

Sheppard Air Force Base

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

January 2017

Community Board



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

CONNECTING TO SHEPPARD

SHEPPARD AIR FORCE BASE JOIN THE AIR FORCE

HOME NEWS LIBRARY UNITS CONTACT

SEARCH sheppard.af.mil

AIR SHOW

15 YEARS OF TRAINING EXCELLENCE

NETWORK OOS & DON'TS
End users key to cyber security

RECENT SHEPPARD PHOTOS

SHEPPARD NEWS

- Welcome home 82nd SF3 deployed Airmen
- Luke begins F-35 MRA course
- Preparation Air Evac: Building Partnerships
- New F-35 developments coming soon
- Instructor reaches blue moon milestone

NEWS & NOTES

- Weekly Bulletin: August 11, 2016
- The battle against mosquitoes
- Weekly Bulletin: August 5, 2016
- Support Airmen of the Week: SSGT DeJesus
- Instructor of the Week: T3st. Burdick

COMMENTS

- 172nd TRS, Field Training Detachment 26, Train tomorrow's maintainers today
- 172nd TRS, Field Training Detachment 22
- 172nd TRS, Field Training Detachment 9: Elite educators introduce superior maintainers

AIR FORCE NEWS

- KC-46A approved for production
- Acrassor's paint scheme gets makeover
- Travis C-8M delivers SBIRS GEO Flight 3 satellite
- McConnell EOC team assists local sheriff's department
- A-10 back in the skies

SHEPPARD CARES

Sheppard AFB provides a wide variety of services to support Airmen and their families. To quickly find and register for classes available on base, click the **Leadership Pathways** logo to the right. For more specific help, call one of the agencies below:

- ADAPT Clinic - 676-6155: Alcohol and Drug Abuse Prevention, Assessment and Treatment.
- Airmen & Family Readiness - 676-4358: Air Force Aid Society, Personal Financial Management, Family Readiness, Employment Assistance, Transition & Reintegration Assistance, Personal and Work Life Assistance.
- Chaplain - 676-4379: Worship Services, Religious Education & Issues Counseling, Marriage & Family Counseling, Work & Personal Issues Counseling, Grief Counseling.
- Child & Youth Services - 676-2638 (Child Development Center); 676-5437 (Youth Center); See the [82nd Force Support Squadron web site](#) for more information.
- Equal Opportunity - 676-4393: Assistance with Human Relations, Sexual Harassment or Unlawful Discrimination Issues, Workplace Conflict & Mediation.
- Family Advocacy - 676-2271/7239: New Parent Support & Parent Education, Marital and Relationship Counseling, Domestic Abuse Prevention and Assistance, Anger & Stress Management, Family Resource Library.
- Health Promotions - 676-6003/5831: Smoking Cessation, Nutrition Counseling, Weight Management, Bod Pod Assessments.
- Legal Office - 676-4262: Wills, Estate Planning, Legal Readiness, Consumer Protection, Landlord-Tenant Relations, Personal Property Claims, Notary Services, Powers of Attorney, Adoption, Bankruptcy and other legal assistance for authorized beneficiaries.
- Medical Services - 676-1847 (Appointment Line); 676-3290 (Patient Advocate): See the [82nd Medical Group web site](#) for comprehensive information.
- Mental Health Clinic - 676-6075: Individual and Marriage Therapy, Psychological & Psychiatric Evaluations, Medication Management, Suicide Prevention.

RECENT VIDEOS

- 8 Things About AFB
- 8 Things Earth Day
- 8 Things Tomato Safety

5-DAY FORECAST

SOCIAL MEDIA

- RT @inglejohn1973: Enjoyed telling Col. Max Koga's story. #GreatAmerican https://t.co/V15oUu3D @dmsencordowns @SheppardAFB @80thFTW @G...
 - With the recent rain, mosquitoes have returned! Here's how to protect yourself against these pests: https://t.co/0r1eDw2l
 - Get fit and have fun at the Pilsenberger gym this month! #TuesdayMotivation @SheppardFSS

USAF Social Media Sites

POPULAR LINKS

- Air Force Portal
- Base Guide
- SAFIS Community
- DEERS Association
- Force Support Squadron
- HomeTown Ninja
- Honor Guard
- Military Housing
- Nutrition Information
- NCO Academy
- Phone Directory
- Public Affairs
- Referral Newsletter
- Sexual Assault Prevention & Response
- Sheppard Care's
- Sheppard Clinic
- Sheppard Contact
- The 1st and 2nd
- Voting Assistance

