize what you want your future to look like, rather than worrying about what you fear. Maintaining a positive, healthy outlook is a small step toward easing stress.

9. Take care of yourself. Participate in activities that you enjoy doing, whether it's going to the gym, eating healthy, spending time with friends and/or family, getting enough time for sleep, planning a trip or getting a massage. Taking care of yourself physically, socially, spiritually and emotionally are important ways to help keep your mind and body healthy so that you are prepared to cope with situations that require resilience.

10. Flexibility and balance in life. There are many resources available to help us fill our boxes with tools. These resources include the chaplain, support groups, books, online resources and mental health providers. There are even resiliency applications for smart phones available. Additional ways of strengthening resilience may be helpful, including writing about your deepest thoughts and feelings, meditation/relaxation, and spiritual practices.

Resilience is like taking a raft trip down a river. You may encounter rapids, turns, slow water and shallows. When traveling down the river, it helps to have knowledge about it and past experience dealing with challenges. If your journey is guided by a plan, the outcome is usually more positive. Being persistent and trusting your abilities to move beyond obstacles are also important. Trusted companions who accompany you on the journey can also help with rapids, upstream currents, and difficult stretches of the river. You will need to take breaks and rest alongside the river, but in order to finish, you need to get back in the raft and continue. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.

## PUBLIC RELEASE STATEMENT FOR CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

The Tinker School Age Program, Family Child Care & Child Development Centers  
(Name of Institution)

announces its participation in the Child and Adult Care Food Program (CACFP). All participants in attendance are served meals at no extra charge to the parents. The United States Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by USDA. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the **USDA Program Discrimination Complaint Form**, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) or at any USDA office, or call 866-632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to USDA by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or by fax 202-690-7442, or e-mail at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339 or 800-845-6136 (Spanish).

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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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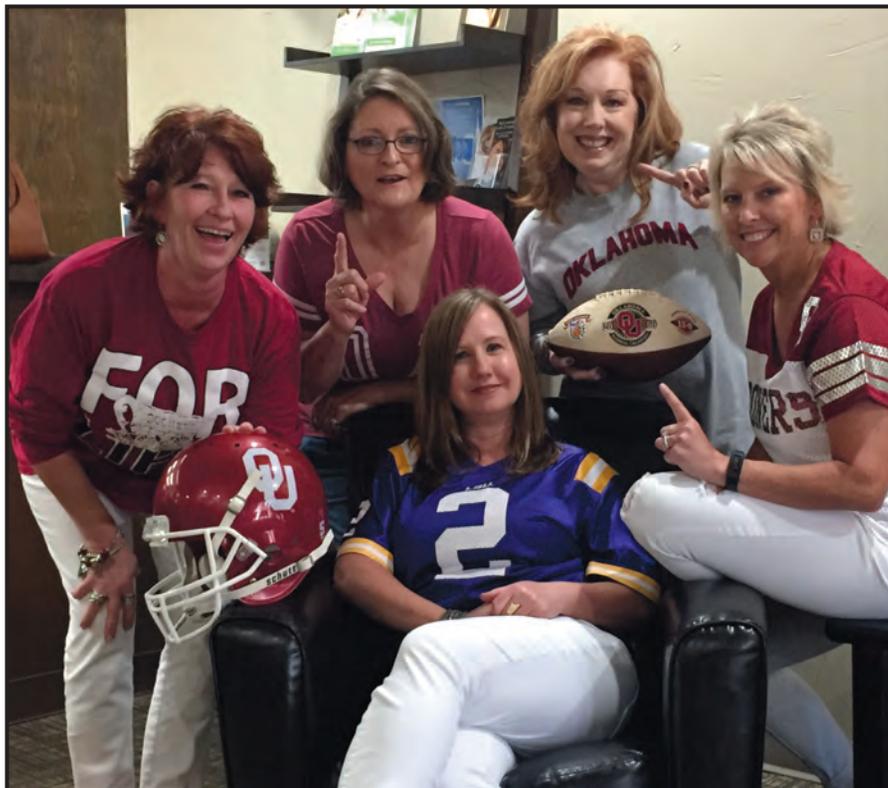
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# Recurring Events

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.*

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# 739-SAFE

# 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. 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

Participants must complete the Core GPS program in order

*See more recurring events on page 9a.*



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# Recurring Events continued from page 8a

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



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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

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# Education

continued from page 2a

track with their educational goals even faster. NOTE: This promotion does not apply to the Public Speaking Exam. Examinees are responsible for ensuring that their college or university accepts DSSST exams for credit. Don't miss out on this rare second chance. Contact the National Test Center today at 733-7320 to schedule to take an exam or contact the Education Services Center at 739-7408 to review the exams that you need to complete your CCAF degree.

