



# Commander's Corner

## 96th Aerial Port Squadron places third in Reserve Command Competition

96th Aerial Port Squadron members placed 3rd overall in the biennial Air Force Reserve Command Port Dawg Challenge competition held at Dobbins Air Reserve Base, Georgia, April 23-25, 2019.

The 96th APS team consisted of Master Sgt. Torreon Shirlee, Tech. Sgt. Jeffrey Lawson, Tech. Sgt. Jose Vargas-Gonzalez, Airman First Class Antonio Yancy, Senior Airman Zachery Derrick, and Senior Airman Justin Khamphavong. Competition rules stated each team had to comprise of members across all enlisted tiers.

"We have a young team of new folks and those who haven't deployed," said Shirlee, team chief. "I'm proud of their hard work and placing third speaks to their performance. Our skills are well rounded and we consistently performed well across all of the events."

The contest is a chance for teams of air transportation specialist across the command to put their skills to the test through 12 grueling events. This year, teams from U.S. active duty and the Royal

Air Force contributed teams to square off for the coveted trophy.

"Aerial porters are a critical component to the airlift mission," said Senior Master Sgt. Kenneth Womack, 96th APS superintendent. "We just welcomed home many of folks from various deployments downrange. They can attest to the capabilities we bring to the fight and how this competition improves our overall readiness."

The competition included engine running off/on load, 25K Halvorsen loader and 10K forklift obstacle courses, joint inspections, load planning effectiveness, pallet build up, passenger and cargo processing, cargo restraint, air terminal command and control functions, fitness challenge, and a comprehensive knowledge test.

"Take all the pointers and mentorship from the umpires this week," said Chief Master Sgt.



Lonnie Patchen, AFRC aerial port career field functional manager, aerial transportation career field manager. "Take the information back and pass it down to everyone in your unit. We are a critical part of the mission and what we do ultimately supports the warfighters."

The air transportation specialists are known as "Port Dawgs" and provide logistical functions such as processing passengers, planning, building, and loading cargo for military aircraft.

The Air Force Reserve is a lethal, combat-ready force, providing critical capabilities both at home and abroad.

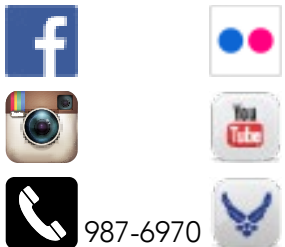


Click on the Flickr icon or photos to see more photos of the event!

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### Contact Us:



# Air Force News

## Regional Air Force Recruiting support award

A member of the 913th Force Support Squadron was awarded the 2018 Air Force Recruiting force support award for the central region on Jan. 24, 2019, at Little Rock Air Force Base, Arkansas.

Staff Sgt. Rachel King, 913th FSS non-commissioned officer in charge of force management, was recognized by Senior Master Sgt. Marcus Kirksey, 307th Bomb Wing Recruiting Service flight chief, during a commander's call.

"Staff Sgt. King has gone above and beyond in her efforts to support recruiting in the area," said Kirksey. "She is always on top of processing applications and projecting job vacancies within the management system."

Before a recruit can step onto the bus for basic military training or an active duty military member can transition into the Reserves, force



support personnel review each applicant's enlistment package.

"There is more to the Reserve accession process most people see," said King. "To ensure we hire qualified personnel, we facilitate medical reviews, verify career field data, skill level, qualifications, security clearances and more."

As military personnel retire or find positions at other units, it's up to the force management office to ensure the vacancies are projected in the Reserve Management Vacancy System and work with the recruiters both locally and worldwide to fill those vacant positions.

"She is integral to the Reserve recruiting process," said Master Sgt. Nathan Thorn, local Reserve recruiter. "The buck stops with her. I can't do my job without her, the 913th Airlift Group and the Reserves would suffer without her efforts."

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

## Recruiting the Future Airman



The Air Force Reserve Recruiting service has a tall order to recruit the best and brightest of the future generations. The Air Force is the smallest amongst the military services and the Reserves has to compete against active duty recruiters for non-prior service applicants.

"I've been going to airshows since I was probably two years old," said Kristen Daniels, a recent Air Force Reserve enlistee waiting for basic military training. "I saw military personnel out in the public at events and saw how they were immediately treated with respect and trusted."

Though the desire to serve may have been incepted at a young age through community engagement events, Daniels

didn't think about military service until high school graduation. She recently completed her first year in college and started researching the benefits and culture of active duty and reserve service.

