



April 2017 Community Board



Col Ronald E. Jolly Sr. - Commander
Col Timothy W. Gillaspie - Vice Commander
82 TRW



2017 RETIREE APPRECIATION DAY



TICKET TO THE TROPICS!

Your ticket to join the fun at the
2017 Sheppard AFB Retiree
Appreciation Day

Friday, 12 May 0930-1400
Community Activities Center
Senior Cyber Safety Presentation
Vendors, Prizes, Food, Music & More!

**RETIREEES!!
SAVE THE DATE!!**



New Wichita Falls Ordinance



Drivers in Wichita Falls will no longer be able to use their wireless communication devices (WCD) (phones) while driving. The city council unanimously passed an ordinance banning the use of WCD's while driving in the city of Wichita Falls. Drivers will still be allowed to use hands-free devices while driving. The ban exempts First Responders who are on or are using their phones for official business. If a driver is caught using their WCD / mobile device while behind the wheel, they will face a hefty fine. The ban goes into effect in 30 days (**March 21st**). Of note IAW this ordinance, it is OK for if a person uses their fingers to activate the wireless communication device for the purposes of accepting an incoming phone call or to end a phone call, so long as the action does not require the person to hold the wireless communication device in the person's hand.

Remember...In 2014, 3,179 people were killed, and 431,000 were injured in motor vehicle crashes involving distracted drivers. Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field...blindfolded folks.



If you would like to know more, a full copy of the ordinance is available at:

http://weblink-public.wichitafallstx.gov/Weblink8_pub/0/doc/872792/Page1.aspx



Use hand-held electronic on Sheppard AFB



As far as on Sheppard AFB, nothing has changed and AFI 91-207 (16 Feb 2017), paragraph 3.3.1. still applies, stating “Operators of motor vehicles on an AF installation will not use hand-held electronic devices unless the vehicle is safely parked. (T-1) All drivers must comply with applicable federal, state, local and host nation laws that are more stringent than this guidance regarding distractions while driving (e.g., using cellular phones, text messaging). (T-0)”.

Please stay safe out there!

Remember, the AFI defines Hands-Free Device Operation/Use as “The use of a vehicle voice-activated system or cellular phone in speaker mode or with a hands-free attachment (headset or single bud earpiece) that allows operators to keep both hands on the steering wheel and eyes on the road whenever the vehicle is in motion.”





LEADERSHIP PATHWAYS



THREE TIER LEVELS FOR RECOGNITION COMPREHENSIVE AIRMAN FITNESS (CAF)

STATUS LEVELS TO GRADUATE

Three tier levels for completion and recognition:

WINGMAN: Squadron recognition

8 hours, Two domains minimum

LEADER: Group recognition

15 cumulative hours, Three domains minimum

WARRIOR: Wing recognition

20 cumulative hours, Four domains, 5 hours each

Domains of resiliency are as follows:

Physical (P), Mental (M), Social (S), and Spiritual (Sp)





LEADERSHIP PATHWAYS

ADDITIONAL FACTS



- LP utilizes Appointment Plus for scheduling and tracking members progress
- Appointment Plus is a user-friendly server that doesn't require a DOD CAC enabled computer for login
- Access Appointment Plus through the Sheppard AFB home page or by following the links below



<http://www.sheppard.af.mil/>

<https://booknow.appointment-plus.com/6sr7p3mm/>

Target audience includes all Active Duty Services, Reservists, Guard, Civilians and Spouses/Dependents



Resiliency Balancing Your Skills



Comprehensive Airman Fitness (CAF)



MENTAL

- Awareness
- Decision-Making
- Adaptability
- Positive Thinking



PHYSICAL

- Nutrition
- Endurance
- Strength
- Recovery



SOCIAL

- Communication
- Connectedness
- Social Support
- Teamwork



SPIRITUAL

- Core Values
- Perseverance
- Perspective
- Purpose

The ability to withstand, recover and/or grow in the face of changing demands

Go to Leadership Pathways or attend the next RTA training



Community Board



80TH FLYING TRAINING WING

80TH FLYING TRAINING WING

SHEPPARD AIR FORCE BASE

SNAPSHOT

A Summary of Facts and Figures

MISSION: Strengthen Partnerships; Train NATO Fighter Pilots

VISION: Be the world's premier fighter pilot training program

The Euro-NATO Joint Jet Pilot Training Program (ENJJPT) is the world's only internationally manned and managed flying training program. The Program was chartered to produce combat pilots for the NATO alliance.

