



Sheppard Air Force Base, Texas - March 8, 2019

Visit the [Sheppard homepage](#) for more news and information



Main Gate to close as construction set to begin March 11

By John Ingle

The Main Gate will shut down March 10, 2019, at 6 p.m. in preparation for construction at Sheppard Air Force Base, Texas. Construction begins March 11. The Missile Road Gate and Visitor Control Center will be open 24/7. [Click here for more information.](#)



Army names 362nd TRS instructor best of quarter

By Airman 1st Class Madeleine E. Remillard

Tech. Sgt. Casey Andersen is an instructor for Sheppard AFB's 362nd Training Squadron Detachment 1 UH-60 helicopter maintenance course at Joint Base Langley-Eustis. He was recently recognized as Distinguished Instructor of the Quarter for the Army's 128th Aviation Brigade, the best out of more than 500 instructors.

[Click for article.](#)



Women's History Month:

Marvelous 5K Event

Tomorrow

The superhero themed fun run will start

8 a.m. at The Pavillion Center

Register at the Levitow or Pitsenbarger

fitness centers.



..... Train, Develop and Inspire Warriors: Combat Capability Starts Here

SHEPPARD IN PHOTOS

See more at: www.sheppard.af.mil





WORD ON THE TWEET

Pilots coming home.

@USAirForce pilots from the 480th Expeditionary Fighter Squadron return to @Spangdahlem_AB after spending

Check out this snowblower!

A UH-60 Black Hawk helicopter lands as @USArmy paratroopers huddle to protect a mock casualty from the rotor

#USAF B-1B Lancer bomber and a Qatari Mirage 2000 fly in formation, Feb. 19, 2019. The aircraft participated with regional partners to test



Have content for The Herd?
Submit requests by close of
business Wednesday.

82trwpa.1@us.af.mil

FSS EVENTS

Free Bowling

10 a.m.-4 p.m., Monday-Friday
South Lanes

T-Ball/Baseball/Soccer Registration

Today is the last day for registration
Youth Center

Spring Break Camp

Sign up now
March 18-22

Boys Lock-in

9 p.m.-8 a.m.
Tonight
Madrigal Youth Center



Sheppard AFB
Airman's Council
For airmen, by airmen.
WWW.AIRMANSCOUNCIL.COM/USAF/AFB/AFMANSCOUNCIL

NEXT MEETING WILL BE:

MARCH 13

3:30 P.M.

SHEPPARD CLUB

SAFETY CORNER

Drowsy Driving vs. Drunk Driving

by Derek Sonnier

82nd Training Wing Safety Office

WOMEN'S HISTORY MONTH
Visionary Women: Champions of Peace & Nonviolence

WOMEN'S PANEL & LUNCH
TRAILBLAZERS: OVERCOMING OBSTACLES
IN THE WORKPLACE

MARCH 27TH FROM 11:00 - 1:00 PM
AT THE
SHEPPARD CLUB

POC:
LT CODY CAMPBELL
PHONE: 940-676-8350

E-INVITATION BELOW:

[HTTPS://EINVITATIONS.AFIT.EDU/INV/ANIM.CFM?I=440125&K=066542087952](https://einvitations.afit.edu/inv/anim.cfm?i=440125&k=066542087952)

If you've ever gotten behind the wheel while feeling drowsy, you're not alone. Sixty percent of adults in the U.S. have done it and around one-third of people have actually fallen asleep at the wheel. Though driving while exhausted may seem relatively harmless, it has serious consequences. You could get into a car accident and possibly harm yourself or someone else.

Drowsy driving is dangerous because sleep deprivation can have similar effects on your body as drinking alcohol. Being awake for 18 hours straight makes you drive like you have a blood alcohol level of .05 (for reference, .08 is considered drunk). If you've been awake for a full 24 hours and drive—say, after a night where you just couldn't fall asleep—it's like you have a blood alcohol level of .10.

