

Sheppard Air Force Base

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

June 2016

Community Board



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



Community Board / The Commons

82D FORCE SUPPORT SQUADRON

Major Kyle A. Moe



READ - FOR THE WIN!

"The battles that count aren't the ones for GOLD MEDALS. The struggles WITHIN you, the INVISIBLE, INEVITABLE battles INSIDE all of us—that's where it's at."

READ

Summer Reading Program Kick-Off Event
June 4 • Field Adjacent to The Commons • FREE

10am - Opening Ceremony - Register for Summer Reading Program - Goodie Bags for the first 100 to sign up. Tshirts for those who sign up (while supplies last).

10:30am - Family Olympics (1st Hall)
Multi-Legged Race & Hula-Hoop Competition

11:15am - "Read For the Win" Activity Passport Craft
12pm - Kick-Off Cookout

1pm - Family Olympics (2nd Hall)
Family Corn Hole Competition & Egg Toss

1:45pm - Awards Ceremony

CC The Commons, Bldg 312
Call 876-4138 for details
www.82da.com

82D FORCE SUPPORT SQUADRON

Brew U

We Proudly Brew
STARBUCKS COFFEE

MON - FRI
6:30AM - 7PM

SAT - SUN
10AM - 5PM

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

*Brew U Starbucks Coffee
BUY 10 DRINKS
& GET THE 10TH FREE*

Star U, Bldg 312
Call 876-4138 for details
www.82da.com

82D FORCE SUPPORT SQUADRON

Cocktails and Canvas

Friday, April 29
6pm
Register by April 28

Friday, May 13
6pm
Register by May 12

Friday, May 27
6pm
Register by May 26

Friday, June 17
6pm
Register by June 16

Friday, July 8
6pm
Register by July 7

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

The Commons, Bldg 312
Call 876-4138 for details
www.82da.com

82D FORCE SUPPORT SQUADRON

Designs on Glass

Friday, May 20
Sunflower, Hummingbird or Owl at the Moon
6pm - 9pm - Register by May 18

Friday, June 24
Lauu Theme
6pm - 9pm - Register by June 22

Friday, August 5
Super Hero
6pm - 9pm - Register by August 3

Friday, September 9
Choose Your State
6pm - 9pm - Register by September 7

Friday, October 7
Sugar Skulls, Witches or Frankenstein
6pm - 9pm - Register by September 7

\$45 per person - Includes all materials.
82D Force Community Program welcomes everyone to participate! Craft kits, colour pencils, craft felt, markers, 3 finger nail art fabric, adhesives or a whimsical leaf, etc. along with the basics of painting on glassware. Refreshments provided, feel free to bring your own beverage. Use Brew U entrance.
Visit The Commons to register as space is limited, most pay at time of registration.

The Commons, Bldg 312
Call 876-4138 for details
www.82da.com

82D FORCE SUPPORT SQUADRON

Read Age Appropriate Books - 10 points each

Complete a Book Report - 25 points each

Attend 1 3d Printer Orientation & Certification Class - 10 points

Celebrity Story Time - 15 points each
June 7, 15 & 21, July 5, 13 & 19, August 2 • 2pm

Learning Library Scavenger Hunt - 30 points
June 8 • 11am

Family Movie Night - 20 points each
June 24, July 15, August 5 • 6pm - 8pm

Family Game Night - 20 points each
June 28, July 26 • 6pm - 8pm

End of Summer Reading Program
Pizza & Ice Cream Party & Awards Presentation
August 13 • 12pm - 2pm

Read for the WIN

Summer Reading Program
June 4 - August 10 • The Commons

Earn Points All Summer Long!

**DADDY & ME
PIRATE PARTY**

The Commons
June 11 • 2pm - 4pm
\$3 Ages 12 & Under
\$5 Ages 13 & Up

Enjoy refreshments with dad
and create a Pirate themed craft!

