

Sheppard Air Force Base

“Integrity First, Service Before Self, and Excellence in All We Do”

August 2016

Community Board



Brig Gen Patrick J. Doherty - Commander
Col Timothy W. Gillaspie - Vice Commander
82 TRW

75 OPEN HOUSE & AIR SHOW



FREE ADMISSION
FUN FOR ALL!

SHEPPARD 75TH ANNIVERSARY • ENJJPT 35TH ANNIVERSARY
SEPTEMBER 17-18, 2016 • FEATURING THE U.S. AIR FORCE THUNDERBIRDS

GATES OPEN AT 9 A.M. | AIR SHOW START TIME AT 11:30 A.M.*

AIR SHOW PERFORMERS:

- U.S. AIR FORCE THUNDERBIRDS
- U.S. AIR FORCE WINGS OF BLUE JUMP TEAM
- DANA BOWMAN PARACHUT JUMP
- KENT PIERSCH JELLY BELLY ACT
- RANDY BALL VIETNAM T-37 & B-17
- TEXAS RAIDERS B-17
- TORA TORA TORA PEARL HARBOR ACT
- VIPER AIR SHOWS
- A HOST OF U.S. AIR FORCE AIRCRAFTS

SPECIAL PERFORMANCE BY COUNTRY ARTIST PAT GREEN | SEPT. 17 ONLY

*START TIME IS TENTATIVE PENDING INCLEMENT WEATHER AND UNFORESEEN CIRCUMSTANCES.

For more information and event details go to www.sheppard.af.mil/airshow.aspx

Connecting to SAFB

The screenshot shows the Sheppard Air Force Base website home page. Yellow arrows point from the 'LIBRARY' menu to the 'Biographies' and 'Fact Sheets' sections, and from the 'COMMUNITY BOARD' link in the 'POPULAR LINKS' sidebar to the 'COMMUNITY BOARD' section on the main page.

COMMANDER CALL
IDS Helping Agencies

BASE Agencies
Sheppard Air Force Base
"Integrity First, Service Before Self, and Excellence in All We Do"
June 2016
Community Board
Brig Gen Patrick I. Deherly - Commander
Col Timothy W. Gillaspie - Vice Commander
82 TRW

- POPULAR LINKS
- AIR FORCE PORTAL
- BASE GUIDE
- COMMUNITY BOARD
- DEERS APPOINTMENTS
- FORCE SUPPORT ACTIVI
- HOMETOWN NEWS
- HONOR GUARD
- MILITARY HOUSING
- NEWCOMER INFO
- NCOA
- PHONE DIRECTORY
- PUBLIC AFFAIRS
- RETIREE UPDATE
- SAPR
- SHEPPARD CLINIC
- SHEPPARD CONNECT

Sheppard Clubs
Time is precious...make it count
Sheppard Connect
Sheppard Clubs

Through the Home Page



Sheppard Connect Sheppard Clubs



Sheppard Connect Sheppard Clubs

www.SheppardClubs.com

PHYSICAL CLUBS

ROAD BIKE

MOUNTAIN BIKE

CLAY SHOOTING

EQUESTRIAN

RUNNING

AIRSOFT

GOLF

HOCKEY

TECHNOLOGY

COMPUTER BUILDING

HAM RADIO

ANDROID CELLPHONE

VEHICLES CLUBS

SHEPPARD 41

MILITARY JEEPERS

OFF-ROAD

BIG TRUCK

GREEN KNIGHTS

MOTORCYCLE

WICHITA COUNTY CORVETTE

DEVELOPMENT

JOHN TOWER MENTORSHIP

LEADERSHIP WICHITA FALLS

THE JUNIOR LEAGUE OF WF

TOASTMASTERS OF

INSTRUCTION

TEXAS BUSINESS WOMEN

SOCIAL

SHEPPARD OFFICER'S
SPOUSES CLUB

SHEPPARD ENLISTED
SPOUSES CLUB

CAMPING

MILITARY PARANORMAL
INVESTIGATIONS

CURLPECCABLE
BOOK

TABLETOP GAMING

COMIC BOOK

PING PONG

TECMO BOWL

PHOTOGRAPHERS
BACKDOOR THEATRE



Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe



Discover Fun with the 82 FSS for you and your family!



my life

Know On The Go!

