



Sheppard Air Force Base, Texas - March 22, 2019

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International environment, innovation to headline 21st-century pilot training

By John Ingle

The 77th meeting of the ENJJPT Steering Committee, which is the governing body of the world's only internationally manned and operated pilot training program was held at Sheppard AFB March 11-15.

[Click here for the story.](#)

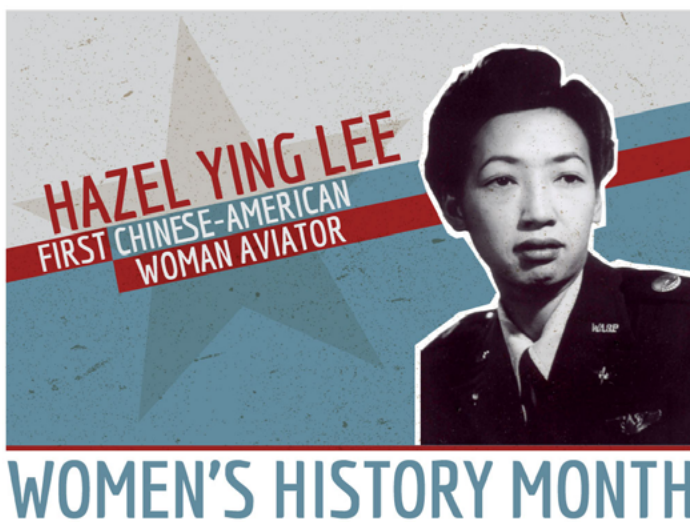


Peak moving season nears for movers, TMO

By Stephanie Shorts

As the summer draws nearer, so too does the peak moving season for military members and their families with permanent changes of station. That peak season also means an increase in activity for the Sheppard AFB Traffic Management Office.

[Click for the article.](#)



Train, Develop and Inspire Warriors: Combat Capability Starts Here

SHEPPARD IN PHOTOS

See more at: www.sheppard.af.mil



..... Train, Develop and Inspire Warriors: Combat Capability Starts Here



WORD ON THE TWEET

#WeCanDolt! The #USAF wishes a #HappyBirthday to one of the original "Rosie the Riveters," Ms. Mae Krier, who turned 93 years young today!

#F35 experts from the U.S., Australia, Japan and South Korea met recently to build on the success of the March 2017 F-35 Symposium; strategic

#Airmen from the U.S., Thailand, & Singapore visited a local school as part of a cultural exchange during Exercise COPE Tiger 2019. <https://www.>



Have content for The Herd?
Submit requests by close of
business Wednesday.

82trwpa.1@us.af.mil

FSS EVENTS

Free Bowling

10 a.m.-4 p.m., Monday-Friday
South Lanes

New Baked Potato Bar

10:45 a.m.-1:30 p.m., every Wednesday
Sheppard Club

Outdoor Movie Night

7 p.m., March 22
Outdoor Recreation Driving Range

A Night of Magic with Jason Michaels

7 p.m., March 29
Base Theatre

WOMEN'S HISTORY MONTH
Visionary Women: Champions of Peace & Nonviolence

WOMEN'S PANEL & LUNCH
TRAILBLAZERS: OVERCOMING OBSTACLES
IN THE WORKPLACE

MARCH 27TH FROM 11:00 - 1:00 PM
AT THE
SHEPPARD CLUB

POC:
LT CODY CAMPBELL
PHONE: 940-676-8350

E-INVITATION BELOW:

[HTTPS://EINVITATIONS.AFIT.EDU/INV/ANIM.CFM?I=440125&K=066542087952](https://einvitations.afit.edu/inv/anim.cfm?i=440125&k=066542087952)



Sheppard AFB
Airman's Council

For airmen, by airmen.

WWW.FACEBOOK.COM/SHEPPARDAIRMANSCOUNCIL

Contact: SrA Matthew Graves

for more information on
events and ways you can participate

SAFETY CORNER

EYESTRAIN 101

by Mike Seekamp

82nd Training Wing Safety Office

Whether it is a work computer, a home laptop or our ever-present smartphones, chances are you stare at some type of screen for hours each day. This can lead to vision problems. "Focusing on tiny type for hours on end can cause eyestrain, fatigue and headaches," the American Academy of Ophthalmology (AAO) cautions. "Staring at screens for long periods can also leave eyes parched, red and gritty-feeling."

The Mayo Clinic states that eyestrain is a common condition that occurs when a person's eyes get tired from intense use, and "people who look at screens two or more hours in a row every day have the greatest risk of this condition."

Take a break

AAO recommends taking the following steps to prevent eyestrain:

- Keep your screen at arm's length. When working with a desktop computer, keep the screen about 25 inches from your face, or about an arm's length away. If doing so makes the words on the screen appear too small, adjust the font size.
- Mind the glare. Screen glare from lighting can irritate your eyes; try a matte filter for your screen to help diminish glare.
- Give your eyes rest time. AAO notes that eyestrain occurs after long and continuous screen use, and recommends workers follow the "20-20-20 rule": Take a break every 20 minutes by looking at something 20 feet away for 20 seconds. This will allow your eyes time to relax.
- Avoid dry eyes. Try using a personal humidifier at your desk to help keep your eyes moisturized. Additionally, keep eye drops handy to lubricate your eyes if they feel particularly dry.
- Pay attention to lighting. If your screen is too bright, your eyes have to work harder. Adjust your screen's brightness, as well as the lighting in your office or home, to reduce eyestrain.

