



## DOD DIVERSITY PANEL DISCUSSION/5K

The purpose of this event is to celebrate the progress made towards increasing equal rights for those who identify themselves with the LGBT community. This event is recognizing Lesbian, Gay, Bisexual and Transgender Americans service or supporting.

This observance runs through the month of June and calls upon the citizens of the United States to eliminate prejudice and celebrate the great diversity of the American people.

The 5K will show that we will come together as diverse individuals with one common goal: celebrating the progress and achievements that have been made.

The Diversity Panel Discussion takes place June 24 at 11 a.m. in the Solid Rock Cafe.

The 5K Diversity Run starts at 9 a.m. June 25 on 5th Ave. between the Pitsenbarger Fitness Center and the Town Center Pavilion.

For more information, contact Staff Sgt. Tanesha Tuft at 676-0430 or [tanisha.tuft@us.af.mil](mailto:tanisha.tuft@us.af.mil).

## EVENING CHILD CARE NEEDED

Many of our Military Training Leaders and Technical Instructors work during evening hours and are in great need of reliable child care.

If you would like to find out more on how you can support, please contact Sean Brasier at 940-676-4895 or [sean.brasier@us.af.mil](mailto:sean.brasier@us.af.mil)

## Spatial disorientation trainer reaches one year milestone

Senior Airman Robert McIlrath, 82nd Training Wing Public Affairs

For the past year, the student pilots attending the 80th Flying Training Wing's Euro-NATO Joint Jet Pilot Training program at Sheppard Air Force Base, Texas, have been using the GYRO Integrated Physiological Trainer II to get hands-on, realistic spatial disorientation training.

Modeled after a T-6A Texan II cockpit, the GYRO IPT II allows student pilots to feel, recognize, and correct the effects of spatial disorientation before they ever strap in and actually fly an airframe, reducing the safety risk for student and instructor pilots.

"Spatial Disorientation was the second leading cause of human factors-related Class A mishaps in fiscal year 2015," said 1st Lt. Derek Wibben, 82nd Aerospace and Operational Physiology officer in charge. "This simulator is a revolutionary way to help prevent future spatial disorientation mishaps, saving lives and aircraft."

With over 196 student pilots trained using the GYRO IPT II so far, the trainer is already having a significant effect on the quality and safety of pilot training.

"Flight operations, especially training operations, carry an inherent risk, so any time you can reduce that risk it's good for the mission," said Capt. Taylor Zahm, 80th Operations Support Squadron. "The GYRO will allow students to start developing skill before they ever leave the ground."

The maximum capabilities of the trainer are almost limitless.



[READ MORE](#)

## Sheppard Connect

There are people all around us with similar interests, but we do not often take time to discover what those particular interests are. [Sheppard Connect](#) makes it easy for you to connect with people who enjoy the same things you do. What are you waiting for? Get involved today! If you do not see a club that interests you, please contact [sheppardconnect@gmail.com](mailto:sheppardconnect@gmail.com) to create one.

## UPCOMING EVENTS

### Diversity Panel Discussion

June 24 | 11 a.m.  
Solid Rock Cafe

### 5K Diversity Run

June 25 | 9 a.m.  
Pitsenbarger Fitness Center

### Mini Triathlon

July 7 | 8 a.m.  
Pitsenbarger Fitness Center

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PLEASE DON'T BREAK OUR CLOCK...  
GET YOUR SUBMISSIONS IN TO THE HERD  
BY COB WED EACH WEEK!





