



Commander's Corner

Suicide Awareness

913th,

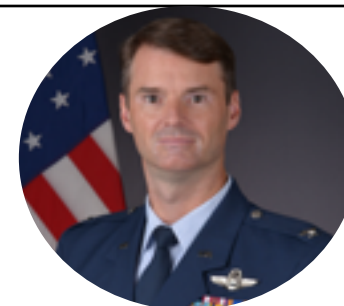
I want to take the time to emphasize a topic that has likely personally affected each of you in some way. COVID-19 makes it difficult for us to meet face-to-face and discuss the tough topic of suicide awareness.

For those who have completed suicide awareness training before, these numbers lend sobering credence to the importance of supporting one another. In the U.S. death by suicide was the 10th leading cause of death for all ages, the second leading cause of death for ages 10-34, and fourth leading cause for ages 35-54 as of 2018. Despite efforts by our different service branches, the military had 541 suicide deaths for 2018. We don't have a magic pill to cure this issue, but we do know that connecting with each other can make a difference.

It could go without saying that these times are incredibly stressful considering we have to social distance or isolate to mitigate infectious disease. Many people around the world are feeling various levels of stress, uncertainty, anxiety, loneliness, financial insecurity, and more. For some, such experiences can lead to an increased risk for suicide. Use the resources available to find healthy ways to cope with stress and reach out for help at any time. You don't have to face your troubles alone.

In the video linked below, I talk about the friends I've lost and how the group is here to support you. We are committed to supporting you and your families, regardless of status. If you, or someone you know, are experiencing an emotional crisis, please contact us or the support services below.

[YouTube link](#)
[Sharepoint link](#)



Military OneSource - 800-342-9647 or connect through [live chat](#).

Veterans Crisis Line/Military Crisis Line - 800-273-825, press 1 or [chat](#). Provides free support for all Service members of the National Guard and Reserve, all veterans and their families, even if they are not registered with VA or enrolled in VA health care.

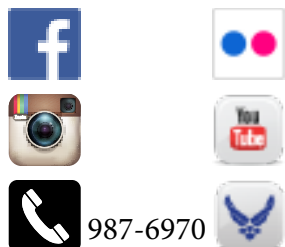
National Suicide Prevention Lifeline - 800-273-8255, provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for all Americans.

Christopher K. Lacouture
 Colonel, USAF
 Commander

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Contact Us:



Helpful COVID-19 Links



[Click here to see official CC Intro Letter](#)

[Air Force COVID Website](#)

[AFRC COVID Website](#)

[Little Rock AFB COVID Website](#)

[Updated DoD Travel Restrictions \(6 July\)](#)

[AR Dept. Of Health](#)

[CDC Website](#)

[DoD Updates](#)

[Tricare COVID Website](#)

Air Force News

Planting the Key Spouse Program: Lawson family leaves their mark

Helping set the foundation for the Key Spouse program here at the 913th Airlift Group, the Lawson family reflects on nearly 20 years of involvement with the program across assignments.

Sharon Lawson believes, "when it comes to helping, it is not about knowing all the answers, it is about knowing where to find the answers and ensuring the right resources are made available to our families and Airmen when they need them most."

She was part of the Key Spouse program at other bases when her spouse was active duty Air Force. Leaning on previous experience, she joined other spouses from the group to help build the program from the ground up.



"Once we learned of the switch to an operational combat mission, we knew there was a special need for the Key Spouse program," said Sharon. "In 2016, I became the key spouse for the 327th Airlift Squadron and 913th Operational Support Squadron."

[Right Click here to read more](#)

Medical Readiness during COVID-19



[Right Click here to see more photos](#)



Air Force Reserve Lt. Col. Wayne Jones, 913th Aerospace Medicine Squadron optometrist, demonstrates eye examinations June 6, 2020, at Little Rock Air Force Base, Ark. Optometrists perform yearly eye exams to assess vision and identify eye disorders, ensuring deployment readiness for Airmen and the group. Individual medical readiness includes a number of regular medical examinations required for deployment readiness.

