



# Commander's Corner

## Happy Holidays!

913th,

I wanted to take the time to wish you all the best this holiday season. We've asked so much of you and your families this year, starting with our first operations and maintenance package deployment. Also, we had individual members and small teams who contributed to the fight downrange. Thanks to all of you who represented the 913th with honor. For those still deployed or who are about to depart, we thank you for your service and look forward to your safe return. All that we accomplish as a group is not possible without your professionalism and the unwavering support of family.



It was truly a pleasure to see the entire group come together for Family Day. Thanks to all of those who contributed to the event. It was a special occasion to be able to spend time with one another and show our mission to our families. We all know how difficult it can be to balance a civilian career or schooling while maintaining military readiness. The event was an embodiment of a heartfelt "thank you" to our families who support us.

One of the joys of the holiday season is the opportunity to give thanks and wish you all the best in the coming year. Again, thank you and your families for your service. Be sure to spend quality time with friends, family, and your fellow Airmen.

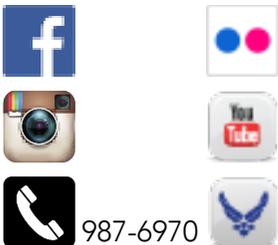
Happy Holidays, 913th!

Col. Collister

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### Contact Us:



# Air Force News

## AF Reserve relays resilience to local medical residents

Lt. Col. Charlotte Appleton, 913th Aerospace Medicine Squadron commander, shared best practices and discussed resiliency to anesthesiology residents during weekly education presentations on Dec. 10, 2019, at University of Arkansas Medical School in Little Rock, Arkansas.



Over 50 faculty and residents from UAMS and Arkansas Children's Hospital viewed the presentation, which discussed the high stress and patient trauma of the medical field that could lead to providers experiencing second victim syndrome. Appleton addressed the Air Force's emphasis on developing resiliency across the ranks and identified the similar perfectionist cultures of medical and military professions.

"Second victim syndrome is the emotional reaction a healthcare provider may experience due patient related traumatic events. The complex healthcare environment means there's only a

matter of time before we all face second victim syndrome," said Appleton. "It's not unique to the medical profession."

With the Air Force and Air Force Reserve facing increasing numbers of suicide, the Air Force has put into motion programs and processes to encourage help seeking behaviors and connectedness.

"As we notice our coworkers struggling, the best thing we can do is be present," Appleton said. "You don't need the right words to show you care. Be available to let them vent. That alone will help remove the sense of isolation."

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

## Command issues guidance regarding deployments exercises for AGRs

ROBINS AIR FORCE BASE, Ga. --

Air Force Reserve senior leaders have clarified guidance for Reserve Citizen Airmen filling an Active Guard Reserve billet tasked to deploy or participate in a military exercise.

There are three categories of AGR Reservists – headquarters, recruiters and unit. Each category of AGR is called into federal active-duty status under Title 10 of the U.S. Code.

With Air Reserve Technician-to-AGR conversions occurring in Reserve wings, there are many more Reserve Airmen occupying unit-level positions as unit AGRs who are expected to be tasked for combatant commander requirements.

Unit AGRs provide full-time support to Reserve organizations, similar to the unit-level ARTs, for the purpose of organizing, administering, recruiting, instructing or training Reservists. Their duties may include

being part of a Unit Tasking Code tasking, meaning they are expected to deploy in support of a combatant commander requirement. In that event, unit AGRs may, from time to time, be tasked to deploy or participate in a military exercise. Headquarters AGRs and recruiters typically are not encumbering a position that may be expected to deploy, but they can volunteer for deployment.

Reserve Airmen in AGR billets have deployed and participated in exercises for more than a decade.

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



# Congratulations

## Recently Completed Upgrade Training List

November & December:  
 SMSgt Robert Paladino  
 SSgt Kristen Frandson  
 TSgt Tisha Martin  
 A1C Lewis Alexander  
 A1C Trevor Cook  
 A1C Theophile Hakizimana

## Promotion List

Check Facebook to see the list of those who were promoted!

