



Commander's Corner

Happy New Years Message



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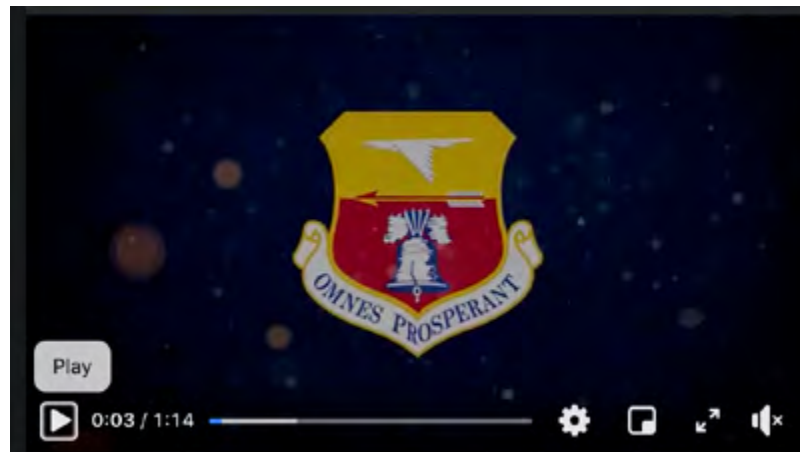
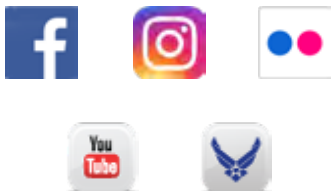
913th,

It's that time of year where we typically gather with our friends and families to appreciate all the gifts life has to offer. Though health protection precautions have changed whether we come together in large groups, the sentiment is still the same. Let me offer my heartfelt thanks and appreciation for what you do. Whether you live in neighboring states or near the base, you are part of the 913th family regardless of status. Please feel free to reach out to your leadership if you or your family ever needs support.

Be careful over this holiday season. We need each and every one of you to complete the mission.

Respectfully,
Christopher K. Lacouture
Colonel, USAF
Commander

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Click on the image to watch the video message on Facebook or right click to copy the web address

Air Force News

Working toward deployment predictability

To keep up with the demand of combatant commanders around the world, experts across the 913th Airlift Group are working behind the scenes to streamline the group's deployment readiness processes and update projected combat capabilities reports.

As an effort to revitalize the force and provide deployment predictability, Tech. Sgt. Connery Carroll, 913th Logistics Plans noncommissioned officer in charge, is leading the review of more than three hundred deployment taskings assigned to each group position.

Right people; right place; right time.

"The goal for any combat coded unit is to be 100 percent deployment ready during our designated Reserve Component Period and arrive 100 percent on time," said Carroll. "With the work to update our deployment taskings, we should be able to provide predictability regarding when and the length of deployments."



[Click here to read more](#)

Key Spouse program provides full-time support: Shanna Holmes Story

913th Airlift Group Key Spouse program is available to support all families, whether they have prior active duty experience or brand new to Air Force Reserve life.

"We all need each other at different times, not just when member are deployed," said Shanna Holmes, 913th Airlift Group Key Spouse. "We are all in this together."

Family readiness and resiliency is critical to overall combat readiness for an organization. Key spouses work with unit leadership to distribute information and foster a sense of military family across the units.

"Being part of the Air Force Reserve presents a unique challenge since most members are spread out over long distance," said Holmes. "We do our best to host various events to help spouses get to know one another and network prior to deployments."

Familiar with deployments, her spouse has been with the group for more than eight years and previously with a rescue unit in Florida.



[Click here to read more](#)

Air Force Reservist fights against cancer

In Aug. 2012, Senior Airman John May joined the Air Force Reserve at Little Rock Air Force Base as a Traditional Reservist working at first with the maintenance squadron and then with the 96th Aerial Port Squadron. He was training for his first deployment with the unit when he was diagnosed with a rare cancer called alveolar rhabdomyosarcoma in April 2018.



