



TINKER

# TAKE OFF

Vol. 75, No. 29

Tinker Air Force Base, Okla.

Friday, July 21, 2017

Liberator Gate hours have temporarily changed to 5:30 a.m. - 5:30 p.m., Monday - Friday

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Air Force photo by Wayne A. Clark

Air Force Secretary Heather Wilson congratulates Jeffrey Allen, Air Force Sustainment Center executive director, soon after presenting him with the 2016 Presidential Rank Award of Meritorious Executive during a formal ceremony July 14 at the Pentagon in Washington, D.C.

## Allen presented Presidential Rank Award at Pentagon

Darren D. Heusel  
72nd Air Base Wing Public Affairs

WASHINGTON, D.C. – The Air Force Sustainment Center's executive director was among a dozen senior civilians to be recognized for their career achievements during the 2016 Presidential Rank Awards Ceremony held July 14 at the Pentagon.

Jeffrey Allen received his Presidential Rank Award as a Meritorious Senior Executive. Presenting the awards was Air Force Secretary Heather Wilson.

"It is my pleasure to be here for these awards and to recognize the top one percent of Air Force

civil servants," Wilson said. "We are deeply grateful for you and we are very proud of your accomplishments."

The awards feature two categories: distinguished and meritorious. Nominations are evaluated by boards of private citizens and approved by the president. Only 5 percent, who make up approximately .03 percent of the total civilian federal workforce of Senior Executive Service employees may receive the Presidential Meritorious Rank Award. Only 1 percent can receive the Presidential Distinguished Rank Award.

"It's appropriate from time to time to pause and

See Award page 3.

## AMARG hosts NBC's Weekend Today crew Lights, camera, action

Darren D. Heusel  
72nd Air Base Wing Public Affairs

TUCSON, Ariz. – Since its inception in the mid-1940s, the mission of a former Army aircraft storage facility located near this desert oasis has grown increasingly popular.

Now, it seems the entire country is starting to discover what folks in the Air Force Sustainment Center have long known about the 309th

Aerospace Maintenance and Regeneration Group – that it is indeed a national treasure.

"The Boneyard," as it also is affectionately known, has become so popular in fact that NBC's *Weekend Today* decided to visit the facility last week for a tour and to capture video and conduct interviews for an upcoming episode.

See NBC page 10.



Lt. Gen. Lee K. Levy II

## Congratulations

Fellow Airmen

Please join me in congratulating AFSC's Executive Director, Jeffrey C. Allen on his award of the Presidential Rank Award as a Meritorious Senior Executive.

This is an exceedingly prestigious award given to the very best members of the Senior Executive Service... The Civil Service Reform Act of 1978 established the Presidential Rank Awards Program to recognize a select group of career members of the Senior Executive Service for exceptional performance over an extended period of time.

Further it is limited to the top 5 percent of all SES's serving in the Government.

I had the great pleasure of attending Friday's award ceremony in the Airman's Hall at the Pentagon where Mr. Allen and his family were recognized by our new Secretary of the Air Force, the Honorable Dr Wilson. It was an impressive event and a great occasion to recognize not only Mr. Allen's accomplishments on behalf of AFSC, the AF and the Nation, but to pay tribute to our amazing civilian airmen that help deliver combat power for America daily.

Again, please join me in sending our very best to Mr. Allen...he represents you, the Air Force Sustainment Center, and its mission magnificently.

Aim High, Your Fellow Airman,

Lee K. Levy II  
Lieutenant General, USAF  
Commander

# A page in HISTORY



Commentary:

## The birth of combat SAR

Howard E. Halvorsen

Air Force Sustainment Center Historian

*"It is generally inadvisable to eject directly over the area you just bombed." – Air Power Truism*

During the first frantic weeks of the Korean War, the Far East Air Force faced many challenges. With interests all over the Pacific Theater, FEAF initially fought the war on a shoestring, frequently making do with ad hoc solutions and leftover equipment from World War II.

The thinking at the time was that if a major war broke out, it would be in Europe and not in Asia. Also initially, there was insufficient appreciation for the communist foe, the forces of the Democratic People's Republic of Korea.

The Immun Gun had the newest and best weapons. Many were veterans fighting with the Chinese communists against the Japanese during World War II and with the communists during the Chinese Civil War. American troops on the ground were green and ill-equipped and needed all the help they could get. The best help they had was the United States Air Force, providing close air support that was the force multiplier denying the communists a victory.

As the United Nations forces were built up and supplied, FEAF began to realize there was one thing of finite supply: pilots. The weapons of war could become hors de combat and be replaced, but pilots and crews shot down behind North Korean lines were irreplaceable and needed to be saved. Just then, a small group of dedicated warriors demonstrated that the solution lay not in conventional aircraft, but in the helicopter.

At the beginning of the war in June, 1950, the Fifth Air Force had one small helicopter detachment composed of nine Sikorsky H-5As assigned as part of the 3rd Air Rescue Squadron.



Photos courtesy Tinker History Office

Sikorsky-H5-Helicopter combat .rescue in Korea.

At first, Stinson L-5 observation planes were attempted for rescue in Korea, but the terrain made it impossible for the Piper Cub-like planes. Finally, on July 22, 1950, the first helicopters to serve in Korea arrived in Taegu. Initially, their mission was aeromedical evacuation and light supply missions. Discussions began on how to rescue downed pilots as well.

1st Lt. Paul van Boven got the word that an F-51 Mustang from the 35th Fighter-Bomber Squadron had gone down in flames near Hanggan-dong, just north of the Pusan Perimeter.

The pilot had bailed out and landed in a rice paddy. His comrades were circling above him and called for rescue. The Navy planned to send in a landing team to recover him, but that would take time and the Mustang pilot was surrounded by North Korean

See SAR page 12.

## Tinker Air Force Base



F-105 midair refueling

## Republic F-105 Thunderchief aircraft

Greg L. Davis

72nd Air Base Wing Public Affairs

The Republic F-105 Thunderchief was a heavy fighter/bomber which was a workhorse of the Vietnam War. The single-engine "Thud," as it was known, sat on tricycle landing gear with a standard tail configuration and highly-swept wing with mid-fuselage intersection. Dual air-inlets, one on each side of the fuselage, fed the Pratt & Whitney J75 engine on production F-105s. The Mach 2.1 capable aircraft continued Republic's naming convention of using 'Thunder' in the name of the aircraft that would become a true war horse for the United States Air Force, and later its guard and reserve components.

Tinker's association with the F-105 consisted of minor inspection, repair and some overhaul work performed by the Oklahoma City Air Materiel Area during the war years. This was necessary across not only the F-105 line, but other fighters also, to increase overall production numbers and availability of the aircraft for combat operations over Southeast Asia.

The F-105 was an imposing aircraft on the ground with a height of 19 feet, 8 inches. The F-105B, and later D-model, incorporated some of the most sophisticated instruments, radar and bombing computers of the time into a single cockpit which gave the pilot both air-to-air and air-to-ground capability. The "Thud" was large and heavy for a true fighter and had relatively poor turning capability, but in the hands of competent pilots the F-105 was still a formidable platform. F-105s and their pilots are credited with destroying 26 MiGs with the internally mounted M61 Vulcan cannon and 1.5 kills using missiles during the Vietnam War.

The F-105 was also used for a very short time by the Thunderbirds. So short of a time, they only flew six shows between April 26 and May 9, 1964 using the F-105B. According to the Thunderbirds official

See Republic page 4.

**Manufacturer:** Republic Aircraft Corp.

**Aircraft type:** F-105

**Nickname:** Thunderchief

**Crew:** 1 or 2

**Power plant:** One Pratt & Whitney J75 turbojet producing 26,500 pounds of thrust (with afterburner)

**In-service dates:** 1958-1985

**Number produced:** 833

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



### This week in Tinker history

**July 18, 1941** - Construction of Midwest Air Depot begins.

**July 20, 1942** - The Supply Division moves to Supply Depot Bldgs. 1 and 2 at the depot site. Construction proceeds on 420 buildings.

**July 15, 1943** - Major B-24D modification on 65 "Liberators" begins.

**July 19, 1943** - A detachment of the Women's Army Corps arrives on base.

**July 15, 1945** - Maj. Gen. Fred S. Borum assumes command.

**July 15, 1946** - The 177th Army AFB Unit, which later becomes the 2592nd Air Force Reserve

Center, is established to train a Bombardment wing.

**July 20, 1949** - Oklahoma City Air Materiel Area becomes the world-wide repair depot for B-36 aircraft.

**July 16, 1956** - Oklahoma City Air Materiel Area acquires an experimental 305A Random Access Memory Accounting Control machine.

**July 21, 1957** - Area E construction begins with roads, streets, bridges, and utility lines scheduled to be complete in 330 days.

**July 15, 1966** - Secretary of the Air Force, Harold Brown, visits Tinker.

**July 21, 1981** - The first B-52G arrives at Tinker for the Offensive Avionics System/Cruise Missile Integration modification.

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

# Award

continued from page 1

say thank you to the exceptional civil servants who help us every day to be the best Air Force in the world,” Wilson said. “We couldn’t do this without them.”

