



Sheppard Air Force Base Retiree Update



Fall - Winter 2012

*A service for all military retirees, their spouses and surviving spouses.
Brought to you by the Retiree Activities Office.*

The *Retiree Update* is an unofficial publication written, edited and published by the Sheppard Retiree Activities Office for the convenience of the Sheppard AFB retired population. The information or comments herein do not necessarily represent the positions or opinions of the DoD, USAF, AETC or 82d Training Wing. While all efforts have been made to assure the accuracy of the information in this publication, no absolute guarantee of accuracy can be given nor should any be assumed.

Have a new address or address change? Please immediately notify the below to update with your new info:

Retirees: Defense Finance and Accounting Service, US Military Retirement Pay, PO Box 7130, London KY 40742-7130; Phone 1-800-321-1080 or FAX 1-800-469-6559.

Annuitants: Defense Finance and Accounting Service, US Military Annuitant Pay, PO Box 7131, London KY 40742-7131; Phone 1-800-321-1080 or FAX 1-800-469-6559.

Addresses for non-Air Force military retirees are received periodically from parent services. Changes made locally are provided to the printer as information is made available from those services. Retirees and annuitants may also update addresses at the Pay Center's Website: www.dod.mil/dfas/money/retired.

PUBLISHING THE RETIREE UPDATE NEWSLETTER: In the last newsletter we mentioned we were facing an austere budget environment and wanted your thoughts on the newsletter format via a survey. We do understand retirees depend on the Retiree Update Newsletter to receive important information on issues they are hard pressed to obtain elsewhere and will do our utmost to fulfill our responsibility to provide this service within the fiscal constraints we must accept.

Thank you for your inputs, we listened! A majority of the respondents prefer receiving the paper copy of the newsletter. To meet the budget constraints we will publish two issues a year instead of three, combining the Fall and Winter and Spring and Summer issues. We also encourage visiting the Retiree Update on the Web. **Please visit it for frequent updates! Go to <http://www.sheppard.af.mil/> and click on the shortcut on the left side.**

FROM THE 82D TRAINING WING



Retirees,

It is our honor to host you at the Sheppard Air Force Base 25th Annual Retiree Appreciation Day activities, **Saturday 22 September**. All retirees from all branches of the military and their families are invited to join us. The agenda on the next two pages contains events that you will not want to miss!

Saturday activities begin at the Community Center, building 430, located across the street from the Wing Headquarters, bldg 400. Registration begins at 0800 and the opening ceremony starts at 0830. Some of the highlights of the day include:

- An update on the 82d Training Wing Mission
- Information booths
- Heritage Center tour
- 80 Flying Training Wing Tour
- A dinner/dance at the Sheppard Club (based on level of interest)

Please take time now to fill out your RSVP and send it back to us as soon as possible but **NLT 10 September** so that we can provide you with the best Appreciation Day ever! ***It is especially important for you to RSVP for the dinner/dance so we can plan properly to ensure great event for all.***

I want to thank the veterans, spouses and family members for your many contributions, sacrifices, heroism and dedication to our nation. You have without a doubt contributed immeasurably to America's freedom. Sheppard Air Force Base again opens its doors to you great Americans and we look forward to hosting you on this special Appreciation Day.

Retiree Appreciation Program Agenda 22 September 2012

Saturday - 22 September 2012

- 0800 Doughnuts/Coffee and Registration
- 0830 Posting of the Colors and the National Anthem
- 0840 Brig Gen Fantini remarks/recognize RAO Volunteers and Service Providers
- 0845 82 TRW & 80 FTW Mission Brief; Brig Gen Fantini, Col Bariehs
- 0915 Static displays of all Group training functions orientation
- Information Booths for the following agencies:
- On Base**
- Casualty & Survivor Benefits
 - Texas Veterans Commission
 - Force Support Squadron Marketing Division
 - Medical Group/TriCare
 - Health and Wellness Center
- Off Base**
- Hospice of Wichita Falls
 - Lawton Veterans Center
 - The Kitchen (formerly Red Door/Meals on Wheels)
 - 50 Plus Zone
 - Wichita County Veterans Service Officers
- 1130 Bus to the Heritage Center with tour (George Strader)
- 1215 Bus departs Heritage Center for a Pay as you Go Lunch at one of the base Dining Facilities with AiT
- 1330 Bus Departs for 80 FTW
- 1430 Return to the CAC for final words (*To Be Determined*)
- 1500 End of the Day
- 1800 Arrive at Sheppard Club for Retiree Dinner Dance
- 1830 Dinner is served
- 1915 Remarks and Door Prizes
- 1945 Dancing begins – Evening ends at 2100

HERITAGE CENTER AND TRAINING TOURS

Enjoy a visit to Sheppard's Heritage Center. Mr. George Strader will brief you on all of the items in the Center. Also, during the afternoon, the 80th Flying Training Wing will host you for a tour and orientation of their Euro-NATO Joint Jet Flying Training Program. Please be sure to indicate your attendance for these tours on the **RSVP Form**.

RETIREE DINNER/DANCE

(Please be aware that we must have 40 people attend this event in order for it to happen. Your check will be returned if this requirement is not met.)