## Leadership Development Courses

Must obtain supervisor approval before submitting paperwork to the Education & Training office. SNCO course dates at Little Rock AFB are 5-4 Feb and NCO dates are 13-17

## Bonuses are available!

Did you know there are enlisted and officer positions available for initial enlistment and reenlistment bonuses? Specifically, the 913th Airlift Group has bonuses available for Air Transportation Specialists (2T2X1). The enlisted incentive programs available include: Non-Prior Service (NPS) and Prior Service Enlistment, Reenlistment, Enlisted Affiliation, and Retraining (AFI 36-3012).

All bonus incentives will be paid a potential bonus entitlement of \$7.5K, \$15K or \$20K depending on the critical skill AFSC listed on the current Fiscal Year Critical Skills list and the member's Date of Enlistment (DOE) and length of the enlistment contract.

Want to learn more about reenlistment bonuses? Speak with your supervisor and go the myPers website to find out more:

AFRC FY20 Officer and Enlisted Incentive List & Officer Incentive Guidance ([MyPers](#))

Those without prior military service can speak with their local reserve recruiters. <http://afreserve.com/>



# Did You Know?

## Login to AROWS-R today!

Login and set up your security questions to activate the self service feature. This will allow you to unlock your own account if it become locked from inactivity.

[Click here to access with CAC](#)

For help call 877-294-5822 or email [arowsr@us.af.mil](mailto:arowsr@us.af.mil)



## Yellow Ribbon

- May attend two post deployments events up to a year
- Must have been released from eligible orders (including leave) for at least 30 days

When are they & how do you sign up? Events are held once a month.

Who can you bring? You can bring two guests from the following categories:

- Family: Spouse, Sibling, Parent or Grandparent.
- Children: All DEERS eligible children = 1 guest

[Click here for more info](#)

# UTA Schedule



Pre-UTA Schedule, Friday, 10 Jan 20

- 0800-1600 Awards board (Bldg 266, rm 143)
- 0815-1030 First Sergeant Interviews (HQ conf rm)
- 1300-1400 Pre UTA Staff Mtg (HQ conf rm)
- 1400-1430 LOD/SOD (HQ conf rm)
- 1430-1500 ART/SORTS/DRRS meeting (Bldg 266, intel vault)
- 1430-1500 First Sgts Mtg (Bldg 266, Ops conf room)

UTA Schedule, Saturday, 11 Jan 20

- 0500-1630 Flight to Minneapolis (327 AS mission planning room)
- 0800-1200 Finance hours (Bldg 262, rm 133)
- 0830-1530 AMDS Appointments (Bldg 1090)
- 1000-1300 2-ship sortie
- 1300 Mandatory PT current failures (Fitness Center, HAWC)
- 1400-1500 April 2020 Development Day Planning mtg (HQ Conf rm)

UTA Schedule, Sunday, 12 Jan 20

- 0730-0900 Fitness Testing (HAWC)
- 0800-1200 Aircraft Static Trainer (flightline)
- 0830 EOC/PME testing (Base Ed Center)
- 0900 Catholic Mass (Base Chapel)
- 1100 Protestant Service (Base Chapel)
- 1130-1230 Col Collister Lunch with Superintendents (DFAC)
- 1400-1500 CSS Training (FSS Conf rm)
- 1400-1430 Commanders Meeting (HQ Conf rm)

**Ready-to-fill Enlisted Opportunities**

- Readiness NCOIC – POC SMSgt Pickens
- Readiness NCO – POC SMSgt Pickens

**Fiscal Year 20 UTA Schedule**

5-6 Oct 19	8-9 Feb 20	2-3 May 20
2-3 Nov 19	7-8 Mar 20	6-7 Jun 20
7-8 Dec 19	2-3 Apr 20	1-2 Aug 20
11-12 Jan 20	4-5 Apr 20	12-13 Sept 20

