



Sheppard Air Force Base, Texas - July 12, 2019

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Kwast salutes AETC team for “failing forward” in learning, innovation

By Dan Hawkins

In the nearly two years since Lt. Gen. Steve Kwast took command of Air Education and Training Command, there has been change across many fronts of the Air Force’s recruiting, training and education enterprise. strengthening alliances and attracting new partners.

[Click here for the story.](#)



Air Force officials announce tour length changes

By Sarah Loicano

After listening to feedback from Airmen and career field managers, Air Force officials are reducing targeted special duty and instructor tour lengths to create a more ready and resilient force.

[Click for the article.](#)



Product Recall

Date Issued: 9 July 2019

BACKGROUND: Flowers Foods Recalls Hamburger and Hot Dog Buns and Other Bakery Foods (Foreign Matter - Plastic Pieces)

Flowers Foods, Inc. is voluntarily recalling hamburger and hot dog buns and other bakery products due to the potential presence of small pieces of hard plastic that may have been introduced during production. Consumption of product may cause a choking hazard. The products being recalled were distributed to Alabama, Arkansas, Florida, Georgia, Illinois, Indiana, Kansas, Kentucky, Louisiana, Missouri, Mississippi, North Carolina, Ohio, South Carolina, Tennessee, Texas, Virginia, and West Virginia. No related injuries or illness have been reported.

Products affected (not all inclusive):

Product Description	UPC	Best By Date	Lot #
SUNBEAM 8CT HOT DOG BUNS	77633063740	July 19 2019	180
WONDER 8CT HOT DOG BUNS	72250021081	July 19 2019	111, 180
NATURE'S OWN 8CT BUTTER HAMBURGER BUNS	72250023139	July 18 2019	111
GREAT VALUE 8CT HOT DOG BUNS	78742097282	July 19 2019	111, 180
CLOVER VALLEY 8CT HAMBURGER BUNS	70210007595	July 18 and July 19 2019	111, 180



This product WAS sold on base.
Product information available at:
<https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/flowers-foods-issues-voluntary-recall-hamburger-and-hot-dog-buns-and-other-bakery-foods-due-plastic>
Customers who purchased these products should discontinue consumption and dispose of them immediately or return them to your retailer for a refund.
If you have any questions, please call the 82 AMDS Public Health Flight at 940-676-1874



Train, Develop and Inspire Warriors: Combat Capability Starts Here

SHEPPARD IN PHOTOS

See more at: www.sheppard.af.mil



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WORD ON THE TWEET

[Networking across the service rivalries is one way to learn about the joint environment. ☐ the article ☐ to learn how @officialFtSill #Soldiers &](#)

[#BehindtheScenes - More than 2,600 cadets from most of AFOTC's 145 detachments are rotating through Field Training this summer, a key part of the](#)

[#AirForceFamily comes to the rescue. Lifeguards at @JBSA Official save an unconscious Airman from drowning. gov/xne7F cle/1792863/afw2-an-](#)



Have content for The Herd?
Submit requests by close of
business Wednesday.
82trwpa.1@us.af.mil

Solid Rock Cafe Kitchen & Annex CLOSED

July 1st - October 1st

The back door and the back parking lot of the Solid Rock Café will be used for construction traffic only. The remainder of the Solid Rock Café will continue to be open for base populace and maintain current operating hours.

If you have any questions regarding Chaplain Corps support please contact staff at 676-4370/0014.



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

SAFETY CORNER

Sun Burn Safety

by Tech. Sgt. James Grimes
82nd AMDS Public Health Flight

Take these steps to stay sun-safe:

- Cover up: When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.
- Use a broad-spectrum sunscreen with an SPF of at least 30: Reapply at least every 2 hours, as well as after swimming or sweating.
- Seek shade: Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.
- Avoid tanning beds and sunlamps: Both can cause serious long-term skin damage and contribute to skin cancer.

Choosing the right sunscreen:

- Choose a sunscreen with “broad-spectrum” protection. Sunscreens with this label protect against both UVA and UVB rays. All sunscreen products protect against UVB rays, which are the main cause of sunburn. UVA rays also contribute to skin cancer and premature aging. Only products that pass a test can be labeled “broad spectrum.” Products that aren’t broad spectrum must carry a warning that they only protect against sunburn, not skin cancer or skin aging.
- Choose a sunscreen with a sun protection factor (SPF) of at least 30. The SPF number is the level of protection the sunscreen provides against UVB rays. Higher SPF numbers do mean more protection, but the higher you go, the smaller the difference becomes. SPF 15 sunscreens filter out about 93% of UVB rays, while SPF 30 sunscreens filter out about 97%; SPF 50 sunscreens filter about 98%, and SPF 100 filter about 99%. No sunscreen protects you completely. The FDA requires any sunscreen with an SPF below 15 to carry a warning that it only protects against sunburn, not skin cancer or skin aging.
- “Water resistant” does not mean “waterproof.” No sunscreens are waterproof or “sweat proof,” and manufacturers are not allowed to claim that they are. If a product’s front label makes claims of being water resistant, it must specify whether it lasts for 40 minutes or 80 minutes while swimming or sweating. For best results, reapply sunscreen at least every 2 hours and even more often if you are swimming or sweating. Sunscreen usually rubs off when you towel yourself dry, so you will need to put more on.

Source: <https://www.cancer.org/latest-news/stay-sun-safe-this-summer.html>

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, email director@humanesocietyofwichtacounty.org, connect on Facebook @hsowfc (main page) / @wichitafallspaws (volunteer/donation page), or 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 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

PRODUCE EXPRESS BAGS

VOLUNTEER OPPORTUNITIES



- 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

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

Salvation Army 940-687-2051

Wichita Falls Adult Literacy Council 940-
766-1954

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

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

Whispers of Hope 940-696-8044



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 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.



GUARDIANS OF FREEDOM

SHEPPARD AIR SHOW

2019