If these steps don't help, AAO recommends seeing an ophthalmologist.

Source: <https://www.safetyandhealthmagazine.com/articles/18064-eyestrain-101>

VOLUNTEER OPPORTUNITIES



HUMANE SOCIETY OF WICHITA FALLS

- Seeking energetic volunteers to interact and exercise with second chance dogs and cats who are waiting to be adopted to their new FURR-ever home
- Seeking volunteers with special skills in general facility maintenance (electrical, carpentry, HVAC, etc.)
- Seeking volunteers who are interested in helping to update and manage the Humane Society's Facebook and other social media
- For more information please contact Cheryl Miller at 940-855-4941 or email director@humanesocietyofwichitacounty.org/If you are interested please text Paul Cancino at 915-274-9869/Stop by any time Monday thru Saturday 11 a.m.-6 p.m.: 4360 Old Iowa Park Road Wichita Falls, Texas, 76305.

COWBOY TRUE, ARTS COUNCIL WICHITA FALLS AREA

- Volunteers needed for traffic and parking assistance, March 29th and 30th at the Bridwell Ag Center.
- Contact Jerry Smyers at 940-631-2589 for more information.

AFRICAN-AMERICAN HERITAGE COMMITTEE

- Volunteers to read to kids at Sheppard Elementary Feb. 11-15.
- Readings would begin at 8:30 a.m. throughout the week.
- For more information, contact Angie Stokes by email at rylissite@yahoo.com.

FAITH REFUGE

- Volunteers needed for the local homeless shelter for women and children and various projects.
- For more information, contact Sherry Hill at 940-322-4673/2017

AIRMEN AGAINST DRUNK DRIVING (A2D2) VOLUNTEERS

- Volunteers to cover CQ duty, drivers and escorts
- Friday and Saturday nights; volunteer shifts are from 10:30 p.m.-2:30 a.m.
- Located at Sheppard Lodging for CQ duty and on-call for drivers and escorts. email SheppardAADD@us.af.mil

THE UPSIDE

- Volunteer group to assist families who have children with Downs Syndrome.
- Monthly meetings are held with guest speakers to provide information on their services.
- Parents can share experiences with other parents
- For more information email misti@theupsideWF.org or visit the website www.theupsidewf.org

SATURDAY BUILD DAYS

- Help build a home for a local family
- Every Saturday - 8 a.m.-noon, 1-4:30 p.m.
- Located at designated Habitat Build site
- Scope of work will change each weekend as we complete stages of construction. For more information contact Dan at 940-716-9300 or volunteer at www.vol-habitat@habitatwf.com

WICHITA FALLS COMMUNITY ORCHESTRA

- Concerts held throughout the year volunteer times: WFCO rehearses Monday nights at 7 p.m.
- We welcome all musicians (especially strings).
- Formal auditions are not required. Good rehearsals mean good performances although we realize not everyone can attend every rehearsal, we do require a sincere level of commitment.
- To sign up or for more information email WFCCommunityOrchestra@gmail.com or visit www.wichitafallscommunityorchestra.com

VOLUNTEER OPPORTUNITIES



PRODUCE EXPRESS BAGS

- Help to assemble fresh produce for distribution
- Any Tuesday or Wednesday; Volunteer Times: 8 a.m.-5 p.m.
- Located at 1230 Midwestern Parkway
- For more information email betsilujan@wfafb.org. To sign up call 940-766-2322 or email wendellgriffin@wfafb.org

Big Brothers, Big Sisters 940-767-2447 or wfinfo@bbbstx.org **Patsy's House** 940-723-1646

Children's Aid Society 940-322-3141

**Boys and Girls Club of Wichita Falls and
Burkburnett** 940-322-2012

Christmas in Action 940-696-9393

Read 2 Learn January Jones 940-235-1009
or bjones@wfsd.net

Faith Mission 940-723-5663

Salvation Army 940-687-2051

Faith Mission Donation Center 940-766-0705

Faith Refuge 940-322-4673

Wichita Falls Adult Literacy Council 940-
766-1954

First Step 940-723-1646

Food Bank 940-766-2322

Wichita Falls Area Food Bank 940-766-
2322 terrymorton@wfafb.org

Sheppard AFB Thrift Shop 940-676-3173 or DSN 736-3173

Wild Bird Rescue 940-691-0828 or
paige29072@yahoo.com

Habitat for Humanity 940-716-9300

Whispers of Hope 940-696-8044



Time to prepare for EOY process

Although it feels like we just closed out Fiscal Year 2018, the current fiscal year closeout will hit you before you know it. Unit resource management and mission requirement owners should begin working with the 82nd Contracting Squadron as soon as possible to start building their End-of-Year requirement list. If you are aware of a requirement, it is never too early to begin preparation and coordination with your local contracting and finance offices. In fact, the earlier you are prepared, the more likely your chances are to receive additional funding for requirements prior to end of year should funding come down. The earlier a requirement is identified, the earlier the acquisition process begins, the greater the likelihood of success to create more positive opportunities for your organization to achieve project goals and objectives. Units are encouraged to have their requirements completed and submitted by June 17, 2019.

