



THE HERD

Sheppard AFB, TX
April 1, 2016



TAX CENTER NOW OPEN

Hours of operation are Monday through Thursday from 9 a.m. to 4 p.m. The tax center is also open Tuesdays from 4 p.m. to 6 p.m. for AiTs and MTLs.

[CLICK HERE FOR MORE INFO](#)



(U.S. Air Force illustration/James Rumfelt)

SHEPPARD CLUB RENOVATIONS

Portions of the Sheppard Club will be under renovation from March 14 - Sept. 12. The ballroom, Daedalian room, office areas and hallways will be getting new flooring, paint and multiple other upgrades.

Please pardon our mess as we improve our club! Duffy's, Backshop, Hangar1 and the Kitchen will still be open and available for business throughout the renovation. All large events that would normally be held in the Sheppard Club Ballroom will be moving either into Hangar1 or to the Ballroom Annex in building 430.

Thank you for your continued business and support! As always, we are happy to meet your catering and party needs. Please call the Sheppard Club at 676-8010 if you have questions or concerns.

Deployment: It takes a village

by 2nd Lt. Brittany Curry, 82nd Training Wing Public Affairs

Deployments are often at the core of why military service is honored by citizens as a sacrifice. But this sacrifice is not just for the members who deploy, but for the families who support them.

For the families of 82nd Security Forces Squadron members who recently deployed, this sacrifice has once again become a reality. Just as military members must train and prepare for deployment, so must families.

For Staff Sgt. Genevieve Navarro, 361st Training Squadron military training leader, and her husband, Tech. Sgt. Robert Navarro, 82nd SFS flight chief, this is not the first deployment they have had to prepare for. This will Robert's third deployment.

The most important part in preparing is making sure they tell their two children far enough in advance to prepare emotionally and mentally, Staff Sgt. Navarro said.

"The hardest part has always been and always will be telling our kids that he is leaving," she said. "It's not the parents, it's not the spouses, it's the kids that sacrifice so much. Telling them has always been the hardest part."

However, every family is different, facing different challenges with the deployment of a loved one. For Brenda Castellanos -- whose husband, Senior Airman Giovanni Castellanos, is deploying for the first time -- the hardest part will be his absence and missing out on the growth of their young daughter.

"I have to be the strong one so he is able to stay focused on his job and provide support for his fellow airmen," said Mrs. Castellanos. "We are going to be supportive as we can."

That support system at home is a vital part of any deployment.

"It's very important," said Master Sgt. Chad Vaughn, 82nd SFS superintendent of operations. "You have to have that support system -- to know the reason you are there. A big reason for doing what we do overseas is to protect the people we love at home."

But as families support their deployed loved ones, they sometimes need support themselves. Whatever the challenges these families face, they always have the support of Kim Nottingham, the 82nd SFS key spouse, to lean on. She is the person the spouses and families turn to for support as they deal with the reality of living life with loved ones overseas.

[READ MORE](#)



(U.S. Air Force photo/82nd Training Wing Public Affairs)

UPCOMING EVENTS

Air Force Assistance Fund

Campaign

Feb. 29 - Apr. 8

POC: Sandietta.Walter@us.af.mil

Military Spouse Appreciation Day

May 6 | 9 a.m. - 1:30 p.m.

Solid Rock Cafe

Retiree Appreciation Day

May 13 | 10 a.m. - 3:30 p.m.

Community Activity Center

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





FSS EVENTS

Thirsty Thursdays

Every Thursday | 4 - 11 p.m.
Sheppard Club

First Friday BBQ Party

April 1 | 4:30 - 6:30 p.m.
Sheppard Club

After Easter Egg Hunt

April 1 | 6:30 - 10:30 p.m.
Madrigal Youth Center

Firestone Walker Tap Takeover

April 15 | 4 - 6 p.m.
Sheppard Club

"Refund Reubens"

April 15 | 5:30 - 8:30 p.m.
Sheppard Club

Ropes Course at Camp Chaparral

April 23 | 7 a.m. - 4:30 p.m.
Outdoor Recreation

Go to www.82fss.com for more!



