



# Commander's Corner

## CMSAF Wright talks resiliency and readiness at all call

MIDWEST CITY, Okla. --

Chief Master Sgt. of the Air Force Kaleb O. Wright discussed resiliency and readiness with an auditorium filled with Tinker Airmen during an All Call held at the Hudiburg Chevrolet Center during his base visit last week.

"The primary reason for me to do base visits is coming out to see what a base is capable of and get the understanding of your mission. What's also nice is to hear what's on your mind to help me focus on the things that I should be doing as your chief," Wright said. "One of the most important things that I can do as a senior enlisted member in the Air Force is listen to your concerns, go back and develop programs or do whatever it takes to make life as smooth as possible for each of you."

Enlisted members from the 72nd Air Base Wing, 552nd Air Control Wing, Life Cycle Management Center and the Oklahoma City Air Logistics Complex and Air Force Reserve Command listened as Wright discussed an array of topics including readiness, fitness and overall wellness, as well as

answering audience questions.

"There are many ways that we capture readiness in the Air Force," Wright said.

This includes mission capability rates, personnel readiness and commander's assessments which show that of the total 551,000 enlisted Airmen, only a small number are considered non-deployable. However, Wright explained the Air Force recently shifted how it looks at readiness.

"A couple years ago we really started honing in on what we consider our Pacing Units, the units that will be first out the door to protect and defend whatever U.S. interests are," Wright said. "It's great to spread readiness across the United States Air Force, but it's probably more important to make sure those pacing units that will be first out the door are the ones that have the highest levels of readiness, and we're at a 90% readiness rate with those units." Wright also explained that the organizations he's visited with are in the process of aligning what they do with the national defense strategy of fighting in the multi-

domain, near-peer adversary and violent extremist organizations.



"That asks us to be prepared for full-on conflict with Russia or China and at the same time being able to hold off North Korea or Iran and being able to continue the VEO fight we've been in for the last 18 years, all while maintaining a safe, secure and reliable nuclear deterrent here in the United States while protecting the continental United States itself."

Click [here](#) to read more!

### Table of Contents

Commander's Corner.....	1
<a href="#">Congratulations</a> .....	3
<a href="#">Health &amp; Wellness</a> .....	4
<a href="#">UTA Schedule &amp; info</a> .....	5
<a href="#">Base Events</a> .....	6
<a href="#">Safety Highlight</a> .....	8
<a href="#">OPSEC Spotlight</a> .....	9
<a href="#">Camera Roll</a> .....	10

### Contact Us:



987-6970



# Air Force News

## Profiles in leadership nominee: CMSgt Underwood

Chief Master Sgt. Cynthia Underwood is the 96th Aerial Port Squadron superintendent since 2005 and will retire after 33 years of active duty and Reserve service. "While growing up in Del Rio, Texas, I would frequently see Airmen from Laughlin Air Force Base. The first thing I noticed was their uniforms and how they represented something bigger to me, something I wanted to be a part of," said Underwood. After 10 years of active duty service she separated and worked in the private sector, but shortly returned to the Reserve. "I missed what I got from active duty, the feeling of patriotism, so I put the uniform back on," she said.

In 1996, Underwood joined the Reserve and was assigned to the 96th APS at Little Rock Air Force Base, Arkansas. She worked up the ranks and became the Superintendent, representing more



than 125 Airmen and advocating for support, equipment and training while the unit was geographically separated. Once the 913th Airlift Group was activated at LRAFB, Underwood was instrumental in forming the parent organization, guiding the newly appointed leaders while still managing the 96th APS.

Her leadership is demonstrated by the unit winning two Port Dawg Challenges and consistently ranking top three. In the 2019 challenge, Underwood "released" the Port Dawg trophy during the opening ceremony, despite debilitating medical complications. 96 APS is renowned for their professionalism proven through praise and accomplishments received by the unit while deployed. As Underwood sets to retire for medical reasons, she leaves an enduring legacy as living proof that every position in the military is open to anyone who is willing to work hard to get there.