SHEPPARD CARES

LEADERSHIP PATHWAYS

COMPREHENSIVE AIRMAN FITNESS
MENTAL SOCIAL
PHYSICAL SPIRITUAL

NEWCOMER INFO

- Tech School Students
- Student Pilots
- Permanent Party
- Base Housing
- Base Guide
- Off-Limits Establishments
- Sheppard Community Board
- Force Support Squadron
- Wichita Falls Airport
- City of Wichita Falls
- Wichita Falls Visitors Bureau
- Wichita Falls Schools
- City of Burkburnett
- Burkburnett Schools
- Officers Spouses Club
- Enlisted Spouses Club

Sheppard Connect
Sheppard Clubs

- Total Number of Clubs: 44
- Members: 540
- Redesigned website: Sheppardclubs.com
- Next Recruiting Event: Wing Picnic
 - Club Expo
 - Hand out Frisbees with Sheppard Connect Info

Sheppard Connect

TRAIN & INSPIRE WARRIORS
SUSTINEO ALAS • WE SUSTAIN THE WINGS

Sheppard Air Force Base

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Community Board



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Community Board

80TH FLYING TRAINING WING

Train NATO fighter pilots; strengthen partnerships



www.facebook.com/80thflyingtrainingwing

[www.facebook.com/EuroNATOJointJetPilotTraining\(ENJJPT\)](http://www.facebook.com/EuroNATOJointJetPilotTraining(ENJJPT))

www.flickr.com/sheppardafbpublicaffairs

www.youtube.com/ExperienceENJJPT (Class 14-06 year in review)



Sheppard IDS/Helping Agencies



SHEPPARD IDS/HELPING AGENCIES												
	ALCOHOL & DRUG ABUSE PREVENTION (ADAPT) 676-6155	AIRMAN & FAMILY READINESS CENTER (A&FRC) 676-4358	MILITARY FAMILY LIFE COUNSELOR (MFLC) 940-781-6531	BEHAVIORAL HEALTH OPERATIONS PROGRAM (BHOP)	CHAPLAIN 676-4370	EQUAL OPPURTUNITY (EO) 676-4393	FAMILY ADVOCACY 676-2271	HEALTH & WELLNESS CENTER (HAWC) 676-4292	MENTAL HEALTH CLINIC 676-6075	MILITARY ONE SOURCE 800-342-9647	MEDICAL GROUP PRIMARY CARE (PCM) 676-6855	SEXUAL ASSUALT & RESPONSE COORDINATOR (SARC) 676-7272
ALCOHOL/DRUG	★			★	★						★	
CLINICAL ANXIETY/DEPRESSION				★					★	★	★	
DOMESTIC VIOLENCE/NEGLECT				★			★					
FINANCES		★	★							★		
HOMICIDAL THOUGHTS			★	★	★				★	★	★	
NUTRITION/FITNESS/ TOBACCO				★				★		★	★	
MARRIAGE/FAMILY		★	★	★	★		★			★	★	
MEDICATION				★						★	★	
RELATIONSHIPS		★	★	★	★		★			★	★	
SADNESS/WORRY		★	★	★	★					★	★	
SEXUAL ASSUALT			★		★		★			★	★	★
SEXUAL HARRASSMENT					★	★				★	★	
SUICIDAL THOUGHTS				★	★					★	★	
UNLAWFUL DISCRIMINATION						★						
WORK/SCHOOL		★	★							★	★	



Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe



HAPPY



Lose Weight!

Exercise!

Make new friends!

NEW

Take a trip!

More family time!

save money!

A



Learn something new!

Smile!



Keep Your New Year's Resolutions!

R





Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe



Start the year off right!

JOIN US AT THE SHEPPARD CLUB FOR A NEW YEAR'S FIRST FRIDAY

2017

MEMBERS - FREE • NON-MEMBERS - \$5

4:30pm - 6:30pm
Bars open at 4pm
Karaoke at 8pm

6TH
JAN

Rotisserie Chicken • Meatloaf
Green Beans • Rolls • Dessert

Membership Drawings Every First Friday!

Sheppard Club Bldg. 340
Call 678-3175/3176 for info
Download the MyAirForceLife app



Looking for a place to watch
SUPER BOWL 2017?
Bring your friends, and join us
at the club!!

DINING & ENTERTAINMENT



Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe



MADRIGAL YOUTH CENTER
JANUARY 6 | 6:30PM - 9:30PM
MEMBERS - FREE | NON-MEMBERS - \$5



SKATE NIGHT

MUSIC, GAMES & PRIZES! SNACK BAR OPEN!
AGES 9 - 18 | REGISTER BY JANUARY 5
MAY BRING OWN SKATES OR ROLLER BLADES.

Youth Center, Bldg 196
840-676-5437 for more info
Download the MyAirForceLife App

82D FORCE SUPPORT SQUADRON

TEEN NIGHT

Madrigal Youth Center
January 28 • 7pm - 11pm
Ages 13 - 18 • FREE

Enjoy time with other military teens!
Music, food, fun & games provided!
Snack bar will be open!
Find out about Keystone Club,
Teen Council and the Congressional
Award Program. Register
by January 27.

