



Commander's Corner

22nd Air Force Commander recognizes 913 AG star performers

Tech. Sgt. Nyssa Curtis took on extra responsibilities, organized worship services, and coordinated development courses during the group chaplain's deployment. She also developed an Airmen Ministry Plan and organized the first in-house resiliency course.



Table of Contents

Commander's Corner.....	1
Congratulations	3
UTA Schedule	4
Base Events	5
Health & Wellness	6
Safety Highlight	7
OPSEC Spotlight	8
Camera Roll	9
Development Day info	10



While deployed, Senior Master Sgt. Elizabeth Masse single-handedly ran the deployed squadron's loadmaster duty section when the shop unexpectedly went from three personnel down to one. No sorties were lost and the mission effectiveness rate was not affected by the personnel shortfall. At homestation, she has overhauled processes and programs.

Tech. Sgt. Laquilla Jones expertly managed the Go/No-Go process for the 327th Airlift Squadron. She processed and ensured the quality of 65 flight authorizations, 500 mission accomplishment reports, and 2,000 training events, directly contributing to a 100 percent mission ready rate. She also volunteered to support the Qatari Friendship Festival while deployed.



Contact Us:



987-6970



Master Sgt. David Underwood has completely revitalized the 913th Operations Support Squadron Aircrew Flight Equipment Shop. The rapport he has developed with the 19 OSS Aircrew Flight Equipment Section has ensured that all equipment required by unit aircrews are available and properly positioned for use. No deficiencies can be attributed to his shop while deployed and directly contributed to the sortie effectiveness rate.

Air Force News

star performers continued



← Senior Airman Alexandria Smith was recognized for being handpicked to establish the first gateway PERSCO cell at deployed location in Southwest Asia. She singlehandedly fixed 400 errors and streamlined processes.

Master Sgt. Cathryn Rock, → 913th Force Support Squadron, was presented a commander's coin for her work as the group's career advisor and filling in the force management section. She has processed 48 gains and transfer packages and certified 67 re-enlistment/extension contracts.



← Staff Sgt. Justin Craig, 913th Maintenance Squadron hydraulic systems technician, was coined on the flight line. While the base participated in a large deployment exercise, Craig ensured the mission continued for the active duty wing and continues to integrate efforts with the host wing.

→ While deployed, Senior Airman Chloe Lawrence expertly performed ramp duties. Recently at home station, she was a key player in the unit's first off-station integration mission. She participated in dirt landing cargo loading operations.



← Tech. Sgt. Johnathan Knapp was recognized for his efforts as a section lead within the reserve and active duty maintenance squadrons. He also solved an aircraft maintenance data error, averting unscheduled aircraft downtime.



← During her deployment, Tech. Sgt. Lacey Gustines performed at a Senior Noncommissioned Officer level in the busiest aerial port, ensuring the success of 3,200 missions. At home station, she coordinated an exercise with the Air National Guard to include unique load training.

Congratulations

Recently Completed Upgrade Training List

January:

Staff Sgt. Blyth, Tyler

Staff Sgt. Callahan, Conner

Staff Sgt. Czaska, Michael

Staff Sgt. Craig, Al

Tech. Sgt. Gabois, Nathan

Staff Sgt. Haskett, Jonathan

Airman First Class Holmes, Brittney

Staff Sgt. Lawson, William

Staff Sgt. Roberson, Jordan

Staff Sgt. Spears, Jonathan

Promotion List

Tech. Sgt. Terrick Barnes

Tech. Sgt. Connery Carroll

Staff Sgt Antonio Velez

Senior Airman Peter Cook

Senior Airman Elizabeth Soisouvanh

Airman First Class Calvin Rosebud

Airman First Class Kyler Simpson

Airman Timara Harris

Airman Dominique Sims

Did You Know?

NON-EXTENDED ACTIVE DUTY AIRMEN COMMISSIONING PROGRAM

Enlisted Air Force Reserve (AFR) Airmen who are currently participating with an AFR unit, have an accredited Bachelor's degree, are under the age of 40 prior to graduating Officer Training School (OTS) (under age 30 prior to flight training for rated positions), and desire an appointment as a line officer can apply through this program. This program was formerly known as the Deserving Airman Commissioning Program (DACP).

