



Commander's Corner

Telework UTAs

Be aware that the DoD travel restrictions have extended until June 30, 2020. The official memo is linked below.

Please check with your unit for telework UTA periods and UTA pay. Each unit will determine what training can be accomplished and how to account for completed work. Total Force Awareness Training courses and other online training will be an option for telework UTA periods.

Check out the links below to find the latest guidance regarding COVID-19.

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Contact Us:



987-6970



Helpful COVID-19 Links



Updated DoD Travel Restrictions (20 April)

[Air Force COVID website](#)

[AFRC COVID website](#)

[Little Rock AFB COVID website](#)

[AR Dept. of Health](#)

[CDC Website](#)

[DoD Updates](#)

[Tricare COVID website](#)

Air Force News

Success and Sacrifice:

Airman Soisouvanh's story

It's the first Saturday of the month, *Beep Beep Beep* goes the phone alarm at exactly 5 a.m., Senior Airmen Elizabeth Soisouvanh, 913th Aerospace Medicine Squadron medical logistics, gets out of bed and gets ready to start her day. Being a full-time college student can be a stressful time in one's life. Having to effectively manage time when it comes to classes, projects, tests, final exams, personal life, and work can be daunting. It can also mean a lot of early mornings. However, her alarm wasn't set so she could get up and work on a paper due Sunday at 11:59 p.m. or get a jump start on studying for a test on Monday. No, this is the first Saturday of the month, which means its Unit Training Assembly weekend, something that Soisouvanh is excited to wake up early for.

While most college students use their weekends to hang out with friends, enjoy the sporting events and nightlife that comes with college. Soisouvanh wanted the experience that comes with being a full-time college student, but also to serve her country. This led her to join the Air Force Reserve. That extra time commitment to something outside of school is a sacrifice she was more than willing to take, as her strong desire to give back and serve her country far outweighs the added stressor.

[Click here to read more](#)



OneSource, family and spouse programs still available

MILITARY ONESOURCE

The Department of Defense is closely monitoring the impact of the coronavirus on service members, their families and survivors. Resources offered through [Military OneSource](#), the Military and Family Life Counseling program and the Spouse Education and Career Opportunities program continue to serve the military community.

"We are working hard to provide timely and accurate updates and helpful resources for our service members and their families," said Kim Joiner, deputy assistant secretary of defense for military community and family policy. "Our families can feel confident about finding official information and guidance on our websites and social media platforms. While we have made necessary changes in response to this pandemic, one thing remains the same – our commitment to serving our military community."

What's new

- * A dedicated section is available on Military OneSource to keep service members and their families informed about the impacts of COVID-19 on the military community.
- * Beginning March 24, Military OneSource will offer non-medical video counseling for children and youth who may feel overwhelmed by the COVID-19 outbreak.

[Click here to read more](#)

LRAFB guidance on cloth face coverings

Team Little Rock,

Effective immediately, per the Secretary of Defense's direction, and to the greatest extent possible, all individuals on Little Rock AFB will wear protective face coverings when they cannot maintain six feet of physical distance, in public areas, Commissary, Base Exchange, or work centers. This requirement does not apply in a Service member's or Service family member's personal residence on a military installation. This directive applies to the following individuals:

- * Total Force Military Personnel
- * DoD Civilian Employees (Appropriated Fund and NAF) – strongly encouraged until standardized masks are furnished
- * Family Members
- * DoD contractors
- * All other individuals on DoD property



TLR leadership is in the process of procuring locally-produced masks, that are compliant with Arkansas Department of Health design recommendations, for military personnel and DoD civilian employees. Interim cloth face covers are approved until standardized ones become available. These interim face covers should adhere to the following guidance: Airmen will adhere to five elements of military professional standards when wearing cloth face covers in uniform- neatness, cleanliness, safety, uniformity, and military image.

[Click here to read more](#)

Congratulations

Newly Promoted Members

Congrats to those below who promoted in April!

Master Sgt. Thomas Graham
 Master Sgt. Brittney Jones
 Tech. Sgt. Justin Blattner
 Tech. Sgt. Lizbeth Ortiz-Santiago
 Staff Sgt. Jaylin Jones
 Staff Sgt. Alexandria Smith
 Senior Airman Kaleb Ballard
 Senior Airman Aaron Mitchell
 Senior Airman Ronald Pickens
 Airman Bethany Woodruff

Did you know?

Airman & Family Readiness Team

The A&FRC team is still available. Call 501-987-1234 or 2667 for assistance during the week, regardless of status.



CAC about to expire?

Expiring ID cards: If your Common Access Card is going to expire before 31 Aug 20, contact your supervisor soonest. If you are local to the base area, can comply with the distancing and face mask restrictions, you can make an appointment with Military Personnel Flight to update your CAC.