Youth Center, Bldg 196
876-5437 for more info
Download the MyAirForceLife App

82D FORCE SUPPORT SQUADRON

Madrigal Youth Center
21 JANUARY Saturday
6pm - 11pm



AGES 5 (in kindergarten) - 14 • Register by January 19 at 5pm

6200 Members - 324+ Non-Members

CRAFTS
GAMES
ACTIVITIES
SNACK

PARENTS NIGHT OUT

Youth Center, Bldg 196
840-676-5437 for more info
Download the MyAirForceLife App

82D FORCE SUPPORT SQUADRON



Sign up for Piano Lessons, Guitar Lessons & TaeKwon Do Lessons @ the Youth Center!

FAMILY & YOUTH



Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe



Glass Fusing
The Year of the Rooster

January 26 • 5:30pm - 7:30pm
The Commons, Bldg. 312

Create an 8" round or square plate featuring a rooster of your own creation!

\$40 per project.
Payment/Registration due by January 25.

You will use a multitude of glass types as well as learn to use grinders and glass saws.

Cost includes all glass materials, use of equipment and instruction/assistance.

New this year: attend 5 glass fusing classes and the 6th one is FREE. Get your punch card at your first class and have it punched at each class you attend.



CC The Commons, Bldg. 312
Call 676-4136 for details
Download the MyAirForceLife App

FORCE
SUPPORT SQUADRON

GLASS FUSING

Attend 5 sessions at regular price
Get your 6th session FREE!

The Commons, Bldg 312 • 676-4136

CC **FORCE**

1 2 3 4 5 FREE

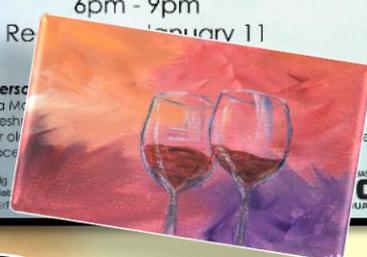


Cocktails and Canvas



Friday, January 13
6pm - 9pm
Re... January 11

\$25 per person
Instructor Laura M...
masterpiece! Refresh...
share. Must be 18 or ol...
space



CC The Commons, Bldg...
Call 676-4136 for det...
Download the MyAirF...

CE
QUADRON

CLASSES



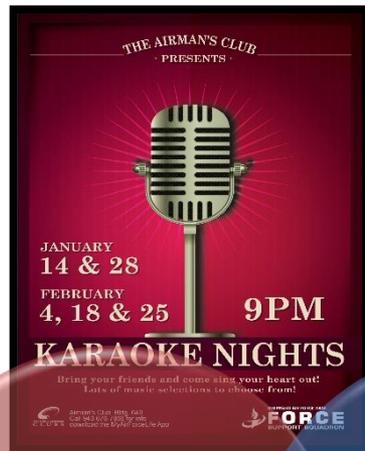
Community Board



82D FORCE SUPPORT SQUADRON



Lt. Col Kyle A. Moe



Karaoke Night

January 14 & 28



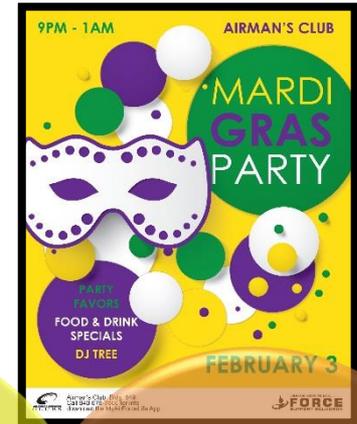
MLK DAY

January 15



**Water Pong
Tournament**

January 21



**Mardi Gras
Party**

February 3

**Super Bowl
Party!**

February 5!

