



THE HERD



Sheppard Air Force Base, Texas - July 29, 2019

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



Hotter'N Hell rolls through Sheppard

By A1C Madeline E. Jinks

Thousands of dedicated and determined cyclists blaze through Sheppard AFB, Aug. 24, 2019, during the 38th Annual Hotter'N Hell Hundred – the largest single-day cycling event in the nation.

[Click here for the story.](#)



Med group squadrons begin new chapters after redesignation

By John Ingle

A new chapter began for two 82nd Medical Group units here Aug. 26, 2019, when the 82nd Aerospace Medicine and 82nd Medical Operation squadrons were redesignated...

[Click here for the story.](#)



Proposed Rd Closure 1st Ave & Marquez Blvd & Skaggs



- Storm Drain Piping Repair
- 6 Sep – 05 Oct
- One way in/out of Shoppette
- Main base traffic routed North/South along Commissary parking lot
- Protected pedestrian traffic



"Train, Develop and Inspire Warriors"

Upcoming road closures

From approximately Sept. 6 - Oct. 5, 2019, necessary storm drain repairs will cause road closures and traffic changes affecting 1st Ave, Marquez Blvd and Skaggs Rd on base.

[Click here for the story.](#)



Train, Develop and Inspire Warriors: Combat Capability Starts Here

SHEPPARD IN PHOTOS



See more at: www.sheppard.af.mil





WORD ON THE TWEET

At the end of the day, we are a profession of arms... If we're not debating the big issues, and if we don't have the freedom to be able to put forth our opinions and ar-

We're listening! How do YOU think the @usairforce could better optimize #aviation fuel use?

@usairforce
Capt. Cole Holloway from @KadenaAirBase achieved his dream of becoming a fight-



Sheppard Medical Clinic

Labor Day Holiday

Hours of Operation

Friday, 30 Aug: Open 0730-1630
Permanent Party AD Sick Call: Open 0630-0730
Dental and Trainee Health: Closed
Pharmacy/Lab/Radiology: Open 0730-1630

Monday, September 2: Closed

Sheppard Clinic Extended Training Day Schedule
Wednesday Morning, 11 September: Closed for official training, doors open at 1300
Permanent Party AD Sick Call: Open 0630-0730



Guardians of Freedom Open House & Air Show

Oct. 26-27, 2019

<https://www.sheppardairshow.info/>

SAFETY CORNER

Ergonomic Safety

by Mr. Derek Sonnier
82nd Training Wing Safety Office

Are you lifting objects correctly? If not, you could be at risk for an ergonomics-related injury, such as a sprain or strain, back injury, or repetitive-motion injury. For proper lifting, follow these tips:

- Warm up and stretch before lifting an object.
- Ensure your back is straight when lifting and bend your knees. Never twist or bend your back when lifting an object.
- Only lift an item when you're standing on solid ground.
- Keep the object close to your body and lift with your legs – not your back.
- Never carry a load that is too heavy. Either ask for help or make multiple trips.

Ergonomics considerations for the home office

Practicing good ergonomics doesn't end when you leave the office. If you work from home, NSC recommends you:

- Ensure your office chair has proper lumbar and arm support, and that it can be adjusted to your height.
- Keep your feet flat on the ground or on a footrest.
- Adjust your computer monitor so the distance from your eyes to the screen is at least 18 inches.
- Keep your keyboard and mouse at elbow height.
- Ensure your lighting is neither too dim nor too bright.
- In addition, be sure to take breaks frequently. Look away from your screen every 15 minutes, and regularly get out of your chair to move around and stretch.

Source: <http://www.safetyandhealthmagazine.com/articles/15655-keep-ergonomics-in-mind-at-work>

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.
- Meetings are once a quarter during normal business hours. We are seeking one military retiree, TRICARE Plus patient, TRICARE for life patient and an active duty family member who are assigned to/actively use our facility.
- If interested, please contact 2nd Lt. Cody Campbell at 940-676-8350 or email either cody.l.campbell6.mil@mail.mil or natalie.j.henderson3.civ@mail.mil.

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

AIRMEN AGAINST DRUNK DRIVING (A2D2) VOLUNTEERS

- Volunteers to cover CQ duty, drivers and escorts Friday and Saturday nights from 8:30 p.m.-12:30 a.m.
- Drivers and Escorts will get a call from CQ at 8:30 p.m. 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.
- CQ will be at Sheppard Inn by 8:30 p.m. and get an AADD binder from the front desk. The binder has a list of volunteers (driver and escorts) and procedures for CQ. Food will be provided for CQ volunteers.
- Contact SrA Jaebeom Hwang at 940-676-4868 or jaebeom.hwang.1@us.af.mil to schedule your shift

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

YOUTH COACHING OPPORTUNITIES

- The Madrigal Youth Center is in need of an assistant Volleyball coach for kids ages 9-12 and several head and assistant flag football coaches for kids ages 5-9.
- If you are interested or have questions, please call 940-676-KIDS (5437) or email the sports director at lawrence.hein.3@us.af.mil.

FUN RUN TO BENEFIT WHISPERS OF HOPE

- The Green Knights Military Motorcycle Club will host a Mystery Fun Run Sept. 14, 2019, starting at American Legion Post 202 located at 1101 E. Scott Ave.
- Registration is from 9-10 a.m. and cost is \$20 per bike or \$25 with a passenger.
- Whispers of Hope Horse Farm hosts a Wounded Soldiers Program the second and fourth Fridays of each month. Men and women who served in the military and are in search of peace, comfort and a sense of control pet, groom, ride and commune with the gentle giants. Whispers of Hope is dedicated to enriching the lives of mentally and physically challenged individual through equine therapy

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 jb-jones@wfishd.net

Faith Mission 940-723-5663

Faith Mission Donation Center 940-766-0705

Salvation Army 940-687-2051

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 terry-morton@wfafb.org

Food Bank 940-766-2322

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

Habitat for Humanity 940-716-9300

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 well as news and feature articles to be published on the Sheppard Air Force Base public web-site 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 web-site. Call 940-676-7239 for more information.