



Commander's Corner

Thank you, Veterans!

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Contact Us:



987-6970



Noble 913th,

On Veterans Day, the country will take the time to show their appreciation for the women and men who have proudly worn the uniform of the United States of America. Following in the footsteps of previous generations, you--today's Reserve Citizen Airmen--continue to answer the Nation's call. You are a part of a long legacy of patriots who have served this country with honor.

As we honor veterans from generations past, I want to also thank you and your family who continue to serve the country you love. You try to balance civilian jobs, school, and Reserve duty in order to build a stronger, freer, a little more perfect nation. I thank you, not just for this day, but for every day you serve.

With utmost respect,

Col. Collister

Air Force News

913th's annual family day

The 913th Airlift Group hosted a family day event, Nov. 2, 2019, at Little Rock Air Force Base, Ark. The event focused celebrating and showing appreciation for family members' support of their Airmen.

"The goal of this Family Day event was to build a sense of connection by bringing work and family together, said Staff Sgt. Tiah Phillips, event organizer and knowledge management specialist. "This festival was a great success due to the generous support received from the local community and the efforts from unit members. It is incredibly important to take time to appreciate our families, who make sacrifices to support us."

This year's event included demonstrations by the base's Security Forces Military Working Dog team, the Fire Department, and a static display of a C-130J Hercules aircraft. There were multiple agencies promoting their services, which support Reserve members and their families.



Other activities included a car show, games activities for kids, lawn games, fitness challenge, and pumpkin painting. This event helps forge a sense of community and support for those members who do not live near the base.

Nearly 80 percent of the unit are traditional reservists who live across the state and train one weekend a month, two-weeks a year.

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



HQ ARPC builds leaders through force development



"If we prepare our personnel properly by giving them opportunities to be educated and broaden their resumes through different assignment opportunities or educational opportunities they are going to be much better prepared to be the leaders of the future in this command," said Maj. Gen. John C. Flournoy, Air Force Reserve Command deputy commander, during his most recent visit to Headquarters Air Reserve Personnel Center, Buckley Air Force Base, Colorado.

Flournoy and a team of four colonels, came together Oct. 28 through Nov. 1 as the AY20/21 Reserve Developmental Education Designation Board (RDEDB). RDEDB selection process is held once a year and aims to align

the most qualified Reserve officers with limited in-residence Professional Military Education and Developmental Education opportunities.

Applications for the RDEDB are typically due at the end of September each year. This notification is posted through the HQ ARPC website. Additionally, a notice will be sent via myPers message to those meeting the rank eligibility requirement once the application is open in vPC and the invitation to apply is posted on myPers.

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

Congratulations

Recently Completed Upgrade Training List

October:

SrA Sims, Dominique
A1C Gutierrez, Charles
A1C Jackson, Kennedy

Promotion List

Check Facebook to see the list of those who were promoted!

Yellow Ribbon

- May attend two post deployments events up to a year
- Must have been released from eligible orders (including leave) for at least 30 days

When are they & how do you sign up? Events are held once a month.

Who can you bring? You can bring two guests from the following categories:

- Family: Spouse, Sibling, Parent or Grandparent.
- Children: All DEERS eligible children = 1 guest

[Click here for more info](#)

Bonuses are available!

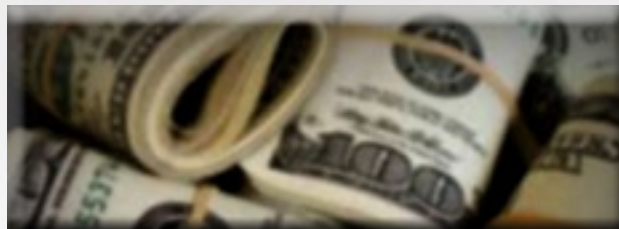
Did you know there are enlisted and officer positions available for initial enlistment and reenlistment bonuses? Specifically, the 913th Airlift Group has bonuses available for Air Transportation Specialists (2T2X1). The enlisted incentive programs available include: Non-Prior Service (NPS) and Prior Service Enlistment, Reenlistment, Enlisted Affiliation, and Retraining (AFI 36-3012).