Introducing MyAirForceLife Mobile App

- Hours
- Phone numbers
- Events
- Specials
- Reviews
- Maps
- Jobs

Food, Fitness, Family & Fun at your fingertips.

Download for FREE today!

FOLLOW US!

- Facebook: Sheppard AFB – Force Support Squadron
- Twitter: @ SheppardFSS
- Website: 82fss.com

Text 8282 to 77948



Let us know how our FSS Facilities are doing!

How Do We Rate?

Good or bad, we want to hear it!

We would like your feedback about your experience with our FSS Facilities.

Go to www.82FSS.com on any computer or scan our QR Code below with your SmartPhone



FORCE SUPPORT SQUADRON www.82FSS.com

Let us know how our FSS Facilities are doing!



Community Board



82D FORCE SUPPORT SQUADRON

Lt Col Kyle A. Moe



"Super Hero"

August 5

6pm-9pm

Designs on Glass

"Choose Your State"

September 9

6pm-9pm



Cocktails and Canvas

Friday, August 12
6pm - 9pm
Register by August 10

Friday, September 9
6pm - 9pm
Register by September 7

Friday, October 14
6pm - 9pm
Register by October 12

\$25 per person - Includes all paints, brushes & canvas.
Instructor Laura Moe provides assistance in creating your one-of-a-kind masterpiece! Refreshments provided, feel free to bring your own beverage to share. Must be 18 or older. Use Brew U entrance. Visit The Commons to register as space is limited, must pay at time of registration.

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

Did you know you can listen to our TVs with your smartphone?

**Introducing AudioFetch!
Local TV to Apple® and Android® Smartphones.**

Download the AudioFetch App at iTunes® or Google Play® stores.
(Must be connected to Pitsenbarger WiFi)

Six Flags OVER TEXAS

Schlitterbahn

Castaway Cove

FRONTIER CITY

FUN!!!
Get your tickets @ ITT!



Community Board



82D FORCE SUPPORT SQUADRON

Lt Col Kyle A. Moe



2016 National BOWLING WEEK TOURNAMENT AUGUST 20-21

South Lanes

9 Pin No Tap Doubles - AIT Only
All bowlers will bowl scratch
\$25 entry fee per team
Qualify Saturday at 1pm and 4pm or Sunday at 1pm
Stair step finals immediately following final squad
Qualify as many times as you want but only highest score will be used
Will pay one place for every five entries

Handicap Team - Open to all bowlers
4 bowlers per team with 880 cap, handicap will be 90% of team total, use highest year book average from 2014-2015, if no book average use highest current average
\$60 entry fee per team
Qualify Saturday at 1pm and 4pm or Sunday at 1pm and 4pm
Qualify as many times as you want but only highest score will be used
Will pay one place for every five entries

South Lanes, Bldg 318
Call 940-676-2170 for details
download the MyAirForceLife App

FORCE SUPPORT SQUADRON

Parents Night Out @ Madrigal Youth Center (940) 676-5437

Give Parents A Break @ Child Development Center (940) 676-2038

Flag Football & Cheerleading Reg Madrigal Youth Center (940) 676-5437

T-Ball Registration Madrigal Youth Center (940) 676-5437

MADRIGAL YOUTH CENTER VOLLEYBALL

\$65

AUGUST 8-26

REGISTRATION

League held in conjunction with Southside Youth Center's Volleyball Program

IP Madrigal Youth Center, DDD 150 820-221-2100 (ext. 100) Download the MyAirForceLife App

FUN FOR THE KIDS!