Enlisted AFR members seeking appointment as a commissioned reserve officer must obtain written recommendation from their immediate supervisor, submit an application package to 913 FSS, be tentatively selected, and endorsed by the commander in order to secure an AFR officer position.

Note: Link to the MyPers has information on eligibility criteria, required content, etc.

https://mypers.af.mil/app/answers/detail/a_id/14263/kw/deserving%20airmen/p/18/p/18



2019 Civilian CAT 1 of the Year

Congrats to Mr. Imo Taylor for being the AF Reserve Command Outstanding Financial Management Civilian of the Year for 2019!

Important program dates

AF Officer Qualifying Test dates:

19 Feb at 0800 - must be in uniform (schedule with Education Center (501-987-3417)

TBD March - must be in uniform (schedule with Education Center (501-987-3417)

May UTA: Submit package to SrA Jaylin Jones, 913 FSS (501-987-7813)

Mail transcripts to:

913 FSS/FSMPD

Attn: Jaylin Jones

262 Cannon Dr

Little Rock AFB AR 72099

June UTA: Board convenes

UTA Schedule

Pre-UTA Schedule, Friday, 7 Feb 20

1300-1400 Pre UTA Staff meeting (HQ conf rm)
 1400-1430 FMB Quarterly meeting (HQ conf rm)
 1430-1500 ART/SORTS/DRRS meeting (Bldg 266, intel vault)
 1430-1500 First Sgts Mtg (Bldg 266, Ops conf room)

UTA Schedule, Saturday, 8 Feb 20

0800-1100 Newcomers briefings (Bldg 262, FSS Conf rm)
 0800-1200 Finance hours (Bldg 262, rm 133)
 0830-1530 AMDS Appointments (Bldg 1090)
 0900 UCMJ Reenlistment Brief (Bldg 262, rm 113)
 0930-1030 IG Quarterly SAPM Training (HQ Conf rm)
 1030-1300 2-ship day sortie
 1400-1500 April 2020 Development Day Planning mtg (HQ Conf rm)
 1500 Commander's Call (Herk Hall)
 1600 Maj Hulsey's Retirement (Walters Center)

UTA Schedule, Sunday, 9 Feb 20

0730-0900 Fitness Testing (HAWC)
 0800-1200 Aircraft Static Trainer (flightline)
 0830 EOC/PME testing (Base Ed Center)
 0900 Unit Safety Representative (USR) Meeting (Bldg 266 Safety Office)
 0900 Catholic Mass (Base Chapel)
 1000 UCMJ Reenlistment Brief (Bldg 262, rm 113)
 1000 Out and Back sortie to C-Springs
 1100 Protestant Service (Base Chapel)
 1130-1230 Col Collister Lunch with Airmen (DFAC)
 1300-1400 CSS Training (Bldg 262, FSS Conf rm)
 1500-1530 Commanders Meeting (HQ Conf rm)