Wing Commander: Col Gregory Keeton
Vice Commander: Col Paul Moga
Command Chief: CMSgt Benjamin Hedden
80 OG Commander: Col Bernhard Hey

Graduates from ENJJPT have supported every major military operation since the program's inception to include:

- OPERATION DESERT SHIELD
- OPERATION DESERT STORM
- OPERATION ALLIED FORCE
- OPERATION ENDURING FREEDOM
- OPERATION IRAQI FREEDOM
- OPERATIONS NEW DAWN & ODYSSEY DAWN
- OPERATION INHERENT RESOLVE

14 NATO PARTNERS

Of the 14 NATO nations, 9 currently send students and instructors: Canada, Germany, Italy, The Netherlands, Norway, Belgium, Turkey, Denmark, and the U.S. Two nations, Greece and Spain, send only instructors, while Portugal, Romania and the U.K. are currently non-active signatories.

201
240

The 80 FTW has 201 aircraft, the T-6 Texan and T-38 Talon, which fly approximately 240 sorties a day.

75

ENJJPT is also unique in that it conducts its own Pilot Instructor Training (PIT), with nearly 75 graduates annually.

ENJJPT currently produces **45.6%** of all U.S. Fighter Pilots and is the sole source of fighter pilots for partner nations Germany, Norway and the Netherlands.

QUICK FACTS:

- Over 7,300 pilots graduated from Undergraduate Pilot Training
- Over 2,800 pilots graduated from Intro to Fighter Fundamentals
- Nearly 3,000 Instructor Pilots trained
- 244 sunny days annually
- 17 local low-level routes
- Over 9,000 sq. miles of airspace in 6 MOAs
- Open to all NATO members and U.S. Major Non-NATO allies*

*With approval of ENJJPT Steering Committee

ECONOMIC IMPACT

\$3.4 BILLION

Sheppard's economic impact for Fiscal Year 2015 was \$3.4 Billion of the state's total GDP and accounts for 1 in 8 jobs in Wichita County and the Northwest Region.

The 80 FTW launches 60,000 sorties per year and is recognized as the second busiest joint-use airfield in the Air Force, outside of a combat zone.



Community Board

82D FORCE SUPPORT SQUADRON Lt. Col Kyle A. Moe



NEED MONEY FOR COLLEGE?
Enter to win a scholarship from Air Force Clubs!

DIPLOMA

Visit MyAirForceLife.com/Clubs for 2017 Air Force Club Scholarship eligibility, essay/video topic, instructions and rules. Good luck!

- Program running through May 12
- Go on myairforcelife.com/scholarship to enter



SHEPPARD CLUB
FIRST FRIDAY
4:30PM-6:30PM • BARS OPEN AT 4PM

APRIL 7
BBQ BRISKET, BBQ CHICKEN, POTATO SALAD, COLESLAW & COBBLER

MEMBERS - FREE • NON-MEMBERS \$5
MEMBERSHIP DRAWINGS EVERY FIRST FRIDAY!