The 13th Annual Retiree Dinner and Dance, sponsored by the Sheppard Retiree Activities Office will be held in conjunction with Retiree Appreciation Day at the Sheppard Club. All military retirees, their spouses, surviving spouses and guests are invited. The dinner/dance is an **Adult Coat and Tie Affair**, affording retirees a rare opportunity to dress up and dine, dance and visit with previous acquaintances from our "first careers," to relive some of those experiences from times past. There will be door prizes from on and off base establishments. Social hour begins at 1800. Pay-as-you-go bar.

Dinner Menu – House Salad, Roast Beef or Basil Chicken Breast, served with seasoned red potatoes, honey glazed carrots, dinner rolls and Ice Tea and water, Coffee Station with Desert (Chocolate Cake).

The price is \$12.85 per person

RESERVATIONS MUST BE MADE WITH THE RETIREE ACTIVITIES OFFICE in person between the hours of 1000 and 1400 hours, Monday through Friday, Building 1638, Room 101, **OR** by mailing your check, payable to the **Sheppard Retiree Activities Office, with the number of reservations request and a Self-Addressed, stamped envelope to be received by September 8, 2012. Mail Address is:**

**Retiree Activities Office
82 TRW/CVR
419 G Avenue, Suite 1
Sheppard AFB, TX 7311-2941
ATTN: MSgt James Esther, Jr., USAF, Retired**

Your ticket(s) will be forwarded to you promptly.

Group reservation, (8 persons per table) will be accepted. Such arrangements must be made when making reservation. DUE TO THE LIMITED CAPACITY OF THE SHEPPARD CLUB, RESERVATIONS WILL BE PROCESSED ON A FIRST COME, FIRST SERVED, BASIS.

If you RSVP and cannot make the event there will be no refund.

HOTEL ACCOMMODATIONS FOR RETIREE APPRECIATION DAY

Government lodging availability at Sheppard Air Force Base is limited and subject to change. Retiree Appreciation Day guests requiring overnight lodging and are not able to get government lodging will need to personally arrange for hotel or motel accommodations in the civilian community near Sheppard. The below list of area hotel and motel information is provided for your convenience. ***This list of recommended Hotels was compiled from information provided by the Director of the Wichita Falls Multipurpose Event Center. The Nightly Room Rates for the Sheppard Retiree Activities Office – September 22, 2012, are as indicated. When making reservations, please call the hotel directly and let them know you need the special rate for Sheppard Retiree Activities Office event.***

Candlewood Suites \$77.00
1320 Central Freeway
(940) 322-4400

Comfort Inn \$59.99
1317 Kenley Avenue
(940) 766-33300

Holiday Inn at the Fall \$77.00
(940) 761-6000

Howard Johnson \$52.00 Standard/\$79.00 Suite
401 Broad Street
(940) 766-6000

Quality Inn & Suites \$52.99
1740 Maurine Street
(940) 767-2100

Red Roof Inn \$49.99
1032 Central Freeway
(940) 766-6881

***All Guests Must Show Military ID Card upon Check-In.**

“SHEPPARD INN” – Call Sheppard Air Force Base Reservation (940) 855-7370.

For additional information on motels near Sheppard, please contact the Sheppard Retiree Activities Office at ((940) 676-5088.

82D TRAINING WING

Meet the new 82d Training Wing Commander Brigadier General Michael A. Fantini

Brig. Gen. Michael A. Fantini is Commander, 82d Training Wing, Sheppard Air Force Base, Texas. He is responsible for the training of more than 75,000 Air Force, Army, Navy, Marine Corps and international officer and enlisted students annually at Sheppard AFB and more than 50 field training detachments located throughout the world. The 82d Training Wing produces nearly half of all Air Force technical training graduates annually, delivering instruction in aircraft maintenance, logistics, civil engineer and telecommunications career fields. The wing consists of three training groups, a mission support group and a medical group, and also provides base support services to the 80th Flying Training Wing's Euro-NATO Joint Jet Pilot Training Program.

General Fantini was commissioned through the Reserve Officer Training Corps program at Howard University and entered active duty in 1987. Following graduation, he served in a variety of operational assignments as an F-16 pilot, instructor pilot and weapons officer. He has commanded a fighter squadron and the 332nd Expeditionary Operations Group in Balad, Iraq. He has served in multiple staff positions, including Chief of the Fighter Weapons Branch, Secretary of the Air Force Office of Special Programs; and Operations Officer and Deputy Division Chief of Global Force Management at the Joint Operations Directorate. Prior to his current assignment, he was the director for Combat Force Application and Operational Capabilities Requirements at Headquarters U.S. Air Force.

General Fantini is a command pilot with more than 3,200 hours in the F-16, T-37 and T-38.



FROM THE DIRECTOR – MSgt James Esther, Jr., USAF, Retired

In our Winter–Spring 2012 Newsletter, Colonel Om Prakash, 82d Training Wing Vice Commander and Retiree Active Duty Coordinator reminded us again of the austere budget environment we are experiencing. He mentioned areas that retirees can help, specifically our Non-Appropriated Funds (NAF) services. Things like our golf course, combined club, bowling alleys, and Lake Texoma. If these facilities aren't used, and if they aren't profitable; we risk losing them. This does not apply to active duty only; it applies to our military retirees also. The Morale, Welfare, and Recreation (MWR) Program that sponsors these activities for many years is in jeopardy. I asked Mrs. Deborah Reser, Chief, Human Resources, Force Support Squadron to give us a history of the MWR Program that affects all of us.

