



Commander's Corner

Happy Birthday Air Force!



Incredible 913th,

Happy Birthday to our Air Force...72 years old! From our origin as the Army Air Corps and eventually the separate entity of the United States Air Force on September 18, 1947, and even to this very day...our most precious resource was and always will be, you!

You are what makes this Air Force the most respected and sought

after Air Force in the world and every single role matters... all contribute to our collective mission. Your professionalism, dedication, and skill as Reserve Citizen Airmen provides that competitive edge that the nation expects from the Air Force. I have absolute faith in the future of our Air Force because of you.

Thank you! Happy Birthday!

With greatest respect,

Col. Collister

Unit Lineage

913th,

We are a relatively young group but we have a rich heritage. Below are a few highlights of historical events that occurred in October:

327th Airlift Squadron Lineage:

Redesignated from 2d Combat Cargo Squadron to 327th Troop Carrier Squadron on 31 October, 1945 while assigned to the 14th Air Force stationed at Peishiyi Airfield, China.

96th Aerial Port Squadron Lineage:



Assigned to the 442nd Tactical Airlift Wing (Whiteman AFB) on 8 October, 1976 while designated the 96th Mobile Aerial Port Squadron stationed at Little Rock Air Force Base, Arkansas.

913th Airlift Group Lineage:

Redesignated 913th Airlift Wing on 1 October, 1994 while assigned to the 10th Air Force, stationed a Willow Grove Air Reserve Station, Pennsylvania.

We live in the present and worry about the future. Yet we should take a moment learn about our origins and have pride in what came before us. Not only does the past give us an identity, it guides us as we contribute to that legacy.

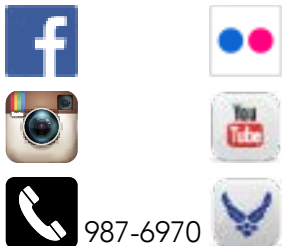
With greatest respect,

Col. Collister

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Contact Us:



Air Force News

Air Force Reserve takes center stage at AFA conference

Air Force Reserve Command, from its squadrons to its senior leaders, were highlighted throughout the Air Force Association's 2019 Air, Space and Cyber Conference here Sept. 16-18.

AFRC leaders played a prominent role during the conference as Lt. Gen. Richard Scobee, chief of the Air Force Reserve and AFRC commander, led discussions on "Using the Competitive Edge to Train How We Fight," and Chief Master Sgt. Timothy White Jr., AFRC command chief master sergeant, joined a panel on "Building Enlisted Leaders."

The conference kicked off with its annual awards ceremony, and Air Force Reserve units, Reserve Citizen Airmen and their employers were recognized for outstanding achievements.

"It is great to honor this select group of Reserve Citizen Airmen heroes to be selected as AFA award winners for their accomplishments," Scobee said. "They, along with the other 74,000



Airmen in the command, serve as a lethal, combat force for the nation."

During his panel, White was joined by his peers as they fielded questions from attendees and spoke to the abilities of the enlisted force.

"We're a Total Force," White said. "Neither the Air Force, Guard or Reserve can do it without one another. It's a team effort. We have the same struggles and same challenges, but as long as we tackle those challenges together, we're going to prevail."

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

Reserve readiness for today and the future

With more than 70,000 Reserve Citizen Airmen operationally integrated with the active component, "Our Airmen must not only be ready for today's missions, they need to be prepared for the future operating environment and for the high-end fight," said Lt. Gen. Richard Scobee, chief of the Air Force Reserve and commander of Air Force Reserve Command, during a panel at the Air, Space and Cyber Conference here Sept. 18.

The panel, "Using the Competitive Edge to Train How We Fight," was led by Lt. Gen. Marshall "Brad" Webb, Air Education and Training Command commander, Lt. Gen. L. Scott Rice, director of the Air National Guard, and Scobee. The dialogue focused on enhancing and employing the strength of Airmen to maintain a competitive edge.

The reemergence of long-term strategic and great-power competition necessitates that the Air Force Reserve grow

its capabilities to meet the demands of the future operating environment while integrating with AETC and the Air National Guard.



To prepare for the high-end fight, the Air Force Reserve's focus on readiness through training ensures Airmen are combat-ready, interchangeable and interoperable with the Total Force, joint partners and partner nations.

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

Congratulations

Recently Completed Upgrade Training List

August
 SSgt James, Christopher
 TSgt McLeod, William
 SSgt Butler, Cameron
 SrA Wimbley, Joe

September
 A1C Farrar, Zachary
 SSgt Reinhardt, Quinton
 TSgt Vagus, Taylor

Promotion List

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



Did You Know?