The Commons, Bldg 312
Call 876-4138 for details
www.82da.com

82D FORCE SUPPORT SQUADRON



Community Board

82D FORCE SUPPORT SQUADRON

Major Kyle A. Moe




**YOUTH/ADULT
SUMMER BOWLING
LEAGUE**

June 9 - August 25
North Bowling Lanes
Thursdays at 6:30pm
\$5 per person per week

- 4 person teams - individuals welcome, we will pair them with other bowlers.
- All teams must have atleast one youth under the age of 18 on team
 - Handicap will be 100% of 220
 - All bowlers will use their highest average from the 2015-2016 season, if no average, bowlers will set average the first night.
- Bumpers can be used for anyone age 5 and under.
- Saturday morning youth coaches will be available to assist anyone needing help with their game.

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



**Father's Day
Bowling Special**

Sunday, June 19 • 1pm - 8pm
North Lanes
Fathers Bowl **FREE**
with **FREE** shoe rental!
Up to 4 games!



North Lanes, Bldg 811
Call 676-2170/2677 for details
Download the MyAirForceLife App



**\$1
BOWLING!**

North Lanes
June 1 - August 31
Monday - Friday • 10am - 2pm
Excluding Holidays & Family Days
Open Play Only
\$1 Per Game • Shoe Rental \$2

South Lanes, Bldg 318
Call 940-676-7174 for details
download the MyAirForceLife App




Parents Night Out
Madrigal Youth Center
ages 5 - 14 years
\$20 Members - \$24 Non-Members

Give Parents A Break
Child Development Center
ages 6 weeks - 5 years
\$20 per child

June 18 • 6pm - 11pm

Youth Center, Bldg 196
676-5437 for more info
Download the MyAirForceLife App

CDC, Bldg 195
676-2038 for more info





Community Board / Outdoor Rec

82D FORCE SUPPORT SQUADRON

Major Kyle A. Moe



SPLASH into Summer 2016 Pool Hours & Fees

Hours of Operation - Beginning May 27

Bunker Hill Pool - CLOSED WEDNESDAY

OPEN SWIM: Mon - Fri
1pm - 7:45pm
Sat - Sun
12pm - 7:45pm

SWIM LESSONS: Start June 6
8am - noon (Levels 1-4)
Level 1-3 \$40
Level 4 \$45

Main Pool - CLOSED TUESDAY

LAP SWIM: Mon, Wed, Thurs, Fri
9am - 1pm, 6pm - 7:45pm
(complimentary)

WATER AEROBICS: Mon, Wed, Fri
12 - 1pm, 4pm - 5pm

OPEN SWIM: Mon - Fri
1pm - 6pm
Sat - Sun
12pm - 7:45pm

NIGHT SWIM: Fri, Sat
9pm - Midnight

*Wine & Dine at Ancient Ovens
An Old World Culinary Experience*

June 18 • Reservation Required by June 15
Depart ODR at 2pm, return by 12am

- Tour Rocking M Distillery
- Wine Tasting at Arché Winery
- Dinner at Ancient Ovens

Limited Seating • \$100 Per Couple/\$60 Singles
Includes 4 Course Meal with Tea and Water and Round Trip
Transportation - BYOB or purchase from Distillery and Winery.
Meat & cheese trays with water and soda provided along the route.

Outdoor Recreation Bldg. 4180
Call 940-676-4141 for more information
Download the MyAirForce App

ENTRY FEES - Bunker Hill & Main Pool
Daily - \$4 (Ages 16 and over), \$3 (Ages 4-15)
Night Swim - \$5

Season Passes - \$50/Individual
\$80/Family of 3, (\$10 each additional family member)
\$20 AIT Monthly pass



2016 SWIMMING LESSONS SIGN UP AT OUTDOOR REC

Session 1
6 Jun - 17 Jun

Session 3
11 Jul - 22 Jul

Session 2
20 Jun - 1 Jul

Session 4
25 Jul - 5 Aug

Session 1
0800 - Level 4
0900 - Level 3
1000 - Level 2
1100 - Level 1

Session 2
0800 - Level 4
0900 - Level 3
1000 - Level 2
1100 - Level 1

Session 3
0800 - Level 4
0900 - Level 3
1000 - Level 2
1100 - Level 1

Session 4
0800 - Level 4
0900 - Level 3
1000 - Level 2
1100 - Level 1

All classes will be limited to 10 students.
Students must be at least 5 years of age.