All bonus incentives will be paid a potential bonus entitlement of \$7.5K, \$15K or \$20K depending on the critical skill AFSC listed on the current Fiscal Year Critical Skills list and the member's Date of Enlistment (DOE) and length of the enlistment contract.

Want to learn more about reenlistment bonuses? Speak with your supervisor and go the myPers website to find out more:

AFRC FY20 Officer and Enlisted Incentive List & Officer Incentive Guidance ([MyPers](#))

Those without prior military service can speak with their local reserve recruiters. <http://afreserve.com/>



Did You Know?

Login to AROWS-R today!

Login and set up your security questions to activate the self service feature. This will allow you to unlock your own account if it become locked from inactivity.

[Click here to access with CAC](#)

For help call 877-294-5822 or email arowr@us.af.mil

Annual Awards are due

Here is a timeline for upcoming Semi-Annual and Annual Awards.:

The Semi Annual Awards due:

6 Dec (Friday before Dec UTA).

The Annual Awards Due:

6 Jan (Monday prior to Jan UTA)

913 AG Superintendent send packages to Board Members for scoring:

7 Jan, 0900, Tuesday

Scored/Graded Packages returned to 913 Superintendent:

9 Jan, 0900, Thursday

Group Murder Board:

10 Jan, 0800-1300, Friday (two members from each Squadron) location TBD

Reminder only accomplishments that are completed during this period are permitted.

UTA Schedule

Pre-UTA Schedule, Friday, 6 Dec 19

1300-1400 Pre UTA Staff Mtg (HQ conf rm)

1400-1430 CIMB (HQ conf rm)

1430-1500 Commanders Meeting (Bldg 266, intel vault)

1430-1500 First Sgts Mtg (Bldg 266, Ops conf room)

UTA Schedule, Saturday, 7 Dec 19

0830-1530 AMDS Appointments (Bldg 1090)

0800-0900 Tactical Pause Facilitator Training (327 AS auditorium, Bldg 266)

0800-1200 Finance hours (Bldg 262, rm 133)

0830-1100 Newcomers briefings (Bldg 262, rm 110a)

1430-1530 Green Dot Training (327 AS auditorium, Bldg 266)

1300 Mandatory PT current failures (Fitness Center, HAWC)

1300 UDM Meeting (Bldg 430)

UTA Schedule, Sunday, 8 Dec 19

0730-0900 Fitness Testing (HAWC)

0900 Catholic Mass (Base Chapel)

0830 EOC/PME testing (Base Ed Center)

1100 Protestant Service (Base Chapel)

1230 Tactical Pause

Ready-to-fill Enlisted Opportunities

Readiness NCOIC – POC SMSgt Pickens

Readiness NCO – POC SMSgt Pickens

First Sergeant – POC CMSgt Lord

Fiscal Year 20 UTA Schedule

5-6 Oct 19	8-9 Feb 20	2-3 May 20
2-3 Nov 19	7-8 Mar 20	6-7 Jun 20
7-8 Dec 19	2-3 Apr 20	1-2 Aug 20
11-12 Jan 20	4-5 Apr 20	12-13 Sept 20

Tactical Pause - Sunday 8 Dec

All personnel will be in civilian clothes.
Change during lunch.

1230- 1310: Tactical Pause Kick-off –
Large Group Discussion

Who: Split by groups 1-15 and 16-28
Locations: 327 AS Auditorium & 96 APS
Auditorium (see next pages)

1315-1510: Breakout Group discussions ***

Who: Groups 1-28: Facilitated as scheduled
(Groups broken out by peer groups-
rank; see CSS for full list)
Locations: Each group has assigned location
around Reserve campus (see next pages)