"My job would be a lot easier if we had such resilient and well informed applicants such as Kristen," said Master Sgt. Nathan Thorn, Air Force Reserve recruiter. "It was a long journey and a great day to be a part of her enlistment in front of the last C-130 out of Vietnam on Vietnam Veterans Day. I look forward to seeing her graduate BMT."

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

# Congratulations

## Recently Completed Upgrade Training List

Staff Sgt. Richardson, Neil

Staff Sgt. Diaz, Christian

Tech. Sgt. Scheider, Justin

Staff Sgt. Lawson, William

Amn Simpson, Kyler

Airman Basic Jenkins, Ryan

Staff Sgt. Outlaw, Constance

Staff Sgt. Oliver, Brandon

Tech. Sgt. Underwood, David

Senior Amn McCraty, Armondo

Staff Sgt. Kendrick Crawford

Staff Sgt. Enderby, Danielle

## Airman Leadership School Graduates - May 9

SrA Bird, Joshua; 96 APS

SrA Delp, Alexandra: 913 AMDS

SrA Higgins, Eddie: 96 APS

SrA Creech, Charlie: 913 AMDS

## CCAF Graduates

SSgt Nolen Bartow: Aviation Maintenance Tech

TSgt Nyssa Curtis: Human Services

SSgt Ariel Geldien: Aviation Maintenance Tech

SSgt Jonathan Haskett: Aviation Operations

SrA Kaylan James: Practical Nursing Tech

SSgt Laquilla Jones: Aviation Management

SSgt Danielle Perez: Business Administration

SSgt Tiah Phillips: Business Administration

MSgt Kevin Schluterman: Aviation Maintenance Tech

TSgt David Underwood: Aircrew Safety Systems Tech

## NCOA School Graduates - May 15

Tech. Sgt. Edward Limmer: 96 APS

## New OCP Guidelines

The Air Force announced April 23 new rules on Operational Camouflage Pattern uniforms that aim to better fit the needs of Airmen and the jobs they do while also holding fast to tradition.

The changes highlighted include authorization of the Two-piece Flight Duty Uniform in garrison and updated patch guidance for the OCP uniform.

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



# Did You Know?

## Legalized marijuana and the UCMJ



Despite the fact that more and more states are legalizing the use of marijuana, ALL use and possession of marijuana remains prohibited for U.S. military members under the UCMJ. In addition to formal discharge from service, security clearances can be revoked if a member engages in any drug use or misuse. Losing a security clearance can have a significant impact on civilian employment, to include termination and loss of future employment opportunities. Keep in mind, medical marijuana is no exception- not even with a prescription or doctor-approved medical marijuana cards.

Bottom line, military personnel who use marijuana, or fail a drug test due to use, will face serious consequences and be subject to UCMJ action. As always, please contact your friendly neighborhood legal office with any questions or concerns: tisha.martin@us.af.mil, 501-987-7830

# Health and Wellness

## Turn Up Your Fat Burning Furnace This Spring!

Increase your insulin sensitivity with these 6 things and totally change your body chemistry!

1. Combine your strength training with your fish oil. It sounds crazy but the research says it works to improve insulin sensitivity. If the thought of burping fish during a workout is not appealing try Krill Oil.
2. Do short intense burst of exercise. Go as hard as you can for 20-40 seconds then recover. Increases insulin sensitivity for up to 16 hours post workout.
3. Make the majority of your diet Fat, Protein & Vegetables. The more fat and vegetables you eat the more fat you lose. Put olive oil on everything.
4. Eat a handful of blueberries or blackberries everyday. They contain a chemical that helps control insulin levels.
5. Have 2 teaspoons of apple cider vinegar with 8 oz of water before a big carb meal. This helps lower blood sugar and improves insulin sensitivity.
6. Time you larger carb meals immediately before or after your workout. Your body will use the insulin to help build lean muscle which is what you want.

~Courtesy of LRAFB HAWC

**WEEKLY AEROBICS SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY
7 AM VITAL 90	7 AM VITAL 90	7 AM VITAL 90
9 AM POWER HOUR	8:30 AM SPIN	9 AM POWER HOUR
11 AM VITAL 90	9:30 AM YOGA/PILATES	11 AM VITAL 90
3 PM VITAL 90	11 AM VITAL 90	3 PM VITAL 90
5 PM SPIN	2 PM SILVER NINJAS	5 PM SPIN
6 PM VITAL 90	3 PM VITAL 90	6 PM VITAL 90
	5 PM ZUMBA	
	6 PM VITAL 90	