HISTORY – The Morale, Welfare, and Recreation (MWR) Program has been recognized as being essential for creating and maintaining the morale of military personnel. Services programs have long provided essential food, lodging and services for military members. MWR programs were first introduced during the Revolutionary War. With the establishment of a huge “citizen” army during World War I, the United

Services Organization (Inc.) was founded along with programs like library services, troop canteens and sports programs. In 1920, the Army Motion Picture Service was set up and was soon to be followed by the founding of service clubs later during World War II. Services programs also began during the Revolutionary War, with billeting and food facilities serving as fundamental necessities for military troops. Services' roots sprang from the supply and civil engineering career fields and then branched off as its own entity in 1992. In 1992, MWR and Services merged Air Force wide, with the new name, the Air Force Morale, Welfare, Recreation and Services Agency. In 1993, the agency was renamed "Services," reflecting the merger's success and focusing directly on what their programs are all about - - service.

The Service Programs along with the Commissary and Army & Air Force Exchange Service have benefited active duty and retired military personnel and their families by providing a safe and wholesome environment for all of its activities. Let's not lose these earned benefits. Support these service programs at all times to insure their availability to enhance our lives and those of future military families.

Volunteer of the Year for 2011: Colonel Ronnie N. Shell, US Army Retired who serves as Director of the Sheppard Satellite Retiree Activities Office in Lubbock, Texas. He assumed this responsibility upon the death of Major Douglas G. Carlson, US Army Retired. He has been a most valuable addition to the staff. TSgt Robert C. Williams, USAF, Retired who has served as a staff member of Sheppard AFB, Retiree Activities Office since May 1996, has proven to be a valuable asset, using his administrative and supervisory experience in helping others.. We are most grateful to them for their expertise and participation.

WE NEED VOLUNTEERS, RETIREE, SPOUSE, OR SURVIVING SPOUSE: Our volunteer schedule is set up by Week Days. We have openings for 3 Volunteers of MONDAY Team, 3 Volunteers for WEDNESDAY Team, 3 Volunteers for THURSDAY Team. Although most of our volunteers have been donating their services for 10- 22 years , we are fortunate to have 3 new additions to the staff. We can use more volunteers as several of our long term volunteers have had to retire. If you could give 4 hours (**one day**) once a month, please contact me or the the RAO at (940) 676-2654 or 5088.

LUBBOCK SATELLITE RETIREE ACTIVITIES OFFICE (LSRAO) – Colonel Ronnie N. Shell

The Lubbock Satellite Retiree Activities Office was established to support the military retiree community in the Lubbock/Amarillo Panhandle area and is open Tuesday through Thursday, 1000 to 1400. We are located in the Lieutenant General William Edgar Murphy Armed Forces Guard/Reserve Center, 301 E. Regis Street. Since we are not located on a military post or base, the office is mainly a referral station with volunteers who can advise you on how to get assistance, and who can help with your questions or problems – that is our goal. **We service all branches of the military service. Our office would function better with more volunteers, military retiree, spouse or surviving spouse. Our monthly get-together is held on the last Wednesday of each month, at 1430 in the American State Bank on 66th and Indiana Street. We discuss the month's activities and we talk about the information received from Army, Air Force, and Navy retiree newsletters, periodicals, phone calls and e-mail.**

ID Cards can be renewed at the following facilities in West Texas and New Mexico

- . Dyess AFB, TX – 7th FSS/FSMPS, Bldg 7233, Room 129. Please call (325) 696-5722
- . Navy Operational Support Center, Amarillo, TX, 2500 Tee Anchor Blvd, 0800-1500 Mon-Fri. Please call (806) 372-5589.
- . LtGen William Edgar Armed Forces Guard/Reserve Center, Lubbock, TX, 301 E . Regis Street, 0830 – 1100 and 1300 – 1600, Room 1127. Please call (906) 765-9529, Ext 21.

- Cannon AFB, NM – 27th FSS/FSMPS, 110 E. Sextant Avenue, 0700 – 1600. Bldg 600, Room 2037, Please call (575) 784-7592

It is important to call before going to these locations to get answers to any questions you may have and to insure their equipment is operational at the time you want to visit.

TRICARE Issues

The TRICARE Beneficiary Services Representative (Humana Military), Lubbock TRICARE Service Center, was closed by the DOD effective March 31, 2012. Retirees residing in the Texas Panhandle are in the South Region and must use the Service Centers that are nearest to them. **Some difficulty may be experienced in obtaining service from another region.** Nearby TRICARE Service Centers are:

Dyess AFB, TX, 697 Louisiana Road

Fort Hood, TX, Building 36029 , Santa Fe Avenue\

Fort Sam Houston, TX, 31601 Schofield , Building 1179

Fort Worth, TX 2821 Lackland Road, Suite 210, **76116**

SHEPPARD RETIREE APPRECIATION DAY

Sheppard Air Force Base will celebrate “Retiree Appreciation Day” on Saturday, September 22, 2012.

