

Sheppard Air Force Base

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

December 2016

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-35s deliveries 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

COMMENTARIES

- 372nd TRS, Field Training Detachment 26, Train tomorrow's maintainers today
- 372nd TRS, Field Training Detachment 23
- 372nd TRS, Field Training Detachment 9: Elite educators provide superior maintenance

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 & Relocation 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 Ase
- 8 Things Earth Day
- 8 Things Tomato Safety

5-DAY FORECAST

SOCIAL MEDIA

- RT @inglejohn1973: Enjoyed telling Col. Max Kloga's story. #GreatAmerican https://t.co/V15o0u3D @timesandnews @SheppardAFB @80thFTW @G...
- With the recent rain, mosquitoes have returned! Here's how to protect yourself against these pests! https://t.co/0n1Dw2i
- Get fit and have fun at the Pilsenberger gym this month! #TrainingMotivation @SheppardAFB

POPULAR LINKS

- Air Force Portal
- Base Guide
- SAFB Community Board
- DEERS Assignments
- Force Support Squadron
- HomeTown News
- Honor Guard
- Military Housing
- Neotrust Information
- NCO Academy
- Phone Directory
- Public Affairs
- Religion Newsletter
- Sexual Assault Prevention & Response
- Sheppard Cares
- Sheppard Clinic
- Sheppard Connect
- The 3rd Neotrust
- 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

TRAIN & INSPIRE WARRIORS
SUSTINEO ALAS • WE SUSTAIN THE WINGS

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

August 2016
Community Board

82d TRAINING WING

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



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



Exodus Hours - December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>A&FRC - 676-4358 Brew U - 676-0751 The Commons - 676-4136 Food Services - 676-2080 Levitow - 676-2972 South Lanes - 676-7174</p> 					<p>23 A&FRC 8am - 5pm Levitow 9am - 6pm South Lanes 8am-10pm Snack Bar 6:30am-10pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm</p>	<p>24 Brew U 9am - 5pm The Commons 12pm-6:30pm Levitow 9am - 6pm South Lanes 10am-4pm Snack Bar 10am-4pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm</p>
<p>25 Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm</p>	<p>26 Brew U 9am - 5pm Levitow 9am - 6pm South Lanes 1pm-10pm Snack Bar 1pm-10pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm</p>	<p>27 A&FRC 8am - 5pm Brew U 9am - 5pm CDC 7am - 5pm The Commons 12pm-6:30pm Levitow 9am - 6pm South Lanes 8am-10pm Snack Bar 6:30am-10pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm Youth Center 7am - 5pm</p>	<p>28 A&FRC 8am - 5pm Brew U 9am - 5pm CDC 7am - 5pm The Commons 12pm-6:30pm Levitow 9am - 6pm South Lanes 8am-10pm Snack Bar 6:30am-10pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm Youth Center 7am - 5pm</p>	<p>29 A&FRC 8am - 5pm Brew U 9am - 5pm CDC 7am - 5pm The Commons 12pm-6:30pm Levitow 9am - 6pm South Lanes 8am-10pm Snack Bar 6:30am-10pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm Youth Center 7am - 5pm</p>	<p>30 A&FRC 8am - 5pm Brew U 9am - 5pm CDC 7am - 5pm The Commons 12pm-6:30pm Levitow 9am - 6pm South Lanes 8am-11pm Snack Bar 6:30am-11pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm Youth Center 7am - 5pm</p>	<p>31 Brew U 9am - 5pm The Commons 12pm-6:30pm Levitow 9am - 6pm South Lanes 12pm-2am Snack Bar 12pm-2am Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm</p>
<p>1 Levitow 9am - 6pm South Lanes 1pm-10pm Snack Bar 1pm-10pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm</p>	<p>2 Brew U 9am - 5pm Levitow 9am - 6pm South Lanes 1pm-10pm Snack Bar 1pm-10pm Tumbleweed DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm</p>	<p>3 RESUME NORMAL HOURS Tumbleweed DFAC Mesquite DFAC Cooper Hall DFAC Breakfast 7am - 9:30am Lunch 11am - 1:30pm Dinner 4:30pm - 7pm</p>	<p>4 RESUME DFAC NORMAL HOURS</p>			



Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe



Colossal Cookie Drive
 December 19-22 • 8am - 5pm
 Drop-off point is Hangar 1, Bldg. 340
 Team Sheppard Event benefitting
 the 82nd TRW and 80th FTW

**GOAL IS
 17,000 COOKIES!!**

- Awards for the most cookies submitted by squadron or office - judged by quantity! Please mark cookies with unit/org and total donated.
- Cookies can be homemade or store bought!
- All cookies will be distributed to all base Airmen
- Sponsored by The Commons and Co-hosted by OSC, ESC, Top 3, First Sergeants Association and Sergeants of ENJJPT.

