



Commander's Corner

US and Qatari Air Force conduct first combined exercise

AL UDEID AIR BASE, Qatar -- U.S. Air Force and Qatari Emiri Air Force pilots partnered to fly in the combined C-130J training exercise SAQKR 21, Sunday April 28th, 2019.

The Qatari Emiri Air Force led the exercise, which combines Qatar's naval, air, and ground forces to practice their ability to assault an enemy position in a medium threat environment. The training was also designed to increase interoperability between the U.S Air Force, Air Force Reserve, and Qatari Air Force.

"Training with the Qataris is important because it gives us a chance to learn more about the host nation and the people that we are conducting operations with," said Maj. Brent Manbeck, 746th Expeditionary Airlift Squadron C-130J pilot. "It's very important [to] learn how we both conduct [missions] from the planning phase, to execution."

The exercise consisted of fighters protecting the homeland and airspace, fast roping, ceasing an airfield, and airlift resupplying ground forces.

Additionally, the QEAF seized a radar site with special operations forces helicopter insertion. The seizure was supported by a QEAF Mirage 2000 fighter aircraft and naval surface support. QEAF and USAF C-130Js simulated a re-supply airdrop of equipment and supplies to the Qatar special

operations forces once the radar site was secure.

Finally, the QEAF and USAF C-130Js practiced low-level formation procedures and Tactics/Techniques and Procedures for employing the C-130J in a combat environment.

"Partnership is key," said Lt. Col. Mike Pasquino, 379th Expeditionary Operations Support Squadron commander. "Both air forces are professional organizations that when you get down to the basics are very similar. Our joint desire to produce an unmatched force makes future partnering with the QEAF something to look forward to."

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

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Contact Us:



987-6970



Air Force News

Owning the Compound

Leave it better than what you found it. Team Little Rock members took this mantra to heart when they deployed in 2019 to the 332nd Air Expeditionary Wing, Southwest Asia in support of Operation Inherent Resolve.

“The Wing commander challenged every person deployed there to treat everything with the idea of ownership; to invest blood, sweat and tears into the mission and base,” said Reserve Capt. Nick Paladino, 96th Aerial Port Squadron logistics readiness officer. “There was a team of Airmen that took on that challenge and worked diligently through multiple obstacles to improve and “own” our deployed personnel processing compound and operations.”



A proper facility was required to ensure proper accountability for all deploying into and out of the base, while allowing U.S. Customs to inspect cargo in a timely manner. The various supporting offices and facilities necessary for this process limited the amount of personnel to be processed to four at a time initially.

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

Innovation Funds for the future warfighter



The outdated cargo training containers are replaced with updated containers that simulate current warfighter requirements such as oversized sea container and an imitation Patriot missile system for 96th Aerial Port Squadron training scenarios, June 26, 2019 at Little Rock Air Force Base, Ark. The unit used Squadron Innovation Funds to overhaul their training equipment, ensuring they are ready to meet current and future requirements.



Leaving a Legacy – Tech. Sgt. Raymond Jauch

Tech. Sgt. Raymond Jauch, 96th Aerial Port Squadron air transportation specialist, is set to retire with over 28 years of military service in August 2019 at Little Rock Air Force Base, Arkansas.

Jauch is known throughout the 913th Airlift Group as a friendly, happy and humble guy who has seen it all through his Air Force career. You would never know that behind those laughs and joyful disposition, Jauch witnessed monumental events such as the Camp David accords and participating in Operation Bright Star in 1981.

Jauch joined active duty Air Force in 1980, when the U.S. was facilitating negotiation peace deals. Tensions were high, but the Camp David accords laid the groundwork for a permanent peace agreement between Egypt and Israel, which was negotiated at President Jimmy Carter’s retreat.

Shortly after, Operation Bright Star was generated in 1981 where Jauch was part of the initial team in the joint exercise. Today, the combined command-post and field-training exercise continues to be a substantial exercise aimed at enhancing regional security and stability between the U.S. and Egypt.

After separating from active duty Air Force, Jauch started his career as a construction worker until joining the Air Force Reserves in 1997.