[Right Click here to see more photos](#)

Chief Master Sgt. Ralph Babcock nearly 40 years of service

Congratulations to Chief Master Sgt. Ralph Babcock for nearly 40 years of service! He started his career as an Aerospace Ground Equipment Mechanic based out of Mather AFB, California in 1980. Recently, Chief Babcock returned from a deployment where he served as the Superintendent of the 385th Air Expeditionary Group. While the 913th Airlift Group was deployed, he held down the 913th Maintenance Squadron mission. There are too many adventures and accomplishments to list here.

The Airmen of the 913th Airlift Group appreciates all that he has done to establish the unit. Thank you for your dedication and service. Best wishes on your retirement!



[Right Click here to see the video](#)

Congratulations

Newly Promoted Members

Congrats to those below who promoted in July!

Senior Master Sgt. Cathryn Rock - IG
 Master Sgt. Larry Mosley - APS
 Tech. Sgt. Edward Drew - 327 AS
 Tech. Sgt. Brandon Oliver - 913 MXS
 Tech. Sgt. Jordan Roberson - 913 MXS
 Staff Sgt. Caleb Mailhiot - 327 AS
 Senior Airman Christopher James - APS
 Senior Airman Calvin Rosebud - APS
 Airman First Class Timara Harris - APS
 Airman First Class Dominique Sims - 913 AMDS

Military OneSource: (SCRA) Servicemembers Civil Relief Act

The Arkansas Personal Financial Counselor (PFC) and Military OneSource have seen fantastic results with recovering over-paid interest for service families.

For additional one-on-one SCRA assistance, PFC Jim Garrett, CFP is available to assist and can be contacted at (479) 353-4998 or PFC1.AR.NG@zeiders.com.



[Right Click here to read more about SCRA](#)

Did you know?



Enlisted Commissioning Program

Enlisted Air Force Reserve Airmen who meet the requirements for commissioning should turn in their packets to 913 FSS by **August UTA 2020.**

POC: Staff Sgt. Jaylin Jones; 501-987-7813

[Right Click here for the Commissioning Program guide](#)



November is the special observance month for National Native American Heritage. Senior Master Sgt. Cathryn Rock and Staff Sgt. Tiah Phillips are looking for eager volunteers to assist with planning. Please contact them directly for details.

VCSAF's challenge invites Reserve Citizen Airmen to submit ideas

What's your idea to save Airmen time?

Vice Chief of Staff of the Air Force Gen. Stephen Wilson initiated a challenge to Airmen, including Reservists, to come up with and submit their ideas on how Airmen can improve processes, save time and complete the Air Force mission more effectively.

Wilson's challenge is part of the Air Force's Airmen Powered by Innovation program. The program allows Airmen to submit their innovative ideas via a secure website.

Donna Watson, Air Force Reserve Command's Continuous Process Improvement and Lessons Learned division chief, said Reservists are unique in that they have experience outside of the Air Force they can use to help make improvements.

"The traditional Reservist has a unique prismatic view from the Reserve triad: family, civilian employer and Air Force career," Watson said. "Consequently, Reservists can cross-pollinate great ideas from their work experiences outside of federal service to bring a fresh and new perspective to the Air Force environment."

[Right Click here to visit the site](#)



Health and Wellness

VA releases new COVID Coach mobile app

The U.S. Department of Veterans Affairs (VA) today announced the launch of the COVID Coach app, a new mobile app designed to help both Veterans and civilians cope with feelings of stress and anxiety they may be experiencing during the COVID-19 pandemic.

The app includes practical tools, information and resources that can all be used from the safety of one's home to track well-being, mood swings and Post-Traumatic Stress Disorder (PTSD) symptoms.



A personal goal setting tracker can help users work toward achieving small victories. The mindfulness and sleep tools can be helpful for improving mental health and well-being. The indoor activities tool and staying healthy recommendations have been specifically tailored to the current COVID-19 situation.