The Commons 2100-2113
 Call 678-227-2113
 Download the Sheppard app

The 82 Force Support Squadron cordially invites Retirees and immediate family members, permanent party enlisted, officers & military family members to partake in our traditional meal on Christmas Day.
 December 25 1100-1400 Tumbleweed DFAC



First Thursday
 Sheppard Club
 Held in conjunction with Pancakes with Santa
 December 1 • 4:30pm - 8:30pm
 Bars open at 4pm

Pancakes with Topping Bar
 Bacon & Sausage

Members - FREE
 Non-Members - \$5

Sheppard Club Bldg. 340
 Call 678-227-2113 for info
 Download the Sheppard app

PANCAKES WITH SANTA
 SHEPPARD AFB 2016

December 1 • 5pm - 8:30pm

- SAFB Tree Lighting Ceremony - Ave. E & 1st St. - 5pm - 6:25pm
- Presley's Circle Holiday Carol Competition Voting - 5pm - 8:45pm
- Performance by the Sheppard Elementary Choir - 6:00pm
- Holiday Carol Competition Winners Announced - 6:20pm
- Annual Tree Lighting Ceremony - 6:25pm
- Santa & Mrs. Claus Arrive at the Sheppard Club - 6:30pm
- Santa's Kitchen at the Sheppard Club - 6:30pm - 8:30pm
- Enjoy pancakes with Santa!
- Pancakes with Topping bar, sausage & bacon, coffee or hot chocolate
- Members - FREE, Non-Members - \$5
- FREE Family Activities - 6:30pm - 8:30pm
- Photos with Santa - Bring your camera!
- Make & Take Holiday Crafts!
- Play games and win prizes in Rudolph's Playground!

SHEPPARD CLUB

UFC 206

MEMBERS - FREE
 NON-MEMBERS - \$5

**DOORS OPEN AT 6PM
 PRELIMS - 7PM - MAIN CARD 9PM**

CORMIER vs JOHNSON 2
 WORLD LIGHT HEAVYWEIGHT CHAMPIONSHIP

HOLLOWAY vs PETTIS
 FEATHERWEIGHT BOUT

DEC 10 SATURDAY ON PPV

Sheppard Club Bldg. 340
 Call 678-227-2113 for info
 Download the Sheppard app



Community Board



82D FORCE SUPPORT SQUADRON

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FAMILY & CHILD CARE



TINKER AFB DECEMBER 2

Skills Mastery And **SMART Girls** Resistance Training Lock-In

Depart Madrigal Youth Center at 7pm, Return by 9:30am

Learn about SMART Girls during our lock-in!

COOKING, ART, FITNESS & FUN!

Members \$20 • Non-Members \$25
Girls ages 8-18 • Sign up by December 1

Madrigal Youth Center, Bldg 196
Call 878-5437 for more info
Download the MyAirForceLife App

82D FORCE SUPPORT SQUADRON



Madrigal Youth Center

10 DECEMBER Saturday
6pm - 11pm

CRAFTS
GAMES
ACTIVITIES
SNACK

\$20 Members • \$24 Non-Members

PARENTS NIGHT OUT

Ages 5 (in Kindergarten) - 14 • Register by December 9 at 6pm

Madrigal Youth Center, Bldg 196
Call 878-5437 for more info
Download the MyAirForceLife App

82D FORCE SUPPORT SQUADRON

FAMILY BINGO NIGHT

MADRIGAL YOUTH CENTER
DECEMBER 16 • 6:30PM - 8:30PM
\$4 PER CARD
ALL FAMILIES WELCOME!
PRIZES & LIGHT REFRESHMENTS PROVIDED.