The Titan IVB display is almost ready for launch @AFmuseum. Check it out! bit.ly/1Uxc0Ya #AirForce



B-1 capabilities key to Odyssey Dawn mission. #AirForce can strike anytime from anywhere. 1.usa.gov/1Sjf1VG



In this "Through Airmen's Eyes" SSgt Thomas shares how wrestling changed his life. 1.usa.gov/1pHtbsB #USAF



Cadets flip roles, teach classmates to soar. 1.usa.gov/1V5LLqj @AF_Academy #AirForce

SAFETY CORNER

SPRING CLEANING

It's that time of year again to give your home or office a good spring cleaning. Please keep in mind the following safety tips:

1. Do not rush. Take breaks and drink plenty of fluids.
2. Be careful when moving large furniture or appliances. Use the proper lifting techniques.
3. Be safe on ladders and step stools. Have someone hold the ladder if possible and don't lean too far to one side.
4. Be careful when walking on wet surfaces. Warn others in the family of wet floors.
5. Keep stairs, walkways and landings clear of clutter while moving or packing things.
6. Don't carry too many things at once. Make sure you can see over the load you are carrying.
7. Always follow cleaning product label instructions. When in doubt, do not mix chemicals.
8. Wear a mask in dusty areas.
9. Do not leave full buckets around the home. Empty the bucket or put it out of reach of small children if you exit the room.
10. Put away the cleaning supplies as soon as you are finished to keep them out of reach of children and pets.

Information courtesy of Household Management. For more information visit:

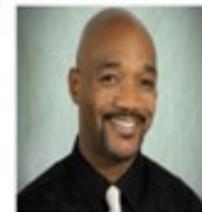
<http://www.household-management-101.com/spring-cleaning-safety.html>

Healthy Relationships – A Matter of the Heart

29 April 2016 at 1730
Madrigal Youth Center

*Target Audience: Middle School and High School Students
Maximum of 25 participants

Program provides six necessary steps it takes to develop a healthy relationship



Carlos Phillips
Speaker, Educator

For more information or to sign your child up for the class, please contact Family Advocacy @ 676-2271 or SAPR @ 676-0365

•Learn to identify signs that make an abusive relationship

•Learn to establish healthy boundaries

•Teaching young people about healthy relationships and ways to avoid physical dating violence can reduce physical and sexual dating violence by 60%

Sponsored by 82 TRW SAPR & Family Advocacy Program

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!

23 April 2016 at 0800
Pitsenbarger Fitness Center

Sign up at the Levitow or Pitsenbarger Fitness Center by 21 April or 0700 - 0730 the day of the event.

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



PUBLIC AFFAIRS PHOTO STUDIO



All photos are taken by appointment only. The studio is open Monday / Wednesday from 9 a.m. to 11 a.m. and 12:30 p.m. to 4 p.m. To schedule an appointment call 676-2732 or email us at 82TRWPA@us.af.mil.



Upcoming Opportunities

4H District Three Rifle and Pistol Shoot

- Volunteers needed: Range Personnel and help in Scoring Targets
- Date/Time: April 30 | 8 a.m. - 2:30 p.m.
- Location: Northwest Texas Field and Stream Range

TO SIGN UP/GET MORE INFO: Contact Roger Kroes at 940-632-9800 or rogerkroes@sbcglobal.net

Medal of Honor Parade

- Volunteers needed: active duty military members needed to escort MoH recipients during parade
- Date/Time: April 9
- Location: Gainesville (parade begins at depot and ends at Weaver St.)

TO SIGN UP/GET MORE INFO: Contact Lt. Col. Lawson at 940-676-5377 or jonathan.lawson@us.af.mil

Wichita Falls Heydays

- Volunteers needed: set-up, tear-down, ticket booths, vendor hospitality, trash pick-up, actors
- Date/Time: May 20-21
- Location: Bridwell Ag Center

TO SIGN UP/GET MORE INFO: Contact Chris De La Garza at dcw21668@yahoo.com

Operation Appreciation Golf Tournament

- Volunteers needed: play golf for free with pros and community
- Date/Time: May 15 | 6 a.m.
- Location: TPC Four Seasons Resort Las Colinas (Irving, TX)

TO SIGN UP/GET MORE INFO: Contact Allison Evans at 241-944-5715 or aevans@salesmanshipclub.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 , you can also apply online at 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 , you can also apply online at 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 or 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

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

WEBSITE: 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

TO SIGN UP/GET MORE INFO: 940-766-2322 or email wendellgriffin@wfafb.org

Big Brothers, Big Sisters (940)767-2447 or 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

Salvation Army (940) 687-2051

Wichita Falls Adult Literacy Council (940) 766-1954

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