



THE HERD



Sheppard Air Force Base, Texas - Aug. 2, 2019

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



The ACE in Aerospace: Ohio native ACEs Aerospace Propulsion course

By Airman 1st Class Pedro Tenorio

Girardot was awarded the ACE award after passing the Aerospace Propulsion apprentice course at Sheppard AFB, the course consists of nine blocks of instruction fit into 72 days.

[Click here for the story.](#)



Air Force Participates in Safe + Sound Week

By Susan Merhege

The Air Force will be participating in Safe + Sound Week Aug. 12-18, 2019. Safe + Sound Week is a nationwide event designed by the Occupational Safety and Health Administration to highlight the value of safety and health programs in the workplace and to celebrate the institutions that implement them.

[Click for the article.](#)

NEW!! "Permanent Party" Walk-In Active Duty Sick Call

Where: Family Practice Clinic
When: 0630-0745, Monday through Friday

If you are a permanent party, active duty member and have a non-life threatening, urgent medical condition, come to the walk-in Active Duty Sick Call.

This is for urgent care medical needs ONLY (cough, cold, flu, ear infection, cuts, sore throat, burns, sprains, etc.) Members needing MEB, profile, referral requests or medication refills, access TRICARE On Line Secure Messaging or make an appointment by calling (940) 676-CARE (2273).

Sheppard Right START

Welcome to Sheppard AFB

Please join us for Sheppard Right START where you will gain important information on the local, base communities, Sheppard Clinic briefings and information on local hazards and weather conditions. Right START is held at the Solid Rock Café, BLDG 450 from 0800-1200.

Right START is mandatory for all Active Duty military and Civilian Employees. It is highly encouraged for spouses to attend.

Dates: August 12; September 9; October 21; November 18; December 9

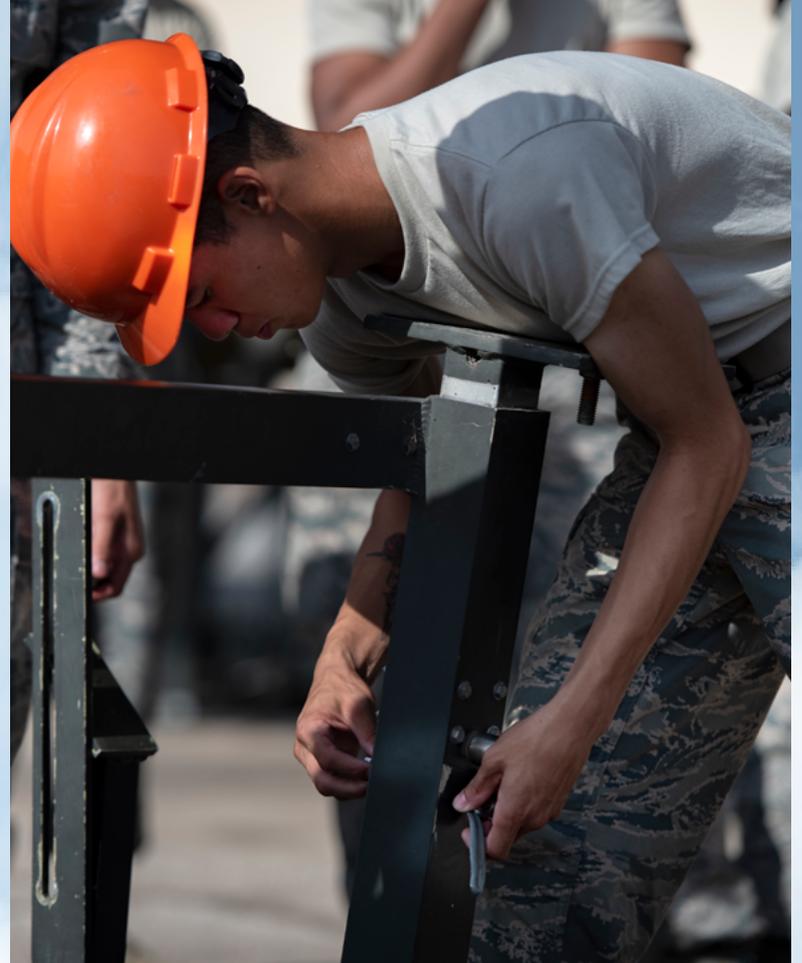
AIRMAN & FAMILY READINESS CENTER 940-676-4358



Train, Develop and Inspire Warriors: Combat Capability Starts Here

SHEPPARD IN PHOTOS

See more at: www.sheppard.af.mil





WORD ON THE TWEET

[Military Working Dogs](#) serve right next to our nation's #Airmen, #Soldiers, #Sailors & #Marines! Good to see them honored with an official @USPS

[@cmsaf18](#) "Every leader of Airmen, supervisor, command team, friend and family member are looking for ways to keep our teammates from tak-

[Lt. Gen. Brad Webb](#), commander of AETC, administers the oath of enlistment at Basic Military Training graduation to the @usairforce's newest

FSS EVENTS

Fall Youth Sports Registration

Youth Center • August 5 - 30
T-Ball, Flag Football, Cheer, Volleyball
Call 676-5437 for more information.
Coaches needed.

Designer Handbag BINGO is coming to the Sheppard Club!

August 9 • 5pm
\$30 Members, \$35 Non-Members

Get your teams together now for the 19th Annual Build-A-Boat Race!

August 17 • 9am • Main Pool
Register your team (up to 5 members) and pick up supplies at the Community Center between August 1 - 16.
Prizes awarded in multiple categories!
Open to everyone of all ages!

Do you want to win \$100 Cash?

Sign up for text alerts from 82FSS!
Text "ait" to 31996 for Airmen in Training.
Text "permanentparty" to 31996 for all other personnel.
By signing up you will receive text alerts about 82FSS activities and events and automatically be entered into a monthly drawing for \$100 cash!
Eligibility requirements apply.



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

SAFETY CORNER

WORKPLACE VIOLENCE

by Mike Jett
82nd Training Wing Safety Office

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

How to Protect Workers

- Know signs/symptoms of heat illnesses monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes (whenever possible).

Source: Information courtesy of <https://www.osha.gov/Publications/osh3154.pdf>

VOLUNTEER OPPORTUNITIES



HOTTER THAN HELL HUNDRED (HHH) VOLUNTEERS

- Recruiting volunteers for HHH Dirt Trail Events, AKA the “DIRTY” volunteers!
- Dirt Events are a Mountain Bike Race on Friday 23 August
- 1/2 Marathon Trail Run on Sunday 25 August
- Filling positions Thurs 8/22 - Sunday 8/25: packet pick up, rest stops, coke trailer, course marshals & more.
- To come play in the “Dirt” contact Susan Raymond, (940)257-7220 / susanraymond739@yahoo.com.

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) / @wichtafallspaws (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

VOLUNTEER OPPORTUNITIES



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

- 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

News Notes



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.
- 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