



BASE-WIDE YARD SALE

The 82nd Medical Group will sponsor a base-wide yard sale May 14 from 8 a.m. to 2 p.m. at the Medical Group parking lot. Space reservations made before May 7 are \$20 per 22 x 7-foot parking spot, or \$25 after May 7. Additional spaces available for \$10 each. No sales of firearms, knives, live animals, alcohol or prepared food. Water and snacks will be available for donations. This sale is for those with base access only, or those who are properly sponsored on base.

For more information, contact Master Sgt. Junicio Cacal, Jr. at junicio.cacal@us.af.mil or Tech Sgt. Cy Perkins at cy.perkins.1@us.af.mil.

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

Cultural Evolution: Program helps international spouses adjust

by George Woodward, 82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas -- Being a military spouse is a tough job, maybe the toughest on the planet. Imagine, then, the challenge of being a military spouse from another country.

It's a challenge that Bernardette Henderson, born in Bolivia, knows very well – and one that led her to establish the Sheppard International Spouses Group last November.

"It's a tough situation," Henderson said, "because you are trying to keep your own culture, and also to learn two new cultures – not just the American culture, but also the Air Force culture."

The experience, she said, can be isolating.

"When you don't feel confident with the language, with English here, it can make you hesitant to go out or attend events," she said. "Simple things are hard, like buying the right product at the store, communicating with the school, calling for appointments. It can make you feel like you just don't want to leave your home."

When you combine that with the fact that many international spouses don't drive, it's a situation that can easily lead to loneliness, depression, and even cultural misunderstanding.

"For a spouse who feels stuck inside, it can be easy to believe that Americans are cold, and that makes me sad because the American people are very warm and giving. That was my vision – I wanted to narrow the gap between the internationals and the Americans, to build understanding."

With that vision in mind, Henderson approached Dee Dee Doherty in October, wife of installation commander Brig. Gen. Patrick Doherty, with the idea of starting a group for international spouses.



[READ MORE](#)

Asian-Pacific American Heritage Month Events

May 11: Origami Lesson, Chopstick Lesson, Simple Language | 4 - 5 p.m. | Youth Center
May 26: Luncheon | 11 a.m. - 1 p.m. | Community Activities Center

UPCOMING EVENTS

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

Cinco de Mayo First Friday

May 6 | 4:30 - 6:30 p.m.
Sheppard Club

Bench Press Competition

May 7 | 10 a.m.
Pitsenbarger Fitness Center

Mother's Day Bowling Special

May 8 | 1 - 8 p.m.
North Lanes

SW Hoops Basketball Tournament

May 13 | 6:30 - 10:30 p.m.
Madrigal Youth Center

Walking Dead Summer Leagues

May 24 - Aug. 30 | Tuesdays 6:30 p.m.
Sign up by May 24
North Lanes

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



These #Airmen represented the #AirForce in the @SkydiveUSPA National Championships! 1.usa.gov/1T7C9q4



After a 21-year #USAF career, she couldn't walk away from doing what she loved most. 1.usa.gov/1SXf3sy #PRSW



#AirForce Civilian #Airman retires after 45 years of dedicated service. 1.usa.gov/1NSRSrY #PRSW



@USNationalGuard supports #NATO in Iceland skies. 1.usa.gov/1Nj8Pko

SAFETY CORNER

by Tech Sgt. Casey Loving, 82nd Training Wing Safety Office

Bicycling is one of the best ways to stay in shape, see the sights, save money on gas and reduce pollution. Bicyclists must take extra precautions when they ride. They often share the road with vehicles, which creates a host of hazards, but injuries can happen even on a designated path.

