



Commander's Corner

Farewell Message

As many of you may already know, this most likely will be my last Unit Training Assembly with the 913th Airlift Group. Shortly, I will be deploying to the CENTCOM area of responsibility and then moving to my next assignment in December. As such, this is my last opportunity to thank you.

I am truly honored to have been your commander these last two years. When I first assumed command I saw six effective squadrons full of fantastic Airmen, but there was no real synergy in the 913th. I noticed we were small and over-tasked (namely, a Wing-level organization with Group-level manning), which resulted in little collaboration and coordination. Now, as I prepare to depart the 913th I see an organization working together as a Group to efficiently organize, train and equip our Airmen.

Indeed, you've proven yourselves... the 913th AG successfully prepared and deployed 135 Airmen this past year. This is why we exist as an Air Force—we provide combat-ready Airmen who will “Fly, Fight and Win” for our Combatant Commanders. Our Force Support and Aeromedical personnel efficiently coordinated with our host wing to screen, mobilize, process and deploy every Airmen with no discrepancies and minimal disruptions. Impressive... especially when considering that we coordinated amongst two MAJCOMS, two NAFs, AFCENT and the Force Generation Center. Our agile combat support Airmen deployed to multiple

locations throughout the EUCOM and CENTCOM AORs and secured much kudos and words of praise from combatant leaders. Meanwhile, our Operations and Maintenance Airmen deployed as a four-ship lead package, with personnel from the 19th Airlift Wing, the 403rd Wing and the 934th Airlift Wing, and set all-time records with over a 99% Mission Completion rate. Phenomenal!

At home, in garrison, you continue to impress me with your dedication to professionally develop and train yourselves. We created Mission Essential Training Lists to schedule future training events—based on today's threat environment and your inputs. We effectively streamlined all of our ancillary training events to provide you with more time to train...time you've filled up with static trainers and fly-away events. Similarly, you've continued to seek Professional Military Education opportunities, with over 24 Airmen graduating from Airman Leadership School and NCO in-residence programs, and another Airman attending Reserve School Selection Board courses or developmental boards. You must never cease in any of these efforts...these events will continue to pay-dividends as you prepare yourselves for the future and posture to meet tomorrow's requirements.

Although we've accomplished much these last two years, there is still much to continue to do. First, each

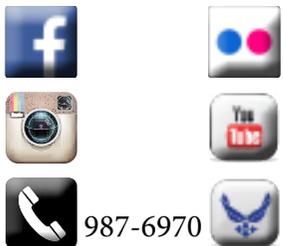
of us must continue to uphold our AF core values of “Integrity First, Service before Self, and Excellence in All We Do.” Secondly, as a chief pilot explained to me years ago, we must maintain proficiency, remain deployable and be a team player. Lastly, we must continue to integrate and work with our Active Duty and Air National Guard counterparts on Little Rock Air Force Base. We must continue to plan, organize, train and prepare to deploy with consideration of our partners and the strengths and weakness of each service component. It will take our 913 AG leadership to continuously work with the entire Team Little Rock enterprise and will require our NCOs and Airmen to take initiative and remain tactical experts. It will require every 913th AG Airman to ensure “We all Prosper.”

I am truly honored to have been a part of this amazing organization. I am humbled by the support we have from our communities and our families. I am amazed at your ingenuity and dedication. I am proud of all that you have accomplished and feel very privileged to have been a part of this team. I am sure we will meet again. Until then, I look forward to seeing you continue in your success and am excited to see what the 913th AG will continue to do for our Airmen, our Air Force and our Nation.

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Contact Us:



Sincerely, Col. Lay

Air Force News

Reserve Unit Returns from Deployment

More than 100 Reserve Citizen Airmen from the 913th Airlift Group returned from deployment on May 19, 2019, from various bases in Southwest Asia in support of Operations Freedom's Sentinel and NATO's Resolute Support. The deployed group consisted of the 327th Airlift Squadron, 913th Maintenance Squadron, and is augmented by members of the 403rd Wing and active-duty personnel from the 19th Airlift Wing.



During the deployment, the Airmen provided C-130J combat airlift capabilities across the deployed theater supporting U.S. Central Command operations. This first deployment proved the Air Force Reserve group can fulfill its mission of providing combat ready tactical airlift and support resources worldwide.