## Mark your calendar: SAT testing for active duty

The SAT exam will be administered to active duty personnel on Thursday, Dec. 7. Active duty service members can now take one SAT and one ACT free of charge on Tinker AFB while on active duty. All examinees interested in taking the SAT should schedule through the Air Force Virtual Education Center starting Nov. 20 as registration is required and seating is limited. Individuals interested in applying for a commissioning program should consider testing as recent SAT or ACT scores are usually required (check the eligibility requirements for the program you are interested in). Online study materials are available Free through the SAT website: <https://collegereadiness.collegeboard.org/sat/inside-the-test/study-guide-students>.

You can also brush up on math and language skills by logging on to

OASC and CPST 24/7: <http://www.nelnetsolutions.com/dantes/>. These tools are free to active duty, selected reserve military members, and their family members, and to DOD civilians, and their family members. Questions regarding the exam or to speak with an education counselor regarding study materials, call the ESC at 739-7408.

Service members are authorized up to two SAT and two ACT exams per lifetime of service when taken at an SAT or ACT National Test Center off base; testing conducted at commercial locations not on the military installation, and may be funded via after-the-fact reimbursement. All exam reimbursement requests must be submitted through the Electronic Reimbursement Request. Paper-based editions of the reimbursement request form are obsolete and no longer accepted. (Note: DANTEs does not fund the ACT Writing, SAT without Essay or the SAT Subject exams.)

The DANTEs Exams Reimbursement Center is accessible by service members only. The following are required to complete your reimbursement processing:

1. A valid Uniformed Services CAC.
2. Your score report is required for upload.
3. Your payment receipt is required for upload.

Reimbursement must be requested within 90 days of testing. Logon to <http://www.dantes.doded.mil/examinations/funding-and-reimbursement-eligibility/reimbursement-eligibility.html#sthash.BLAJZONL.dpuf> to get started.

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# TINKER Events

## 2017

### Friday, September 22

Community

#### Cork & Canvas

Arts & Crafts, 6 p.m. to 9 p.m.  
For more info tinkerliving.com/  
arts. For more information, call  
734-5615.

### Monday, September 25

Community

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

Tinker AFB Homes  
Balfour Beatty Community  
Center, 11 a.m.  
See description on page 6a-9a.

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

72nd Medical Group,  
Family Advocacy Office,  
1 p.m. to 3 p.m.

See description on page 6a-9a.

#### Tobacco Cessation

##### Individual Consults

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

See description on page 6a-9a.

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

72nd Medical Group,  
Family Advocacy Office,  
1 p.m. to 3 p.m.

See description on page 6a-9a.

### Wednesday, September 27

Community

#### Create Your Own Pasta

##### Buffet

Tinker Club, 11 a.m. to 1 p.m.  
For more info tinkerliving.com/  
club. For more information, call  
734-3418.

#### Infant Massage class (3 of 5)

Tinker AFB Homes  
Balfour Beatty Community  
Center, 11 a.m.

See description on page 6a-9a.

### Thursday, September 28

Community

#### Tobacco Cessation

##### Individual Consults

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

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

#### Rhythm Kids/Play Group

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

See description on page 6a-9a.

#### Infant Massage class (4 of 5)

Tinker AFB Homes  
Balfour Beatty Community  
Center, 11 a.m.

See description on page 6a-9a.

### Friday, September 29

Community

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

Tinker AFB Homes  
Balfour Beatty Community  
Center, 11 a.m.

See description on page 6a-9a.

### Monday, October 2

Community

#### Tobacco Cessation

##### Individual Consults

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

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

### Tuesday, October 3

Community

#### Domestic Violence

##### Awareness Month info.

##### booth

Base Exchange, 10 a.m. to 1 p.m.  
Family Advocacy will have  
information on domestic  
violence and relationships at

various places during October's  
Domestic Violence Awareness  
Month. For more information,  
call 582-6588.

### Wednesday, October 4

Community

#### Pregnancy Resource

##### Briefing

72nd Medical Group,  
Lakesha Levy Conference  
Room, 9:30 a.m.

See description on page 6a-9a.

#### Power to Change class

Base Chapel's Religious  
Education bldg. library, 2 p.m.  
to 3:30 p.m.

See description on page 6a-9a.

### Thursday, October 5

Community

#### Tobacco Cessation

##### Individual Consults

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

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

strategies. Consults are 30  
minutes. Call to schedule.  
*See more events page 2b.*



  
**SEPTEMBER 30 • 11 A.M. TO 6 P.M.**  
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 Nominal fees apply for carnival games, rides and pony rides.**



*Continued from page 1b.*

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

**Friday, October 6**

*Community*

**Fall Craft Fair**

Bldg 3001, Oklahoma Room & Hallways G & F, 7 a.m. to 2 p.m.

For more info tinkerliving.com/arts For more information, call 734.5615.

**Fall Craft Fair**

Bldg 3001, Oklahoma Room & Hallways G & F, 7 a.m. to 2 p.m.

For more info tinkerliving.com/arts For more information, call 734.5615.