COME SEE THE CLYDESDALES

AUGUST 17 • 4PM #FOLLOWTHEHITCH

TOWN CENTER PAVILION & SHEPPARD CLUB

BOUNCY CASTLE

MUSIC

PHOTO OPS

PULLED PORK SANDWICH WITH COLESLAW & CHIPS - \$5

BRATWURST WITH SAUERKRAUT & CHIPS - \$5

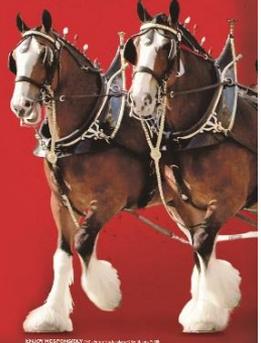
CORN ON A STICK - \$1.50

COTTON CANDY - \$1.50

Badweiser THIS BUD'S FOR YOU.

FORCE SUPPORT SQUADRON

Sheppard Club, Bldg 340
Call 940-676-2170 for details
Download the MyAirForceLife app





Community Board



82D FORCE SUPPORT SQUADRON

Lt Col Kyle A. Moe



HUMAN RESOURCES OFFICE
Bldg. 402

Looking for a job?

- The 82d FSS is always looking for friendly, outgoing people to work in its many facilities from Recreation, Child and Youth Development Assistants to Food Service Workers, Office Automation Clerks and Waiters!
- All NAF positions may be reviewed and applied through www.nafjobs.org.
- Call us at (940) 676-6394 if you have any questions.



FAMILY CHILD CARE

Family Child Care Providers Needed!!

- FCC is currently looking for individuals who are nurturing & caring people.
- If you are a base housing resident or licensed with the state of TX, spouse of active or retired military and enjoy children, call us.
- This is a way to enjoy children in your home, add to the family income and care for the child of a neighbor or friend.
- Free training, materials and licensing/affiliation are provided by the Family Childcare Office in Bldg. 962
- Call Cathy Thomas at (940) 676-2038 for more information!

EDUCATION INFO

FAA Testing at SAFB

FAA testing is conducted every Wednesday at 0800 and 1300. To schedule FAA exams on the Air Force Virtual Education Center (AFVEC) or available tests; contact Mr. Jeffrey at 676-4118 or Jeffrey.Taylor.15@us.af.mil / Mr. William Stunson at 676-2811 or william.Stunson@us.af.mil to obtain instructions for test scheduling and the exam matrix. The exam matrix will identify test names and time(s) of available tests.

***Some tests will only be offered at 0800 due to the lengthy time allowed for the exam.



Community Board



82D FORCE SUPPORT SQUADRON

Lt Col Kyle A. Moe



SHEPPARD CLUB

- FIRST FRIDAY LUAU ON AUG 5
 - WING WEDNESDAY
 - THIRSTY THURSDAY
 - TAKE OUT PIZZA!
- Call (940) 676-3175/3176 to order
- KARAOKE FRIDAY NIGHTS ON THE PATIO



AIRMAN'S CLUB

- KARAOKE NIGHTS
- WATER PONG TOURNAMENT
- KILLDEVIL BAND LIVE
- FOOTBALL SEASON COMING SOON! WE HAVE THE NFL TICKET!



Your 10th Drink is on us!

Brew U
We Proudly Brew
STARBUCKS COFFEE

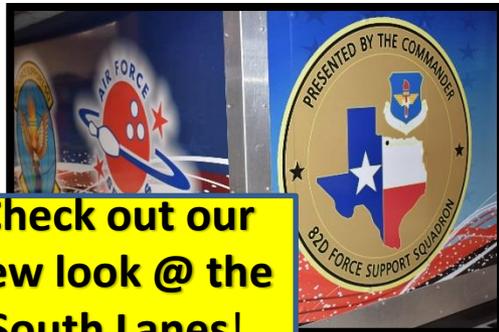
MON - FRI
6:30AM - 7PM

SAT - SUN
10AM - 5PM

Double Punch Thursdays!
Receive Double Pitches for Every Drink Purchased!

Starbucks Coffee
BUY 9 DRINKS & GET THE 10TH FREE

82D Force Support Squadron



Check out our new look @ the South Lanes!

