



## Table of Contents

Commander's Corner.....	1
<a href="#">Congratulations</a> .....	3
<a href="#">Health &amp; Wellness</a> .....	4
<a href="#">UTA Schedule &amp; info</a> .....	5
<a href="#">Base Events</a> .....	6
<a href="#">Safety Highlight</a> .....	7
<a href="#">OPSEC Spotlight</a> .....	8
<a href="#">Camera Roll</a> .....	9

## Contact Us:



987-6970



# Commander's Corner

## Col Lacouture's Introduction Letter

Airmen of the 913th Airlift Group,

It is truly an honor to be selected as the Commander of the 913th Airlift Group. I know a letter is not the best introduction to a new Commander, but COVID-19 and the part-time nature of the Reserve makes it necessary. I look forward to meeting all of you in the next few months. I plan to have an Assumption of Command ceremony during the August UTA as Coronavirus related restrictions allow. I have high hopes that the August UTA will be conducted in-person for the majority of our members. Expect restrictions to the size of gatherings and facilities on base. As important as it is to return to normal, we must comply with protective measures and prevent the spread of Coronavirus, preserve readiness, and safeguard our Airmen and families.

I did not grow up in the combat airlift world. For the last twenty years, I flew the HH-60G

PaveHawk. I spent over fifteen years on active duty and the last eight in the Reserve. My wife, Lindsey, and daughter, Zoe, and I are excited to start a new chapter. We are a Reserve family. Lindsey is a TR and has been in the Reserve for five years and previously spent over seven years on active duty. The more we discover about the 913th and Little Rock, the more we like it. We are lucky to have this opportunity and are excited to become members of Team Little Rock.

I will provide comprehensive guidance in the coming weeks. In the fall, Group leadership and I will refine the 913th Airlift Group's priorities. My initial guidance is: **Restore and sustain readiness.** 2021 will be a deployment year for much of the Group. We all will be ready to deploy and meet the Joint Force's needs. COVID-19 caused us to have some readiness deficits. Nothing was going to stop that. Our job is to be flexible and



clever as we work to recover our readiness levels and be ready to mobilize.

Lastly, I owe Colonel Collister and Lt Col Granderson my sincere thanks for leading the 913th for the last eleven months. They both stepped up and did an amazing job under difficult circumstances. This is a special unit. There is a level of pride and sense of ownership here that other units do not have. Together, we will successfully execute the mission and showcase the 913th Airlift Group to 22 AF and all of AFRC.

Christopher K. Lacouture  
Colonel, USAF  
Commander

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

[Updated DoD Travel Restrictions \(8 June\)](#)

[AR Dept. of Health](#)

[CDC Website](#)

[DoD Updates](#)

[Tricare COVID website](#)

[Air Force COVID website](#)

[AFRC COVID website](#)

[Little Rock AFB COVID website](#)

## Helpful COVID-19 Links



# Air Force News

## Air Force Reserve group earns 2019 General Doolittle Award

The Air Force Reserve 913th Airlift Group recently was named the recipient of the 2019 General James H. Doolittle Trophy by Air Mobility Command.

The award was established by the Air Force Historical Foundation as a way to recognize a unit that has displayed bravery, determination while accomplishing its mission under difficult conditions.

While deployed in 2019, the total force crew led a formation airdrop mission of critical supplies in a highly contested environment, overcoming harsh weather and limited communication equipment. The formation was a mix of two C-130J Super Hercules and four C-17 Globemaster IIIs supporting eight different forward operating bases throughout the combat theatre.

"The intent of this flight was mass delivery of critical supplies with minimum time in the area of responsibility," said Maj. Andrew Gills, C-130J aircraft commander. "We practice these capabilities and inter-fly with other aircraft while at home station. Before we can ever get out the door, however, there is an incredible amount planning, coordination, de-confliction, and training that enables us to ultimately perform successfully in the time critical environment of mission execution."

[Click here to read more](#)



## 40 years of service to country: Chief Master Sgt. Donald Tarrance



Air Force Reserve Chief Master Sgt. Donald Tarrance, 327th Airlift Squadron superintendent, retired June 5, 2020, after his final flying mission with 40 years of service.

Tarrance's career comes to a close with over 9,450 flying hours in the C-9A, C-130E/H/J model aircraft. A unique chapter in his career considering he started his career in 1980 as part of the 20th Special Force Group, Airborne, as an operations analyst in the Army National Guard, Alabama.



"I was attending the University of Alabama and money was running low," Tarrance said. "There was a Special Forces Group in Birmingham and I wanted a challenge. Joining that group provided a signing bonus."