(Please read the information starting on page 2 of this newsletter)

If you plan to attend, complete and forward the RSVP Mail Back Form. Let me know so I can arrange for on base quarters if available.

For information or assistance concerning military retiree affairs, contact the LSRAO by telephone at (806) 749-3728, FAX (806) 744-5702; e-mail lsrao@door.net.

82D MEDICAL GROUP – Colonel Scott D. Guermonprez, Commander

TRICARE Prime Enrollment Fee Increase

On October 1, 2011, there was a modest increase in TRICARE Prime enrollment fees. The fees increase applies only to NEW enrollees whose TRICARE Prime applications are received on or after October 1, 2011.

Annual Fees

- \$260/year for individuals
- \$520/year for families

Quarterly Fees

- \$65/quarter for individuals
- \$130/quarter for families

Monthly Fees

- \$21.66/month for individuals
- \$43.33/month for families

Annual enrollment fees for beneficiaries enrolled before October 1, 2011 remain at \$230 and \$460 until October 1, 2012.

Annual Increases

TRICARE Prime enrollment fees are subject to increase each fiscal year. Beneficiaries who are classified as “survivors of active duty deceased” or “medically-retired uniformed service members and their dependents” are exempt from enrollment fees increases. The fee remains frozen as long as at least one family member remains enrolled in TRICARE Prime and there is not a break in enrollment

- If enrolled before October 1, 2011, the annual enrollment fee is frozen at the current rate of \$230 per individual and \$460 per family.
- On or after October 1, 2011, the fee is frozen at the rate in effect at the time they are classified in either category and enrolled.

For more information please contact the TRICARE Service Center on the 1st floor of the base clinic or call 1-800-444-5445.

Understanding TRICARE Plus – (Natalie Henderson, Sheppard AFB Medical Clinic)

TRICARE Plus is not a health plan; it is a way to access primary care at some military treatment facilities (MTF). This allows you to be assigned a primary care manager and provide you the same access standard as TRICARE prime enrollee’s within an MTF with no out of pocket costs.

- TRICARE Plus does not guarantee access to specialty care at the MTF where you are enrolled
- TRICARE Plus does not transfer – you are only treated at the MTF where you are enrolled
- Your enrollment in TRICARE Plus will be reflected in DEERS
- Enrollment into TRICARE Plus does not affect TRICARE for Life or Medicare

Sheppard Clinic is available and open for enrollment!! It’s easy – come into the TRICARE Service Center to complete the enrollment form.

Turning 65: Understanding TRICARE and Medicare – (Sharon Foster, TRICARE Management Activity)

A 64-year-old beneficiary is currently receiving TRICARE benefits. When he turns 65, does he need Medicare if he already has TRICARE? Will he personally have to sign-up for Medicare or will TRICARE do this for him? Questions like these are normal for some beneficiaries not sure of their options when turning 65.

TRICARE and Medicare are separate programs. Medicare is health insurance for people age 65 or older, as well as for people under age 65 who have qualified for Social Security disability insurance.

TRICARE For Life (TFL) is TRICARE's Medicare-wraparound coverage available to all Medicare-eligible TRICARE beneficiaries, regardless of age or place of residence, provided they have Medicare Parts A and B. There is no paperwork associated with TFL. Beneficiaries automatically gain coverage when they meet the requirements.

Beneficiaries must sign up for Medicare as soon as they become eligible to ensure that they continue to get benefits under TRICARE. Beneficiaries turning 65 receive reminder letters from the Defense Manpower Data Center. For more information regarding Medicare sign-up, beneficiaries can call at (800) 633-4227 or go to www.medicare.gov.

Beneficiaries are ineligible for TRICARE benefits for any period of time that they have Medicare Part A but not Part B, with several exceptions. For information on these exceptions, beneficiaries can go to www.tricare.mil/factsheets/Medicare or talk with their regional health care contractor.

While Medicare is the primary insurance when a beneficiary turns 65, TRICARE acts as the secondary insurance, minimizing out-of-pocket expenses. TRICARE covers Medicare's coinsurance and deductible. After Medicare pays its part of the claim, TRICARE pays the remaining amount for any TRICARE covered services and the beneficiary pays nothing. As the primary payer, Medicare approves health care services for payment.

If a beneficiary has other health insurance (OHI), Medicare forwards their claim to their OHI. The beneficiary must then file a paper claim with their TRICARE contractor. If the beneficiary has employer group health plan coverage based on current employment, the employer group pays first, Medicare pays second and TRICARE pays last.

Medicare does not provide coverage outside of the United States and U.S. territories (American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands). TRICARE is the primary payer for health care received overseas (except U.S. territories), unless the beneficiary has OHI. Overseas, TFL provides the same coverage as TRICARE Standard and has the same cost-shares and deductibles. When seeking care from a host nation provider, beneficiaries should be prepared to pay up front for services and submit a claim to the overseas claims processor.

Beneficiaries, who have further questions about TRICARE and Medicare coverage, can go to www.tricare.mil or call Wisconsin Physicians Service at (866) 773-0404.