May was devastated, not just because of the diagnosis, but because he was not able to deploy with his fellow Airmen. May's first surgery required removal of a tumor from his eye area and it was followed up by radiation and chemotherapy. He was very fortunate to not lose his eyesight.

"February of 2018 is when my symptoms of cancer first appeared, which I thought was a severe sinus infection," said John May. "Later on in April while getting my physical done for pre-deployment, tumor the size of a baseball was discovered..."

[Click here to read more](#)

Congratulations

Newly Promoted Members

Congrats to those below who promoted in December!

Chief Master Sgt. John Shirey, 327 AS
Tech. Sgt. Mason Pennington, 913 MXS



COVID-19 Immunizations

If you receive the COVID-19 vaccine from a non-military/non-Air Force source, please send AMDS an email about your immunization for tracking purposes. Members receiving the vaccine from a source other than the DoD will not be eligible or required to receive additional vaccinations for COVID-19 through the DoD program.

email: 913AMDS.SG.MedicalDocs@us.af.mil
Immunization form:

[Click here to visit AFRC COVID-19 vaccination Q&A page](#)

Did you know?

Senior leaders provide update on strategic priorities

Lt. Gen. Richard Scobee, commander of Air Force Reserve Command, and Chief Master Sgt. Timothy White, AFRC's command chief master sergeant, issued a memorandum for all Reserve Citizen Airmen November 30 titled AFR Strategic Priorities – Our Current Progress and Future Path. Here is the text of the memorandum:

You are our greatest resource. Directing efforts toward making your lives better has been our top priority. To that end, when I assumed command two years ago, the Command Chief and I established our strategic priorities:

Prioritize strategic depth and accelerate readiness: Ensure we have the manpower, capabilities and surge capacity required to support the joint force in the high-end fight by focusing on efforts aligned with preparedness for future fights.

[Click here to read more](#)

Official Air Force memos, letters, and bio templates online

TONGUE AND QUILL TEMPLATES

Airmen successfully accomplish more missions with fewer people than ever before and there is a constant battle to cover the bases with limited resources. Time is a resource. In the context of Great Power Competition, every moment counts. These official templates will help give time back to Airmen and allow them to focus on the mission.

[Click here to access e-publishing](#)

Tax Defferal

In an effort to provide economic relief during the COVID-19 pandemic, a Presidential Memorandum was released, Aug. 8, along with guidance put out by the Internal Revenue Service, Aug. 28, to temporarily defer Social Security (Old Age, Survivors, and Disability Insurance (OASDI), tax withholdings. This will be effective through the end of the 2020 calendar year.



UTA Schedule

Friday, 8 Jan

- 1030-1100 - 96 APS Assumption of Command dry run (Bldg 266, Ops auditorium)
- 1300-1330 - Strategic Alignment Update (Bldg 262, HQ conference room)
- 1330-1430 - Squadron Commander's Pre-UTA meeting (Bldg 262, HQ conference room)
- 1430-1530 - CIMB (Bldg 262, HQ conference room)
- 1430-1500 - First Sgts meeting (Bldg 266, Ops conference room)
- 1530-1600 - ART/SORTS/DRSS meeting (Bldg 266, Intel vault)

Saturday, 9 Jan

- 0800-1100 - Newcomers briefing (Bldg 266, APS auditorium)
- 0830-1530 - PHAs, Audio & Dental exams (19 Med group, bldg 1950)
- 0830-0900 - Group Staff meeting (Bldg 262, HQ conference room)
- 0900-0930 - Group Staff Agency Directors meeting (Bldg 262, HQ conference room)
- 1000-1200 - 3F5 Training (Bldg 266, 327 AS conference room)
- 1100-1430 - Blood drive (Bldg 266 parking lot, Blood mobile)
- 1430-1530 - 96 APS Assumption of Command (Bldg 266, Ops & APS auditorium; APS auditorium overflow will play event live stream)

