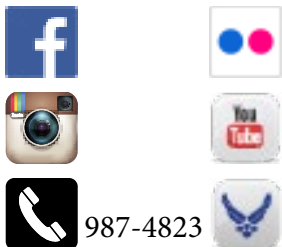




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### Contact Us:



# Commander's Corner

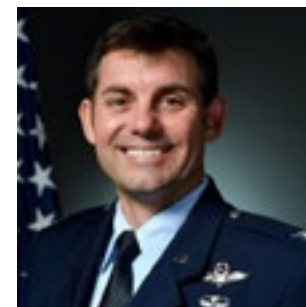
## April UTA Message Col. Christopher T. Lay, Commander

913th,  
As we did last year, we intend to accomplish nearly all of our annual ancillary training this UTA week-end. Our Airmen have created a synchronized schedule to complete all of the AG-level training requirements within a single day-long period, giving time back to the squadrons for unit or career specific training. Obviously, we had to adjust some of the normal timelines, so please refer to the schedules posted and distributed.

While we are drilling, our 19th Airlift Wing host is exercising to their Full Spectrum Readiness requirements. We've de-conflicted our schedules as much as possible. We are not intending to participate in the 19 AW exercise, however, we are still tenants on the installation, and thus we will be affected by exercise developments. I ask for your patience, understanding, and professionalism. So, please allow

for more time to gain access to the installation (also consider using the school gate on Harris Road) and to move around the base. Know the areas where we are exempt from the exercise (namely, the Reserve campus of buildings 262, 264, 266; the 96 APS (208); and AMDS).

If you find yourself delayed for a mandatory event, contact your supervisor and politely elevate the issue to your chain-of command. We will deal with such situations respectfully and appropriately. Again, thanks for patience as our Total Force partners conduct their exercise to ultimately improve combat effectiveness.



# Air Force News

## Integrated Fly-In: Reserve Aircrew Leads the Pack

A 327th Airlift Squadron Reserve aircrew led a C-130J 3-ship formation involving active-duty crews from various units on Mar. 13, 2019, during a week-long flying exercise held at Little Rock Air Force Base, Arkansas.

"This type of flying exercise exposes crews to many challenges faced in contingency operations abroad. By involving various units, crews, and total force components we can ensure the Air Force C-130J enterprise is training to the same standard," said Maj. Steve Freeman, 913th Operations Support Squadron Chief of Weapons and Tactics. "Theoretically, the Air Force can select different personnel to build qualified crews and ensure mission success without sacrificing safety."

More than five C-130J units based across the globe, from Ramstein Air Base to Yokota Air Base, participated in the exercise. Aircrews performed



a variety of tactical airlift techniques such as low-cost, low altitude airdrops, combat offload method-A, and properly loading oversized cargo.

"The LCLA airdrop has been utilized for more than 10 years," said Freeman. "This form of aerial delivery is ideal for small ground teams, such as Special Operations Forces. We are able to execute these drops rapidly and with great precision on smaller drop zones in a dynamic environment, which ultimately minimizes the user's exposure to hostile fire."

A low-cost, low altitude combat airdrop is accomplished by dropping bundles weighing 80 to 500 pounds, with pre-packed expendable parachutes. The low-altitude delivery is more accurate than traditional, higher-altitude airdrop methods and cuts down on stray bundles than can land away from the drop zone. LCLA drops require no specialized training for parachute riggers and can be dropped from a variety of aircraft.

"I've been in the Air Force for 26 years," said Senior Master Sgt. John Shirey, 327th AS loadmaster. "Even though I have experience, I recognize the need for our folks to practice beyond our typical cargo bundles. Loading a fuel truck is a convenient way to challenge our skills."



Traditional Reservists are required to maintain deployment readiness through monthly drill weekends in addition to two weeks of annual training.

"This exercise exemplifies Total Force Integration," said Freeman. "While I fly full time for a major parcel service, I enjoy the opportunity to train with Active Duty aircrew members to collectively hone our tactical airlift capabilities. On a personal level, as a former Formal Training Unit Instructor Pilot in the C-130J school house, it is awesome to see my former students and colleagues grow, succeed, and continually push the mission of the C-130J forward."