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

Congratulations

Upgrade Training

June

SrA Baker, Alexis
 TSgt Middaugh, Michael
 TSgt Richardson, Michael
 Amn James, Christopher

July

SSgt Richardson, Ashlei

Newly Promoted Members

July

MSgt Castle, Nathan
 MSgt Gilbertson, Kyle
 MSgt Limmer, Edward
 TSgt Nelson, Dustin
 TSgt Bickley, Casie
 TSgt Eddington, Bryce
 TSgt Enderby, Danielle
 TSgt Jones, LaQuilla
 TSgt Malone, Corey
 SSgt James, Kaylan
 SSgt Porter, Arnetta
 SrA Yancy, Antonio
 A1C Pickens, Ronald
 Amn James. Christopher

Check Facebook for the list of members who promote in August!

Travel Voucher Schedule

Below is the schedule for 913th personnel who have returned from deployment and have not completed their travel vouchers. Starting 0730 Saturday morning, August 3rd through the 4th, 913th Finance will hold 4 sessions each day at Bldg. 262 room 133. Please be on time and have hard copies of all appropriate travel documents to include all orders and MODS, lodging receipts, airfare receipts and Taxis etc. Please do not show up missing any documents as we will not have time to make any phone calls for anything missing. Our intent is to get members in and back to their duty sections ASAP. If you have any questions, please contact Mr. Taylor at (501) 987 3514

Saturday, 3 Aug

<u>0730-0900</u>	<u>0900-1030</u>	<u>1230-1400</u>	<u>1400-1530</u>
Adkins, G	Brown, C	Leslie, J	Gibson, R
Akins, K	Butler, C	Garden, J	Harding, A
Black, C	Carmichael, J	Kash, D	Harvey, J
Blythe, T	Diaz, C		Helton, J

1130-1230 Travel Voucher help for all other personnel

Sunday, 4 Aug

<u>0730-0900</u>	<u>0900-1030</u>	<u>1230-1400</u>	<u>1400-1530</u>
Henry, T	Kirk, J	Miller, A	Wright, K
Hunter, E	Klobucher, S	Oliver, B	Pruitt, T
Shaw, D	Masse, E	Ollison, Z	Reinhardt, Q
		Ortiz-Santiago	Roby, D
		Wood, F	

Calling all Artists!

Team Little Rock is looking for a new look!
 Submit logo sketches by 15 August to

913ag.pa.poc@us.af.mil.

Feel free to make edits to concept image below or create a totally new design!



Health and Wellness

Influence your stress and relaxation responses

When you're under stress—a common occurrence among Warfighters—your body has two important natural responses: The stress response helps keep you safe from perceived threats, and the relaxation response helps you calm down. By understanding what happens to your body under stress, you can learn to control the stress response and engage the relaxation response, helping you achieve optimal performance.

The stress response, also called the “fight-or-flight response,” helps keep you safe from danger. When you perceive a threat, your body automatically responds by going through a rapid sequence of changes to increase your chance of survival.



Your body releases the stress hormones adrenaline (epinephrine and norepinephrine) and cortisol, which act as messengers that signal the rest of your body to prepare for danger.

Energy sources (glucose, amino acids, and fatty acids) rapidly mobilize from where they're stored to critical muscles. This helps prime your body for action and keeps your brain alert for quick reactions.

Your heart rate, blood pressure, and breathing increase to speed the transport of nutrients and oxygen to your muscles and brain (to help protect your body as much as possible). At the same time, energy normally used for longer-term processes—such as growth, digestion, and reproduction—is diverted to more immediate needs.

Your muscles tense to provide your body with extra speed and strength, your pupils dilate to sharpen your vision, and perspiration increases to prevent overheating from your increased metabolic rate.

Your immune function also gets a short boost of energy in anticipation of possible injury and infection.

While your fight-or-flight response is a valuable and useful reaction when activated for short periods of time, if it's called on too often or turned on for too long, it can cause a variety of negative mental and physical effects that can lead to disease and premature aging. Stress over time also can suppress some types of immune function—leaving you more open to infection—and can overactivate other immune responses, such as inflammation. The good news is, your body has another natural

Courtesy of Human Performance Resource Center

mechanism, the relaxation response, to help counter the negative effects of stress.

The relaxation response has the opposite effect of stress on your mind and body.

Physically, it reduces heart, breathing, and metabolic rates, as well as blood pressure and muscle tension.