AIRMAN in TRAINING

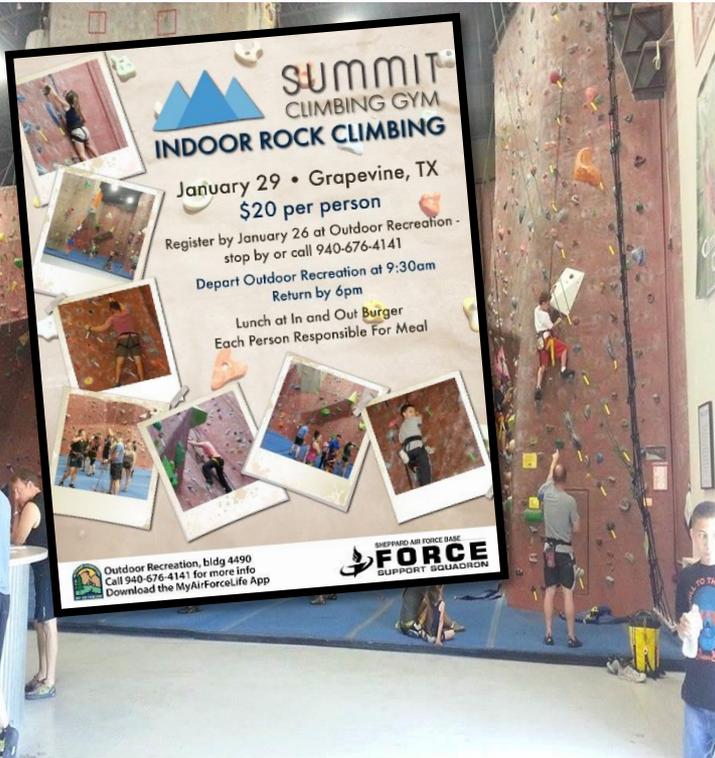


Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe

SUMMIT CLIMBING GYM
INDOOR ROCK CLIMBING

January 29 • Grapevine, TX
\$20 per person

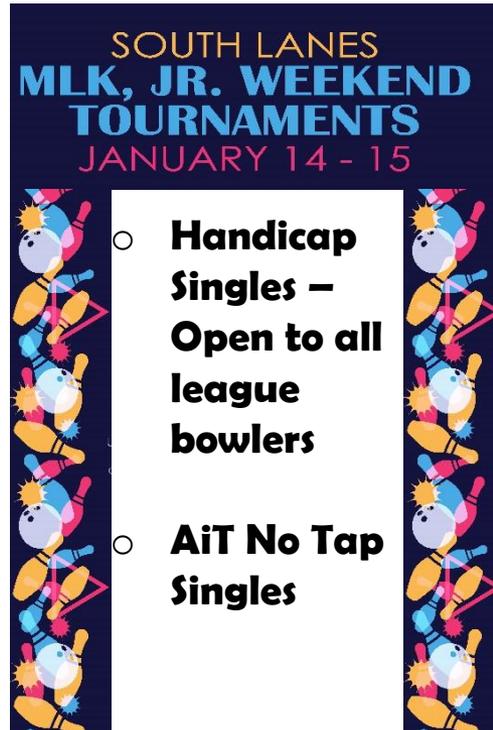
Register by January 26 at Outdoor Recreation - stop by or call 940-676-4141

Depart Outdoor Recreation at 9:30am
Return by 6pm

Lunch at In and Out Burger
Each Person Responsible For Meal

Outdoor Recreation, bldg 4490
Call 940-676-4141 for more info
Download the MyAirForceLife App

SHEPARD AIR FORCE BASE
FORCE
SUPPORT SQUADRON



SOUTH LANES
MLK, JR. WEEKEND
TOURNAMENTS
JANUARY 14 - 15

- **Handicap Singles – Open to all league bowlers**
- **AiT No Tap Singles**



TEXAS RANGERS
WINTER CARAVAN VISIT

January 24 • 1:30pm - 2:15pm
The Commons, Bldg. 312

Meet the Texas Rangers
& get an autograph!

The Commons/ITT, Bldg. 312
Call 676-4136 for more information
Download the MyAirForceLife App

SHEPARD AIR FORCE BASE
FORCE
SUPPORT SQUADRON

RECREATION & FUN



Community Board



AIRMEN & FAMILY READINESS CENTER Mrs. Michelle Schroeder



Airman & Family Readiness Center January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>New Year's Day</i>	2 HOLIDAY	3	4 O-1 Financial Brief 0900-1000	5 	6	7
8 Study Skills & Test Taking EVERY Tuesday @ 1530 Call 676-4358	9 Sheppard START 0800-1200 Community Center	10 Smooth Move 0900-1000 WIC Representatives 1300-1600	11 WIC Representatives 0830-1600	12 Heart Link 0830-1430	13	14
15 Parent & Tots Playgroup every Wednesday @ 1000 Solid Rock Café	16 HOLIDAY MLK Day	17	18 Tricare for Retirees / 0900-0930	19 4 Lenses / 1130-1300	20 USAJobs Workshop 1130-1230 Tea & Mingle Surviving spouses & Retirees—1130-1300	21
22 Need to talk to someone? The MFLC is available by calling 940-781-6531 or 940-704-4684	23	24 Bundles for Babies 0830-1130	25	26	27 	28
TAP (Jan 23-27) 0800-1630						
29	30	31 Civilian Resume 0900-1030		729 9th Ave Bldg 962 Sheppard AFB 676-4358	FIND US ON FACEBOOK 	

Our Lady of the Skies Catholic Community

Mass is offered Sundays @ 0900
Daily Mass Monday through Thursday @ 1130
Chapel, Avenue E and 8th Avenue

