



# Commander's Corner

## Happy Fourth of July!

Mighty 913th,

As we celebrate Independence Day, I want to express my gratitude to you and your families who serve our nation. You volunteered to join a cause greater than yourself during and unpredictable time. You've placed your careers on hold and your family shouldered additional stress while you were deployed. Thank you for being willing to fight for our values and ideals that made us a beacon of hope 243 years ago and that carry us forward today.

I wish you all a very, very happy Fourth of July.



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### Contact Us:



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# Air Force News

## CCAF sets end date for Professional Manager Certification

The Community College of the Air Force will no longer accept applications for the Professional Manager Certification program after Sept. 30, 2019.

The program termination comes after the Air Force Credentialing Opportunities On-Line has 31 civilian industry leadership and management professional certifications available to senior noncommissioned officers.

“Since 2011, we’ve awarded nearly 29,000 PMC certificates to eligible SNCOs,” said Chief Master Sgt. Rye Bavin, CCAF vice commandant. “While a great program to recognize the education and experiences SNCOs have throughout their career, the credentialing opportunities through AF COOL provide a greater benefit to our Airmen.”

To be eligible for the PMC, Airmen must have been awarded a CCAF degree and the 7 skill-level or higher. They must have also completed Airman Leadership School, Noncommissioned Officer Academy, Senior Noncommissioned Officer Academy, or their equivalent, and also completed 30 semester hours of

leadership/management coursework.

“We are still accepting applications for the PMC, and our office will award the certificate to those Airmen who submitted an application and meet all the requirements before Sept. 30, 2019,” Bavin said. “But we want senior NCOs to know that AF COOL provides them greater opportunities to earn specialized certifications or licenses that are recognized by civilian credentialing agencies or employers.”



The AF COOL program started in 2015, and provides enlisted Airmen up to \$4,500 to pursue career-specific credentials.

“We’ve seen AF COOL grow by more than 600 percent in the last four years,” Bavin said. “This is a great benefit for Airmen to complete civilian leadership credentials that are recognized and accepted nationwide.”

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

## Local Chef caters support to Air Force Reserve Unit

What does a renowned Little Rock chef and Air Force Reserve members have in common?

Passion and dedication to their own crafts. Chief Master Sgt. Ralph Babcock, 913th Maintenance Squadron superintendent, thanked Donnie Ferneau at his Cathead’s diner restaurant for his participation in the honorary commander program and dedication to the Reservists of the 913th Airlift Group.



“Since Donnie joined the program in 2016, he’s done everything he could to learn about the service members here, their mission, and sacrifices,” said Babcock. “He’s attended the base tours, flew on a C-130J aircraft, and donated his time and food for morale events.”

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

# Congratulations

## Newly Promoted Members

See Facebook for the list of newly promoted members.

## Position Changes

- Lt Col Jeffrey Haynes will move from interim 96 APS commander to 913 AG Director of Staff
- Lt Col Scott Lawson will move into the 913 AG Commander's Action Group Director
- Col Christina Collins will transition from Individual Mobilization Augmentee to the 913 AG Inspector General

## 913th Airlift Group app - Info at your fingertips

913th Airlift Group Reserve Citizen Airmen are able to access important base and career information right at their fingertips with the new mobile-friendly app.

Unit personnel can now access the 913th AG Sub App within the USAF Connect mobile app. Simply install USAF Connect from the Apple App Store or Google Play, select 913th Airlift Group when prompted to add Favorites and swipe left from the USAF Connect home screen. Airmen can Favorite up to 10 organizations.

"Airmen are constantly on the go and their computing needs are no longer tied to a desk-top computer or a lap top," Col. Minh Tri Trinh, who is in charge of the app's rollout, said in the release. "We believe Air Force Connect and its future iterations will continue to be transformative, delivering on the promise of convenience and the power of technology, now and into the future."

This full-featured app provides a variety of capabilities, enhancing access to the information Airmen need to manage their Air Force life and career. Top features include:

- Unit Directory
- Drill weekend Newsletters
- Events Calendars



- PFT Calculator
- Group text manager
- Interactive map
- Common Access Card enabled sites with mobile CAC reader
- 913th AG Social Media sites

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

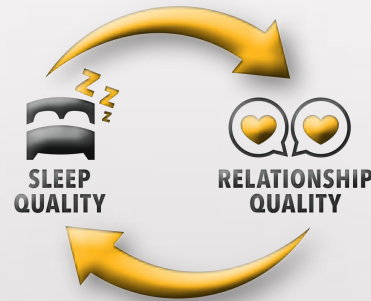




# Health and Wellness

## Bed Partners sleep habits and the path to sweet dreams

Lack of sleep doesn't just negatively affect your physical and mental health and performance. Failure to get enough sleep can also strain your relationship. People who don't get enough sleep are often edgier and less able to control their reactions (particularly anger), or interact with others in a positive way. When you lack sleep, you're more likely to blame others and less likely to take account for your feelings or actions, which can lead to more conflict. (It works both ways, too: Just as lack of sleep can contribute to relationship problems, relationship tensions are associated with troubled sleep. And supportive relationships, where you feel safe and secure, are linked to better sleep.



To get ahead of restless nights, ask your bed partner the following questions. Knowing the answers can help you both get the best night's sleep.