Madrigal Youth Center, Bldg 196
Call 878-5437 for more info
Download the MyAirForceLife App

82D FORCE SUPPORT SQUADRON



Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe

AIRMEN IN TRAINING



THE AIRMAN'S CLUB PRESENTS



NOVEMBER 5 & 26
DECEMBER 17

KARAOKE NIGHT

Bring your friends and come sing your
Lots of music selections to choose from

Airman's Club, Bldg. 649
Call 678-7886 for info
Download the MyAirForceLife App



**Airman's Club
December
Holiday Hours**

**Closed December 19 -
December 31**

Re-open January 6

Airman's Club, Bldg. 649
Call 678-7886 for info
Download the MyAirForceLife App

AIRMAN'S CLUB HOSTS A SUPER NIGHT OF FIGHTS

UFC 206: CORMIER vs. JOHNSON 2



DEC 10 • DOORS OPEN AT 6PM

COME EARLY TO GET YOUR SEAT!

MEMBERS - FREE

NON-MEMBERS - \$3

\$7 PITCHER SPECIALS DURING FIGHT!

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

AIRMAN'S CLUB

DECEMBER 16 • 9PM - 1AM

**Spodus
BASH**

GAMES • PRIZES • FOOD & DRINK SPECIALS

CLASSIC HOLIDAY MOVIES PLAYING ON THE BIG SCREEN!

DJ TREE PLAYING THE BEST DANCE MUSIC ALL NIGHT!

Airman's Club, Bldg. 649
Call 940-676-7886 for info
Download the MyAirForceLife App



Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe

RECREATION & FUN



"CELEBRATING AIRMEN" EXODUS 2016 ACTIVITIES

A&FC • 676-4358
Open for walk-in appointments • December 22-24, 29-31 • 8am - 5pm
The A&FC offers a variety of services and activities to promote personal and family resiliency skills - Financial Assistance, Resume Writing, Relocation Assistance, School Liaison Officer, Employment Assistance & More.

Levitow Fitness Center • 676-2972
9am - 6pm • 24 hour fitness available to those with access
Kickball Tournament • December 23
Dodgeball Tournament • December 28
3 Point Shooting Contest • December 29
Wallyball Tournament • December 30
Million Pound Club and Race Across Texas will continue thru Exodus!
Don't forget to track your weight lifting and running to keep working toward that goal!

The Commons • 676-4136 • 12pm - 6:30pm
Star Wars Movie Marathon • December 27
Featuring: "Episode 1 - The Phantom Menace" - 1:30pm - 3:45pm
"Episode 2 - A Attack of the Clones" - 3:45pm - 6:10pm
Star Wars Movie Marathon • December 28
Featuring: "Episode 3 - Revenge of the Sith" - 1:30pm - 3:40pm
"Episode 4 - A New Hope" - 3:40pm - 5:45pm
Star Wars Movie Marathon • December 29
Featuring: "Episode 5 - The Empire Strikes Back" - 1:30pm - 4:30pm
"Episode 6 - Return of the Jedi" - 3:40pm - 5:35pm
Star Wars Movie Marathon • December 30
Featuring: "Episode 7 - The Force Awakens" - 1:30pm - 3:40pm
Video Game Tournament • December 30
1:30pm - 6pm - Hosted by AAFC & Gamespot

South Lanes Bowling Center • 676-7174
Snack Bar - see calendar for hours
Try something new! Head over to the snack bar for pancakes & sausage or a double cheeseburger!

Exodus Bowling Specials • December 23 - January 2
\$1.75 per game all day long! or All Special Cheeseburger, fries & drink plus 3 games and shoes for \$10

New Year's Eve Party - Colorama Bowling • December 31 • 10pm - 2am
3 games, \$20 per person, \$1.75 per game after
Strikes with a colored pin in certain positions win cash! Free party favors & champagne!

Brew U • 676-0751
see calendar for hours
Stop by for a Latte and to take advantage of FREE WiFi!