### FSS EVENTS

#### Cornhole Tournament

June 17 | 6 p.m.  
Sheppard Club

#### Parents Night Out

June 18 | 6 - 11 p.m.  
Register by June 17  
Madrigal Youth Center

#### Give Parents a Break

June 18 | 6 - 11 p.m.  
Register by June 17  
Child Development Center

#### Father's Day Bowling Special

June 19 | 1 - 8 p.m.  
North Lanes

#### Food & Wine Pairing

June 24 | 6:30 p.m.  
Register by June 17  
Sheppard Club

#### SkyDive Dallas

June 26 | 6 a.m. - 6 p.m.  
Register by June 22  
Outdoor Recreation

[Check out our Community Board for more!](#)



@EdwardsAFB EOD provides solution to dispose of hazardous chemical. [edwards.af.mil/news/story.asp](http://edwards.af.mil/news/story.asp) ...



300-hour inspections ensuring safe combat search and rescue missions. @PACAF @KadenaAirBase [kadena.af.mil/News/Article-D...](http://kadena.af.mil/News/Article-D...)



A healthy thinking process can help w/ coping with everyday stress @USAFHealth [pacaf.af.mil/News/ArticleDi...](http://pacaf.af.mil/News/ArticleDi...)



"It was like a weight had been lifted...I could completely be myself" #DoDPride [1.usa.gov/28I5jr8](http://1.usa.gov/28I5jr8)

**LGBT Pride Month  
Human Goals Charter  
Diversity 5K Run/Walk  
25 June 2016 @ 0900  
5th Ave. between Pitsenbarger Fitness Center &  
Town Center Pavilion**

The Human Goals Charter is the CORNERSTONE document governing the Department of Defense (DOD) equal opportunity and fair treatment for all.

There will be 5 stations along the route with members from Leadership covering 2 of the 10 goals at each station.

Squadrons show up in  
AF PT Uniform or AF PT shorts & Morale Color T-Shirts supporting  
**Inclusion not Exclusion**

82 TRW POC: SSgt Tanesha Tuft, ext. 0430  
80 FTW POC: , ext.

### Father's Day Bowling Special

Sunday, June 19 • 1pm - 8pm  
North Lanes  
Fathers Bowl **FREE**  
with **FREE** shoe rental!  
Up to 4 games!



North Lanes, Bldg 811  
Call 676 21702677 for details  
Download the MyAirForceLife App



### PUBLIC AFFAIRS PHOTO STUDIO



All photos are taken by appointment only.  
The studio is open Monday / Wednesday  
from 8 to 11:30 a.m. and 1 to 4 p.m. To  
schedule an appointment call 676-2732 or  
email us at [82TRWPA@us.af.mil](mailto:82TRWPA@us.af.mil).



### Upcoming Opportunities

#### Komen North Texas Race for the Cure

- Volunteers needed: set-up, race day assistance
- Date/Time: Oct. 7 | 4 - 6 p.m.  
Oct. 8 | 5 - 11 a.m.
- Location: MPEC

TO SIGN UP/GET MORE INFO: Contact Lana Marker at [lmarker@komennorthtexas.org](mailto:lmarker@komennorthtexas.org)

### ONGOING OPPORTUNITIES

#### Texas Blood Institute Volunteer Receptionist

- Volunteers to help with reception at our center in Wichita Falls
- Date/Time: Center Hours Tuesday - Thursday 8:30am to 6pm, Fridays 8am to 5pm and Saturday 8 a.m. to 12 p.m.
- Flexible and willing to work with around schedules
- Location: Wichita Falls Center 3709 Gregory Street Ste. 109 Wichita Falls, TX 76308
- Looking for multiple volunteers to fill different time slots to get all times covered. Must be 14 or older

TO SIGN UP/GET MORE INFO: Call or Text Nikki at 580-583-9698 or email at [nbeverly@obi.org](mailto:nbeverly@obi.org) , you can also apply online at [www.txbi.org/volunteer](http://www.txbi.org/volunteer)

#### Texas Blood Institute Community Blood Drives

- Volunteers to help with Donor Sign-in and refreshments at the blood drive and marketing prior to the drive
- Date/Time/Location: Various
- TBI has Blood Drives in your community several times a year and we are looking for volunteers to help ensure they are a success. Must be 14 or older to volunteer