Level 1 - 3 (45 minute classes) \$40.00 per person

Level 4 (55 minutes) \$45.00 per person

Swimming Lessons are non-refundable within
5 days and after the start of each session.





Community Board

82D FORCE SUPPORT SQUADRON

Major Kyle A. Moe

FIRST FRIDAY SUMMER FISH FRY



June 3 • 4:30pm - 6:30pm
Bars open at 4pm

Members Free, Non-Members \$5

- Fried Fish
- Hush Puppies
- Pinto Beans
- French Fries
- Coleslaw
- Dessert

Membership drawings every First Friday!
Karaoke at 8pm!

Sheppard Club, Bldg. 340
Call 940-676-2978/8010 for info
Download the MyAirForceLife App



SHEPPARD CLUB HOSTS A SUPER NIGHT OF FIGHTS



SETTLE THE SCORE

ROCKHOLD VS BISPING 2

JUNE 4

DOORS OPEN AT 6PM
PRE-LIMS - 7PM • MAIN CARD - 9PM
MEMBERS FREE • NON-MEMBERS \$5

Sheppard Club, Bldg. 340
Call 940-676-8010 for more info
Download the MyAirForceLife App



KARAOKE

Every Friday Night
at the Sheppard Club



Sing the night away with your friends to all of your favorite songs!

Sheppard Club Bldg. 340
Call 940-2978/8010 for info
www.82fss.com

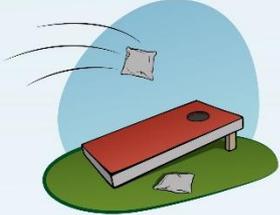


SHEPPARD AIR FORCE BASE
FORCE SUPPORT SQUADRON






www.82fss.com



CORNHOLE TOURNAMENT

Sheppard Club Patio

June 17 • 6pm • \$10 per team

Sign-ups begin June 1 and end at 5pm June 17.
Double elimination tournament.
Prizes for 1st & 2nd place!

Bring your own boards - prize for best design!

Sheppard Club, Bldg. 340
Call 940-676-2978/8010 for info
Download the MyAirForceLife App



WING WEDNESDAY

FLAVORS TO CHOOSE FROM!

- CLASSIC PARMESAN
- HONEY BBQ
- ASIAN ZING
- SPICY



\$7.99
\$12.99
\$17.99
\$22.99
\$27.99

EVERY WEDNESDAY • 4PM - 7PM
AT THE SHEPPARD CLUB



THIRSTY THURSDAYS AT THE SHEPPARD CLUB

EVERY THURSDAY • 4PM - 11PM

ASK YOUR BARTENDER ABOUT DRINK SPECIALS!

HALF PRICE LARGE PIZZAS
4PM - 10PM




FIRST ANNUAL
FOOD & WINE PAIRING
SHEPPARD CLUB - HANGAR 1

JUNE 24
6:30PM

\$22 Members
\$25 Non-Members

Enjoy an evening featuring a 3 course meal with tastings accompanying each course.

RSVP by June 17,
Seating is limited.

Sheppard Club, Bldg. 340
Call 940-676-2978/8010 for info
Download the MyAirForceLife App





Community Board / Airman's Club

82D FORCE SUPPORT SQUADRON

Major Kyle A. Moe

AIRMAN'S CLUB HOSTS A SUPER NIGHT OF FIGHTS

UFC 199

ROCKHOLD vs BISPING 2
WORLD MIDDLEWEIGHT CHAMPIONSHIP

JUNE 4 • DOORS OPEN AT 6PM
PRE-LIMS - 7PM • MAIN CARD - 9PM
MEMBERS FREE • NON-MEMBERS \$3
SPECIAL UFC FOOD MENU & PITCHER SPECIALS DURING FIGHT!

Airmans Club, Bldg. 649
Call 940-676-7886 for more info
Download the MyAirForceLife app

82D FORCE SUPPORT SQUADRON

karaoke

AIRMAN'S CLUB
JUNE 11 & 25
8PM - 1AM

Choose your favorite songs and sing your heart out!