SHEPPARD AIR FORCE BASE
FORCE SUPPORT SQUADRON

FREE BOWLING AT SOUTH LANES

December 24 • 11am - 3pm
December 31 • 12pm - 4pm

3 GAMES OF BOWLING WITH SHOE RENTAL FOR THE FIRST 100 BOWLERS EACH DAY

South Lanes, Bldg 318
Call 840-676-2170 for details
Download the MyAirForceLife App

New Year's Eve Colorama Celebration

South Lanes • 10pm - 2am
\$20 per person
3 games
\$1.75 per game after
Strikes with a colored pin in certain positions win cash!
Free party favors & champagne!
Call 676-7174 for more info

South Lanes, Bldg 318
Call 840-676-2170 for details
Download the MyAirForceLife App

SOUTH LANES HOLIDAY BOWLING TOURNAMENTS DECEMBER 17-18

AIT No-Tap Singles
\$15 entry fee per person
Qualify Saturday at 1pm and 3pm or Sunday at 1pm
Step Ladder Final at 3pm
Multiple entries allowed, only highest will qualify
Will pay one place for every five entries
Sign up at least 20 minutes before squad starts

Handicap 4 Person Team - Open to all league bowlers
\$60 entry fee per team
Use highest league average from 2015-16, if no current average bowler will use 220
Handicap will be 90% of 880 for the team - there is a cap of 880 per team
Qualify Saturday at 1pm and 4pm or Sunday at 1pm & 4pm
Bowlers may re-enter, but there needs to be at least 2 different bowlers on the team
Team with highest handicap score wins
Will pay one place for every five entries
Sign up at least 20 minutes before squad starts

SUPPORTED BY FORCE BASE
FORCE SUPPORT SQUADRON
South Lanes, Bldg 318
Call 840-676-2170 for details
download the MyAirForceLife App

Festival of Lights Chikasha, Oklahoma

Saturday, December 10 • 4 pm - 12 am
\$30 per person (dinner included)

- One of a kind gift shop available with scrumptious holiday favorites
- Dinner at the A&E Grill (\$15 cap per person per meal)
- Sign up by December 7th at Outdoor Recreation

Outdoor Recreation, Bldg 4999
Call 840-676-4444 for more info
Download the MyAirForceLife App

Sponsored by
FORCE SUPPORT SQUADRON

Sign up at ODR by 7 Dec for the Festival of Lights Trip!!



Community Board



82D FORCE SUPPORT SQUADRON

Lt. Col Kyle A. Moe



INSTRUCTIONAL CLASSES

Glass Fusing Workshop

Christmas Village

November
The Commons

- \$95 per person
- 8 day workshop to create unique holiday village consisting of 4 buildings and 3 trees
- additional village pieces can be added (\$15 per piece or more)



Create your own village at your own pace!



Cocktails and Canvas

Friday, November 18
6pm - 9pm
Register by November 16

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

Friday, January 12

\$25 per person - 1 instructor Laura Moe provides masterpieces/Refreshments & share. Must be 18 or older. Use space is limited.

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





Community Board



AIRMEN & FAMILY READINESS CENTER Mrs. Michelle Schroeder



Sun	Mon	Tue	Wed	Thu	Fri	Sat
729 9th Ave Bldg 962 Sheppard AFB 676-4358	FIND US ON FACEBOOK 			1 	2	3
4 Study Skills & Test Taking EVERY Tuesday @ 1530 Call 676-4358	5 	6	7 O-1 Financial Brief 0900-1000 FTAC / 1300-1600	8 Key Spouse Training 1000-1200 or 1800-2000	9	10 Support Group Breakfast w/ Santa 0830-1030
TAP (Dec 5-9) 0800-1630						
11 Parent & Tots Playgroup every Wednesday @ 1000 Solid Rock Cafe	12 Sheppard START 0800-1200 Community Center	13 Bundles for Babies 0830-1130 Smooth Move 0900-1000 WIC Representatives 1300-1600	14 WIC Representatives 0830-1600	15 5 Languages of Appreciation 1100-1300	16 USAJobs Workshop 1130-1230	17
18 Need to talk to someone? The MFLC is available by calling 940-781-6531 or 940-704-4684	19 	20	21 1st Day of Winter 	22	23	24 Hanukkah
25 Merry Christmas 	26 Holiday 	27 Family Day 	28	29 	30	31 New Year's Eve