- Get acquainted with traffic laws; cyclists must follow the same rules as motorists
- Know your bike's capabilities
- Ride single-file in the direction of traffic and watch for opening car doors and other hazards
- Use hand signals when turning and use extra care at intersections
- Never hitch onto cars
- Before entering traffic, stop and look left, right, left again and over your shoulder
- Wear bright clothing and ride during the day
- If night riding can't be avoided, wear reflective clothing
- Make sure the bike is equipped with reflectors on the rear, front, pedals and spokes
- A horn or bell and a rear-view mirror, as well as a bright headlight, is recommended

Lastly, make sure to wear a helmet. Cyclists who wear a helmet reduce their risk of head injury by an estimated 60% and brain injury by 58%. That statistic makes sense when you consider the first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain, the results can be fatal.



FRIDAY, MAY 13, 2016
10:00 AM - 3:30 PM
BUILDING 430, SHEPPARD AFB, TX
REGISTRATION BEGINS AT 10:00 AM

PRIZES • GUEST SPEAKER • BOOTHS

- ❖ Featuring Col Tom Quintero, USA, Retired Afghanistan Veteran, Legion of Merit and Bronze Star recipient, with Senior Space Wings and Parachutist Badge
- ❖ First 150 retirees get free goodie bag and lunch.....??????????
- ❖ Demo Working Dog Show, Heritage Center Museum and Tours
- ❖ Win AAFES gift cards, restaurant gift cards and other great prizes
- ❖ Visit the 20+ booths including TRICARE, legal services, survivor's benefits, and the Texas Veteran's Commission

For additional info contact the Retiree Activities Office at (940) 676-5088 or email

Mother's Day Bowling Special

Sunday, May 8 • 1pm - 8pm

Mothers Bowl **FREE** with **FREE** shoe rental!



Up to 4 games!

North Lanes, Bldg 811
Call 676-2677 for details
www.82fas.com



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

KFDX Kids Fest

- Volunteers needed: crowd control, inflatable slides
- Date/Time: May 7 | 9 a.m. - 4 p.m.
- Location: MPEC Exhibit Hall

TO SIGN UP/GET MORE INFO: Contact Jonell Davis at jonell@kfdx.com or 940-691-0003 ext. 282

Wichita Falls Cajun Festival

- Volunteers needed: set-up, tear-down, booths
- Date/Time: May 15 | 12 - 10 p.m.
- Location: Downtown

TO SIGN UP/GET MORE INFO: Contact Staff Sgt. Jessical Dial at 676-2722 or Lt. McCloskey at 676-5055

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

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

Mounted Patrol Championship Rodeo

- Volunteers needed: sell programs, collect donations for Children's Miracle Network
- Date/Time: June 2 - 4
- Location: Wichita County Mounted Patrol Arena; 2494 S Farm to Market Rd 369; Wichita Falls, TX 76310

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 terrormorton@wfafb.org




Southwest Hoops Basketball Tournament
 City View Gym • May 13
 6:30pm - 10:30pm • 9 - 18 years
 \$10 Members • \$12 Non-Members
 Come support our girls basketball team in the tournament!
 Bring money for Concessions!
 Drop off at Madrigal Youth Center by 6:15pm.

YP Madrigal Youth Center, Bldg 196
 Call 676-5437 for more info
 www.82fss.com

FORCE SHEPPARD AIR FORCE BASE
 SUPPORT SQUADRON

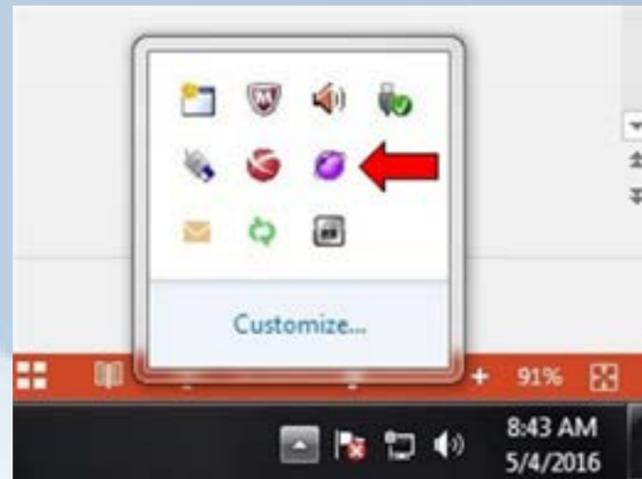
At Hoc Mobile App

The commander of Air Education and Training Command requires that all Airmen within the command register on the AtHoc system to ensure emergency notifications. The AtHoc mobile app is also required. Currently, only 2 percent of the base is registered for the mobile app and 25 percent for cell phone contact.

