



THE HERD

Sheppard AFB, TX
July 29, 2016



FEDS FEED FAMILIES

Feds Feed Families has been running annually since 2009. Last year this campaign raised 17.9 million pounds by all government agencies. At Sheppard AFB last year we raised 11,994 pounds and the goal for this year is 12,000 pounds. A 2014 estimate by USDA showed that food insecurity impacted 14 percent of American households at some point during the year. The campaign will run from July 12, 2016 through 31 August 2016. This year's donations will be going to the Wichita Falls Area Food Bank.

For more information, contact your group POC or the Wing POC, Capt. Huwel, at 676-4281 or kevin.huwel@us.af.mil.

GENETIC MARKER STUDY

The Air Force has teamed up with the Coriell Institute for Medical Research to study how people's health behavior changes when given personal genetic information. Participants must be AF-associated TRICARE beneficiaries and may enroll in person and submit a saliva sample at Sheppard Air Force Base on Monday 15 August, at several locations at certain times as follows:

0800-1100 and 1300-1600 82nd Medical Group (Pharmacy); 0800-1600 Sheppard AFB Theater. After an online survey is completed, the participant will begin to receive private and personalized risk reports. This research study is voluntary and results are not shared with the Air Force, or entered into the medical record or given to the healthcare team, unless shared by the participant. There is no cost to enroll and no monetary compensation is provided. Visit <https://usaf.coriell.org/> for more information.

New FSS developments coming soon

by Senior Airman Kyle Gese, 82nd Training Wing Public Affairs

Part of the mission of the 82nd Force Support Squadron is to plan fun activities and take care of Airmen, all while supporting the mission.

Recently, Sheppard has undergone several improvements. The outdoor recreation building was relocated, the library was consolidated with the community center, the south bowling alley was renovated and an 18-hole disc golf course was installed.

Efforts like this encourage Airmen to remain fit in the various Comprehensive Airman Fitness pillars by utilizing the different recreational facilities on-base and around the community.

"We have a multitude of programs that touch a lot of different interests that help Airmen recover from stress at work ... when I say Airmen, I mean everybody," said Avery Borders, 82nd FSS community services flight chief. "It fills that mental health pillar along with activities that fulfill the physical pillar and it's a very important part of what we do."

With more than \$5.5 million in upcoming developments, the 82nd FSS hopes to continue building a base full of family-friendly opportunities to have fun, let loose and enjoy the Sheppard atmosphere.

[Check out what's coming from FSS soon!](#)

Historical Exhibit at the Commons

In honor of the 75th Anniversary of Sheppard Air Force Base and the 35th Anniversary of ENJJPT, a historical exhibit is on display at the Commons through Oct. 30, 2016.

Free Veterans' Entrepreneurship Boot Camp

The Texas Vet Biz Program is hosting an entrepreneurship boot camp at Midwestern State University for veterans, active duty military and military spouses August 16.

For more information on the program and registration, [click here](#)

UPCOMING EVENTS

Heat is On 5K/10K

August 6 | 8 a.m.
Levitow Fitness Center

SAFB 75th Anniversary Air Show

Sept. 17-18

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





FSS EVENTS

Flag Football, Cheerleading & T-Ball Registration

August 1 - September 2
Madrigal Youth Center

Designs on Glass

August 5 | 6 - 9 p.m.
The Commons

First Friday Luau

August 5 | 4:30 - 6:30 p.m.
Sheppard Club

Heat is On 5K/10K

August 6 | 8 a.m.
Levitow Fitness Center

National Root Beer Float Day

August 6 | 1 - 3 p.m.
The Commons

Cocktails & Canvas

August 12 | 6 - 9 p.m. | Register by Aug. 10
The Commons

Come See the Clydesdales

August 17 | 4 p.m.
Town Center Pavilion & Sheppard Club

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



We're the last to let you down: Airmen trades active-duty career for #GuardianAngel mission dm.af.mil/News/ArticleDi...



#USAF #Airmen partner with Royal Malaysian Air Force for community outreach. misawa.af.mil/News/Article-D...



F-15 unit @TeamEglin tests new game-changing processor. #AirForce eglin.af.mil/News/Article-D...



@RoyalAirForce celebrates with 400 #AirAirmen from @RAF Mildenhall and the @48FighterWing lakenheath.af.mil/News/Article-D...

SAFETY CORNER

Protect Yourself from Heat Related Illness

Avoid heavy exertion, extreme heat, sun exposure and high humidity when possible. When these cannot be avoided, take the following prevention steps:

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses.
- Wear light-colored, loose-fitting, breathable clothing such as cotton. Avoid non-breathable synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of the day.
- Take more breaks when doing heavier work, and in high heat and humidity. Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.

Information provided by the National Institute for Occupational Safety and Health, www.cdc.gov/niosh/topics/outdoor

Drop off boxes are located at: See your local Group Representative

Boxes will be picked up: Weekly

Recommended donations are canned foods (fruits, vegetables, soups, and foods high in protein), condiments (tomato-based sauces), baking goods (e.g., flour, sugar, baking soda, boxed mixes), and hygiene items (e.g., diapers, deodorants, toilet paper, toothpaste, shampoo). See DoD website for instructions on how to donate virtually. Make sure to report donations (by weight) to your base POC (see below)

Your Installation POC is Capt Kevin Huwel (940) 676-4281, kevin.huwel@us.af.mil

6 AUG 2016

HEAT IS ON 5K/10K FUN RUN

Levitow Fitness Center • 8am
Register at Levitow or Pitsenbarger or Levitow on day of event by 7:30am

FREE Event • Open to all SAFB Military, Spouses, DoD Civilians, Retirees & Youth

Levitow Fitness Center, Bldg 364
Call 676-3500432 for more info
Download the MyAF.mil App

FORCE

PUBLIC AFFAIRS PHOTO STUDIO

Public Affairs' photo studio hours for official photos and passports are:

Monday: 8 - 11:30 a.m./1 - 4 p.m.
Tuesday: 8 - 11:30 a.m.
Wednesday: 8 - 11:30 a.m.



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

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 Mission Donation Center (940) 766-0705

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