For many military members, the Air Force Reserve is a career extension opportunity for Airmen leaving active duty and is focused on preserving an agile and resilient military force ready for the fight.

2nd annual C-130J fly-in grows Herk Nation

Representatives from eight C-130J units came together to train and enhance mobility partnerships across the C-130J enterprise during the second-annual fly-in at Little Rock Air Force Base, Arkansas, March 9-16, 2019.

The fly-in allows for side-by-side training aimed at increasing readiness and effectiveness of the C-130J force by improving cohesiveness and bolstering the ability of units...

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



## Air Force News

### Avoiding College Debt:

#### Advice on Joining the AF Reserves

As high school graduation looms among a seemingly endless stream of testing, your future has many options. This daunting task of choosing between colleges, scholarships, and working can be overwhelming.

Airman Samuel Kidd, 913th Aerospace Medical Squadron, recently graduated Air Force Basic Military Training and shares his story about why he joined the Air Force Reserves.

"I learned through pre-enlistment research that the Reserves provides a chance to use education benefits while going to school full-time or working a civilian job," said Kidd. "I strongly advocate doing your research or ask your recruiter about the different options and aspects."

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



### Bataan Memorial Death March: Uncovering a history of service

Lt. Gen. Richard W. Scobee, chief of Air Force Members of the 913th Airlift Group and friends teamed up on March 17, 2019, and participated in the 77th anniversary of the Bataan Death March. More than 8,000 attendees honored the U.S. and Filipino soldiers by marching 26.2 miles over desert terrain.

Such memorial events bring a sense of esprit de corps and military history. This particular event uncovered a personal tie for two of the 913th Airlift Group team members.

Tech. Sgt. Edward Limmer's family initiated the dive into their ancestry and the sacrifices during the Bataan March. His family texted a photo of a news article depicting his great uncle's military service. Army Cpl. Carl Egner was in prison camp in Japan for more than three years.

"What are the odds that two of us would discover that we have close relatives who survived such an experience," said Tech. Sgt. Malcolm Moe, 913th AG historian. "As we were driving to the event I find out the father-in-law of my sister-in-law, joined the New Mexico National Guard, then Army Air Corps and eventually joined and retired from the Air Force."

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

### Need-to-know for severe weather season



Airmen and their families should take into consideration base procedures and notifications during severe weather conditions at Little Rock Air Force Base, Arkansas.

The location and severity of the weather dictates what the 19th Operations Support Squadron weather shop communicates to the 19th Airlift Wing Command Post and ultimately, when notifications are sent to the base population.

A rare but important notification for Airmen and families to be aware of is the base siren. Command post will sound the siren when a tornado is within a five-mile radius of the center of the airfield. This siren is activated by different criteria than the Jacksonville, Arkansas, tornado siren, which will sound when a tornado touches down in any part of Pulaski County.

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

# Congratulations

## Recently Completed Upgrade Training List March

Staff Sgt. Richardson, Niel	913 FSS
Staff Sgt. Diaz, Christian	913 MXS
Tech. Sgt. Scheider, Justin	913 FSS
Staff Sgt. Lawson, William	913 AMDS
Airman Basic Simpson, Kyler	96 APS
Airman Basic Jenkins, Ryan	96 APS
Staff Sgt. Outlaw, Constance	913 MXS
Staff Sgt. Oliver, Brandon	913 MXS
Staff Sgt. Enderby, Danielle	913 MXS
Tech. Sgt. Underwood, David	913 OSS

## Airman Leadership School Graduates

Senior Amn Bryant, Lakendra 96 APS  
Senior Amn Johnson, Jaquan 913 MXS

## Newly Promoted Members

To Tech. Sgt.:

Erwin, Alexandria 96 APS

To Senior Airman:

Odom, Justin 913 MXS

## Did You Know?

### Changes to Servicemembers Civil Relief Act

1. Termination of Cable, Satellite / Internet Contracts. The existing SCRA right to terminate a landlines/cellular contract upon receipt of military orders to relocate for 90 days to a place not supported by the contract, has been extended to cable, satellite and Internet contracts. This does not allow for termination of online-only services (Hulu, Netflix, etc.)

