

This Wingman Day will be unique as the first half of the day you will get to select two courses that interest you, after the Wing Commander Call at 0800 Hangar 9. All of the available course descriptions are listed below. Following the morning classes, lunch will be provided by the USO Mobile Canteen where a donation is acceptable. After lunch you will return to your Squadrons for the afternoon. See Schedule below.

How do I sign up to participate in Wingman Day University? Follow the steps below!

**Step 1:** Review the course descriptions below pick two classes that interest you, one for the 0930-1030 timeslot and one for the 1100-1200 timeslot. Be aware all classes have **LIMITED** seating so make sure you sign up early! If your class is unavailable select another class.

**Step 2:** Follow the instructions below to register and sign up for a class on the Appointment-Plus website with this link: [Appointment-Plus](#) (Locations of Courses are listed in the course title on the website).

-Registration takes approximately 4-5 minutes to sign-up, create your password, and locate/select the class of your choice.

**Step 3:** Learn and Have Fun!

### **Wingman Day Schedule**

0800-0900: Wing CC All Call (Hangar 9)

0930-1030: Attend 1<sup>st</sup> Wingman University Course

1100-1200: Attend 2<sup>nd</sup> Wingman University Course

1215-1330: Lunch, Drive/Walk to USO Mobile Canteen (Hangar 9)

1330-1600: Sq CC – Team building activity

## **Classes, Descriptions, & Locations:**

**Car Buying Insurance Basics:** Looking for a car but don't want to get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot in this workshop. Topics include negotiating, trade-ins, discounts, financing, high pressure sales tactics, and tricks to watch out for. Know options for different types of insurance and what can affect your monthly premiums.

*Location: Bldg 1179 Gate 2, 65 Seats, Briefed by Janine Dorsey*

**Holiday Spending & Credit:** Learn how to build/repair/maintain good credit and use debt wisely. Also learn the most efficient ways to pay off existing debt, things to consider before taking on new debt, and how to avoid fees and bad debt.

*Location: Bldg 1145 Rm 2<sup>nd</sup> Floor, 80 Seats, Briefed by Mitch Moery*

**Investing, Thrift Savings Plan, Blended Retirement System:** This class introduces the basic concepts of retirement planning, including the military retirement plans, the Thrift Savings Plan and Individual Retirement Accounts. Blended Retirement System.

*Location: Bldg 1142 Rm 2<sup>nd</sup> Floor, 80 Seats, Briefed by Scott Schoen*

**Advanced Civics:** The class will cover a variety of cases, ranging from the early 1900's to modern cases still pending Supreme Court consideration today. Cases that include DACA, the Travel Ban, and others.

*Location: Bldg 100 Courtroom 3031, 75 Seats, Briefed by SrA Berney*

**The Library has What!?:** Interactive class that explains what items the library has such as, 3D Printing, Embroidery, Adobe Creative Cloud, New Checkout Items and Study Materials.

*Location: Bldg 576 Cascade Rm, 100 Seats, Briefed by Jessica Muschek*

**Education Office TA Brief:** This brief is required for anyone that wants to start taking college classes and utilize Tuition Assistance.

*Location: Bldg 851 ALS Auditorium, 50 Seats, Briefed Mrs. Petra Rodriguez*

**Enlisted Force Structure & Institutional Competencies List:** Explaining the new AFI changes and how they affect you to make the most out of your career.

*Location: Bldg 851 Rm 402/403, 40 Seats, Briefed by MSgt Thompson*

**You've Got Personality!:** AKA 4-Lenses, Which designates a color scheme to each individuals personality in order to train individuals based on their organization's needs.

*Location: Bldg 700 McChord Club, 90 Seats, Briefed by Daina Higley and Eldotha Fields*

**Positive Parenting:** Understand punishment, discipline, and how to be successful and effective using both appropriately to be a confident parent with your child based on their developmental needs.

*Location: Bldg 700 McChord Club, 90 Seats, Briefed by Melinda King*

**5 Love Languages:** Whether you want to be closer to your parents, have better relationships, or be a stronger co-worker or leader. This class will give you the confidence you need to connect with others in a more meaningful way. This class will help you: understand yourself and others better, relate to others more confidently, grow closer to family and friends, discover the missing ingredient in the past relationships, and date more successfully.