Lt. Gen. Lee K. Levy II, AFSC commander, wrote in an e-mail to the workforce on Monday that he had the great pleasure of attending Friday’s award ceremony in the Airman’s Hall at the Pentagon where Allen and his family were recognized.

“It was an impressive event and a great occasion to recognize not only Mr. Allen’s accomplishments on behalf of AFSC, the Air Force and the nation, but to pay tribute to our amazing civilian Airmen who help deliver combat power for America daily,” Levy wrote.

Upon learning of the award back in January, Allen said he is “very humbled, very honored and very appreciative” to be receiving the recognition.

“This is not about me, though,” Allen said. “It’s about the outstanding team of professionals within AFSC. They are the ones who helped make this possible, so I share this award with each of them.”

Following is the full list of those civil servants who were honored at the ceremony:

## **Distinguished Senior Executive**

Mr. Robert E. Corsi Jr.

Distinguished Senior Executive

Assistant Deputy Chief of Staff for Manpower, Personnel and Services

Headquarters, U.S. Air Force, Washington, D.C. (Retired)

## **Meritorious Senior Executive**

**Mr. Jeffrey C. Allen**

Meritorious Senior Executive

Executive Director, Air Force Sustainment Center

Air Force Materiel Command, Tinker Air Force Base, Okla.

Mr. Devin L. Cate

Meritorious Senior Executive

Director, Test and Evaluation

Headquarters, U.S. Air Force, Washington, D.C.

Mr. Mark A. Correll

Meritorious Senior Executive

Deputy Assistant Secretary of the Air Force for Environment, Safety and Infrastructure

Headquarters, U.S. Air Force, Washington, D.C.

Dr. Todd A. Fore

Meritorious Senior Executive

Director, Manpower, Personnel and Services

Headquarters, Air Force Materiel Command, Wright-Patterson AFB, Ohio

## 552nd Training Squadron changes command



*Air Force photo by Ron Mullan*

Lt. Col. Kirk Hansen, right, incoming commander of the 552nd Training Squadron accepts the unit guidon from Col. Richard Land III, 552nd Operations Group commander during a change of command ceremony July 12, in Dock 2 of Hangar 230. Waiting to receive the guidon is Master Sgt. Antonio Quinonez, 552nd TRS 1st Sgt.

Mr. Jorge F. Gonzalez

Meritorious Senior Executive

Director, Engineering and Technical Management and USAF Airworthiness Technical Authority, AFLCMC/EN-EZ, Headquarters, Air Force Materiel Command, Wright-Patterson AFB, Ohio

Mr. Lawrence S. Kingsley

Meritorious Senior Executive

Director of Logistics, Engineering, and Force Protection,

Headquarters, Air Force Global Strike Command, Barksdale AFB, Louisiana

Mr. Dominic F. Pohl

Meritorious Defense Intelligence Senior Executive

Executive Director, 25th Air Force, Air Combat Command,

Joint Base San Antonio-Lackland, Texas

Mr. Jeffery R. Shelton

Meritorious Senior Executive

Deputy Administrative Assistant to the Secretary

of the Air Force,

Headquarters U.S. Air Force, Washington, D.C

Mr. Daniel R. Sitterly

Meritorious Senior Executive

Acting Secretary of the Air Force for Manpower and Reserve Affairs,

Headquarters U.S. Air Force, Washington D.C.

## **Meritorious Senior Level Professional**

Dr. Ravinder Chona

Meritorious Senior Level Professional

Senior Scientist for Structural Integrity, Aerospace Systems Directorate,

Air Force Research Laboratory, Wright-Patterson AFB, Ohio

Dr. Stephen W. Schneider

Meritorious Senior Level Professional

Senior Scientist for Low Observables and Electronic Warfare, Sensors Directorate,

Air Force Research Laboratory, Wright-Patterson AFB, Ohio

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# A blast from the past...

The Tinker Take Off plays a big part in Tinker's history and telling the Air Force story. Mr. Louis Kenneth Jr. Comstock brought several copies of the Tinker Take Offs from 1943-44 to share with the staff. To celebrate the 75th Anniversary, we will include little blasts from the past throughout the year. This photo appeared on the front page of the Tinker Take Off May 1, 1943, with the caption, "DAY-LIGHT DESCENT -- Majestically the huge hangars at Tinker Field stand by as an air raid is staged by sawdust paratroopers. Released from a cargo ship flying above the Depot, these dummie paratroopers, attached to parachutes defy the unpredictable winds of Oklahoma to prove conclusively that 'chute packers at OCAD have done their job well."



## Republic

continued from page 2

history: "Following an unfortunate accident in the F-105, the team transitioned back to the F-100 Super Sabre."

The F-105 was air refueling capable and was initially designed with a probe refueling system. However, this quickly changed to a receptacle mounted on the nose between the radome and front windscreen for high-speed boom refueling with the

KC-135. This refueling capability meant the "Thud" was eventually turned into a "bomb-truck" and sent aloft with heavy ordnance to then immediately refuel, strike the targets and then refuel again on the return leg of the mission. F-105s were often sent to destroy targets which were heavily defended by flak guns and Soviet designed surface-to-air missile systems, also known as SAMs. Rules of engagement placed upon the pilots handcuffed their ability to effectively engage targets and they were often sent back time and again. This resulted in one of the highest loss

rates of any aircraft participating in the war.

There were also multiple two-seat versions of the F-105. The TF-105B was a version designed to train and familiarize aircrew with the Thunderchief. Based off the F-105D, a second two-seat version, the F-105F, incorporated a stretched fuselage and larger tail-fin. The F-model was also intended as a trainer until it was quickly pressed in to combat service due to the high-loss rate of F-105Ds. A limited number of F-105Fs were modified for the Suppression of Enemy Air

Defense mission and designated F-105Gs, a particularly well-known aircraft capable of jamming the air-defense systems associated with the flak and SAM systems using onboard electronic-countermeasures and anti-radiation missiles. Following the Vietnam War the venerable F-105s were quickly passed on to Air National Guard and Air Force Reserve Command units.

The final ANG flight of the "Thud" took place with the Georgia ANG on May 25, 1983, with the Air Force Reserves flying their final flights from Hill AFB, Utah, in 1985.

## 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 278-2820 for display ad information.

### Advertising deadlines:

**Display ads:** Fridays at noon.

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

### Classified ads:

Free classified ads can be placed online at [www.tinkertakeoff.com](http://www.tinkertakeoff.com).

Free ad forms can also be turned in at the Tinker Take Off office in Bldg. 7005, Room 509. Call the Journal Record at 278-2866 to place a paid ad. Paid ads cannot be accepted in the Tinker Take Off office on base. Free ads are for current or retired Tinker employees (restrictions apply).

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# 72nd Air Base Wing Commander passes guidon



72nd Air Base Wing Commander Col. Kenyon Bell passes the guidon of the 72nd Comptrollers Squadron to Maj. Yesun Yoon during a change of command ceremony July 12 at the Tinker Club. As the squadron commander, Maj. Yoon will be responsible for 194 Comptroller and Wing Staff Agency personnel. As Chief Financial Officer of the 72nd Air Base Wing, she will plan and execute a \$307 million operating budget and provide financial customer service to over 65,000 military, civilians, retirees and Reserve personnel. The squadron certifies over \$15 billion annually for the Oklahoma City Air Logistics Complex, 552nd Air Control Wing, Navy Strategic Communication WingONE, 507th Air Refueling Wing and 45 other associate units.



## 72nd MDOS gets new commander

Air Force photos by Kelly White

Lt. Col. Randall Stevens took command of the 72nd Medical Operations Squadron in a formal change of command ceremony in Heritage Hall June 28. 72nd Medical Group Commander Col. Christopher Grussendorf presided over the ceremony in which Lt. Col. Michael Blowers relinquished command and 72nd MDOS Superintendent Senior Master Sgt. Manny Suprai served as the guidon bearer. Col. Stevens will lead 162 military, civilian and contract personnel in Family Health, Internal Medicine, Pediatrics, General Surgery, Orthopedic Surgery, Gynecology, Physical Therapy and Mental Health. Col. Stevens will also provide executive management of comprehensive healthcare for over 59,000 beneficiaries and has oversight authority for an annual budget of \$35 million.

# 349th Recruiting Squadron change of command



369th Recruiting Group Commander Col. Bradley Oliver passes the 349th Recruiting Squadron guidon to incoming squadron commander Lt. Col. Russell Montante during a change of command ceremony at the Sheraton Reed Conference Center in Midwest City July 7. First Sgt. Andrew Wojciuch served as the guidon bearer during the ceremony in which Lt. Col. Seth Tribett relinquished command. The 349th RCS directs and operates the Air Force recruiting activities of eight enlisted accession flights, one line officer flight and the AF liaisons at two military entrance processing stations with approximately 94 active duty and 11 civilian personnel. The squadron is headquartered at Tinker and covers an area of approximately 180,000 square miles, consisting of Oklahoma, Kansas, western Missouri and western Arkansas.

# The Commander's Action Line



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

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

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

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

### Suicide Prevention Assistance

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

### Sexual Assault Response

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

### Key Numbers

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

# Molding Tinker's young

**Jillian Coleman**  
Staff Writer

The cadre at Tinker's Airman Leadership School staff, comprised of four instructors and a commandant, is the force behind the schoolhouse that releases bundles of junior enlisted Airmen with a bevy of leadership tools in tow. As molding young Airmen into strong leaders is critical to the mission of the United States Air Force, the successful completion of the Airman Leadership School is compulsory before promoting to Staff Sergeant.

