



# 913TH AIRLIFT GROUP

Digital Digest

## COMMANDER'S CORNER

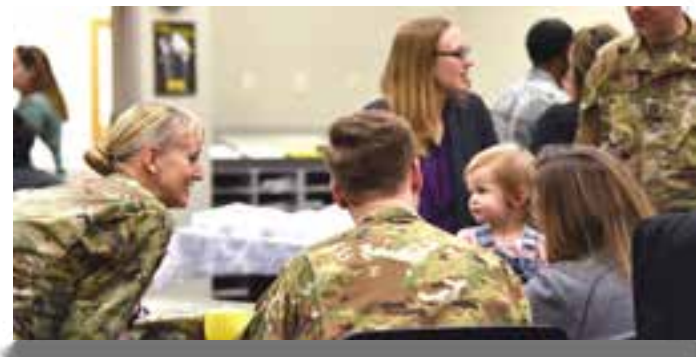
### 913th Airlift Group's First Deployment to Southwest Asia

LITTLE ROCK AIR FORCE BASE, Ark. -- Nearly 100 Citizen Airmen from the 913th Airlift Group here deployed Jan. 8 to Southwest Asia to support Operations Freedom's Sentinel and NATO's Resolute Support. The deployed group consists of 327th Airlift Squadron, 913th Maintenance Squadron, and is augmented by members of the 403rd Wing and active duty personnel from the 19th Airlift Wing.

For the next few months, the group will provide C-130J combat airlift capabilities across the deployed theater. This is the first deployment for the Air Force Reserve group, fulfilling its mission to provide combat ready tactical airlift and support resources worldwide.

"This is a true Total Force effort," said Col. Christopher Lay, 913th AG commander. "Since day one we have worked alongside our active duty counterparts. Now we are able to jump into the fight; providing strategic depth and operational capability for the Joint Force."

After the conversion to the classic association with the 19th AW in 2017, the 913th AG became a combat coded C-130J unit. Throughout the year, the 913th AG partnered with various reserve and active duty combat airlift units to synergize training and exercise events.



"This deployment is the culmination of the 913th overcoming many challenges in its short history here at Little Rock AFB," said Col. Anthony Brusca, 913th AG deputy commander. "The folks who are deploying have persevered through multiple unit mission changes, several Associations with various organizations at this base, manning document restructurings, and even a weapon system conversion. This deployment speaks volumes to their tenacity to get the mission done."

During the year, the 913th AG trained approximately 500 airmen for worldwide deployments, successfully participated in four major exercises, deployed 39 individual airmen to support combatant commanders across the globe.



- [Table of Contents](#)
- [Commander's Corner](#)
- [Congratulations](#)
- [Health & Wellness](#)
- [UTA Schedule & info](#)
- [Important Numbers](#)
- [Base Events](#)
- [Safety Highlight](#)
- [OPSEC Spotlight](#)
- [Camera Roll](#)

### 913 AG CONNECTIONS

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## COMMANDER'S CORNER

### Deployed 96 APS Unload Lethal Airpower



LITTLE ROCK AIR FORCE BASE, Ark. --

"Our aerial porters are a critical link throughout the AOR [area of responsibility]," said Lt. Col. Jeffrey Haynes, 96 APS Commander. "Right now we have a team of 7 troops who hit the ground running and were recognized as the Team of the Month by the commander for streamlining processes."

The 7-man team, consisting of Master Sgt. Tobey Pruitt, Tech. Sgts. Robert Davis & Bradley Johnson, Staff Sgt. Jerome Nunley, Senior Airmen Jacob Carmichael and Kelvin Mwaniki, is assigned to the 407th Expeditionary Logistic Readiness Squadron at an undisclosed location in Southwest Asia. The team's primary deployed mission is to support the rotation of fighter squadrons in that area of operations. Haynes emphasized that the movement of passengers, aircraft and equipment are in direct support of lethal airpower across the Levant...

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

### 96 APS NATO Exercise Force Multiplier

LITTLE ROCK AIR FORCE BASE, Ark. --

Air transportation specialists from the 913th Airlift Group participated in NATO exercise Trident Juncture 18 in Sweden during November. The exercise was designed to test NATO's ability to plan and conduct a major collective defense operation – enabling NATO forces to improve their readiness and interoperability.

Air transportation specialists, Master Sgt. Mark Compton and Tech. Sgt. Jose Vargas-Gonzalez, were charged with the planning and execution of a U.S. fighter squadron's return to its home station. The overall exercise scenario tested NATO offensive capabilities of a short notice deployment and limited resources at various basing locations.

