Sheppard Air Force Base

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

July 2016

Community Board

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

Through the Home Page
Resiliency Assistant Training RTA

A course is designed to increase proactive coping, self-management, mental agility and leadership skills to enhance individual resilience, ensuring the Air Force maintains a cadre of balanced, healthy, self-confident Airmen and family members whose mental, physical, social and spiritual fitness enable them to effectively manage, and even experience personal and professional growth in response to stressors associated with military service.

### Training Schedule

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<th>Training</th>
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For More information on becoming a RTA contact the Community Support Coordinator at 940-676-5413
Community Board

Calling all families who arrived at Sheppard AFB March 1, 2016 and after!

We invite you to a Family Welcome Picnic to introduce you to Sheppard and the Wichita Falls Community!
Community Board

82D FORCE SUPPORT SQUADRON
Major Kyle A. Moe

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

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!
Community Board / The Commons

82D FORCE SUPPORT SQUADRON
Major Kyle A. Moe

The Commons in Bldg. 312 consists of Community Programs; Information, Tickets & Travel Office (ITT) and Library. Join the fun!

BE CREATIVE in our Arts & Craft Classes!

www.facebook.com.SheppardCommunityPrograms

ITT SPECIALS!

- Wichita Falls - Castaway Cove Season Pass
- Dallas/Fort Worth Area Attractions
- San Antonio Area Attractions
- Ok City Area Attractions
(940) 676-7019/2302

www.facebook.com/SheppardLeisureTravel/

Summer Reading Program...Earn Points All Summer Long!

- Attend 1 3d Printer Orientation & Certification Class - 10 points each
- Complete a book report - 10 points each
- Celebrate Story Time - 15 points each
- Winning Library Scavenger Hunt - 30 points each

www.facebook.com.SheppardCommunityPrograms
Community Board / Build-A-Boat Race

82D FORCE SUPPORT SQUADRON
Major Kyle A. Moe

16th Annual Build-A-Boat Races
July 23 - Check in at 7:30am
At the Town Center Pavilion Across From Main Pool

* Teams may consist of no more than 5 people
* Must select team name & theme prior to sign up
* Each team receives cardboard, 1 roll of silver duct tape & 1 utility knife (teams may bring additional duct tape, utility knives and decorative items as long as they do not contribute to the structural rigidity or flotation of boat)
* Rules will be provided at time of registration
* Prizes awarded in multiple categories
* Register in advance at the Commons (Bldg 312) beginning June 1, must register by July 14
* BBQ lunch provided by the Sheppard DFAC (free for meal card holders, $5.55 (cash only) for non-meal card holders)
Mini Triathlon!
7/16/16
FREE Aerobic Classes!
Watch for them on our social media!

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

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

2016 Summer Camps @ Madrigal Youth Center
(940) 676-5437

School Age Program @ Madrigal Youth Center
(940) 676-5437

www.facebook.com/MadrigalYouthCenter
Community Board / Outdoor Rec

82D FORCE SUPPORT SQUADRON

Major Kyle A. Moe

Sign up today @ ODR for our Skydiving Trips this summer!
Community Board / The Clubs

82D FORCE SUPPORT SQUADRON
Major Kyle A. Moe

SHEPPARD CLUB

AIRMAN’S CLUB

WEEKLY EVENTS!

WEEKLY EVENTS!

Buy 9 Drinks & Get your 10th One FREE!
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# Airman & Family Readiness Center
## July 2016

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<td>Study Skills &amp; Test Taking</td>
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<td>Sheppard START / 0800</td>
<td>Smooth Move / 0900 WIC / 1300</td>
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<td>TAP (July 11-15) / 0800</td>
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<td>Parent &amp; Tots Playgroup every Wednesday @1000 Solid Rock Cafe</td>
<td>Survivor Benefit Plan Overview / 1130</td>
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<td>TSP Overview / 1130 Support Group Pool Party / Burk Waterpark / 1830-2030</td>
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<td>Need to talk to someone? The MFLC is available by calling 946-731-6311</td>
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<td>Bundles for Babies / 0830 Civilian Resume / 0900</td>
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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