"VA wants to make sure Veterans have access to every resource available," said VA Secretary Robert Wilkie. "The COVID Coach app

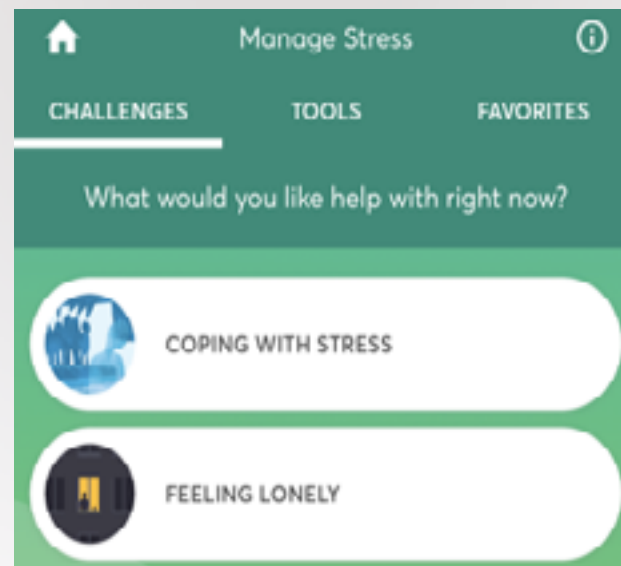
Courtesy of U.S. Department of Veterans Affairs

[Right Click here to read the original article](#)

provides tools and information to stay mentally and physically healthy."

Direct links to resources are available within the app for those who may need additional professional support. The COVID Coach can be used independently or while engaged in mental health treatment but is not intended to replace needed professional care.

COVID Coach was developed by VA's National Center for PTSD's Mobile Mental Health Team, in conjunction with the Office of Mental Health and Suicide Prevention. [Download](#) the app on iOS and Android devices or from [VA's Mobile App Store](#). Contact MobileMentalHealth@va.gov regarding questions about COVID Coach.



[Right Click for the Stress Relief during COVID-19 Brochure](#)



Little Rock Air Force Base Chapel has transition back to limited in-person services.

The times are:

9 a.m. - Catholic Mass

11 a.m. - Protestant Service

5 p.m.. - Catholic Mass

They continue to offer Facebook live streaming of morning services only. Check their Facebook page for updates.

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

[Right Click here for in-person service guidelines](#)

UTA Schedule

Pre-UTA Schedule, Friday, 31 July 2020

1300-1400 Pre-UTA Staff mtg (HQ conf rm)
 1400-1430 FMB Qtrly mtg (HQ Conf rm)
 1430-1500 ART/SORTS/DRRS mtg (Bldg 266, Intel vault)
 1430-1500 First Sgts mtg (Bldg 266, Ops conf rm)

UTA Schedule, Saturday, 1 August 2020

030-1130 Dental Appointments (Bldg 1090, 2nd flr)
 0900 - UCMJ Reenlistment brief (Bldg 262, rm 113)
 1030 - Local sortie take-off (tentative 4-ship)

UTA Schedule, Sunday, 2 August 2020

PT Testing canceled unit October
 0800-1200 APS Static Trainer
 0830 EOC/PME testing (Base Education Center)
 0900 Unit Safety Rep meeting (Bldg 266, rm 106)
 1000 UCMJ Reenlistment Brief (Bldg 262, rm 113)
 1300 CSS Mandatory Training (Bldg 262, FSS Conf rm)
 1300 Supervisor Safety Training (Bldg 284, rm 127)
 1400 - MSgt Monica Carter's (913 AG staff) retirement ceremony (Walters Center)
 1500-1530 Commanders meeting (HQ Conf rm)

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 (Medical appointments only)
 No July UTA
 1-2 August 2020
 12-13 September 2020

Fiscal Year 21 UTA Schedule

3-4 October 2020
 7-8 November 2020
 5-6 December 2020
 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

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.

Fitness Test Suspended (22 May)