- **WEDNESDAY**
 - Wing Wednesday
4pm-7pm • \$7 per lb. plus side of fries • 5 Sauces
- **THURSDAY**
 - Thirsty Thursdays
4pm-11pm • Ask Bartender about drink specials
 - Half-Price Large Pizzas
4pm-10pm • Call for take-out at 676-3175/3176
- **FRIDAY**
 - Karaoke on Friday Nights



Sheppard Club

Easter LUNCH

Members: \$21
Non-Members: \$26
Children 12 & Under: \$13
Children Under 2: FREE

Sunday, April 16
11am - 2pm

For Reservations Call: 940.676.8010/2976

Glazed Ham • Lemon Chicken • Roast Beef with Mushroom Sauce
Au Gratin Potatoes • Roasted Potatoes (Red & Sweet)
Steamed Vegetables • Green Beans • Fresh Baked Rolls • Salad Bar
Carrot Cake • Coconut Cream Pie • Chocolate Cake with Raspberries

Sheppard Club Bldg. 340
Call 676-3175/3176 for info
Download the MyAirForceLife app

DINING AND ENTERTAINMENT

Heritage to Horizon



Community Board



82D FORCE SUPPORT SQUADRON Lt. Col Kyle A. Moe



BINGO

YOU COULD WIN UP TO **\$100**

APRIL 7
6:30PM - 8:30PM
MADRIGAL YOUTH CENTER

FAMILY BINGO NIGHT

ALL FAMILIES WELCOME

\$4 PER CARD

LIGHT REFRESHMENTS PROVIDED

Madrigal Youth Center • 866-118
CALL RESERVATION FOR MORE INFO
Download the MyAFB Force App

FORCE
Support Squadron

Thursdays @ The Commons!

- **TINY TOTS PLAY-SCHOOL**
10am-10:30am • 12 months - 35 months
- **PRE-SCHOOL PLAY GROUP**
10:30am-11:30am • 3 years – 5 years

- Youth Space Camp Info @ Yth Ctr! Ages 12-14, 15-18 years
- Family Child Care Providers are needed! Call Cathy Thomas @ (940) 676-2038!

MADRIGAL YOUTH CENTER
AFTER EASTER

Egg Hunt
IN THE DARK!

APRIL 21 • 7PM - 10:30PM • AGES 9 - 18
\$10 MEMBERS • \$15 NON-MEMBERS
REGISTER BY APRIL 20

ENJOY A NIGHT WITH FRIENDS,
PLAY GAMES & HUNT EGGS!
DON'T FORGET YOUR FLASHLIGHT!

Madrigal Youth Center
15 APRIL Saturday
Even - 11pm

CRAFTS
GAMES
ACTIVITIES
DINNER

5:00 Members - 5:30 Non-Members

PARENTS NIGHT OUT

GIVE PARENTS A BREAK

April 15
6PM - 11PM
5:00 Non-Member Certificate

CHILD DEVELOPMENT CENTER

A sign-up for parents with certificates and family parents will occur April 8 thru April 11, 2014. If you are new to the program, paperwork is available at the CDC and sign-up certificates can be requested through AEF/IC.

Operation Megaphone

Teens Living Healthy

Service Project: Commit to being fit

Madrigal Youth Center will be traveling to Tinker AFB to join in their Lock-In!

April 28 • 7pm - 9am

Ages 13 - 18 (must still be in high school)

\$20 Members • \$25 Non-Members
Sign up by April 27

Facebook | Twitter | Instagram | @OPMegaphone | #OPM2017

YPC Center: 866-118
840-676-0437 for more info
Download the MyAFB Force App

FORCE
Support Squadron

FAMILY & YOUTH



Community Board



82D FORCE SUPPORT SQUADRON Lt. Col Kyle A. Moe

FAMILY LIVE GREEN PROJECT
APRIL 8 • 2PM - 4PM • THE COMMONS

FREE EVENT! LEARN TO POT A PLANT & WATCH IT GROW!

EACH CHILD WILL GET TO POT THEIR OWN SEED TO TAKE HOME AND WATCH GROW!

The Commons, Bldg 312
Call 678-4136 for details
Download the MyAirForceLife App

Cocktails and Canvas

It's Laura Moe's last class - join us as we say farewell! Enjoy a night of painting & pizza!
Each class member will be enter into a drawing to win a \$50 gift card!