2. Termination of Residential leases of Deceased Servicemembers. If a servicemember dies on active duty (Title 10 orders), the benefit of terminating residential leases is extended to the spouse within one year of their death.

3. Residence of Spouse of Servicemembers for Tax Purposes. In 2009 Congress passed MSRRRA to grant tax exemption to military spouses, so long as their domicile matched the servicemember's. The recent update allows the spouse to simply 'elect' to have the same domicile, instead of proving it through minimum contacts (physically living in the state, etc.) Spouses can use this for filing taxes for 2018.

4. Residence of Spouses of Servicemembers for Voting. Under MSRRRA, spouses could retain their domicile for voting, so long as it matched the servicemember. With the update, spouses may elect as described above to have the same state as the servicemember to vote in that state.

These updates directly correlate to active duty status. Based on the percentage of our group that is currently deployed on active duty orders, it is worth updating them on potential benefits based on the elongated active duty service this year. JA is available to advise further, should a member have a legal assistance question related to the above listed updates. Here is a link to a more in-depth summary set forth by the Senate: <https://www.veterans.senate.gov/imo/media/doc/S.2248%20Section-by-Section.pdf>

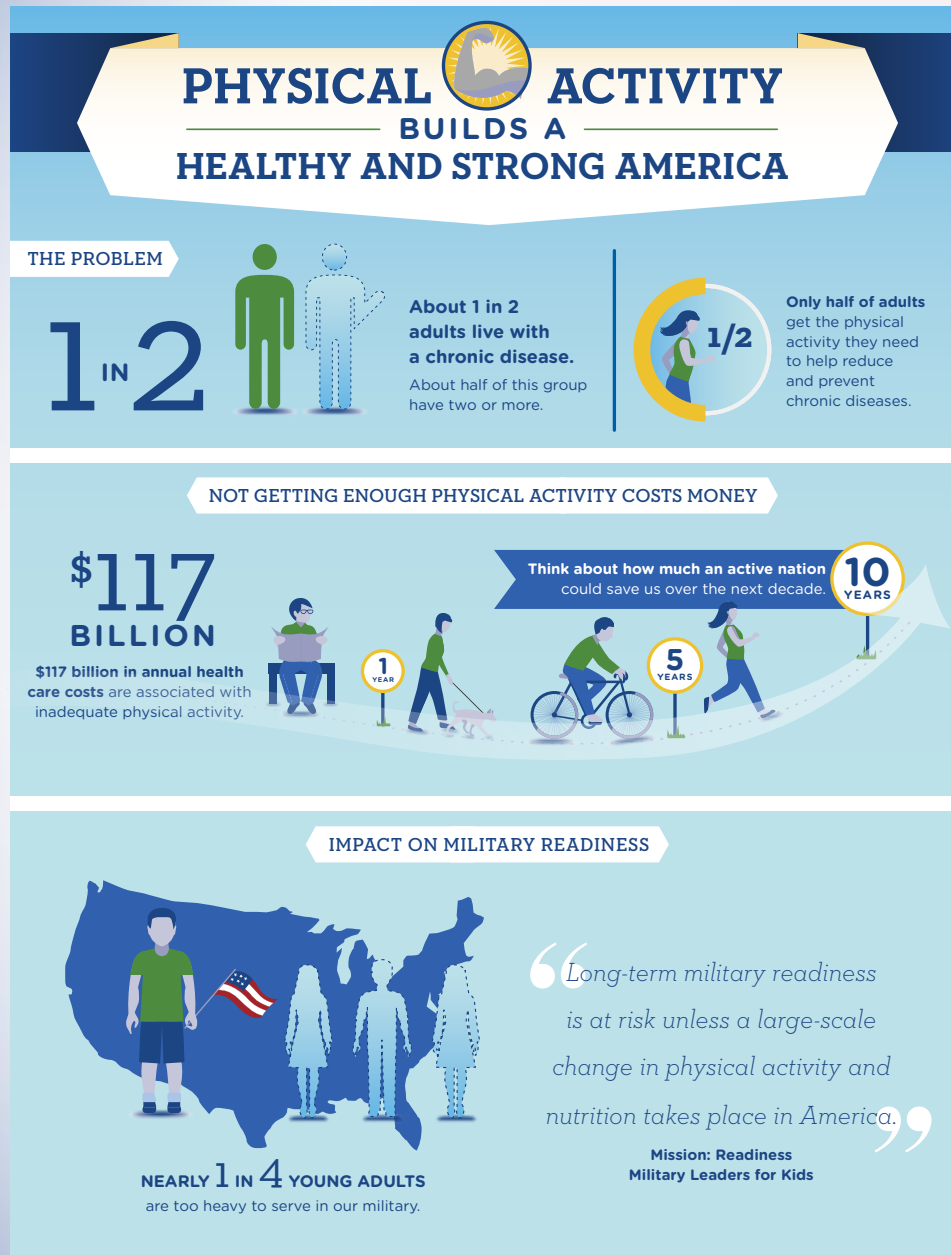
### Volunteer Opportunity

Fishnet Missions Facility is located at 1700 Swift Drive in Jacksonville. They serve breakfast to 175-300 homeless & the less fortunate in the DHS parking garage located at the corner of 8th & Main in Little Rock @ 8:00-9:00a.m. every Saturday. They have groups that provide cooking teams and serving teams which rotate weekly.