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



### Become a Reserve MTI



LITTLE ROCK AIR FORCE BASE, Ark. --

All prior-service Air Force members have experienced the moment, quietly sitting on a bus at Lackland Air Force Base, Texas, watching the dark blue hat ascend the steps bringing a wave of tension and excitement with it. That first interaction with an Air Force Military Training Instructor.

[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/>

**Green Dot Instructors Needed**

The Violence Prevention Program is looking for motivated personnel (enlisted, officers, civilians and spouses) to become Green Dot Instructors.

The ideal instructor is comfortable speaking in public and speaking about interpersonal violence topics such as sexual assault, domestic violence and suicide prevention. The instructor will need to plan to spend approximately 12-20 hours per month out of their duty section to teach.

Active Duty, Guard and Reserve Instructors must complete a statement of understanding, to be signed by their squadron commander, in order to be considered. An interview will be conducted with the Violence Prevention Director and Green Dot Coordinators. Those selected will be required to attend a Train the Trainer class at Little Rock Air Force Base.

Nominations will be accepted until Feb. 4, 2019.

For details, e-mail [elizabeth.bishop.3@us.af.mil](mailto:elizabeth.bishop.3@us.af.mil)

**CONGRATULATIONS****Recently Completed Upgrade Training List****December**

SSgt Jaquan Johnson

A1C Justin Odom

A1C Ronald Pickens

913 MXS

SMSgt Michael Jester

913 OSS

SSgt Paul Lawson

**Newly Promoted Members****January**

To Chief:

HENJUM, JAMES A. 96 APS (effective 1 Jan)

To TSgt:

RAATZ, AARON 96 APS (effective 1 Jan)

VALENCIA, SAMANTHA 913 AMDS (effective 1 Jan)

To SSgt:

ADKINS, GAUGE 913 MXS (effective 1 Jan)

GELDIEN, ARIEL 913 MXS (effective 1 Jan)

To Amn:

PICKENS, RONALD 913 MXS (effective 18 Dec 18)



# HEALTH & WELLNESS

## Yesterday You Said Tomorrow... Easy Activity Goals

Courtesy of 913 AMDS & Army's TRIAD program

### Your Fitness and Health

Physical activity is essential to your performance, your physical readiness and your health. Your fitness level, your exercise and workout plan, and your movement throughout the day are all part of activity. This section will describe your activity target and include fitness and exercise information you need to perform at your best.

Let's start with your three activity targets:

1. Get at least 10,000 steps per day
2. Get at least 150 minutes of moderate or higher intensity aerobic activity per week
3. Do 2-3 sessions of total body strength training per week

**Those targets are too easy?** Then challenge yourself with Activity Plus Targets:

1. Get 15,000 steps per day
2. Get 225 minutes of moderate or higher aerobic activity per week
3. Do 2-3 sessions per week of total body strength training + 1 day or more of agility training



### Step Target: Sit Less and Move More!

Prolonged sitting increases your risk of an early death. Sitting a lot increases your risk of blood clots, diabetes, heart disease, cancer and obesity. Believe it or not, your daily workout does not protect you from the problems of prolonged sitting. Even people who are very fit have a higher risk of illness if they spend a long time sitting down every day.

Fitness alone isn't enough! The key is moving throughout the day!

Moving during the day, in addition to physical training, is necessary to lower the risk of cardiovascular disease and other health conditions. If you can max your physical training test but still spend over 6 hours per day sitting down, then you are still at risk!

It can be as simple as taking a walk break, standing up to stretch, or taking the long route to the restroom at work. Walking 10-15 minutes every hour increases blood flow, burns calories and helps to maintain a healthy weight.

### How can I Sit Less and Move More:

- If you sit at a desk, set a timer on your phone or computer that alerts you to get up and move and take a quick walk around the room (when possible).
- Park your car farther away from the building when you going to work or shopping – you can get more steps both coming and going!
- Avoid the drive-thru – walk inside the building.
- Have standing or walking meetings – works great for 1:1's.
- If you don't have much time to exercise, build activity into your daily routine: take the stairs, walk and talk when you can, and find ways to keep moving!

# HEALTH & WELLNESS

## *SLEEP*

***the one thing you can't live without***

*Courtesy of 913 AMDS*

Sleep is vital for health, performance, and well-being. It sustains the brain's capabilities for success on and off the battlefield. With quality sleep, Airmen are able to excel mentally and physically.

