



913TH AIRLIFT GROUP

Digital Digest

COMMANDER’S CORNER

Pre-Deployment Function: Total Force Integration

LITTLE ROCK AIR FORCE BASE, Ark. -- Active Duty and Reserve personnel from across Team Little Rock and Keesler Air Force Base deployed to support operations in Southwest Asia during the first week of 2019. Families lined up along the flightline waving goodbye to loved ones with tears in their eyes. Behind the scenes are Force Support personnel ensuring deployers meet the combatant commander's requirements and have the equipment to perform the mission downrange.

This was a historical first deployment for the 913th Airlift Group since becoming a classic association with the 19th Airlift Wing. It was also a first for many 913th Force Support Squadron personnel to perform pre-deployment functions alongside their active duty counterparts.

“Deploying this large of a group was challenging,” said Master Sgt. Brandy Ferguson, noncommission officer in charge of installation personnel readiness. “Even though we’ve deployed smaller teams before, sending an aircraft and maintenance contingency has its own challenges. I had to quickly learn this particular process and specific reporting requirements.”

Each deployment, region, and position demand various training and experience from personnel assigned to deploy. FSS and unit deployment managers are crucial to deployment process: helping assign the right people, to the right deployment tasking, with the right training, and ensure the deployers arrive at the right time.

“This deployment is the epitome of Total Force integration, from our support functions to combat airlift, everyone was willing to help,” said Senior Master Sgt. Stephanie Pickens, 913th FSS superintendent. “We will build upon this experience and relationships to improve our processes. Our members will continue to deploy and we want to make the readiness aspect as streamlined as possible.”

The currently deployed members of the 913th Airlift Group will provide C-130J combat airlift capabilities across the deployed theater.

During 2018, the 913th AG successfully participated in four major exercises and deployed 39 individual Airmen to support combatant commanders across the globe.



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913 AG CONNECTIONS

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COMMANDER'S CORNER

Equal Opportunity Begins Processing Hazing and Bullying Complaints



LITTLE ROCK AIR FORCE BASE, Ark. --

Effective Feb. 1, 2019, Air Force Equal Opportunity Offices will begin processing hazing and bullying allegations as identified in Department of Defense Instruction 1020.03, Harassment Prevention and Response in the Armed Forces.

Without a doubt, Airmen remain the Air Force's most valuable resource. Abiding by the core value of excellence in all we do, the Air Force will provide Airmen an option between filing an Informal or Formal Military Equal Opportunity Complaint or for allegations involving bullying and hazing. Using the chain of command to address concerns remains a viable method for lower level resolution.

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

Team Little Rock Excellence in Competition

LITTLE ROCK AIR FORCE BASE, Ark. --

U.S. Air Force Airman shoots an M4 carbine while participating in the Excellence in Competition event at Little Rock Air Force Base, Ark., Jan. 28, 2019. There are a max of 500 points and the top 10 percent of the competitors will be awarded the U.S. Air Force Excellence in Competition Rifleman Badge.



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

My Best Decision and Biggest Opportunity



LITTLE ROCK AIR FORCE BASE, Ark. --

"It was the best decision I ever made and the worst decision I ever made," said Hunt, currently the noncommissioned officer in charge of special handling and mission support operations superintendent for the 34th Combat Training Squadron. "I had no idea I would love my job and the Air Force so much. I sometimes wish I had joined Active Duty instead of Reserve. However, I have enjoyed building relationships with my brothers and sisters in my Reserve unit—some of us have literally grown up together."

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

HELPFUL LINKS

AF Policy on retention of non-deployable Airmen

In accordance with Department of Defense policy on military retention of non-deployable service members, the Air Force implemented its guidance in a memo signed Feb. 19.

Airmen who have been non-deployable for more than 12 consecutive months will be notified by their chain of command and evaluated for retention either through referral to the Disability Evaluation System or consideration for administrative separation.

<https://www.913ag.afrc.af.mil/News/Article/1761020/air-force-formalizes-policy-on-retention-of-non-deployable-airmen/>

Family Readiness: Key Spouse Program

A unique part of military culture is the sense of belonging or camaraderie that can be difficult to find in the public sector. A critical aspect of that military fellowship is the family support system. The Key Spouse program is a formal program that reaches out to military spouses to help build a sense of community.

Click the link to learn more about your KS program: <https://www.913ag.afrc.af.mil/Home/Key-Spouse-Program/>

Changes to Post 9/11 GI Bill

Effective one year from the date of this change, eligibility to transfer those benefits will be limited to service members with less than 16 years of total active-duty or selected reserve service, as applicable.

Previously, there were no restrictions on when a service member could transfer educational benefits to their family members. The provision that requires a service member to have at least six years of service to apply to transfer benefits remains unchanged in the policy.