Senior Airmen graduate from the Airman Leadership School prepared for the next rung up on the proverbial ladder of success in the ranks of non-commissioned officers. The five-week intensive program is inclusive of all courses pertaining to the fundamentals of leadership. During the course, Airmen enhance professional military leadership skills and supervisory communication and management skills through a multitude of individual and team-building lessons and activities.

The ALS is broken into four flights – Alpha, Bravo, Charlie and Delta – each home to one instructor and 10 to 13 students, numbers limited by the size of the classrooms. One student is selected to represent the entire ALS class, in addition to four students who are selected to represent their respective flights.

Commandant of the schoolhouse, Master Sgt. Bobby Kazmir, explained that nearly 300 Airmen graduate annually over the span of seven classes. The classroom ranges from a variety of career fields, including security forces, maintenance, medical squadrons, civil engineering and airborne control and logistics, which according to Sergeant Kazmir, bolsters the effectiveness of the education taught in the course. Furthermore, instructors and students capitalize on the diverse environment, offering collaborative thinking and challenging perspectives.

Flight instructors, consistently possessing a zeal for service, often spark a new passion in the young Airmen. Leadership is more than the rank on a uniform, rather stemming from character and drive, and imparting wisdom on leadership through content and coursework, the instructors subsequently serve as mentors. The ALS aims to encourage Airmen to find and adapt their own style of leadership to thrive in their chosen career fields.

The instructors guide discussions and Airmen essentially teach one another through sharing personal experiences. The goal behind this approach, Sergeant Kazmir said, is to increase the chances that graduates will apply learned concepts as they lead subordinates in the future.

Full-range leadership is one of the initial topics covered throughout the course, which focuses on different theories of effective leadership.

"We focus on the evolution of theories and how they attempt to capture the essence of effective leadership, the importance of motivation, and the behaviors that are associated with each theory model," instructor Staff Sgt. Ricky Dent explained. Beyond the knowledge of the theories, which are the basis from which certain leadership models stem, Airmen examine and perform exercises using trait-based, situational and operant skills leadership.

Another objective covered for the aspiring supervisors is that of standards and discipline.

"As NCOs, you deal with standards and discipline every day," Instructor Tech Sgt. Katie Speer said. "The role of discipline and its impact on the mission effectiveness is essential. Supervisors need to understand and set standards, know the disciplinary measures and when to apply them."

Traits of leadership and followership are discussed through a Leader Influence lesson, where Airmen delve into the details of two acronyms. Leader traits are taught SLICED to include selflessness, loyalty, integrity, commitment, energy and decisiveness, while Followers are described to have CILI: competence, integrity, loyalty



*Air Force photos by Kelly V.*

Tech. Sgt. Blake Manuel, a health professions recruiter with the 342nd Recruiting Squadron, spoke with Airman Leadership School Class 17-E June 7. ALS leadership plans for at least four guest speakers to help augment curriculum material, promote resiliency and to help students learn more about career fields and organizations, such as the Air Force Sergeant's Association and Network 5/6.



Master Sgt. Bobby Kazmir, Airman Leadership School commandant, inspects the service dress uniform of Senior Airman Malek, with the 552nd Maintenance Squadron. Sgt. Kazmir conducts three uniform inspections during each five-week course for each uniform: ABU's, service uniform and service dress uniform. As part of their Customs and Courtesies curriculum, the inspections help the students take pride in their uniform and understand the importance of it.

and initiative.

At the end of the curriculum, Airmen will have earned nine credit hours towards an Associate of Applied Science degree through the Community College of the Air Force in leadership and management, managerial communications and in military studies.

Though dubbed a leadership school, there's more than the typical pen and paper, hitting-the-books stereotype that pushes the junior enlisted Airmen successfully forward, class after class. Over the course of five weeks, students

also spend time outside the classroom sharpening leadership traits through various activities and events.

The most recent graduates, ALS Class 17-E, participated in a volunteer project within the community, listened to guest speakers: Chief Master Sgt. of the Air Force (retired) Rodney McKinley and Vietnam Prisoner of War Col. Leroy Stutz, underwent uniform inspections, internal drill evaluations, flag retreats, and channeled a competitive spirit through PT challenges four times a week.

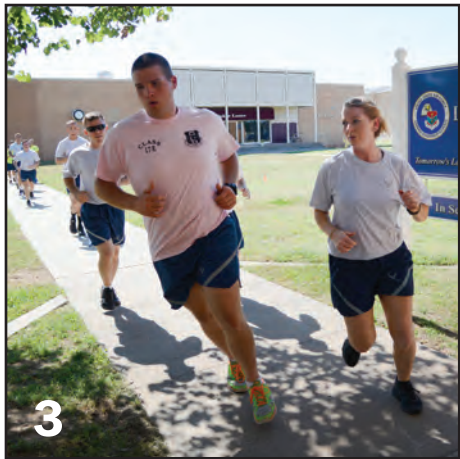
After cadre-led fitness challenges on Mondays, Wednesdays, and flight-led PT Thursdays, where points are gained and contribute to flight status, Commandant's PT is conducted on Fridays. The purpose, Sergeant Kazmir offered, is to engage on another level with Airmen and participate with them. As a result, the Airman find Commandant's PT to reinvigorate motivation. "I receive continuous feedback that it 'humanizes' the Commandant," Kazmir is seen as a more approachable leader.

One Class 17-E Airman appreciated Sergeant Kazmir's structure and involvement with PT on Fridays, and others sharing the opinion that "if he can do it, we can do it too." This sentiment reinforces the Commandant's promise that he will never ask his Airmen to do anything that he is not willing to be right beside them doing, if he is well and able.

Still a school however, students are evaluated in various capacities in addition to marks on exams. Involvement, verbal and non-verbal communication skills, general rapport, purpose and participation are assessed throughout the course.

The second-largest, developmental-level Enlisted Professional Military schoolhouse in Air Force Materiel Command, Tinker's Airman Leadership School is a valuable asset in molding the young men and women into the future leaders of the United States Air Force. With an impressive cadre leading the schoolhouse, Master Sgt. Rachael Long (Public Health), Sergeant Katie Speer (Paralegal), Sergeant Ricky Dent (Security Forces), Staff Sgt. Ryan Stinner (Air Transportation) make up the 2016 Air Force Sustainment Center EPME Team of the Year. Along with a few others who have PCS'd in the last two years, the instructors were also the 2015 Air Force Materiel Command EPME Team of the Year.

# g Airmen for the future



1. Master Sgt. Rachael Long, one of four Airman Leadership School instructors, evaluates her flight as they display their drill formations. As part of Military Customs and Courtesies curriculum, the students spend numerous hours practicing for their drill evaluations. Each student has the opportunity to lead their flight, calling out drill commands around the field beside the ALS schoolhouse. The flights practice on their own time, leading up to the practice evaluation with their instructor, allowing time to correct and hone their skills until the day of their final evaluation. This part of their curriculum helps the students refresh skills they may not have used since Basic Training and understand the importance of a practice rich in military history and tradition.

2. From left, Senior Airmen James, 552nd Aircraft Maintenance Squadron, Boone Epperson, 72nd Force Support Squadron, Kevin, 552nd Aircraft Maintenance Squadron, and Nicholas, 552nd Maintenance Squadron, with Class 17-E Delta Flight, take notes during an Introduction to Negotiation class.

3. Senior Airman Evan Wilson, 963rd Airborne Air Control Squadron, and class leader Senior Airman Rebecca Cowan, 507th Operations Support Squadron, along with the rest of Class 17-E, run laps in front of the ALS schoolhouse during PT. ALS holds PT four days per week, with a Commandant's PT on Fridays.

4. Senior Airmen Shane Sargent, 72nd Security Forces Squadron and Julianna Divett, 507th Medical Squad-

ron, work together to flip a tire during one of the stations in a Commandant's PT exercise. Differing from regular PT exercises, the Commandant's PT challenges apply curriculum that the students have studied, help promote team-building and help students observe strengths and weaknesses in themselves and each other, helping them to become stronger leaders.

5. Delta Flight students Senior Airmen Zachary Ambrose, 507th Aircraft Maintenance Squadron, Casey Doyal, 72nd Security Forces Squadron, Alec, 552nd Maintenance Squadron, Kevin, 552nd Aircraft Maintenance Squadron and Nadia Miller, 72nd SFS, work together to put ranks of different military branches in order during one of the stations of a Commandant's PT.

# Honor Guard embraces Final Salute



**Jillian Coleman**  
Staff Writer

Four members of the Honor Guard recently completed a pilot professional development course, which based its content and discussions entirely around a book entitled, “The Final Salute.”

Spearheaded by Ch. Capt. Kory Capps, the course walked through an Honor Guard’s role from beginning to end – from the moment a loved one loses their life downrange, through the grieving process and the burial.

With three major focal points, The Final Salute was divvied up into three class sessions held over the course of six weeks. Each two-hour class was designated for one subject matter. The history of military honors kicked off the course, followed by the impact of the Honor Guard on grieving families and lastly, the connection between the Honor Guard and professionalism.