Sleep is a biological need for brain function. Airmen require 7-8 hours of quality sleep every 24-hours to maintain their mental edge. When an Airman does not get enough sleep, their mental acuity suffers – putting themselves, fellow Airmen at risk, and is a threat to mission success.

### **Why is Sleep Important?**

Getting enough quality sleep helps to maintain your physical and psychological health, quality of life, and safety. Sleep is the only time when the brain can recover from the wear and tear of daily life – the brain cannot recover during wakefulness, even if you are resting.

Your brain needs sleep to restore and repair, grow new brain connection to work efficiently, form memories and process new information. So prioritize sleep when planning training or when learning a new skill or task. Sleeping well before learning will help with attention and understanding; Sleeping well after learning, will improve your ability to both remember and use the newly-acquired skills and information.

The amount of sleep that adults need vary according to age and genes inherited. Most adults need 7-8 hours of sleep every 24 hours. Very few people can perform optimally on less than 7-8 hours.

Airmen overestimate their own proficiency with insufficient sleep. This is, in part, because insufficient sleep impairs the brain's fundamental ability to function efficiently – a physiological change that cannot be overcome by motivation, imitative, willpower or caffeine.

### **Sleep, It Does the Body Good**

To obtain quality sleep for optimized performance there are some tried and true practices that can get you to dreamland. The first thing to do is establish and maintain a bedtime routine.

A routine is a predictable sequence of events. What is important is that bedtime activities follow each other in a regular and predictable pattern. The purpose of the routine is to optimize your sleep so you can be productive, mentally sharp, emotionally balanced, and full of energy all day. Tweak the timing of activities so that it works for you.

1. Establish a target bedtime and adhere to it.
2. Have a comfortable, cool, quiet, dark and safe sleep area.
3. Relax and wind down to get ready to sleep (30-60 minutes before lights out).
4. Establish a consistent bed/wake time, even on weekends.





# HEALTH & WELLNESS

## WHAT IS SPIRITUALITY?

### *A Focus on Spirituality*

Courtesy of Chaplain Peter Landers

When spirituality comes up, most people think, “church stuff.” Yet, the center of all thought and activity is spirit. A robot sees a rock, it breaks down the physical properties and identifies it. A human being gives it value, meaning and finds purpose. The meaning and purpose placed upon objects and people derive from the inner being, the sanctum where all Air Force pillars: mental, physical and social attain worth.

Spirituality gives significance and energizes everything else, yet it is often the most neglected. Improving spirituality begins with self-reflection and clarifying core values. Often, practices within faith, positive perspectives of others, and meaningful literature and songs illuminate core values, purpose and meaning giving an individual energy, peace of mind, and courage in diverse situations.

Click on the logo to see a quick look at services and resources available to members of our military community.



# 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](#)

## January

### Friday, 11 Jan

0800-1630 Annual Awards murder board (327 AS CC conf rm)

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

1415-1515 CIMB (HQ Conf Rm)

### Saturday, 12 Jan

1500 Mock PT Test in HAWC

Afternoon social (327 AS Heritage room)

### Sunday, 13 Jan

0730-0900 Fitness Testing in HAWC

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

0830 EOC/PME testing at Base Education Center

1000-1100 Resiliency presentation by AF Key Spouse OTY (Herk Hall)

1200-1300 CC/Amn Lunch (DFAC)

1400-1500 Resiliency presentation by AF Key Spouse OTY (Herk Hall)

1415 Commanders Meeting (HQ Conf Rm)

### Chaplain Notes

Sunday, 0900 Catholic Mass

Sunday, 1100 Protestant Service

### Official Photos

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

### 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

### 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

**GUEST SPEAKER ON RESILIENCY**

## AIR FORCE KEY SPOUSE OF THE YEAR

*"Let's use the beautifully raw experience from our lives that we've gotten through to help others conquer their challenges..."*

**SUNDAY, JAN. 13TH**  
**10 A.M. AND 2 P.M.**  
**HERK HALL**  
**KEY SPOUSE LUNCHEON AT 11:30 A.M.**  
**BREAKOUT SESSIONS AVAILABLE 1 P.M. AND 3 P.M.**

*Speech and breakout sessions open to military members and families*




Little Rock Air Force Base Remembers

## Martin Luther King Jr.

January 18, 2019

**10:00 AM - Herk Hall**  
**Commencement and Commemorative Walk**  
 Join us for an opening ceremony with a guest speaker and a commemorative walk from Herk Hall to Hangar 1080.