Airmans Club, Bldg. 649
Call 940-676-7886 for more info
Download the MyAirForceLife app

82D FORCE SUPPORT SQUADRON

82D FORCE SUPPORT SQUADRON

Download the MyAirForceLife app
iPhone or Android

Sign up to take on
Chopped 495 Cash
Just \$200 to 71940

facebook
Sign up to
Free Support Squad

Twitter
Support FSS

www.82fss.com

LUAU ON THE AIRMAN'S CLUB PATIO

JUNE 24 • 9PM - 1AM
FREE ENTRY!

Wear your favorite Hawaiian Shirt & Hat!

- DJ ON THE PATIO
- FOOD & DRINK SPECIALS
- CORN HOLE (BEAN BAG TOSS)

Airmans Club, Bldg. 649
Call 940-676-7886 for more info
www.82fss.com

82D FORCE SUPPORT SQUADRON

WATER PONG TOURNAMENT

Airmans Club
June 10 • 9pm

2 Person Teams • FREE Entry
Sign up by 8:30pm
Prize for 1st place!

Airmans Club, Bldg. 649
Call 940-676-7886 for more info
Download the MyAirForceLife app

82D FORCE SUPPORT SQUADRON

AIRMAN'S CLUB OPEN MIC NIGHT

JUNE 18
10pm - 1am

Come show us what you've got!
singing, music, comedy, poetry...
what is your talent?

Airmans Club, Bldg. 649
Call 940-676-7886 for more info
www.82fss.com

82D FORCE SUPPORT SQUADRON



Community Board

AIRMEN & FAMILY READINESS CENTER

Mrs. Michelle Schroeder



Airman & Family Readiness Center June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>729 9th Ave Bldg 962 Sheppard AFB 676-4358</p>	<p>FIND US ON FACEBOOK</p> 		<p>1 O-1 Financial Brief 0900</p>	<p>2</p> 	<p>3 Emotions & Your Body - 1130</p>	<p>4 Study Skills & Test Taking EVERY Tuesday @ 0800 & 1530 Call 676-4358</p>
<p>5</p> 	<p>6</p>	<p>7 WIC - 1300</p>	<p>8 WIC - 0800 FTAC - 1300</p>	<p>9 Accomplishing Goals 1130</p>	<p>10</p>	<p>11 Parent & Tots Playgroup every Wednesday @ 1000 Solid Rock Café</p>
TAP (June 6-10) - 0800						
<p>12</p>	<p>13 Sheppard START 0800 Money Moods - 1130</p>	<p>14 Smooth Move - 0900</p> 	<p>15</p>	<p>16 Credit Reports/Score 1130</p>	<p>17</p> 	<p>18 Need to talk to someone? The MFLC is available by calling 940-781-6531 or 940-613-5722.</p>
<p>19</p> 	<p>20 <i>First Day of Summer</i> Active Duty Death Benefits & Entitlements - 1800</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25 EFMP Summer Camp / OKC Science Museum - 0730</p> 
Sr. TAP (June 20-24) - 0800						
<p>26</p>	<p>27</p>	<p>28 Bundles for Babies 0830</p>	<p>29</p> 	<p>30 Interpersonal Problem Solving - 1130</p>		



Community Board

ARMY & AIR FORCE EXCHANGE SERVICE

Mr. Daniel E Wise

Sheppard Main Store: 01 June – 30 June 2016

Summer Beauty Bar

- 27 May-10 June 2016
- Customers receive \$20 off their beauty products purchase of \$100 or more when they use their MILITARY STAR card
- **Limited to cosmetics, fragrances, bath and body care, hair care, skin care and nail products.**
- **Coupon required**
- Online code: **beauty25** (case sensitive)

Apple 0% Promotion

- 3-19 June 2016
- Customers receive 18 months no interest or payments on their combined Apple purchase of \$689 or more when they use their MILITARY STAR card
- **Excludes iPhone purchases**

Theater: First Run Feature 3D and 2D!!!