1515-1630: Squadron Teambuilding time***

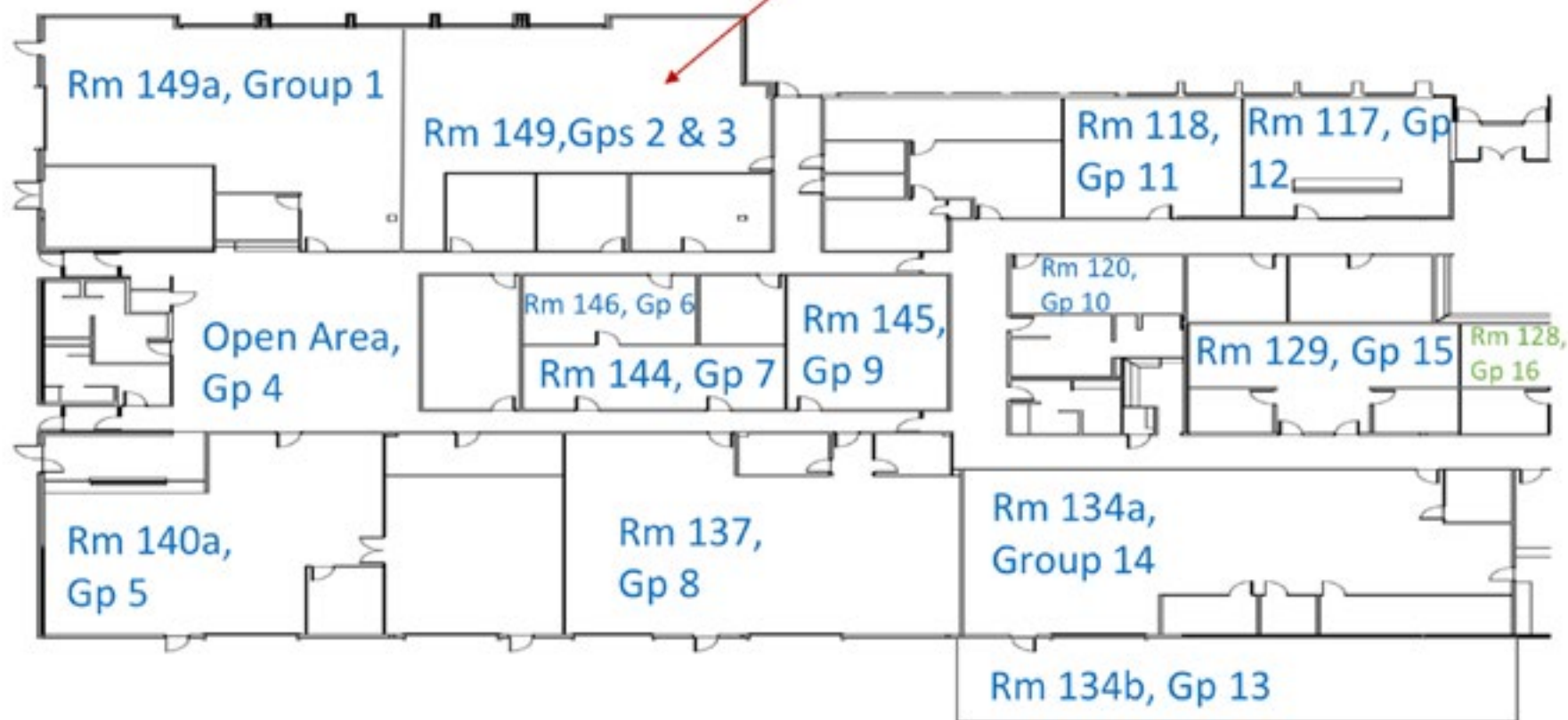
Who: Squadron/Gp staff members
report to assigned squadrons
Locations: Individual Squadrons or as
directed

*** MFLC Counselors will be attending
many of the group breakouts and squadron
teambuilding time to provide on the spot
counseling if needed/requested.



96th Aerial Port Squadron
Building 266
Resiliency Tactical Pause
Breakout Session Locations

