



Sheppard Air Force Base, Texas - Dec. 6, 2019

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



88th FTS instructors provide support roles to Luke AFB fighter jets

By 88th Fighter Training Squadron

Valuable lessons learned were brought back to Sheppard AFB, Texas, after fighter pilots from the 88th Fighter Training Squadron played the role of bad guys as part of a training exercise here.

[Click for the article.](#)



Leadership serve Airmen, Soldiers, Sailors and Marines on Thanksgiving

By John Ingle

Leadership at Sheppard AFB served up some hot plates of mouthwatering holiday staples at the Tumbleweed Dining Facility Nov. 28, 2019.

[Click for more photos.](#)

Come join the 82nd TRW in congratulating our Airmen during the next Promotion Ceremony!

Date: 19 Dec 19

Time: 3:30 p.m.

Location: Sheppard Club Ballroom



WORD ON THE TWEET

[Barbara Barrett recently testified on privatized #military housing for #Airmen and their families,](#)

[Did you catch @EdwardsAFB's first-ever @TEDx event?](#)

[@usairforce and @RoyalAirForce participated in exercise Point Blank over the North Sea](#)

SAFETY CORNER

By MacKenzie Dunmeyer

TIPS TO PREVENT HOME FIRES

Home fires are preventable!! Following these simple steps can help prevent fires:

Cooking

- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Keep children away from cooking areas by enforcing a “kid-free zone” of 3 feet around the stove.

Portable Space Heaters

- Keep combustible objects at least three feet away from portable heating devices.
- Buy only heaters evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Check to make the portable heater has a thermostat control mechanism, and will switch off automatically if the heater falls over.

Fireplaces and Woodstoves

- Inspect and clean woodstove pipes and chimneys annually and check monthly for damage or obstructions.
- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.
- Make sure the fire is completely out before leaving the house or going to bed.

For more information: <https://www.ready.gov/home-fires>

Innovation Campaign

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. The campaign, open through Dec. 15, gives military and civilian members worldwide a chance to win part of \$1 million in funding and resources to implement their ideas.

Local points of contact for the campaign are Maj. Lauren Guibert, 82nd Logistics Readiness Squadron commander, and Master Sgt. Yolanda Reynolds, 82nd LRS superintendent.

Anyone from Sheppard can submit an idea. Those who don't have any ideas of their own can go online and create an account to see what has been submitted across the Air Force and vote on those proposals.

Here's how to sign up:

1. Login to the Ideation platform at <https://usaf.ideascalegov.com/a/ideas/recent/campaigns/100>
 - First time users must register for an account using their.mil email address and enable two-factor authentication.
1. Select “Submit New Idea”
2. Complete the idea submission fields (a red * indicates required fields)
3. Select “Submit Idea”
4. Ask your colleagues to login to IdeaScale to provide input and vote for their favorite idea.

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

Posters & Events



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

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



Are you looking for motivation to improve your lifestyle? Join us for the Sheppard AFB Biggest Loser Challenge. This is not only for those who wish to lose weight, but also for those who want to lead an overall healthier lifestyle.

Winners will be chosen based on a point system. Criteria is as follows:

- Percentage of Weight Lost
- Bod Pod Assessment Changes
- Exercise Classes Attended
- Nutrition Classes Attended
- Participation in Various Activities throughout Challenge*

Individual weights are confidential; team total weights may be displayed. Prizes and base recognition will be awarded to the top three teams. Grab your friends (teams of 4) and join us for the challenge starting on 13 January!

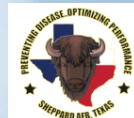
Available to all Sheppard AFB members, civilians, contractors, and families, ages 18 and over.

You must pre-register by contacting Health Promotion

MARK YOUR CALENDARS!