Mentally, it reduces your anxiety and increases your feelings of positive mood, calmness, and well-being. The relaxation response also can protect against anxiety and depression, hypertension, cardiovascular disease, and cancers made worse by stress, including metastatic breast cancer, colorectal cancer, and lung cancer.

The relaxation response actually changes your body at the molecular level. It can affect which of your genes are “activated,” impacting how your cells function. For example, the relaxation response can help turn ON certain genes that allow your body to use energy more efficiently—reducing cellular aging. The relaxation response also can turn OFF other genes that lead to inflammation and stress.

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

UTA Schedule

Pre-UTA Schedule, Friday, 2 Aug 19

- 1300 -1400 Pre UTA Staff mtg (HQ Conf Rm)
- 1400 FMB mtg (HQ Conf Rm)

UTA Schedule, Saturday, 3 Aug 19

- 0830-1130/1230-1530 AMDS Appointment (B1090)
- 0830-1100 Newcomers briefing (bldg. 262, FSS Conference rm.)
- 0900 Two-Ship sortie
- 1300 Pilot Hiring Board (327 AS)
- 1500 Mock PT Test Mandatory-all PT Fails (HAWC)

UTA Schedule, Sunday, 4 Aug 19

- 0830-1130/1230-1400 AMDS Appointment (B1090)
- 0730-0900 PTL Training (HAWC)
- 0800-1200 Static load training (96 APS)
- 0830 EOC/PME testing (Base Ed Center)
- 1000-1315 AR Blood Institute Blood Drive (Bloodmobile – Outside OPS)
- 1030-1130 Family Day Committee mtg (HQ Conf rm)
- 1300 FSS & CSS training (Bldg 262, FSS Conf rm)
- 1300-1400 UDM training (Bldg 430, Log plans office)
- 1400-1500 WIT training (bldg 266 auditorium, rm 111)

Chaplain Notes

Sunday, 0900 Catholic Mass

Sunday, 1100 Protestant Service

Staff Notes

1130-1230, Sat, 3 Aug, FM will be available to help walk-ins with travel vouchers. Both days are booked for redeployers.

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

Fiscal Year 20 UTA Schedule

5-6 Oct 19	8-9 Feb 20	6-7 Jun 20
2-3 Nov 19	7-8 Mar 20	No UTA
7-8 Dec 19	2-5 Apr 20	1-2 Aug 20
11-12 Jan 20	2-3 May 20	12-13 Sept 20

Ready-to-fill Enlisted Opportunities

Readiness NCOIC – POC SMSgt Pickens

Readiness NCO – POC SMSgt Pickens

First Sergeant – POC CMSgt Lord

Equal Opportunity – POC SMSgt Pickens

Base Happenings

summer vibes & saving lives

**Little Rock Air Force Base
- 913 AG Blood Drive**

**Sunday, August 4
10 a.m. - 1:15 p.m.**
Look for the Bloodmobile!

To schedule an appointment, visit arkbi.org, click on "Give Blood," then select "Sponsor Code Search," and enter 090W.

FAMILY DAY

11.2.2019 | 1030 AM ONWARDS
913TH AIRLIFT GROUP CAMPUS,
262 CANNON DRIVE

PUMPKIN PAINTING, ARTS & CRAFTS,
LAWN GAMES, FOOD, DRINKS, AND
MORE!

CONTACT STAFF
SGT. TIAH
PHILLIPS TO
VOLUNTEER!

Parking Spot Auction
\$2.00/day Per Spot
No Min or Max Bid Required
Out-Bid any spot

Not Available during UTA's

Parents on Family Day

913 AG/CC	913 AG/CC	913 AG/CC
913 AG/CC	913 AG/CC	913 AG/CC
913 AG/CC	913 AG/CC	913 AG/CC
913 AG/CC	913 AG/CC	913 AG/CC
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913 AG/CC	913 AG/CC	913 AG/CC
913 AG/CC	913 AG/CC	913 AG/CC
913 AG/CC	913 AG/CC	913 AG/CC
913 AG/CC	913 AG/CC	913 AG/CC
913 AG/CC	913 AG/CC	913 AG/CC

Bid Your Front Row Spot Today!
RESERVED

Reservations available until 11:59 PM on 10/1/19. Contact Sgt. Tiah Phillips for Reservations.