Sunday Classes for Children and Adults @ 1030
Spiritual Development Center
Avenue J & 1st Avenue
Sheppard Air Force Base

Contact: <mailto:jessica.hartman.2.ctr@us.af.mil>
940-676-7280
facebook @ Solid Rock Cafe

Our Lady of the Skies Catholic Community

1 January, Feast of Mary, the Mother of God Mass @ 0900



3 January, Breaking Bread Worship and Fellowship Meal

82 TRW/HC

Reoccurring Spiritual Resiliency Opportunities

- **Catholic Faith Community:**
 - Sunday Mass 0900 @ Chapel
 - Daily Mass - Monday-Thursday 1130 @ Chapel
 - Faith Formation & RCIA (Sunday) 1030 @ Spiritual Development Center (SDC)
- **Latter-day Saints Faith Community:**
 - Sunday Worship Service 1400 @ Chapel
 - Sunday School 1500 @ Chapel
 - Family Home - Thursday 1130 & 1800 @ SRC
 - Faith Instruction - Saturday 1100 @ SDC
- **Protestant Faith Community:**
 - Sunday Gospel Service 1100 @ Chapel
 - Sunday Contemporary Service 1100 @ SRC
 - Sunday School 0930 @ SRC
 - Women of Chapel - Tuesday 1800 @ SDC
 - Mid-week Inspiration Study - Wednesday 1800 @ Chapel
 - Men of Chapel - Saturday 0730 @ SDC
 - Navigators Faith Formation - Tuesday & Wednesday 1800 @ SDC





Community Board

ARMY & AIR FORCE EXCHANGE SERVICE

Mr. Daniel E Wise



**SHEPPARD MAIN EXCHANGE
MLK WEEKEND SALES EVENT
13-16 JANUARY**

**TAKE AN ADDITIONAL
10% OFF
CLEARANCE MERCHANDISE
WHEN YOU PURCHASE USING YOUR
MILITARY STAR CARD**

24myfashion.com



EXCHANGE

The advertisement features a background image of two men, one smiling and one in a thoughtful pose, with an American flag motif. The text is overlaid in a bold, serif font. The Exchange logo, a stylized 'X' in red and blue, is positioned at the bottom center.



Community Board



DEFENSE COMMISSARY AGENCY

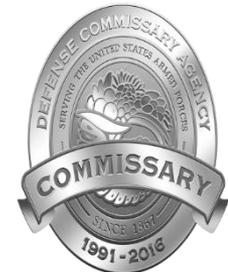
Ms. Donna Romolton



2017 Scholarship s for Military Children Program

December 13-17 February 2017 (For Application and additional Information: www.militaryscholar.org)

- ❖ Holiday Hours for New Year
- ❖ New Year Day- 01 January -Closed
- ❖ Monday Holiday 02 January – Closed (Holiday Observed)
- ❖ **Tuesday 03 January- Normal Hours Resumes**





Community Board

82D MEDICAL GROUP

Col Kelly-Rank

RED CROSS LOOKING FOR VOLUNTEERS FOR SHEPPARD CLINIC

- Many volunteer opportunities
- Contact Red Cross for information

SHEPPARD CLINIC CLOSURES

- Christmas Holiday Monday 26 December
- AETC Family Day Tuesday, 27 December
- New Years Holiday Monday, 2 January
- Martin Luther King Monday, 18 January
- Training Day Schedule Change (January only)
 - Sheppard Clinic closed for training Wednesday, 11 January 0600-1000

WOMENS HEALTH CLINIC RELOCATES

- The Women's Health Clinic has relocated within the Family Practice area, check-in with the Family Practice front desk staff.
-



Community Board

82D MEDICAL GROUP

Col Kelly-Rank

WALGREENS RETURNS AS A NETWORK PHARMACY 1 Dec 2016

Express Scripts, Inc. (ESI) announced upcoming changes to the retail pharmacy network it manages on behalf of TRICARE. On Dec. 1, 2016, Walgreens pharmacy locations will join the network. CVS pharmacies, including those in Target stores, will leave the network on the same day. The new network will have more than 57,000 locations nationwide, and ensures TRICARE beneficiaries have timely access to retail pharmacies in their community.

ESI is the TRICARE pharmacy contractor, responsible for developing the pharmacy network. ESI reached a new network agreement with Walgreens, which will replace CVS pharmacy in the TRICARE network. This change is intended to provide better value and maintain convenient access for beneficiaries. The addition of Walgreens into the network means that 98 percent of TRICARE beneficiaries will still have a network pharmacy within 5 miles of their home.

If beneficiaries chose to fill a prescription at CVS after Dec. 1, it will be a **non-network pharmacy**. This means they will have to *pay the full cost of the medication upfront, and file for partial reimbursement*.