*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

Feast of the Immaculate Conception Mass @ 1730

Breaking Bread Fellowship Meal

Wednesday 7 December @ 1830

Chaplain Corps Christmas Carols Worship Service

Tuesday 20 December @ 1700

24 December No Vigil Mass

Sunday 25 December Christmas Day Mass @ 0900

No Faith Formation 25 December

31 December No Vigil Mass

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

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



82 TRW/ HC

Reoccurring Spiritual Resiliency Opportunities

- **RELATIONSHIPS & COMMUNICATION**

- Weekly Catholic, LDS and Protestant Worship Services – Strong Faith / Strong Relationships
- LDS Home Evening (Thurs – 1130 & 1800 @ SRC) Spiritual Resiliency
- Catholic Religious Education (Sunday – 1030 @ SDC) Spiritual Resiliency
- Protestant /PMOC/PWOC/Spiritual Formation (@SDC) Spiritual Resiliency

- **SAVE the DATE**

- SGI Buddhist Service 2nd Sunday each month (Beginning 13 Nov, 1400 @ SRC)
- Muslim Services Coming Soon (Time & Place TBD)
- Dr. Gary Chapman (6 Dec, 0730, 1400, 1630 & 1900 @ Theater) Relationship Resiliency
- Christmas Lessons & Caroling (Tuesday, 20 Dec, 1730 @ Chapel) Spiritual Resiliency





Community Board



82 MDOS/FAMILY ADVOCACY

Ms. Tiffany Esparza, FAOM

December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Advocacy Program 940-676-2271 New Parent Support 940-676-7239 *Call to sign up for groups/seminars		<i>"To be in your children's memories tomorrow, you have to be in their lives today."</i> <i>-Barbara Johnson</i>		1 Story Time Every Thursday 1030-1130		
4	5	6	7	8 Kids will be Kids 1130-1230	9	10
11	12 Sheppard Start/Right Start 0730-1130 CAC	13 International Spouses Club 1000-1200 N. Chapel Annex	14	15 Story Time 	16	17
18	19	20	21	22 Good Touch/Bad Touch 0800-0900 Stress Awareness 1300-1400	23	24
25 Happy Holidays! 	26 HOLIDAY!! 	27 Enjoy your Family! 	28 Genuine Relationships 1130-1230 Anger Awareness 1500-1600	29 Story Time 	30	31



Community Board



82D MEDICAL GROUP

Col Kelly-Rank

SHEPPARD CLINIC LOOKING FOR VOLUNTEERS

- Many volunteer opportunities
- Contact Red Cross for information

SHEPPARD CLINIC CLOSURES

- Christmas Holiday Monday 26 December
- AETC Family Day Tuesday, 27 December

SHEPPARD CLINIC COMMUNITEE OUTREACH

- Coffee and Conversation
 - Wednesday, 14 December @ 0830 at "The Commons"
- TRICARE and Medicare – TRICARE Plus/TRICARE For life
 - Thursday, 15 December @ 1000 –Medical Group Basement Assembly Area
- Retiree Benefit Outreach
 - Tuesday, 20 December @1000 at Retiree Activities Office



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



82D MEDICAL GROUP

Col Kelly-Rank

FLU SHOTS AVAILABLE AT NETWORK PHARMACIES

Vaccines administered at your retail pharmacy usually don't require an appointment and use the same effective medications as your physician's office. Be sure to get your vaccine from the pharmacist at the pharmacy, **not from the clinic**. Before you visit the pharmacy, call to verify their current vaccination schedule, availability and any age restrictions. Be sure to present your military ID at the time of service. Don't get the vaccine from an onsite medical clinic at the pharmacy, or you will have to pay the entire cost of the medication.