SOUTH LANES SUMMER HOURS & FEES

Monday - Friday • 8am - 10am
\$1.50 per game (\$1.25 League Bowlers)

Monday - Friday • 10am - 2pm
\$1 per game

Monday - Friday • 2pm - 5pm
\$1.50 per game (\$1.25 League Bowlers)

Monday - Thursday • 5pm - 8pm
\$1.75 per game

Friday • 5pm - 10pm
\$2.75 per game

Saturday • 12pm - 10pm
\$2.75 per game

Sunday & Holidays • Closed

Snack Bar

Monday - Thursday
6:30am - 8pm

Friday
6:30am - 10pm

Saturday
12pm - 10pm

Sunday & Holidays
Closed





Community Board



82D FORCE SUPPORT SQUADRON

Lt Col Kyle A. Moe



**SEPTEMBER
2 - 5**

**RESERVE YOUR
SEAT TODAY!**

**LABOR DAY WEEKEND
GETAWAY!**

SEP 2-5

WHITewater RAFTING

\$500

3 NIGHTS AT
ROYAL GORGE VALLEY
RANCH

ROYAL GORGE
ZIP-LINE
TOUR

DINNER ON THE
ROYAL GORGE
DINNER TRAIN

SPEND 4 DAYS & 3 NIGHTS EXPLORING THE FOOTHILLS OF THE COLORADO ROCKIES AND THE THRILLS OF WHITE WATER RAFTING DOWN THE ARKANSAS RIVER.

RESERVE YOUR SEAT NOW! PAYMENT PLANS ACCEPTED. AGES 16+. ALL MEALS, ACCOMMODATIONS & RENTALS INCLUDED.

*\$50 NON-REFUNDABLE DEPOSIT REQUIRED TO RESERVE SEAT. COMPLETE PAYMENT DUE BY AUG 31. CALL 940-676-4141 FOR MORE INFO.

SHEPPARD AIR FORCE BASE
FORCE
SUPPORT SQUADRON



Community Board



AIRMEN & FAMILY READINESS CENTER

Mrs. Michelle Schroeder

Back to School
Are You Ready?

Airman & Family Readiness Center

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 	3 <i>O-1 Financial Brief / 0900</i>	4	5	6
7 <i>Study Skills & Test Taking EVERY Tuesday @ 1530 Call 676-4358</i>	8 <i>Sheppard START / 0800 / Solid Rock Cafe</i>	9 <i>Smooth Move / 0900 WIC / 1300</i>	10 <i>WIC / 0800 FTAC / 1300</i>	11 <i>The Basics of Team Building / 1130</i>	12 	13 <i>Relocation Fair / 1400 / Solid Rock Cafe</i>
14 <i>Parent & Tots Playgroup every Wednesday @ 1000 Solid Rock Cafe</i>	15	16	17	18 <i>Heart Link / 0830</i>	19	20
TAP (Aug 15-19) / 0800						
21 <i>Need to talk to someone? The MFLC is available by calling 940-781-6531</i>	22 <i>First Day of School</i> 	23 <i>Bundles for Babies / 0830</i>	24	25	26 	27
28 	29 <i>Troops 2 Teacher / 1000</i>	30	31 	729 9th Ave Bldg 962 Sheppard AFB 676-4358	FIND US ON FACEBOOK 	



Community Board



ARMY & AIR FORCE EXCHANGE SERVICE

Mr. Daniel E Wise



Burger King:

- \$2.00 off Salad Wednesday
- 2 for \$4 Croissants
- 2 for \$10 Whopper meals
- 10 pc. Nuggets for \$1.49
- 5 for \$4 meal
- 2 for \$5.00 Sandwiches
- \$0.50 cent Senior drinks



CHOOSE FROM:
CHICKEN PHILLY • CALIFORNIA • BUFFALO • TERIYAKI 770-830cal

Charley's Steakery

- 7/18-9/4 (limited time offers) **NEW Loaded Nacho Deluxe Fries 3.99**

Sheppard Main Exchange

Every day at the Exchange is...

