



Sheppard Air Force Base, Texas - May 23, 2019

Visit the [Sheppard homepage](#) for more news and information



## Sheppard hosts Asian & Pacific Islander Heritage Luncheon

On May 20, 2019, Sheppard AFB hosted the Asian Pacific Islander Heritage luncheon at the Solid Rock Cafe. People from all over base raced on over to eat the free ethnic cuisine provided by Asian/Pacific Islander American Airmen and their families, as well as food provided by the community off base.

[Click for the article.](#)



## Prevention key to controlling mold in living spaces

By John Ingle

Like pollen, mold is an organic growth that is everywhere and affects people differently based on their sensitivity. But, mold in living areas can be controlled more easily through a few simple household steps and cleaning solutions.

[Click here for the story.](#)

### Finance Office CLOSED on June 14

The Finance office will close at 1100 on June 14 for an official function and will remain closed for the remainder of the day. Customer Service hours on that day will be 0900-1100

As a reminder, customer service hours are 0900-1600 Mon-Fri

Tuesdays from 1600-1800 reserved for our AiT population

For more information call 940-676-4866





# SHEPPARD IN PHOTOS

See more at: [www.sheppard.af.mil](http://www.sheppard.af.mil)



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





## WORD ON THE TWEET

A new travel payment process for pipeline students, initiated by the #AirForce Installation and Mission Support Center, is projected to save

#DYK, the #AirForce has two deployable labs. These Rapid Assistance Support for Calibration units or RAS-CALS have been restored, making

The #B52 Wise Guy, a cold warrior that stood sentinel over America from the darkest days of the Cold War to the global fight against terror, is back



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

82trwpa.1@us.af.mil

## SAFETY CORNER

### DEHYDRATION

by Derek Sonnier  
82nd Training Wing Safety Office

We've all experienced it at some point when working or playing hard – fatigue sets in, your mouth feels dry and your legs are heavy and maybe you even get a headache. These are all common signs of dehydration.

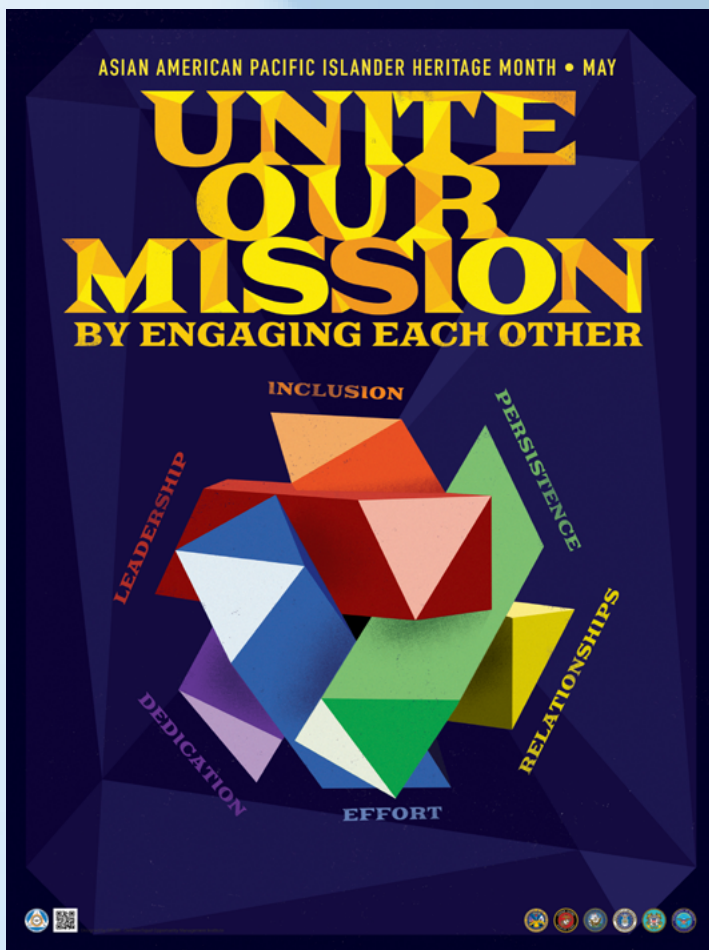
When you are working hard, body fluid is lost through sweat. If the fluid lost through sweat is not replaced, dehydration and early fatigue are unavoidable. Losing even 2% of body fluids (less than 3.5 pounds in a 180-pound person) can impair performance by increasing fatigue and affecting cognitive skills. During the summer heat it's easy to become dehydrated if you don't drink enough fluids to replace what is lost in sweat.