Active Duty MPF: Schedule appointments (Monday-Friday 8:30 a.m. - 2:30 p.m.) by calling: DSN 731-6831, COMM 501-987-6831



189 AW/MPF: Schedule appointments (Monday-Thursday 8:00 a.m. - 3 p.m.) by calling DSN 731-6703, COMM 501-987-6703.
 Note: Will only issue expiring CAC 2 weeks in advance of expiration date.

[LRAFB CAC card services during COVID details](#)

Reporting health readiness

Duty to Report health readiness - Just a friendly reminder to let your supervisors know if you or your immediate family members come down with COVID-19. We appreciate your patience during this time.



Servicemembers Group Life

Insurance Debts

You might see a Servicemembers Group Life Insurance (SGLI) debt on a future reserve paycheck. Since UTAs are being canceled, we will still incur a debt for SGLI until we return to status and pay the debt back. Go to MyPers or email FSS for more details.

Summary of legal protections

[Legal Protections for Reserve members during COVID](#)



Health and Wellness

Staying healthy during quarantine

Courtesy of Military OneSource

Be good to your body

Keep yourself healthy with the following activities:

- * Get moving. Reach out to a Military OneSource health and wellness coach to develop an exercise plan just for you with the equipment you have at home. You can make an appointment for a phone, online or video session by calling Military OneSource at 800-342-9647.

- * Keep your bedtime the same. It's tempting to binge watch your favorite shows late into the night if you are not currently reporting to work or if you are working from home, but resist that urge. Sleep helps restore and relax your mind and body. A good sleep routine keeps you healthy.

- * Eat regular, nutritious meals with your family. Teach your children how to stay healthy by choosing healthy meals. Show them how to plan a meal, cook it, set the table and clean up after. Family meals are a great time to bond and get to know each other better, not to mention staying healthy.

- * Order medications online. Order your medications online to avoid contact with people who may have the virus. Here's how to get home delivery for medications under TRICARE.

Be kind to your mind

Mental health is just as important as physical health. Here are a few ways to stay informed with updates on safety while keeping current events in perspective.



- * Engage your mind in your favorite activities. During the quarantine, make sure you are scheduling time for yourself to participate in the activities you enjoy the most. Whatever your thing is—reading a book, painting, playing an instrument or streaming your favorite music, dancing, writing, singing, etc.—do it, enjoy it and you'll feel better for it.

- * Avoid information overload. Watching or reading too much negative news can increase anxiety. Instead, limit the time you take in negative news and use the extra time to fill yourself with something positive like writing down all you are grateful for or using these other tips for emotional wellness.

- * Help others and ask for help when you need it. Helping others will bring you happiness. Consider surprising a neighbor by doing their yard work or leave groceries on their porch (while keeping your social distance).

- * Ask for help if you or your family need it; Military OneSource confidential, non-medical counselors are here for you. If you or a family member are having suicidal thoughts, call the Military Crisis line at 800-273-8255, press 1; text to 838255; or start a confidential chat.

[Click here to read more from Military OneSource](#)



Little Rock Air Force Base Chapel will be providing Facebook Livestream worship services each Sunday.

The times are:
9 a.m. - Catholic Mass
11 a.m. - Protestant Service

They continue to offer the Sacrament of Confession at the chapel. Check their Facebook page for updates.

[Click here to see the LRAFB Chapel Facebook page](#)

[Stress Relief during COVID-19 Brochure](#)

STAY STRONG, STAY RESILIENT

DEVELOP YOUR COVID-19 RESILIENCY

Calm the chaos: You are safe at home NOT stuck at home!



Remember, your resources are still available

-  **MILITARY ONESOURCE** 1-800-342-9647 or <https://militaryonesource.mil>
-  **American Red Cross** American Red Cross at 1-877-272-7337
-  **Military Crisis Line** 1-800-273-8255
-  **EMPLOYEE ASSISTANCE PROGRAM** 1-866-580-9078
-  **AFRC** Find your nearest at <https://installations.militaryonesource.mil>
-  **AIR FORCE CHAPLAINS** Contact your local chapel for virtual service schedules or counseling
-  **MILITARY & FAMILY LIFE COUNSELING** Contact your local AFRC for contact information
-  **AIR FORCE AID SOCIETY** Air Force Aid Society <https://afas.org>

Check out <https://www.af.mil/News/Coronavirus-Disease-2019/> for more information and strategies



AFRC COVID website

Little Rock AFB COVID website

Tricare COVID website

AFRC/CC's Intent

Updated DoD Travel Restrictions (20 April)

UTA Schedule

Fiscal Year 20 UTA Schedule

~~5-6 October 2019~~

~~2-3 November 2019~~

~~7-8 December 2019~~

~~11-12 January 2020~~

~~8-9 February 2020~~

~~7-8 March 2020~~

~~2-5 April 2020~~ (rescheduled; units will coordinate future UTA)