“The Final Salute really gives you a ‘start to finish’ process on how the military strives to honor those who have served and those who have fallen,” Chaplain Capps said.

The pilot course enhanced the meaning behind Honor Guard for its participants, deepening the passion and awakening the severity and sensitivity of honoring those who have served and their loved ones. When you put yourself in the shoes of a grieving family member, who is it that you want looking you, looking your spouse, looking your child in the eyes as they hand over the perfectly folded, tri-cornered American flag? Pride, trust and honor is paramount – a weighty role during an incredibly intimate moment.

Senior Airman Britney Williams explained the course as one that reinvigorated her desire to serve and gave her a whole new appreciation for serving with the Honor Guard.

“The book is very powerful and very touching, because it shares a lot of personal experiences. Those stories are amazing and those people have endured much more than what I’ve experienced,” Williams described. “I appreciate it so much more and take ownership of what I do. I am able to honor those who have served and their loved ones, and that is something very, very special.”

Airman 1st Class Kasey Krumwiede emphasized the elements of military funeral ceremonies and the powerful impact that they have, both on the Guardsmen and the grieving families.

“We provide multiple honors for the families. Pallbearing is where

we carry the casket of the deceased from the vehicle of transportation to the graveside; the folding of the flag over the casket into the triangle, and the firing party of the three volleys followed by the playing of Taps. All of these are special to the family whose impression of the military will be through this experience of their loved one’s funeral,” the Airman explained.

Beyond discovering the significance of their role as Guardsmen, the Airmen recognize the importance of integrating the professional development aspect into day-to-day life, as well as instilling it into the foundation of their careers. Through various channels of discussion and challenging perspectives, the Airmen have the freedom to share insight in calm and transparent environments. The setting of The Final Salute is the heart and soul of the Air Force, Capps added.

“It seems to bring that core to life and connects to all other areas of the Air Force,” he said. “These young Airmen are just starting in their careers, so if they can nail that fundamental value and know why they do what they do, it will really set them up well.”

With positive feedback, the pilot course is likely to be next offered in the fall, according to the chaplain. In an effort to set up young Airmen for prosperous futures, the hope is to reach more individuals and expand the course to enlighten the public on the roles and duties of the Honor Guard. Much more than presenting the colors at sporting events or flags to retirees, the Honor Guard is entrusted with some of the highest responsibilities – honoring those who have served, those who have fallen and those loved ones who are left grieving. Rightfully honoring those who put service before self.

*See related article on page 9.*



*Air Force photos by Kelly White*

Senior Airman Britney Williams and Airman 1st Class Kasey Krumwiede were two of four Honor Guard members who participated in the pilot professional development course, Final Salute. Not pictured are Senior Airmen Aaron Kisner and Thomas Ott.



Chief Master Sgt. Kevin Terrell, retired, presents the American Flag to Madeline Emrick, family member of Airman 1st Class Phillip Emrick, during his funeral July 14. Final Salute, a pilot course recently held on a voluntary basis for members of the Tinker Honor Guard, emphasizes professional development through the importance of honoring those who have served at military funerals and based upon the book, “The Final Salute.”



Airman 1st Class Philip Hendricks plays Taps as one of the duties of the Honor Guard during military funeral ceremonies. Final Salute, a pilot professional development course recently offered to volunteer members of the Tinker Honor Guard, helped enhance the impact the military presents to grieving family members during military funeral ceremonies as well as the impact that feeling of pride can have in the rest of the Guardsman’s life and career.



Air Force photo by Kelly White

Airman 1st Class Philip Hendricks and Chief Master Sgt. Kevin Terrell, retired, issue a salute to the arrival of a deceased service member at a recent military funeral ceremony. Four members of the Tinker Honor Guard recently participated in a pilot professional development course based on the book, “The Final Salute.” Participants were able to candidly discuss how serving in the Honor Guard and honoring those who have served has made a significant impact in their lives and careers.

# Elite Honor Guard sets high standards

**John Parker**  
Staff Writer

The Tinker Air Force Base Honor Guard serves at ceremonies and events spanning 38,000 square miles and covering 44 of Oklahoma’s 77 counties.

The proceedings can include presenting the colors at baseball games, changes of command and retirements.

One job, however, stands above the rest: military funeral honors. They are the main mission of the elite Tinker Honor Guard and take priority over all other requests. They are mandated by Congress for active duty, veteran, retired Air Force, Air Force Reserve, Air National Guard and Army Air Corps members who have passed away.

The approximately 50 members of the Tinker Honor Guard participate in about 60 events a month, mostly funerals. Staff Sgt. Michael Asbridge with the 72nd Force Support Squadron said Honor Guard service at Tinker is divided into three flights, which rotate on a one-month status: on-call (the most active), stand-by and off-duty. The latter group can still be called upon when needed, he said.

At funerals, Honor Guard members are uniformed living symbols of the

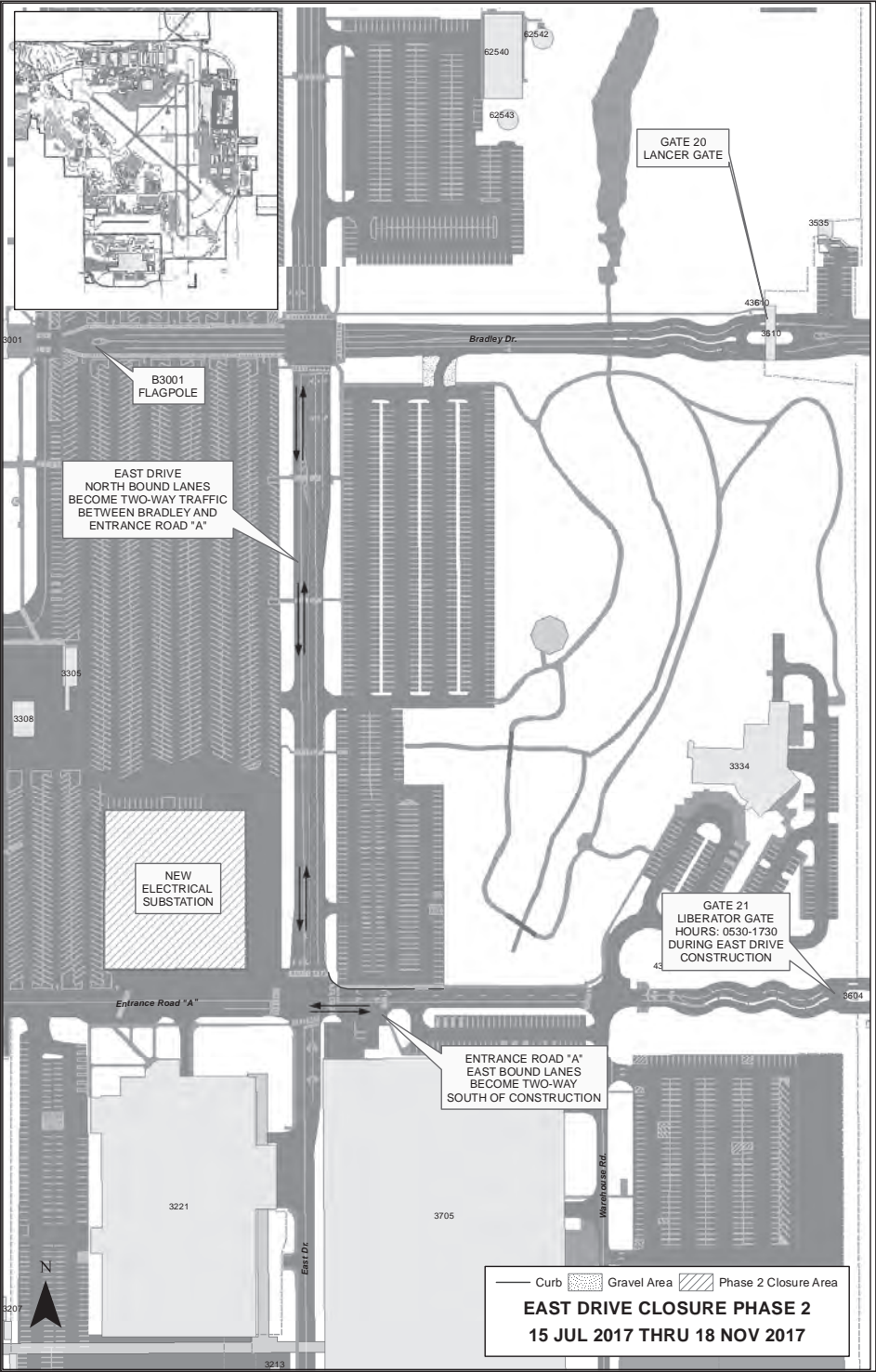
appreciation of the United States for citizens’ honorable service to the nation. It’s a vitally important mission that requires top-notch Airmen to perform. Airmen of any rank can be members, but they are typically enlisted. “We’re looking for cut-above-the-rest Airmen,” Asbridge said. “Typically, we like to vet them through the first sergeant so we’re not getting sub-par candidates.”

Training takes place over 10 days during a two-week period. The commitment to the Honor Guard is one year. “Once they graduate, they immediately go on a flight,” he said.