Wal-Mart – 2700 Central Freeway; 940-592-4157

United Pharmacy – 2522 Iowa Park Road; 940-322-1114

United Pharmacy – 311 S Av D (Burkburnett); 940-569-3319

United Pharmacy – 4590 Kell Blvd; 940-692-3443

Downtown Pharmacy – 1100 Scott Av; 940-767-4345

Integrated Pharmacy – 516 Denver St STE 200; 800-499-1138

Gruffy's Drug Store – 1610 9th Street; 940-322-8626

Franklin Pharmacy – 1013 Brook Av; 940-723-7145

Park Plaza Pharmacy – 1900 9th Street; 940-322-5492

Boomtown Drug – 514 S Oklahoma Cut Off (Burkburnett); 940-569-5600

Iowa Park Pharmacy – 405 SE Access Road (Iowa Park); 940-592-2731

Hughes Pharmacy – 120 W Park Av (Iowa Park); 940-592-4192

CVS - 4600 Southwest Pkwy; 940-696-0141

CVS – 3201 Seymour Hwy; 940-766-1939

Harvest Drug and Gift – 4426 Kell Blvd; 940-692-7081



Community Board

ARMY & AIR FORCE EXCHANGE SERVICE

Mr. Daniel E Wise

THE BENEFITS ARE POPPING UP ALL OVER

PURCHASED AT 0% PROMOTIONAL INTEREST RATE AND EARNED 264 POINTS

EARNED A REWARDS CARD AND BOUGHT A NEW BLOUSE

SAVED 10% ON FOOD COURT PURCHASES AND EARNED 25 POINTS

NO ANNUAL, LATE OR OVER-LIMIT FEES.
Start building credit safely and affordably with the MILITARY STAR card.
Fair and flexible terms: just one of the many ways we're rewarding those who serve.

SAVE 10% ON YOUR ENTIRE FIRST DAY'S PURCHASE
APPLY ONLINE AT MyECP.com OR VISIT YOUR LOCAL EXCHANGE

OUR HONOR TO SERVE YOU

MILITARY STAR® EXCLUSIVE PROMOTION

Your Holiday Bill Is on Us" Sweepstakes

- 1 November-**31 December 2016**
- Customers receive 1 entry into sweepstakes every time they use their MILITARY STAR card at any Exchange location or online
- **Prizes:**
 - Grand Prize (3) – Entire MILITARY STAR balance paid (min. \$2,500)
 - Second Place (10) - \$1,000 statement credit
 - Third Place (25) - \$500 statement credit
- Official rules available at MyECP.com

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

Fine Jewelry 0% Promotion

- 30 September-**29 December 2016**
- Customers receive 12 months no interest or payments on their fine jewelry purchase of \$999 or more when they use their MILITARY STAR card
- In-store plan: **42842**
- Featured in weekly tabloids and WK57 Gift Guide, WK64 Bridal Book and WK71 Gifts for the Holidays specialty books

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



Community Board



DEFENSE COMMISSARY AGENCY

Ms. Donna Romolton



- **“Your Turkey Could BE Free” Recipe/ Coupon Booklet Valued at more \$59.00 Expires 31 December.”**
- **“Get your Fresh Turkey at the Commissary Now”**
- **Holiday Hours for Christmas**
- **Open –Monday -19 December - 0900-1700**
- **Christmas Eve-24 December – 0700-1600**
- **Christmas Day- 25 December – Closed**
- **Holiday observed -26 December- Closed**



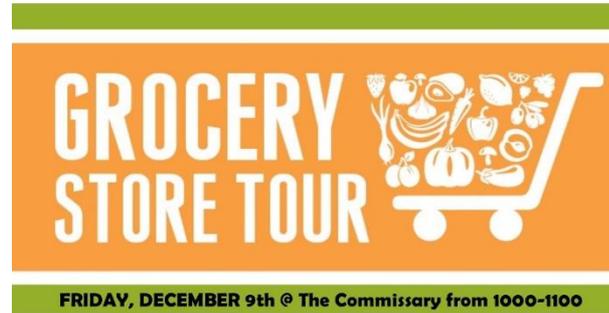


Community Board



HEALTH PROMOTIONS FLIGHT

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



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

Confused about what to buy and what to avoid at the grocery store?

Shopping for healthy meals doesn't have to be overwhelming!

Join me for a group grocery store tour and you'll discover:

- What to really look for on food labels
- How to separate fact from fiction and avoid hype and fad diets
- If organic matters, and is it worth it?
- What makes super foods super?
- Fun tips for choosing on-the-go snacks that are easy, delicious, and nutritious!
- How to answer the question, "What's for dinner?"