The normal cooking teams consist of 3 to 4 people and the serving teams consist of 8-12 people. Show time for the cooking teams is 5:30-10:45a.m. and 7:00-10:30a.m. for serving teams to help us load up, follow us down to Little Rock to serve and then come back and help us clean up the coolers and the kitchen.

Call Eugene Shelton at 501-259-2282 if interested.

# Health and Wellness



## Helpful Tips

Perfect Sit-up : (efficient sit-ups)

<http://youtu.be/V1ko7gJaFjc>

Correcting Sit-up Problems : (PTL cues) <http://youtu.be/8DdVB8jdiW8>

PT Test day Tips

These tips can help you prepare for test day:

-Relax up to two days before the test, or up to five days if you're older than 40. Tired, sore muscles will do nothing to improve your score.

-Drink water, eat fruits, vegetables and lean proteins the night before the test.

-Eat one light meal on the day of your test. If you need immediate energy, try an apple, banana or carrots.

-Drink two to three cups of water two to three hours before the test, then another cup just before. Drink small amounts of water slowly during breaks. Drink another two to three cups of water during the first two hours following the test.

-Warm up by doing a lighter version of your exercise activity, such as jogging, before running. Afterward, do cool-down exercises so your heart rate and breathing return to their resting rates.

## April UTA Mass Training Schedule

## UTA Schedule

Group 1: MXS	Group 2: OPS	Group 3: AMDS/FSS	Group 4: APS Group 5: AG/FSS
4 April Thursday	5 April Friday	6 April Saturday	7 April Sunday
CBRNE 0730-1130 @ Walters Center Group 1	Mass Training Herc Hall @0730  Group 1 Group 2 Group 3 Group 4 Group 5	CBRNE 0730-1130 @ 96 APS Group 4 (2 instructors)  SABC/GD/WD 0730-1030 @ Walters Center Group 5	PHAs Fit Testing EOC/PME Testing
SABC/GD/WD 0730-1030 @ Walters Center Group 2			
CBRNE 1230-1630 @ Walters Center Group 3	CBRNE (2 instructors) 1230-1630 @ Walters Center Group 2	CBRNE 1230-1630 @ 96 APS Group 5	
SABC/GD/WD 1230-1530 @ Walters Center Group 1	SABC/GD/WD 1230-1530 @ Walters Center Group 3	SABC/GD/WD 1230-1530 @ Walters Center Group 4	

