



Sheppard Air Force Base, Texas - Aug. 23, 2019

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

PROMOTION NEWS

2019 SSgt RELEASE
August 22, 8:00 AM CDT
Eligible - 29,179
Selected - 14,235
Selection Rate - 48.79%



AF selects 51 Sheppard senior airmen in 19E5 promotion cycle

Fifty-one senior airmen from Sheppard AFB were selected for promotion as part of the 2019 Staff Sergeant Promotion Cycle.

In all, the Air Force selected 14,235 senior airmen for promotion out of an eligible group of 29,179 for a promotion rate of 48.79 percent.

[Click here for the article](#)



Sheppard ready to host riders for 38th Annual Hotter'N Hell

By John Ingle

The 38th Annual Hotter'N Hell Hundred is set to blaze through North Texas on Aug. 24, 2019, including a portion that sends thousands of riders through Sheppard AFB. **Map of the cyclist and vehicle routes linked in story.**

[Click here for the article](#)

Blue Mile at Air Force Marathon



The non-profit, wear blue, run to remember, is hosting the **Blue Mile** at the Air Force Marathon.

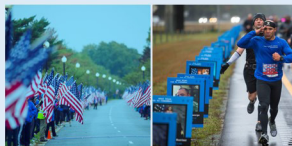
Runners and volunteers may request to honor a fallen service member on the course, with a special tribute display created by wear blue, run to remember.

Tribute display requests must be made by **August 23, 2019**.
<https://www.wearblueruntoremember.org/air-force-marathon-and-half-marathon>

Request a Tribute



Spread the word to your survivor community.



Volunteers line a mile of the course holding American flags with names of fallen service members embroidered onto attached ribbons.

Posters with the name and image of each fallen military member line the stretch leading up to the flags.



Contact your local Airman and Family Readiness Center for more information

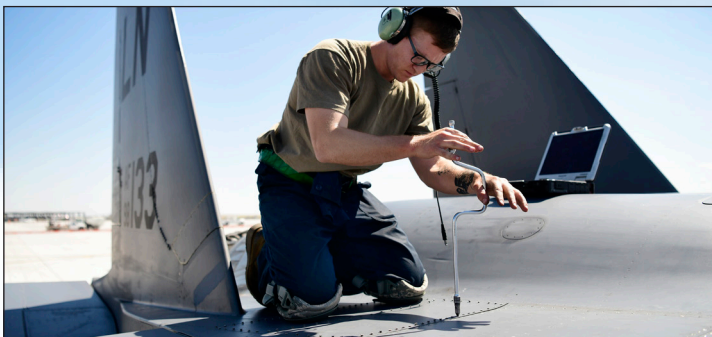
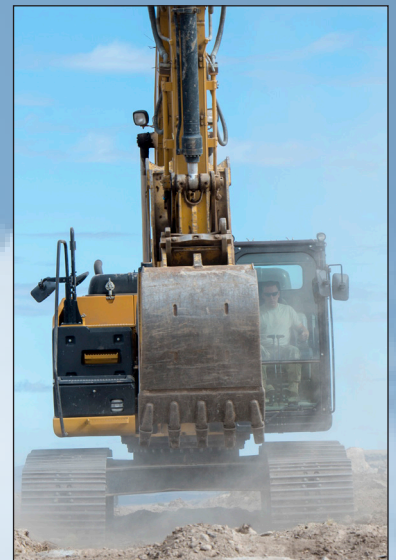


Train, Develop and Inspire Warriors: Combat Capability Starts Here



SHEPPARD Around the Air Force

See more at: www.af.mil





WORD ON THE TWEET

[When you see their distinctive beret, you know our bases, our resources and our Airmen are well-protected because of the dedication and pro-](#)

[What does the #USAF have in common with a 19th-century #Vampire?
https://www.dvidshub.net/news/332797/folklore-vampire-pos-](#)

[A day on the lake isn't such a drag. During water survival skills training, #Airmen experience what it's like to be dragged through the water to prepare](#)

NEW!! "Permanent Party" Walk-In Active Duty Sick Call

Where: Family Practice Clinic
When: 6:30-7:45 a.m., Monday through Friday

If you are a permanent party, active duty member and have a non-life threatening, urgent medical condition, come to the walk-in Active Duty Sick Call.