Both drowsy driving and drunk driving make it hard to pay attention to the road, and negatively impact how well you can make fast decisions. But as similar as they are, drowsy driving and drunk driving don't always look the same on the road. A drunk driver can often drive slowly and try to react, but a drowsy driver can nod off while still going fast. So, drowsy drivers don't always brake or swerve if something happens in front of them.

Whenever you're a driver or a passenger, you can help keep yourself and others safe by looking out for red flags. Signs of drowsy driving are trouble focusing, heavy eyelids, an inability to remember the last stretch of road that you just drove, yawning constantly, bobbing your head, and drifting from your lane. If this starts to happen while you're driving, pull over if you can do so safely and take a 20-minute nap or buy a cup of caffeinated coffee to help keep you alert. If you have someone else in the car, switch drivers. Also, driving during your most alert period of the day (like in the morning, instead of late at night) is a good idea. Taking these simple precautions will help lower your risk and stress level during a road trip.

Source: <https://www.sleepfoundation.org/>

..... Train, Develop and Inspire Warriors: Combat Capability Starts Here

VOLUNTEER OPPORTUNITIES



HUMANE SOCIETY OF WICHITA FALLS

- Seeking energetic volunteers to interact and exercise with second chance dogs and cats who are waiting to be adopted to their new FURR-ever home
- Seeking volunteers with special skills in general facility maintenance (electrical, carpentry, HVAC, etc.)
- Seeking volunteers who are interested in helping to update and manage the Humane Society's Facebook and other social media
- For more information please contact Cheryl Miller at 940-855-4941 or email director@humanesocietyofwichita.org/If you are interested please text Paul Cancino at 915-274-9869/Stop by any time Monday thru Saturday 11 a.m.-6 p.m.: 4360 Old Iowa Park Road Wichita Falls, Texas, 76305.

COWBOY TRUE, ARTS COUNCIL WICHITA FALLS AREA

- Volunteers needed for traffic and parking assistance, March 29-30 at the Woman's Forum on Speedway, 2120 Speedway Ave. in Wichita Falls.
- Contact Jerry Smyers at 940-631-2589 for more information.

FAITH REFUGE

- Volunteers needed for the local homeless shelter for women and children and various projects.
- For more information, contact Sherry Hill at 940-322-4673/2017

AIRMEN AGAINST DRUNK DRIVING (A2D2) VOLUNTEERS

- Volunteers to cover CQ duty, drivers and escorts
- Friday and Saturday nights; volunteer shifts are from 8:30 p.m.-12:30 a.m.
- Located at Sheppard Lodging for CQ duty and on-call for drivers and escorts. email SheppardAADD@us.af.mil

THE UPSIDE

- Volunteer group to assist families who have children with Downs Syndrome.
- Monthly meetings are held with guest speakers to provide information on their services.
- Parents can share experiences with other parents
- For more information email misti@theupsideWF.org or visit the website www.theupsidewf.org

SATURDAY BUILD DAYS

- Help build a home for a local family
- Every Saturday - 8 a.m.-noon, 1-4:30 p.m.
- Located at designated Habitat Build site
- Scope of work will change each weekend as we complete stages of construction. For more information contact Dan at 940-716-9300 or volunteer at www.vol-habitat@habitatwf.com

WICHITA FALLS COMMUNITY ORCHESTRA

- Concerts held throughout the year volunteer times: WFCO rehearses Monday nights at 7 p.m.
- We welcome all musicians (especially strings).
- Formal auditions are not required. Good rehearsals mean good performances although we realize not everyone can attend every rehearsal, we do require a sincere level of commitment.
- To sign up or for more information email WFCCommunityOrchestra@gmail.com or visit www.wichitafallscommunityorchestra.com

VOLUNTEER OPPORTUNITIES



PRODUCE EXPRESS BAGS

- Help to assemble fresh produce for distribution
- Any Tuesday or Wednesday; Volunteer Times: 8 a.m.-5 p.m.
- Located at 1230 Midwestern Parkway
- For more information email betsilujan@wfafb.org. To sign up call 940-766-2322 or email wendellgriffin@wfafb.org