**11:30 AM - Hangar 1080**  
**Lunch Reception**  
 Join us for a lunch reception and a second guest speaker.  
 Lunch cost: \$12.00/person  
 RSVP for luncheon by January 11



To RSVP or for more information, contact:  
 Mr. Imo Taylor (501) 987-3514 -or-  
 TSgt Dominika Thomas (501) 987-7626

## Excellence in Competition

### Elementary Rifle Match



**PROVE** you are the best marksman on base.



**9:00 AM JANUARY 28-30**  
**COMBAT ARMS (BLDG 1393)**



Top 10% of participants will receive an EIC medal that can be worn on service dress

For more details, or to Sign-up, Please Email:  
 UDG\_19SFS\_CombatArms@us.af.mil

**DEADLINE TO SIGN UP IS JANUARY 18**



*Click here to find out more...*



# Drunk Driving

## The Stats are Horrifying!

The danger is real and it can wreak life-changing devastation anytime, anywhere, in the blink of an eye. The destruction ripples out; two out of three people will be impacted by a drunk driving crash in their lifetime. Think it doesn't impact you? Think again. Chances are, if it's not you, it's going to be someone you love.

Some mishaps from this previous weekend include the following:

One of our members was driving on I-40 and was struck by a drunk driver on Saturday, Jan. 5, 2019, at approximately 11:30 p.m. Luckily, he was wearing his seat belt and wasn't seriously injured; however, his truck was totaled (see photos below). The drunk driver also survived.

A drunk driver traveling in the lane of opposite traffic struck an SUV head-on at 2:30 a.m. Sunday in Lexington, Kentucky. The 41-year-old drunk driver and the entire family of five that was heading home from a vacation was killed.

A drunk driver traveling the wrong-way on I-40, near Maumelle, struck head-on an ambulance (without patient) that same Sunday at approximately 5 a.m. The two ambulance crewmembers survived; however, the accident was fatal for the 21-year-old drunk driver.

With football playoffs and Super Bowl on the horizon, it's important to remember to have a plan. **No regrets!**

# SAFETY Highlights

## RECIPE FOR DISASTER

### Ingredients

- 1 healthy Air Force career
- 3 to 5 glasses of your favorite alcoholic beverage
- 1 set of keys
- A dash of bad judgment

Drinking - Driving - Your Career  
Not a Good Combination



[Click here to](#)

# 5 Cybersecurity Resolutions

## OPSEC Highlights

When it comes to New Year's Resolutions, most of those resolutions end up taking a back seat or disappearing into thin air come mid-February. However when it comes to OPSEC, don't let your guard down as cybersecurity threats continue to evolve with each passing year. Here are 5 ways to protect your self.

### Secure your Social Media

Scammers have gotten savvier at social engineering. While social media does a great job at connecting us to our loved ones, it can also connect us to people we don't want to share our personal information with. Cybercriminals know how to use the information you share on social media to gain access to your personal data. I've said it once and I'll say it again, always make sure your account is set to "private" and is only visible to family and friends.

### Don't skip your updates

With the holidays in our rear-view, many of us probably have a few new devices in our homes. There are so many new and exciting tech toys on the market, it's hard to avoid getting caught up in the IT way of life. When you're interrupted from your shiny new device by a software update, it's tempting to hit "skip" when you're eager to get back to your gadgets. But if our hackable gifts have shown us anything, it's that skipping your updates leaves the door open for hackers. Software updates are important because they often include critical patches to new bugs or flaws in the system. So, resolve to keep your software up to date!

### Don't fall for the free Wi-Fi

When it comes to public Wi-Fi, a VPN is a VIP. Access to the internet on the go is a privilege of the times. But while the Wi-Fi at your local coffee shop may claim to be secure, public Wi-Fi networks lack encryption. If you're in the habit of using Wi-Fi on the go, get a VPN to scramble the data being sent over the network. Private online activity such as shopping or accessing your banking information without a VPN could expose your sensitive information to hackers. Investing in a VPN is a smart way to keep your private information, private.

### Set Better Passwords

Using a secure password is one of the best practices for protection on the web. When you're trying to keep up with all of your logins, it can be tempting to use the same simple combination for every account. But, choosing a solid password should always take priority. Mix it up, throw in some numbers and symbols to complicate the password, stay away from using your birthday, and remember '123456' is never an acceptable password!

### Secure your home

Our homes are more connected now than they've ever been. It's important to make sure each individual device is secure. However, securing your connection at the source is as important as securing your front door. Consider using a home gateway with built-in security to ensure every device in your house is well protected.

Start the year off on the right foot with OPSEC





# Camera Roll



Click the icon to connect







# Camera Roll



Click the icon to connect

