



913TH AIRLIFT GROUP

Digital Digest

## COMMANDER'S CORNER

### Unleashing Innovation

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LITTLE ROCK AIR FORCE BASE, Ark. -- "Innovation" seems like a buzzword that gets thrown around but is lost in the red tape of bureaucracy. Now there is a way to literally throw ideas on the board.

"We've asked the Airmen at the unit to throw questions or ideas on our Innovation Board," said Senior Master Sgt. Clayton Crum, 96th Aerial Port Squadron cargo superintendent. "Anyone can put down an issue anonymously without fear of reprisal and they should know we will take concerns seriously."

In the three months of the innovation board being placed in the squadron, six ideas or concerns were identified. Some have already been implemented, while others are currently being analyzed and worked.

"Leadership at the squadron and group level are taking these ideas to heart," said Crum. "If we can't find some kind of solution at our level, we take it up to the group commander. If there needs to be a change in regulations, the commander will advocate to higher headquarters for those changes."

When the board was first implemented, Airmen asked for more opportunities for training. Static load training on C-130s was arranged for the following drill weekend. In the Feb. drill weekend there will be the chance to test those skills and more at Green Flag Little Rock exercise.

"Undoubtedly, it is critical for our members to have the opportunity to voice their ideas if we are to carry on our success and continuously improve," said Jamillah Gonzalez, 913th AG process manager. "The innovation boards were implemented to ensure all levels could voice concerns, provide solutions, and see issues being worked. Ultimately, our members know best what problems need addressing."

"We've had ideas from safety checklists, to digital publications, to loading quick references, to driver rotations," said Crum. "Airmen have great ideas and bring a different perspective. I encourage everyone of every rank to place an idea on the board." to synergize training and exercise events.

Below are the only rules for the innovation board:

1. Anyone can put an issue or concern anonymously
2. Be specific when describing the issue
3. All concerns will be taken seriously
4. Non-Commissioned Officers will address concerns specific to their section. A general concern will be taken up to the group level

Have ideas? Look for an innovation board in your squadron.

For those who have ideas and need funds to implement, consider submitting squadron innovation fund applications. Contact Master Sgt. Mark Allen or Jamillah Gonzalez with questions.





# COMMANDER'S CORNER

## Team Little Rock celebrates MLK



LITTLE ROCK AIR FORCE BASE, Ark. --

Reverend Kevin Kelly, Martin Luther King Jr. Day event guest speaker, listens as he is announced to the awaiting crowd on Little Rock Air Force Base, Arkansas, Jan. 18, 2019. Kelly was chosen to speak on the principles and ideals held by Martin Luther King Jr.

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

## In the Face of Adversity - Kristen Christy

LITTLE ROCK AIR FORCE BASE, Ark. --

"Everyone is facing their own battle." This common phrase was used by Kristen Christy, the 2018 Air Force Key Spouse of the Year, as one of the defining points of her moving life story, which she shared with military members and their dependents at Little Rock Air Force Base, Arkansas January 13, 2019.



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

## Deep Military Roots - Four Siblings in Service



LITTLE ROCK AIR FORCE BASE, Ark. --

Three of the four siblings, Senior Airman Caleb Mailhiot, Staff Sgts. Danielle Perez and Kevin Mailhiot are a part of the 913th Airlift Group, Air Force Reserves. The youngest sibling, Airman 1st Class Samuel Mailhiot is assigned to the 189th Airlift Wing, Air National Guard.

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

# HELPFUL HINTS

## Free Lawn Care

Landscaping Companies volunteer their lawn and snow care services at no cost for E-6 and below during their deployment. This program acts as the middleman to connect military families in need with committed landscaping companies so everything is kept confidential until a match is found and they connect the two entities.

<https://projectevergreen.org/greencare-and-snowcare-for-troops/>



# CONGRATULATIONS

## Recently Completed Upgrade Training List January

96 APS - Amn Logan Allen, 2T231

## Newly Promoted Members February

Check Facebook Saturday morning for the list of promoted members for February!