82D FORCE SUPPORT SQUADRON – Lieutenant Colonel Rosalyn L. Walker, Commander

Conditions and Documentation Required for Designation of Agent for Commissary and Exchange purchases (Reference, Table 20.2, AFI 36-3026(I))

A temporary designation of persons not meeting the dependent criteria may be made at the discretion of the activity commander for periods not to exceed 1 year. **CONDITION** – Military members are assigned overseas, deployed, or otherwise unable to shop for their dependent child; or The person is unable to shop due to a disability; or the spouse is unable to shop due to sickness. The child is in the house hold of an ineligible parent or guardian. Periods of authorization may be extended in instances where hardship continues to exist.

Dining Facilities

Open to retirees for Thanksgiving Meal on Thursday Nov 22nd 2012-The Sagebrush and Tumbleweed Dining Facilities will be serving a traditional Thanksgiving meal on Nov 22nd 2012 from 1100 to 1300 hrs. The price is by the item and all non meal card holders will pay the meal surcharge. All Permanent party and retirees are invited to attend. No reservations required.

Open to retirees for Christmas Day Meal on Tuesday Dec 25th 2012-The Tumbleweed Dining Facility will be serving a traditional Christmas meal on Dec 25th 2012 from 1100 to 1300 hrs. The price is by the item and all non meal card holders will pay the meal surcharge. All Permanent party and retirees are invited to attend. No reservations required.

Whirlwind Magazine

We have information for you in our monthly magazine, Whirlwind, our website at 82fss.com, our Facebook page at Sheppard AFB – Force Support and under The Force Support BUZZ in the weekly Sheppard Senator.

South Bowling Center **Bldg 318** **676-7174**

Start your day off with breakfast at the South Bowling Center and bowl a few games! We put together leagues; host monthly 9 Pin No Tap Handicap and Colorama Tournaments and sponsor fun events throughout the year with prizes! Spend time with your friends and enjoy a cost effective game without having to worry about the summer heat or winter cold!

Call us at 676-7174 for any additional information!

Community Center **Bldg 430** **676-4136**

Stop by the Community Center every month to experience the “Retiree Recall,” a free coffee brunch especially designed for the retired community.

We also offer several different arts & crafts classes including basket weaving, stained glass, jewelry, mosaic and specialty green craft classes.

Calling Remote Control Enthusiasts – Looking for a place to fly your remote control plane or helicopter? Need a place to race your remote control car? Come to the Community Center on Monday evenings from 6 – 8 pm. Only battery powered vehicles are permitted. There is no fee – just show up and have fun!

ITT **Bldg 430** **676-2302**

Interested in taking a trip? We can help you with airline tickets, hotel accommodations, vacation packages and considerable discounts!

We can provide you with tickets for entertainment, concerts and amusement parks, as well as discounts and reduced rates on top name hotels, Disney World, Disneyland, and Six Flags Over Texas. Check here first before you make your travel arrangements or buy that ticket!

We have numerous brochures to help you decide where you would like to travel and friendly customer service to assist with the details! Check out our website for additional events!

Lake Texoma **903-523-4613**

Treat yourself to some time away at Lake Texoma Sheppard Annex. We have furnished cabins, campgrounds equipped with a covered pavilion, picnic table and fire ring/BBQ pit and RV spaces with water and electric-only hook-up spaces or full hook-up spaces. There is a lodge with fully equipped TV, VCR, video and board games, movie rentals, pool table, fitness center and convenience store plus a seasonal bar that serves breakfast and lunch on Saturday and breakfast on Sunday!

Enjoy the water with our Boston Whalers, bass boats, and pontoons up to 21’ and over, ski boats, paddle boats, canoes and kayaks. We also offer rentals for sports equipment (rod & reel, fish basket, minnow bucket, croquet/horseshoes, tennis rackets and balls, 6’ banquet table, folding chairs, movies and board games.

For our fishermen, we have a crappie house kept warm in the winter with your very own lake spot inside the house! Recreation at Lake Texoma includes camping, boating, fishing, picnicking, walking & hiking trails, playgrounds, horseshoes, volleyball, basketball and tennis courts, softball field, soccer field and a driving range. We have something for everyone!! Come up and see us!

Outdoor Recreation **Bldg 5** **676-4141**

We have all your equipment needs. Rent gear for your party, picnic, lawn & garden, home improvement, camping or fishing. The following is just a sampling of the rentals we have available for entertaining during the holidays: log splitters, tables and chairs, coffee pots and chafing dishes to name a few! Our Skeet and Trap Range is open on weekends from 9 am to 5 pm. We have gun and ammunition rentals. Stop by and take advantage of this!

Pitsenbarger Fitness **Bldg 540** **676-0491/0492**

The Senior Challenge class is held every Wednesday and Friday at the Pitsenbarger Fitness Center at 8 am. This is a slower-paced aerobic workout tailored to senior participants, new mothers and those recovering from injuries. Our fitness centers offer a walking program that relieves tension, provides weight control, keeps the body energized and promotes physical activity. The Pitsenbarger Fitness Center also offers free aerobics classes.

Sheppard Club **Bldg 340** **676-8010**

Looking for that place to hold a special luncheon or party? The Sheppard Club is ready to serve you! When you book a catered event at the Club, the price you are given includes linens and set up! There are no hidden fees! We have a patio where you can book a private party, and we have a grill and pool table outside! We rent out linens, chafing dishes and other decorations that you may need for your events!