Rm 149, Opening Remarks
for Groups 1-15

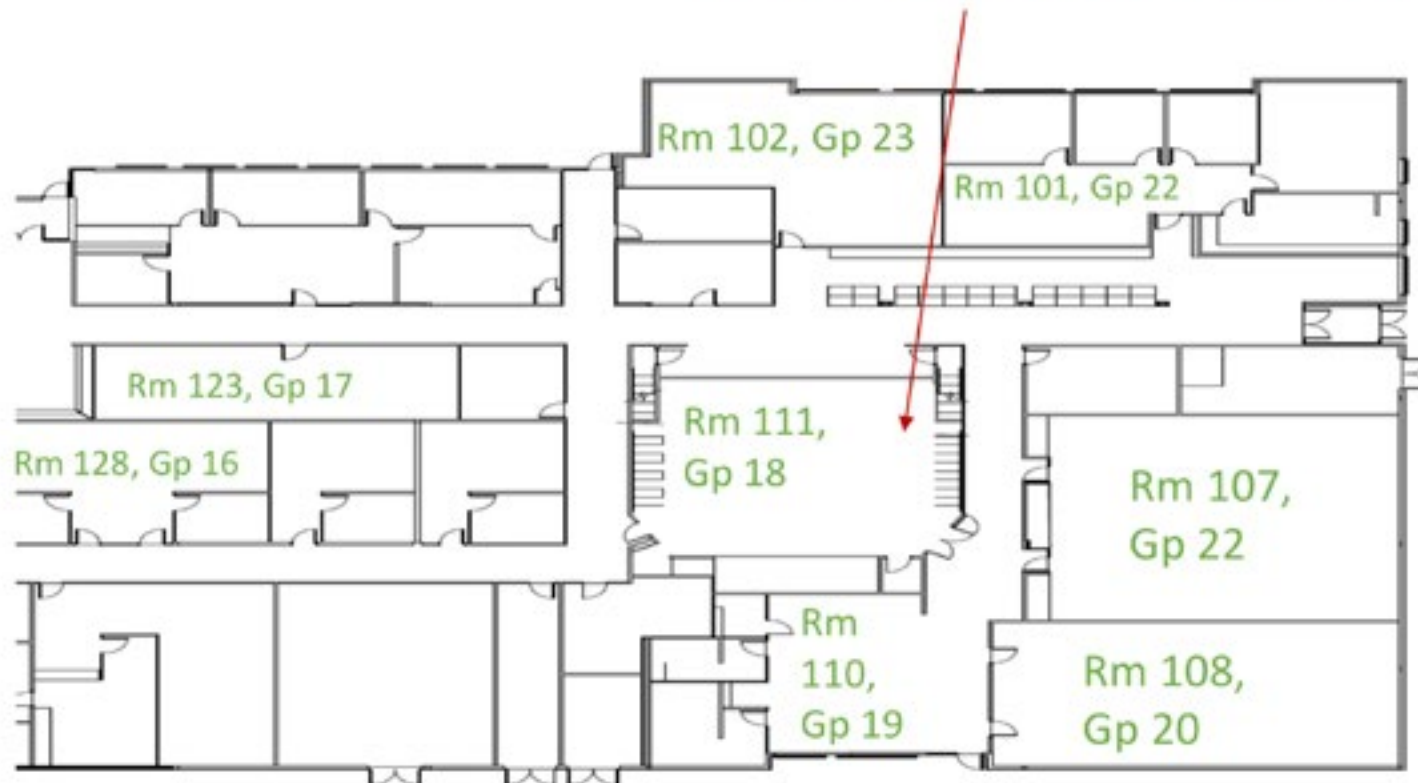


Opening remarks for Groups 1-15 are in 96 APS auditorium room 149 (bldg. 266)



327th Airlift Squadron
Building 266
Resiliency Tactical Pause
Breakout Session Locations