ESI and TRICARE are working to notify all beneficiaries of this change, and ensure that people currently using CVS have time to switch to another network pharmacy. ESI is doing additional outreach to patients filling specialty drugs at CVS pharmacies to ensure they can move their prescription with no gap in their prescription coverage.

Please visit the [ESI website](#) for more information on this change. ESI is the TRICARE pharmacy contractor, responsible for developing the pharmacy network. ESI reached a new network agreement with Walgreens, which will replace CVS pharmacy in the TRICARE network. This change is intended to provide better value and maintain convenient access for beneficiaries. The addition of Walgreens into the network means that 98 percent of TRICARE beneficiaries will still have a network pharmacy within 5 miles of their home. Find a network pharmacy at ESI's website. If beneficiaries chose to fill a prescription at CVS after Dec. 1, it will be a non-network pharmacy. This means they will have to pay the full cost of the medication upfront, and file for partial reimbursement.



Community Board



HEALTH PROMOTIONS FLIGHT

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



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

If you are looking for that motivation to improve your lifestyle...join us for the SHEPPARD BIGGEST LOSER CHALLENGE! This is not only for those who wish to lose weight but it is also for those who want to lead an overall healthier lifestyle. Winners will be chosen off of a point system. The criteria for points is as follows:

- Percentage of Weight Lost
- Bod Pod Assessment Changes
- Exercise Classes Attended
- Nutrition Classes Attended

Individual weights will be confidential; team total weights will be displayed. Prizes and base recognition will be awarded to the top three teams. Grab 3 friends (team of 4) and join us for our challenge starting 3 January! The contest is available to all Sheppard AD members. Contractors, civilians and families, ages 18 and up! You must pre-register by calling Health Promotion at 940-676-6003/5831 to reserve your team's spot in the challenge. Registration deadline is 6 January!

MARK YOUR CALENDAR!

- Sign up TODAY through 6 January
- First weigh-in will be scheduled the week of 3 January – 6 January
- Last weigh-in will be scheduled for 27 or 28 February
- 9 week contest (3 January – 27 February)
- 3 Weigh-ins (Beginning, Middle, End)



Community Board



HEALTH PROMOTIONS FLIGHT

A collection of fresh vegetables including a large sweet potato, cherry tomatoes, yellow cherry tomatoes, green leafy vegetables, a cucumber, red chili peppers, and onions, arranged on a light-colored wooden surface.

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.afmil



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

Happy New Year! *Happy New Year!*

January 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2  Enjoy your Family!	3 Effective Communication 0830-0930	4	5  Story Time Every Thursday 1030-1130	6	7
8	9	10	11 Good/Bad Touch 0830-0930 Anger Awareness 1500-1600	12  Story Time	13	14
15	16 Sheppard Start/Right Start 0730-1130 CAC	17 International Spouses Club 1000-1200 N. Chapel Annex	18 Stress Awareness 1300-1400	19  Story Time	20	21
22	23	24	25 MISSION FAMILY ADVOCACY	26  Story Time	27	28
29	30	31 Genuine Relationships 1130-1230			New Parent Support Program 940-676-7239	Contact Family Advocacy to sign up! 940-676-2271

Happy New Year! *Happy New Year!*

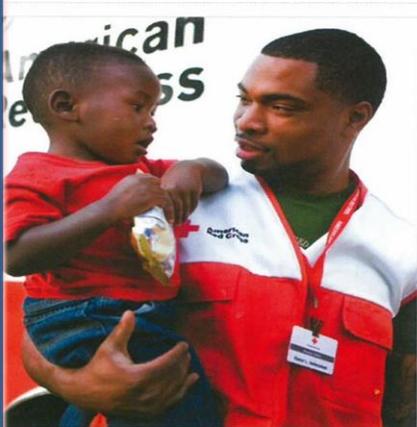


Community Board



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

JOIN US



AMERICAN RED CROSS

Mr. Manuel Carrillo



7 times a day

In the United States, someone dies in a home fire.

The American Red Cross and its partners have launched an initiative that aims to reduce deaths & injuries caused by home fires by 25% in the next five years!

Join us! Learn more at
HomeFirePreparedness.org

Does Your Home Have Working Smoke Alarms?

If hot, call the American Red Cross at 940-322-8686 to request FREE smoke alarms!

The American Red Cross and its partners are currently providing FREE smoke alarms and batteries to residents. Alarms are installed by Red Cross volunteers or community partners like the local fire department at no cost to residents. Please note the process may take up to 90 days.

WHY DO I NEED SMOKE ALARMS?

Smoke alarms provide an early warning of fire and can increase the chances of escape

- Install smoke alarms on every level of your home
- Test the batteries once a month/Change twice a year
- Develop a home escape plan in case of fire
- Keep matches and lighters away from children
- Keep anything that can catch fire away from space heaters. Unplug when not in use.