Honor Guard members are given a good amount of leeway and are trusted to prepare for and take care of their assignments, Sergeant Asbridge said. All travel, including to cities like Miami in the corner of northeast Oklahoma, is completed in one day.

“It’s a great experience and a good chance to excel among your peers,” the sergeant said. “It gives you a chance to excel as a leader, regardless of your rank. We do have rank structure, but we go off of experience here. I would trust an Airman Basic that’s been doing it for four months over a brand-new staff sergeant who hasn’t done a detail yet. Experience is big here. Trust is big here. You’re not micromanaged.”

# New hours for Liberator Gate



Liberator Gate hours have temporarily changed to 5:30 a.m. to 5:30 p.m., Monday through Friday to alleviate traffic congestion and expedite traffic flow on and off the base during peak flow hours. These gate hours will remain until the completion of the East Drive construction project (estimated March 2018) or as deemed necessary by the 72nd Air Base Wing commander.

# Tinker Firing Range Trespass Notice

The Tinker Firing Range Complex is located at 7245 Reserve Road, Bldg. 1050. Trespassing on the Range Complex is illegal and dangerous because of weapons firing. The Range Complex perimeter fence is clearly marked with signs. If you have any questions you may direct them to Travis Morris or Staff Sgt. Christopher Price in Bldg. 1050 or by phone at 734-5654.

## Joining the Honor Guard

Airmen interested in joining the Tinker Honor Guard must qualify and be recommended by their first sergeant. For qualification information and other details, visit [www.tinker.af.mil/links/tinker-living/honor-guard](http://www.tinker.af.mil/links/tinker-living/honor-guard), or call 734-4226. Members receive a ceremonial uniform at no cost.

# Air Force rolls out phased retirement program for eligible civilians

Richard Salomon

*Air Force Personnel Center Public Affairs*

**JOINT BASE SAN ANTONIO-RANDOLPH, Texas** — Eligible Air Force civilian employees now have the option of working part time in a “semi-retired” status, according to new Air Force Instruction 36-817, Civilian Phased Retirement Program.

The civilian phased-retirement program allows eligible full-time employees to request to work on a part-time basis and receive a portion of their retirement annuity. Under the program, phased retirees will work half the number of hours they worked as full-time employees immediately prior to entering phased retirement.

“This program allows dedicated employees with decades of experience to pass on critical knowledge to our other employees in the organization,” said Annette Castro, a human resource specialist at the Air Force Personnel Center. “It serves as a mentoring and training tool to ensure the next generation of civilians are prepared for success. Institutional knowledge is often difficult to replace.”

Participation is voluntary and requires the mutual consent of both the employee and the Air Force. To be eligible, employees should be employed on a full-time basis for at least three consecutive years before beginning the program. The phased retirement period is for one year with an option to extend for an additional year.

The rules for employees under the Federal Employees Retirement System differ slightly from those employees under the Civil Service Retirement System. Retirement-eligible employees under FERS will need to have at least 30 years of service and have reached the minimum retirement age (between 55 and 57, depending on the birth year) or have at least 20 years of service and be at least 60 years old. Under CSRS, employees will need to have at least 30 years of service and be at least 55 years old or have at least 20 years of service and be at least 60 years old.

Under the guidelines, civilian employees in the phased retirement program remain in the same position authorization they were in prior to entering the program and should not be moved to an over-hire billet or to another authorization while in phased

retirement. Hiring officials may hire an additional part-time employee to carry out the remaining 50 percent manning hours or a full-time, over-hire employee only if funding is available to support both the phased retiree’s part-time salary and the part-time/full-time replacement.

Additionally, phased retirees will be required to mentor other employees for at least 20 percent of their working hours. Air Force organizations can establish mentoring guidelines to best suit their needs.

“Mentorship plays an important role in shaping our future leaders and for passing on knowledge to successive generations,” Castro said. “It’s an investment that requires time, effort and dedication.”

Civilian employees considering phased retirement are encouraged to fully research the program. The new AFI can be found at Air Force e-Publishing. For more information, visit the myPers web site and search “Phased Retirement.” Individuals who do not have a myPers account can request one by following the instructions on the Air Force Personnel Center website.

## NBC

continued from page 1

According to Brig. Gen. Steve Bleymaier, Ogden Air Logistics Complex commander, who has oversight of AMARG, the *Weekend Today* crew conducted interviews with Tim Gray, 309th AMARG deputy director, and Lt. Col. Shirley Mercier, 309th Aircraft Maintenance Group deputy commander.

“The name ‘Boneyard’ is a misnomer,” Bleymaier said. “Tim Gray and Colonel Mercier did a great job continuously emphasizing how AMARG helps AFSC provide readiness to the warfighter and how it’s a national level airpower reservoir.”

Immediately after World War II, the Army’s San Antonio Air Technical Service Command established a storage facility for B-29 and C-47 aircraft at Davis-Monthan AFB. Today, the 309th AMARG has grown to include more than 4,400 aircraft and 13 aerospace vehicles from the Air Force, Army, Navy, Marine Corps, Coast Guard and several federal agencies.

The facility supports the Department of Defense, NASA and other government agencies by providing selected aerospace depot maintenance and modifications, aircraft regeneration, storage and preservation, and aircraft parts reclamation and disposal.

The NBC crew began their tour of the base bright and early on July 13, capturing video of an Arizona sunrise coming up over stored aircraft at the facility.

They followed that up by getting



*Air Force photo*

Tim Gray, 309th Aircraft Maintenance Group deputy director, conducts an interview with Craig Melvin on display row July 13 at Davis-Monthan Air Force Base, Ariz. The interview is scheduled to air as part of NBC’s *Weekend Today* live broadcast on July 29.

video footage of: stored aircraft engines; a variety of stored aircraft types; a maintenance shelter to depict restoration to flight capabilities of C-27J for USCJ; a F/A-18 overland withdrawal for Marines and C-130 wing refurbish for AFSOC; aircraft preservation on C-12 and P-3 for the Navy; and a NASA T-38 aircraft staged for withdrawal to support Quiet Super Sonic Transport.

According to Gray, the producer developed an interest in filming nose art and captured quite a bit of B-roll of the same during the visit.

“This played really well into our Air Force history and the 70th anniversary of our Air Force,” he noted.

*Weekend Today* show talent Craig Melvin arrived later that morning and proceeded to the aircraft maintenance hangar to conduct a stand-up interview with Mercier.

“The interview was conducted on the aircraft hangar mezzanine overlooking the F-16 regeneration and A-10 LARS production lines,” Gray noted.

Gray mentioned Melvin’s questions focused on an overview of AMARG, to include the definition of regeneration, modifications on various aircraft, why some aircraft were decommissioned and used for parts reclamation, the number of stored aircraft, oldest aircraft, facility size, and AMARG’s

history of an almost entirely civilian workforce.

Melvin and crew then headed over to another area of the base where aircraft are displayed, a.k.a. “aircraft row,” to conduct an interview with Gray, who used the Air Force’s Century Series aircraft as a backdrop to expound on AMARG’s and the Air Force’s history.

“I defined AMARG’s mission as part of the Air Force Sustainment Center enterprise and focused on AMARG’s role as a national level airpower reservoir and how Art of the Possible methodology is used to provide highly cost effective national defense support,” Gray said.

He noted the crew then captured some additional B-roll of more nose art, satisfying the producer’s interest.

“I used this as a bridge back to the Air Force’s 70th Anniversary and AMARG’s role as a national asset in supporting every major conflict from the Berlin Airlift to present day operations,” Gray said.

Mercier and Melvin then took a limited golf cart tour of the facility with Go-Pros to capture additional footage and continue their overall discussion. Assets visible during this portion of the tour included C-130s, F-16s, stored aircraft engines and the regenerated F-16 candidates on the flight line.

The tour culminated at the C-5 being prepared for storage, where a brief interview between Mercier and Craig Melvin took place in the cockpit.

The video footage and interviews conducted at AMARG are due to air in an upcoming episode of NBC’s *Weekend Today* live broadcast to be determined at a later date.

# Air Force returns Fat Albert to Blue Angels demo team

Alex R. Lloyd  
Ogden Air Logistics Complex

HILL AIR FORCE BASE, Utah — The Ogden Air Logistics Complex recently completed an eight-month, depot-level maintenance overhaul on the U.S. Navy's Blue Angels C-130T Hercules aircraft known as Fat Albert.

Fat Albert is used to support the Blue Angels aerial demonstration team and performs its own aerial acts during air shows.

"Although we repair and modify C-130s every day in our group, it isn't very often that you're afforded the opportunity to work on an aircraft that is recognized across our nation and the world," said Col. Jon Eberlan, 309th Aircraft Maintenance Group commander. "Our team took great pride in restoring Fat Albert to a mission-capable status and looks forward to the rest of the Blue Angels show season, knowing our men and women contributed to its success."

With the extra stresses put on the aircraft by the air show performance flight profile, the Blue Angels complete specific maintenance inspections to ensure the aircraft's safe operation.

During an inspection conducted while the team was in Alaska for the Arctic Thunder Airshow in July 2016, the team discovered structural corrosion and cracking.