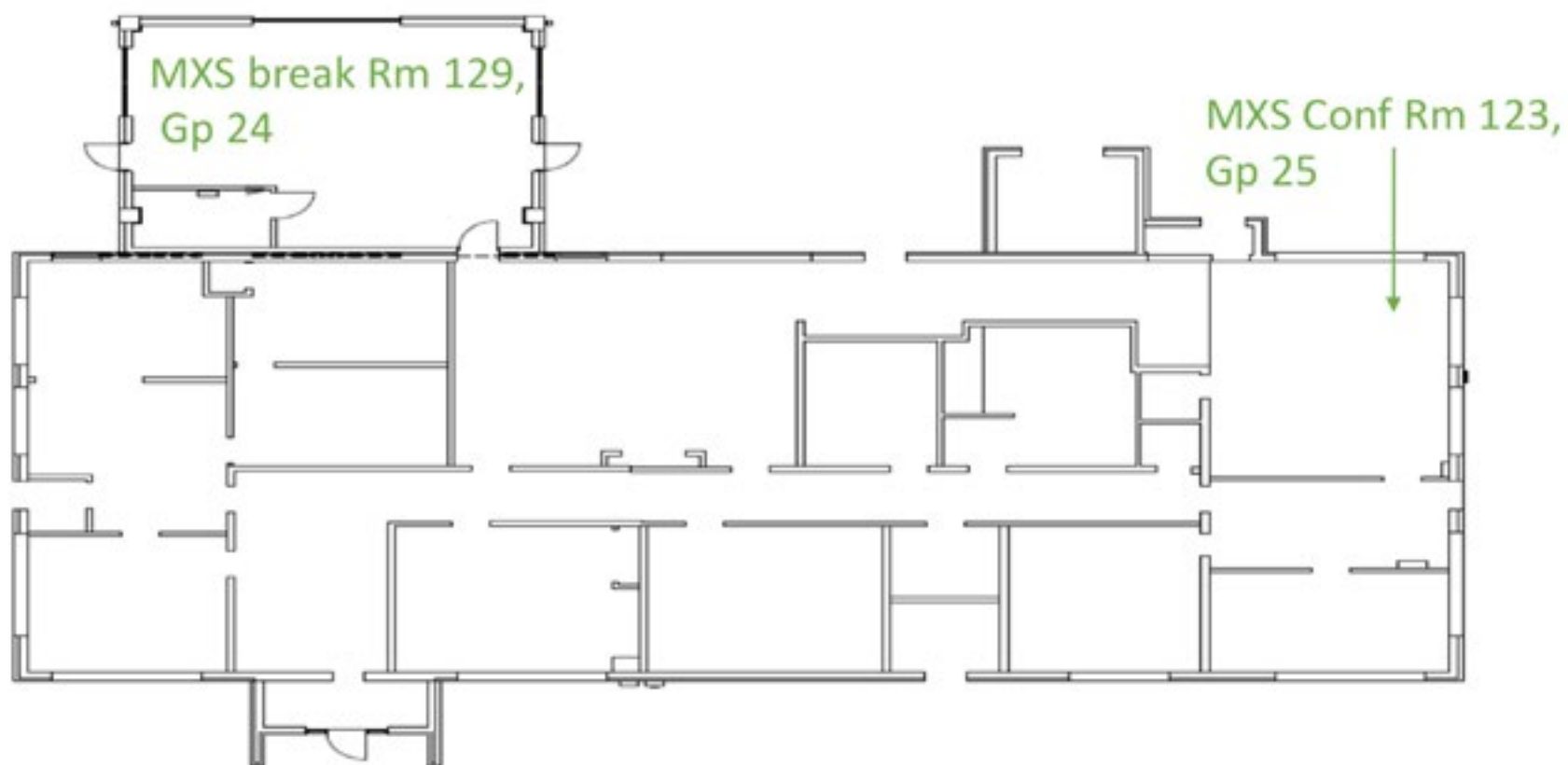
Auditorium Rm 111,
Opening Remarks for Groups 16-28



Opening remarks for **Groups 16-28** are in 327 AS auditorium room 111 (bldg. 266)



913th Maintenance Squadron Building 264 Resiliency Tactical Pause Breakout Session Locations