## Fiscal Year 19 UTA Schedule

~~13-14 Oct 18~~   ~~9-10 Feb 19~~   4-5 May 19  
~~3-4 Nov 18~~   ~~2-3 Mar 19~~   1-2 Jun 19  
~~1-2 Dec 18~~   4-5 Apr 19   3-4 Aug 19  
~~12-13 Jan 19~~   6-7 Apr 19   7-8 Sept 19

## Public Affairs Notes

We have moved! PA will be located in the 913 AG headquarters building next to Comm during the April UTA.

## Staff Notes

Chem gear issue for new personnel is at building 266 at the garage doors on Thursday from 0830-1100

Supervisor Safety Training available Sunday at 0800-1000 in the 19 AW Safety Conference room, building 284

Finance Hours: Available Thursday, Friday, and 0800-1200 Sat Only (B262, Rm 133)

Harris Road Gate will be open Thursday and Friday of April UTA from 0630-0830 & 1430-1630

Ready-to-fill Enlisted Opportunities

Readiness NCOIC – POC SMSgt Pickens

Readiness NCO – POC SMSgt Pickens

First Sergeant – POC CMSgt Lord

Equal Opportunity – POC Capt Gonzalez

# Base Happenings



## 19 AW ROCKI 19-06 Affected Customer Service Hours:

### FITNESS CENTER:

#### (March 25-29)

- Monday- Friday 7 a.m. - 4 p.m.
- FAC will be open
- 24/7 access on weekends

#### (April 1-19)

- 24/7 access ONLY
- FAC closed
- No Smoothie Bar Operations

### FAMILY HEALTH:

- No walk-in cold clinic

### FLIGHT MEDICINE:

#### (April 1-17)

- Flight physicals and occupational health exams by appointment only

### PUBLIC HEALTH:

#### (April 1-5)

- Deployment medical clearances only

### BIOENVIRONMENTAL ENGINEERING:

#### (April 5 and April 8-17)

- Gas mask fit test and respirator fit test appointment only

### MPF:

#### (April 1-8)

- Closed
- Members with official appointments during Phase I will maintain their appointments

### DFAC:

#### (March 25-29)

- Breakfast: 5:30-9 a.m.
- Lunch: 10:30 a.m. - 1:30 p.m.
- Dinner: 4-6:30 p.m.
- No Midnight Meal Available
- POD: 7 - 12:30 a.m.

#### (April 1-19)

- Breakfast: 5:30- 9 a.m.
- Lunch: 10:30 a.m.- 1:30 p.m.
- Dinner: 4-6:30 p.m.
- Midnight Meal: 11 p.m. - 12:30 a.m. (available during Phase II only)

### FINANCE:

#### (April 1-8)

- Closed

### CHILD DEVELOPMENT CENTER & INFANT TODDLER CENTER & SCHOOL AGE CARE:

#### (April 1-19)

- Monday- Sunday 5 a.m. - 7 p.m. (with parent contract in advance)
- Weekend child care 5 a.m. - 7p.m. consolidated in Bldg 1990

### PUBLIC AFFAIRS:

- By appointment only

### JUDGE ADVOCATE:

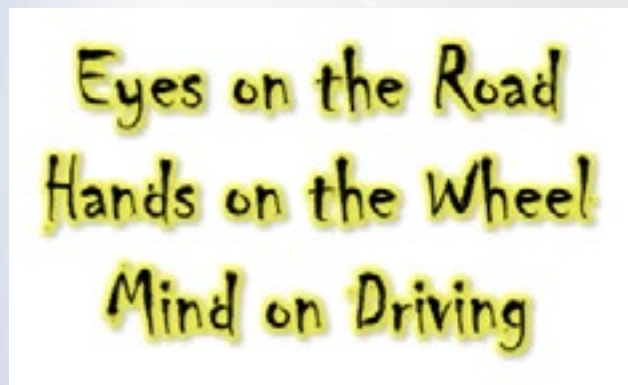
- By appointment only

The above document reflects only 19th Airlift Wing agencies only.