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



## Reserve C-130J aircrews sharpen readiness



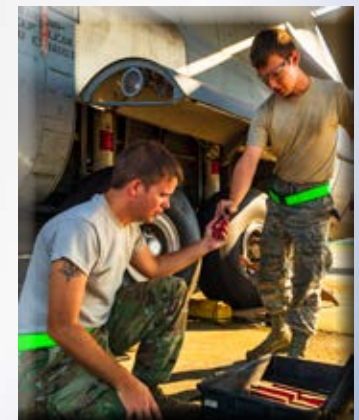
[Click here to read more...](#)

Maj. Seth Lake, 327th Airlift Squadron pilot, and Maj. Matthew Heisel, 327th Airlift Squadron pilot, participate in a training flight to enhance readiness on August 3, 2019, at Little Rock Air Force Base, Ark. Mobility aircraft, such as the C-130J, deliver critical personnel and cargo and provide airdrop of time-sensitive supplies, food and ammunition on a global scale with a critical part of the airlift capabilities being the efforts of the maintenance personnel who ensure the workhorse of the mobility for, the C-130, is always ready, always there!

## TLR Maintainers in action

Air Force Reserve Airmen from the 913th Maintenance Squadron work with 19th Airlift Wing active duty members to troubleshoot the landing gear of a C-130J Hercules on August 15, 2019, at Little Rock Air Force Base, Ark. There are 20 Reserve members who work with Team Little Rock maintenance personnel to ensure combat airlift is available.

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





# Congratulations

## Recently Completed Upgrade Training List

July

SSgt Hamilton, Tamara

SSgt Terry, Jaren

SrA Perkins, Jonathan

SrA Douglas, Natasha

SrA Rosebud, Calvin

August

SSgt James, Christopher

TSgt McLeod, William

## Airman Leadership School Graduates - Aug

Senior Amn Mwanki, Kelvin 96 APS

## Promotion List

To Tech. Sgt.:

Black, Celeb

Knapp, Johnathan

To Staff Sgt.:

Bryant, Lakendra

Price, Alicia

Smith, Asheuna

To Airman First Class:

Kidd, Samuel

# Did You Know?

## Redeployers access to extra legal assistance

If you are returning from deployment, you have increased access to active duty legal assistance. AFI51-304, Legal Assistance, Notary, Preventive Law, and Tax Programs, dated 22 Aug 18, governs legal assistance eligibility and scope. Legal assistance needed post-deployment typically ranges from POAs, wills, rights under SCRA, family law, financial (creditor) issues, etc.

### Options:

#### Active duty legal office assistance.

- ARC members performing active Guard and Reserve tours under 10 U.S.C. § 10211, 10 U.S.C. § 12310, or 32 U.S.C. § 502(f) are eligible.
- Returning deployers are eligible to see an active duty JAG for legal assistance from "the date of the release and [eligibility] continues for a period of time equal to twice the length of the period served on active duty under that call or order to active duty." This means if your members were deployed for 5 months, then they are eligible to seek an active duty JAG for 10 months after their release date.
- You should call the office most convenient to make an appointment; not limited to just 19 AW/JA if you live elsewhere. Please note: you should bring a copy of your deployment orders to an appointment to verify eligibility.

#### ARC legal office assistance.

- Walk-in legal assistance during UTAs between 0900-1200; 1300-1500. We can also pre-schedule appointments outside of this time. Wills take more time and require a will worksheet (filled out through <https://aflegalassistance.law.af.mil/law/law.html>) and a pre-scheduled appointment time.

## Tuition Assistance: Back to School

Service members have various reasons for volunteering to serve. According to Air and Education Training command, Airmen list their desire to continue college education as one of their top three reasons to join the military. There are a number of education benefits provided by the services, as well as veteran organizations. The following article will help you navigate Tuition Assistance requirements with the 913th Airlift Group.

TA can be used to pursue academic or technical courses or degree programs, which can be taken from two- or four-year institutions on or off base, or by distance learning. The institution must be accredited.

Reserve members may use tuition assistance for the following programs:

- Undergraduate programs
- Graduate programs

[Click here to read more!](#)

# Health and Wellness

## JUST THE FACTS: Anxiety

Many different words can be used to describe the feeling of anxiety. Anxiety can be described as motivation, excitement, tension, stress, worry, nerves, and phobias. Anxiety can be a normal reaction to new and positive challenges or stressful events. Anxiety can also be the result of faulty thinking and other controllable causes which become problematic and interfere with life and health. *Everyone has felt anxious at some time in life. Anxiety can be experienced in a number of ways including:*

- Butterflies in your stomach before a big date
- Knots in your stomach when your supervisor is upset
- Pounding heart when you hear a strange noise outside your home

In some situations, anxiety can be very useful. Anxiety is a sign that tells the body that it should be on alert. Anxiety helps to prepare a person for action. Anxiety can be a motivator to study for an exam and work hard to keep a supervisor happy. Anxiety can signal a person to act, which can help him or her cope with a difficult situation.