Community Board



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

The need is real.

*Volunteer
Today.*



Armed Forces Emergency Services
Blood Services | Disaster Services
Health and Safety Services | International Services

Please call your local Red Cross. Help Can't Wait.

The time is now.

AMERICAN RED CROSS

Mr. Manuel Carrillo



The Dental Assistant Program is designed for Red Cross volunteers who are military ID card holders. The purpose is to provide a marketable training opportunity for the volunteer while providing volunteer assistance for the Dental Clinic.

The 6 month program has two components: classroom instruction and clinical chair-side rotations.

The Dental Clinic provides regulation dental training based upon military requirements. Training slots are based on the needs of the clinic.

The Red Cross recruits, screens and identifies potential applicants for an interview and selection process for the Dental Clinic.



Community Board



Community Management Contracts

Roylene Quintero

Community Manager

940-613-0709

rquintero@bbcgrp.com

BALFOUR BEATTY



Community Management Contracts

Cheryl Branch

Assistant Community Manager

940-613-0709

cbranch@bbcgrp.com

WINTER WEATHER REMINDERS!!

WHEN FREEZING WEATHER IS EXPECTED PLEASE FOLLOW THESE THREE STEPS:

*UNHOOK OUTSIDE HOSES FROM FAUCETS

*OPEN CABINET DOORS UNDER SINKS

*LET INSIDE FAUCETS DRIP

*DON'T TURN YOUR HEAT OFF...Leave the heat on at least 55 degrees if you are leaving town.

UPCOMING FEBRUARY EVENT!

10th Annual Family Ice Skating Event

We would like to remind our residents to keep a look out for more information as we celebrate Our 10th Anniversary at Sheppard AFB. The date is still pending. Be sure to gather your mittens and coats and join us at the WF~MPEC Ice Rink for our Annual Family Ice Skating Event!!! The ice skates are provided & there is "NO CHARGE" for attending this event.



LOCATION: WF ~ MPEC

COST: FREE

DATE: TBD

~ SKATES ARE PROVIDED ~

(SIZES RANGE FROM KIDS SIZE 10 UP TO ADULT SIZE 13)

Tickets will be required for ice skates.

Keep an eye on our Facebook page for more details (sheppardfamilyhousing)



Community Board



SHEPPARD OFFICERS SPOUSES PAGE

Jennifer Pargas



Facebook Page - <https://www.facebook.com/SheppardOSC/>
Website - www.sheppardosc.org
Email - soscinfo@gmail.com

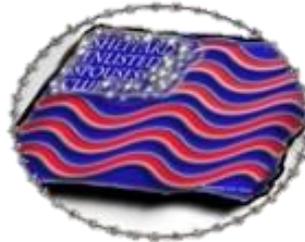


Community Board



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/SheppardEnlistedSpouses 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

Bonne Annee

Gelukkig Nieuwjaar

Felice Anno Nuovo

Feliz Ano Nuevo



Happy New Year!

Frohes Neues Jahr

Godt Nytt Ar

Gott Nytt Ar

- ❖ Our meetings are held on the 2nd Tuesday of the month in the Chapel Annex at 10:00am. The next one is January 10, 2017.
- ❖ Meetings are open to everyone but the focus is to support the international spouses.



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

SHEPPARD AFB THEATER

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

Closed for Exodus January 1 – January 4

January 5	Rogue One: A Star Wars Story (PG-13)	1900 first Run Feature
January 6	Fantastic Beast and where to find them (PG-13)	1900
January 7	Arrival (PG-13)	1400
	Allied (R)	1700
	Bad Santa (R)	2000
January 8	Fantastic Beast and where to find them (PG-13)	1500



Go online to get our updated schedule!



Community Board



BIG BROTHERS BIG SISTERS

Vicki McCann



Big Brothers Big Sisters



Big Brothers Big Sisters

celebrates our BIGS

National
Mentoring
Month

940-767-2447
www.bbbstx.org

Four Domains of Resiliency

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!

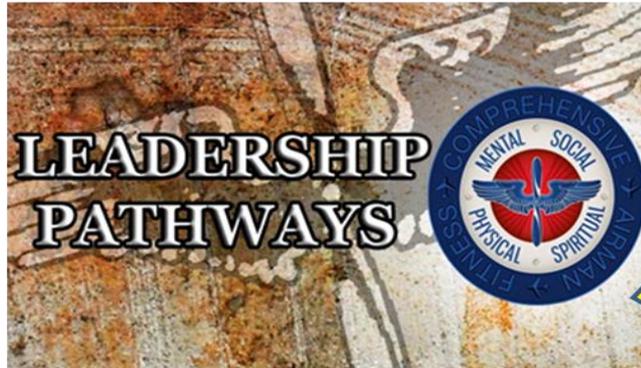
Social Domain - The ability to engage in healthy social networks that promote overall well-being and optimal performance. A candidate should be visible and engaged in his/her unit, base and community through active participation in working groups, councils and volunteering.