As a result, the aircraft was removed from the air show schedule and a few weeks later was flown to Tinker AFB,

Oklahoma, where the aircraft was depainted and inspected by Tinker's skilled depot professionals.

Fat Albert was eventually flown to Hill AFB, Utah, where it was inducted into the Ogden ALC on November 2016 for structural maintenance.

Several main structural parts, including three of four rainbow fittings used to secure the outer wings to the center wing section required replacement along with a right side center wing attach angle that joins the wing box with the main landing gear.

Following the maintenance, the aircraft was turned over to the 576th Aircraft Maintenance Squadron corrosion control flight to get its distinctive paint scheme.

The bright blue, yellow and white scheme took two shifts nearly three weeks to complete, and was overseen by a Blue Angels team member, Marine Corps Gunnery Sergeant Stephen Stewart, who ensured the paint was applied in the correct locations.

"Painting Fat Albert required a dedicated team of our most experienced painters. We only paint it every four to five years," said Tim Randolph, 576th AMXS director.

Earlier this month, Fat Albert returned to the Blue Angels team. Navy officials thanked Tinker AFB and Hill AFB and said the squadron was excited for Fat Albert to begin supporting and flying demonstrations for the remaining air show season.



Using a buffer and wax, 576th Aircraft Maintenance Squadron aircraft painter Brandon Barney ensures Fat Albert is shined and ready to roll out of the paint hangar on May 31 at Hill Air Force Base, Utah.



576th Aircraft Maintenance Squadron painters apply a second coat of blue paint on the fuselage of Fat Albert on May 17 at Hill Air Force Base, Utah. The aircraft received a new paint job following a major eight-month, depot-level maintenance overhaul.



Air Force photos by Alex R. Lloyd

Fat Albert prepares to taxi for its function check flight June 5 at Hill Air Force Base, Utah. Blue Angels members were present to witness the FCF flown by the 514th Flight Test Squadron.

# 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.

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Harry D. Waddle, Jr., 96 TW/SEF

## SAR

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troops. The pilot would likely be killed or captured before the Navy team could march the several miles behind enemy lines to get him.

It being so early in the war, it was not yet widely known that nearly all captured pilots were shot on sight. The enemy knew the war would already have been won without CAS involving the first widespread use of napalm.

1st Lt. van Boven was told he did not have to go. He knew the risks. He knew the H-5s were not sturdily armored. He also knew what capture meant; he had been a POW during World War II, but would not abandon a fellow American to that fate, if he could help it. He and medical technician Cpl. John Fuentez were going in.

Capt. Robert E. “Bob” Wayne was not having his best day. He was newly hairless, covered in third degree burns and manure, and was peering out at North Korean troops who wanted to kill him. Shortly before, he had been flying CAS when his plane was hit. He hadn’t noticed the plane had been hit until he felt his right foot on fire.

When he released the canopy, he was quickly covered in flames and ejected a mere 400 feet off the ground. Now, he was surrounded by Immun Gun he had been bombing just minutes before. Meanwhile, at his base in Japan, his wife was giving birth to their third child. Wayne had better places to be.

Despite his injuries, he did his best to evade enemy troops and one angry bull in the rice paddies behind enemy lines. During this time, it was not ground troops engaging the Immun Gun, but his fellow flyers circling and diving from above. When the rescue helicopter arrived, Wayne got up to wave it in, not

seeing a North Korean officer closing in from 100 yards behind.

Everyone watching from above – the helicopter pilot, his fellow F-51 fliers – all knew they were about to watch Wayne die. Wayne’s wingman, Capt. R. Stan White, in one of the F-51s dove maniacally towards the scene. The North Korean officer drew his pistol from 50 yards away, and just as he was going to pull the trigger, long deadly accurate machine gun fire from the plane cut the North Korean in two. It had been that close.

Captain Wayne was picked up by the whirlybird and taken to Taegu (K-2). Wayne was banging down medicinal doses of appropriated bourbon and regaling everyone with his tale of survival. There were no medics available to help him, but the bourbon took the edge off the pain...even if it did nothing for the smell of burnt flesh and manure.

He heard about a Curtis C-46 Commando that was going that evening to Itazuke, Japan, and decided to catch a ride. It was a mail plane and he took a late afternoon nap amongst the mail bags. When he awoke, it was evening and the plane was in the air. He decided to approach the cockpit and ask where they were. The pilots, who had no idea they had a passenger, were scared to death at this hairless, foul-smelling creature coming up to them and talking to them in the dark.

After landing, Wayne finally received medical treatment. He remembered, “That night they took me down to the hospital and filled my butt full of penicillin and wrapped me all up.” He caught a C-45 flight back to his home base in Osaka, Japan the next morning.

Unannounced, he appeared in the doorway of his wife Penny Sue’s hospital room. Looking up from her bed, she was startled at the sudden arrival of this walking mummy. Covered with bandages and burn

salve, his hair missing in places, and his eyebrows nothing but a fond memory, Wayne was hard to recognize. Worse, his burns had been oozing through the bandages, which caused him to have a particularly noxious smell.

She quickly recovered her composure when she realized that this apparition was her husband. Then, the stoicism of all great Air Force wives set in and her face went blank.

Casually, without a hint of worry in her voice, she asked, “So, what happened to you?”

Wayne ambled into the room, glancing down at his wife, who held their newborn son in her arms.

Smiling as he reached out for his boy, he replied with forced nonchalance, “Well, Hon, I had a little trouble refilling my Zippo.”

Excerpts from *Crimson Sky* by John R. Bruning.



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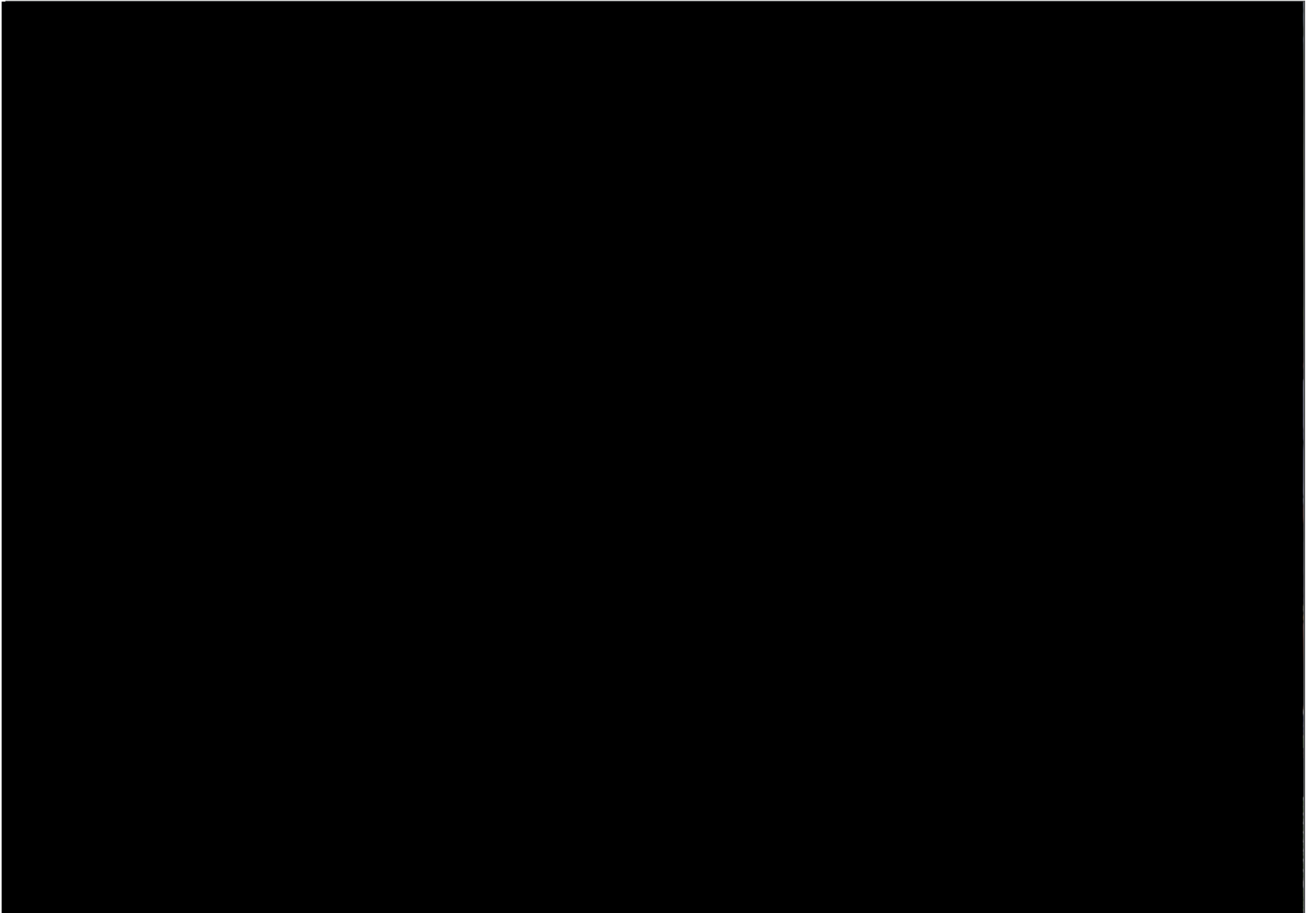
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# TIME OFF

Section A

Friday, July 21, 2017



Air Force photo by April McDonald

Tyler Eifert, tight end for the Cincinnati Bengals, times players as they run through the “Smokehouse” during football camp July 14. The top runners in each age group raced against each other in the final heat to determine the overall fastest time. See page 2a for more photos.