Click the link to learn more about the changes: <https://dod.defense.gov/News/Article/Article/1573240/dod-announces-policy-change-on-transfer-of-post-911-gi-bill-benefits/>

CONGRATULATIONS

Recently Completed Upgrade Training List ***February***

96 APS - SSgt Joshua Bird, 2T251

Newly Promoted Members ***March***

Check out Facebook on Saturday to see the list!



HEALTH & WELLNESS

Courtesy of 19 HAWC

Go Green! (Green Smoothie Recipe Below)

If your number one goal is to lose weight Green Leafy Vegetables must become a staple of your diet. They are low calorie and loaded with vitamins, minerals and antioxidants. In addition, they convert white fat that's hard to burn, to brown fat that's easy to melt.

Green Leafy Vegetables help keep you young, slowing the aging process through extending telomere life.

They also improve gut health providing the type of fiber that good gut bacteria thrive in. This is important because great gut health equals great health.

A diet rich in Green Leafy Vegetables also protects from heart disease, cancer, Type 2 Diabetes and more.

Green Smoothie Recipe

1 cup spinach or kale
1/2 cup broccoli
1/2 cup frozen strawberries
1/2 cup frozen blueberries
1/2 banana
1/2 orange
1/2 cup vanilla almond milk
Blend



Tools for Working out while Traveling

Traveling doesn't mean taking a break from staying strong and healthy. Even if you are staying at a hotel without a gym, if you can find a little floor space in your room, you can get in a good, sweaty workout. Our favorite: bodyweight CrossFit workouts.

<https://www.mensjournal.com/health-fitness/5-best-crossfit-workouts-traveling/>

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

Facebook: Little Rock AFB HAWC

Twitter: @LRHAWC #Vital90

Pinterest (Recipes): LRAFBHAWC

March

Friday, 1 March

- 1300-1400 Pre UTA Staff Mtg (HQ Conf Rm)
- 1430 Status of Discipline mtg (HQ Conf Rm)
- 1430 First Sergeants' Meeting (bldg. 266 conf room)
- 1500 Line of Duty/Med Processing Brief (HQ Conf Frm)

Saturday, 2 March

- 1030 2-ship flight
- 1500 Mock PT Test in HAWC

Sunday, 3 March

- 0730-0900 Fitness Testing (HAWC)
- 0830 EOC/PME testing (Base Ed Center)
- Static load training (96 APS)

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
- 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



FIRST FRIDAY
EVERY MONTH • 4-6 PM

Members: Free • Non-Members: \$10
It's social hour at the club!
Enjoy free party food & good company.

987-5555
at HANGAR 1080

*no reservations are required

Text 19FSSFOOD to 95577

FORCE
SUPPORT SQUADRON
Visit www.rockinatherock.com



KIDS' BASEBALL BINGO

★ ★ ★
FRI, 1 MARCH // 6-8 PM
MEMBERS: \$3 // NON-MEMBERS: \$5
PRIZES FOR EVERYONE // KIDS BUFFET INCLUDED
LOTS OF FAMILY FUN!!
EVERY FIRST FRIDAY
★ ★ ★

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COSMIC BOWLING
SATURDAYS 9-11 PM

ALL YOU CAN BOWL!
FOR ONLY \$10 A PERSON
FREE SHOE RENTAL

*Lane pre-registration accepted
at the BOWLING CENTER | 987-3338

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Little Rock Air Force Base Mobile App



Click here to find out more...

Daylight Savings Time Begins

10 March 2019



Springing forward means we lose an hour of sleep. Avoid injuries due to clock confusion. Re-set your clocks before you go to bed on Saturday night. It is also a good time to change the batteries in smoke and carbon monoxide detectors.

SAFETY

Highlights



Severe Weather Awareness

Severe Weather Awareness Week

February 24 – March 2, 2019

Weather Forecast Office
Little Rock, AR

Tornadoes

- In an average year (based on 30 years of data), there are 33 tornadoes in Arkansas.
- From 2000 through 2018, 614 of 739 tornadoes (83%) across the state were rated EF0 or EF1 (weak), and accounted for only 3 fatalities.
- The strongest tornadoes were rated EF4, and there were only 3 of them. This includes the monster tornado that killed 16 people as it tore through Pulaski, Faulkner and White Counties on April 27, 2014.
- If there is no safe room available, the best place to hide from a tornado is a building with a permanent foundation on the lowest floor in an interior room.

In the picture: The vast majority of tornadoes in Arkansas from 2000 through 2018 were weak (rated EF0/EF1).

Rating	Count
EF0	243
EF1	371
EF2	98
EF3	24
EF4	3
Total	739

Severe Weather Awareness Week, 2019 in Arkansas runs from February 24th through March 2nd.

This week's topic is tornadoes. In an average year, there are 33 tornadoes in Arkansas. From 2000 through 2018, 614 of 739 tornadoes (83%) across the state were rated EF0 or EF1 (weak), and accounted for only 3 fatalities. The strongest tornadoes were rated EF4, and there were only 3 of them. This includes the monster tornado that killed 16 people as it tore through Pulaski, Faulkner and White Counties on April 27, 2014.