~~2-3 May 2020~~ (rescheduled; units will coordinate future UTA)

~~6-7 June 2020~~

No July UTA

1-2 August 2020

12-13 September 2020

14-17 September 2020

Base Happenings

Base Available Services as of 21 April

Defense Commissary Agency:

Operating Hours - Effective March 23, the first hour of services the Commissary (Tuesday - Friday 09:00-10:00) will be reserved for patrons 60 years and older, disabled veterans, and other patrons with medical conditions that severely compromise their immune system, to include pregnant women. We are implementing select hours in an effort provide an environment that protects our most at-risk personnel from COVID-19. The remaining hours will be for the Team Little Rock (TLR) general population. We now have directional isles inside the store, one-way only.

Commissary Hours:

Monday - Closed for normal restocking.

Tuesday - Friday

09:00-10:00 At risk population (above)

10:00-19:00 TLR general population

Saturday 09:00-19:00 TLR general population

Sunday 10:00-18:00 TLR general population

WE WILL NOT BE OPEN FOR EARLY BIRD SHOPPING

Little Rock AFB is deploying a volunteer-based Agent Shopping Program at the commissary to assist authorized patrons, beginning Wednesday, 22 April 2020. This service will be available: Wednesday - Friday (0700-1100).

Click the button to read more details about the program.

[Click here for latest update](#)

BX - The first hour of services at AAFES Main Exchange (Monday - Friday 09:00 - 10:00) will be reserved for patrons 60 years and older, disabled veterans, and other patrons with medical conditions that severely compromise their immune system, to include pregnant women. We are implementing select hours in an effort to provide an environment that protects our most at-risk personnel from COVID-19. The remaining hours will be for the Team Little Rock (TLR) general population. Curbside pickup via online ordering is now an option.

BX Main Store: Temporary hours effective 21 March 2020

Monday - Friday 09:00-10:00 Customers 60 and up

Monday - Friday 10:00-18:00

Sunday 10:00-17:00

501-988-2237

Shoppers can contact the Little Rock AFB Exchange at 501-988-1180 for more information or visit the Little Rock AFB Facebook page at <https://www.facebook.com/LittleRockExchange/>.

Fitness Center - Until further notice, Fitness Center will be closed.

[MyPers fitness guidance](#)

Jacksonville-Little Rock University Center - Closed until further notice. Members requiring education services should email education@us.af.mil for assistance.

Dining Facilities - Normal operating hours. (Carry out only)

19th Medical Group - Open with normal operating hours.

The 19th Medical Group (MDG)- Little Rock AFB activated a single point of entry and exit. All patients will continue to enter through the Pharmacy entrance, where they will be pre-screened to mitigate risk of potential spread of germs. Please follow all instructions from the screening team.

If you have had contact with a person who has COVID-19 or had recent travel to high-risk areas, contact your health care provider before seeking medical care to prevent possible transmission in the health care setting.

[Click here for information about TRICARE and COVID-19.](#)



Safety Highlights

IMPACT OF SLIPS, TRIPS & FALLS



Hazards are everywhere – Wet floors, an open drawer, slippery shoes, – all can lead to serious, painful injuries in the workplace. Protect yourself and your co-workers by knowing how slips, trips and falls occur and what you can do to report or clean them up. According to the NSC slips, trips and falls account for the majority of preventable injuries and death in the workplace. What's the cause? Spilled fluids left on the floor, working from heights, and inattention. Why are they preventable? Clean up any observed spills, even if it wasn't your fault. If you are using a ladder, make sure you have been trained by your supervisor on the proper use; and pay attention to what you're doing and where you are walking.

[Click here to read more](#)

Be Prepared: Tornado Season is Here

Understanding severe weather notifications and processes is important for Airmen and their families at Little Rock Air Force Base, Arkansas.

Little Rock AFB is located in Pulaski County, which averages three tornadoes per year. Additionally, Arkansas falls within Dixie Alley, an area particularly vulnerable to strong or violent tornadoes.