By joining the group, Tarrance received a signing bonus that helped with the costs associated with college.

"I always said that I would quit when it stopped being fun; it never did!"

[Click here to read more](#)

## Total Force supports Weapons School

The Air Force Reserve 913th Airlift Group was part of a Team Little Rock effort to support the largest U.S. Air Force Weapons School Integration capstone event, June 6.

"We are one of 19 C-130J aircrew who assisted weapons school students with their capstone event," said Capt. Ryan Christopherson, Air Force Reserve 327th Airlift Squadron pilot. "This is a great training opportunity to integrate with our active duty counterparts. We are very enthusiastic to play a part in an event that develops our force's tactical experts and future war planners."

The crews were part of the more than 75 aircraft that amassed within the Nellis Tactical Training Range to conduct advanced tactics. The C-130s simulated airdrops of personnel and equipment as part of the mobility air force portion of the scenario.

"The Joint Forcible Entry is a complex mission set focusing on providing rapid delivery of Army forces in a contested space," said Christopherson. "To ensure U.S. presence in enemy territory, we need the full range of combat capabilities to ensure success with minimal risk. This requires coordination and integration with other Air Force assets."



[Click here to read more](#)



# Congratulations

## Newly Promoted Members

Congrats to those below who promoted in June!

Master Sgt. Sarah Johnson - FSS  
 Tech. Sgt. Christopher James - 327 AS  
 Senior Airman Natasha Douglas - 327 AS  
 Senior Airman Srikanth Chennupati - APS

## Military OneSource: Exceptional Family Member

The Department of Defense Office of Special Needs is committed to helping families with special needs thrive in military life. The Exceptional Family Member Program does this through identification and enrollment (Medical), assignment coordination (Medical and Military Personnel) and family support. The more families understand how EFMP works across these three parts, the better their experience can be.

Each Service has its own mission and history with EFMP. However, there has been a focus over the past several years on creating more standardization across Services to make it easier for families to find what they need, when they need it. We can minimize misperceptions and increase satisfaction by helping families understand how the system works and what to expect.

[Click here to read more about EFMP](#)

## Did you know?



### Annual Tour Orders Request

Turn in your fiscal year 2020 Annual Tour orders requests to your supervisors and CSS before **15 July 2020.**



### 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. Airman Jaylin Jones; 501-987-7813

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

## Tax Tips:

- Deduction for student loan interest paid. Generally, personal interest you pay, other than certain mortgage interest, is not deductible on your tax return. However, if your modified adjusted gross income (MAGI) is less than \$80,000 (\$160,000 if filing a joint return), there is a special deduction allowed for paying interest on a student loan used for higher education. The student loan interest deduction is taken as an adjustment to income (an above-the-line deduction). This means you can claim this deduction even if you do not itemize deductions on your tax return.

- If you paid tuition last year you may be able to get a tax credit on your 2019 return. There are two credits available, the American Opportunity Credit, for the first four years of college, and the Lifetime Learning Credit, for subsequent education or training. The American Opportunity Credit credits you with 100% of the first \$2000 you paid in qualified tuition and 25% of the next \$2000 spent. The Lifetime Learning Credit can help pay for undergraduate and professional degree courses – including courses to acquire or improve job skills. There is no limit on the number of years you can claim this credit and it can be worth up to \$2000 per tax return. IRS Publication 970, Tax Benefits for Education has more information.

For more information: contact: Jim Garrett,  
 Personal Financial Counselor,  
 479-353-4998, PFC1.AR.NG@zeiders.com





# Health and Wellness

## Strategies to build your spiritual fitness

Courtesy of Human Performance Resources

Spiritual fitness can help you leverage your value system, spirituality, and/or religion for peak performance, readiness, and resilience. Just like lifting weights a few times a year won't make you physically fit, spiritual fitness is something to regularly attend to in order to be mission-ready. Building your spiritual fitness will help provide the resources you need to carry on during times of stress, hardship, tragedy, and even when things are going well. While what it means to be spiritually fit can be deeply personal and different for everyone, the benefits can also help with unit cohesion and keep family members close.

One way to build spiritual fitness is through daily reflection, prayer, or meditation. Think about how your answers to the following questions can help guide your core beliefs, resilience, and skills through the challenges of military life.

Use the following checklist to set spiritual goals for yourself, as well as a personal AAR to decide what's going well or where you need to take a different course of action.

### Strategies to build your spiritual fitness

**At the start of each day, reflect on these questions to help enhance your performance and well-being. At the end of each day, use them as a personal AAR to grow your spiritual fitness.**

#### Be grateful

What are you thankful for and how will you show it?  
What do you want to make sure you do NOT take for granted?