## Newest Members

913 AMDS  
AB Samuel Kidd

913 OSS  
SSgt Paul Lawson

96 APS  
Sra Joe Wimbley  
Sra Rebecca Shahan

## 2018 Annual Award Winners

- SrA Arnetta Porter
- TSgt Lacey Gustines
- MSgt Tobey Pruitt
- Capt Nick Paladino
- Mr. Ricky Henry





# HEALTH & WELLNESS

Courtesy of 19 HAWC

## **Strength in Numbers.**

About 18 years ago, I was running 2-3 marathons per year. I had a group of men and women who would meet and run almost every morning 3-4 days per week. If someone didn't show up, a phone call or many phone calls would be made by the whole group. From 2000 to 2004, I improved my marathon times immensely from 3:58 to a best marathon time of 3:27. (Never would have run that fast without my group.)

Around 2003 many people of my group began to move because all were in the military. By 2005, only three of us were left. I took up a new kind of training with a new group of people and have been doing it ever since. The people have changed, but I have a group I train with every day. The group holds each other accountable and we have seen many achieve weight loss and fitness goals they thought impossible.

I want to encourage all of you to find a training partner or partners to help you meet your weight loss and fitness goals. You will build friendships that will last forever and help each other build one of the most important things you can do. Build good health.



Health Coaching Videos, VITAL 90 Workouts & Superfood Recipes posted on:

Facebook: Little Rock AFB HAWC

Twitter: @LRHAWC #Vital90

Pinterest (Recipes): LRAFBHAWC

Operation Supplement Safety:

A DoD Dietary Supplement Resource for Warfighters

**[www.opss.org](http://www.opss.org)**

## **Tools for PTLs and Airmen wanting to improve AF PT scores**

Perfect Push-up : <http://youtu.be/qusk7g3e2MM>

Push-up Problems : (PTL cues) <http://youtu.be/KUj8Q-5zeqs>

Push-up Modifications : (get stronger) <http://youtu.be/qUTj86-y8zA>

Perfect Sit-up : (efficient sit-ups) <http://youtu.be/V1ko7gJaFjc>

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

Building Up to Sit-ups : (modifications) <http://youtu.be/OdklwSZoKWQ>

## February

### Friday, 8 Feb

1300-1400 Pre UTA Staff Mtg (HQ Conf Rm)

1400-1415 JA UCMJ overview (HQ Conf Rm)

1430 FMB (HQ Conf Rm)

1430 First Sergeants' Meeting (bldg. 266 conf room)

### Saturday, 9 Feb

0800-1100 and 1200-1500 AMDS Appointments

0830-1130 Newcomers briefing (bldg. 262, FSS conf rm)

1000 2-ship flight

1500 Mock PT Test in HAWC

### Sunday, 10 Feb

0730-0900 Fitness Testing (HAWC)

0800-1000, Supervisor Safety Trng (bldg. 284, rm 111)

0830 EOC/PME testing (Base Ed Center)

1200 Rising 6 mtg (bldg. 1995)

1300 Bullet Writing 101 (Bldg 1090 19 MDG)

1400 SNCO Call (Bldg 266 auditorium)

### Chaplain Notes

Sunday, 0900 Catholic Mass

Sunday, 1100 Protestant Service

### Official Photos

Call 987-6970 to schedule an official photo during the UTA weekend.

# 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

### 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](#)

### Ready-to-Fill Enlisted Opportunities

Readiness NCOIC - POC SMSgt Pickens

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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

**Black History Month**  
**"Our Story is Yours"**  
**Discussion Panel**



13 Feb 2019  
 1330-1500  
 189 OPS Auditorium  
 Bldg 118  
 MSgt Dan Wassom Drive

## RISING 6 MEETING

Sunday @ 1200  
AMDS Sitting Room  
(Bldg 1995)

Time to finalize  
the  
1<sup>st</sup> Annual Rock  
Run!!!

913TH AIRLIFT GROUP RISING 6 PRESENTS

**ROCK RUN:  
TOTAL FORCE  
5K  
RUN/WALK**



**5 APRIL 19**  
 RUN START TIME: 3PM  
 RUN START LOCATION: DEER RUN GOLF COURSE  
 FOR MORE INFORMATION CONTACT: SRA JAMES - 63349

THIS IS A PRIVATE ORGANIZATION (UNOFFICIAL ACTIVITY). IT IS NOT A PART OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS COMPONENTS AND IT HAS NO GOVERNMENTAL STATUS.