**Domestic Violence Awareness Month info. booth**

Bldg. 3001 cafeteria, 10 a.m. to 1 p.m.

Family Advocacy will have information on domestic violence and relationships at various places during October's Domestic Violence Awareness Month. For more information,

call 582-6588.

**Saturday, October 7**

*Community*

**Presidents Cup**

Tinker Golf Club, 8 a.m.

For more information go to Tinkerliving.com/golf. For more information, call 405.734.2909.

**Monday, October 9**

*Community*

**Tobacco Cessation Individual Consults**

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

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 10**

*Community*

**Domestic Violence Awareness Info. Booth**

DFAC, 10 a.m. to 1 p.m.

Family Advocacy will have information on domestic violence and relationships at various places during October's Domestic Violence Awareness Month. For more information, call 582-6604.

**H.A.S. class (1 of 4)**

72nd Medical Group, Family Advocacy office, 1 p.m. to 3 p.m.

See description on page 6a-9a.

**Wednesday, October 11**

*Community*

**Power to Change class**

Base Chapel's Religious Education Bldg. Library, 2 p.m. to 3:30 p.m.

See description on page 6a-9a.

**Thursday, October 12**

*Community*

**Tobacco Cessation Individual Consults**

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

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 a.m.

See description on page 6a-9a.

**Friday, October 13**

*Community*

**Diabetes Support Group Meeting**

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

Monthly support group involving many aspects of living with diabetes. Topics include nutrition, activity, stress management, dental health, foot care, and much more! For more information, call 736-2169.

**Domestic Violence Awareness Month info. booth**

Commissary, 3 p.m. to 5:30 p.m.

Family Advocacy will have information on domestic violence and relationships at various places during October's Domestic Violence Awareness Month. For more information, call 582-6604.

**Cork & Canvas**

Arts & Crafts, 6 p.m. to 9 p.m. For more info tinkerliving.com/arts. For more information, call 734.5615.

**Saturday, October 14**

*Community*

**Mother & Son Super Hero Dance**

Tinker Club, 6:30 p.m.

For more information go to Tinkerliving.com/club. For more information, call 734-3418.

**Sunday, October 15**

*Community*

**Cross Country**

Tinker Golf Club, 8 a.m.

for more information go to Tinkerliving.com/golf. For more information, call 734.2909.

**Monday, October 16**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg.

5922, 1 p.m. to 3:30 p.m.

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 a.m. to 9:30 a.m.

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 p.m.

For more information go to Tinkerliving.com/golf. For more information, call 405.734.2909.

**Monday, October 23**

*Community*

**Tobacco Cessation Individual Consults**

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

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.



**2017 Upcoming Events**

**SEPT 28:** Sunrise Social - The First State Bank, 7:45 a.m. - 8:45 a.m., 2600 S. Douglas Blvd.

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

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

**OCT 6-7:** Small Business Symposium 2017, Rose State College Professional Training Center

**OCT 7:** Heritage Day - Hosted by Rose State College Foundation, 10 a.m., Atkinson Heritage Center, 1001 N. Midwest Boulevard

**OCT 19:** Sunrise Social - AAA Insurance of Midwest City, 7:45 a.m. - 8:45 a.m., 101 N. Douglas Blvd., Ste. Y

**OCT 26:** Youth Excel Leadership Program Orientation

**Midwest City Office**  
2008 S. Post Road  
Midwest City, OK 73130  
(405) 732-2277

**Del City Office**  
4650 SE 15th  
Del City, OK 73115  
(405) 677-8831

**HOURS:**  
Monday - Thursday  
8 a.m. - 5 p.m.  
Friday 7 a.m. - 3 p.m.

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**To Advertise on the Midwest City Chamber Upcoming Events page, contact**

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Tinker Youth Center

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[405] 310-4767

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[405] 703-7190

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[405] 471-5600

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157 Stonebridge Blvd.  
14025 N. Eastern  
[405] 359-3081

**YUKON**

Canyon Ranch  
11308 SW 5th Street  
[405] 765-1073

The Park on  
Westpointe I & II  
301 Pointe Parkway  
[405] 494-7500

**NORTH OKC**

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8301 N. Council Rd.  
[405] 722-3588

Copperfield  
2400 NW 30th  
[405] 943-8833

Council Place  
10800 N. Council Rd.  
[405] 722-7972

Crown Pointe  
12600 N MacArthur  
[405] 773-9191

Hunter's Ridge  
9211 N. Council Rd.  
[405] 728-0097

Park at Tuscany  
2737 NW 140th St.  
[405] 749-4535

Persimmon Square  
12113 Heritage Park Rd.  
[405] 751-9390

Prairie Springs I & II  
9777 N. Council Rd.  
[405] 722-2727

Summerfield Place  
11777 N. Meridian  
[405] 755-5510

Tammaron Village  
11100 Roxboro  
[405] 721-9127

The Warrington  
12700 N. MacArthur  
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