



Sheppard Air Force Base, Texas - Nov. 8, 2019

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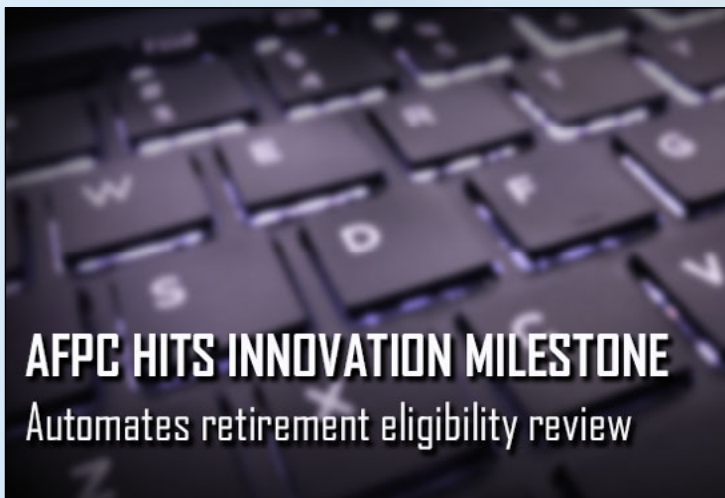


Indiana native ACEs munitions systems course

By Airman 1st Class Pedro Tenorio

Too much bragging could be a bit of a pain for others in the vicinity ... but then again, someone who catches a big fish doesn't walk home through an alley.

[Click for the article.](#)



AFPC improves military retirement eligibility process with automation

By Kat Bailey, AFPC Public Affairs

The Air Force's Personnel Center implemented an automated process Nov. 7 that provides Airmen with an immediate determination of their retirement eligibility and prevents unnecessary application processing.

[Click for the article.](#)



Train, Develop and Inspire Warriors: Combat Capability Starts Here

SHEPPARD IN PHOTOS

See more at: www.sheppard.af.mil



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



WORD ON THE TWEET

[Nigerien Air Base 201 is the largest @usairforce-led construction project in recent history.](#)

[Earlier this week #DOD's service secretaries spent some time with @EsperDoD discussing #mil](#)

[Chief Master Sgt. of the usairforce a sports critic? Tune in to espn today for Veteran's Day and](#)

SAFETY CORNER

By Derek A. Sonnier

DROWSY DRIVING vs. DRUNK DRIVING

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/>



Help us find the next
**Military Child
of the Year®
Award Winners!**

The Military Child of the Year® Awards - Fast Facts

What: The Military Child of the Year® (MCOY) Awards celebrate and recognize the tremendous achievements of seven outstanding military children, one from each branch of service and a special Innovation Award sponsored by Booz Allen Hamilton.

Who: Each year, 500+ children (ages 13-18) are nominated by a parent, teacher, mentor or guardian. Candidates for the MCOY Awards demonstrate resilience, strength of character, and the ability to thrive in the face of the challenges of military life.

When: The Awards Gala is held in Washington, D.C. on April 2, 2020 during the Month of the Military Child.

Award Winners: MCOY winners receive a \$10,000 cash award, a laptop computer, and are flown with a parent or guardian for a 3-night stay in Washington, D.C.

Nominations and applications accepted from
September 17—December 9, 2019.
Ages 13—18 are eligible.

For more information, please visit
MilitaryChildoftheYear.org

Hosted by Sheppard AFB Chapel

Operation Thanksgiving Traditions

Thanksgiving Day: Thursday, 28 November 2019

Pick Your Favorite Tradition(s) & Sign-up Today!

Deadline to sign up: 18 Nov 2019

- ❖ Have Thanksgiving meal with a host family
 - Meet at Bldg 450/Solid Rock Café no later than 1000
 - Event Time: 1000-1900
 - Airman in Training must be approved by the leadership (Dress: ABUs)
 - Host Families: Call/e-mail POCs
- ❖ Christmas Decorating
 - 0800-0945 @ the Base Chapel (Bldg 810)
- ❖ Play Flag Football
 - 1330-1500, behind Solid Rock Café
- ❖ Watch Cowboys vs Bills NFL Game
 - 1530-1830 @ the Solid Rock Café



Sign up Sheets located in all Squadrons
POCs: Ch Capt Mir Ali, Ch Lt Steve Kim,
TSgt Ashley Hiebsch @ (940) 676-0014

News Notes



Change in Public Affairs Base-wide Email Guidelines

Base-wide emails must greatly impact every recipient on the installation. Base-wide emails will not be permitted to promote optional attendance events or announcements that are not required knowledge.

Base-wide emails are generally only allowed for the following types of communications:

1. Emergencies, health and safety
2. Matters of policy, processes, or federal requirements
3. Wing command-directed communications

Everything that is not mandatory should be promoted in the HERD. The HERD is emailed every Friday and submissions are due the Wednesday prior, submit your request to 82trwpa.1@us.af.mil

- Requesting a base-wide email

Requests must be submitted at least one week prior to when you would like the email to be sent. All emails are reviewed by the 82nd Training Wing Public Affairs office, submit to 82trwpa.1@us.af.mil. For questions, call 940-676-2732.

Use the below format to request one-off emails:

DATE TO SEND EMAIL:

SUBJECT LINE:

MESSAGE:

Medical Clinic Will Be Closed For An Official Function Nov. 13!

All Military Members Walk-in Sick Call - 6 - 7 a.m. ; 1 - 2 p.m. daily in the Military Health Clinic (previously the Trainee Health Clinic)

Flight Medicine Clinic hours 7:30 a.m. - 4:30 p.m.