“The combined Reserve and active-duty team did a fantastic job downrange,” said U.S. Air Force Reserve Col. Christopher Lay, 913th AG commander. “Their hard-work and efforts prove that we can continue to provide strategic depth and operational capability in meeting our combatant commander’s expectations. I’m proud of our Airmen’s accomplishments.”



After converting 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.

“The challenge with being a Reservist is meeting the high readiness standards in such short time frames,” said U.S. Air Force Reserve Col. Anthony Brusca, 913th AG deputy commander. “As Traditional Reservists, most personnel hold full-time civilian jobs and

work a minimum one weekend a month and two weeks a year in military status. We truly appreciate their efforts and the unwavering support from their families.”



During 2018, the 913th AG trained approximately 500 Airmen for worldwide deployments, successfully participated in four major exercises and deployed 39 individual Airmen to support combatant commanders across the globe. These efforts ensure the Air Force Reserve is a lethal, combat-ready force.



Air Force News

Air Force to pay up to \$500 for spouse occupational license transfer during PCS

The Air Force announced the spouse re-licensure reimbursement program, May 15, which would provide financial relief up to \$500 to Airmen whose spouses must obtain state occupational re-licensures or re-certifications during a permanent change of station or assignment across state lines.

The Air Force will reimburse qualifying re-licensure and recertification fees incurred during PCS/PCAs authenticated on or after Dec. 12, 2017.

“Part of taking care of Airmen and families means making it easier for spouses to continue their careers after a military move,” said Secretary of the Air Force Heather Wilson. “This policy reduces financial burdens and makes the professional careers of our Air Force spouses more portable.”

The 2018 National Defense Authorization Act authorized the military services to reimburse service members for occupational state relicensing and recertification costs their spouses incur due to a PCS/PCA. While some states authorize reciprocity for certain types of occupational licenses, not all states do, resulting in the spouse needing to update a license or certification according to the new state’s requirements.

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

Psychological Health Advocacy Program serves Citizen Airmen, families

The Air Force Reserve Psychological Health Advocacy Program provides a free, confidential path to resources and services for reservists and their loved ones.

One way PHAP representatives promote it is via 15 or more training events sponsored annually around the country by the Yellow Ribbon Reintegration Program, which assists reservists and their loved ones in maintaining resiliency before and after deployments.

At most Yellow Ribbon events, PHAP staff members lead a “Courage to Care” breakout session in which they discuss the deployment cycle and how it affects Reserve Citizen Airmen and those closest to them. During the session, they discuss strategies families can use to help them through the deployment cycle.

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



Wilson praises Airmen, expresses gratitude in farewell remarks reflecting on her tenure as Air Force secretary

Two years and nine days since becoming the 24th Secretary of the Air Force, Heather Wilson bid a formal farewell, May 21, to the institution and its Airmen, expressing gratitude for the opportunity to serve and declaring, “I will always be an Airman.”

“I lived a blessed life,” Wilson said in a 15-minute speech which reflected on her tenure as the Air Force’s highest-ranking civilian official.



She praised the skill and dedication of Airmen while comparing lessons learned from gardening as a corollary for the qualities that make for good leaders and an effective Air Force secretary. You need a plan, she said; you need friends to help, meaning allies, and “as long as it’s safe, let people tinker with the tools.”

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

Congratulations

Recently Completed Upgrade Training List May

Amn Peter Cook, 2W031, 10 May 19

PME Graduates

NCOA:
Tech Sgt Limmer, Edward, 96 APS, 15 May 19

ALS:
SrA Bird, Joshua, 96 APS, 9 May 19
SrA Delp, Alexandra, 913 AMDS, 9 May 19
SrA Higgins, Eddie, 96 APS, 9 May 19
SrA Creech, Charlie, 913 AMDS, 9 May 19

Newly Promoted Members

Maj. Marissa Savells 913 AG/JA

Check on Facebook over the weekend to see the full list

We have an app for that!

Download the USAF Connect app on your smartphone then click on the favorites star ★ on the bottom of the app.

Add your favorite units to get the latest information!