# Base Happenings



**2020 LEADERSHIP DEVELOPMENT COURSES**

**SNCO**  
@LRAFB  
5-6 FEBRUARY 2020  
OR  
@KEESLER  
10-11 FEBRUARY 2020

**NCO**  
@KEESLER AFB  
9-13 MARCH 2020  
OR  
@LRAFB  
13-17 JULY 2020

Must obtain supervisor approval before submitting paperwork to the Education & Training office

**YOUTH CENTER ART EXHIBIT**

10 JANUARY - 4 - 6 PM  
SUBMIT ARTWORK BY 6 JANUARY

**EXHIBIT CATEGORIES:**  
Microscopic Drawing,  
Multi-colored Drawing,  
Pencil, Watercolor,  
Oil & Acrylic, Printmaking,  
Mixed Media, Collage,  
& Group Project

Each category will be voted on in the following age groups: 4-9, 10-12, 13-15 & 16-18

at the YOUTH CENTER BLDG 1902 | 987-6355

**FORCE**  
LITTLE ROCK AIR FORCE BASE

Little Rock Air Force Base Mobile App

**ALPHA ROMEO TANGO**  
PAINTING CLASS SERIES

**LATTE ART PAINTING**  
10 JANUARY // 5:30 - 7:30 PM // \$30  
REGISTER BY 8 JANUARY

Join the Skills Center for a painting class where you will be painting this classic latte! It's a great piece to add to your coffee bar. All supplies are included, just bring your creativity!

Minimum of 4 participants must register. Ages 15+.

at the SKILLS CENTER BLDG 656 | 987-6808

**FORCE**  
LITTLE ROCK AIR FORCE BASE

Little Rock Air Force Base Mobile App

# Health and Wellness

## 10 Smart Tips for Military Families to Save on Holiday Spending

Holidays mean spending, but you've got the discipline to keep it reined in this season. Celebrating with your family doesn't have to lead to debt, and here's how to make it a great holiday and maintain financial control.

### Control your cash

#### Check out these ways to tame the holiday frenzy:

- \* Make (and stick to) a budget. Money can fly out of your wallet fast for gifts, special meals, decorations and travel. Plan ahead of time how much you're going to spend on each category, and then stay in that range.

- \* Take inventory. Don't rush out to buy wrapping paper before checking to see if there's a forgotten stash of a dozen rolls shoved into the back of a closet. The same is true for presents you may have hidden too well last year.

- \* Shop secondhand for decorations. Thrift stores and garage sales usually have loads of holiday decorations as people upgrade, downsize or realize their decorations somehow multiplied when they weren't looking.

- \* Consider budget-friendly alternative gifts. Homemade gifts are a great option if you're crafty or a whiz in the kitchen, or even if

you aren't either of those, but can follow online directions. Coupons for your "services," like babysitting, can also make good presents.

- \* Make your own holiday cards. You can save money (and trees) by using e-cards to send greetings to your loved ones instead of traditional cards. Many websites offer free or inexpensive e-cards, some with options to add videos or slideshows.

- \* Plan holiday meals early. Knowing what you're going to cook well in advance lets you shop the sales for the non-perishable items you'll need. It also helps spread the higher food costs over a couple of paychecks instead of just one.

- \* Use your smart phone while shopping. Many retailers can send coupons right to your phone when you walk into their stores, which is handy (if not a little creepy). You can also use your phone to compare prices to make sure you're getting the best deal.

- \* Consider traveling on the holiday itself. You could score a much cheaper airline ticket

by flying on the holiday instead of in the days before. Plus, arriving on the big day conveniently gets you out of a lot of meal-prep duty.