If there is no safe room available, the best place to hide from a tornado is a building with a permanent foundation on the lowest floor in an interior room.

OPSEC Highlights



Things you need to Know

1

Identity theft happens when someone uses your Social Security number or other personal information to commit fraud.

2

Identity theft can happen to anyone.

3

Once identity thieves have your personal information, they can drain your bank account, run up charges on your credit cards, open new utility accounts, or get medical treatment on your health insurance. An identity thief can file a tax refund in your name and get your refund. In some extreme cases, a thief might even give your name to the police during an arrest.

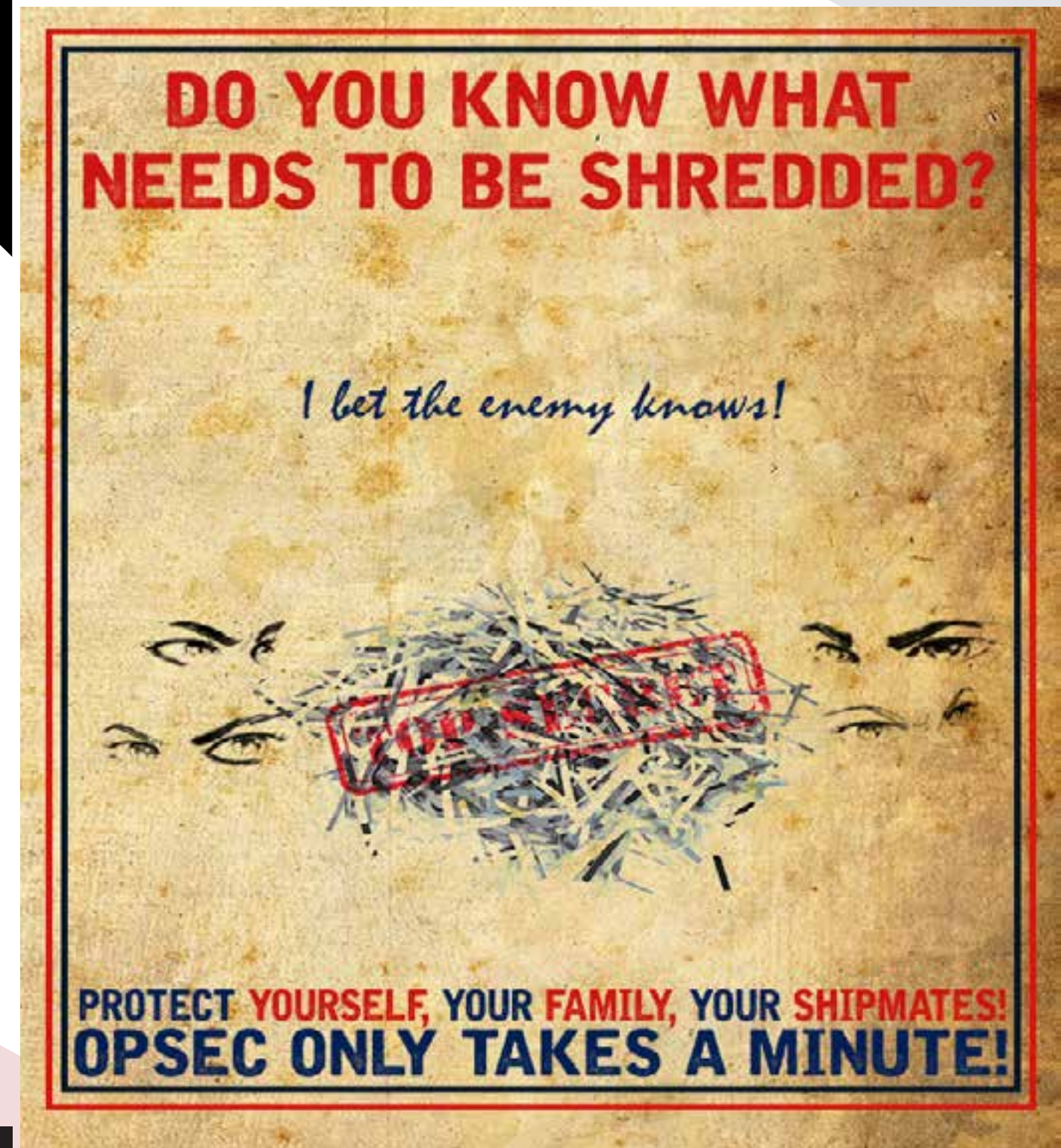
4

If your wallet, Social Security number, or other personal information is lost or stolen, there are steps you can take to help protect yourself.

5

If you feel you are the victim of identity theft go to <https://www.identitytheft.gov/#what-to-do-right-away> and act right away.

www.secnav.navy.mil/OPMBreachDON





Camera Roll



Click the icon to connect