5-7 August

Save an additional 8.25%
During No Tax Day
on Clothing, Footwear,
Backpacks and
School Supplies
Priced under \$100

elements of **SCHOOL**

EXCHANGE



Community Board

82D MEDICAL GROUP

Col Kelly-Rank

- **NEW ITEMS:**
 - **Schedule Children's Sports Physicals NOW!**
 - **By appointment only/more information call (940) 676-1847**
 - **Previous well child visits/physical exams qualify; bring paperwork with medical history completed to the Family Practice Front Desk**
 - **Paperwork completed in 72 hours**
 - **Community offers sports physicals for nominal fee**
 - **TRICARE does not cover expense**
 - **Operation Command Champion Medical Brief**
 - **All new commanders**
 - **Provides commanders with TRICARE toolkit**
 - **Call to schedule desk-side appointment (940) 676-1356**
 - **Over 65 Patient Appointments Available**
 - **Not currently assigned to PCM at Sheppard Clinic**
 - **Call (940) 676-4472 for initial eval**
-



Community Board

82D MEDICAL GROUP

Col Kelly-Rank

- **NEW ITEMS:**

- **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**

- **COMMUNICATION OUTREACH**

- **Coffee and Conversation**

- **Wednesday, 10 August @ 1600 at “The Commons”**

- **TRICARE Tuesday (Retiree Outreach)**

- **Tuesday, 16 August @ 1000 at “Retiree Affairs Office”**

- **Need Benefit Briefings?**

- **Commanders call, dependent gatherings, spouse groups**

- **Available anytime including nights and weekends**

- **Call (490) 676-1356**



Community Board



DEFENSE COMMISSARY AGENCY

Ms. Donna Romolton



Back to School products on promotion

Look for Club Pack sizes for additional savings

September CASE LOT Sale is on weekend of 2nd, 3rd and 4th September



Community Board

82D MEDICAL GROUP

Col Kelly-Rank

- **NEW ITEMS:**
 - **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**

 - **COMMUNICATION OUTREACH**
 - **Coffee and Conversation**
 - **Wednesday, 13 July @ 1200 at “The Commons”**
 - **TRICARE FOR Life/TRICARE Plus**
 - **What’s the difference?**
 - **18 August @ 1000 – Medical Group Basement Assembly Area**
 - **Retiree Benefit Outreach**
 - **Tuesday, 21 June @1000 at “The Commons”**
-



Community Board

82D MEDICAL GROUP

Col Kelly-Rank

- **NEW ITEMS:**
 - **WICHITA FALLS FREE STANDING ER'S**
 - **Currently not contracted with TRICARE and do not accept Medicare**
 - **Select ER**
 - **Neighbors Emergency Center**
 - **ER Now**
 - **PCM OPENINGS AVAILABLE FOR OVER 65 POPULATION**
 - **Join Sheppard Clinic's Air Force Medical Home**
 - **Call (940) 676-4472 to schedule an initial appointment**
-



Community Board

Health Promotions Flight

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

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



HOW TO PREPARE FOR THE BOD POD Body Composition Analysis

The **Bod Pod** is the gold standard for body composition testing. It is one of the best ways to accurately measure your lean mass and fat mass, and also provides *Resting Metabolic Rate* (the number of calories your body needs to support its basic functions) and *Total Energy Expenditure* (the number of calories you need to make it through your day).

In order to produce the most accurate results, it is necessary that you follow these guidelines prior to completing your scheduled body composition analysis.

CLOTHING REQUIREMENTS

Minimal, form fitting clothing

For **WOMEN**:

1. Form fitting Speedo® or other Lycra®/spandex-type swimsuit; or
2. Single-layer compression shorts (only shorts without padding and single-layer (not padded) sports bra.

For **MEN**:

1. Form fitting Speedo® or other Lycra®/spandex-type swim suit; or
2. Single-layer compression shorts (only shorts without padding)

DURING TESTING

Please note that a swim cap is required during the testing process. The swim cap will be provided or you can bring your own.