You'll walk away from your tour a savvy shopper with a step-by-step action plan for shopping and eating healthy!



Contact: Saralauren Peacock, MS, RD, LD
to reserve your spot in our tour.
Phone: 940.676.6003 or 940.676.5831



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 Promotion 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

AMERICAN RED CROSS

Mr. Manuel Carrillo

For Class Information
www.redcross.org/courses

1 800-RED CROSS



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 877-273-7332.

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





Give the perfect gift.
Give blood.

Blood Drive
American Red Cross North Central Texas Chapter
Conference Room
1809 5th Street
Wichita Falls, TX 76301
Monday, December 05, 2016
12:00 PM to 6:00 PM

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter: arcwchitafalls to schedule an appointment.



Scan to schedule an appointment.

Give Something that Means Something.[®]
Download the Blood Drive App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

Blood Drive
Sheppard AFB
Tuesday, December 6, 2016

Solid Rock Café
Sheppard AFB
Wednesday, December 7, 2016
Thursday, December 8, 2016
11:00AM to 6:00PM

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



#chooseyourday



100 Days of SUMMER
100 Days of hope



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

Merry Christmas

Feliz Navidad

Feliz Natal

God Jul

Glaedelig Jul

Buon Natale

Merii Kurisumasu

Zalig Kerstfeest

Happy Christmas

Joyeux Noel

Boas Festas

Milad Mubarak

Frohliche Weihnachten

Kala Christougenna



❖ Our meetings are held on the 2nd Tuesday of the month in the Chapel Annex at 10:00am. The next one is December 13.

❖ 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



Dec 1	Jack Reacher: Never Go Back (PG-13)	1900	
Dec 2	Hacksaw Ridge (R)	1900	
Dec 3	Trolls (PG)	1400	
	Dr. Strange (PG-13)	1630	
	Hacksaw Ridge (R)	1930	
Dec 4	Dr. Strange (PG-13)	1500	
Dec 5-7	CLOSED		
Dec 8	Keeping Up With The Jones (PG-13)	1900	
Dec 9	Almost Christmas (PG-13)	1800	
	Doctor Strange (PG-13)	2100	
Dec 10	Trolls (PG-13)	1400	
	Almost Christmas (PG-13)	1700	
	Hacksaw Ridge (R)	1900	
Dec 11	Almost Christmas (PG-13)	1500	
	Title (PG-13)	2100	
Dec 12-14	CLOSED		
Dec 15	Almost Christmas (PG-13)	1900	
Dec 16	Star Wars – Rogue One (PG-13)	1900	First Run Feature
Dec 17	Star Wars – Rogue One (PG-13)	1400	First Run Feature
	Star Wars – Rogue One (PG-13)	1730	First Run Feature
	Star Wars – Rogue One (PG-13)	2100	First Run Feature
Dec 18	Star Wars – Rogue One (PG-13)	1500	First Run Feature
Dec 19-20	CLOSED		

Go online to get our updated schedule!

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



Community Board



BIG BROTHERS BIG SISTERS

Vicki McCann



- ♥ Be a Mentor to a Child in our Community.
- ♥ Bigs are matched with Littles based on similar interests.

- One year commitment
- Meet with your Little at least four hours per month.
- Do fun activities together and just be a friend.

Call us for any questions 940-767-2447

You can also learn more about our organization www.bbbstx.org

Thanks for changing the life of a child! Start **SOMETHING!**

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!

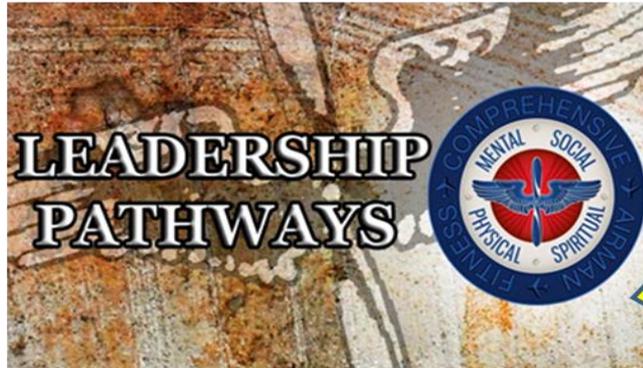
Social Domain - The ability to engage in healthy social networks that promote overall well-being and optimal performance. A candidate should be visible and engaged in his/her unit, base and community through active participation in working groups, councils and volunteering.