#### Serve others

What personal strengths and gifts can you share?  
What's one thing you can do today to make the world a little bit better?

#### Overcome challenges

What do you need to accept? Where can you take action?  
Who or what helps give you the strength to persevere and grow?

#### Forgive yourself and others

What anger, pain, guilt, or hatred do you want to release?  
What can you learn? What do you hope for in the future?

#### Live your values

What values do you want to live out? What drives you to be your best?  
What are your temptations? How can you avoid them?

#### Connect with something greater

How will you take time to deeply engage with something larger than yourself?  
How can you meaningfully connect with others, nature, or a higher power?



CHAMP

HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org

[Click here to visit Human Performance Resources](#)



Little Rock Air Force Base Chapel will transition back to in person services with limitations 21 June at the times below.

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.

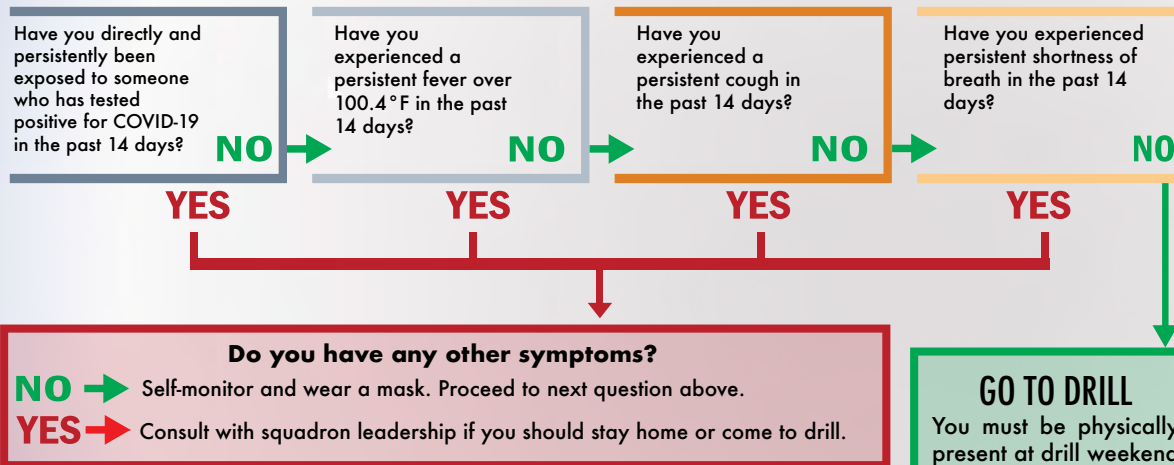
[Click here to see the LRAFB Chapel Facebook page](#)

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

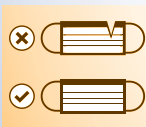
Personnel scheduled to physically show for drill are requested to answer the "Safe to Work" questions below. Communicate with your supervisors if you have questions or concerns.

[AFRC/CC's Intent](#)
[AFRC COVID website](#)
[AFRC Q&As](#)
[Fitness Test Suspended \(22 May\)](#)


## 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.

## 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~~ (Medical appointments only)

No July UTA

1-2 August 2020

12-13 September 2020



## Base Happenings



# 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
● 19 MDG PHARMACY	987-7446	● CLASS SIX EXPRESS	988-1130	● MPF
● A&FRC	987-2667	■ CLEANERS (PERMANENTLY)	983-1616	▲ OUTDOOR REC
● ALTERATIONS	988-1050	● COMMISSARY	987-6990	● PLAYGROUNDS - FSS
● AUTO HOBBY	987-6803	● DINING FACILITY	987-3071	● PRECISION AUTO TUNE
▲ BARBER SHOP	988-1160	▲ FAMCAMP	987-3365	▲ PUBLIC AFFAIRS
● BASE EXCHANGE	988-2237	▲ FINANCE	987-4174	■ RETIREE CENTER
▲ BASE LODGING	987-6753	▲ FITNESS CENTER	987-7716	▲ SKILLS CENTER
● BASE POOL	987-3365	▲ HANGAR 1080	987-5555	▲ STRIKE ZONE
▲ BURGER KING	988-4412	▲ ITT/COMMUNITY	987-5105	▲ UNIVERSITY CENTER
● BX OPTOMETRY	983-0106	● LAKESIDE EXPRESS	988-4841	▲ WALLY'S JAVA
● BX VISION CENTER	988-2761	▲ LEGAL OFFICE	987-7886	▲ WELCOME CENTER
▲ CDC/SAC SUMMER CAMP	987-6130	▲ LIBRARY	987-6979	■ YOUTH CENTER



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/](http://www.littlerock.af.mil/coronavirus/)

[Click here for latest update](#)




# Safety Highlights

## Fireworks Safety Courtesy of the 913th Safety Office

With many public 4th of July fireworks displays cancelling this year due to the COVID-19 pandemic, I'm sure some of you will be tempted to purchase fireworks and put on your own neighborhood fireworks show. With that in mind, the 913 AG Safety office would like to remind everyone to celebrate safely, because nothing kills a holiday like a trip to the emergency room.