THURSDAY	FRIDAY	SATURDAY
7 AM VITAL 90	7 AM VITAL 90	9:15 AM KIDS VITAL 90 (ages 8-12)
8:30 AM SPIN	9 AM POWER HOUR	10 AM ZUMBA
9:30 AM YOGA/PILATES	11 AM VITAL 90	
11 AM VITAL 90	3 PM VITAL 90	
2 PM SILVER NINJAS		
3 PM VITAL 90		
5 PM ZUMBA		
6 PM VITAL 90		

987-7716  
of the FITNESS CENTER

## Helpful Tips

### Traveler's Workout And Diet Plan!

Travelers unite. Here is a no-nonsense simple way to keep that physique while traveling. Included are types of workouts and grocery shopping suggestions.

<https://www.bodybuilding.com/fun/mohr73.htm>



### Ask the Coaches: Training for a 1.5 Mile Run:

<https://www.runnersworld.com/advanced/a20816359/ask-the-coaches-training-for-a-1-5-mile-run/>



# UTA Schedule



## Pre-UTA Schedule, Friday, 3 May 19

- 0900 takeoff 1100 landing - Col Brusca's fini flight
- 1200 takeoff AE trainer Scott AFB (RON)
- 1300-1400 Pre-UTA staff mtg (HQ conf rm)
- 1430 FMB mtg (HQ conf rm)
- 1430 First Sgts mtg (bldg. 266 conf rm)

## UTA Schedule, Saturday, 4 May 19

- 1300-1400 UDM training (POC: SSgt Carroll 913 FSS/LG, bldg. 430, rm 120)
- 1500 RTB AE trainer Scott AFB
- 1500 Mock PT test Mandatory-all PT Fails (HAWC)
- 1500 Col Brusca's social 1530 retirement ceremony (Walters ballroom)

## UTA Schedule, Sunday, 5 May, 19

- 0730-0900 Fitness Testing (HAWC)
- 0800 Supervisor Safety tng (bldg. 284, 19 AW Safety)
- 0830 EOC/PME testing (Base Ed Center)
- TBD static load tng (96 APS & 189 AW)

### 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

### Public Affairs Notes

Download the AF Connect app and search for the 913th Airlift Group. Send us an email and let us know how we can make it better.

### Staff Notes

Finance Hours: Will be closed this UTA

31 May - Step II packages finalized, Annual awards due NLT 1600

Chaplain Notes

Sun, 0900, Catholic Mass

Sun, 1100, Protestant Service (Base Chapel)

### Ready-to-fill Enlisted Opportunities

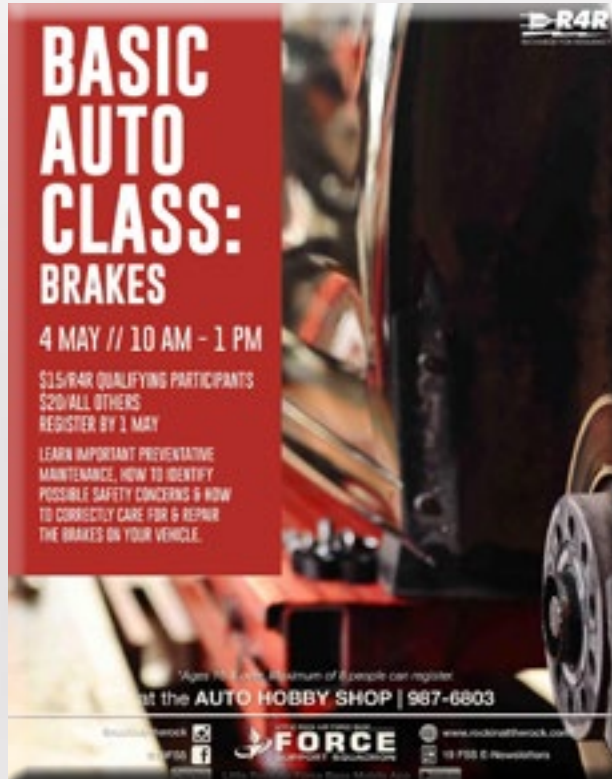
Readiness NCOIC – POC SMSgt Pickens

Readiness NCO – POC SMSgt Pickens

First Sergeant – POC CMSgt Lord

Equal Opportunity – POC Capt Gonzalez

# Base Happenings



## Unlimited Pancakes?!?!



### Yes Please!

Join us for \$6 per person (family members welcome)

All You Can Eat Pancakes at Longhorn Steakhouse!!