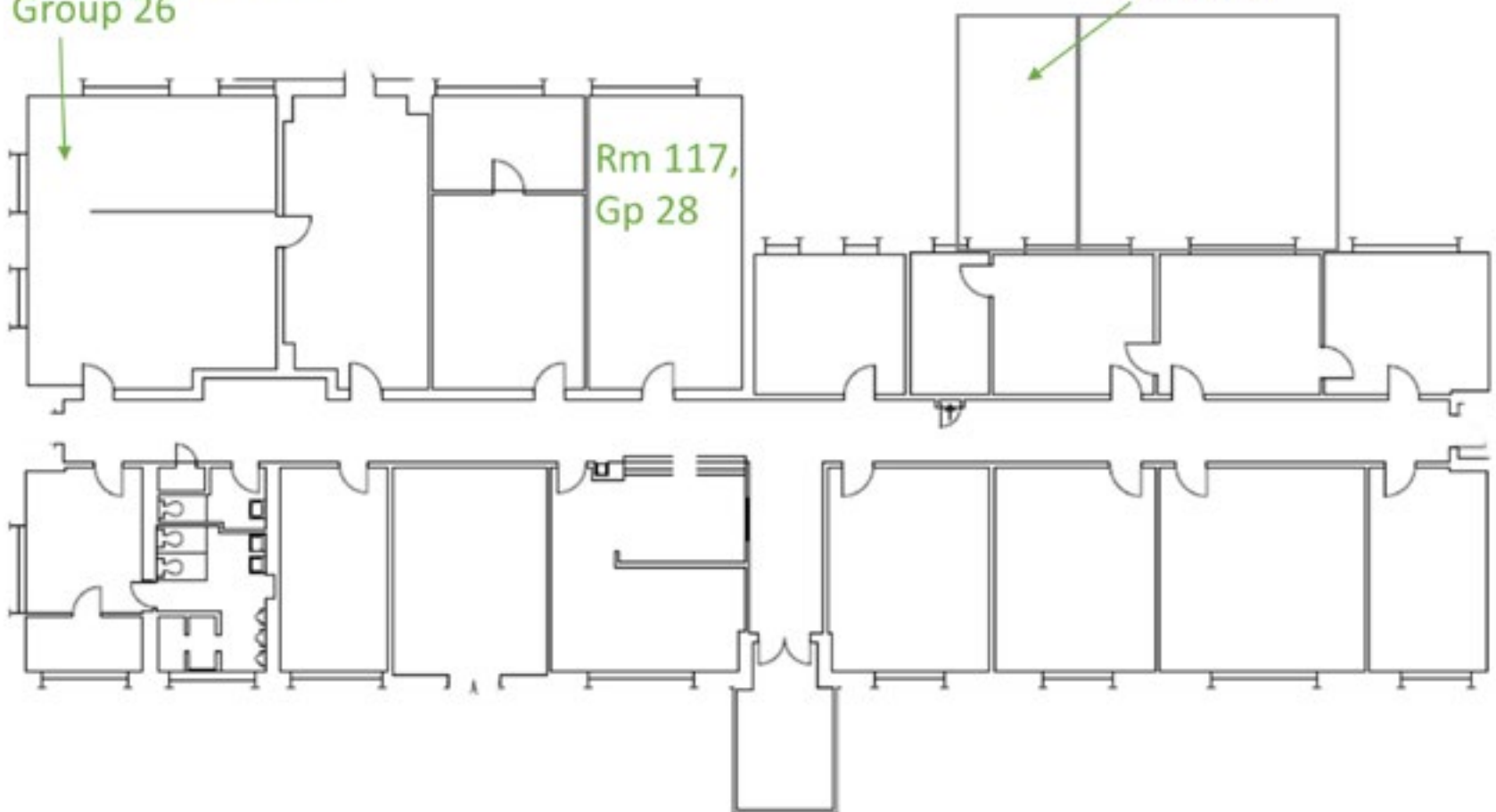
Opening remarks for **Groups 24 & 25** are in 327 AS auditorium room 111 (bldg. 266)



913th Force Support Squadron
Building 262
Resiliency Tactical Pause
Breakout Session Locations

FSS Conf Rm 110a,
Group 26

913 Conf Rm 123,
Group 27



Opening remarks for Groups 26 - 28 are in 327 AS auditorium room 111 (bldg. 266)

Base Happenings

HOSTED BY
DORP



HERK LIFT OFF
POWERLIFTING COMPETITION

14 DECEMBER • 8 AM - NOON

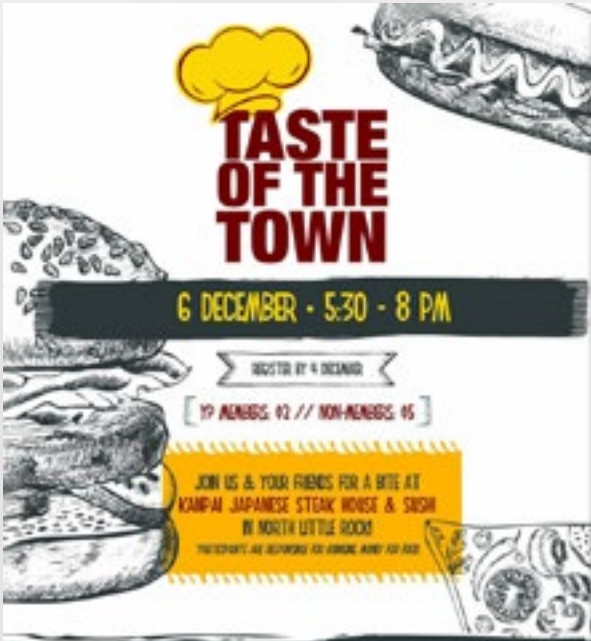
WEIGH-INS ON 13 DECEMBER @ 9 - 11 AM & 4 - 6 PM
REGISTER ONLINE AT rockinatttherock.com/powerlifting
OR AT THE FITNESS CENTER BY 30 NOVEMBER.