*Location: Bldg 100 Rm 1069, 50 Seats, Briefed by Marina Hoiden*

**Workplace Bias:** This class is a brief introduction into personal biases in the workplace. The importance of self-awareness of personal biases in the workplace to enhance and support collaboration, cohesion and productivity. The intended audience of individuals working in different settings that needs to collaborate and complete tasks to support customers or peers.

*Location: Bldg 700 McChord Club, 90 Seats, Briefed by Irma Vasquez & Ana Delgado*

**McChord Jeopardy:** What is domestic Violence? What is considered child abuse and neglect by DOD Definition and by WA state definition? This class offers answers those questions, plus ways to prevent these issues by using JBLM and our surrounding area resources – all by the classic game, Jeopardy.

*Location: Bldg 100 Rm B180, 40 Seats, Briefed by Kristen Brundage*

**BOSS/Go Transit:** Learn about activities available to service members eligible to utilize BOSS. Learn the resources available to utilize the Go Transit program.

*Location: Bldg 1422 Rm 238, 100 Seats, Briefed by SPC Smith & Jason Dalton*

**MWR at JBLM:** Find out what activities and programs are available from all over JBLM.

*Location: Bldg 1214 Rm 109, 65 Seats, Briefed by Mr. Scott*

**AF Social Media Do's and Don'ts:** SMSgt Feeley will explain the Do's and Don'ts on Social Media, Golden Rules to follow, and Unprofessional Relationships using Social Media, OPSEC Considerations, & Resources.

***Location: Bldg 1422 Suite A, 42 Seats, Briefed by SMSgt Feeley***

**Vehicle Maintenance Course:** Prepping vehicle for winterizing, road trips and basic inspections to keep you and your car safe on the road.

***Location: Bldg 778, 50 Seats, Briefed by SSgt Mollison, SSgt Crow, and SSgt Schlee***

## How to Register?

If you don't already have an account you will need to create one.

**Air Mobility Command**

Home

**Create an Account**  
Please create an account to get started  
[Create an Account](#)

**Log In (returning users)**  
Login  
  
Password  
  
[Log In](#)  
[Forgot password?](#)

**New Users**

- **Fill out all required blocks. Ensure you are selecting your proper unit information for accountability purposes.**

Registration Header - Pages/Text Tab

### Create an Account

\* Indicates required field

\* Base

\* First Name

\* Middle Initial

\* Last Name

\* Rank  For Military or DoD Civilians. All others, mark N/A.

Best Contact #

\* E-mail

\* Customer Type

\* Wing # or Command  **62 or 627**

\* Wing Type  **WG or ABG**

\* Group Number

\* Group  **Enter proper GP & SQ info**

\* Squadron #


\* Squadron  **Enter proper GP & SQ info**

\* Login  Please use email address

\* Password

\* Retype Password

- **After you register and are logged onto the main page ensure you have the proper base selected.**
- **Next select any Wingman Day class you would like to attend. You need to register for one two classes, one 0930 and one 1100 class.**



Home   Appointments   Account   Join Waiting List   Log Out

### Appointment Locator

Base

Select Class

**Select Class**

Wingman Day Burger Burn (Outside Hangar 9)

WINGMAN UNI 8 AM Airmanship/Institutional Competencies (McChord Theater, Bldg. 742)

WINGMAN UNI 8 AM Car Maintenance (LRS Compound, Bldg. 778)

WINGMAN UNI 8 AM Healthy Nutrition (CE Bullpen, Bldg. 535)

WINGMAN UNI 8 AM Home Buying (Hangar 9)

WINGMAN UNI 8 AM Leadership Skill Building (10 AS Auditorium, Bldg. 1182)

WINGMAN UNI 8 AM Love is in the Air...because I have Wi-Fi (McChord Co-Located Club, Bldg. 700)

WINGMAN UNI 8 AM Supplements and Proper Lifting/Exercise Form (Main Gym McChord, Bldg. 729)

WINGMAN UNI 8 AM True Colors Temperament (446 Medical Bldg. Classroom, Bldg. 1207)

WINGMAN UNI 8 AM World Religions (Chapel Support Center, Bldg. 746)

WINGMAN UNI10 AM Airmanship/Institutional Competencies (McChord Theater, Bldg. 742)

WINGMAN UNI10 AM Car Maintenance (LRS Compound, Bldg. 778)

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BE WELL Cardio (2 credit Hours)

BE WELL Nutrition (2 credit hours)

BE WELL Strength (2 Credit Hours)

Fitness 101 Exercise Basics (2 Credit Hrs)

PTL Adult CPR/AED (1.5 Credit Hrs)

Runners Clinic (1.5 Credit Hours)

Appointment Activity

Welcome Nicholas

Welcome to our online scheduling system. To get started, please use the drop down menus on the left.