Sunday, 10 Jan

- 0830-1100 - End of Course testing (Base Education Center)
- 1000-1100 - Flu Shots (Bldg 266, APS common area)
- 1300-1400 - CSS/FSS in-house training (Bldg 266, APS auditorium)
- 1330-1430 - Group/CC & Lt Col Mentoring time (Bldg 262, HQ conference room)
- 11400-1500 - Flu Shots (Bldg 266, APS common area)
- 1430-1530 - Cheater University (Bldg 266, Ops Auditorium; Security Clearance required)
- 1500-1600 - Group/CC Walk-In Time (CC office, for group staff agency directors & Sq/CCs)

Fiscal Year 21 UTA Schedule

- ~~3-4 October 2020~~
- ~~7-8 November 2020~~
- ~~5-6 December 2020 (reschedule UTA with unit)~~
- 9-10 January 2021
- 6-7 February 2021
- 6-7 March 2021
- 8-11 April 2021
- 1-2 May 2021
- 5-6 June 2021
- No July UTA
- 7-8 August 2021
- 11-12 September 2021

[Click here to access Flu Shot Screening Form](#)

Health and Wellness

Air Force PT test delayed until April 2021

The Department of the Air Force announced physical fitness assessments will now resume April 2021 and will no longer include the waist measurement component.

To ensure social distancing practices remain in place during the ongoing COVID-19 pandemic, and to give Airmen and Space Professionals time to prepare, testing was delayed from October to January and is now further delayed to April.

While the waist measurement is permanently removed from the assessment, height and weight measurements will resume October 2021.

“We trust that our Airmen understand the standard of good physical health practices and we are all finding innovative ways to stay fit,” said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. “We also trust that leaders will take the appropriate steps to keep their Airmen safe while making every effort to provide fitness options during the pandemic.”

The DoD requires services to maintain a physical fitness assessment program and a body composition program. Over time and based on feedback, the waist measurement portion of the test was determined to be a better fit within the separate body composition program, officials said. The conditions associated with COVID-19 provided a good opportunity to make this adjustment permanent. The department will release additional information once we determine how we will measure body composition.

Fitness assessment cells, fitness center staff, physical training leaders and members performing fitness assessments will adhere to physical distancing protocols and other local precautions as determined by installation commanders once assessments resume.

Commanders may delay official fitness assessments beyond April 2021 if necessary, based on the recommendation of local public health officials, the continuation of closed fitness centers and extended state-wide restriction of movement and gatherings.

At this time, Space Professionals will adhere to the physical fitness policy of the Department of the Air Force. Eventually, the U.S. Space Force will develop its own physical fitness assessment.

Airmen and Space Professionals may determine their next fitness assessment due date by visiting the Official Physical



Assessment Due Date Matrix on myPers which will be updated and available Dec. 8. Fitness assessment due dates will primarily depend on the date and score of the last official test.

“Originally, we hoped to resume testing by January 2021,” said Chief Master Sgt. of the Air Force JoAnne S. Bass. “However, based on the number of cases nationwide, the right thing to do is focus on keeping our Airmen and their families safe. Delaying and reevaluating the PT test is the best option for our people.”

The test will still consist of a 1.5 mile run, 1 minute of pushups and 1 minute of situps. However, the composite score will be calculated with full points for the waist measurement portion until system changes can be made.

Department leaders are also looking to reevaluate certain testing criteria moving forward.

“Along with removing the waist measurement, we are also exploring alternative strength and cardio components to our current Air Force fitness assessment,” Brown said. “We believe these potential test structure changes will impact Airmen in a positive way and help with a holistic approach to health and fitness standards.”

For more information, Airmen and Space Professionals should contact their fitness assessment cells and visit the COVID-19 Fitness Guidance page on [myPers](#).

