



913TH AIRLIFT GROUP

Digital Digest

COMMANDER'S CORNER

PUBLISHED NOVEMBER 13, 2018

ROBINS AIR FORCE BASE, GA. -- Lt. Gen. Richard Scobee, Chief of the Air Force Reserve, and Air Force Reserve Command Chief Ericka Kelly unveiled the new mission, vision and priorities for the Air Force Reserve and Reserve Citizen Airmen in a letter dated Nov. 5:

Today, we find ourselves at an inflection point-China and Russia are challenging our military advantage. Strategic competition from these revisionist powers is now our primary national security challenge. How we address this challenge will determine our Nation's strategic positioning for the next generation.

Future conflicts will transcend domains and regions, with increasing speed, reach, and complexity, but the Air Force Reserve's (AFR's) purpose remains constant. We exist to provide strategic depth and operational capability for the Joint Force, and our vision and mission reflect this:

**VISION:** Reserve Citizen Airmen -an agile, combat-ready force answering our Nation's call...always there!

Scobee, Kelly outline vision, mission priorities



MISSION: Provide combat-ready forces to fly, fight, and win.

To meet our vision and mission requires a more lethal, resilient, and dynamic AFR. We must be able to compete, deter, and win conflicts in contested environments. As an organization built around war-fighting, we must create an environment that empowers our Reserve Citizen Airmen, capitalizing upon our unique strengths and collective wisdom to re-imagine how we organize, train, and equip. Aligned with the National Defense Strategy (NDS) and Air Force directives, the Command Chief and I are establishing the following strategic priorities:

Prioritize strategic depth and accelerate readiness: We will ensure we have the strategic depth required for future conflicts by shifting focus away from areas that are not aligned with preparedness for war. We will relentlessly accelerate readiness and work to expeditiously establish new training, assessment, and resourcing models to achieve readiness for future multi-domain operations.

Develop resilient leaders: We will identify, develop, and retain leaders who combine emotional intellect with the innate characteristics required to win in future operating environments. These leaders must be able to operate independently, build trust in their units, and create an environment that enables Airmen to take smart risks and generate combat power.

Reform the organization: We will reform and modernize the AFR force structure to achieve NOS objectives and leverage Reservists' experience from industry to infuse best practices, especially in areas like talent management, financial operations, medical readiness, space, and cyberspace.

Achieving these priorities requires bold leadership. We expect leaders at every level to focus on these priorities, enhance trust, and create the culture required to build a more lethal and ready force. Our Airmen are an amazing force with a heritage of greatness, which we should continue to build upon. We must promote an environment where Airmen can challenge assumptions, break through dogmatic thinking, and be innovative.

Our commitment to you is unwavering-be bold! Take smart risks, be fiscally responsible, and move us forward. We will give the Numbered Air Forces and Wings clear direction on what they should focus on now and what they will prepare for in the future. As the Command Chief and I get out to see you, we look forward to hearing from Reservists at all levels on specific ways their teams are implementing AFR's strategic priorities.

We have the utmost confidence you will rise to the occasion and seize the initiative. As our heritage reflects ... always there!

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**COMMANDER'S CORNER****Major changes to medical policies good news for Reservists**

ROBINS AIR FORCE BASE, Ga. -- When Col. John Buterbaugh took the helm as the command surgeon at Air Force Reserve Command in late summer 2018, he wanted to make some bold changes to improve processes for the 70,000 Reserve Citizen Airmen serving across the nation and around the world.

In an Aug. 28 letter, Buterbaugh outlined four initiatives to increase medical readiness across the command including, eliminating the medical case backlog, removing the mental health requirement differences between the active duty Air Force and Reservists, providing more full-time medical staff to local units and increasing decision-making ability on medical cases at the wing and squadron levels.

"The current Reserve medical system is out of step with the needs of the mission and the Airmen," Buterbaugh said in the letter. "This has led to the long backlog of cases, task saturation on the (unit training assembly), and decreased quality of medical administrative care of the members."...

[Click here to read more...](#)

**Air Force to finalize review process for non-deployable Airmen**

Published October 09, 2018

ARLINGTON, Va. (AFNS) -- The Air Force is finalizing details on how it will implement Department of Defense Instruction 1332.45, Retention Determination for Non-Deployable Service Members.

Until the updated policy guidance is complete in late 2018, Airmen who have been non-deployable for 12 consecutive months and their commanders will continue to follow existing procedures...



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**December Deadline for Blended Retirement System**

The open enrollment period for the majority of service members ends Dec. 31, 2018. One of the most wide-reaching and significant changes to military pay and benefits over the last 70 years took effect Jan. 1, 2018, with the implementation of the Uniformed Services Blended Retirement System, known as BRS...