Friday, April 14
"Beach Scene"
6pm - 9pm
Register here

ENJOY A NIGHT OF PAINTING & PIZZA!

GLASS FUSING
THE COMMONS, BLDG 312 • 5:30PM - 7:30PM
2ND & 4TH THURSDAY EACH MONTH

Prices & Designs vary each class.
You will use a multitude of glass types as well as learn to use grinders and glass saws.
Cost includes all glass materials, use of equipment and instruction/assistance. Contact The Commons for upcoming class info.
New this year: attend 5 glass fusing classes and the 6th one is FREE. Get your punch card at your first class and have it punched at each class you attend.

The Commons, Bldg 312
Call 678-4136 for details
Download the MyAirForceLife App

3D PRINTER ORIENTATION CLASS

3RD THURSDAY EACH MONTH
4:45PM • FREE • THE COMMONS
Please register by the 10th of the month

Learn how to use the 3D Printers!
Upon completion of this orientation class you will be allowed to reserve time to utilize 3D printers.
Once training is completed a nominal fee determined by project size will be assessed for the filament used.

The Commons, Bldg 312
Call 678-4136 for details
Download the MyAirForceLife App



Community Board



82D FORCE SUPPORT SQUADRON Lt. Col Kyle A. Moe

APRIL 22 9PM - CLOSE
THE AIRMAN'S CLUB

SPRING FLING

KICK OFF PARTY!

BBQ ON THE PATIO • DRINK SPECIALS • DJ
WATER POLO TOURNAMENT AT 8PM

Airman's Club, Bldg. 649
Call 940-676-7855 for info
Download the MyAirForceLife App

UFC 210

AIRMAN'S CLUB • APRIL 8
DOORS OPEN AT 6PM

MEMBERS FREE • NON-MEMBERS \$3
SPECIAL UFC MENU
& PITCHER SPECIALS DURING FIGHT!

CORMIER vs JOHNSON 2
WORLD LIGHT HEAVYWEIGHT CHAMPIONSHIP

Airman's Club, Bldg. 649
Call 940-676-7855 for more info
Download the MyAirForceLife app



Monthly Birthday Extravaganza

Having a Birthday this month?

Tumbleweed Dining Facility management Sponsors a Monthly Birthday for all enlisted members in training (all branches - Air Force, Army, Navy, Marines) and permanent party on meal card. The dining facility staff will cater a very special & delicious birthday dinner to each member. One guest is allowed and will have to pay unless they are a meal card holder. The event is an ongoing monthly function, and takes place on the third Tuesday of each month from 4:45PM - 6:45PM.

Please contact your respective dining facility to sign up or call the Food Service Office at 676-2080 for more information.

1000 STEVENSON, 103 81
Call 676-2080 for details
www.82la.com

THE AIRMAN'S CLUB
PRESENTS

APRIL
1, 15 & 29
9PM

KARAOKE NIGHTS

Bring your friends and come sing your heart out!
Lots of music selections to choose from!

Airman's Club, Bldg. 649
Call 940-676-7855 for info
download the MyAirForceLife App

AIRMEN IN TRAINING



Community Board

82D FORCE SUPPORT SQUADRON Lt. Col Kyle A. Moe



- Tickets available at ITT for Medieval Times and Six Flags

SHEPPARD ANNUAL
Spring PICNIC
APRIL 22 • 10AM - 2PM • PARADE GROUNDS

LUNCH SERVED - \$5.55 PER PERSON
ADULTS & CHILDREN 12 & UNDER FREE
Menu: Brisket, Hamburgers, Hotdogs, Sausage, Macaroni and Cheese, Baked Beans, Chips and Assorted Drinks

CHILDREN'S PARADE • EASTER BUNNY • EGG HUNT
BOUNCE HOUSES • OBSTACLE COURSE
FACE PAINTING • AND MUCH MORE!

NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

**PAINTBALL
FIELD
now open!**
Sat 12pm-5pm

- Spring Bowling Tournaments
- Open Handicap Doubles
- AiT 9 Pin No Tap Doubles
- April 6 – 9 @ South Lanes



RECREATION AND FUN

Heritage to Horizon

5K COLOR RUN
Sponsored by:
82 FSS Fitness Center & SAPR Office

Supports Sexual Assault Awareness & Prevention Month and Month of the Military Child!

Free Event for Team Sheppard!

22 April 2017 at 0800
Pitsenbarger Fitness Center

Sign up at the Levitow or Pitsenbarger Fitness Center by 20 April or 0700 – 0730 the day of the event.

Join us for fun times and awesome prizes!
White Clothes & Sunglasses Recommended!








Community Board



A&FRC: Mrs. Michelle Schroeder



Airman & Family Readiness Center April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
717 9th Ave Bldg 960 Sheppard AFB 676-4358	FIND US ON FACEBOOK 					1
2	3 	4	5 O-1 Financial Brief 0900-1000 FTAC / 1300-1600	6 	7	8
9	10 Sheppard Right START / 0800-1200 Solid Rock Café	11 Smooth Move 0900-1000 WIC Representative 1300-1600	12 WIC Representative 0830-1600	13	14	15 EFMP - Horseback Riding @ Whispers of Hope / 0830-1200
TAP Workshop April 10-14						
16 Happy Easter 	17	18 Bundles for Babies 0830-1130	19	20 4 Lenses / 1130-1300	21 	22 Study Skills & Test Taking EVERY Tuesday @ 1530 Call 676-4358
23/30	24	25 SBP & Divorce 1300-1400	26 Administrative Professionals Day TX State Veterans Benefits Briefing 0900-1000	27 Disabled American Veterans (DAV) 1030-1130	28	29 Need to talk to some- one? The MFLC is available by calling 940-781-6531



Community Board



Our Lady of the Skies Catholic Faith Community

- Lenten, Holy Week and Easter Services
- Sunday Mass @ 0900
- Daily Mass Monday through Thursday @ 1130

Faith Formation Classes

- 2, 9, 16, 23, 30 April
- 1030
- Spiritual Development Center

Stations of the Cross & Soup & Bread

- 4 April @ 1730
- Chapel & Annex

Palm Sunday Mass
9 April @ 0900

Reconciliation Service
11 April @ 1730

Holy Thursday Mass
13 April @ 1730

Good Friday Ecumenical
Observance
Seven Last Words of Christ:
Reflections for Holy Week
14 April @ 0800
Solid Rock Café

Good Friday Service
14 April @ 1730
Chapel

Easter Vigil

- 15 April
- 2000

Easter Sunday

- 16 April
- 0900





Community Board



ARMY & AIR FORCE EXCHANGE SERVICE

Mr. Daniel E Wise



St. Germain

- Bistro set, 3-pc.
- Sold as a set only

Come See What's New
For Spring 2017
at Your Sheppard Exchange
Garden Center



- **Spring Fashion Coupon • 31 March - 13 April 2017**
 - Customers save \$20 on their women's fashion purchase of \$100 or more with MILITARY STAR (\$10 off of \$50 with any tender)
 - Limited to women's apparel, footwear, sunglasses and handbags
 - Coupon required
 - Online code: fashion95 (case sensitive)
- **Tax Time Furniture • 0% Promotion • 31 March - 13 April 2017**
 - Customers receive 18 months no interest or payments on select furniture purchases of \$1,499 or more with MILITARY STAR
 - Participating brands: Ashley, Benchcraft, Sierra Sleep, Signature Design by Ashley, Bassett, Catnapper, Klaussner, Magnolia Home and Zuo
 - In-store plan: 42858
 - Promotion funded by participating brands



Community Board



DEFENSE COMMISSARY AGENCY
Mr. Vernon Knibbs



- **Commissary Hours Easter 0900-1700**
- **Commissary 2 Private Label Brands coming soon**