WATCH ULTIMATE FIGHTING AT YOUR CLUB!

# FIGHT NIGHT

AN EXCITING EVENT BROUGHT TO YOU BY AIR FORCE SERVICES ACTIVITY

**UFC 234**

**WHITTAKER**  
 WORLD MIDDLEWEIGHT CHAMPIONSHIP

**GASTELUM**  
 ADESANYA vs SILVA

DOORS OPEN AT 6 PM  
 AGES 18 & OVER

**9 FEB SATURDAY 7 PM**

\$ .70 WINGS  
 \$8 DOMESTIC PIZZAS  
 \$12 ONE-TOPPING PIZZAS

at HANGAR 1080 | 987-5555

rockin@therock.com @19FSS Little Rock Air Force Base Mobile App www.rockin@therock.com 19 FSS E-Newsletters



Click here to find out more...



# Driving Life Hacks

Check out the TRiPS assessment tool to help you calculate your travel route times, distances and risks associated with your trip. Click [here](#) to be directed to the TRiPS Assessment link.

## What to know before you hit the road:

Check the weather and your route before you go

Allow enough time for traveling

Warm up the car in an open air space

If it snowed the night before, brush off your entire car before you take off

Make sure sensors and back up camera are free of ice and dirt

Become familiar with your car's safety features that will assist you in inclement weather

Have a safety checkup done on your vehicle and ensure tires, brakes and windshield wipers are in good working order

Keep the gas tank full

Have an emergency kit in the trunk and check your tires to ensure proper tread depth for winter weather driving

Let someone know where you are going and notify them when you arrive

Slow down and Increase following distance

Get the best updates on AR road conditions:

 I DRIVE ARKANSAS



# SAFETY Highlights



## *Georgia Man arrested in FBI Sting thanks to Situational Awareness*

# OPSEC Highlights

Federal agents posing as potential terrorists and munitions sellers arrested a Georgia man in a plot to blast his way into the West Wing of the White House with an anti-tank rocket, according to court papers and prosecutors.

Hasher Jallal Taheb, 21, of Cummings, Georgia, met with undercover agents on Wednesday and traded his car for semi-automatic assault rifles, remote-controlled explosives and grenades, and an anti-tank rocket, according to an FBI affidavit.

He planned to blow out a door of the West Wing to gain entry, using as many weapons as possible to inflict carnage, court papers said. He also told at least one agent that he wanted to fire a rocket at the Statue of Liberty, the FBI said.

Unbeknownst to Taheb, the weapons he received on the back of a tractor-trailer had been rendered inert by the FBI. He was arrested within moments of “obtaining” the weaponry, according to prosecutors.

“It is important to point out that this investigation and arrest were the direct result of a tip from the community, another example of how important it is to contact law enforcement if you see or hear something suspicious,” said Chris Hacker, special agent in charge of the FBI in Atlanta.

The tipster alerted authorities that Taheb had recently become radicalized, changed his name and planned to travel abroad, the FBI affidavit said.

The affidavit says Taheb told a confidential FBI source in October that he planned to travel abroad for “hijra,” which the agent wrote refers to traveling to territory controlled by the Islamic State. Because he didn’t have a passport, he couldn’t travel abroad and told the FBI source that he wanted to carry out an attack in the U.S. against the White House and the Statue of Liberty.

Federal authorities say Taheb appears to have acted as a lone wolf in the plan.

Taheb said they would approach the White House from the back road, causing a distraction for police and proceed to use an anti-tank weapon to blow open a door and then take down as many people and do as much damage as possible, the affidavit says.

Taheb is charged with attempting to damage or destroy a building owned by the United States using fire or an explosive.

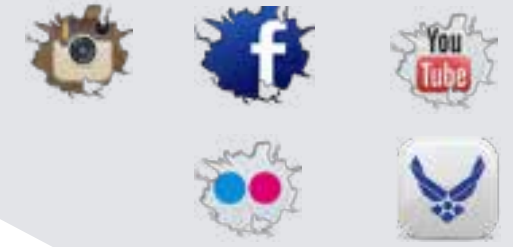
Situational Awareness is the key to OPSEC







# Camera Roll



Click the icon to connect