Hemp/CBD Policy

There is new guidance and publication on the Air Force's Hemp and CBD Policy. The new AFMAN 44-197, Military Drug Demand Reduction Program (DDRP) (supersedes AFI 90-501) addresses the prohibition of hemp and CBD use by military members. Specifically, prohibiting oral, intravenous, smoking/vaporization, and application to skin (lotions/patches) of hemp/CBD products.

As of 30 Jul 2019, in addition to prohibiting the ingestion of products orally, Air Force policy now prohibits military personnel from using hemp products intravenously, through smoking/vaping, or by penetration of the skin, including transdermal patches. Hemp is defined by Federal law as a variety of the Cannabis sativa plant with a low tetrahydrocannabinol (THC) concentration. Hemp products containing higher THC concentrations are categorized as marijuana under the Controlled Substances Act. This prohibition includes hemp products containing cannabidiol, commonly known as CBD, even if the products are sold lawfully under state law. The failure of military personnel to comply with this prohibition is a violation of the Uniform Code of Military Justice, and may result in disciplinary action.

Reference: AFMAN 44-197/Page 7/1.2.2.1:
 "The use of products containing or derived from 'hemp,' as defined in Public Law 115-334, Agriculture Improvement Act of 2018, may interfere with the Air Force Drug Testing

Program. In order to ensure military readiness and the reliability and integrity of the Drug Testing Program, the knowing ingestion (orally, intravenously, through smoking/vaporization, or through other means) of products containing or products derived from hemp is prohibited. (T-0). Additionally, the knowing use of hemp products designed to penetrate the skin, including but not limited to transdermal patches, is prohibited. (T-0). Failure by military personnel to comply with the mandatory provisions of this paragraph is a violation of Article 92, UCMJ, if such failure does not otherwise meet the elements of Article 112a, UCMJ. Violations may result in administrative disciplinary action without regard to otherwise applicable criminal or civil sanctions for violations of related laws. For ANG members, violations may also result in adverse action under the state military code." (Attachment)

For additional information on prohibited or high-risk dietary supplements/ingredients, check out the DOD's Human Performance Resource Center website: <https://www.opss.org/>.

Health and Wellness

Suffering in Silence

The idealization of strong silent type suffer in silence is detrimental to our health.

“We all need to feel valued as a person. As wingmen, we have to put in work for someone to let their guard down,” said Tech. Sgt. Corey Malone, 913th Maintenance Squadron maintainer. “As Reservists, we may only have that one weekend a month to make an impact.”

Malone is an Air Reserve Technician who is integrated with the active duty maintenance squadron during the week and serves as a master resiliency trainer. He recently facilitated discussions during the 19th Airlift Wing’s Resiliency Tactical Pause day.

“It was incredible to see Airmen from all ranks and backgrounds share their struggle. I believe in sharing their stories they might have given courage to others to not suffer in silence,” said Malone. “No one had any idea of the struggles each person had experienced.”

He went on to share his own personal struggle with depression, sleeping for days on end, and not eating. “I’m a very positive person, so I hid my issue because I didn’t think it was serious enough. I’m sure other Airmen probably feel this way or are afraid for their careers.”

He continued to state that all issues matter regardless if it seems minor or severe, that Airmen will be supported and provided



resources all the same.

“We should treat mental health like our physical health,” said Malone. “We should continuously build up our strength throughout the year so when that stressor of a physical fitness test comes around, it’s a breeze. Mental strength requires that same continuous maintenance and we have to know that it’s okay to talk about your issues.”

Airmen and their families may also contact Vets4Warriors who will link them with a peer who is trained to overcome obstacles by calling (855) 838-8255 or chatting online at www.vets4warriors.com.

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of

military life at no cost to active duty, Guard and Reserve Component members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and childhood, and much more. Confidential services are available 24 hours a day by telephone and online. In addition to the website support, Military OneSource offers a 24/7 confidential call center and online chat support. (www.militaryonesource)



UTA Schedule

Pre-UTA Schedule, Friday, 4 Oct 19

- 1300-1400 Pre UTA Staff Mtg (HQ Conf rm)
- 1400-1430 Status of Discipline Mtg (HQ Conf rm)
- 1430-1500 Line of Duty mtg (HQ Conf rm)

UTA Schedule, Saturday, 5 Oct 19

- 0830-1130 AMDS Appointments (Bldg 1090)
- 0830-1100 Newcomers briefings (Bldg 262, FSS conf rm)
- 1100 2-ship FSR Operation
- 1130-1230 Official Biography 101 workshop (HQ Conf rm)
- 1300-1400 UDM meeting (Bldg 430)
- 1500 Mock PT Test Mandatory-all PT Fails (HAWC)

UTA Schedule, Sunday, 6 Oct 19

- 0730-0900 Fitness Testing (HAWC)
- 0830-1130 AMDS Appointments (Bldg 1090)
- 0830 EOC/PME testing (Base Ed Center)
- 1100 2-ship FSR Operation
- 1030-1130 Family Day Committee mtg (HQ Conf rm)
- 1300 FSS & CSS training (Bldg 262, FSS Conf rm)
- 1400 Commanders meeting (HQ Conf rm)
- 1400 Rising 6 meeting (Bldg 266, Commander's conf rm)
- 1500-1600 Flu shots (Bldg 266)

Staff Notes

Finance Hours: 0800-1200 Saturday (Bldg 262, rm 133)

Chaplain Notes

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

Flu Shot Notes

If members receive a shot with civilian providers, email the record to 913AMDS. SG.MedicalDocs@us.af.mil

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

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.