- ◆ **DO NOT EXERCISE 2 HOURS PRIOR TO TESTING.**
- ◆ **DO NOT EAT 2 HOURS PRIOR TO TESTING.**
- ◆ Prior to completing the body composition analysis, please use the restroom, if necessary.
- ◆ Subjects should not wear any other article of clothing except for what is specified above (i.e. jewelry, socks, eyeglasses, etc.)

FOR MORE INFORMATION, OR TO SCHEDULE AN APPOINTMENT,
CALL 940.676.3052



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,
82 AMDS, 940-676-6003, sara.peacock.ctr@us.af.mil



Community Board

82 AMDS PUBLIC HEALTH

**Travel With
The Comfort
of Safety**

**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.**

Call for Your Appointment Today.

82 AMDS Public Health

940-676-3052 / 1874

Email: 82AMDS_PublicHealth@us.af.mil





Community Board

82 MDOS/FAMILY ADVOCACY

Ms. Tiffany Esparza, FAOM



August 2016
 Children LEARN what they LIVE:
 If Children live with ACCEPTANCE; they learn LOVE.



*All classes are held in Bldg. 1200 on the 2nd floor in the Family Advocacy Clinic unless otherwise specified

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Parent Support Program 940-676-7239 Family Advocacy Program 940-676-2271 *Call to sign up for classes	1	2 Love & Logic (1) 0830-1000 Active Parenting of Teen (1) 1300-1500	3 Anger Awareness in Family Systems 1500-1600	4 Story Time: Commons 1030-1130	5	6
7	8	9 Love & Logic (2) 0830-1000 Active Parenting of Teen (1) 1300-1500	10 Good/Bad Touch 0800-0900 Love & Logic (3) 0900-1030 Stress Awareness in Family Dynamics 1500-1600	11 Story Time: Commons 1030-1130 Kids will be Kids 1130-1230 Active Parenting of Teen (1) 1500-1700	12	13
14	15	16 Love & Logic (4) 0830-1000 Active Parenting of Teen (1) 1300-1500	17 Effective Communication in relationships 1500-1600	18 Car Seat Check Point 0830-1200 Call for Apt Love & Logic (5) 0830-1000 Story Time: Commons 1030- 1130 Active Parenting of Teen (1) 1300-1500	19 Sweet Treat Back to School Safety Youth Center 1130-1330	20
21	22	23 Love & Logic (6) 0830-1000 Bundles for Babies A&FRC 0830-1130 Active Parenting of Teen (1) 1300-1500	24	25 Story Time: Commons 1030-1130	26 Crossroads in Parenting and Divorce 0830-1230	27
28	29	30 Genuine Relationships 1130-1230				
						You can sign up for classes on Leadership Pathways 😊



Community Board



If Your Military Family Has The Need For Emergency Communication, Reach Out To Us Any Way You Can.

The American Red Cross Emergency Communications Center is available 24 hours a day, 7 days a week, 365 days a year, by phone and now, online.

Families can now initiate a request for Red Cross emergency communication assistance to reach military on active duty using a computer, tablet or smartphone through the Hero Care Network's new online self-service tool. Log on to RedCross.org/HeroCareNetwork to initiate an emergency message from anywhere in the world and also monitor the status of the message as it goes through the verification and delivery process.

As always, family members are able to speak with a Red Cross worker anytime during the process by calling **877-272-7337**.

Visit www.redcross.org/HeroCareNetwork to learn more.



Red Cross is available 24 hour a day, 7 days a week, 365 days a year, by phone & now online!

AMERICAN RED CROSS

Mr. Manuel

Carrillo

For

Class Information

www.redcross.org/courses

1 800-RED CROSS

SAF App in Test Phase!!

Have you heard the phrase “Not knowing it the worst part?” In an effort to help families through crisis and alleviate some of the stress caused by emergencies, the American Red Cross is creating a mobile app to put vital services directly in the hands of military, veterans and their families. When complete, the app will allow users to: access the complete overview of the SAF services, access emergency services, initiate an emergency message, identify opportunities to volunteer and share thoughts easily. The SAF App is expected to launch in late summer of this year.