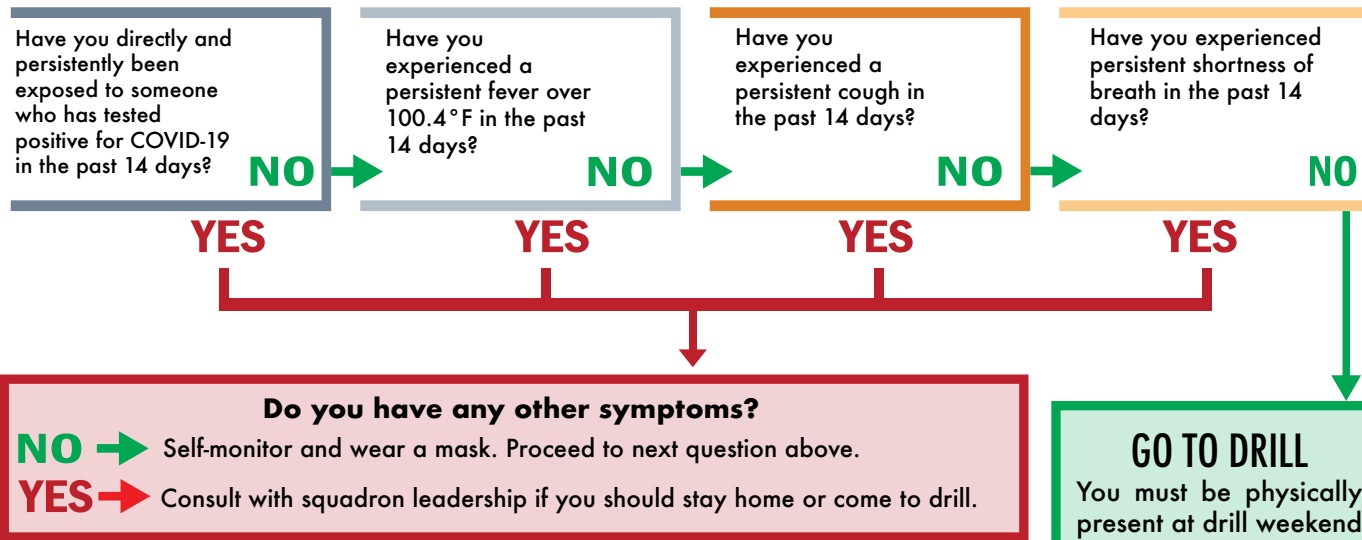
AFRC Q&As

AFRC COVID website

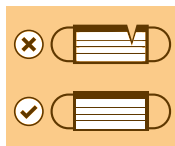
AFRC/CC's Intent



913th Airlift Group Safe to Work Questions



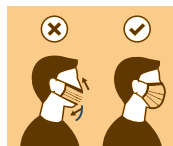
How to Wear Cloth Face Coverings



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.

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.

Base Services Update



TEAM LITTLE ROCK

Services Update

Valid as of 17 June 2020

LRAFB HPCON
B+

● OPEN		▲ REDUCED SERVICES		▲ APPOINTMENT ONLY		■ CLOSED		Area code: (501)	
● 19 MDG	987-8811	▲ CHAPEL	987-6014	● MILITARY CLOTHING	987-3250				
● 19 MDG PHARMACY	987-7446	● CLASS SIX EXPRESS	988-1130	● MPF	987-6831				
● A&FRC	987-2667	■ CLEANERS (PERMANENTLY)	983-1616	▲ OUTDOOR REC	987-3365				
● ALTERATIONS	988-1050	● COMMISSARY	987-6990	● PLAYGROUNDS - FSS	987-3365				
● AUTO HOBBY	987-6803	● DINING FACILITY	987-3071	● PRECISION AUTO TUNE	232-7205				
▲ BARBER SHOP	988-1160	▲ FAMCAMP	987-3365	▲ PUBLIC AFFAIRS	987-6744				
● BASE EXCHANGE	988-2237	▲ FINANCE	987-4174	■ RETIREE CENTER	987-6095				
▲ BASE LODGING	987-6753	▲ FITNESS CENTER	987-7716	▲ SKILLS CENTER	987-6808				
● BASE POOL	987-3365	▲ HANGAR 1080	987-5555	▲ STRIKE ZONE	987-3338				
▲ BURGER KING	988-4412	▲ ITT/COMMUNITY	987-5105	▲ UNIVERSITY CENTER	987-3417				
● BX OPTOMETRY	983-0106	● LAKESIDE EXPRESS	988-4841	▲ WALLY'S JAVA	987-4133				
● BX VISION CENTER	988-2761	▲ LEGAL OFFICE	987-7886	▲ WELCOME CENTER	987-1772				
▲ CDC/SAC SUMMER CAMP	987-6130	▲ LIBRARY	987-6979	■ YOUTH CENTER	987-6355				



ALL INDIVIDUALS WILL WEAR PROTECTIVE FACE COVERINGS WHEN THEY CANNOT MAINTAIN SIX FEET OF PHYSICAL DISTANCE, OR AS DESIGNATED IN PUBLIC AREAS