Schedule: PH (940) 676-4427

Adults: \$6/Child (6-11) \$4 5 and under free

Add \$2 per ticket for all 3D features

- **Teenage Mutant Ninja Turtles: Out of the Shadows**
- **June 3, 4, 5 and 10 various times**

Burger King:

- **2 for \$10.00 Whopper Meals**
- **10 Pc Nugget \$1.49**
- **Try out Grilled Hot Dogs**

The Exchange has job openings in food and retail

applymyexchange.com



Community Board

ARMY & AIR FORCE EXCHANGE SERVICE

Mr. Daniel E Wise

PCS Benefit Card Promotion

- 1 June-15 August 2016 PCS Benefit Cards issued. Cards expire 90 days after date of issue. No cards may be accepted after 15 November 2016
- MILITARY STAR customers with PCS orders receive:
 - \$10 off purchases of \$100 or more (applied when Benefit Card barcode scanned)
 - 6 months no interest or payments on purchases of \$500-\$999.99. In-store plan: **42816**
 - 12 months no interest or payments on purchases of \$1,000 or more. In-store plan: **42815**
- Discount and promotional financing may both be applied to the same purchase if spending thresholds are met
- **PCS Benefit Card required**; customers must validate PCS orders at customer service to receive card
- For online purchases, customers should call the number on the back of their cards (1-800-527-2345) before the order is placed to receive discount and/or financing

Valid at Army and Air Force Exchange facilities and *shopmyexchange.com*

<https://www.facebook.com/SheppardMainExchange/>



Community Board



DEFENSE COMMISSARY AGENCY

Ms. Donna Romolton



Produce Department:

Berry Promotion (Showcase berry varieties in a fun fresh way),
Avocado & Watermelon Promotion (Getting ready for the 4th of July)

Meat Department:

Managers Specials will start the first of the week and last until supplies are gone.
Prices are per pound. Get them early in the week.

7-11 June Ribeye Steak \$7.99, St. Louis Ribs \$ 1.99
13-18 June Select Sirloin \$ 3.39, Pork Butt \$.99
21-15 June T-Bone \$ 5.99

Grocery Department:

Normal Sales Promotions, and one time buys are always available.



Community Board

82D MEDICAL GROUP

Col DeWolf

- **COMMUNICATION**
 - **Coffee and Conversation**
 - **Wednesday, 8 June @ 0830 at “The Commons”**
 - **Retiree Benefit Outreach**
 - **Tuesday, 21 June @ 1000 at “Retiree Activity Center”**

 - **HEALTH PROMOTION**
 - **Tobacco Cessation (Designed to Quit Tobacco and Lifestyle Modification)**
 - **Thursdays 0800-0900 and 1530-1630 (new classes every two weeks)**
 - **Call 676-5831 for scheduling**
 - **Better Body Better Life (Healthy Weight Loss/Management and Lifestyle Modification)**
 - **Mondays from 1330-1430 (new classes start the first Monday of every month)**
 - **Contact 676-6003 to schedule appointment**
-



Community Board

82D MEDICAL GROUP

Col DeWolf

- **NEW TRICARE URGENT CARE PILOT PROGRAM FOR DEPENDENTS AND RETIREES**
 - Dependents and retirees are permitted two urgent care visits each fiscal year October 1 through September 30
 - No referral or authorization needed from patient's PCM
 - Pilot program will run from 23 May 2016 through 23 May 2019
 - **Does not include approvals provided through the Nurse Advise Line (NAL)**
 - **Patient's responsibility to track**
 - **Must use TRICARE authorized provider**
 - **Active Duty not eligible**

 - **FREE STANDING ER'S**
 - Walk in facilities that provide emergency care to the public
 - TRICARE has no provisions for a free standing medical emergency facility that is *NOT* affiliated with a hospital
 - **Wichita Falls area free standing ER facilities that are not TRICARE authorized:**
 - Select ER
 - Neighbors Emergency Center
 - ER Now

 - For additional information please contact Humana at 1-800-444-5445 or www.Tricare.com
-



Community Board

Health Promotions Flight

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

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

Services Provided

Private Nutrition Consultations
Corporate/Group Nutrition Consultations
Pantry Makeovers
Commissary Tours/Grocery Store Tours
Speaking Engagements
Tobacco Cessation
Lunch and Learn Seminars
Better Body Better Life Classes
Individualized Meal Plans
Motivation & Support Throughout the Process
Bod Pod Assessments as Available

Opportunities for Improvement

- Sheppard AFB smoking rates have increased by ~1% since 2014, while AF rates have decreased by ~1%.
- Sheppard AFB physical fitness rates have decreased by 6% since 2014.
- Health Promotions primary goal in 2016 is to increase our outreach to permanent party staff and create incentives for healthier lifestyles.