For Active Duty

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.



LEADERSHIP PATHWAYS

STATUS LEVELS TO GRADUATE

LP will have three tier levels for completion and recognition.

WINGMAN:

8 hours, Squadron recognition

LEADER:

15 cumulative hours, Group recognition

WARRIOR:

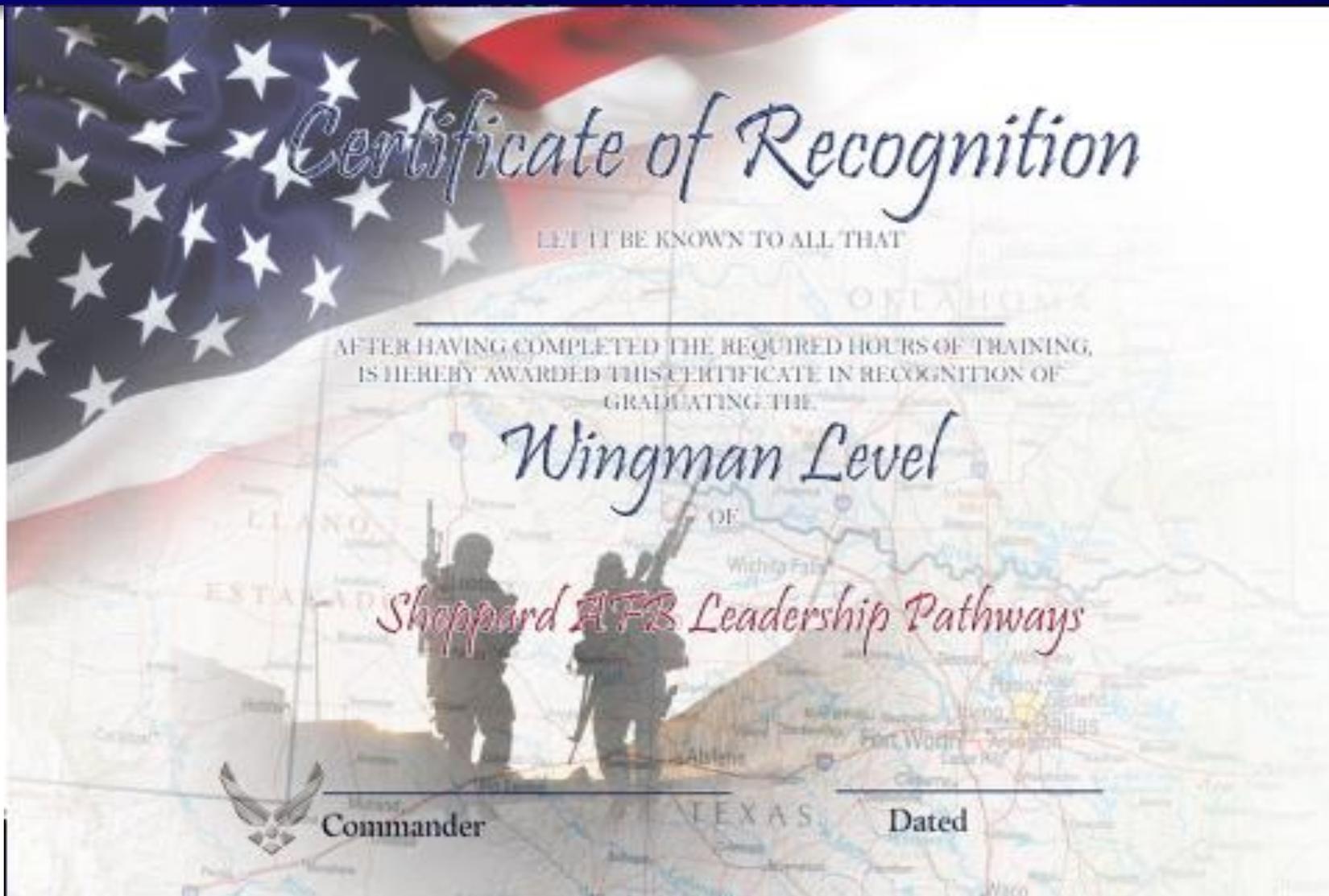
20 cumulative hours, Wing recognition

To graduate Warrior status, participants will also have to cover 5 hours in each of the four domains of resiliency as follows:

Physical, Mental, Social, and Spiritual.



Completion and Recognition



TRAIN & INSPIRE WARRIORS

SUSTINEO ALAS • WE SUSTAIN THE WINGS