To register on AtHoc, select the purple globe in your notifications tray in Windows and select "Update My Info." When you have completed that step, go back and select "Update My Devices."

The app can be downloaded from the App Store or Google Play. Follow the directions to register your device. The organization code for Sheppard is VNVM.

For more information, contact the Command Post at 82TRW.CP@us.af.mil.



AtHoc icon

Spouse Appreciation Day

Military Spouse Appreciation Day is May 6 at the Solid Rock Café from 9 a.m. to 1 p.m. All military spouses are invited. Breakfast will be served from 9-10:30 a.m., and lunch from 11 a.m.-1 p.m. Sign-ups for nails, make-up and the relaxation room will be first-come, first-served.

Fitness classes, prizes and gifts will be available throughout the day. For information, call 676-4358.

Retiree Appreciation Day

Sheppard's Annual Retiree Appreciation Day will be held May 13 from 10 a.m. to 3:30 p.m. at Building 430 (formerly the Community Activity Center).

The guest speaker will be retired Army Col. Tom Quintero, an Afghanistan veteran

who has received the Legion of Merit and Bronze Star.

The first 150 retirees who register will receive a free goodie bag and lunch. Prizes, including AAFES and restaurant gift cards, will be offered along with a Military Working Dog demonstration and tours.

More than 20 booths will be available with information on TRICARE, legal services, survivor benefits, the Texas Veterans Commission and more.

For information, call the Retiree Activities Office at (940) 676-5088 or email Sheppard.RAO@us.af.mil.

Leadership Pathways Classes

The following classes and events are planned for the week of May 8-14. For more information or to sign up, go to www.sheppard.af.mil, then click Library>Sheppard Cares, and click the Leadership Pathways graphic.

- Wingman 'n Worship Bible Study/May 8 @ Prayer Rm/676-0077
- Adult Sunday School/May 8 @ SRC Conf Rm/676-0017
- Navigator's Bible Study/May 10 @ Bldg 450/676-0014
- Protestant Women of the Chapel/Bible Study/May 10, 6 p.m. @ Bldg 810, North Chapel Annex
- Leading Course: Donna Sykes/May 10, 6 p.m. @ North Chapel Annex
- Smooth Move Workshop/ May 10, 9-10 a.m. @ Bldg 962/676-4358
- Love and Logic/ May 10 @ Bldg 1200, Family Advocacy 2nd Floor/676-2271
- Active Parenting of Teens/May 10 @ Bldg 1200-Family Advocacy 2nd Floor/676-2271
- PACE Leadership/May 11 @ Bldg 1923, Rm 148/676-9196/ "Influence Should Be Loaned, but Never Given"
- Mid-Week Inspiration/May 11 @ Bldg 810/676-0791
- GPC Initial Training/May 11 @ Bldg 1662/676-1676
- Active Parenting of Teens/May 11 @ Bldg 1200-Family Advocacy 2nd Floor/ 676-2271
- DADS: Basics/May 11, 4-6 p.m. @ Solid Rock Cafe Conference Room/676-2271
- Kids will be Kids/May 12 @ Bldg 1200-Family Advocacy 2nd Floor/676-2271
- Sheppard Toastmasters/May 12, 11:30 a.m. @ Bldg 1900 Small Auditorium
- Love and Logic/May 12 @ Bldg 1200-Family Advocacy 2nd Floor/676-2271
- Crossroads of Parenting & Divorce/May 13, 8:30 a.m.-noon @ Bldg 1200, 2nd Floor/676-2271
- Protestant Men of the Chapel/May 14, 7:30 a.m. @ SRC Conf Rm/676-0791

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

[CLICK HERE!](#)



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.