



Sheppard Air Force Base, Texas - Aug. 16, 2019

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82nd TRW faculty development tests avatar-based counseling platform

By John Ingle

The 82nd Training Wing Faculty Development Flight is jumping on board the technology train to teach new technical training instructors an old technique in a tried-and-true, yet innovative way – simulation.

[Click here for the story.](#)



How pilot training has changed over the years

By Airman 1st Class Madeline Remillard

A fine line exists between sustaining wind energy development and securing safe operating areas used for military installations, but it's a balance that can be reached, a Texas A&M University Natural Resources Institute official said here Aug. 8.

[Click for the article.](#)

Blue Mile at Air Force Marathon



Request a Tribute



Spread the word to your survivor community.

The non-profit, [wear blue: run to remember](#), is hosting the **Blue Mile** at the Air Force Marathon. Runners and volunteers may request to honor a fallen service member on the course, with a special tribute display created by [wear blue: run to remember](#). Tribute display requests must be made by **August 23, 2019**. <https://www.wearblueruntoremember.org/air-force-marathon-and-half-marathon>



Volunteers line a mile of the course holding American flags with names of fallen service members embroidered onto attached ribbons.



Posters with the name and image of each fallen military member line the stretch leading up to the flags.



Contact your local Airman and Family Readiness Center for more information



Train, Develop and Inspire Warriors: Combat Capability Starts Here

SHEPPARD IN PHOTOS

See more at: www.sheppard.af.mil





WORD ON THE TWEET

[When you see their distinctive beret, you know our bases, our resources and our Airmen are well-protected because of the dedication and pro-](#)

[What does the #USAF have in common with a 19th-century #Vampire? https://www.dvidshub.net/news/332797/folklore-vampire-pos-](https://www.dvidshub.net/news/332797/folklore-vampire-pos-)

[A day on the lake isn't such a drag. During water survival skills training, #Airmen experience what it's like to be dragged through the water to prepare](#)

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).



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

SAFETY CORNER

Recreational Boating Safety By TSgt James Grimes

With more than 11 million recreational vessels registered in the U.S., millions of Americans are enjoying time on and in the water. In 2017, the U.S. Coast Guard reported 4,291 boating incidents that resulted in 658 deaths, 2,629 injuries and about \$46 million in property damage. Stay safe by being prepared and using the appropriate equipment, whether enjoying a ride on a motorized boat, paddling a kayak or wakeboarding.

Exercise Good Judgment

Respect your limits and keep within your limits to avoid injury
Don't drink and drive a boat; alcohol affects judgment, vision,
balance and coordination

ALWAYS wear a PFD (Personal Flotation Device)!

Once on the water, use common sense; in a split second, a situation
can arise or the weather can turn

If you notice storm clouds, a sudden temperature drop or wind speed
increasing, play it safe and get off the water

Safety Tips for Water Skiers, Tubers and Wakeboarders

Skiing, tubing and wakeboarding are popular water sports, but they
also can be dangerous with participants traveling at high speeds.

Remember to take the following steps to minimize the risks:
Learn how to get up out of the water and how to safely use the tow
rope

Always have a spotter in the boat, and go over basic hand signals
Make certain the towline is not caught in the propeller or wrapped
around you prior to beginning

Wait for the propeller to stop before getting back on the boat
Enjoy these activities during daylight hours only

Source: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/boating>

VOLUNTEER OPPORTUNITIES



VOLUNTEERS NEEDED PATIENT FAMILY PARTNERSHIP COUNCIL (PFPC)

- Calling all beneficiaries!! Sheppard Clinic is developing a Patient Family Partnership Council (PFPC) and looking for volunteers to sit on this committee. Serve where you can make a difference.
- The meetings are held once a quarter during normal business hours. We are looking for volunteers from all categories who are assigned to/actively use our facility. We are seeking one military retiree, TRICARE Plus patient, TRICARE for life patient and an active duty family member.
- If you are interested in a volunteer position serving on this council or would like additional information, please contact Lt Cody Campbell at 940-676-8350 or email either cody.l.campbell6.mil@mail.mil or natalie.j.henderson3.civ@mail.mil.
- Facebook Live - Sheppard Clinic Town Hall Meeting!!
- We will be hosting a Facebook Live session on Friday, 9 August @ 1100. This is your opportunity to voice concerns, ask questions, get direct answers from Medical Group Leadership. Access our Facebook page and listen in!! Or if you cannot attend, send your questions in advance to Natalie.j.henderson3.civ@mail.mil and we will address those questions during the event. For questions or additional information call 940-676-1356. See you on Friday!!

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) / @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

VOLUNTEER OPPORTUNITIES



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

- 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 jbjones@wfid.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

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

Food Bank 940-766-2322

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



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