Sheppard Library **Bldg 312** **676-6152**

Pamper yourself with our latest books, in small and large print at the Sheppard Library and new DVD's every month. Meet your friends for a special coffee, tea or tasty smoothie at the Brew U coffee shop and find that special book or magazine to help you relax. Stop by the library to get the list of the newest books and DVD's. If you are looking for a particular book, we have interlibrary loans where the library works with other libraries to find that book you need.

Need assistance operating your new iPad, Kindle, or laptop computer? Terry Kimbrough is available every Monday from 12-9pm, and 8-5 the rest of the week! He is our very own computer guru and is available to assist you with multiple online databases, downloading books to your device and can also show you how easy your online banking can be!

We now have Nook Color and Kindle Fire to loan (requires Barnes and Noble or Amazon account) for reading or evaluation before buying. If you would like to trade your paperback books for new ones, go to the library and see our collection! We have an ongoing paperback book exchange so we always have new books to try! Are you looking for a room to hold a meeting? The Library has meeting rooms available.

Wind Creek Golf Course **Bldg 4490** **676-6369**

Looking for a golf course that supplies all of your needs! Look no further than Wind Creek Golf Course!

Have fun with your friends at the monthly tournaments, a delicious meal at the grill and a chance to find the right equipment at our pro shop! The golf course also offers a driving range open 24/7, a putting green and a fun location to hold a party!

Watch for latest golf tournaments, pro shop sales and special programs in the Whirlwind magazine or call us at 676-6369.

Need repair on your club? Want to play golf but don't have clubs? Want to learn how to play golf? We can help!

82D SECURITY FORCES SQUADRON – Major Robert Moore, Commander

Defense Biometric Identification System Upgrade

On 4 June 12, Sheppard Air Force base will be receiving an upgrade to the current Defense Biometric Identification System (DBIDS). How does this affect the retiree population? With the current version of DBIDS, everyone is required to register their identification card in the DBIDS database at the Visitor's Center. In an effort to make DBIDS more user friendly, the upgrade enables registration to take place instantaneously when your ID card gets scanned by the Gate Guard at any gate entering Sheppard AFB. In addition to the DBIDS upgrade, the Visitor's Center has changed operating hours. The Visitor's Center is now opened for long term passes and contractor passes from Mon-Fri/0730-1630 and for short term visitors, Mon-Sat/0600-2200. If a pass is needed for a guest after 2200 or on Sundays, you may proceed to the Main Gate for assistance. If you have any questions or concerns you may contact TSgt Jason Bergeron at 940-676-0336.

SHEPPARD AFB COMMISSARY – Ms. Donna Romolton, Store Director

Scholarship for Military Children

The Scholarship for Military Children Winners for Sheppard Commissary are: James L. Brown of Henrietta, TX. and Kristin K. Mounsey of Wichita Falls, TX. Each Student was the recipient of a \$1,500 dollar Scholarship. For more on the scholarship program, go to <http://www.militaryscholarship.org>

Commissaries announce Coupon Policy Changes

Effective May 1 2012, The Defense Commissary Agency changed how commissaries will handle coupons and product returns without receipts, the agency has enacted a customer service policy change to protect the commissary benefit. "The average coupon user might not notice the policy changes because they are aimed at preventing possible misuse of the commissary benefit- primarily using coupons to get large amounts of cash back," Commissaries welcome coupon usage, and to acquaint customers with the changes in coupon acceptance policy, it has been posted on the agency's website at <http://www.commissaries.com> and on Facebook at www.Facebook.com/YourCommissary .

Find out what's on sale and prices

Before your next visit, commissary shoppers in the continental United States can find out what's on sale by visiting the Savings Aisle at www.commissaries.com. There you can view what's on promotional sale and the percentage of savings for all visitors to see but, you must login to view sale prices. Occasionally, an item listed may be unavailable in your commissary due to space limitation

SHEPPARD AFB EXCHANGE – Mr. Edwin Devlin, General Manager

Sheppard AFB has seen many changes over the past years, and in keeping with those changes, your Exchange has also updated several of our facilities:

The South Express (bldg. 1105) has seen some major changes recently, the new floor plan allows for more choices available to the customer and new fixtures to include “Snack Avenue” which has a wide variety of food and drink selections.

The Mini Mall (bldg. 740) has also undergone some major changes with the addition of Wing Zone which held its grand opening on June 4th. Also, located in the Troop Store is the new “Snack Avenue” which has been a big hit with so many. Of course Popeye’s, Taco Bell and Anthony’s Pizza are still available as well.

The Main Exchange has been the most expansive change of all; with the added floor space, new registers, the moving of customer service to the front of the store as well as many other changes, you will enjoy a much more pleasant shopping experience.

If you have any questions or comments, please feel free to contact Nancy Nelson, she is the local public affairs representative for all the Sheppard AFB Exchange facilities and can be reached by email at nelsonn@aafes.com or by phone at 940-855-4318 ext. 300.

Thank you and remember,

YOU SAVE, WE GIVE BACK!

