



April 2017 Community Board

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



2017 RETIREE APPRECIATION DAY







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



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







80TH FLYING TRAINING WING









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

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





- 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



DINING AND ENTERTAINMENT









- 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!













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









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



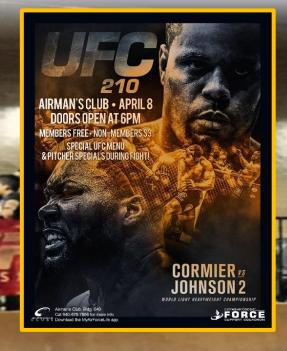




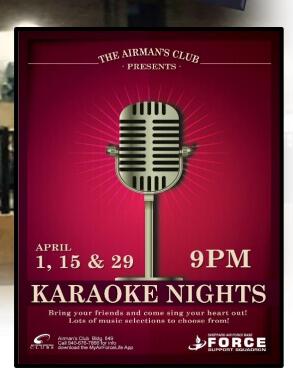




₽FORCE

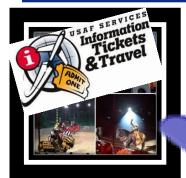


AIRMEN IN TRAINING









at ITT for
Medieval Times
and Six Flags



82D FORCE SUPPORT SQUADRON

Col Kyle A. Moe



PAINTBALL
FIELD
now open!
Sat 12pm-5pm

Spring Bowling Tournaments

- Open Handicap Doubles
- AiT 9 Pin No Tap Doubles
- April 6 9 @ South Lanes







A&FRC: Mrs. Michelle Schroeder



Airman & Family Readiness Center April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
717 9th Ave Bidg 960 Sheppard AFB 676-4358	FIND US ON FACEBOOK					I
2	OPENING DAY	4	5 0-1 Financial Brief 0900-1000 FTAC/1300-1600	6	7	8
9	10 Sheppard Right START / 0800-1200 Solid Rock Café	II Smooth Move 0900-1000 WIC Representative 1300-1600	12 WIC Representative 0830-1600	13	I 4	15 EFMP - Horseback Riding @ Whispers of Hope / 0830-1200
16 Happy Easter	17	18	Workshop April 10	20	21	22
Happy &		Bundles for Babies 0830-1130		4 Lenses / 1130-1300		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 someone? The MFLC is available by calling 940-781-6531





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

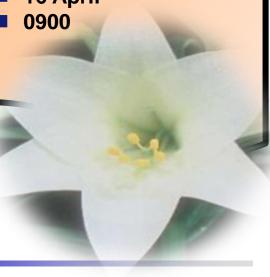
> > Heritage to Horizon

Easter Vigil

- 15 April
- 2000

Easter Sunday

- 16 April







ARMY & AIR FORCE EXCHANGE SERVICE Mr. Daniel E Wise





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







DEFENSE COMMISSARY AGENCY Mr. Vernon Knibbs



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







"Month of the Military Child" April 15







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







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.

Travel With Comfort & Safety





HEALTH PROMOTIONS FLIGHT



Mr. Jim MartinHealth PromotionsCoordinatorPhone: (940) 676-5831

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







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. SaralaurenPeacockRegistered DietitianPhone: (940) 676-6003





Contact: Saralauren 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 sauvier shopper with a step-by-step action plan for shopping and eating healthy!





■ 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 <u>exercise</u> 2 hours prior to testing.
 - Do not <u>eat</u> 2 hours prior to testing.
- For more information, or to schedule an appointment, call (940) 676-3052





82 MDOS/FAMILY ADVOCACY Ms. Tiffany Esparza, FOAM







April 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BUILD A BLUE RIBBO	N DISPLAY FOR CHILD	ABUSE PREVETION	ш		1
	3	4 Effective Communication 0830-0930 Walk of Knowledge @MSU 1100-1330	5	Story Time	7 TEXAS GO BLUE DAY!!	8
	Sheppard Start/Right Start @CAC 0730-1130	11 International Spouses Club @N. Chapel Annex 1000-1200	Good/Bad Touch 0830-0930 Anger Awareness 1500-1600	Kids will be Kids 1130-1230 Family Nerf Night 1700-1900 @YC	14	15
6	17	18	Stress Awareness 1300-1400	Fantastic Fathers 1500-1630	21	22 Color Run 0800 & Spring Picnic 1000-1400 Parade Grounds
3	24	Genuine Relationships 1130-1230	OVOCAC	Fantastic Fathers	28	29
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

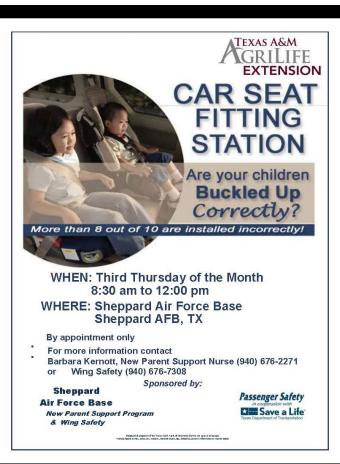






Car Seat Fitting Station











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







SHEPPARD OFFICERS SPOUSES PAGE Jennifer Pargas

- April 13th SOSC 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 t 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 soscinfo@gmail.com







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.sheppardenlisted spouses club.org
 - Email sheppardesc@yahoo.com





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.







SHEPPARD AFB THEATER Sat. Apr 1 The Great Wall (PG-13) 1400 Get Out (R) 1700 Fifty Shades Darker (R) 2000 Sun, Apr 2 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 2030 Smurfs: The Lost Village in 3D (PG) First Run Feature Sat, Apr 8 Smurfs: The Lost Village in 2D (PG) First Run Feature 1400 (PG) First Run Feature Smurfs: The Lost Village in 2D 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 1800 King: Skull Island (PG-13) 2100 Logan (R) The Lost Village in 2D (PG) First Fun Feature Sat, Apr 15 1400 **Beauty and The Beast** 1630 (PG) King (PG-13) 2000 Sun . Apr 16 Logan (R) 1900 Mon-Wed No Showing Apr 17-19 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







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.