*Which side of the bed do you prefer?*

You might take this for granted when you crawl into your bed at night, but with 2 people under the covers, it's something worth talking about. Many Military Service Members feel more secure sleeping on the side of the bed closest to the door. Or perhaps you or your Warfighter has injuries or chronic pain that make sleeping on a particular side more comfortable.

*Courtesy of Human Performance Resource Center*

What's your nighttime routine?

This question is a biggie because it affects your ability to fall asleep more easily. Talk about whether you're a night owl or a morning person and if you can agree on a good time to hit the hay together. It's also important to discuss how to avoid waking each other if you go to bed at different times. If you agree to go to bed at the same time, find out how your partner feels about watching TV, reading, talking, or keeping certain lights on in your bedroom. You might be surprised to find your habits don't always match.

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

# Items required for redeployment voucher

In preparation of filing travel vouchers the Financial Management office put together a redeployment travel voucher checklist.

The checklist below, in the 913th AG app, and emails received by redeployers will guide them through the travel voucher process.

Airmen returning from the deployment will need the items below for their FM appointment: Airmen returning from the deployment will need the items below for their FM appointment:

1. 938 Certified Orders to include all amendments.
2. Contingency, Exercise, and Deployment (CED) Orders will have two pages.
3. Airfare Receipts. Any travel booked through WINGGATE receipt can be retrieve using the Airfare Receipt. Flights booked for your return trips, you should have been provided via receipt. If you do not have this receipt you will need to complete a lost receipt form based upon the information from your Government Travel Card Statement. Also any item(s) purchase in Foreign Currency must be claim in foreign currency and provide copies of government travel card statements or pending transactions; show-

ing "GOVT. RATE" conversion for charges. The Conversion Rate, Date of conversion and United States Dollar amount must be written on the receipt being submitted for claimed.

4. Lodging receipts should have your name, payment completed, arrival, and departure dates.
5. AF Form 988 approved leave form signed by you and an authorized supervisor.
6. Installation Personnel Readiness Check in Sheet showing your authorized leave time.
  - a. (See 913th Airlift Group Post-Deployment Alternative Deployment Plan Individual Checklist)
7. Direct Deposit Form: If you elect to do Split Disbursement where a portion of your voucher goes to your personal account. Lost receipt and direct deposit forms can be found at the website link: <https://www.913ag.afrc.af.mil/Important-Documents/>

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

## Staff Notes

ALL Members - Log into AEF Online:  
<https://aef.afpc.randolph.af.mil/default.aspx>

## 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





# Safety Highlights

## Heat illness prevention treatment and recovery

*Courtesy of AF Safety Center*

Exertional heat illness occurs when your body overheats during exercise. As your condition gets worse, your body can lose its ability to regulate temperature and lead to heat stroke when your temperature is above 105°F (40.5°C). It's also important to seek prompt medical attention if you experience extreme fatigue, dehydration, dizziness, or difficulty breathing during exercise.

You can find out about preventing and treating heat illness in CHAMP's video series on exertional heat illness. Watch the videos below to learn more.



## “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

## Woohoo! Vacation time! Keeping your home safe while you're gone.

*Courtesy of 19th AW/XP*

A house where the family is obviously on vacation is an ideal place for crime. However, one of the best ways to protect your home from burglary during vacation is not to advertise that you're away. Here are some things to think about:

Having piles of mail or newspapers lying about outside your home is a good indicator that nobody's been there for a while. Put a freeze on deliveries until you return.

Think about investing a few dollars for some timers for indoor lights and have them come on at different times at night. This can give the appearance to a casual observer that someone's home (though most break-ins happen during the day). For a few dollars more, there is a neat device with lights that makes it look like there's a TV on inside. You could hook up timer to something that plays music, or even talk radio (gasp) during the daytime.

We all love to brag about our vacations on Facebook, but think about who might be out there picking their next home shopping spree. We love to make our Facebook friends pour through 9,000

photos of our trip to Disney World, but don't post them till you get back. Do not advertise travel dates, and try to be careful about posting while currently being on vacation.

Don't leave valuables in plain site from outside your house. That pile of iPads, Apple Watches, and other electronic devices on the coffee table might impress your guests, but to someone doing a little window shopping at your house, they just might be irresistible.

Put your burglar goggles on before you leave and walk the perimeter of your house. Look at ways that a crook might see if someone's not there. Pull curtains or close blinds. Don't give anyone a good look inside your place.

Lock up. Seriously, make sure everything is locked before you go. The vast majority of break-ins happen through unlocked doors or windows. Again Stealy McCriminal is not looking for a hard time, he's looking for an easy score.

For the love of Pete, do not leave spare keys outside in a fake rock, under a planter, or on top of a doorframe. Crooks with 5 brain cells have already figured this out. If you need a spare in case of lockout, a trusted neighbor or family member is the way to go.

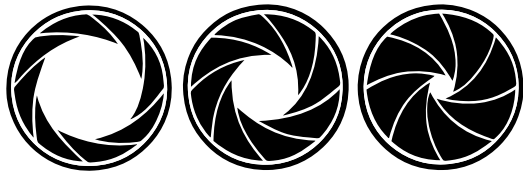
By all means, enjoy your vacation, you've definitely earned it. But remember with a little preparation, you hopefully won't come home to any unpleasant surprises.



**“Thieves respect property. They merely wish the property to become their property that they may more perfectly respect it.” G.K. Chesterton**

**...PRACTICE GOOD OPSEC!  
“SHRED, ENCRYPT, PROTECT”**





## Camera Roll

Click to connect:



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