Ready-to-fill Enlisted Opportunities

Readiness NCOIC – POC SMSgt Pickens

Readiness NCO – POC SMSgt Pickens

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

Base Happenings

2020 LEADERSHIP DEVELOPMENT COURSES

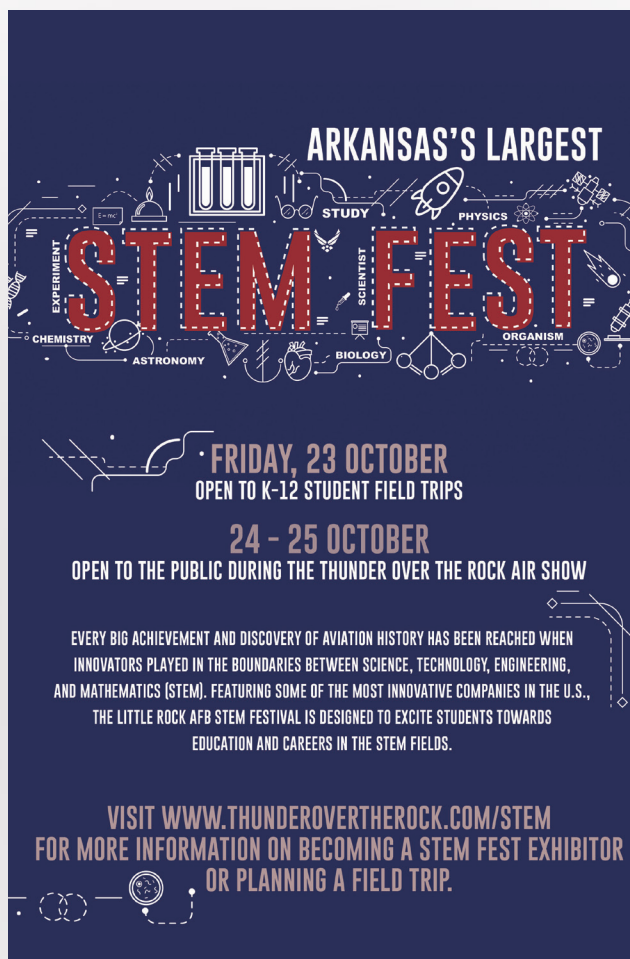
SNCO

@LRAFB
5-6 FEBRUARY 2020
OR
@KEESLER
10-11 FEBRUARY 2020

NCO

@KEESLER AFB
9-13 MARCH 2020
OR
@LRAFB
13-17 JULY 2020

Must obtain supervisor approval
before submitting paperwork to the
Education & Training office



ARKANSAS'S LARGEST STEM FEST

FRIDAY, 23 OCTOBER
OPEN TO K-12 STUDENT FIELD TRIPS

24 - 25 OCTOBER
OPEN TO THE PUBLIC DURING THE THUNDER OVER THE ROCK AIR SHOW

EVERY BIG ACHIEVEMENT AND DISCOVERY OF AVIATION HISTORY HAS BEEN REACHED WHEN INNOVATORS PLAYED IN THE BOUNDARIES BETWEEN SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS (STEM). FEATURING SOME OF THE MOST INNOVATIVE COMPANIES IN THE U.S., THE LITTLE ROCK AFB STEM FESTIVAL IS DESIGNED TO EXCITE STUDENTS TOWARDS EDUCATION AND CAREERS IN THE STEM FIELDS.

VISIT WWW.THUNDEROVERTHEROCK.COM/STEM
FOR MORE INFORMATION ON BECOMING A STEM FEST EXHIBITOR
OR PLANNING A FIELD TRIP.

ENLISTED PROMOTION REQUIREMENTS

Promote to	PAFSC	TIG	Satisfactory Service	PME
Airman	N/A	6 Months	N/A	N/A
A1C	N/A	6 Months	N/A	N/A
SrA	3-Skill Level	8 Months	1 Year	N/A
SSgt	5-Skill Level	12 Months	4 Years	ALS
TSgt	7-Skill Level	24 Months	6 Years	N/A
MSgt	7-Skill Level	24 Months	8 Years	NCO Academy
SMSgt	7 or 9-Skill Level	24 Months	11 years	SNCO Academy
CMSgt	9-Skill Level	24 Months	14 years	COC or AFRC-

PROFESSIONAL MILITARY EDUCATION REQUIREMENTS

Course 03 (ALS) Airman Leadership School	Course 15 (NCOA) Non-Commissioned Officer Academy	Course 14 (SNCOA) Senior Non-Commissioned Officer Academy
Attend a 24 day In-Residence course or complete through distance learning	Attend 6-week In-Residence course or complete through distance learning	Attend 6.5-week In-Residence course or complete through distance learning
Must be a SrA or SSgt; 24 months retainability	Must be a TSgt; 24 months retainability	Must be a MSgt or SMSgt; 24 months retainability
12 Month Enrollment + Extension (4 Mo.) E-4 with a minimum of 48 Months TIS	12 Month Enrollment + Extension (4Mo.) E-5 with a minimum of 72 Months TIS (With a Skill Level in Primary AFSC) E-6 with a Skill Level in Primary AFSC	E-6 with 2 years TIG and completion of NCOA, 12 months prior may enroll in Course 14 through Wing Training Office

*For reference use AF1 36-2502 dated 25-OCT 2019 Table 8.2
*Grades of E-7 or E-8 will not be promoted to the next higher grade, without successful completion of a CCAF degree. The CCAF credit/degree can be in any discipline and must be updated in MIIPDS for promotion eligibility.

Little Rock Air Force Base is hosting Arkansas' largest STEM festival this October 23-25, 2020. There are plenty of ways to engage students with the science, technology, engineering and math of what you do!