Airmen Who Have Received a Thursby mCAC Reader Must Download the Free Sub Rosa Software to Enable USAF CAC Features

1. Insert the Thursby mCAC reader into your device's charging port.
2. If not prompted to download the Free Sub Rosa app, to the app store and download.
3. Open Sub Rosa.
4. Insert CAC and allow th4e app to access the mCAC reader. You may need to reinsert both items.
5. If prompted to import bookmarks, include Air Force bookmarks.
6. Within USAF Connect app, go to the CAC icon at the bottom of the screen; Sub Rosa should open and prompt you to enter Encryption Certificate and PIN when accessing CAC-secured sites.



Health and Wellness

Have Hope: You can avoid the “Always” and “everything” traps

When bad things happen or when failure finds its way into your life, it's easy to get caught in a spiral of negative thinking that leads to hopelessness, helplessness, and inaction. When setbacks happen, you might find yourself stuck in two different (but related) thinking traps.

A thinking trap is when you interpret events, situations, and behaviors in ways that lead to poor performance. The “always” thinking trap happens when you believe bad events will last forever and you have little or no control over them. The “everything” thinking trap is when a single bad event spills over and you believe it contaminates all other areas of your life. Sometimes you might find yourself thinking one of these thoughts, but often these thinking traps go hand in hand.

Here's an example to illustrate. Your unit is getting ready to deploy in 60 days. During a training exercise, you feel terrible pain in your back and find out you have several herniated disks. Some “always” and “everything” thoughts you might have if you were in one of these thinking traps include the following:

“Of course, my back goes out just before we're set to deploy. This kind of stuff always happens to me.”

“If I can't deploy, then I'll no longer be fit for duty.”

“My back is only going to get worse. I don't have what it takes to manage this kind of pain.”

These traps fuel each other and can lead you to feel sad and anxious. When these thinking traps go unchecked, you might draw negative conclusions about bad things happening that might not be accurate.

How to avoid “always” and “everything”
When you find yourself in “always” and “everything” thinking traps, here are some actions you can take to get yourself out of them:

Ask questions. Try asking yourself a few questions to help stop the negative spiral going on inside your head. The answers will provide a more accurate picture of what's really going on.

Always: “What could change?” and “What can I control and influence that might lead to a better result?”

Everything: “What does this affect and not affect?” Think about what you can do to contain the spillover. Try to identify only the specific areas of your life that could be affected.

Courtesy of Human Performance Resource Center



Take a break. Thinking traps are much more common when you're tired. It's harder to recognize and manage unhelpful thoughts when you haven't slept well or been eating well. Stress can have a negative impact on both nutrition and rest, so it's important to take a tactical pause and make rest and recovery a priority.

Connect with others. Your thoughts can be your worst enemy. If you find yourself stuck inside your own head, sometimes the best thing to do is reach out for help. Other people might have a much more objective picture that can help you out of your thinking traps.

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

Unit Training Assembly Schedule

Pre-UTA Schedule, Friday 31 May 2019

- 1300-1400 Pre-UTA Staff mtg (HQ Conf Rm)
- 1400 Status of Discipline mtg (HQ Conf Rm)
- 1430 First Sergeants mtg (bldg. 266, Ops Conf Rm)

UTA Schedule, Saturday, 1 June 2019

- 0830-1130/1230-1500 AMDS appointment (bldg 1090)
- 0800-1130 Newcomers briefing (FSS Conf Rm)
- 0900 Single ship sortie (hot fuel/de-fuel, COL-B)
- 1500 Mock PT Test *Mandatory-all PT Fails* (HAWC)

UTA Schedule, Sunday, 2 June 2019

- 0730-0900 Fitness Testing (HAWC)
- 0800-0900 Supervisor Safety training (Bldg 284, 19 AW Safety)
- 0800-1200 Static load training (96 APS)
- 0830 EOC/PME testing (Base education center)
- 1130 FSS Assumption of Command ceremony (bldg. 266, Hodge auditorium)
- 1230-1300 CC lunch with Amn (DFAC - chief's den)
- 1330-1430 Family Day Committee meeting (HQ Conf Rm)

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

Chaplain Notes

0900, Sunday, Catholic Mass (Base Chapel)
 1100, Sunday, Protestant Service (Base Chapel)