Big Brothers, Big Sisters 940-767-2447 or wfinfo@bbbstx.org

Patsy's House 940-723-1646

Children's Aid Society 940-322-3141

**Boys and Girls Club of Wichita Falls and
Burkburnett** 940-322-2012

Christmas in Action 940-696-9393

Read 2 Learn January Jones 940-235-1009
or jbjones@wfisd.net

Faith Mission 940-723-5663

Salvation Army 940-687-2051

Faith Mission Donation Center 940-766-0705

Faith Refuge 940-322-4673

Wichita Falls Adult Literacy Council 940-
766-1954

First Step 940-723-1646

Food Bank 940-766-2322

Wichita Falls Area Food Bank 940-766-
2322 terrymorton@wfafb.org

Sheppard AFB Thrift Shop 940-676-3173 or DSN 736-3173

Wild Bird Rescue 940-691-0828 or
paige29072@yahoo.com

Habitat for Humanity 940-716-9300

Whispers of Hope 940-696-8044

News Notes



Sheppard Summer Hires

Sheppard is hiring lifeguards for the Summer Hire Program. The vacancies can be found at

<https://www.usajobs.gov/GetJob/ViewDetails/525259500#>.

Application are due by 4 p.m., March 15. For more information email mark.rangel@us.af.mil.

Public Affairs streamlining multimedia work order process

- Support for graphics, video and command information products will begin once an AF IMT 833 is submitted to public affairs by email to 82.trw.pav@us.af.mil. Products approved for public affairs support include still photography, motion photography, audio, video, photo and broadcast journalism products, and graphics as wells as news and feature articles to be published on the Sheppard Air Force Base public web-site at www.sheppard.af.mil.
- Requesters must complete items 7-12, 16-22, and 24 on the AF IMT 833. Work will not be authorized until the requester completes each field as required. This is to ensure the public affairs staff has the most accurate and descriptive information needed to successfully complete the request.
- Customers needing official photos can call the photo studio at 940-676-6620 or 940-676-2732 to schedule an appointment. An AF IMT 833 will be filled out electronically during the appointment.
- The AF IMT 833 can be downloaded [here](#) or by going to the Public Affairs page on the Sheppard AFB public website. Call 940-676-7239 for more information.

Recruitment & Cross Training

Are you thinking considering cross training? If you find yourself at a career crossroads, and are interested in learning more about the Manpower career field, give us a call or stop by, we will be glad to discuss it with you further. If you possess a strong desire for outside the box thinking, are currently in a balanced or over-age AFSC, and in the grades of E-4 through E-7, with 4-to-15 years of service, you might be qualified for this opportunity. Contact Jim Getchell at 676-4935 to find out more.

Finance Office Hours

The Finance Office will be closed for training every third Wednesday of the month beginning on Jan. 16, 2019. Customer service hours on those days will be 1-4 p.m. As a reminder, customer service hours are 9 a.m.-4 p.m. Monday-Friday, with Tuesdays from 4-6 p.m. reserved for our AiT population. For more information call 940-676-4866.

Summary Court Officer

It is with deep regret that we announce the untimely demise of Senior Airman Zachary Shane Montgomery of the 80th Operations Support Squadron, Sheppard Air Force Base, Texas, 76311. Maj. David N. Andrews, duty phone 940-676-5617 or 940-676-4948, has been appointed Summary Court Officer. All claims for or against the deceased's estate must be submitted to the Summary Courts Officer, 80th OSS/ADO 940-676-5617.

Military Saves Week

During [Military Saves Week](#), come by the Airman & Family Readiness Center to get your free credit score when you complete a budget and spend plan. Also, learn how to increase your credit score and qualify for a better interest rate when making large purchases. Don't forget to ask one of our financial counselors about tax-free investment options for service members that deploy to a tax-free zone. For more information, call 940-676-4358.