



Sheppard Air Force Base, Texas - Nov. 22, 2019

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



## Technology, breadth of technical training on display for 2nd AF commander

By John Ingle

New 2nd Air Force Commander Maj. Gen. Andrea D. Tullos wrapped up her first formal visit to the Air Force's largest technical training wing Nov. 19, having seen and experienced some of the cutting-edge training tools employed today as well as areas that could use a little more attention. [Click for the article.](#)



**AFIMSC  
Innovation  
Office**

## Call for Topics Innovation Campaign

**Nov. 1 - Dec. 15, 2019**

Have an idea? Submit yours or vote for an idea at...  
<https://usaf.ideascalegov.com/a/ideas/recent/campaigns/100>

## AFIMSC seeks ideas for 2020 Innovation Rodeo

By John Ingle

Sheppard AFB Airmen have the opportunity to see their innovative ideas come to fruition as the second annual Air Force Installation and Mission Support Center Innovation Rodeo call-for-topics campaign is underway. [Click for the article.](#)



## Faculty Development taking evolutionary steps in the classroom

By John Ingle

The 82nd Training Wing Faculty Development Flight's Basic Instructor Course in Bldg. 920 is heading down a path, where students are able to collaborate in an evolutionary educational workspace. [Click for the article.](#)

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



## WORD ON THE TWEET

Want to know more about @SecAFOfficial Barbara Barrett? Read on to hear her story.

We have to combat today's conflict with tomorrow's technology.

Airmen thinking of trying CBD oil should think again.

## SAFETY CORNER

By Mike Jett

### DEEP FRIED TURKEY SAFETY TIPS

- Keep outdoor fryers off decks, out of garages and a safe distance away from trees and other structures
- Make sure the turkey is thawed and dry before cooking. Ice or water that mixes into the hot oil can cause flare-ups
- Watch the weather. Never operate a fryer outdoors in the rain or snow
- Place the fryer on a level surface, and avoid moving it once it's in use
- Leave 2 feet between the tank and the burner when using a propane-powered fryer
- Follow the manufacturer's instructions to avoid overfilling. Oil can ignite when it makes contact with the burner
- Choose a smaller turkey for frying. A bird that's 8 to 10 pounds is best; avoid frying turkeys over 12 pounds
- To know how much oil to use, place the wrapped (unopened) turkey in the pot and fill with water until turkey is fully submerged. Pull turkey out, mark the waterline, drain water, ensure the pot is dry (no water) and then fill with oil
- Purchase a fryer with temperature controls, and watch the oil temperature carefully
- Cooking oil that is heated beyond its smoke point can catch fire. If you notice the oil is smoking, turn the fryer off
- Never leave fryers unattended during the cooking process
- Turn off the burner before lowering the turkey into the oil. Once the turkey is submerged, turn the burner back on
- Wear goggles to shield your eyes, use oven mitts to protect your hands and arms and keep a grease-rated fire extinguisher close by
- Skip the stuffing when frying turkey, and avoid water-based marinades
- Keep children and pets away from the fryer at all times
- Once finished, carefully remove the pot from the burner; place it on a level non-combustible surface and cover to let the oil cool overnight before disposing

Information courtesy of State Farm:

<https://learningcenter.statefarm.com/safety-2/15-turkey-fryer-safety-tips/>



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**



## COOKING CLASS



## Healthy Holidays

The holiday season can be a stressful time. Learn ways to handle your stress by eating healthy and learning how to make your favorite recipes a little less fattening! Samples and recipes are included.

THURSDAY, DECEMBER 12TH @ 1100-1200

PITSENBARGER GYM CLASSROOM, BLDG 540 Rm #139

Pre-Register by calling (940) 676-6003/5831

or email [sara.l.watts3.ctr@mail.mil](mailto:sara.l.watts3.ctr@mail.mil)

Limited class size. Please sign up in advance. This event is free for all Sheppard AFB.

# 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:

## 82nd TRW Promotion Ceremony

- Date: Nov. 25
- Time: 3:30 p.m.
- Location: Sheppard Club Ballroom

## South Bowling Lanes is scheduled to re-open on Friday, Dec. 6

Normal hours of operation will resume.

Monday-Thursday 9 a.m. - 9 p.m. (Snack bar opens at 6:30am)

Friday 9 - 12 a.m. (Snack bar opens at 6:30am)

Saturday 9 - 12 a.m.

Sunday 11 a.m. - 5 p.m.

Holidays 11 a.m. - 5 p.m.

Family Days 11 a.m. - 11 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



## 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](mailto: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.

## 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](mailto:cody.l.campbell6.mil@mail.mil) or [natalie.j.henderson3.civ@mail.mil](mailto: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

# VOLUNTEER OPPORTUNITIES



- For more information email [misti@theupsideWF.org](mailto:misti@theupsideWF.org) or visit the website [www.theupsidewf.org](http://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](mailto: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](mailto:WFCCommunityOrchestra@gmail.com) or visit [www.wichitafallscommunityorchestra.com](http://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](mailto:betsilujan@wfafb.org). To sign up call 940-766-2322 or email [wendellgriffin@wfafb.org](mailto:wendellgriffin@wfafb.org)

**Big Brothers, Big Sisters** 940-767-2447 or [wfinfo@bbbstx.org](mailto:wfinfo@bbbstx.org)

**Children's Aid Society** 940-322-3141

**Christmas in Action** 940-696-9393

**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

# VOLUNTEER OPPORTUNITIES



**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@wfid.net](mailto:jbjones@wfid.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](mailto:terrymorton@wfafb.org)

**Wild Bird Rescue** 940-691-0828 or [paige29072@yahoo.com](mailto:paige29072@yahoo.com)

**Whispers of Hope** 940-696-8044