### *Are you a worrier?*

Worrying is a form of anxiety. Worry can be a natural response to life conditions. Everyone worries about something at some time. Worry

~Courtesy of Defense Health Agency

becomes problematic when worrying and its associated behaviors interfere with the ability to live a happy, healthy life.

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



## Helpful Tips

### 5 Questions to ask your psychological health care provider

Prepare for your visit to a mental health care provider with these tips from the Real Warriors campaign.

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

### What military families should know about depression

The Uniformed Services University and Center for the Study of Traumatic Stress factsheet describes what you and your family need to know about depression—"one of the most common and treatable mental disorders."

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

### No couch required: What to expect at your therapy appointment

You don't have to wait until you're in crisis to see a mental health professional. Therapists are ready and trained to assist with problems such as grief over a loss, strain in your relationships, depression, anxiety, insomnia, and other issues. Or you might need help with improving health behaviors such as quitting smoking or losing weight.

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

# UTA Schedule

## Pre-UTA Schedule, Friday, 6 Sept 19

- 0900 Minneapolis out & back
- 1045 Chiefs/superintendents mtg (HQ conf rm)
- 1100 AE training mission departs for Scott AFB
- 1300-1400 Pre-UTA staff mtg (HQ conf rm)
- 1430 CIMB mtg (HQ conf rm)
- 1430 First Sgts mtg (bldg. 266 Ops conf rm)
- 1500 A&FRC brief w/ AG leadership (HQ conf rm)

## UTA Schedule, Saturday, 7 Sept 19

- 0800-1100 AMDS Appointments (19 MDG, bldg. 1080)
- 0830 PT test for MXS & AMDS (HAWC)
- 0900 2 local training sorties
- 1000 Chaplain hosted Identity workshop (bldg. 266, rm 122)
- 1500 Chief Underwood's retirement ceremony (Hangar 1080)

## UTA Schedule, Sunday, 8 Sept 19

- 0730 PT test for FSS, Gp staff, 327 AS, OSS, AMDS (HAWC)
- 0800-1200 Static load training (96 APS)
- 0800-1100 AMDS Appointments (19 MDG, bldg. 1080)
- 0830 PT test for MXS (HAWC)
- 0830 EOC/PME testing (Base Ed Center)
- 0900 1 sortie (out & back AE trainer to Scott AFB)
- 1030 PT test for those who are run exempt or walkers (HAWC)
- 1030-1130 Family Day committee mtg (HQ conf rm)
- 1300 FSS & CSS training (bldg. 262, FSS conf rm)
- 1400 Commanders mtg (HQ conf rm)
- 1400 Rising 6 mtg (All E-1-E-6) (bldg. 266, mission planning rm)
- 1430 Make up Green Dot tng (bldg. 266, Hodge auditorium, rm 123)

## Staff Notes

Finance Hours: Will be open this Saturday

## Chaplain Notes

Sun, 0900, Catholic Mass

Sun, 1100, Protestant Service (Base Chapel)

Who are you? workshop also held:

Tues, Sept 10, 1000, bldg 266 rm 122 and

Thurs, Sept 12, 1000, bldg 266, rm 122

## 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

## Ready-to-fill Enlisted Opportunities

Readiness NCOIC – POC SMSgt Pickens

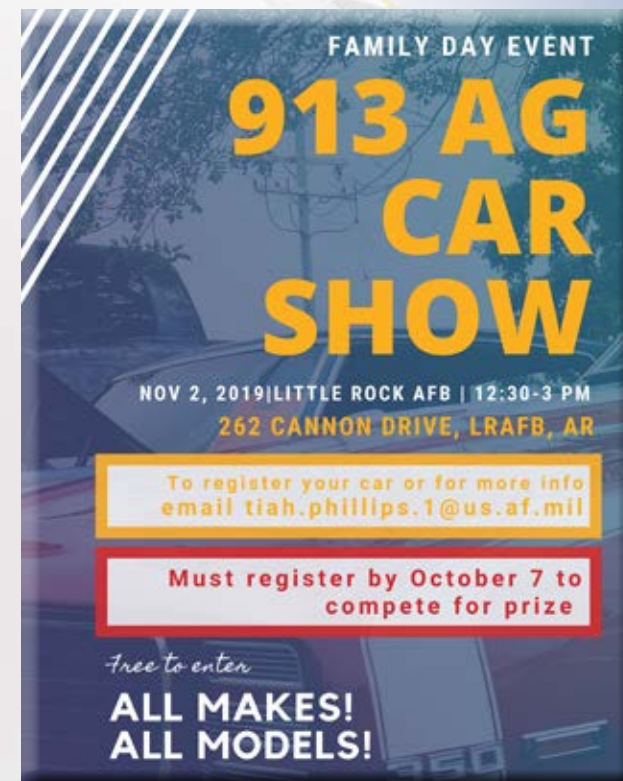
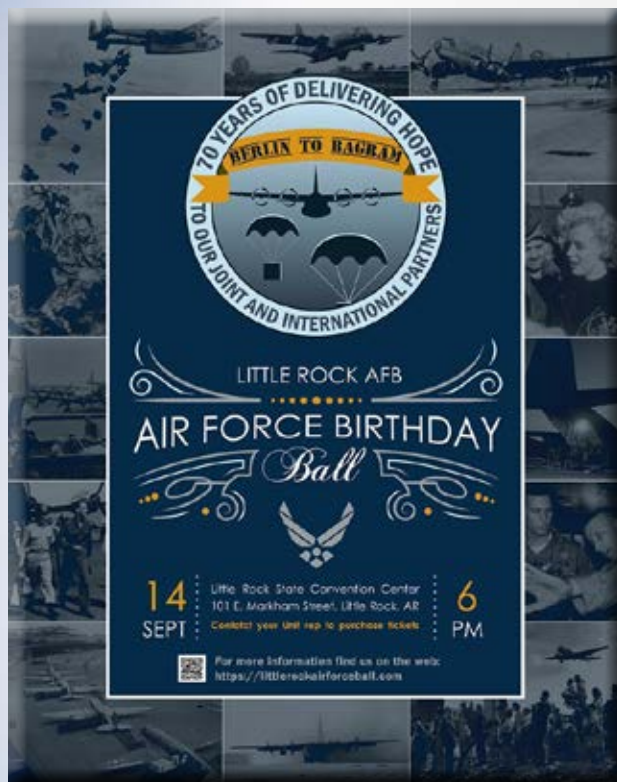
Readiness NCO – POC SMSgt Pickens

First Sergeant – POC CMSgt Lord

Equal Opportunity – POC SMSgt Pickens



# Base Happenings



Register at the sharepoint site to compete and win a prize:

<https://afrc.eim.us.af.mil/sites/913AG/pmo/FD/SitePages/Home.aspx>

# Base Happenings

**Parking Spot Auction**  
**\$2.00/day Per Spot**  
**No Min or Max Bid Required**  
**Out-Bid any spot**

*Not Available during UTA's*

*Proceeds go to Family Day*

- 913 AG/CC	- 913 AG/CD	- 913 AG/CCC
- 913 FSS/CC	- 913 FSS/SUPT	- 96 APS/CC
- 327 AS/CC	- 327 AS/DO	- 327 AS/1 <sup>st</sup> SGT
- 327 AS/SUPT	- 913 OSS/CC	- 913 OSS/DO
- 913 OSS/SUPT	- 913 OSS/KEY SP.	- 913 MSX/MOO

**Bid Your Front Row Spot Today!**  
**RESERVED**

Fundraiser available until 31 Oct 19  
 Contact SSgt Tiah Phillips for Reservations

**Who are You?**  
**A Workshop on Exploring Your Identity**

Theme: Thor and Iron Man...Saturday 1000, Bldg 266, Rm 122.

Theme: Thor...Part 1, Tuesday 10<sup>th</sup>, 1000, Bldg 266, Rm 122.

Theme Iron Man...Part 2 Thursday, 12<sup>th</sup>, 1000, Bldg 266, Rm 122.

*During the Week*

## Catch a ride to drill!

Download the AF Connect app, favorite the 913 AG, then go to the "Group" icon. Type in 913913 to join the chat!