2019 MONSTERS CHALLENGE

Family Day Event
Nov. 2, Saturday

200 Push Ups per team
One member from each team at a time

100 Burpees per team
One member from each team at a time

Basketball Throw

Fireman carry

4 Remaining teams compete in Tug-of-War
Last team to arrive at the station will be eliminated

Sign up your team with unit First Shirts
Each team will be a max of 5 people with at least one female

FAMILY DAY EVENT

913 AG CAR SHOW

NOV 2, 2019 | LITTLE ROCK AFB | 12:30-3 PM
262 CANNON DRIVE, LRAFB, AR

To register your car or for more info email tiah.phillips.1@us.af.mil

Must register by October 7 to compete for prize

Free to enter

**ALL MAKES!
ALL MODELS!**

913 FSS Dip Contest

Bring in your award winning Dip

For a chance to win an award!

Sunday 6 Oct 19: 1000-1100 @ FSS Snack Bar

FREE to enter!!! \$5.00 to Eat & Vote

OFFICIAL BIOGRAPHY 101

learn how to make your bio stand out from the rest

Saturday, Oct. 5, 11:30am-12:30pm
Bldg 262, HQ Conference room

HOSTED BY MASTER SGT. DEBRA GENTRY

Sign up for the car show! All year, makes, and models welcome:

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

Family Day is right around the corner, Nov. 2! Be sure to get with your Squadrons lodging monitor to reserve TLF for your family for the November drill weekend.

All volunteer names need to be provided this UTA. If you would like to volunteer, email TSgt Tiah Phillips.

Safety Highlights Arkansas Mountain Biking Tips



Rough and rowdy rides

With its moderate four-season climate, a variety of terrain, number of trails and natural beauty at every turn, Arkansas has everything you could want in a mountain biking destination. People are not only noticing this, but officially recognizing it. Arkansas features five Epic Rides, as designated by the International Mountain Bicycling Association (IMBA), which places us tied with Colorado for second in the country behind California with seven. In addition to these impressive trails, IMBA distinguishes the cities of Bentonville, Fayetteville and Hot Springs as Ride Centers for their world-class facilities and high standards of hospitality. Northwest Arkansas has been designated the first ever Regional Ride Center by IMBA. Click here to see trails and resources in Arkansas: <https://www.arkansas.com/things-to-do/sports-recreation/mountain-biking>

Mountain bike equipment for beginners:

If you're a beginner about to start a new and exciting journey, then you've come to the right place! Read our guide to learn about the essential pieces of mountain biking equipment that will ensure the best experience out there on the trails.

<https://www.bookcyclingholidays.com/news/mountain-bike-equipment-beginners>



Basic Mountain Biking Techniques:

You don't need mountains to go mountain biking. Just about any off-pavement riding will reward you with fresh air, great exercise and—if hills or mountains are present—the exhilaration of scenic views and long downhill stretches.

Mountain biking does require some different skills than road cycling. This article shares basic techniques to help you get started.

<https://www.rei.com/learn/expert-advice/mountain-biking-techniques.html>

Mountain Bike Racer & Author Jeremy Benson Keeps the Passion Alive:

https://www.mountaineers.org/blog/mountain-bike-racer-authorjeremy-benson-keeps-the-passion-alive?gclid=Cj0KCCQjw_hdTqBRDNARIsABsOI99hDCcwXY59vC0JJ_OJZdJJ-7PN96UnsZyBWxnhCzUKMKV8M39aJNEaAvmNEALw_wcB

How to do drops on your mountain bike:



OPSEC Highlights

Top 10 OPSEC tips:

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- 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 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

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

a target for criminals. Wait until you return home to share stories and photos from your travels.

10- Avoid “talking shop” at 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.

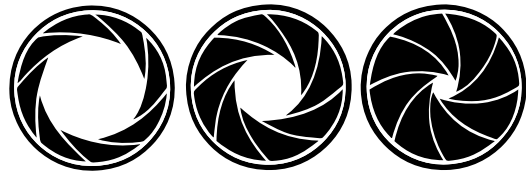
[Click here to read more...](#)



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

Camera Roll

Click to connect:



Comm: 501-987-6970

DSN: 731-6970