Coffee and juice will also be served. ☺

Who: Team Little Rock and Longhorn Steakhouse

What: Pancake Fundraiser

When: Saturday, May 4, 2019, 0800-1000

Where: 3929 McCain Blvd North Little Rock, AR, 72116

POC: TSgt Langston, x-3313 or SMSgt Rohauer, x-1782

*All proceeds will go towards Team Little Rock for the 2019 Air Force Ball*

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# Safety Highlights

## May is Motorcycle Awareness Month



Motorcyclist deaths occurred 28 times more frequently than fatalities in other vehicles, based on 2016 fatal crash data. To keep motorcyclists safe, the National Highway Traffic Safety Administration (NHTSA) urges everyone to share the road and be alert, and remind motorcyclists to make themselves visible, to use DOT-compliant motorcycle helmets, and to always ride sober.

For more safety tips, please visit: <https://www.nhtsa.gov/road-safety/motorcycle-safety>

One Airman lost to a fall mishap is one too many. Since 2013, there have been 24 fatalities and permanent disabilities caused by on and off-duty falls in the Air Force. That's one of the many reasons the Air Force Safety Center is passionate about fall prevention. For the sixth consecutive year, the Air Force is partnering with OSHA to highlight fall hazards prevention measures. Shop supervisors are encouraged to discuss Walking Working Surfaces; Slips, Trips and Falls; Ladder and Stair Safety; and/or Fall from Heights. Take some time out this week to participate using this year's Air Force theme, "The Right Way!"

More information regarding this initiative may be found on the AF Safety Center SharePoint: [https://cs2.eis.af.mil/sites/10178/Pages/Focus2.aspx?SEG\\_Tags=FP\\_Focus\\_2019](https://cs2.eis.af.mil/sites/10178/Pages/Focus2.aspx?SEG_Tags=FP_Focus_2019)



# OPSEC Highlights

## Why is OPSEC important, and why should you care?

There's a saying that goes, "If you have nothing to hide, you have nothing to fear." The reality is that everyone has something they want to hide from the general public. The key is identifying what form this information is in, how well protected it is and if compromised, what the personal/professional impact would be.

Attackers are constantly profiling targets looking for potential weaknesses in OPSEC and it can take less than four hours of online recon using manual and automated Open Source Intelligence (OSINT) techniques to gather enough information on a target to learn their:

- Full Name
- Date of Birth
- Online Digital Footprint
- Mobile/Work Telephone Numbers
- Location
- E-mail Accounts and Passwords
- Employment Information
- Social Media Information/Posts

- SSN/NI Number
- Mother's Maiden Name
- Financial Information
- Family/Friends/Colleagues

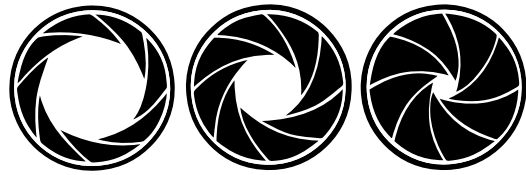
Armed with the above information, a motivated attacker could do serious damage – especially if you reuse passwords, using the same email as a login for multiple web apps, or use an email/username that can identify something about you. These basic mistakes are reported almost on a monthly basis in the media, including numerous examples of where criminal operations have been dismantled through leaving breadcrumbs of information that link a real person to their pseudonym(s). Interesting case studies include the recent takedown of the AlphaBay admin Alexandre Cazes aka Admin02. The admin of one of the largest dark markets was recently arrested by a joint operation led by Interpol, the FBI, the NCA and other law enforcement agencies to take down marketplaces. LEA agents were able to piece together information on their target from small OPSEC mistakes. For example, early

welcome emails from the site admin pimp\_alex\_91@hotmail.com included information about Cazes, including his year of birth and information that could be used to identify his national identity. He also cashed using a bitcoin account tied to his name, and his bank account is amongst the OPSEC sins he performed and ultimately what led to his arrest. The reality is that an attacker exploiting weaknesses in OPSEC is akin to a death by a thousand cuts. It's not one "breadcrumb" of information that causes the damage; it's the accumulated data over time that delivers the killer blow for the attacker. Being constantly aware of the information you are sharing with individuals, third-parties, online entities, and employers, not to mention the extent this exposes you, is vitally important if you want to stay safe in today's constant information battle.

**"The whole secret lies in confusing the enemy, so that he cannot fathom our real intent" (Sun Tzu)**

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





# Camera Roll

Click to connect:



Comm: 501-987-6970

DSN: 731-6970