- Closed first wednesday of the month, 7 - 11 a.m. ; Closed every wednesday 11:30 a.m. - 4:30 p.m. for training

- Return to Fly Screenings: 7:30 - 7:45 a.m. ; 1 - 1 p.m. daily
- Military Members Sick Call and Vision Checks: 7:30 - 8 a.m.
- Appointments call 940-676-6509

Sheppard Clinic Changes:

Women's Health Clinic moves inside the Family Health Clinic - appointments call 940-676-2273

BOMC relocation (Separations/Retirements; Reclass/Retrain; Overseas Clearance; PHA) Room 1B020

Fall 2019 CCAF Graduation Nov. 13

WHAT: Fall Community College of the Air Force (CCAF) Graduation

WHERE: Bldg. 1900 (NCO Academy) Large Auditorium

WHEN: Wednesday, Nov. 13 at 9:30 a.m.

ATTIRE: Official Party - Full Service Dress

Graduates - Full Service Dress

All Other Military - UOD

Civilians - Business Casual

Please come out to support and celebrate these Airmen on accomplishing this career milestone! There will be refreshments immediately following the graduation ceremony.

News Notes



North Lanes Hours Expand During South Lanes Renovation

Beginning 10 November South Bowling will be closed for a snack bar and front counter refresh. South Bowling will reopen the week of 2 December. During the closure North Bowling will have expanded hours of operation and will serve breakfast and lunch. Please see below for hours of operation at north during the renovation. For those that do not know where North Bowling is, it is located on 8th Ave next door to the north chapel just east of Lt Gen Leo Marquez Blvd, building 811.

North Lanes	Bowling	Snack Bar
Monday	9 a.m. - 9 p.m.	6:30 a.m. - 8:30 p.m.
Tuesday	9 a.m. - 9 p.m.	6:30 a.m. - 8:30 p.m.
Wednesday	9 a.m. - 9 p.m.	6:30 a.m. - 8:30 p.m.
Thursday	9 a.m. - 9 p.m.	6:30 a.m. - 8:30 p.m.
Friday	9 - 12 a.m.	6:30 a.m. - 11:30 p.m.
Saturday	9 - 12 a.m.	9 a.m. - 11:30 p.m.
Sunday	11 a.m. - 5 p.m.	11 a.m. - 4:30 p.m.

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 overage 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.

Sheppard South Express Irregular Hours

Unattended after hours fueling at Sheppard South Express will be discontinued due to equipment requirements calling for sensors to be installed underneath the dispensers. However, customers will still be able to utilize the unattended fueling feature during regular business hours when the facility is manned. Hours of Operation are as follows:

Mon-Thu: 7 a.m. - 8 p.m.

Fri: 7 a.m. - 8 p.m.

Sat: 10 a.m. - 9 p.m.

Sun: 11 a.m. - 7 p.m.

VOLUNTEER OPPORTUNITIES



MARCH OF HONOR AT THE CITY VIEW TRACK

- Volunteers needed for set up, registration/hospitality tables, road guards, and clean up.
- This is a 10 mile ruck march to mimic basic training, the rucks will be full of supplies for the homeless so we will also need people to unpack the rucks as people finish and then organize and pack the supplies into boxes.
- Date: Nov. 9
- Time: 8 a.m. - 3 p.m.
- If you would like to volunteer or want more info please e-mail TSgt Price, Kaili, or TSgt Alstrin, Michael and we will put your name on the list.

SSC HANGAR HOLIDAY

- Volunteers for various positions
- This event helps raise funds for Military Spouses and Children's scholarships.
- Date: November 8-10
- Time: Various Shifts available
- Location: MPEC
- To sign up or get more information: <https://www.signupgenius.com/go/8050B4BAAAD2EA7FC1-hanger>

STAND DOWN FOR THE HOMELESS

- We need volunteers to hand out supplies, direct traffic, and help serve the noon meal. It will be held at the Downtown library.
- Date: Dec. 14
- Time: 8 a.m. - 5 p.m.
- If you would like to volunteer or want more info please e-mail TSgt Price, Kaili, or TSgt Alstrin, Michael and we will put your name on the list.

AIRMEN AGAINST DRUNK DRIVING (A2D2) VOLUNTEERS

- Volunteers to cover CQ duty, drivers and escorts
- Friday and Saturday nights 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.

- For CQ: CQ will be at Sheppard INN by 8:30 p.m. and get an AADD binder from Sheppard INN front desk. The binder has a list of volunteers (driver and escorts) and procedures for CQ. Food will be provided at Sheppard INN for CQ volunteers.
- If you are interested in volunteering please contact HWANG, JAEBEOM SrA USAF AETC 82 CPTS/FO 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@humanesocietyofwichitacounty.org, connect on Facebook @hsowfc (main page) / @wichitafallspaws (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.

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.
- The meetings are held once a quarter during normal business hours. We are looking for volunteers from all categories who are assigned to/actively use our facility. We are seeking one military retiree, TRICARE Plus patient, TRICARE for life patient and an active duty family member.
- If you are interested in a volunteer position serving on this council or would like additional information, please contact Lt Cody Campbell at 940-676-8350 or email either cody.l.campbell6.mil@mail.mil or natalie.j.henderson3.civ@mail.mil.

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

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

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

Children's Aid Society 940-322-3141

Christmas in Action 940-696-9393

VOLUNTEER OPPORTUNITIES



Faith Mission 940-723-5663

Faith Mission Donation Center 940-766-0705

Faith Refuge 940-322-4673

First Step 940-723-1646

Food Bank 940-766-2322

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

Habitat for Humanity 940-716-9300

Patsy's House 940-723-1646

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

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

Salvation Army 940-687-2051

Wichita Falls Adult Literacy Council 940-766-1954

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

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

Whispers of Hope 940-696-8044