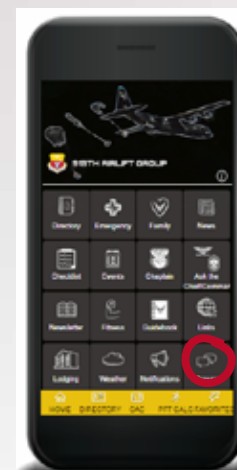
**Attention 913 AG Chili Chefs!**

**2nd Annual Chili Cook Off**

Stir up your **best** pot of chili  
 for Saturday, 05 October

Most votes wins the **TROPHY!**

Please drop off all chili entries at Bldg 262, HQ conference Room on Saturday, 05 Oct, by 0900 for numbering. Tasting & voting starts at 1100. Requesting donations in order to vote.





# Safety Highlights

## Free Motorcycle Training Class



LRAFB will be hosting the spring C4 (Closed Course Cycle Clinic) on September 11 and 12.

For those who may be unfamiliar with the course, it is a 3/4 mile circuit-type, fine-skills course. It is a one-day, bike-performance course that includes visual awareness training, proper body position and hands-on practice in handling higher-speed braking and cornering maneuvers. Utilizing an in-depth, safety-first approach to visual awareness, effective turning, body positioning, braking, cornering, and building confidence at increased lean angles yields a greater level of both biker and bike capability.

\*This course is available to all motorcycle types.

\*The course satisfies "Refresher" training requirements in MUSTT (as defined in AFI 91-207 Table 4.1). Most DoD agencies require a refresher course every 5 years.

\*To be eligible to attend this course students must have previously completed at a minimum the BRC (as defined in AFI 91-207 Table 4.1)

\*Attendees must be a card-carrying military member either active duty, guardsmen, or retiree.

You must ride your own motorcycle. It will undergo a tech inspection prior to entering the course. Your motorcycle must be in good working order with no leaks, good tires, brakes, etc. and be street legal. Please check proper tire pressure prior to showing.

\*All motorcycles must be accompanied by a copy of current registration and insurance, or student will not be allowed to attend the course.

**Course Date:** Sept 11 and 12 (Riders may attend multiple days if space is available). Sept

13 will be a weather back-up day.

**Course Hours:** 0730-1500 (unless otherwise instructed by the course coach.) We will have a lunch break and water will be available on course.

**Location:** All riders will show in the parking lot of Building #160, 34 CTS at the end of Marshall Rd, LRAFB. Course will be set up on the "Christmas tree" otherwise known as "Alert Pad".

\*Civilian riding clothing preferred

**PPE requirements:** Per: AFI 91-207

\*PPE is NOT provided for this course and must be provided by the rider.

### REGISTRATION:

To register please contact **Scott Sims at 501-987-8622** or email him at **Scott.c.sims.mil@mail.mil**

Please include members name, rank, organization, cell phone number, and email address.



# OPSEC Highlights

## Teens Can Practice OPSEC Too!

Does it seem like your teenager has a better relationship with their phone or computer instead of with you? In a time where social media is so prevalent in the life of a teenager it is important that they too are aware of how they should maintain Operations Security, also known as OPSEC. Helping them understand the significance of what they post in regards to mission operations, and whereabouts of their Marine can help protect sensitive, but unclassified, information. It is best to talk to your teenager(s) as soon as you are aware that they are participating on social networking sites, and ensuring that they fully understand the consequences of what they post.



Below are some important OPSEC speaking points to get you started:

**Privacy setting:** Ensure appropriate privacy settings are enabled on all electronic devices.

**Chatting or messaging friends:** Avoid Short Message Services (SMS) for texting. Instead encourage the use of a secure messaging platform.

**Pictures:** Avoid posting pictures of deployed parent(s) on social media or putting a caption describing where they are.

**Departures/Homecoming:** Avoid announcing dates of when parent(s) are scheduled to depart or arrive home.

Teenagers miss their parents too, and oftentimes post messages about how much their parent is missed. Or they may say something like "Going on vacay, while my dad is deployed". Many of their posts are innocent, and not a whole lot of thought goes into how simple information can have dire consequences. While social media may serve as a communications platform between the

teenager and the deployed parent, finding other secure sites to communicate would benefit everyone. It is crucial to have these conversations up front whether or not there is a deployed parent involved.

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

### Other helpful resources:

[Secure your Snapchat account in just 5 simple steps](#)

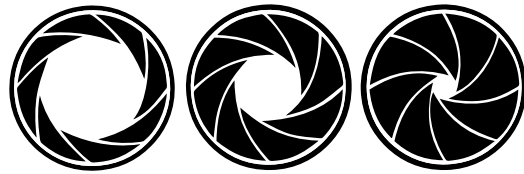


[Make your Facebook more private in 6 easy steps](#)



**"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