However, dehydration can easily be prevented.

- When to drink? Ensure you drink before you start working, trying to catch-up for lost fluids after a period of time is very difficult. Also, drink before you get thirsty. By the time you're thirsty you are already dehydrated, so it's important to drink at regular intervals – especially when it is hot outside.
- What to drink? Water is truly one of the best things to drink. Research also shows that a lightly flavored beverage with a small amount of sodium encourages people to drink enough to stay hydrated. The combination of flavor and electrolytes in a sports drink like Gatorade provides one of the best choices to help you stay properly hydrated.
- What not to drink? During activity, avoid drinks with high sugar content such as soda and even fruit juices. These are slow to absorb into the body. Also, alcohol and caffeinated beverages should be avoided.

Many people ask how much to drink and that truly depends on your activity level and how much your body is losing fluids. In general, when you are working and sweating, you should drink at least every half-hour. Ensure you are drinking enough to replace your lost fluids. A good rule of thumb from a wise man says: "if you aren't urinating, you're not drinking enough".

Source: <http://safetytoolboxtopics.com/General/importance-of-hydration.html>



Sheppard AFB  
**Airman's Council**

For airmen, by airmen.  
[www.facebook.com/sheppardairmancouncil](http://www.facebook.com/sheppardairmancouncil)

Contact: SrA Matthew Graves  
for more information on  
events and ways you can participate

# VOLUNTEER OPPORTUNITIES



## **AIRMEN AGAINST DRUNK DRIVING (A2D2) VOLUNTEERS**

- Volunteers to cover CQ duty, drivers and escorts
- Friday and Saturday nights 2030 - 0030
- Drivers and Escorts: Will get a call from CQ at 2030 to verify they are still available to be a driver or an escort. When CQ receives a request for a ride, CQ will call both driver and escort. Driver will pick up escort first, and then pick up requester.
- For CQ: CQ will be at Sheppard INN by 2030 and get an AADD binder from Sheppard INN front desk. The binder has a list of volunteers (driver and escorts) and procedures for CQ. Food will be provided at Sheppard INN for CQ volunteers.
- If you are interested in volunteering please contact HWANG, JAEBEOM SrA USAF AETC 82 CPTS/FO to schedule your shift!

## **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](mailto: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.

## **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

## **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](mailto:misti@theupsideWF.org) or visit the website [www.theupsidewf.org](http://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](mailto: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](mailto:WFCCommunityOrchestra@gmail.com) or visit [www.wichitafallscommunityorchestra.com](http://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](mailto:betsilujan@wfafb.org). To sign up call 940-766-2322 or email [wendellgriffin@wfafb.org](mailto:wendellgriffin@wfafb.org)

**Big Brothers, Big Sisters** 940-767-2447 or [wfinfo@bbbstx.org](mailto:wfinfo@bbbstx.org)

**Children's Aid Society** 940-322-3141

**Christmas in Action** 940-696-9393

**Faith Mission** 940-723-5663

**Faith Mission Donation Center** 940-766-0705

**Faith Refuge** 940-322-4673

**First Step** 940-723-1646

**Food Bank** 940-766-2322

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

**Habitat for Humanity** 940-716-9300

**Patsy's House** 940-723-1646

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

**Read 2 Learn January Jones** 940-235-1009  
or [jbjones@wfid.net](mailto:jbjones@wfid.net)

**Salvation Army** 940-687-2051

**Wichita Falls Adult Literacy Council** 940-  
766-1954

**Wichita Falls Area Food Bank** 940-766-  
2322 [terrymorton@wfafb.org](mailto:terrymorton@wfafb.org)

**Wild Bird Rescue** 940-691-0828 or  
[paige29072@yahoo.com](mailto:paige29072@yahoo.com)

**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.

## 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.

## 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 wells as news and feature articles to be published on the Sheppard Air Force Base public website at [www.sheppard.af.mil](http://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.