BLOOD DRIVES

August 16 • 11am-6pm
Pitsenbarger Fitness Center

August 17 • 11am-6pm
Pitsenbarger Fitness Center

August 18 • 11am-6pm
Pitsenbarger Fitness Center



Community Board



BALFOUR BEATTY

Community Management Contracts

Roylene Quintero

Community Manager

940-613-0709

rquintero@bbcgrp.com

Community Management Contracts

Cheryl Branch

Assistant Community Manager

940-613-0709

cbranch@bbcgrp.com

- ❖ **This month, the management office will be gearing up for their annual “Resident Surveys.”**
 - ❖ **Residents will be able to register for one \$1,000 and two \$500 give-aways when they turn in their surveys!**
-



Community Board



SHEPPARD OFFICERS SPOUSES PAGE

Jennifer Pargas

- ❖ Our first social is Aug 25th and it's called Texas Welcome which is a membership drive with the ESC
- ❖ Bunco social in Sept
- ❖ Taste of NATO social in Oct
- ❖ Hangar Holiday is our annual fundraiser at the MPEC and happens Nov 19/20th
- ❖ Holiday Home Tour Social is in Dec

Facebook Page - <https://www.facebook.com/SheppardOSC/>
Website - www.sheppardosc.org
Email - soscinfo@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/SheppardEnlisted Spouses Club/](https://www.facebook.com/SheppardEnlistedSpousesClub/)

Website - [www.sheppardenlisted spouses club.org](http://www.sheppardenlistedspousesclub.org)

Email - sheppardesc@yahoo.com



Community Board



SHEPPARD INTERNATIONAL SPOUSES PAGE

Karen Wolf

- ❖ **Meetings are held on the second Tuesday of the month; however, there will be a break for the summer, and the meetings will restart in September.**
 - ❖ **Meetings are open to everyone but the focus is to support the international spouses.**
-

Shepard Reel Time Theater

Sunday July 31

Finding Dory in 3D(PG) 1500

Monday AUG 1

Title (PG-13) 1900

*

* Tuesday AUG 2 Discount Movie night first run price
\$3.00

Warcraft (PG-13) 1900

*

Wednesday AUG 3 - Thursday Aug 4 Closed

@ the Corner of 8th and G PH. 676-4427

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

Sheppard Reel Time theater

*

Friday AUG 5

The shallows (PG13) 1800 \$1.00 feature

* **Free State of Jones (R) 2030 \$1.00 feature**

Saturday AUG 6

Independence Day in 2D(PG-13) 1400

Independence Day in 3D (PG-13) 1700

Free State of Jones (R) 2000

Sunday AUG 7

* **Warcraft(PG-13) 1500**

* Schedules are Subject to change.



Community Board

Mental Domain - The ability to effectively cope with unique mental stressors and challenges necessary to ensure mission readiness. Candidates should have current deployment, remote tour, or extended TDY experience.

Tools to Help Build a More Resilient YOU!

For Active Duty

Social Domain - The ability to engage in healthy social networks that promote overall well-being and optimal performance. A candidate should be visible and engaged in his/her unit, base and community through active participation in working groups, councils and volunteering.

Spouses

To sign up go to

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



Retirees

To sign up go to

- <http://www.sheppard.af.mil/>
- Look for the LP link

Physical Domain - The ability to adopt and sustain healthy behaviors needed to enhance health and wellbeing. A candidate should be able to promote physical and nutritional fitness through either a working knowledge of existing programs and by role modeling; should have an image that depicts a person living a healthy lifestyle.

DoD & Contract Civilians

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Spiritual Domain - The ability to sustain an individual's sense of well-being and purpose through a set of beliefs, principles or values. Candidate should live the Air Force Core Values and be able to explain how drawing on their own spiritual beliefs helped them through challenges in life.