Fitness assessment due date matrix

[Click here to read more](#)

Air Force Personnel Center

[Click here to visit the AFPC fitness site](#)

[Click here to read more](#)

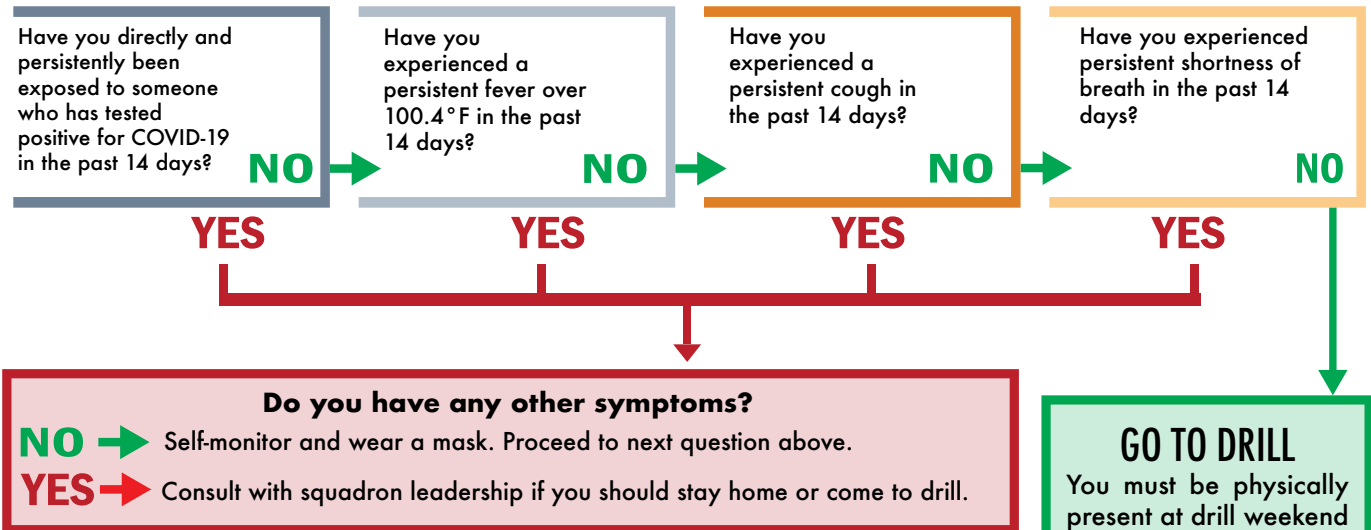
Personnel scheduled to physically show for drill are requested to answer the "Safe to Work" questions below. Communicate with your supervisors if you have questions or concerns.



- Air Force COVID Website
- AFRC COVID Website
- Little Rock AFB COVID Website
- AR Dept. Of Health
- CDC Website
- DoD Updates



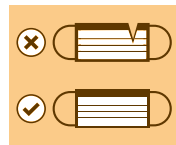
913th Airlift Group Safe to Work Questions



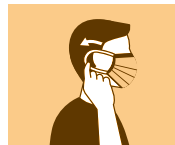
GO TO DRILL
You must be physically present at drill weekend with appropriate PPE.

If member is not having symptoms (fever, chills, body aches, persistent cough or shortness of breath) then member must self-monitor and wear a mask.

How to Wear Cloth Face Coverings



CHECK YOUR MASK
Make sure it's not damaged



SECURE YOUR MASK
Secure the strings behind your head or over your ears



COVER YOUR MOUTH AND NOSE FULLY
make sure there are no gaps

- Cloth face coverings should –
- Fit snugly but comfortably against the side of the face
 - Be secured with ties or ear loops
 - Include multiple layers of fabric
 - Allow for breathing without restriction
 - Be able to be laundered and machine dried without damage or change to shape.

Informational Flyers

Vital 90

Workout classes are available specifically for drill weekends!

Drill Saturdays: 4 p.m.

Drill Sundays: 6 a.m.

Warfit pavilion (near track)

Might move classes indoors to an aircraft hangar (H255) for cold weather. Check 913AG Facebook for updates.

The class in no more than **one hour**. It is a mixture of cardio and strength training. There is a mix of running (not long distance, but short intervals and some sprinting) and rowing into the workouts. Instructors mix it up and many times, will vary our workout depending upon class size.