TO SIGN UP/GET MORE INFO: Call or Text Nikki at 580-583-9698 or email at [nbeverly@obi.org](mailto:nbeverly@obi.org) , you can also apply online at [www.txbi.org/volunteer](http://www.txbi.org/volunteer)

#### Airmen Against Drunk Driving (AADD) Volunteers

- Volunteers to cover CQ duty, drivers, and escorts
- Date/Time: Friday and Saturday nights;  
AADD volunteer shifts are from 2230 - 0230
- Location: Sheppard Lodging for CQ duty and on-call for drivers and escorts

TO SIGN UP/ GET MORE INFO: E-mail [Stanley.Dunahoo@us.af.mil](mailto:Stanley.Dunahoo@us.af.mil) or [Michael.Davis.145@us.af.mil](mailto:Michael.Davis.145@us.af.mil)

#### Saturday Build days

- Help build a home for a local family
- Date/Time: Every Saturday - 8am till 12 p.m., 1 p.m. to 4:30 p.m.
- Location: Habitat Build site
- Scope of work will change each weekend as we complete stages of construction

TO SIGN UP/GET MORE INFO: Dan at 940.716.9300 or [vol-habitat@habitatwf.com](mailto:vol-habitat@habitatwf.com)

#### Wichita Falls Community Orchestra

- Date/Time: Concerts throughout the year volunteer times: WFCO rehearses Monday nights at 7 p.m. at the Fain Instrumental Hall at MSU (Teepee Street).
- We welcome all musicians (especially strings).
- Formal auditions are not required. Good rehearsals mean good performances and although we realize not everyone can attend every rehearsal we do require a sincere level of commitment.

TO SIGN UP/GET MORE INFO: [WFCCommunityOrchestra@gmail.com](mailto:WFCCommunityOrchestra@gmail.com)

WEBSITE: [www.wichitafallscommunityorchestra.com](http://www.wichitafallscommunityorchestra.com)

#### Produce Express Bags

- Help to assemble fresh produce for distribution
- Date/Time: Any Tuesday or Wednesday Volunteer Times: 8 a.m. - 5 p.m.
- Location: 1230 Midwestern Parkway
- If anyone would like to fill out paperwork in advance, we can email that out, please request at [betsilujan@wfafb.org](mailto:betsilujan@wfafb.org)

TO SIGN UP/GET MORE INFO: 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)

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

Children's Aid Society (940) 322-3141

Christmas in Action (940) 696-9393

Faith Mission (940) 723-5663

Faith Refuge (940) 322-4673

First Step (940) 723-1646

Food Bank (940) 766-2322

Habitat for Humanity (940) 716-9300

Patsy's House (940) 723-1646

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

Salvation Army (940) 687-2051

Wichita Falls Adult Literacy Council (940) 766-1954

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



**16th Annual Build-A-Boat Races**  
**July 23 • Check in at 7:30am**  
AT THE TOWN CENTER PAVILION ACROSS FROM MAIN POOL

- TEAMS MAY CONSIST OF NO MORE THAN 5 PEOPLE
- MUST SELECT TEAM NAME & THEME PRIOR TO SIGN UP
- EACH TEAM RECEIVES CARDBOARD, 1 ROLL OF SILVER DUCT TAPE & 1 UTILITY KNIFE  
(TEAMS MAY BRING ADDITIONAL DUCT TAPE, UTILITY KNIVES AND DECORATIVE ITEMS AS LONG AS THEY DO NOT CONTRIBUTE TO THE STRUCTURAL RIGIDITY OR FLOTATION OF BOAT)
- RULES WILL BE PROVIDED AT TIME OF REGISTRATION
- PRIZES AWARDED IN MULTIPLE CATEGORIES
- REGISTER IN ADVANCE AT THE COMMONS (BLDG 312) BEGINNING JUNE 1, MUST REGISTER BY JULY 14
- BBQ LUNCH PROVIDED BY THE SHEPPARD DFAC  
(FREE FOR MEAL CARD HOLDERS, \$5.55 (CASH ONLY) FOR NON- MEAL CARD HOLDERS)