SHEPPARD AFB SECURITY FORCES IS TAKING BACK UNWANTED PRESCRIPTION AND OVER-THE-COUNTER DRUGS: FRIDAY SEPTEMBER THE 28th AT THE SHEPPARD CLINIC AND SATURDAY SEPTEMBER THE 29th AT THE MAIN EXCHANGE

Sheppard AFB, TX – On Friday September 28, from 10 a.m. to 2 p.m. (**at Sheppard clinic**) and Saturday September 29, from 10 a.m. to 2 pm. (**at the Main Exchange**) the 82 Security Forces Squadron and the Drug Enforcement Administration (DEA) will give the public another opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your medications for disposal, the service is free and anonymous, no questions will be asked.

Last April, Americans turned in 552,297 pounds—276 tons—of prescription drugs at over 5,300 sites operated by the DEA and nearly 4,000 state and local law enforcement partners. In its three previous Take Back events, DEA and its partners took in almost a million pounds—nearly 500 tons—of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

Four days after the first event, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an “ultimate user” of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them. The Act also allows the Attorney General to authorize long term care facilities to dispose of their residents’ controlled

substances in certain instances. DEA is drafting regulations to implement the Act, a process that can take as long as 24 months. Until new regulations are in place, local law enforcement agencies like [agency] and the DEA will continue to hold prescription drug take-back events every few months. If you have any questions, contact, Detective Ramsey, 82 security Forces Squadron, 676-2207 or INV Nienhaus, 676-6429.

GENERAL INFORMATION

ID Cards

The Sheppard ID Card Section is located in Customer Service, 82 FSS/FSMPS, 426 5th Avenue, Room 108. Hours of operation are Monday, Tuesday Wednesday and Friday: 8:00 am to 4:30 pm. Thursday, 9:00 am to 4:30 pm. These hours are subject to change, so if you are coming from out of town, please call us at (940) 676-4314. **Other military facilities issuing ID Cards are:**

Wichita Falls Area:

Altus AFB, OK, 97 FSS/FPMP, 308 N 1st Street, Building 52, Room 2601. Please call (580) 481-6559.
Fort Sill OK, HQUSAFACFS, Jones road-PAH-ID, Building 3162, Room 102. Please call (580) 442-2560.

Dallas/Fort Worth Area:

NAS Joint Reserve Base (JRB) Fort Worth ID Card Office, 1510 Chennault Avenue. Please call (817) 782-5244.
301st Fighter Wing (Reserve) MSSQ/MSMAC, 1654 Lyons Drive, Suite 7, NAS JRB. Please call (817) 782-5680.
136 Texas ANG, 200 Hensley Avenue, NAS JRB. Please call (817) 852-3238 or 3239.
Texas ANG , 901 S. Glenbrook, Garland, TX. Please call (972) 494-7224.
Seagoville U.S Army Reserve HQ 3rd Brigade, 49th Armored, 701 W. Simonds Road, Dallas, TX. Please call (972) 287-8600..

Central and East Texas:

Fort Hood, US Army, Installation Adjutant General, Copeland ID Card Section, Battalion Avenue & TJ Mill Blvd, Building 18010, Room 8115, Fort Hood, TX 76544. Mon-Fri 0730-1530. Information Line: (254) 553-444.
Barksdale AFB, LA 2FSS/MP, 800 Kenney Ave, Bldg T-4353, Room 10. Please call (318) 456-3710.

West Texas:

Dyess AFB, TX 7th FSS/FSMPS, Bldg 7233, Room 129. Please call (325) 696-5722.
Navy Operational Support Center, Amarillo, TX 2500 Tee Anchor Blvd. 0800 – 1500 Mon-Fri, Please call (806) 372-5589.

ID Card & DEERS Document Requirements

All retirees and family members who are in need of a new ID card because of mutilation, expiration, or loss need to bring the following documents. These documents allow us to verify in case the ID card computer system shuts down.

- a. Retiree: Retirement Orders or DD Form 214
- b. Family members:\:
 - (1) Retirement Orders or DD Form 214.
 - (2) Birth Certificate (containing both parents name) or court document signed by a Judge,

determining sponsor is parent.

- (3) Marriage Certificate or copy (with seal).
- (4) Letter from college registrar's office stating that the dependent is a full time student taking 12 semester hours or more and expected date of graduation (for dependents age 21 to 23)..
- (5) Divorce Decree
- (6) Adoption Papers.
- (7) Unmarried surviving spouse must present marriage certificate, and birth certificate for surviving children's ID card.
- (8) To replace lost ID cards requires a picture ID, i.e. drivers license, etc., plus all above documents.
- (9) Former spouses that qualified for ID card must have member's DD Form 214 (Certificate of Release or Discharge from Active Duty) for each period of service in addition to above requirements.
- (10) The signature of the military sponsor is required before issuance of family member's ID cards. The application must be notarized if sponsor is not with family members.

REFERENCE LIST

Sheppard AFB (Area Code 940) for all numbers, except as shown)

Accounting & Finance – (Bldg 402, Monday thru Friday, - 0900 – 1600. Wed, 0900 – 1630.

Please call 676-4864, **DFAS direct 1-800321-1080)**

Airman & Family Services– Casualty Assistance Representative, (Bldg 402, Mon – Fri.