■ **Food Items**



Non-Food Items



“Month of the Military Child”
April 15





Community Board



82D MEDICAL GROUP Col Kelly-Rank

- **COMMUNICATION OUTREACH**
 - **Need Medical Clinic or TRICARE Benefit Briefings?**
 - Commanders call, dependent gatherings, spouse groups
 - Available anytime including nights and weekends
 - Call (490) 676-1356 to schedule
- **TRICARE Plus - Over 65 Patients Openings Available!**
 - Not currently assigned to PCM at Sheppard Clinic
 - Call (940) 676-4472 for initial evaluation
- **Volunteers Needed**
 - Sheppard Clinic is accepting applications for Red Cross volunteers to work in the Pharmacy
 - Contact TSGT Traci England for information @ (940) 676-6310
- **TRICARE On Line**
 - Book an Appointment
 - Instantly Cancel an Appointment
 - View Future and Past Appointments
 - Set Up Text and Email Appointment Reminders
 - View, Download and Print Lab Results, Radiology Results, Medication Profile,
 - Allergy Profile, Problem List, Immunizations and Vital Signs (By Simply Using the “Blue Button”)
 - Prescription Refills and Check Prescription Status
 - Also Have Access to the TRICARE Mail Order Pharmacy





Community Board



82 AMDS PUBLIC HEALTH

Call for Your Appointment Today.
82 AMDS Public Health
940-676-3052 / 1874

Email: 82AMDSPublicHealth@us.af.mil
Health@us.af.mil

TRAVEL MEDICINE CONSULTATIONS

- Traveling soon?
- Visit the Travel Medicine Clinic before your trip.
- This free consultation is offered to all out beneficiaries.
- We provide recommendations on proper vaccines and medications specific to your location.
- Contact us at least 4-6 weeks before your trip.





Community Board



HEALTH PROMOTIONS FLIGHT



Better Body Better Life
Weight Management Program

Join us for this 4 session program designed to help individuals seeking to lose and maintain their weight & enjoy an overall healthy lifestyle!

New classes start the first Monday of every month at 1330. Classes are located in the Health Promotions Classroom (inside Pitsenbarger Gym, Building 540).

LEARN MORE ABOUT THESE TOPICS

- Nutrient Dense Foods, Portion Sizes, & Emotional Eating
 - Sugar, Carbs, Alcohol, Hydration, & Stress
 - Fats, Cholesterol, Dining Out, & Dealing with Slips
- Meal Planning, Grocery Shopping, Sleep, & Weight Loss Plateaus

This is a FREE Course and is Open to all Active Duty, Retirees, & Family Members.

For more information, contact Saralauren Peacock, MS, RD, LD
940-676-6003 or sara.peacock.ctr@us.afmil

■ Mr. Jim Martin
Health Promotions
Coordinator
Phone: (940) 676-5831

■ Ms. Saralauren
Peacock
Registered Dietitian
Phone: (940) 676-6003





Community Board



■ **Mr. Jim Martin**
Health Promotions
Coordinator
Phone: (940) 676-5831

HEALTH PROMOTIONS FLIGHT

Confused about what to buy and what to avoid at the grocery store?

Shopping for healthy meals doesn't have to be overwhelming!

■ **Ms. Saralaura Peacock**
Registered Dietitian
Phone: (940) 676-6003



Contact: Saralaura Peacock, MS, RD, LD
to reserve your spot in our tour.
Phone: 940.676.6003 or 940.676.5831

Wednesday,
April 19

@

The
Commissary

Noon-1200

- Join me for a group grocery store tour, and you'll discover:
 - What to really look for on food labels
 - How to separate fact from fiction and avoid hype and fad diets
 - If organic matters, and is it worth it?
 - What makes super food super?
 - Fun tips for choosing on-the-go snacks that are easy, delicious and nutritious!
 - How to answer the question, "What's for dinner?"
- You'll walk away from your tour a savvy shopper with a step-by-step action plan for shopping and eating healthy!



