



Air Force News

Reserve unit kicks up flying training scenarios

LITTLE ROCK AIR FORCE BASE, Ark. --

The 913th Airlift Group conducted full-spectrum readiness flying sorties, involving scenarios that required various combat airlift capabilities that could be used in current and future military responses, Oct. 5-6, 2019, at Little Rock Air Force Base, Arkansas.

requirements, the Air Force Reserves has increased focus on units operating effectively in degraded environments.



Air Force Reserve Maj. Steven Freeman, 913th Operations Support Squadron Chief of Weapons & Tactics, designed, planned and directed the drill weekend training objectives, incorporating dirt landing zones, unfamiliar routes with simulated threats, and special airdrop certifications to a new drop zone—all while operating in a communication and GPS contested environment to push the group's members beyond

their normal training.

"Our warfighters and allies depend on our combat airlift capabilities," said Freeman.



"Through this type of training we hone our skills, ensuring we continue to provide air-land, airdrop, and aeromedical evacuation in the harshest environments against current and future threats." Creating an in-depth training scenario provides an opportunity to coordinate with other units and agencies to solve the scenario.

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

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987-6970



The robust and detailed training scenario allowed aircrew and air transportation specialists to operate in austere conditions, simulating enemies with an array of capabilities. Due to evolving combatant command

Air Force News

Air Force supports Army's exercise Arctic Anvil 2019

KEESLER AIR FORCE BASE, Miss. (AFNS) - Airmen from the 815th and 327th Airlift Squadrons provided airlift and airdrop support for the Army's exercise Arctic Anvil, Oct. 1-6.

Arctic Anvil is a joint, multi-national, force-on-force culminating training exercise at Camp Shelby Joint Forces Training Center, Mississippi, that runs throughout the month of October.

"The 815th (AS), along with the 327th Airlift Squadron, had the pleasure of supporting the (4th Brigade Combat Team, Airborne, 25th Infantry Division) for the exercise Arctic Anvil by providing personnel and equipment airdrop as well as short-field, air-land operations," said Lt. Col. Mark



into a theater of operation. The 403rd Wing maintains 20 C-130J Super Hercules aircraft, 10 of which are flown by the 815th AS.

"We had the opportunity to provide three aircrews and two C-130Js to help execute the mass airlift and airdrop," Col. Dan Collister, 913th Airlift Group deputy commander said. The 327th AS is a unit of the 913th AG based out of Little Rock Air Force Base, Arkansas, and is an associate unit of the 19th Airlift Wing, an active duty unit equipped with C-130J aircraft.

"Our primary mission at the 913th is to provide combat-ready Airmen, tactical airlift and agile combat support. Participating in a joint exercise such as this is a great way for our Reserve Citizen Airmen to hone their skills and get experience working hand-in-hand with partner units and sister services," Collister said.

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

CMSAF Wright joins Little Rock AFB Airmen for Wingman Day

LITTLE ROCK AIR FORCE BASE, Ark. (AFNS) --

Chief Master Sgt. of the Air Force Kaleth O. Wright visited Little Rock Air Force Base, Arkansas, Oct. 3-4, to meet with Airmen and take part in the base's Wingman Day.

Wingman Day was the culminating event for the first phase of the 19th Airlift Wing's Resiliency Campaign Plan. The RCP is the method of connecting Airmen to not only the mission, but also to the resources and community required for cultivating a culture of ready warriors.

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



Suckow, 815th AS pilot. "We were able to airdrop 400 paratroopers and equipment Wednesday night and 20 bundles of supplies Sunday into Camp Shelby."

The 815th AS is an Air Force Reserve Command tactical airlift unit assigned to the 403rd Wing. The unit transports supplies, equipment and personnel



Congratulations



Congrats to Lt. Col. Jeremy Wagner! He will be the new commander of the 327th Airlift Squadron, effective 1 November.

2019 Annual Chili Cook Off Winner

Mrs. Karen Levy!

Thanks to all those who participated and voted!



Graduates

Airman Leadership School

SrA Porter, Georvonna 913 MS

Upgrade Training

September & October

MSgt Cantone, Matthew

A1C Carson, Kayla

A1C Ballard, Kaleb

Newly Promoted Members

Check Facebook for the list of members who promote in November!

Political Activity for Reservists & Federal Civilians

Over the next year, the presidential election cycle will continue to take center stage. Everyone is encouraged to vote and you should register to vote, if you haven't. The DoD encourages military members to carry out this obligation of citizenship. To register to vote based on your state, visit: <https://www.fvap.gov/> or <https://www.usa.gov/register-to-vote>

Aside from voting, there are some restrictions you should be aware of as a military member during election season. Reservists cannot participate in a political gathering in uniform. Reservists on orders may not participate in a partisan presidential rally, partisan political clubs, solicit for a political group or march in a political parade. This is to avoid any inference of endorsement. It is worth repeating: whether you are on orders or not – military uniforms are not authorized for wear at political events. Retirees are not authorized to wear uniforms at political events, either.