- \* Search hotel rates and airfares online. Take advantage of websites that compare airfares and hotels so you get the best deal. Many will also alert you to price drops. Another bonus: Those online reviews can help you avoid a vacation you remember for all the wrong reasons. Be sure to check out special travel options for service members on lodging and flights.

- \* If your holiday travel plans are flexible, consider Space-available passenger transportation, or Space-A travel. This program allows you to fly for free or very low cost on military flights if there is room for you. Schedules change and restrictions apply, so learn more about Space-A Travel.

There are a lot of ways to save money at the holidays. Check out other budget-friendly tips from [Military OneSource](#), or take advantage of free financial counseling available in person, by phone or by video chat.



# Safety Highlights

## Winter Fire Safety

Home fires happen more during the winter than in any other season. As you and your family stay cozy and warm, use these tips to avoid fire danger.

1. Keep anything that can burn at least 3 feet away from heat sources such as fireplaces, space heaters, wood stoves and radiators
2. Never plug heaters into an extension cord; always plug into a wall socket
3. Never leave heat sources unattended
4. Never use heat sources for purposes other than what they are intended for (drying clothes, etc...)
5. Only plug in one electrical appliance for each socket
6. Don't overload power strips; use power strips that have internal overload protection
7. Keep portable generators outside, away from windows and as far away as possible from your house
8. Have a qualified professional clean and inspect your chimney, vents and heat sources annually
9. Store cooled ashes outdoors in a tightly covered metal container a minimum of 10 feet away from your house and nearby buildings



10. If possible, avoid using lighted candles
11. If you must use candles, make sure to put them in sturdy candleholders that won't tip over easily; extinguish candles after each use; never leave burning candles unattended
12. Never connect more than three strands of holiday lights
13. Water your live Christmas tree daily and get rid of your tree after Christmas or when it's dry
14. Ensure your smoke and carbon monoxide detectors are in good working order with fresh batteries

[Click here to learn more about car emergency bags...](#)

**WSDOT PRESENTS**  
**WHAT TO CARRY IN YOUR CAR**

Because you never know when you will encounter winter weather or emergency road closure

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**GET OUR MOBILE APP**

Our Android and iPhone apps include statewide traffic cameras, travel alerts, mountain pass reports, ferry schedules and alerts, northbound Canadian border wait times and more.

Android  iPhone 

# OPSEC Highlights

## Don't let scammers take away your holiday cheer

Federal Trade Commission

You've got meals to plan and gifts to buy. The last thing you need is to lose money to a scam. Here are three ways to avoid giving your hard-earned money to a scammer this holiday season.

Know how NOT to pay.

Is someone asking you to pay with an iTunes or Amazon gift card? Or telling you to wire money through services like Western Union or MoneyGram? Don't do it. Scammers ask you to pay in ways that let them get the money fast — and make it nearly impossible for you to get it back. If you're doing any holiday shopping online, know that credit cards have a lot of fraud protection built in.

Spot imposters.

Imposters pretend to be someone you trust to convince you to send money or personal information. They might say you qualified for a free government grant, but you have to pay a fee to get it. Or they might send phishing emails that seem to be from your bank asking you to "verify" your credit card or checking account number. Don't buy it. Learn more about spotting imposter scams.



Make sure your money goes to real charities. As a reformed Ebenezer Scrooge shows us year after year, the holidays are an important time to share with people in need. Unfortunately, sometimes charity scammers try to take advantage of your good will. And even when you're dealing with legitimate charities, it's still important to make sure a charity will spend your donation the way you want it to. Always check out a charity before you give.

Want a bonus tip? Sign up for free scam alerts from the FTC at [ftc.gov/scams](https://ftc.gov/scams), and read 10 Things You Can Do to Avoid Fraud.

If you spot a scam, report it at [ftc.gov/complaint](https://ftc.gov/complaint). Your reports help the FTC and other law enforcement investigate scams and bring the people behind them to justice.

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

# Camera Roll



Click to connect:



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DSN: 731-6970