Community Board



■ Mr. Jim Martin
Health Promotions
Coordinator
Phone: (940) 676-5831

HEALTH PROMOTIONS FLIGHT

HOW TO PREPARE FOR THE BOD POD

■ Ms. Saralauren
Peacock
Registered Dietitian
Phone: (940) 676-6003



- CLOTHING REQUIREMENTS – Minimal Form Fitting Clothing
 - WOMEN
 - Form fitting Speedo® or other Lycra spandex-type swimsuit or
 - Single-layer compression shorts and single-layer sports bra
 - MEN
 - Form fitting Speedo® or other Lycra spandex-type swim suit or
 - Single-layer compression shorts (only shorts without padding)

- DURING TESTING
 - Do not exercise 2 hours prior to testing.
 - Do not eat 2 hours prior to testing.

- For more information, or to schedule an appointment, call (940) 676-3052



Community Board



82 MDOS/FAMILY ADVOCACY Ms. Tiffany Esparza, FOAM

April 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BUILD A BLUE RIBBON DISPLAY FOR CHILD ABUSE PREVENTION !!!						1
2	3	4 Effective Communication 0830-0930 Walk of Knowledge @MSU 1100-1330	5	6 <i>Story Time</i> 1000-1130 @ Commons	7 TEXAS GO BLUE DAY!!	8
9	10 Sheppard Start/Right Start @CAC 0730-1130	11 International Spouses Club @N. Chapel Annex 1000-1200	12 Good/Bad Touch 0830-0930 Anger Awareness 1500-1600	13 <i>Story Time</i> Kids will be Kids 1130-1230 Family Nerf Night 1700-1900 @YC	14	15
16	17	18	19 Stress Awareness 1300-1400	20 Fantastic Fathers 1500-1630 <i>Story Time</i>	21	22 Color Run 0800 & Spring Picnic 1000-1400 Parade Grounds
23	24	25 Genuine Relationships 1130-1230	26	27 Fantastic Fathers 1500-1630 <i>Story Time</i>	28	29
30 National Go Blue Day!				ALL CLASSES HELD AT FAMILY ADVOCACY UNLESS OTHERWISE SPECIFIED BLDG 1200 2nd Floor	New Parent Support Program (NPSP) Call for information	Contact Family Advocacy to sign up! 940-676-2271



U.S. Air Force
FAMILY ADVOCACY:
Promoting Healthy Families in the Air Force

Family Nerf Night 2017

DATE: 13 April 2017

TIME: 5:00pm-7:00pm

LOCATION: MADIGAL YOUTH CENTER

**BE READY FOR A NIGHT OF FUN!
BRING YOUR OWN NERF TOY TO FACE OFF AGAINST OTHERS TO SEE WHO COMES OUT ALIVE.**



For more information Please contact Family Advocacy @ 940-676-2271

KIDS VS PARENTS

Who will be victorious?



Community Board



Car Seat Fitting Station



TEXAS A&M
AGRILIFE
EXTENSION

CAR SEAT FITTING STATION

Are your children
Buckled Up Correctly?

More than 8 out of 10 are installed incorrectly!

WHEN: Third Thursday of the Month
8:30 am to 12:00 pm

WHERE: Sheppard Air Force Base
Sheppard AFB, TX

By appointment only

- For more information contact
- Barbara Kernott, New Parent Support Nurse (940) 676-2271 or Wing Safety (940) 676-7308

Sponsored by:

**Sheppard
Air Force Base**
New Parent Support Program
& Wing Safety

Passenger Safety
in cooperation with
Save a Life
Texas Department of Transportation

Member program of the Texas Motor Vehicle Inspection and Repair Program
www.dps.texas.gov/vehicle-inspection-program





Community Board



AMERICAN RED CROSS Mr. Manuel Carrillo

Available 24 hour a day, 7 days a week, 365 days a year available 1-877-272-7337

Reconnection Workshops



- Dealing with Stress
- Communicating Clearly
- Managing Conflict
- Coping with Depression
- Supporting Children

We provide instructor, materials and location at our local chapter

or

We can come to the base and conduct classes there.