[Show All](#) | [Print All](#)

- **Once you have selected your class, check the availability. If there are available seats click the date to register for the class. If there are no seats available select another class to attend.**

# Air Mobility Command



Home Appointments Account Join Waiting List Log Out

## Appointment Locator

[Appointment Activity](#)

### Base

Joint Base Lewis-McChord

### Select Class

WINGMAN UNI 8 AM Car Mainten

### Class Registration

#### WINGMAN UNI 8 AM Car Maintenance (LRS Compound, Bldg. 778) Date(s)

Location: LRS Compound (Bldg. 778)  
Today's vehicles are much more complex and complicated than the cars of the 1960s, '70s, '80s, incorporating more computer electronics, silicon chips, and sophisticated engines. However, the same basic car care still applies to all kinds of vehicles, and can extend the life and durability of your car or truck. The best part is, basic car care does not require any sophisticated understanding of vehicles or their systems. A few simple steps, some regular checks, and addressing issues promptly can greatly extend the life of your vehicle, making it safer and more dependable for you and your family.

Thu, 5/21/2015 (100 of 100 available)

## Welcome Nicholas

Welcome to our online scheduling system. To get started, please use the drop down menus on the left.

## Appointment Activity

Please allow at least 24 hours notice for cancellations

### Future Appointments

[Show All](#) | [Print All](#)

You do not have any future Appointments scheduled

Class

Click date to register

➤ Set reminders if you would like and then finalize your class appointment.

# Air Mobility Command



Home Appointments Account Join Waiting List Log Out

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Joint Base Lewis-McChord

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Thu, 5/21/2015 (100 of 100 available)

## Selected Class

Base Joint Base Lewis-McChord

Class WINGMAN UNI 8 AM Car Maintenance (LRS Compound, Bldg. 778)

Date Thursday, May 21, 2015

Start Time 8:00

Please complete the following information.

### Special Instructions

### E-mail Confirmation and Reminders

Confirmation and reminder e-mails for this appointment will be sent to (separate additional e-mail addresses by commas):

### Indicate text reminder preference (optional)

Send text reminders ([Terms and Conditions](#))

Mobile  Example 000-000-0000

Carrier  Carrier not listed

Do not send text reminders

Finalize Appointment

- **When registration is complete you should have a conformation screen with a green box and receive an e-mail from the webpage. Remember to register for two separate classes!**

## Air Mobility Command



[Home](#) [Appointments](#) [Account](#) [Join Waiting List](#) [Log Out](#)

### Appointment Locator

#### Base

Joint Base Lewis-McChord ▾

#### Select Class

WINGMAN UNI 8 AM Home Buyin ▾

### Class Registration

#### WINGMAN UNI 8 AM Home Buying (Hangar 9) Date(s)

Location: Hangar 9 Instructors: Mrs Mary Cron & Mr Scott Rasmussen. Many potential homebuyers are intimidated about home ownership because they feel the process is complex. One way to minimize the fear of the home buying process is to provide clear and consistent information and high-quality guidance for buying a home. The objective of this course is to help answer the many questions you may have regarding the home buying process.

Thu, 5/21/2015 (unlimited)

### Selected Class

**Base** Joint Base Lewis-McChord

**Class** WINGMAN UNI 8 AM Home Buying (Hangar 9)

**Date** Thursday, May 21, 2015

**Start Time** 8:00



#### Your appointment has been confirmed!

We will send you a reminder e-mail prior to your appointment. You may log in at any time to see your existing appointments.

[Print Confirmation](#)

[Activate text reminders](#)

### Appointment Activity

Please allow at least 24 hours notice for cancellations

#### Future Appointments

[Show All](#) | [Print All](#)

- Thursday, May 21, 2015 at 8:00

[Print](#) | [Cancel](#)  
[Export to Calendar](#)