TRUSTED TRAVELER PROGRAM IS SUSPENDED

For details visit www.littlerock.af.mil/coronavirus/

Right Click here for latest update



Safety Highlights

Courtesy of the 913th Safety Office



The start of another school year is around the corner and soon school zones will be buzzing with activity. Traffic may be a little lighter due to COVID, but most schools will be back in session. School buses will be making their rounds picking up their previous cargo. Remember, most school zones have reduced speeds. If your route takes you through a school zone, allow yourself a little extra time. Don't rush and never pass a stopped school bus when the lights are flashing red; this is illegal in all states. Stay alert when approaching school buses or when traveling in school zones. Always be prepared for the unexpected. You are sharing the road with school buses and young pedestrians.



- Teach children the proper way to get on and off the bus
- Arrive at the bus stop early
- Line up 6 feet away from the curb as the bus approaches
- If seat belts are available, buckle up
- Wait for the bus to stop completely before standing
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers



- Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
- Before crossing the street, stop and look left, right and left again to see if cars are coming
- Never dart out in front of a parked car
- Parents: Practice walking to school with your child, crossing streets at crosswalks when available
- Never walk while texting or talking on the phone
- Do not walk while using headphones



- Always wear a helmet that is fitted and secured properly
- Children need to know the rules of the road: Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across
- Watch for opening car doors and other hazards
- Use hand signals when turning
- Wear bright-colored clothing



- Don't block crosswalks
- Yield to pedestrians in crosswalks, and take extra care in school zones
- Never pass a vehicle stopped for pedestrians
- Never pass a bus loading or unloading children
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus

[Right Click here to read more](#)

OPSEC Highlights

The basics and friendly reminders about OPSEC Courtesy of Stripes Europe

As the U.S. entered World War II, posters depicting the phrase “Loose lips sink ships” were printed and widely circulated. It served as a staunch reminder of never knowing who may be listening to public conversations. As easy as it can be to discuss possible deployments, specific job details and even personal information, it can be detrimental to the mission and to yourself. Here are a few basic rules and reminders when it comes to operational security or OPSEC.

Keep the details to a minimum. Don't share the who, what, when, where or whys of unit movements in public or on social media platforms. As over-dramatic as it may sound, sharing or posting specific troop movements can endanger members and the mission.

Don't mention deployment specifics, such as the member's job, location or length of time. With the world of technology at our fingers, it can be tempting to try to reach out on Twitter or Facebook for others going through the same thing. While not against the rules, just be extra guarded ... there could be people trolling groups and feeds looking for information.

Think before you re-post or share. Be cognizant of what articles and stories you choose to pass along or forward online. Media often report on different operations and situations, some of which may not have a happy ending for others. You can always check official public affairs pages or channels to see which stories can be shared.

Keep your own information private. I was once in a salon and overheard a mother discussing her children with a friend. She mentioned specific practice times, where they were, the children's names and what school they went to. While it can seem a bit innocuous and harmless, spilling information loudly in a public area may inadvertently create a risky situation. Watch out when posting photos.

You're proud of your service member and want to show off the latest promotion or graduation picture. Completely normal, right? You may want to do a little Photoshop action before you do. Showing your loved one in a military uniform with the branch of service, rank insignia and name tape probably isn't the best idea.

Geo-tagging can be an issue. To avoid people knowing you're not home, your spouse isn't home and you're at the airport saying goodbye, resist the urge to use the check-in feature on social media.

Spread the right information. We all have friends and family who may not be inside the military world who want to know all the ins and outs of what's going on. While you shouldn't give out specific information, explain to them the rules of OPSEC and why it's important. It may give them a better understanding of why it's crucial to keep things close to the chest.

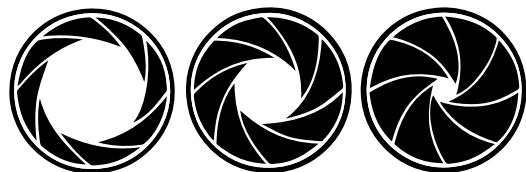
While it can seem a bit overcautious at times, OPSEC is critical. While it may seem harmless, the small details can add up and provide our adversaries the information they're looking for. Stop and reevaluate before posting and sharing any information.



[Right Click here to read more](#)

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

Camera Roll



Click to connect:



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