This is for urgent care medical needs ONLY (cough, cold, flu, ear infection, cuts, sore throat, burns, sprains, etc.) Members needing MEB, profile, referral requests or medication refills, access TRICARE On Line Secure Messaging or make an appointment by calling 940-676-CARE (2273).



Have content for The Herd?
Submit requests by close of
business Wednesday.
82trwpa.1@us.af.mil

SAFETY CORNER

Portable ladder safety By MacKenzie Dunmeyer

A ladder might be a common tool, but just like any other piece of equipment, it needs to be use correctly to be safe—something that happens far less than it should.

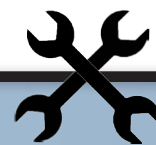
Every day 500 workers go the emergency room after a ladder-related incident and some of those workers die due to the seriousness of their injuries. We do see injuries to Sheppard personnel from ladders; typically in the off-duty realm. Ladders are also one of OSHA's top 10 violations year after year.

Here are some basic ladder safety tips to use:

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement. Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface.
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Properly engage locks on extension ladders.
- Do not exceed the maximum load rating of a ladder. Know the ladder's load rating and the weight it is supporting, including the weight of any tools or equipment.

Source: https://www.osha.gov/Publications/portable_ladder_qc.html

VOLUNTEER OPPORTUNITIES



VOLUNTEERS NEEDED PATIENT FAMILY PARTNERSHIP COUNCIL (PFPC)

- Calling all beneficiaries!! Sheppard Clinic is developing a Patient Family Partnership Council (PFPC) and looking for volunteers to sit on this committee. Serve where you can make a difference.
- Meetings are once a quarter during normal business hours. We are seeking one military retiree, TRICARE Plus patient, TRICARE for life patient and an active duty family member who are assigned to/actively use our facility.
- If interested, please contact 2nd Lt. Cody Campbell at 940-676-8350 or email either cody.l.campbell6.mil@mail.mil or natalie.j.henderson3.civ@mail.mil.

AIRMEN AGAINST DRUNK DRIVING (A2D2) VOLUNTEERS

- Volunteers to cover CQ duty, drivers and escorts Friday and Saturday nights from 8:30 p.m.-12:30 a.m.
- Drivers and Escorts will get a call from CQ at 8:30 p.m. to verify they are still available to be a driver or an escort. When CQ receives a request for a ride, CQ will call both driver and escort. Driver will pick up escort first, and then pick up requester.
- CQ will be at Sheppard Inn by 8:30 p.m. and get an AADD binder from the front desk. The binder has a list of volunteers (driver and escorts) and procedures for CQ. Food will be provided for CQ volunteers.
- Contact SrA Jaebeom Hwang at 940-676-4868 or jaebeom.hwang.1@us.af.mil to schedule your shift!

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, email director@humanesocietyofwichtacounty.org, connect on Facebook @hsowfc (main page) / @wichtafallspaws (volunteer/donation page), or stop by any time Monday thru Saturday 11 a.m.-6 p.m.: 4360 Old Iowa Park Road Wichita Falls, Texas, 76305.

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

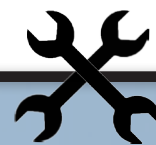
THE UPSIDE

- 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

VOLUNTEER OPPORTUNITIES



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

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

YOUTH COACHING OPPORTUNITIES

The Madrigal Youth Center is in need of an assistant Volleyball coach for kids ages 9-12 and several head and assistant flag football coaches for kids ages 5-9. If you are interested or have questions, please call 940-676-KIDS (5437) or email the sports director at lawrence.hein.3@us.af.mil.

FUN RUN TO BENEFIT WHISPERS OF HOPE

The Green Knights Military Motorcycle Club will host a Mystery Fun Run Sept. 14, 2019, starting at American Legion Post 202 located at 1101 E. Scott Ave. Registration is from 9-10 a.m. and cost is \$20 per bike or \$25 with a passenger. Whispers of Hope Horse Farm hosts a Wounded Soldiers Program the second and fourth Fridays of each month. Men and women who served in the military and are in search of peace, comfort and a sense of control pet, groom, ride and commune with the gentle giants. Whispers of Hope is dedicated to enriching the lives of mentally and physically challenged individual through equine therapy

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@wfid.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

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

Food Bank 940-766-2322

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



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.

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 well as news and feature articles to be published on the Sheppard Air Force Base public website 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.



GUARDIANS OF FREEDOM

SHEPPARD AIR SHOW

2019