# Safety Highlights

## Distracted Driver Awareness Month

According to the Center for Disease Control (CDC), distracted driving caused an average of 9 deaths and 1,000 injuries per day in 2018. The phrase "distracted driving" technically includes any activity that takes attention away from driving, such as eating/drinking, passengers/pets, music/navigation, email/social media, grooming, external factors, emotions, and so on, but it has become synonymous with cell phone usage



There are 3 types of driving distractions:

**Visual:** a distraction that diverts your eyes from the road

**Manual:** something that causes you to take your hands off the wheel

**Cognitive:** anything that takes your mental focus off the road

The National Highway Traffic Safety Administration has determined that texting while driving is the most dangerous type of distracted driving. This is mostly because texting combines all 3 types of driving distractions at once: visual, manual and cognitive. Cell phones recovered from vehicles after crashes have often shown incomplete text messages, apparently written just before the crash (and never completed). Yet, just like drunk driving, there are many people who believe they are "good" at it or "better than everyone else" when it comes to texting while driving. As foolish as this sounds, it is a serious problem. Studies have shown that people are not as good at multi-tasking as they think, so why don't we take this serious? Why do we continue to put ourselves, our families, and other motorists at risk?



Texting while driving is illegal in the state of Arkansas, yet we see people looking down when behind the wheel, even on base. We need to get in the habit of making smarter choices every time we get behind the wheel. Something to ask ourselves...could I live with the regret of killing a loved one or another motorist because I was texting while driving?

Sources: <https://www.millerandzois.com/texting-driving-statistics.html>

<https://www.drive-safely.net/distracted-driving/>

# OPSEC Highlights

## Cybercriminals Are Just Waiting for the Festivities to Begin

Security experts are advising that companies be on alert since March Madness games also traditionally fall during business hours, and as a result, plenty of office workers will be tuning in via their mobile devices and online to watch the action. This provides the perfect opportunity for cyberattackers to strike.

Dan Lohrmann, chief strategist and chief security officer (CSO) at Security Mentor, said, "Cybercriminals are well aware of the popularity of March Madness and are already preparing spear phishing emails to millions of college basketball fans, as well as non-basketball fans who are merely participating in the ever-popular office pools."

People should be cautious about downloading March Madness apps, since they may also deliver advertising and malware. In addition, watch out for March Madness-related sites, as they can direct users to an infected site, which may trick them into giving out credit card numbers or other personal information.

"We can certainly still have fun at work if a local

team is playing," Lohrmann said. But organizations should also take the time to reemphasize cybersecurity policies and procedures.

### 18 Tips to Safeguard Your Mobile Devices, Social Media

#### Your Mobile Phone:

Be sure to set PINs and passwords. This is your first line of defense in case your phone is lost or stolen. Also, set your phone to lock automatically between 30 seconds to 5 minutes after it's idle.

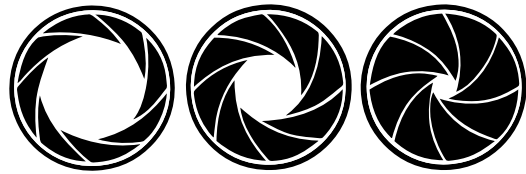
Only install apps from trusted sources. Check an app's reviews, confirm the legitimacy of the app store, and compare the app sponsor's official website with the app store link to make sure they're the same. Many apps from untrusted sources contain malware that can steal information and install viruses.

Click here to read more... [www.dodlive.mil/2015/10/20/18-tips-to-safeguard-your-mobile-devices-social-media/](http://www.dodlive.mil/2015/10/20/18-tips-to-safeguard-your-mobile-devices-social-media/)



The success of military and intelligence operations depend upon secrecy; without secrecy, they generally fail.

...PRACTICE GOOD OPSEC!  
"SHRED, ENCRYPT, PROTECT"



# Camera Roll

Click to connect:



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DSN: 731-4823