913TH AIRLIFT GROUP

Holiday Party

November 2, 2019 • 7 - 10 p.m.
Hangar 1080

An adults only event with food and beverages included in ticket price. Full bar available at the member's expense.
Semi-Formal attire.

Child care services available for kids under 10.
Older kids can socialize at Bldg. 266.

Pay for your ticket via e-invite. Check your email

SHARE YOUR ADVENTURE!

Make your friends jealous and your family proud. Tag or send photos and videos to the 913th Airlift Group Public Affairs office.

 913 Airlift Group

 913airlift_group

 913thairliftgroup@gmail.com







Safety Highlights

Why Check 3? ... And what is GPS?

Courtesy of AF Safety Center

Check 3 is a quick and easy method to assess any off-duty activity or event for possible hazards and allow mitigation when required. This method has three general areas to assess, or check, for your activity. This “Check 3” approach is assessing three areas referenced by the common acronym GPS. In this case, GPS is not referencing a navigation aid.

This allows a quick review of your activity to highlight any issues or hazards. For instance, “G” or gear may encompass details such as personal protective equipment, your vehicle, or availability of



drinking water. “P” or plan may encompass the timeline, weather, sequence, emergency contact/backup, as well as other facets. “S” or skills may mean are you rested for the activity or your overall experience level with the activity. If you see an issue or hazard in any of the areas, then assess if you can adjust an area to mitigate the hazard, especially the plan.

This framework allows anyone, regardless of experience or knowledge, to have a quick mental method to begin assessing all their activities. As a person becomes more experienced and knowledgeable in any activity, their “Check 3” will also become more effective.



“Take 3”

take three seconds, three minutes, or three additional steps to incorporate planning, assess the risks, and make a sound decision.

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

OPSEC Highlights

Why care about OPSEC?

Why is OPSEC important, and why should you care?

There's a saying that goes, "If you have nothing to hide, you have nothing to fear." The reality is that everyone has something they want to hide from the general public. The key is identifying what form this information is in, how well protected it is, and if compromised, what the personal/professional impact would be.

Attackers are constantly profiling targets looking for potential weaknesses in OPSEC and from personal experience, it can take less than four hours of online recon using manual and automated Open Source Intelligence (OSINT) techniques to gather enough information on a target to learn their:

Full Name

Location

SSN/NI number

Date of Birth

Email Accounts and Passwords

Mother's Maiden Name

Online Digital Footprint

Employment Information

Financial Information

Mobile/Work Telephone Numbers

Social Media Information/Posts

Family/Friends/Colleagues

Armed with the above information, a motivated attacker could do some serious damage – especially if you reuse passwords, using the same email as a login for multiple web apps, or use an email/username that can identify something about you. These basic mistakes are reported almost on a monthly basis in the media, including numerous examples of where criminal operations have been dismantled through leaving breadcrumbs of information that link a real person to their pseudonym(s).

Interesting case studies include the recent takedown of the AlphaBay admin Alexandre Cazes aka Admin02. The admin of one of the largest dark markets was recently arrested by a joint operation led by Interpol, the FBI, the NCA and other law enforcement agencies to take down marketplaces.

LEA agents were able to piece together information on their target from small OPSEC mistakes. For example, early welcome emails

from the site admin pimp_alex_91@hotmail.com included information about Cazes, including his year of birth and information that could be used to identify his national identity.

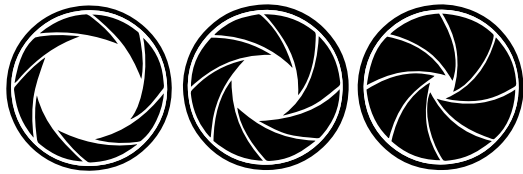
He also cashed using a bitcoin account tied to his name, and his bank account is amongst the OPSEC sins he performed and ultimately what led to his arrest.

The reality is that an attacker exploiting weaknesses in OPSEC is akin to a death by a thousand cuts. It's not one "breadcrumb" of information that causes the damage; it's the accumulated data over time that delivers the killer blow for the attacker. Being constantly aware of the information you are sharing with individuals, third-parties, online entities, and employers, not to mention the extent this exposes you, is vitally important if you want to stay safe in today's constant information battle.



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

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



Camera Roll

Click to connect:



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