[Click here to watch a video...](#)



# CONGRATULATIONS

## Newly Promoted Members

<i>September</i>		<i>October</i>		<i>November</i>	
913 MXS	MSgt Christopher Holmes	913 FSS	MSgt Matthew Cantone	327 AS	MSgt David Rakestraw
96 APS	SSgt John Butler	913 FSS	SMSgt Stephanie Pickens	913 MXS	TSgt Carter Brown
96 APS	SrA Alexis Docherty	913 MXS	SSgt Justin Craig	96 APS	TSgt Justin Randleas
96 APS	A1C Brittany Holmes			96 APS	TSgt Danielle Shaw
				913 AMDS	SSgt Kristen Frandson
				327 AS	SSgt Johnathan Haskett
				913 FSS	SSgt Neil Richardson
				327 AS	SrA Caleb Mailhiot

## CCAF Degree Completion

### *October*

913 AG	96 APS
TSgt Nyssa Curtis	SSgt Ashley Ritchey
TSgt Malcolm Moe	TSgt Gonzalez Vargas
	SMSgt Kenneth Womack
327 AS	
J K Crafts	
913 MXS	
SMSgt Dennis Kash	
SrA Alicia Price	
Jenny Ragoobir	

## Newest Members

913 MXS
SSgt Justin Nelson
913 AG/PA
SrA Nathaniel Byrnes
SrA Chase Cannon
Capt Ashley Walker

## Recently Completed Upgrade Training List

<i>September</i>	<i>November</i>
913 AG	327 AS
SrA Daja Dyson	SSgt Danielle Perez
	SSgt Nicholas Coburn,
96 APS	96 APS
SSgt Henry Sosa	SSgt Bryce Eddington
SSgt Melissa Bridwell	SrA Justin Khamphavong
SrA Jimmy Brewer	
913 MXS	
SSgt Dustin Nelson	

# HEALTH & WELLNESS

## MAINTAIN...Don't Gain

### Avoiding holiday weight gain

Courtesy of LRAFB HAWC

Preventing holiday weight gain can be tough when you're surrounded by holiday sweets and treats, or celebrating at multiple holiday functions with food or alcohol. Before you know it, your clothes start fitting too tightly and you've added unwanted pounds that seem to take twice as long to get rid of as they did to put on. Use these tips to keep holiday weight gain away:

1. **PLAN AHEAD.** Make a game plan for how you will handle each holiday party. Your plan may be to eat something healthy before coming to the party, or to limit alcohol to only one drink.
2. **BRING SOMETHING HEALTHY TO SHARE.** Side salads, veggie trays, fruit trays, and rotisserie chicken are popular choices for holiday potlucks. And, avoid hanging out by the food, so you're not tempted to graze.
3. **PICK ONLY ONE HOLIDAY MEAL TO SPLURGE.** Instead of splurging at every single holiday event, pick your favorite ONE to indulge. At the other holiday parties, aim to fill half your plate with vegetables (or fruit), add a palm-sized quality source of protein, and limit starchy foods to one-fourth of the plate or less. Limit yourself to one-plate; if you're still hungry, then wait 20 minutes before having another helping; this extra time gives your body time to recognize if you are satisfied.
4. Take ONE bite, and ask yourself "IS THIS LESS-HEALTHY-FOOD WORTH IT?" If it's just so-so or not tasty at all, STOP eating it and don't waste your calories on another bite of junk you don't even really like. Save your splurge for foods you truly enjoy, and on something you will savor.
5. **DON'T DRINK YOUR CALORIES.** Drink plenty of water or other no-sugar beverages, like unsweetened tea or black coffee. Need new ideas to drink more water? Add fresh mint and a few chopped strawberries to the bottom of your water pitcher, or slices of fresh lemon and ginger root. Say NO to sugary beverages like soda and juice.
6. **VOLUNTEER TO BE THE DESIGNATED DRIVER.** Alcoholic drinks are loaded with empty calories, and many of them are loaded with added sugar that don't help your effort to maintain your healthy weight. If you are NOT the DD "Drinking on a diet" video has suggestions that won't wreck your weight loss goals: [http://youtu.be/V2nyAnHV\\_Js](http://youtu.be/V2nyAnHV_Js)
7. **GET MOVING.** Take a walk or attend your usual exercise session the day of the party. Make it a priority rather than saying there isn't time. Moving will aid in digestion and help burn some of the calories you ate.

## Improving Push-Up Performance

The best way to get results quick is visiting the weight room. Focus on exercises (bench press) and muscle groups (chest & triceps) used during the push-up. Bench press works great because it allows you to increase or decrease weight.

It's safe to estimate that a push-up requires you to push at least 60% of your body weight. Two days per week focus on endurance with guys benching 20-25 reps and ladies benching 10-15 reps at 40-60% of your body weight completing 2-3 sets.

One day per week focus on strength with reps between 3-7 and weight at 80-100% of your body weight for 3-4 sets. It's always important to be balanced and work the back with a row or lat pull-down exercise as well.