- Sign up TODAY through 13 January
- First weigh-in will be scheduled the week of 6 January
- Last weigh-in will be scheduled the week of 23 March
- 12 week contest (13 January–31 March)

Mrs. Saralauren Watts, 676-6003, sara.l.watts3.ctr@mail.mil
Mrs. Rachael Murray, 676-5831, rachael.d.murray2.civ@mail.mil



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>

Chapel Holiday Worship Services

PROTESTANT:

SUNDAY, 1 DEC, 1015 @ Solid Rock Café,
Combined Protestant Service
Communion Sunday/First Sunday of Advent

SUNDAY, 22 DEC, 1015 @ Solid Rock Café,
Combined Protestant Service

TUESDAY, 24 DEC, 1800 @ Solid Rock Café,
Combined Protestant Candlelight Service

WICCA:

MONDAY, 23 DEC, 1800 @ Chapel
Yule

Buildings:
Chapel - 810
Solid Rock Café - 450

CATHOLIC:

FRIDAY, 6 DEC

Advent Reconciliation Service
1730 @ Chapel

MONDAY, 9 DEC

Immaculate Conception of the Blessed Virgin
Mary (Patronal Feast Day of the United States of
America) Masses at 1130 & 1730 @ Chapel

TUESDAY, 24 DEC 1730

Children's Christmas Vigil Mass @ Chapel

WEDNESDAY, 25 December

Masses at 0900 & 1200 @ Chapel

TUESDAY, 31 DEC Vigil Mass at 1730

WEDNESDAY, 1 JAN Masses at 1130 & 1730
Solemnity of Mary, Mother of God @ Chapel

SUNDAY, 5 January Epiphany

Mass at 0900 @ Chapel



For more information, please contact the Chapel at 940.676.0014.



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

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:

Sheppard Top 3 Meetings & Events

Meetings:

18 December 2019 meeting's CANCELLED

29 January 2020 at 4 p.m. at the Sheppard Club in Hangar 1

Top 3 Coat Drive: 19 November – 13 December 2019

- Coats/Jackets/Hoodies (No undergarments please)
- Hats/Earmuffs
- Gloves/Mittens/Scarves
- Blankets/Comforters (No sheets please)
- Used BDU/ABU fleece, Gore-Tex/Apex/Liners, hats, gloves accepted but must be sanitized of all badges, rank, name/U.S. Air Force tapes, etc.

Get with your unit Coat Drive volunteers for more information on collection points across the base. Otherwise, if you're in the vicinity of Bldg 1917, collection points will be in Room 2E202 at the 372 TRS as well as the 982 TRG Break Room.

*Donations benefit homeless vets/families of Wichita Falls area and your consideration/donations are greatly appreciated during this time of year!!

POC - MSgt Cedric Jackson (366 TRS)

News Notes



Maryland Voters - Special Election in Maryland's 7th Congressional District

The State of Maryland will conduct a special primary election on Tuesday, February 4th, 2020, to fill a vacancy for the 7th Congressional district, which includes parts of Baltimore and Howard Counties, and Baltimore City.

Service members, eligible family members and overseas citizens may use the Federal Post Card Application (FPCA) to register and request an absentee ballot. Complete, sign and send the FPCA to your election office. *If you are a resident of Maryland's 7th Congressional district, register and request an absentee ballot today starting at FVAP.gov [<https://www.fvap.gov/>]. *

Detailed instructions and county contact information is available at [fvap.gov/maryland](https://www.fvap.gov/maryland) [<https://www.fvap.gov/maryland>].

If you'd like more information on the Federal Voting Assistance Program or need help with the absentee voting process please go to FVAP.gov or call FVAP at 703-588-1584 (toll free 1-800-438-VOTE or DSN 425-1584) or email (vote@fvap.gov).

You can also contact the: Installation Voter Assistance (IVA) Office
The IVA Office can help you fill in and mail your voting materials if you need the assistance.

Please contact us at: At the A&FRC, Bldg 960, Room 109, DSN: 736-4358
Email: 82TRW.Sheppard.VotingAssistance@us.af.mil
web page: www.sheppard.af.mil/Contact/Voter-Assistance-Program/

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-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, 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 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

VOLUNTEER OPPORTUNITIES



- 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

Patsy's House 940-723-1646

Christmas in Action 940-696-9393

Salvation Army 940-687-2051

Faith Mission 940-723-5663

Wichita Falls Adult Literacy Council 940-766-1954

Faith Mission Donation Center 940-766-0705

Wichita Falls Area Food Bank 940-766-2322

Faith Refuge 940-322-4673

Wild Bird Rescue 940-691-0828

First Step 940-723-1646

Whispers of Hope 940-696-8044

Food Bank 940-766-2322

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

Habitat for Humanity 940-716-9300

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

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