## Tinker History: Iszard Memorial Pool

72nd Air Base Wing Public Affairs

*Editor’s note: As part of Tinker’s year-long 75<sup>th</sup> Anniversary celebration, the Tinker Take Off will focus on some notable people whose legacy lives on at Tinker.*

Iszard Memorial Pool was named for Chief Master Sgt. Edward J. Iszard, who served as the non-commissioned officer in charge of the Social Actions Equal Opportunity and Treatment Office at Tinker Air Force Base.

Chief Iszard enlisted in the U.S. Air Force on June 10, 1955, and for the next 23 years served in a wide variety of logistical roles until his death, at the age of 42, on Sept. 12,

1978. He joined Tinker’s Social Actions office in the fall of 1975 following his graduation from the USAF Senior NCO Academy.

A veteran of the Vietnam War, Iszard received the Bronze Star Medal for his actions from Feb. 18-21, 1967. During this period,



Chief Master Sgt. Edward J. Iszard

See **Iszard** page 5a.



Tinker’s Iszard Memorial Pool was named for Chief Master Sgt. Edward J. Iszard, who served as the non-commissioned officer in charge of the Social Actions Equal Opportunity and Treatment Office at Tinker Air Force Base.

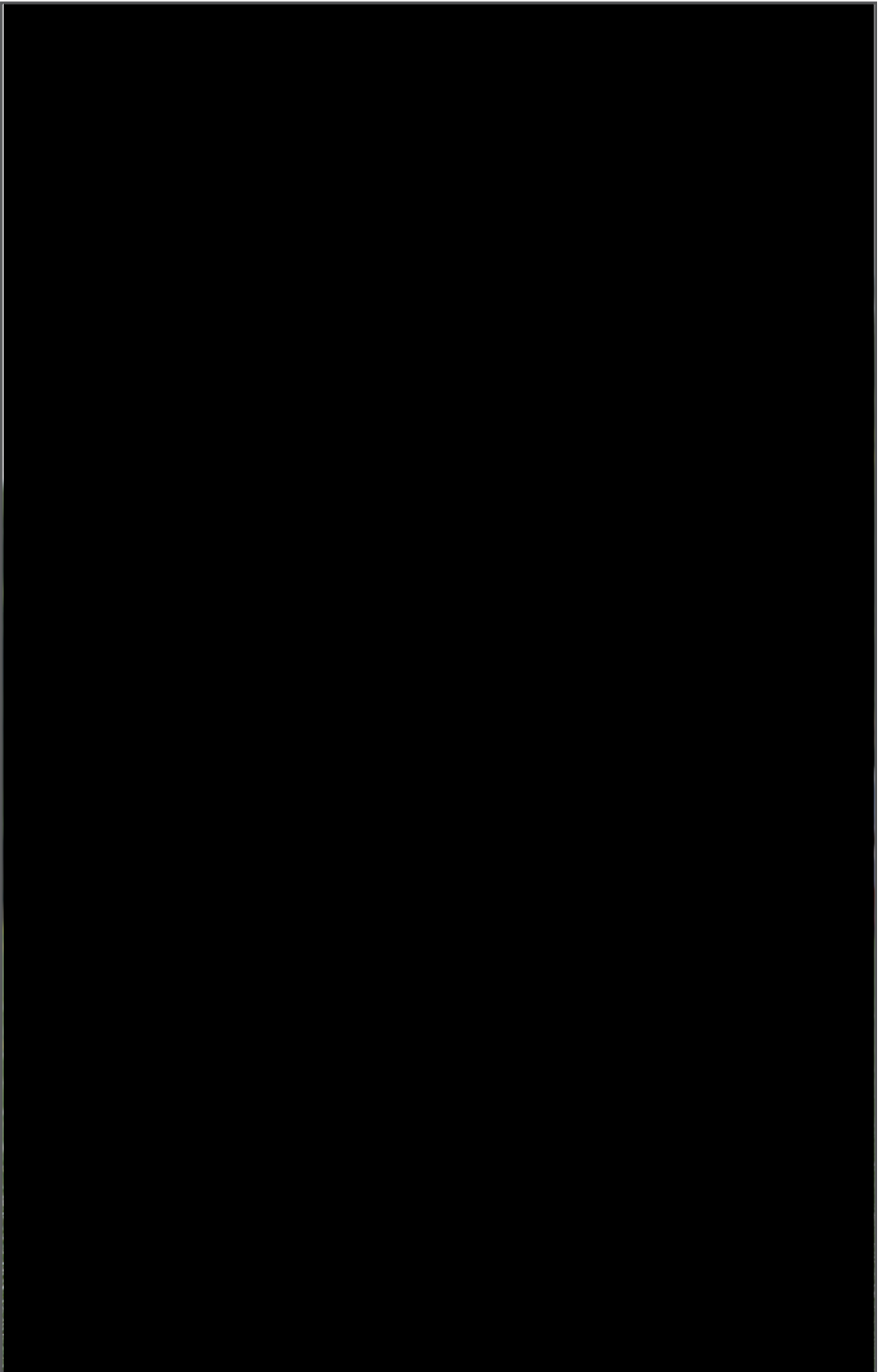
Courtesy photo

# Football FUNdamentals continued from 1a



Air Force photos by April McDonald

Cincinnati Bengals tight end Tyler Eifert high fives a camper during the Football ProCamp held at Tinker Air Force Base July 13 and 14. One hundred twenty-five boys and girls in first through eighth grades registered for the two-day camp with the NFL football player.



Throughout the two-day camp, local football coaches worked with the campers, offering tips and hands-on instruction. The camp also included fundamental football skills stations, contests and non-contact games.





# TILL IN THE FIGHT

## 9/11 MEMORIAL RUCK & RUN

### 11 SEPTEMBER 2017

Free registration, the first 1,500 registered runners will receive a free swag bag with a custom dri-fit shirt, coin and promotional items. Visit [www.tinker911.eventbrite.com](http://www.tinker911.eventbrite.com). The 9/11 Memorial Ruck and Run is brought to you by your Chaplains and Chaplain Assistants from the Tinker Center of Religious Excellence.

# Scholarships for Military Children awards 700 grants

**Mike Perron**  
DECA public affairs

FORT LEE, Va. — For 700 sons and daughters of active duty, retired, and National Guard and Reserve military commissary customers, attending college just got a little less expensive. Each was competitively selected to receive a \$2,000 grant from the Scholarships for Military Children program.

The program, created in 2001, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

“Overall scholarship applications were up about eight percent over last year,” said Jim Weiskopf, Fisher House Foundation vice president. “We were also pleased to see an increase in overseas applications, with a resulting increase in the number of recipients living in overseas areas,” he added.

“The stores did a great job communicating the availability of the scholarship,” said Marye Dobson, Defense Commissary Agency liaison for the program. In all there were 4,876 qualified applicants this time around.

No government funds are used to support the program. DECA's industry partners — vendors, manufacturers, brokers and suppliers — as well as the general public donate money to fund the program, and every dollar donated goes directly to funding the scholarships. The contributions go to Fisher House Foundation Inc., which treats each as a “restricted donation.” The foundation in turn contracts with Scholarship Managers, a professional scholarship management firm, to evaluate the applications and select the best qualified as awardees.

“This year, one of the recipients from the Fort Lee, Virginia, store is the sister of a prior scholarship recipient,” said Dobson. “It was nice to hear from her about the success the first sister has achieved, knowing the Fisher House Scholarship has helped her along her journey.”

The number of scholarship awards each year is based on funds available, but the program awards at least \$2,000 at each military commissary. If there are no eligible applicants from a given commissary, the funds designated for that commissary are awarded as an additional scholarship at a different store.

The list of this year's winners is posted at <http://www.militaryscholar.org/sfmc/winners17.html>.

Planning for next year's program will begin soon, and the announcement of open dates to apply is usually made in the fall.

Applications will be available in commissaries worldwide and online at <http://www.militaryscholar.org>. One of the side benefits of visiting the militaryscholar.org website is the recent addition there of a comprehensive scholarship search engine. “Many applicants use the free



DECA photo by Kevin Robinson

From left, Jim Weiskopf, Fisher House Foundation vice president, stands with William Stockhausen and Madison Stith, two recipients of the Scholarship for Military Children from Fort Lee, Va.

scholarship search engine offered by Fisher House Foundation, enabling them to see what other scholarship programs they might qualify for,” said Weiskopf.

To be eligible to apply for a scholarship, a student must be a dependent, unmarried child, younger than 21 — or 23, if already enrolled as a full-time student

at a college or university — of a service member on active duty, reservist, guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military ID card.

## Iszard

continued from page 1a

while under constant threat of enemy attack and under the most adverse working conditions, Sergeant Iszard helped recover an estimated \$1 million of vital aircraft parts from a wrecked aircraft in Viet Cong infested territory.