# HEALTH & WELLNESS

## *Deployment Distances...*

### *Can the Heart Grow Fonder?*

*Courtesy of Chaplain Peter Landers*

One of the major concerns of deployment or long distance trips is staying connected to relationships with others at home. A spouse, child, parent, or friend appreciates the physical presence of the loved one when at home. However, just because a physical person is present, does not always mean that individuals are emotionally or actively present. Vice versa, just because a loved one is absent physically, does not mean that one cannot continue to be emotionally and active in the relationship.

Often when a member is deployed, the busyness of the work day and buying into the myth that “my relationship is on hold if I cannot be there physically” often paralyzes a member. The member who is active by writing, calling, Skyping or FaceTime can maintain a vibrant relationship and even grow in connection if intentional. The movie *Sleepless in Seattle* is a good representation of intimacy through technology. When a person decides to open up and express the emotions and thoughts to another, bonds are created. I also cannot count on my hands how many times I have heard relationships and even marriages cultivated through online connections. Is it hard? Yes, but it can be done. If people learn to love, trust, respect, and support each other from a distance then the relationship will grow, and once back together, they will be resilient and unshakable.

## MILITARY ON SOURCE

You're part of a military family that numbers in the millions. You share common experiences, values and feelings of being in this together. That's community. To support and bolster your own family, lean on your military community – including Military OneSource – to find answers and guidance from those who have been there, done that.

[Click here for more resources...](#)



# UTA SCHEDULE

## FY 19 UTA Schedule

~~13-14 Oct 18~~

~~3-4 Nov 18~~

1-2 Dec 18

12-13 Jan 19

9-10 Feb 19

2-3 Mar 19

**4-5 Apr 19**

**6-7 Apr 19**

4-5 May 19

1-2 Jun 19

No July UTA

3-4 Aug 19

7-8 Sept 19

### On the Horizon

Outstanding Airman of the Year Award packages due the Friday before February UTA.

### AEF Online login

Members need to log-in to AEF Online every 90 days to prevent being locked out of the system. Please put a reminder on your calendars.

[Click here to access AEF online](#)

## December

### Saturday, 1 Dec

0800-1330 Newcomers briefing in bldg 262, FSS conf rm

0800-1130, 1300-1500 AMDS Open for Appointments

0900 M9 CATM training

1030-1330 2-ship flying window

1100-1200 Top 3 Meeting in DFAC (Chief's den)

1330 Flu Shots available in bldg 266 (327 AS)

1500 Mock PT Test in HAWC

AFRC/A1 visit, final itinerary will be emailed

### Sunday, 2 Dec

0730-0900 Fitness Testing in HAWC

0800-1100 Static load training TBD

0830 EOC/PME testing at Base Education Center

0900 Flu Shots available in bldg 208 (96 APS)

1130-1230 Rising 6 meeting in bldg 266 heritage rm

-Please check your email for last minute changes regarding UTA events

### Chaplain Notes

Sunday, 0900 Catholic Mass

Sunday, 1100 Protestant Service

### Ready-to-Fill Enlisted Opportunities

Inspector General Inspector (IGI) - POC SMSgt Vandsant

Readiness NCO - POC MSgt Kilbreth

First Sergeant - POC CMSgt Lord

Equal Opportunity - POC Capt Gonzalez

### Finance

0800-1200 Saturday only, bldg 262, rm 133

### Medical Records

Update your vaccine records by dropping off hard copies to 913 AMDS or sending a copy via email.

### Important Numbers

DSN: 731-XXXX COM: 501-987-XXXX

913 AG/CC 987-2609

327 AS/CC 987-7064

913 OSS/CC 987-4057

913 MXS/CC 987-7129

96 APS/CC 987-3114

913 FSS/CC 987-8169

Reserve Pay 987-7762

FSS Customer Service 987-3175

Lodging 987-6753

# BASE HAPPENINGS

**189TH AW & 913TH AG  
NORTH POLE DEPLOYMENT  
CHILDREN'S HOLIDAY EVENT 2018**

**SATURDAY, DECEMBER 1ST  
FROM 1100-1300  
LOCATION: 189TH ENGINE SHOP  
(BLDG 140)**

*Kid's deployment processing line, games, cookie decorating, bounce house, crafts, and more!*

**For More Info Contact:  
189th Airman & Family Readiness at (501) 987-5952**

**COSMIC BOWLING**

**SATURDAYS  
9-11 PM**

**ALL YOU CAN BOWL!  
FOR ONLY \$10 A PERSON  
FREE SHOE RENTAL**

\*Lane pre-registration accepted  
at the BOWLING CENTER | 987-3338

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# Camera Roll

***Flickr photos will be narrowed down to only 1,000 by January 8, 2019. Be sure to download your favorites!***



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