- 10-4 Confident Coping
- Roger That! Communication Counts



Community Board



SHEPPARD OFFICERS SPOUSES PAGE Jennifer Pargas

- April 13th - SOSOC Q & A Social at Jimmy's Egg at 10:30 am
- May 1st - Scholarship Reception at the Sheppard Club 6 pm
- We are looking for new board members and if anyone is interested, please send them my way. I'd be happy to answer any questions about the board or board positions if anyone is interested.
 - Facebook Page - <https://www.facebook.com/SheppardOSC/>
 - Website - www.sheppardosc.org
 - Email – sosinfo@gmail.com



Community Board



SHEPPARD ENLISTED SPOUSES PAGE Alexandra Hamby

- The SESC is open to all enlisted and retired spouses of all branches, E-1-E-9, and all foreign enlisted and student spouses who are assigned to SAFB.
- Meets the first Tuesday of the month at 5:30pm location posted on FB page!
 - Facebook Page - <https://www.facebook.com/SheppardEnlistedSpousesClub/>
 - Website - www.sheppardenlistedspousesclub.org
 - Email – sheppardesc@yahoo.com



Community Board



SHEPPARD INTERNATIONAL SPOUSES PAGE

Karen Wolf



- **Our meetings are held on the 2nd Tuesday of the month in the Chapel Annex at 10:00am.**
- **Our April social will be on April 11.**
- **Meetings are open to everyone but the focus is to support the international spouses.**



Community Board



SHEPPARD AFB THEATER

Sat, Apr 1	The Great Wall	(PG-13)	1400
	Get Out	(R)	1700
Sun, Apr 2	Fifty Shades Darker	(R)	2000
	Get Out	(R)	1400
	The Great Wall	(PG-13)	1700
Mon-Wed	April 3-5	No Showing	
Thu, Apr 6	Resident Evil: The Final	(R) \$1 Night	1900
Fri, Apr 7	Smurfs: The Lost Village in 2D	(PG) First Run Feature	1800
	Smurfs: The Lost Village in 3D	(PG) First Run Feature	2030
Sat, Apr 8	Smurfs: The Lost Village in 2D	(PG) First Run Feature	1400
	Smurfs: The Lost Village in 2D	(PG) First Run Feature	1630
	Smurfs: The Lost Village in 2D	(PG) First Run Feature	1900
Sun, Apr 9	Smurfs: The Lost Village in 2D	(PG) First Run Feature	1400
	Smurfs: The Lost Village in 3D	(PG) First Run Feature	1630
Mon-Wed	Apr 10-12	No Showing	
Thu, Apr 13	The Lost Village in 2D	(PG) First Run Feature	1900
Fri, Apr 14	King: Skull Island	(PG-13)	1800
	Logan	(R)	2100
Sat, Apr 15	The Lost Village in 2D	(PG) First Fun Feature	1400
	Beauty and The Beast	(PG)	1630
	King	(PG-13)	2000
Sun, Apr 16	Logan	(R)	1900
Mon-Wed	Apr 17-19	No Showing	
Mon-Wed	Apr 24-26	No Showing	

Go online to get our updated schedule!

<http://www.aafes.com/exchange-stores/Movie-Guide/showtimes-Sheppard-afb.htm>



Community Board



BIG BROTHERS BIG SISTERS

Vicki McCann



Be A Mentor to a Child in our Community.

“Bigs” are matched with “Littles” based on similar interests.

- One year commitment
- Meet with your Little at least four hours per month.
- You are supported throughout your match
- Do fun activities together and just be a friend.
- Call us with any questions: 940-767-2447

You can also learn more about our organization: www.bbbstx.org

Thanks for changing the life of a child.