Charley’s Steakery

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

https://www.facebook.com/SheppardMainExchange/
NEW ITEMS:

- Schedule Children's Sports Physicals NOW!
  - By appointment only/more information call 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 676-1356
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 July @1000 at “Retiree Affairs Office”
- Need Benefit Briefings?
  - Commanders call, dependent gatherings
  - Available anytime including nights and weekends
Community Board

Health Promotions Flight
Health Promotions Coordinator: Mr. Jim Martin
Phone: (940) 676-5831
Registered Dietitian: Ms. Saralauren Peacock
Phone: (940) 676-6003

TOBACCO CESSION
Isn’t it time to quit?

Join us for this 4 week program designed for quitting tobacco and lifestyle modification!

4-one hour classes spread over four weeks

Learn about:
- Nicotine addiction, health risks of tobacco, costs of smoking
- Making this your last attempt to quit, quitting methods, pharmacotherapy
- Coping with nicotine withdrawal, rationalizations, stress management
- Staying quit, recovering from slips, special concerns

New classes start every other Thursday

For more information, contact
Jim Martin
940-676-5831

Open to all Active Duty, Retirees, & Family Members
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 940-676-6003 or sara.peacock.ctr@us.af.mil
## Community Board

### July 2016

Make a Lasting Parenting Impression: Be a coach, not a critic. This helps your child develop a positive inner voice.

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<td>Furniture Drive Belfour Beatty 1100-1400</td>
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<td>Bundles for Babies and OBO orientation A&amp;FRC 0830-1100 Genuine Relationships 1130-1230</td>
<td>DADS4DADS 1530-1600</td>
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FURNITURE Donation Drive

Monday, 16 July from 8 AM-12 PM
Freedom Estates Neighborhood Leasing Office
102 Falcon Boulevard (Front Entrance)

Donations will be going to displaced families in the local area in support of 1st Step Shelter, helping families of Domestic Violence.

If you need help with large furniture items please call ahead! For additional information call 676-2271
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

AMERICAN RED CROSS NORTH CENTRAL CHAPTER
BLOOD DRIVE

Monday, July 18th
12:00pm – 5:30pm
Conference Room
1809 5th Street
Wichita Falls, TX 76301

Visit redcrossblood.org and search arcwichitafalls to reserve a spot.

Prevent a summer shortage. Give blood.
Community Board

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

Closed most Mondays for cleaning

Our meeting room is available for our residents to plan events. Monday - Sunday at the Wind Creek Village Management office
We also have a small gym residents can utilize at the Wind Creek Village Management office during business hours
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
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/
Website - www.sheppardenlisted spouses club.org
Email – sheppardesc@yahoo.com
The meeting for the International Spouses will be held June 14 at Bldg. 810 from 10am-12pm.

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.
Community Board

Sheppard Theater

Saturday July 2
Alice: Through the Looking Glass (PG) 1200 The Angry Bird Movie (PG) 1500 Captain America: Civil War (PG-13) 1800

Monday July 4
The Angry Bird Movie (PG) 1200
Alice: Through the Looking Glass (PG) 1500

Tuesday July 5
Discount Movie Day tickets $3.00
Alice: Through the Looking Glass (PG) 1200 The Angry Bird Movie (PG) 1500 Captain America: Civil War (PG-13) 1800

Sunday July 3
Alice: Through the Looking Glass (PG) 1200 The Angry Bird Movie (PG) 1500 The Huntsman: Winters War (PG-13) 1800

Rodney Waggoner
Sheppard Theater Supervisor
Army & Air Force Exchange Service
Cell 940-631-4924
Office 940-855-0824
waggonerr@aafes.com
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.

**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.

**Tools to Help Build a More Resilient YOU!**

For Active Duty

**Spouses**

To sign up go to
- [https://booknow.appointmen
t-plus.com/6sr7p3mm/](https://booknow.appointmen
t-plus.com/6sr7p3mm/)

**Retirees**

To sign up go to
- [http://www.sheppard.af.mil/](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.

**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.

**Do it For You Your Way!**

- [Leadership Pathways](https://leadership-pathways.com/)