Please call 676-2984)

Survivor Benefit Plan (Bldg 402, Mon-Fri. Please call 676-4624

Base Exchange - (Bldg 239 – (Please call 855-4318; **Customer Service** Ext. 100. **Manager** Ext.300)

Casualty Assistance Representative, (Bldg 402, Mon – Fri. Please call 676-2984)

Survivor Benefit Plan (Bldg 402, Mon-Fri. Please call 676-4624)

Commissary – (Bldg 120 , Please call 676-2901)

Community Center – (Bldg 430, Please call 676-4136)

Education and Training Office – (Bldg 402, Third Floor, Suite 4, Please call 6231)

ID Card/DEERS Customer Service - (Bldg 402, Room 108. Please call 676-4314)

Notary Public 676-8349 (Mon, Tues, Wed, and Fri, 0800 –1530 Thurs 0900 – 1630)

Information Operator (Sheppard AFB) Please call 676-2510 or 676-2511)

Legal Assistance Center – (Simple Wills, Powers of Attorney, etc., Bldg 315, Please call 676-4262)

Lodging (Sheppard Inn) Bldg 1600, Reservation Desk (24 hours) 676-4538

82d Medical Group Appts and Nurse Advice Line. Please Call 676-1847 or 1877-676-1847.

82d Medical Group Patient Advocate, Bldg 1200 Please call 676-6420676-6420.

82d Medical Group Pharmacy, Main Clinic, Bldg 1200. Please call 676-6310. **Pharmacy, Phone -in Refills.** Please call 676-5709 or Toll Free 1-800-467-9379

Retiree Activities Office, Bldg 1638 , 676-5088; Director: 676-2654, Newsletter Editor: 676-3381

TRICARE Beneficiary Counseling and Assistance, Bldg 1200. Please call 6766194.

TRICARE South Region (Humana) Customer Service, Toll Free 1-800-444-5445

(VA) Texas Veterans Commission, Sheppard Field Office, Bldg 402, Room 234. Please Call 676-4140.

(VA) Veterans Affairs – Benefits for Veterans, Dependents and Survivors. Please call 1-800-827-1000.

(VA) Veterans Clinic of North Texas, Please call 723-2373.

(VA) Medical Center, Oklahoma City, Oklahoma, Commercial: (405) 456-1000 Tel Care: 1-866-835-5273.

(VA) Medical Center, Waco, Texas Commercial: (254) 752-6581.

RETIREE APPRECIATION DAY RSVP MAIL BACK FORM

If you plan to attend the Retiree Appreciation Day activities, complete this form and mail it to the below address to be received by September 8, 2012.

Retiree Activities Office
82 TRW/CVR
419 G Avenue, Suite 1
Sheppard AFB, TX 76311-2941
ATTN: MSgt James Esther, Jr., USAF, Retired

Please Print – (Name, Rank, and Branch of Service):

Address: _____

Number of Years Service When Retired: _____

Date Retired: Month: _____ Year: _____

HERITAGE CENTER AND TRAINING TOURS

_____ YES, (I/We) will attend the Heritage Center Tour. Number: _____

_____ YES, (I/We) will attend the Training Tour. Number: _____

RETIREE DINNER/DANCE

COST IS \$12.85 per person

_____ YES, (I/We) will attend the Dinner/Dance. Number: _____

MY CHECK FOR \$_____ IS ENCLOSED.

We must have at least 20 couples attend for this event to take place. If the dinner is cancelled you check will be sent back to you. Please make the check payable to the Retiree Activities Office. We apologize but if you RSVP and cannot make the event, there will be no refund.

If you are interested in a specialized topic, please write it below.

TOPIC QUESTION: _____

Your Signature: _____

PLEASE RETURN THIS FORM NO LATER THAN September 8, 2012.

Place
Stamp
Here

**RETIREE ACTIVITIES OFFICE
82 TRW/CVR
419 G AVENUE, SUITE 1
SHEPPARD AFB, TX 76311-2941**

Persons desiring information or assistance and/or further clarification of items contained in this newsletter should contact the Sheppard Retiree Activities Office.

Commercial Voice 940-676-5088 or /3381 / DSN Voice 736-5088/3381

Commercial FAX 940-676-8444 / DSN 736-8444

E-mail james.esther@sheppard.af.mil (Director)

Web Site Address <http://www.sheppard.af.mil>

Mailing Address Retiree Activities Office

82 TRW/CVR

419 G Avenue, Suite 1

Sheppard AFB TX 76311-2941

Location Building 1638, Room 101 (on Avenue K)

Newsletter Editor MSgt James Esther, Jr., USAF, Retired

Retiree Activities Office Volunteer

940-676-3381

RETIREE ACTIVITIES OFFICE
82 TRW/CVR
419 G AVENUE, SUITE 1
SHEPPARD AFB TX 76311-2941

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RETIREE UPDATE FALL - WINTER 2012

The Retiree Update is on the Web. Please visit us for frequent updates!
Go to <http://www.sheppard.af.mil/> and click on the shortcut on the left side

Mark your calendars!

Join Team Sheppard

22 Sep for Retiree Appreciation Day