Active duty cannot seek nomination or candidacy for civil office – but you can! As a reservist not on orders, you are able to run for elected office, speak at political gatherings or speak on the radio or tv. Just remember, you are not there as a representative of the Air Force or armed forces. While you may advocate for a political candidate, you may not imply the DoD, Air Force, Reserve, or any government entity supports or endorses a particular party or candidate. You may not use government email, computers, government-paid work hours, or resources to lobby or solicit votes

or money for a political candidate. To end on a positive note, you are more than welcome to vote, contribute to political campaigns, or display a political bumper sticker on your personal vehicle.

Federal civilians (to include ARTs off orders) must abide by the federal statute, The Hatch Act. This means political campaign materials are not authorized in the workplace. Federal civilians are not permitted to influence (or dissuade) subordinates to participate or contribute to partisan groups or candidates. The Hatch Act allows running for nonpartisan public office, registering and voting, assisting in voter registration drives, attending political fundraisers, rallies, and meetings, and holding office in political clubs or parties. This is a good site to learn more: <https://www.fda.gov/about-fda/ethics/hatch-act-political-activity-and-federal-employee>

If you have a particular concern, please come by the legal office.



Health and Wellness

Mental health: strengthening our response

Courtesy of World Health Organization

Key facts:

Mental health is more than the absence of mental disorders.

Mental health is an integral part of health; indeed, there is no health without mental health.

Mental health is determined by a range of socioeconomic, biological and environmental factors.

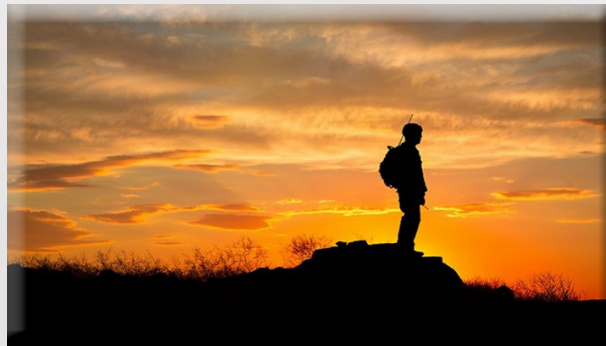
Cost-effective public health and intersectoral strategies and interventions exist to promote, protect and restore mental health.

Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.

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



VA to begin sharing health info

The Department of Veterans Affairs is notifying veterans who receive their medical care at VA health facilities that VA will soon start sharing that health information with doctors they may see outside the VA, without notifying them first. VA is sending letters to veterans' homes notifying them of the change. Under the 2018 VA Mission Act, the department is working to ensure that VA

physicians and non-VA medical providers can access a veteran's health care information in order to treat them. Veterans currently opt into the VA's health record file sharing agreement. But with the change, they will have to opt out, using a VA Form 10-10164, which they can download from the VA's web site and mail or complete at the Release of Information Department in the VA facility where they receive care.

News article: <https://www.militarytimes.com/pay-benefits/2019/10/02/va-to-begin-sharing-veterans-health-information-with-non-v-a-doctors/>

Direct link to the opt-out form: <https://www.va.gov/VLER/docs/1010164fill.pdf>

Instructions: <https://www.va.gov/VLER/vler-health-exchange-registration-guide.asp>

Either deliver in-person or mail to your local VA Release of Information Office. The VA will begin file sharing in January 2020. For questions, go directly to the Release of Information Office at your local VA.

UTA Schedule

Pre-UTA Schedule, Friday, 1 Nov 19

- 1300 -1400 Pre UTA Staff mtg (HQ Conf Rm)
- 1400 FMB mtg (HQ Conf Rm)
- 1430-1500 First Shirts mtg (bldg. 266, Ops Conf Rm)

UTA Schedule, Saturday, 2 Nov 19

- 0830-1200 Family Day set up
- 1200-1230 Release to change & pick up families
- 1230-1330 BBQ is served
- 1300-1500 Fire truck demo
- 1300-1330 APS static load demo
- 1300-1400 K-9 military working dog demo
- 1430-1500 Raffle games
- 1430-1530 Monster Challenge

UTA Schedule, Sunday, 3 Nov 19

- 0730-0900 Fitness Testing (HAWC)
- 0830-1130 AMDS Appointment (B1090)
- 0830 EOC/PME testing (Base Ed Center)
- 0945 ESGR Welcome/mission brief/awards
- 1100 Spouse Flight Attendees Arrive
- 1130 ESGR/Spouse Flight Safety brief
- 1200-1400 ESGR/Spouse Flight
- 1300-1400 327AS Assumption of Command ceremony (Bldg 266, auditorium)
- 1300 FSS & CSS training (Bldg 262, FSS Conf rm)
- 1400 Commanders meeting (HQ Conf rm)
- 1500-1600 Flu shots (Bldg 266)

Chaplain Notes

Sun, 0900, Catholic Mass (Base Chapel)
Sun, 1000, Protestant Service (Base Chapel)

Finance Hours

0800-1200 Sat Only (Bldg 262, Rm 133)

Staff Notes

6 Dec - Semi Annual Awards Due
6 Jan Annual Awards Due

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

Wing Self-Assessment Program Manager -
POC Capt Evelyn Nichols

Base Happenings



TRICARE[®] OPEN SEASON
MARK YOUR CALENDARS!