Staff Notes

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

Ready-to-fill Enlisted Opportunities

Readiness NCOIC – POC SMSgt Pickens
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 First Sergeant – POC CMSgt Lord
 Equal Opportunity – POC SMSgt Pickens

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Safety Highlights

Critical Days of Summer (CDS)

Courtesy of 913 AW/Safety

Memorial Day through Labor Day are known as the “critical days of summer” (CDS). There are tons of opportunities for fun outdoor activities in the natural state...such as camping, camp fires, hiking, climbing, running, boating, rafting, canoing, kayaking, floating, swimming, fishing, barbecuing/grilling, ATV/motorcycle riding, etc...you get the picture. However, these activities come with increased risk for mishaps, such as slips, trips, falls, critter bites, bumps, cruises, cuts, sprains, etc. Before you hit the road, jump into the water, or light the grill, take a few minutes to identify potential risks and ways to mitigate them.



Summer – A time to enjoy family, friends, and practice good risk management

Courtesy of AF Safety Center



While June 21st is the official beginning of summer, Memorial Day weekend acts as the unofficial kickoff to the summer season for many Air Force families. The weather is in that sweet spot between not too hot, and not too cold. Many families are enjoying an extended weekend together. Friends gather to barbeque and take time to honor those who died while serving the United States. Simply put, it is a great jump-start for the season to come.

As Airmen approach and plan for summer activities, leadership at all levels should take the time to discuss risk management and highlight hazards Airmen may encounter during the upcoming months. The Air Force’s top three leaders began that conversation in a tri-signature memo recently sent to all Airmen.

“As you execute our Air Force mission or participate in summer activities with your family and friends, please use what you have learned about risk management,” the memo read. “Plan for the unexpected, make wise choices, and avoid unnecessary risks.”

The memo also emphasized how personal safety directly ties to Air Force readiness. Over the past decade, preventable accidents on and off duty have tragically claimed 16 Airmen lives on average per year during the summer months.

[Click here to see 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

Internet safety tips for military kids

Courtesy of Human Performance Resource Center

If you have kids, it's essential to protect their online safety. Kids today have more access to computers, smartphones, and the Internet than ever before. Children and teens also spend time online playing games, watching videos, and using social networking sites. There are ways to boost their social-media awareness while they maintain a safe online presence too.

Especially for military kids, Internet access and the use of social media has pros and cons. When families move frequently, social networking sites enable military kids to keep in touch with old friends. Those sites and other social media also might help your children make new friends in advance of your move. Children's Internet access enables them to keep in touch with deployed parents as well. However, a potential con might be that they can be exposed to news stories that could increase their worries and anxiety about your safety.

Make sure kids know to never share their personal information, especially last name, address, and phone number.

It's crucial to limit the amount of time your kids spend on social media and social networking sites too. Overuse of social media is associated with kids' poorer mental health. It's also important to keep children safe online because, in some instances, some people might try to take advantage of them through the Internet. Try these strategies to monitor your kids' online safety.

- Restrict "private" browsing and let your kids know when you check their Internet history.
- Use parental controls on all computers, tablets, and smartphones.
- Make sure your children only use age-appropriate apps. And slowly give older kids and teens with "social media smarts" more control over their online activities.
- Limit access to your home's wireless network by unplugging it, especially at bedtime.

Take the FBI's Safe Online Surfing course with your kids to learn about spotting suspicious things online. And remind your kids and teens how to stay safe online:

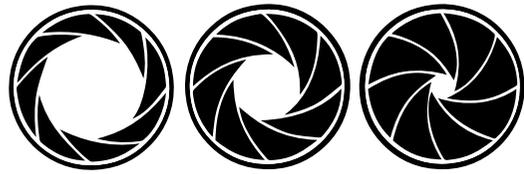
- Never share personal information, especially your last name, address, and phone number.
- Don't send pictures of yourself to people you don't know.
- Don't engage with people who make you feel uncomfortable and tell your parents or other trusted adults if it happens.
- Remember some people might misrepresent themselves online and lie about who they are.

The FBI offers a range of resources to help keep kids safe online and offline. Read FBI's "A Parent's Guide to Internet Safety" to learn more. Try to make a family media use plan and commit to spending family time together—away from the Internet and other media too.

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

The success of military and intelligence operations depend upon secrecy; without secrecy, they generally fail.

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



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