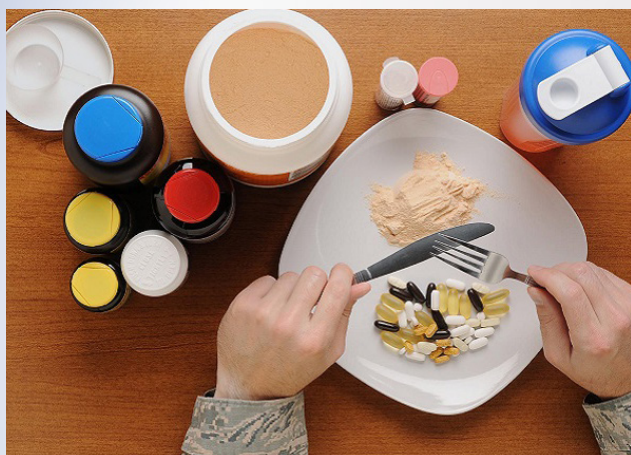
Contact Maj. Michael Kan for more details.

(michael.k.kan.mil@mail.mil)

Health and Wellness

Pros and Cons of trending eating styles

"Eating plans" are everywhere—online, in the gym, on social media. But how can you decide which one works for you? Read about the pros and cons of some popular eating styles that might help you manage your weight.



Mediterranean-style diet

A very popular eating pattern that has decades of evidence to suggest it's a nutritious and satisfying approach to eating is the "Mediterranean diet." Following this eating style supports health and longevity and decreases risk of heart disease.

* What it typically includes: Whole grains, fresh fruits, vegetables, legumes (beans, peas,

lentils, peanuts), healthy fats (especially olive oil), nuts, herbs, and spices; small amounts of protein such as fish and seafood twice a week; and other proteins such as poultry, eggs, dairy (cheese or yogurt) in small portions either daily or a few times per week.

* What it typically limits: Added sugars, desserts, and red meats.

* Risks: Potential for excess calories (no specific amounts or portions are recommended); requires meal planning and cooking.

* Where to learn more: <https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mediterranean-diet/>

Dietary Approaches to Stop Hypertension (DASH) diet

The DASH diet is similar to the Mediterranean diet, but with guidance on the intake of certain electrolytes that can affect cardiac and smooth muscle functions to support healthy blood pressure. This includes eating more foods that are high in magnesium and potassium and limiting sodium (salt). And it recommends a specific number of servings of foods.

* What it typically includes: Fruits, vegetables, low-fat milk, whole grains, fish, poultry, beans, and nuts.

* What it typically limits: Salt, added sugars, and red meats.

* Risks: Limiting salt isn't necessary if your blood pressure is healthy, and it isn't advisable if you're very active or if you work or live in a hot or humid environment. This plan also requires meal planning and cooking.

* Where to learn more: <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

https://www.hprc-online.org/nutrition/fighting-weight-strategies/pros-and-cons-popular-eating-styles?utm_source=newsletter&utm_medium=email&utm_campaign=jan2020



Safety Highlights

Fire safety for kids

A home fire is a devastating event, and one that you never count on happening. Your children are most at risk when this disaster occurs. In fact, children under five are twice as likely as other people to die in a home fire. Tragically, many home fires are started by children playing with dangerous household items – especially lighters and matches. Taking sensible precautions in the home and teaching your child how to escape from a fire can help your family avoid this type of heartbreak.

Prevent Your Child from Starting Fires

The U.S. Fire Administration estimates that 300 people are killed and \$280 million in property is destroyed each year as the result of children playing with fire.

- Keep matches, lighters and other ignitable substances in a secured location out of your child's reach. Only use lighters with child-resistant features.
- Invest in flameless candles. These candles contain a light bulb rather than an open flame, and take the danger out of your child knocking over a candle.



Help Your Child Survive a Fire

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Once a month check whether each alarm in the home is working properly by pushing the test button.
- Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low.
- Teach your children what smoke alarms sound like and what to do when they hear one.
- Ensure that all household members know two ways to escape from every room of your home, and where to meet up outside.

- Practice your fire escape plan at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.

- Emphasize "get out, stay out." Only professional firefighters should enter a building that is on fire—even if other family members, pets or prized possessions are inside.

- Use quick-release devices on barred windows and doors. Security bars without release devices can trap you in a deadly fire. If you have security bars on your windows, be sure one window in each sleeping room has a release device.