Outreach Goals

Commander's Calls
"Ask Your Dietitian" Events
Weight Loss Challenge
Cooking Classes
Commissary Tours/Education Flyers
Walking Group



Community Board

Health Promotions Flight

Health Promotions Coordinator: Mr. Jim Martin

Phone: (940) 676-5831

Registered Dietitian: Ms. Saralauren Peacock

Phone: (940) 676-6003

A TASTE
OF
HEALTHY

CHEESECAKE SWIRL BROWNIES

FRIDAY
JUNE 17, 2016
1300-1500

THE HEALTH PROMOTIONS OFFICE- 82D MEDICAL GROUP
(Between Family Practice and Optometry)

The 82d AMDS/Health Promotions Department is excited to offer a taste of healthy! Enjoy a free sample of Hungry Girl's Cheesecake Swirl Brownies while you meet the new Health Promotions Staff and learn about the great services offered.



Community Board

82 MDOS/FAMILY ADVOCACY

Ms. Tiffany Esparza, FAOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Parent Support Program 940-676-7239 Family Advocacy Program 940-676-2271</p> <p>*Call to sign up for classes</p>			<p>1 Anger Awareness in Family Systems 1500-1600</p>	<p>2 Story Time: Commons 1030-1130</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6 </p>	<p>7 Couples Links(1) 0830-1000</p>	<p>8</p>	<p>9 Story Time: Commons 1030-1130 Kids will be Kids 1130-1230</p>	<p>10 Couples Links(2) 0830-1000</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14 Couples Links(3) 0830-1000 Stress Awareness in Family Dynamics 1500-1600</p>	<p>15</p>	<p>16 Car Seat Check Point 0830-1200 Call for Apt Story Time: Commons: Father's Day Relay Races! 1030-1130</p>	<p>17</p>	<p>18</p>
<p>19 </p>	<p>20</p>	<p>21 Couples Links(4) 0830-1000</p>	<p>22</p>	<p>23 Story Time: Commons 1030-1130 Good Touch/Bad Touch Class 1130-1230</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28 Couples Links(5) 0830-1000 Genuine Relationships 1130-1230 Bundles for Babies A&FRC 0830-1130</p>	<p>29 Effective Communication in relationships 1500-1600</p>	<p>30 Story Time: Commons 1030-1130</p>		



Community Board

82 MDOS/FAMILY ADVOCACY

Description of Classes



Couples Links: This is a 5 module seminar taken once over a Five week period of time, classes being 1 hour and 30 minutes to 2 hours in length. This class is to teach couples the Relationship Attachment Model (RAM) and how to apply it in their relationship to enhance and better the relationship.



Effective Communication in Relationships: This one hour course focuses on general communication Skills. Could be beneficial for couples and individuals that are having a hard time communicating in relationships and at work.



Anger Awareness in Family Systems: This one hour course will focus on identifying the "Cycle of Anger" from its trigger to its outcomes. Understand how anger starts, how it may affect family and gain tools to cope with it in a healthy way.



Stress Awareness in Family Dynamics: This one hour course will focus on identifying stress, how it may impact family dynamics and effective ways to manage it.



Kids will be Kids: Parenting basics: 1 hour class to provide information on parenting styles, what is "normal" for children, (+) and (-) consequences, and to encourage communication between parent and child.

All Classes will take place in the Family Advocacy Conference Room. Bldg. 1200 - 2nd floor, elevator A, unless otherwise specified. Please call 676-2271 for questions and to sign up for the class.

You may also sign up on Leadership Pathways: <https://booknow.appointment-plus.com/6sr7p3mm/>



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.