During the week, Vital 90 classes are held Monday through Friday at 7 a.m. & 11 a.m. and at 6 p.m., Monday through Thursday.

Process Improvement Tidbit



There are many ways to get your idea off the ground! Here is a quick highlight of the **AFWERX Challenge** program:

AFWERX Challenge is an expedited solution pathway to address Air Force needs. We work in partnership with internal stakeholders, the private sector, and academia to clearly define problems and gather innovative solutions. Once the top solutions have been selected, we bring those solution providers together with the Air Force and other government agencies for a showcase event to exhibit solutions and offer contracting opportunities.

Whether you are an airman end user, technical expert, member from our sister services, program manager, acquisition professional, scientist, academic researcher or industry expert, there are many ways to get involved.

[Click here to read more](#)

T-56

Centralized Repair Facility Highlight

FY21 Production:

Engines: 15

Props: 9

Total Inspections: 27



Farewell to Richard A. Williams Jr.

As your 33 years of dedicated service to the USAF culminates at the AFRC Centralized Repair Facility, know that your various experiences and vast skills coupled with dedication and resilience were of paramount importance in developing a propulsion branch recognized as a worldwide leader in C-130 airlift operations. The men and women of the T-56 CRF extend a very heartfelt thanks and appreciation.



Safety Highlights

Complacency Kills

Courtesy of the 913 AG Safety Office

A full year of hard work that ends with the hustle and bustle of the holidays can leave us feeling more physically and mentally exhausted than before the holidays. During this time, we can become complacent, and take short cuts because we're tired or rushed because the weather is miserable to work in.

Complacency is extremely dangerous in the workplace. We get so used to things being done the same way that we do not always look at the hazards in our surroundings. We may also underestimate the risks associated with the tasks that we perform regularly, or fail to notice a change in our environment and checklist discipline may fall to the wayside when we become complacent in our daily work routines.

When working on the job, there is danger when an individual is not cognitively present [auto-mode]. All too often we don't realize how complacent we are until we have a near miss or incident. When something like this happens, it jump-starts our heart. Most incidents occur due to unsafe acts, as opposed to violations. We are all responsible for safety in the workplace. Most incidents that occur involve people being complacent about safety. If you begin to work in auto-mode, ignore checklist discipline [violation], and stop paying attention to what you are doing, that can lead to taking short cuts and taking unnecessary risks.



What can you do to prevent complacency?

If you are not consciously thinking about what could go wrong while you work, you are not completing the task safely and there's a lack of risk management. Complacency can be a literal killer on the job. It's extremely important for you, and your co-workers, to assess and analyze the risks of each task/job. As you approach each task/job consider the following:

- Who and what are you working with?
- What will you be doing?
- What may have changed, guidance, procedures?

- Do I have the right tools/equipment?
- Do I have the proper PPE/safety equipment?
- Do I have the proper training?
- What could go wrong?

Always follow checklists, conduct pre-use equipment inspections, review procedures and any hazards that may exist and focus physically and mentally on your work, no matter how many times you may have done the same job in the past. Stay alert and motivated, avoid routines if possible, encourage observation of tasks and co-workers, and correct dangerous practices and behaviors.

OPSEC Highlights

Beware... Santa could bring home cybersecurity risks

Courtesy of Pique News Magazine

High-tech security experts are warning holiday gift-givers and receivers to be wary of risks that internet-connected devices and home appliances could pose to home security – particularly when many are working from home as the pandemic continues.

And, said BC Hydro today (Dec. 11), a survey shows electronics use is expected to be at an all-time high this Christmas season. With people staying home, TV and movie viewing will be up.

“Adding to electricity use will be more electronic gifting – video game consoles, TVs, and cell phones are topping holiday lists this year,” the survey found.

“Headsets with microphones and ring lights are also in demand as more than half of British Columbians plan to have virtual family celebrations.”

And with those gifts come opportunities for cyber crooks to get access to home networks.