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

DoD & Contract Civilians

Do it For You Your Way!

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.



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:

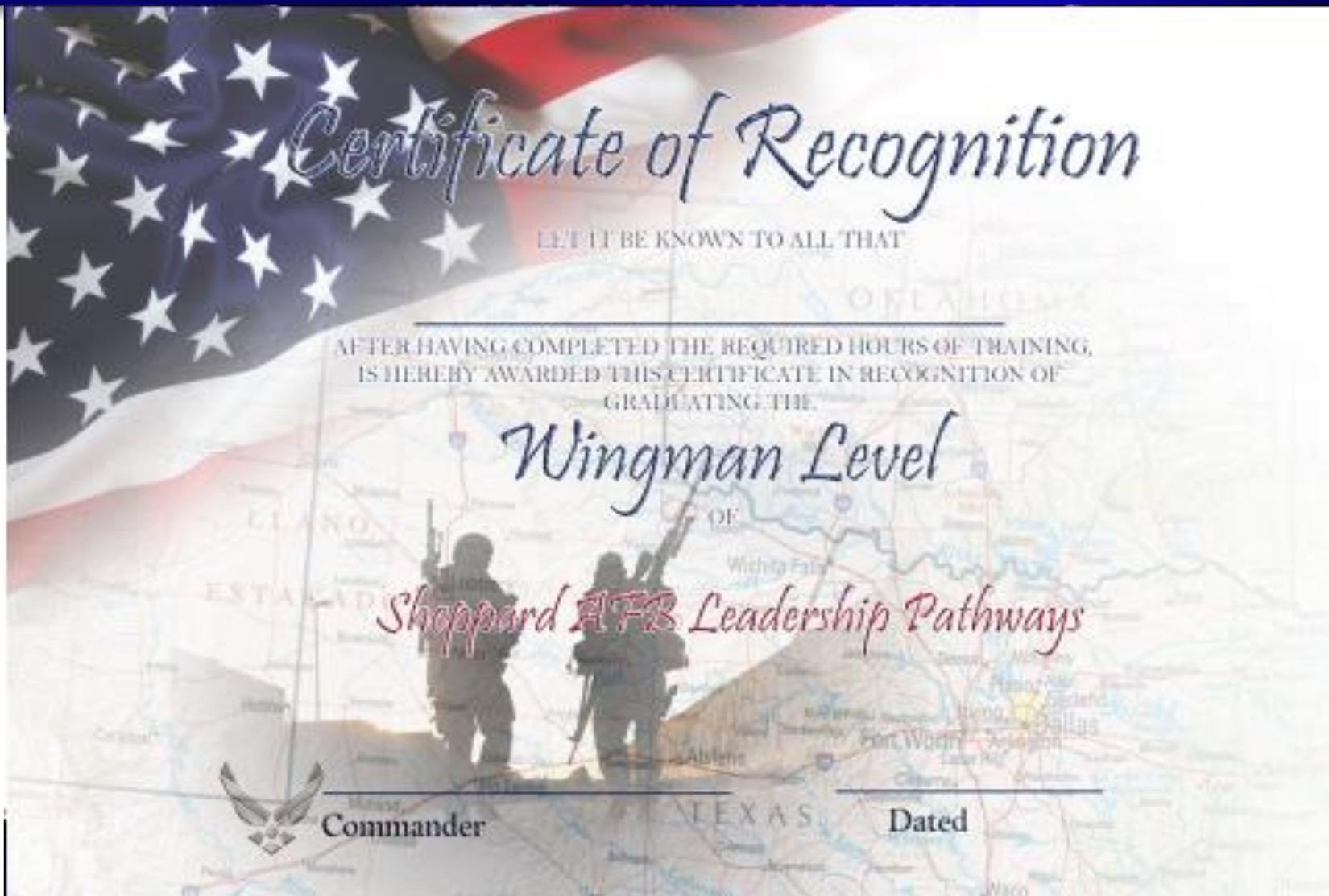
20 cumulative hours, Wing recognition

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