Iszard Pool was dedicated in honor of the Georgetown, S.C., native on Aug. 31, 1979.

**Iszard Pool is open for lap swimming from 6 to 9 a.m. Wednesdays through Saturdays and for open swimming from 10 a.m. to 8 p.m. Wednesdays through Saturdays.**

**Summer is just heating up at the pool. A Dive-In Movie night is planned for Aug. 4. The movie shown will be Moana. Pool parties and other activities are also on the agenda for the remainder of the summer.**

**For more information, call the pool at 734-9736 or Outdoor Recreation at 734-5875.**



# Summer Block Party

Air Force photo by Andrea Larmore

The band Banana Seat entertained those who attended the Summer Block Party July 14 at the ALS Soccer Field. In addition to the band, there were also family activities such as a movie and games, plus inflatables for the kids.

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# Exchange News

## Tinker AFB Exchange celebrates 122 years with host of savings

In 1895, the War Department issued General Order 46 directing commanders to establish an exchange at every post. Since then, exchanges have faithfully served alongside service members wherever they are called to serve. Today, whether at Kuwait or Keesler, troops and their families know the Army & Air Force Exchange Service is there.

On July 25, Exchanges all over the world and shopmyexchange.com will mark the exchange system's 122nd anniversary with in-store and online exclusive savings including 50 percent off select women's apparel, up to \$200 off select computers, 40 percent off select luggage, up to \$175 off select Samsung washers and dryers and much more. Additionally, any food purchase at participating Exchange restaurants made with a Military Star card will be discounted 15 percent.

"To say that this benefit has been around for 122 years is a testament to the loyalty of generations of military shoppers," said Tinker General Manager Brenda Hyland. "July 25th is our annual opportunity to celebrate and thank them for their service and for making the Exchange their first choice."

Military shoppers can help the Tinker AFB Exchange celebrate 122 years of family serving family. Festivities on July 25 include cake cutting and refreshments at 11 a.m., carnival games, demos and tastings and much more.

## Plan your party with Tinker Domino's

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

## Military Star card promotions

Major appliance zero percent promotion through Aug. 24, receive 12 months no interest or payments on major appliance purchases of \$499 or more.

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

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

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

more with your Military Star card.

## Shopmyexchange.com sweepstakes

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

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

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

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

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

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

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



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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 bodyweight and a variety of equipment to build a strong core. Information: Fitness Center 3705, Bldg. 3705, 734-4664.

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

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

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

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

**Better Body. Better Life.** This eight-week healthy eating/weight management program meets once per week for 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://org.eis.afmc.af.mil/sites/72MDG/BodPod/default.aspx> to schedule an appointment.

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

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

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

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

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

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

**FIT Basic:** This eight-week progressive program meets three days a week for one hour. This program is designed for military members on a profile and/or recovering from an injury. The program will focus on functional movement

and mobility improvement through strength, cardio, core and flexibility conditioning that will be adjusted and based on each individuals profile limitations or area of injury/weaknesses. One day each week will be dedicated to nutrition/behavior modification. Workout attire is required. Example Schedule: Tuesday - Strength Conditioning; Wednesday - Nutrition Education; Thursday - Core/Yoga Stretching.

**FIT — Health & Human Performance:** This eight-week progressive program that meets 5 days a week Mon-Fri for 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.

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

*See more recurring events on page 7a.*

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# Recurring Events continued from page 6a

interactive, and fun! For more information, call 582-6541.

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

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

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

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

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

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

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

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

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

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

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

**Personal Goal Setting for a Healthy Lifestyle:** In this class we'll discuss health-related goals that people commonly make, how good and bad habits can make or break our success of reaching our goal, and learn several

tips and tactics for keeping our goal. For information, call Civilian Health Promotions Services at 582-6817.

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

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

**Portion Distortion:** In this Civilian Health Promotions Class, participants will discuss how the amount of food

people eat has changed over time, and how eating bigger portion sizes affects their health. For more information, call 582-6817.

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

**Power to Change Class:** Power to Change is a 5-week educational class facilitated by the Tinker Family Advocacy Domestic Abuse Victim Advocate. It is designed to provide domestic violence education in a group setting. Topics include an overview of domestic

*See more recurring events on page 8a.*



SUMMER ART CAMPS

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# Recurring Events continued from page 7a

violence, effects of the violence on self and other family members, coping with the effects, why it is difficult for victims to leave abusive situations, self-esteem, recovery, healthy relationships, healthy boundaries, assertiveness, safety, red flags and more. The class is currently open to females with base access. A men's class will be offered upon request. Classes are held Wednesday afternoons from 2 to 3:30 p.m. in the Chapel's Religious Education Bldg. Library. (Alternate class days/times could be available by request.) Call Family Advocacy at 582-6604 to sign up or to request a men's class.

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

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

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

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

Information: Airman & Family Readiness Center, Bldg. 6001, 739-2747.

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

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

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

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

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

**Smooth Move:** PCSing soon? This is one class you can't

miss. You will learn how to make your move as smooth as possible whether you are going to the next state or overseas. For more information, call the A&FRC at 739-2747.

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

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

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

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

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

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

*See more recurring events on page 9a.*



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# Recurring Events continued from page 8a

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

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

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

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

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

**VA Career Track 2-Day Class:** The Career Technical Training Track is designed to assist you in:

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

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

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

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

**Yoga:** Every Tuesday & Thursday, 3 to 4 p.m. The free yoga classes use gentle movements to improve flexibility, balance, strength, and posture. This class may incorporate

basic poses for various yoga styles. Information: Gerrity Fitness Center, Bldg. 6004, 734-5607.

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

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

## Tinker Chapel Recurring Events

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Communion:** First Sunday of the month.

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

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

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

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

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

**Protestant Women of the Chapel** meet for Bible study at 7 p.m. Wednesdays in room 4 and rooms 1 and 2. A children’s program is provided. Call 734-2111 for details.

**Tinker Youth of the Chapel** is for sixth to 12th graders. Meet for Bible Study Wednesdays in the R.E. Bldg. For details on youth events, call 734-2111.

**Protestant Men of the Chapel** meet at 7 p.m. Wednesdays in the fellowship hall. For information, call 734-2111.

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

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

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

**Baptism** - Call the chapel at 734-2111.

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

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# TINKER Events

## 2017

### Monday, July 24

Community

#### Tobacco Cessation

#### Individual Consults

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

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

### Tuesday, July 25

Community

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

72nd MDG, Family Advocacy Office, 2 to 4 p.m.

See description on page 6a-9a.

### Wednesday, July 26

Community

#### Power to Change class

Base chapel, Religious Education bldg. library, 2 to 3:30 p.m.

See description on page 6a-9a.

### Thursday, July 27

#### Rhythm Kids/Play Group

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

See description on page 6a-9a.

Community

#### Tobacco Cessation

#### Individual Consults

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

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

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

72nd MDG, Family Advocacy Office, 2 to 4 p.m.

See description on page 6a-9a.

### Monday, July 31

Community

#### Tobacco Cessation

#### Individual Consults

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

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

strategies. Consults are 30 minutes. Call to schedule.

For more information, call 734-5506.

### Thursday, August 3

Community

#### Tobacco Cessation

#### Individual Consults

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

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

### Monday, August 7

Community

#### Tobacco Cessation

#### Individual Consults

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

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

### Thursday, August 10

Community

#### Tobacco Cessation

#### Individual Consults

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

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

### Friday, August 11

Community

#### Diabetes Support Group Meeting

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

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

### Monday, August 14

Community

#### Tobacco Cessation

#### Individual Consults

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

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

### Thursday, August 17

Community

#### Tobacco Cessation

#### Individual Consults

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

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

### Monday, August 21

Community

#### Tobacco Cessation

#### Individual Consults

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

See more events page 2b.

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*Continued from page 1b.*

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

**Thursday, August 24**

*Community*

**Tobacco Cessation Individual Consults**

Tinker Wellness Center, Bldg. 5922, 7:30 to 8:30 a.m. Create a quit plan, discuss tobacco-use triggers, and coping strategies. Consults are 30 minutes. Call to schedule. For more information, call 734-5506.

**Monday, August 28**

*Community*

**Tobacco Cessation Individual Consults**

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

**Thursday, August 31**

*Community*

**Tobacco Cessation**

**Individual Consults**

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

**Thursday, September 7**

*Community*

**Tobacco Cessation Individual Consults**

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

**Friday, September 8**

*Community*

**Diabetes Support Group Meeting**

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

information, call 736-2169

**Monday, September 11**

*Community*

**Tobacco Cessation Individual Consults**

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

**Thursday, September 14**

*Community*

**Tobacco Cessation Individual Consults**

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

**Monday, September 18**

*Community*

**Tobacco Cessation Individual Consults**

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

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

**Thursday, September 21**

*Community*

**Tobacco Cessation Individual Consults**

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

**Monday, September 25**

*Community*

**Tobacco Cessation Individual Consults**

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

**Thursday, September 28**

*Community*

**Tobacco Cessation Individual Consults**

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

**Monday, October 2**

*Community*

**Tobacco Cessation Individual Consults**

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

**Thursday, October 5**

*Community*

**Tobacco Cessation Individual Consults**

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

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