TRICARE and FEDVIP Open Season
for enrollment or changes is:

Nov. 11 – Dec. 9, 2019

I AM A...	I WANT TO CHANGE MY TRICARE HEALTH CARE PLAN	I WANT TO ENROLL IN A FEDVIP VISION PLAN	I WANT TO ENROLL IN A FEDVIP DENTAL PLAN
Active Duty Service Member 	You can only change plans when you retire. (While on active duty, you can only be Prime/Prime Remote) At retirement, civilian coverage ends. Learn about your options and what to do at www.tricare.mil/retiring	You do not qualify to purchase a FEDVIP vision plan. You will continue to get care as you do now.	You do not qualify to purchase a FEDVIP dental plan. You will continue to get care as you do now.
Active Duty Family Member 	You can change plans during the 2019 TRICARE Open Season.	You qualify to purchase a FEDVIP vision plan. You must enroll during Federal Benefits Open Season.	You do not qualify to purchase a FEDVIP dental plan. You can purchase dental coverage through the TRICARE Dental Program.
Reserve Component Member or Family Member enrolled in TRICARE Reserve Select or TRICARE Retired Reserve* 	No action needed. This does not apply TRICARE Reserve Select* (TRS) or TRICARE Retired Reserve (TRR).	You qualify to purchase a FEDVIP vision plan. You must enroll during Federal Benefits Open Season.	You do not qualify to purchase a FEDVIP dental plan. You can get your dental care through the TRICARE Dental Program.
Retired Service Member or Family Enrolled in TRICARE Prime*, TRICARE Select* 	You can change plans during the 2019 TRICARE Open Season.	You qualify to purchase a FEDVIP vision plan. You must enroll during Federal Benefits Open Season.	You qualify to purchase a FEDVIP dental plan. You must enroll during Federal Benefits Open Season. If you are already enrolled in FEDVIP you don't need to re-enroll.
Retired Service Member or Family Member using TRICARE For Life 	No action needed. This doesn't apply to TRICARE For Life.	You qualify to purchase a FEDVIP vision plan. You must enroll during Federal Benefits Open Season.	You qualify to purchase a FEDVIP dental plan. You must enroll during Federal Benefits Open Season. If you are already enrolled in FEDVIP you don't need to re-enroll.

learn more about TRICARE Open Season, visit www.tricare.mil/openseason19
 learn more about FEDVIP Open Season, visit www.tricare.mil/vision

FAMILY DAY
913 AG CAMPUS

NOV 2 2019

12:30 - 1:30 p m	BBQ is served
1 - 3 p m	FIRE TRUCK DEMO
1 - 1:30 p m	96 APS LOAD DEMO
1:30 - 2 p m	K - 9 WORKING DOG DEMO
2 - 3 p m	RAFFLE GAMES
2:30 - 3:30 p m	MONSTER CHALLENGE
3:30 - 4:30	TEAR DOWN

Ongoing events (12:30 - 3:30 p m)

bounce house	lawn games
pumpkin patch	c-130j display
pumpkin painting	bubble soccer
	car show

EAGLE ROCK LOOP BACKPACKING TRIP NOV 9-11

Difficulty: HARD (26.8 - 30 mile loop), to include multiple water crossings (small & large)
Elevation Gain: 4006 feet
Location: Langley, AR (Quachita Mountains)
Trip duration: 3 Days (2 overnights) Approx. 10 miles/day
Trip dates: 9 - 11 November
Trailhead departure point: Little Missouri Falls on Forrest Road 25 (Camping Area B)
Departure time: 0900

WHAT TO PACK

- Backpack
- Tent (light 1-2 person tent)
- Sleep system (foam/air mattress; sleeping bag)
- Food & Water (to include water filtration system)
- Lighter/matches
- First aid kit; headlamp; compass; poncho/rain jacket/pants in case of rain
- Additional clothing
- Hygiene items
- Sunglasses; walking poles

visit: <http://ouachitamaps.com/Eagle%20Rock.html> for a map

POC: MSgt Gentry

Safety Highlights

Winter Driving Safety

Courtesy of AF Safety Center

The following tips provide safety information to help prevent motor vehicle injuries due to winter storms.