Vendor Day set for April 25

A variety of vendors will be on hand April 25 during the Sheppard Air Force Base Vendor Day at the Sheppard Club from 9 a.m.-4 p.m. to showcase their products and how they could contribute to the technical training revolution taking place here.

Vendor Day is an event where vendors are able to assist Sheppard with strategic market analysis of innovative products, services and technologies in technical training. This includes platforms such as virtual, augmented and mixed realities technology and other content-delivery tools.

Team Sheppard members are invited to attend the day-long expo to see different technologies and tools that can be introduced to the training environment.

DTS blackout March 27-30

DTS will experience a blackout for several updates to be implemented from 12:01 a.m. March 27 to 12:01 a.m. April 4.

Access for any reason including logging in to create, modify or cancel authorizations or vouchers, ticketing, report running, or reviewing and approving items. Any actions taken in DTS during the blackout period will cause nearly irreparable damage to profiles.

Keep the following timeline in mind before and during the blackout:

Prior to March 25: All authorizations must be signed, reviewed and approved.

12:01 a.m. March 25 - 11:59 p.m. March 26: Only authorizations with travel dates "25 Mar-5 April" must be signed, reviewed and approved.

March 27 at 12:01 a.m. to 4 p.m. March 29: New "URGENT" reservations must be made "OUTSIDE" of DTS via traditional means (phone, fax, email) with the TMC that services your base.

After 4:01 p.m. March 29: Reservations must be booked "OUTSIDE" of DTS via traditional means with Travco Travel for Sheppard personnel. 1-855-804-4943

After 12:01 a.m. April 4: Travelers are now able to utilize DTS.

News Notes



Public Affairs streamlining multimedia work order process

- Support for graphics, video and command information products will begin once an AF IMT 833 is submitted to public affairs by email to 82.trw.pav@us.af.mil. Products approved for public affairs support include still photography, motion photography, audio, video, photo and broadcast journalism products, and graphics as well as news and feature articles to be published on the Sheppard Air Force Base public website at www.sheppard.af.mil.
- Requesters must complete items 7-12, 16-22, and 24 on the AF IMT 833. Work will not be authorized until the requester completes each field as required. This is to ensure the public affairs staff has the most accurate and descriptive information needed to successfully complete the request.
- Customers needing official photos can call the photo studio at 940-676-6620 or 940-676-2732 to schedule an appointment. An AF IMT 833 will be filled out electronically during the appointment.
- The AF IMT 833 can be downloaded [here](#) or by going to the Public Affairs page on the Sheppard AFB public website. Call 940-676-7239 for more information.

Sheppard Clinic Town Hall Meeting

Sheppard clinic leadership and experts will be available to answer questions on various topics Feb. 27, 3-4 p.m. at the Medical Clinic Assembly Area. Some of those topics will be the Defense Health Agency Transition, TRICARE Plus, Pharmacy Process, Access to Care programs.

Recruitment & Cross Training

Are you thinking considering cross training? If you find yourself at a career crossroads, and are interested in learning more about the Manpower career field, give us a call or stop by, we will be glad to discuss it with you further. If you possess a strong desire for outside the box thinking, are currently in a balanced or over-age AFSC, and in the grades of E-4 through E-7, with 4-to-15 years of service, you might be qualified for this opportunity. Contact Jim Getchell at 676-4935 to find out more.

Finance Office Hours

The Finance Office will be closed for training every third Wednesday of the month beginning on Jan. 16, 2019. Customer service hours on those days will be 1-4 p.m. As a reminder, customer service hours are 9 a.m.-4 p.m. Monday-Friday, with Tuesdays from 4-6 p.m. reserved for our AiT population. For more information call 940-676-4866.

Summary Court Officer

It is with deep regret that we announce the untimely demise of Senior Airman Zachary Shane Montgomery of the 80th Operations Support Squadron, Sheppard Air Force Base, Texas, 76311. Maj. David N. Andrews, duty phone 940-676-5617 or 940-676-4948, has been appointed Summary Court Officer. All claims for or against the deceased's estate must be submitted to the Summary Courts Officer, 80th OSS/ADO 940-676-5617.

Military Saves Week

During [Military Saves Week](#), come by the Airman & Family Readiness Center to get your free credit score when you complete a budget and spend plan. Also, learn how to increase your credit score and qualify for a better interest rate when making large purchases. Don't forget to ask one of our financial counselors about tax-free investment options for service members that deploy to a tax-free zone. For more information, call 940-676-4358.

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OF ALL PROCEEDS WILL BENEFIT THE AF
BALL



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