



BILLIE RENFROE CHAPTER

Air Police / Security Police / Security Forces



June 2018

CONTACT INFORMATION

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Secretary

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****NEXT SCHEDULED MEETING: JUNE 2, 2018 @ 1030 LOCATION: 301ST SECURITY FORCES SQUADRON, 1235 DEPOT AVENUE, NAS JRB FORT WORTH, TX**

IN SIDE THIS ISSUE:

Protect yourself from the heat

- To avoid heat-related illnesses, wear light-weight, light-colored clothing made of breathable material, like cotton.
- Stay hydrated by drinking water throughout the day.
- Avoid strenuous outdoor activity on hot days.
- If you're outside, take frequent breaks in a cool place.
- Air-conditioning is the best way to protect against heat-related illness. If you don't have any in your home, spend time in air-conditioned locations such as a shopping mall, public library or public shelter.
- Know the symptoms of heat exhaustion: heavy sweating, headache, dizziness, nausea, rapid heartbeat, skin that feels cool and moist, and muscle cramps.
- If you suspect heat exhaustion, move to a cool location, apply cool wet clothes to your body, and drink cool water.
- If you or someone you know vomits or refuses to drink, call 911. Heat exhaustion can lead to heat stroke.

Billie Renfroe App

Don't forget to check out our new App. Provide me your inputs/feedback. Anything we can do to make it effective for you!



136 SFS "Burger Burn"

Set your calendars for 23 June 2018. We will cook burgers and dogs for the amazing Defenders of the 136 SFS, Air National Guard at the Blue Pavilion by the lake. We will start setting up around 1000hrs to be ready to support our Defenders at 1100hrs.

Annual Awards

Don't forget to get me any inputs you may have for this year's AFSFA Chapter of the Year Award package. The Billie Renfroe



Chapter was awarded the "2017 Brig Gen Allen J. Jamerson Runner-Up AFSFA Chapter of the Year Award and we want to continue to compete