- Consider getting escape ladders for sleeping areas on the second or third floor. Learn how to use them, and store them near the windows.

- Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

[Click here for more about kids and fire safety](#)

[Click here to read about emergency preparedness for kids](#)

OPSEC Highlights

Don't give into scammers' demands

Courtesy of the U.S. Army



What to look for:

- DO NOT SEND MONEY! Be extremely suspicious if you are asked for money for transportation costs, communication fees or marriage processing and medical fees via Western Union.
- If you do start an Internet-based relationship with someone, check them out, research what they are telling you with someone who would know, such as a current or former service member.
- Be very suspicious if you never get to actually speak with the person on the phone or are told you cannot write or receive letters in the mail.
- Be very suspicious if you are asked to send money or ship property to a third party or

company. Often times the company exists, but has no idea or is not a part of the scam.

- Be very suspicious if the person you are corresponding with wants you to mail anything to an African country.
- Be aware of common spelling, grammatical or language errors in the emails.
- Be very suspicious of someone you have never met and who pledges their love at warp speed.

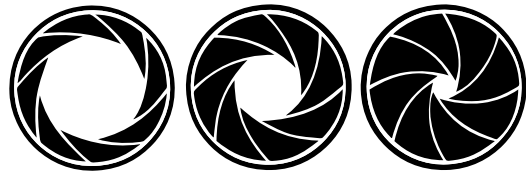
Where to go for help:

Report the theft to the Internet Crime Complaint Center (IC3) (FBI-NW3C Partnership). Online: <http://www.ic3.gov/default.aspx>

Report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the United States in their investigations. Online: <http://www.ftc.gov/idtheft>

By phone: 1-877-ID-THEFT (438-4338) or TTY, 1-866-653-4261

"SHRED, ENCRYPT, PROTECT"



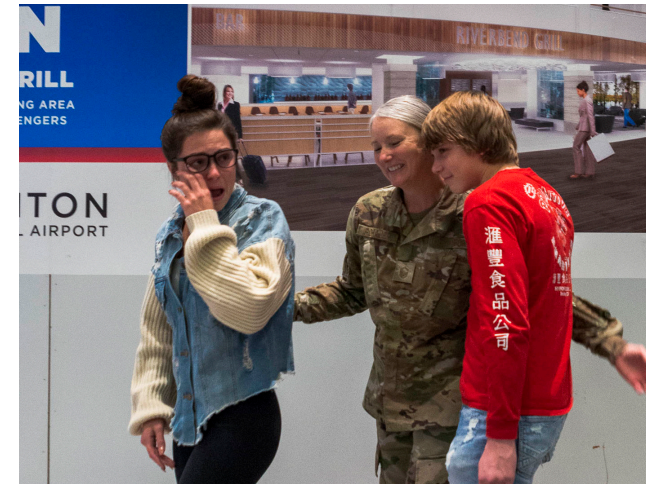
Camera Roll

Click to connect:



Comm: 501-987-6970

DSN: 731-6970





Overview

During the April Super UTA, Thursday will be dedicated to personal and professional development. There will be six class sessions throughout the day, focusing on nutrition, sleep, fitness, and professional military development. Classes are first come, first serve. You must sign up for six classes. If your desired class is full, sign up on the waiting list. Those who don't sign up will be randomly assigned to open classes.

Course Registration Opens February 8th

Click [HERE!](#)

Instructions for signing up

1. Log onto the Appointment Plus website using the URL: <https://booknow.appointmentplus.com/6brvd3tk> which is accessible on personal computers.

2. You must create an account to sign up.

3. Complete the following fields:

Ensure Little Rock AFB is selected

First Name

Last Name

Email

Customer type - pick what best reflects position

Wing number - 913

Wing Type - Gp (group)

Group - MXG, MDG, Wing Staff, AS

Squadron # - 913, 327, 96, etc.

Squadron - FSS, AS, MXS, AMDS, APS, etc.

Login

Password

Continue

Classes

Classes will be listed as:

913 AG-specific time frame - class title - Development Day

Ensure Little Rock AFB is selected

Under Select Class, pick your class

Click on the date at the bottom of the description

An enrollment page will pop up. You may choose to select text reminders.

Once enrolled, you can print classes and will be notified of any changes to the class.

Classes are first come, first serve.

Class sizes are capped at 50 people. We will open up the classes to more people on the waiting list if there is available space.