The Commons, Bldg. 312  
 Call 940-676-4136 for details  
 download the MyAirForceLife app

Sponsored by FORCE 301  
**FORCE**  
 SUPPORT SQUADRON

### AIR FORCE AID SOCIETY

Air Force Aid Society emergency assistance is available to Airmen and their eligible family members to meet immediate needs in an emergency situation. The Society provides interest free loans and grants based on the individual situation for needs such as basic living expenses, emergency travel, vehicle expenses, funeral expenses, medical/dental, moving expenses, child care/respice, and miscellaneous expenses. For more information, call the Airman & Family Readiness Center at 676-4358, or the Air Force Assistance Fund Officer, Lucretia Taylor, at 676-5111.

### TMO: PCS Season has begun

Permanent Change of Station season is already underway, and the Traffic Management Office is reminding all who are slated to move to contact them as early as possible. There is only one authorized moving company in the area, so the sooner you engage with TMO, the more likely you are to get your desired move date.

JPPSO has been receiving a lot of short notice shipments. Please enforce a 3 weeks' notice for ALL shipments with and through your local TMO. Shipments requiring pick up in less than 3 weeks must be coordinated with the applicable JPPSO prior to submission (NOTE: Excludes applications for tech training students). Lastly, please include an alternate pack/pick up dates from customers on ALL shipments.

For more information about PCS shipments, call the TMO Office at 676-5499.

### Family Advocacy Events

The following classes and events are being held at Family Advocacy, Building 1200, second floor. Call 676-2271 for more information:

- Couples Link, June 21 and 28 from 8:30-10 a.m. This is a five-module seminar that teaches couples the Relationship Attachment Model (RAM) and how to apply it to enhance and better their relationship.
- Story Time at the Commons, June 23 and 30 from 10:30-11:30 a.m. at the Sheppard Commons.
- Good Touch, Bad Touch, June 23 from 11:30 a.m.-12:30 p.m.
- Genuine Relationships, June 28 from 11:30 a.m.-12:30 p.m.
- Effective Communication in Relationships, June 29 from 3-4 p.m. This one hour course focuses on general communication Skills. Beneficial for couples and individuals that are having a hard time communicating in relationships and at work.

### School Sports Physicals

The Sheppard Clinic Pediatric Clinic provides school and sports physicals by appointment at 676-1847. Please bring any school- or sport-specific forms to the appointment.

### Key Spouse Training

The Airman & Family Readiness Center is offering the following upcoming Key Spouse Training:

- Key Spouse Initial Training, July 7 at 8:30 a.m. at the A&FRC

### Upcoming Force Support Events

For more information on the following Force Support events, go to [www.82fss.com](http://www.82fss.com):

- Weekly Wing Wednesdays
- Weekly Thirsty Thursdays and half-price pizza
- Weekly Karaoke Fridays
- Jun 17 Cornhole Tournament • Sheppard Club
- Jun 17 Cocktails & Canvas • The Commons
- Jun 18 Ancient Ovens Trip • Outdoor Recreation
- Jun 18 Parents Night Out/Give Parents A Break • Madrigal Youth Center/CDC
- Jun 18 Open Mic Night • Airman's Club
- Jun 19 Father's Day Free Bowling • North Lanes
- Jun 21-24 Soccer Camp • Madrigal Youth Center
- Jun 23 Ceramic Fusion Class • The Commons
- Jun 24 Food & Wine Pairing • Sheppard Club
- Jun 24 Family Movie Night (Summer Reading Program Event) • The Commons
- Jun 24 Designs on Glass • The Commons
- Jun 24 Luau on the Patio • Airman's Club

**Want to know what else is going on at Sheppard AFB?**

[CLICK HERE!](#)