Moreover, it’s not an issue for Canadians to take lightly. UK-based Uswitch reported this month that Canada ranks third in the world for incidents of data theft after the United States and South Korea with almost 92 million data breach cases since 2013

Cyberdetectives Derek Manky and Chris Dawson said many devices, if not set up with security top of mind, can offer cybercrooks an open door into home networks and expose

personal data as well as data from home-working situations to data theft problems.

Those devices range far beyond just smartphones now. They could include things such as robotic vacuums, smart TVs or fridges, anything that connects to a home network.

Manky, chief of security insights and global threat alliances at Fortinet’s FortiGuard Labs in Burnaby, said a proliferation of devices connected to home Internet raises the number of potential vulnerabilities sought by cyber crooks. He suggested



a slight amount of paranoia should go into configuring and using devices – including those using the so-called Internet of things (IOT).

The IOT is a system of interrelated devices, digital or mechanical machines. Each has a unique identifier and has the ability to transfer data over a network without human-to-human or human-to-computer interaction.

Most have default Internet settings and passwords which should be reset, Manky said. People not resetting those defaults are something cyber crooks count on, making breaches easier.

Without that basic level of protection, Manky said, “that device could be open to attack. That device could be used as a springboard to the rest of the network.”

“IOT devices are a major target for threat actors,” he said. “They look for vulnerabilities. They look for default passwords,” added Dawson, threat intelligence lead for California-based global online security firm Proofpoint.

He spoke from his U.S. home on Vashon Island south of Victoria.

Both Manky and Dawson said buying devices that come with the offer of future software upgrades or patches are a key part of home cyber hygiene.

And it’s a worry, Dawson said, because home network vulnerabilities can grow into corporate network vulnerabilities with people working from home.

[Click to read more](#)

Hot Off The Press (Satire)

Holiday Edition

Courtesy of Staff Sgt. Christian Diaz, 913 MXS

BREAKING NEWS

In recent memory, the Air Force permanently discontinued use of the waist measurement in the fitness assessments. Today, Higher Headquarters has also announced the discontinuation of the aerobic portion of the test. As Air Force Chief of Staff Gen. Charles Q. Brown, Jr. put it, "we are all finding innovative ways to stay fit," and run tests just don't fit into the job requirements of most AFSCs. In order to maintain a cutting edge, combat viable fighting force on today's modern battlefield, PT tests will instead employ a virtual gaming (VirG) skill assessment.

VirG tests will be tailored to the demands of each AFSC. Security Forces will play Call of Duty to make good on all those empty promises their recruiters suckered them in with. Maintenance will steal a plane in Grand Theft Auto and attempt to run engines without dying. Nonners must submit a Cyber Awareness Training certificate of any percent speedrun under 13:36. Services will play Cooking Mama, making theirs the most coveted AFSC of 2021. Ops will just play whatever game is on their phone, as usual. Leadership will be allowed to play hoop and stick like in the good ole days.



Safety Brief with Senior Airman Martinez

With Holidays approaching, everyone should remember to use safe practices to avoid COVID exposure. On the 25th, personnel are advised to place their Christmas cookies on the roof to facilitate no-contact delivery of any expected parcels. Santa will scoop up a snickerdoodle and spike your gifts straight down the chimney without tracking soot onto your carpet, so it's a win/win for everyone. Rooftop cookies also prevent your house from qualifying as a dine-in establishment pursuant to Ark. Code Ann. §20-7-109-110. Better to sidestep that headache entirely. Stay safe!

Morale Corner

In a surprising display of festivity, Centralized Tool Kit has erected a stunning monument to Air Force culture. Standing at 6 ft and decorated mostly with garbage and discarded Personal Protective Equipment, this Christmas tree [pictured center] instantly evokes a nostalgia for overcoming yesterday's hardships.

"Three things get us through the day," explained CTK noncommissioned officer in charge, Tech. Sgt. Chavis.

"Caffeine, anger, and nicotine. That's what I see when I look at that tree."

When asked what the tree meant to him, CTK SSgt Wilson said, "That's just the maintainer lifestyle right there. This job tries to take your morale, break us down, but that tree is how we fight back."

Camera Roll

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