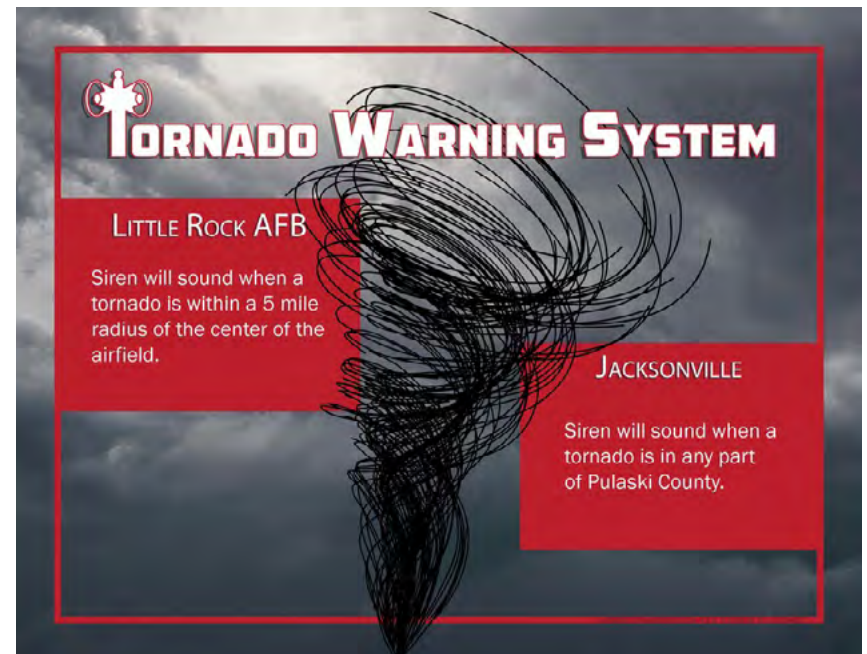
The location and severity of the weather dictates what the 19th Operations Support Squadron weather shop communicates to the 19th Airlift Wing Command Post and ultimately, when notifications are sent to the base population.

A rare but important notification for Airmen and families to be aware of is the base siren.

Command post will sound the siren with a three-to-five minute steady tone when a tornado is within a five-mile radius of the center of the airfield. This siren is activated by different criteria than the Jacksonville, Arkansas, tornado siren, which will sound when a tornado touches down in any part of Pulaski County.

Airmen and their families will receive notifications of tornado watches, indicating the weather is favorable to the formation of a tornado, through AtHoc. In a watch, there has not yet been a sighting of a tornado. In a tornado warning, a severe thunderstorm has developed and produced a tornado or radar has indicated conditions conducive to tornado development.

Preparing for severe weather includes more than knowing the base procedures. Airmen and their families should make sure they're prepared in their homes in case a tornado or inclement weather occurs.



OPSEC Highlights

COVID-19 Consumer Warnings and Safety Tips

Courtesy of Federal Communications Commission

As the novel coronavirus (COVID-19) pandemic continues to impact the United States, phone scammers have seized the opportunity to prey on consumers.

The FCC has received reports of scam and hoax text message campaigns and scam robocalls offering free home testing kits, promoting bogus cures, [selling health insurance](#), and preying on virus-related fears.

A text message scam may falsely advertise a cure or an offer to be tested for coronavirus. Do not click on links in texts related to the virus, and check [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most current information.

Some text scams are impersonating government agencies. The FCC recently learned of a text scam claiming to be from the "FCC Financial Care Center" and offering \$30,000 in COVID-19 relief. There is no FCC program to provide relief funds to consumers. The text is likely a phishing attempt to get banking or other personal information from victims. The BBB is also warning of a text message scam impersonating the U.S. Department of Health and Human Services informs recipients that they must take a "mandatory online COVID-19 test" using the included link.

Text message hoaxes may claim that the government will order a mandatory national two-week quarantine, or instruct you to go out and stock up on supplies. The messages can appear to be from a "next door neighbor." The National Security Council tweeted that these are fake. FEMA is tracking rumors and reminds consumers to always check a trusted source.

Scammers are also using robocalls to target consumers during this national emergency.

For example, the World Health Organization recently issued a warning about criminals seeking to take advantage of the pandemic to steal money or sensitive personal information from consumers. It urges people to be wary of phone calls and text messages that purport to be from the WHO, or charity organizations, asking for account information or for money.

The FCC has received reports of robocalls purporting to offer free virus test kits, in an effort to collect consumers' personal and health insurance information. One pernicious version of this scam is targeting higher risk individuals with diabetes, offering a free COVID-19 testing kit along with a free diabetic monitor. Other robocalls are marketing fake cures and asking for payment over the phone.

The Federal Trade Commission and the U.S. Food & Drug Administration have posted consumer warnings about fake websites and phishing emails used to promote bogus products.

Opportunists are also making robocalls to offer HVAC duct cleaning as a way to "protect" your home and family from the virus.

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



Fraudsters are also preying on financial fears tied to the pandemic. The FCC is aware of robocall scams with COVID-19 themed work-from-home opportunities, student loan repayment plans, and debt consolidation offers. Consumers aren't the only target. Small businesses are also getting scam calls about virus-related funding or loans and online listing verification.

Many consumers will receive checks as part of the federal government response to the coronavirus. No one will call or text you to verify your personal information or bank account details in order to "release" the funds. The Treasury Department expects most people to receive their payments via direct-deposit information that the department has on file from prior tax filings.

If you think you've been a victim of a coronavirus scam, contact law enforcement immediately.

[Click here to read more](#)

Camera Roll

Click to connect:



Comm: 501-987-6970
DSN: 731-6970