THE THREE P's OF SAFE WINTER DRIVING: PREPARE for the trip; PROTECT yourself; PREVENT crashes on the road.

PREPARE:

1. Maintain your car. Check battery, tire tread, windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your anti-freeze.
2. Have on hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices like flares, and blankets. For long trips add food, water, medication and a cell phone.
3. Stopped or stalled? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light. If you run your car, clear the exhaust pipe and run it just enough to stay warm.
4. Plan your route. Allow plenty of time for your trip and check the weather and leave early if necessary. Be familiar with maps/



directions and let others know your route and arrival time.

5. Practice cold weather driving.

- * During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- * Steer into a skid.
- * Know what your brakes will do: stomp on antilock brakes, pump on non-antilock brakes.
- * Stopping distances are longer on ice and water-covered ice.
- * Don't idle for a long time with the windows up or in an enclosed space.

PROTECT YOURSELF:

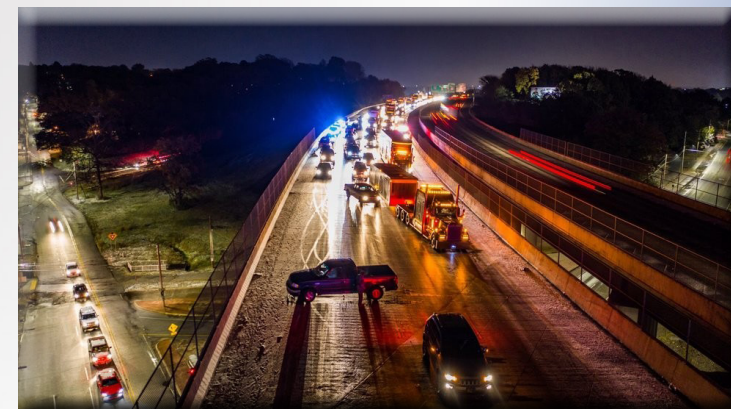
- * Buckle up and use child safety seats properly.
- * Never place a rear-facing infant seat in front of an air bag.

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

* Children 12 and under are much safer in the back seat.

PREVENT CRASHES:

- * Drugs and alcohol never mix with driving.
- * Slow down and increase distances between cars.
- * Keep your eyes open for pedestrians walking in or near the road.
- * Avoid fatigue. Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.
- * If you are planning to drink alcohol, designate a sober driver.



OSPEC Highlights

Nine ways to prevent identity theft

The U.S. Department of Justice estimates that 17.6 million Americans, including members of the military, were victims of identity theft in 2014 alone. It can take months, even years, to recover. The rigors of military life can amplify the problems caused by ID theft. Take these steps to guard against it:

1 Check your credit. Federal law entitles you to a free credit report each year. Check it for suspicious activity. If you're a deploying service member and don't plan to seek new credit while deployed, place an active-duty alert on your credit report to reduce the risk of getting swindled.

2 Install anti-virus, anti-spyware software on all your devices. Update these protections regularly.

3 Shop online carefully. Only provide your credit card information on sites that use secure technology. Look for a lock icon on the status bar of your internet browser when shopping on a site.

4 Don't give out personal information online or over the phone unless you initiated the contact.

5 Keep your passwords private; change them regularly. Use strong passwords (a mix of numbers, letters and symbols works best) on your laptop, other devices, and banking and credit card accounts.

6 Be careful on social media. Don't overshare as thieves can get hints to answer security

Courtesy of Military OneSource



questions on your accounts. Don't post your full name, address, phone number or any account numbers on social media or over publicly accessible sites or public Wi-Fi networks.

7 Don't open phishing emails. They can be hard to spot. Be vigilant. Opening a file from someone you don't know can launch a virus on your computer that can capture personal information.

8 Keep your wallet, military ID or purse secure. Never leave them in the car. Keep your wallet or purse in a locked drawer or other safe place at work.

9 Destroy certain identifying information. Delete personal information from computers, cell phones and other devices when you get rid of them. Check the owner's manual or contact your service

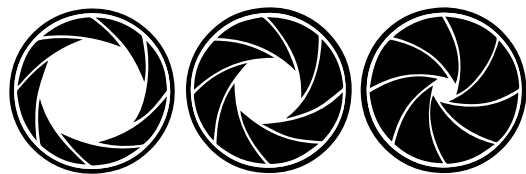
provider to find out how. Also, shred receipts, credit card offers, bank statements, military records and other identifying documents before discarding them.

If you do fall victim to identity theft, call your local police and [take these steps](#) suggested by the Federal Trade Commission.

Tip: Alert your First Sergeant to avoid potential hassles down the road. Consider contacting your legal assistance office or your Family Center to contact a personal financial counselor who may be able to help you.

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

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



Camera Roll

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