**Facts:** In 2018, five people were killed nationwide and another 9,100 Americans were injured by fireworks. Fireworks contain sulfur, charcoal, and gunpowder, and the red-hot fragments can reach more than 1,300 degrees. Hands and fingers are the body parts most affected by injuries, then legs and eyes, followed by head, face, ears and arms.

### Basic Safety Guidance:

Read the cautionary labels and performance description before igniting  
Obey all local laws regarding the use of fireworks  
Don't drink alcohol while lighting fireworks  
A responsible adult should supervise activities  
Only light one firework at a time  
Never re-light malfunctioned fireworks  
Have buckets of water handy to quickly extinguish any fires  
Prior to purchasing your fireworks, you may want to check for county burn bans and risk for wildfires by visiting the Arkansas Forestry Commission at: <https://www.agriculture.arkansas.gov/forestry/>

# 4<sup>th</sup> of JULY SAFETY

### HEAT-RELATED ILLNESS

#### STAY HYDRATED

- Drink more than 8 ounces a day
- Drink even when you're not thirsty
- Avoid alcohol, coffee & soft drinks

#### APPLY SUNSCREEN

The sun is the strongest between 10 a.m. and 4 p.m.  
Reapply sunscreen often  
Stick to SPF's between 15 and 50+

#### WEAR YOUR SHADES

Sunglasses must block 99 to 100% of UVA/UVB rays

#### MOST AT RISK

Adults over 65 and children under 4  
Those w/existing medical conditions

### GRILL SAFETY

\*in a 5-year period\*

8,900 house fires

160 injuries

118 mil. in damages

10 deaths

#### KEEP GRILL:

- ★ AWAY FROM STRUCTURES
- ★ IN WELL-VENTILATED AREA
- ★ AWAY FROM CHILDREN & PETS

## Fireworks Safety

**NEVER** allow children to play with or ignite fireworks

**KEEP** a bucket of water or hose nearby

**MAKE** sure fireworks are legal in your area

**MORE THAN 14,000** 4TH OF JULY FIREWORKS EXPLODE ACROSS THE NATION EACH YEAR

# OPSEC Highlights

## SECURITY TIPS Courtesy of Department of Defense Education Activity

- \* Don't discuss personal matters such as travel plans, your job, or your family with people you don't know.
- \* Learn the area, the culture, local customs, history of criminal activity and local laws.
- \* Become familiar with the environment. You must know what is normal to be able to detect what is unusual.
- \* Always have local coins or calling cards for pay phones. Know how to use the local phone system and the number for emergencies.
- \* Keep a low profile. Don't advertise U.S. DoD affiliation.
- \* Dress and behave conservatively. Avoid styles that don't fit in the local area and such as American items like cowboy boots and hats, or baseball caps - try to blend in.
- \* Don't wear clothing with slogans or symbols that may be offensive. Remember, different cultures have different values and beliefs. When in doubt, be conservative.
- \* Be polite and low key. Avoid loud conversations and arguments.
- \* Don't flash large sums of money.
- \* Never carry documents, credit cards, or large sums of money that you don't need to have on your person. For example, there is generally no reason to have your stateside drivers license or American department store credit cards in your wallet or purse.
- \* Avoid going out alone, especially at night.
- \* Avoid secluded areas, poorly lit streets and narrow alleys.
- \* Stay away from known "trouble spots", demonstrations, and political rallies.
- \* When shopping or in other contacts, remember "Deals too good to be true" usually are.
- \* Criminals often target intoxicated people. Excessive consumption of alcohol is often the first step to becoming the victim of a crime or serious accident. Most importantly, many victims simply lose their ability to perceive and appreciate potential dangers. It lowers your awareness, rational decision making process, and physical coordination. If you drink, do so in moderation, especially when away from your residence. Staying sober may help you stay healthy and alive.



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

[Click here to read more](#)



## Camera Roll

Click to connect:



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