MEDALS AWARDED TO TOP 3 MALES & FEMALES FROM EACH WEIGHT CLASS.
CUSTOM WEIGHTLIFTING BELT AWARDED TO TOP OVERALL MALE & FEMALE.

LIFTING CLINIC @ 28 SEPTEMBER @ 9 AM
NUTRITION CLINIC @ 10 OCTOBER @ 9 AM
SPOTTING CLINIC @ 7 DECEMBER @ 9 AM

at the **FITNESS CENTER** | 987-7716

www.rockinatttherock.com
18 FSS & Newsletters
Little Rock Air Force Base Mobile App



TASTE OF THE TOWN

6 DECEMBER • 5:30 - 8 PM

REGISTER BY 4 DECEMBER

[10 MEMBS: \$2 // NON-MEMBS: \$5]

JOIN US & YOUR FRIENDS FOR A BITE AT
KAMPAI JAPANESE STEAK HOUSE & SUSHI
IN NORTH LITTLE ROCK

*AGES 9-10. Minimum of 4 people must register. Open Res will close at 5 pm on this day due to this trip.

at the **YOUTH CENTER BLDG 1992** | 987-6355

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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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Health and Wellness

6 tips to boost your social fitness

Social fitness doesn't usually come up first in conversations about health, wellness, and performance. Of course, eating right, working out regularly, getting enough sleep, and managing your stress are important. Yet the quality of your relationships with others—such as your partner, family, friends, coworkers, and other Military Service Members—can impact multiple areas of your health.

When your relationships are healthy, you're likely to feel supported, accepted, and able to cope with stressors in other areas of your life. People with strong relationships tend to sleep better and rebound from injury, illness, and trauma more quickly. In fact, when you have close relationships with friends and family, you're more likely to live longer. Your social network also can help you meet your fitness and nutrition goals by supporting you and keeping you accountable.

But if your relationships aren't going so well, you're more likely to be distracted and find it hard to focus on work. You might feel lonely too. Loneliness is linked with depression, poor heart health, weakened immune system, and sleep problems. And tense, high-conflict or overly demanding relationships can cancel out the positive effects of having social connections at all.

So what can you do to make sure your interactions with friends, family, and your unit work for you rather than against you?

1. Start with you. When it comes to your relationships, you're at least half of the equation. It's crucial to be able to recognize how and what you contribute to any positive or negative exchanges. Practice managing your feelings so you can react and interact with others deliberately and thoughtfully, rather than in unhelpful, impulsive, or uncontrolled ways.

2. Put in the time (and have fun doing it)! With demanding and irregular schedules, it's not always easy to spend quality time with friends and loved ones. But it's essential to make family time (and time for friends) a priority to keep your relationships strong. Even if you can only play a game with your kids once a week or get together with friends once a month, try to fit it into your routine. And remember to make it fun! In fact, try and have some fun in all your social and professional relationships. Doing so can help build trust and cohesion.

3. Keep it real. Strive to be authentic and trustworthy. If you're in a leadership role, being transparent and honest with your team can help improve teammates' performance and their level of engagement. At home, building trust in your close relationships allows everyone to be more vulnerable, which builds solid bonds.

4. Show you're listening. Two of the most important communication skills to reduce conflict and maintain healthy relationships are listening and showing empathy. When you empathize with people, you tune in to how they feel and validate their

experiences, without necessarily agreeing. Good listeners repeat back what they hear and ask questions. Mind your body language too: Put your phone away, make eye contact, don't cross your arms, etc.