American Red Cross



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

Saturday

4

Adult CPR/AED Classroom

Adult and Pediatric First Aid/CPR/AED Classroom

Adult First Aid/CPR/AED Classroom

11

Babysitters Training Classroom

18

Adult CPR/AED Blended

Adult and Pediatric First Aid/CPR/AED Blended

Adult First Aid/CPR/AED Blended

25

Adult and Pediatric First Aid/CPR/AED Blended

Adult CPR/AED Blended

Basic Life Support for Healthcare Providers Blended

AMERICAN RED CROSS

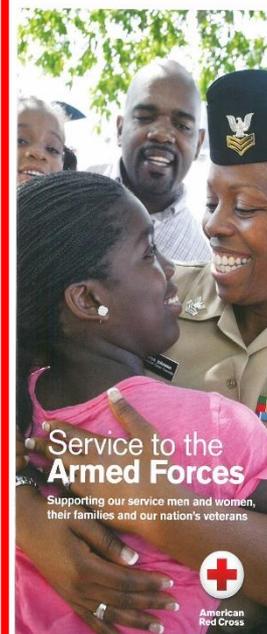
Mr. Manuel Carrillo

For

Class Information
www.redcross.org/courses

1 800-RED CROSS

JUNE 2016



Service to the Armed Forces

Supporting our service men and women, their families and our nation's veterans



American Red Cross

Services to the Armed Forces

Every day, millions of American men and women answer their nation's call to serve. These service members, veterans and their families bravely sacrifice to ensure our nation's freedom. The American Red Cross has been providing support to those serving in the Armed Forces since Clara Barton began her humanitarian work on the battlefields of the Civil War. Service to the Armed Forces (SAF) builds upon that legacy today.

SAF programs provide assistance to 1.4 million active duty service members, 800,000 members of the National Guard and Reserve, 24 million veterans, and their military families. In times of modern conflict, as in past decades of war and peace, SAF carries out its mission to provide humanitarian support, around the clock, around the globe, under a trusted symbol.

SAF core services include:

- Supporting military hospitals and Veterans Affairs health care facilities.
- Building strong families and resilient communities.
- Providing emergency communication services.

"Sometimes, I would just stop in at the Red Cross and chat with them and boost my spirits up a little more. When you've been through what we've been through, it makes you feel like somebody cares."

— Staff Sgt. Juanita Wilson, U.S. Army

SAF core services include:

- Supporting military hospitals and Veterans Affairs health care facilities
- Building strong families and resilient communities
- Providing emergency communication services



Community Board

BALFOUR BEATTY

Community Management Contracts

Roylene Quintero

Community Manager

940-613-0709

rquintero@bbcgrp.com



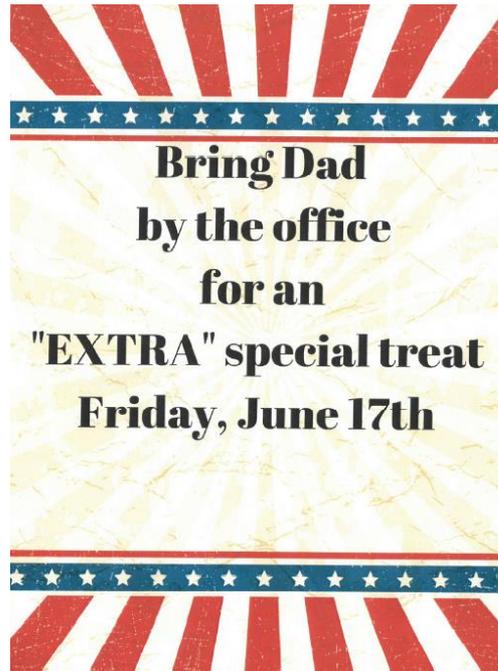
Community Management Contracts

Cheryl Branch

Assistant Community Manager

940-613-0709

cbranch@bbcgrp.com



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* Restrictions Apply





Community Board

SHEPPARD SPOUSES PAGE

OFFICERS SPOUSES

<http://www.facebook.com/groups/sheppardspouses>

ENLISTED SPOUSES

<http://www.sheppardenlistedspousesclub.org/membership.html>

INTERNATIONAL SPOUSES

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

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

Do it For You Your Way!

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.