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



Safety Highlights

Holiday Safety Tips



Tips on how to deep fry a turkey safely

Thanksgiving is a time for family and holiday traditions including taste tested, Thanksgiving recipes. It's also a time where family members may want to join in the food preparation so fire safety is important. With the speed of deep-frying a turkey, the irresistible flavor, and juiciness that results, turkey frying has become a Thanksgiving tradition for some. But turkey fryers have the potential to cause fire and serious injury, which is why organizations like Underwriters Laboratories and the National Fire Protection Association advises against using them. If you plan to deep-fry your holiday bird, be sure you know how to safely use the fryer, and take these precautions to protect yourself, your guests and your home.

Tips to help prevent deep fried turkey accidents

Keep outdoor fryers off decks, out of garages and a safe distance away from trees and other structures.

Make sure the turkey is thawed and dry before cooking. Ice or water that mixes into the hot oil can cause flare-ups.

Watch the weather. Never operate a fryer outdoors in the rain or snow.

Place the fryer on a level surface, and avoid moving it once it's in use.

Leave 2 feet between the tank and the burner when using a propane-powered fryer.

Follow the manufacturer's instructions to avoid overfilling. Oil can ignite when it makes contact with the burner.

Choose a smaller turkey for frying. A bird that's 8 to 10 pounds is best; pass on turkeys over 12 pounds.

Never leave fryers unattended.

Purchase a fryer with temperature controls, and watch the oil temperature carefully. Cooking oil that is heated beyond its smoke point can catch fire. If you notice the oil is smoking, turn the fryer off.

[Click here to learn more](#)



Holiday Decoration safety for kids

1. Hang breakable ornaments at top of the tree. This leaves room for kids to decorate the bottom with non-breakable items.

2. Keep harmful plants out of reach. Some popular holiday plants are poisonous to children and pets, including mistletoe and holly berries. In a poison emergency, call the national Poison Control Center at 1-800-222-1222.

3. Be aware of devices with button batteries. Keep decorations with button batteries, such as greeting cards and small remote controls out of children's reach.

Fire Prevention

1. Water natural trees regularly. When needles are dry, they can catch fire easily.

2. Turn off decorative lights before leaving home or going to sleep. Regularly check lights for exposed or frayed wires and loose connections.

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

OPSEC Highlights

Top 10 Holiday OPSEC tips:

Information Operations, 25th Infantry Division

SCHOFIELD BARRACKS — Now is the perfect time to refresh your memory about operational security. Here are 10 tips you should follow this holiday season.

1- Be wary of “shoulder surfers” and cellphone cameras when using credit/debit cards. Shield your PIN numbers from view when entering them at the ATM or checkout counter.

2- When paying for items, be mindful not to display large amounts of cash to onlookers. If you’re carrying a large amount of cash, keep a portion of the money separate from your wallet in case you get pickpocketed or lose your wallet.

3- If you bought so many items that you need to drop some off at the car before continuing to shop, make sure you place the items in the trunk and out of sight. It is also a good idea to move your vehicle to another parking spot, away from any onlookers who may have observed you unload your bags.

4- Boxes from expensive gifts such as computers, televisions or game consoles left curbside for trash collection provide potential burglars with good indicators as to what high value items are located in the household. Break down the boxes, throw them in a bag and put them out just before trash collection time.



5- Keep holiday gifts and purchases out of sight, especially when they can be seen from outside of your house. It is preferable to keep presents stored in a closet or other area that is out of sight to others.

6- Consider the gift of a paper shredder in the home this holiday season – shredding documents containing your personal, private or financial information prior to disposing of them is a great way to protect yourself from identify theft.

7- Be cautious of Internet-connected toys and devices around the home. Toys equipped with microphones may record and collect conversations within earshot of the device. The collection of a child’s personal information while initiating accounts (name, date of birth, pictures, address) combined with a toy’s ability

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

to connect to the Internet or other devices creates opportunities for child identity fraud.

8- If you are out shopping or at a holiday party, be careful about using location-based social media sites and applications. Although these tools may help you let family and friends know where you are, they could also be informing strangers and criminals of your location or the fact that your home may be empty.

9- Avoid posting information about your holiday travel plans. Posting travel plans or vacation photos may inadvertently make your home a target for criminals. Wait until you return home to share stories and photos from your holiday travels.

10- Avoid “talking shop” at holiday parties and social gatherings. Be wary of attempts to elicit information about training, equipment or other work-related topics from individuals who do not have a need to know.

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



Camera Roll

Click to connect:



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