



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

Contact Us:



987-6970



Commander's Corner

Great American Defense Community visits TLR community

LITTLE ROCK AIR FORCE BASE, Ark. -- Representatives from the Association of Defense Communities visited Little Rock Air Force Base, Arkansas, on Feb. 25-26, 2020, in recognition for being one of five communities across the country named to the 2020 Class of Great American Defense Communities.

The program, now in its fifth year, was established to recognize the role that communities and regions with active installations play in supporting service members and military families.

"The strength of our military starts at home, in America's defense communities," said Joe Driskill, ADC president.

During the visit, the representatives were able to tour Jacksonville High School and learn about the Cyber Security program. The new program was established in partnership with the 189th Airlift Wing, and is currently supported by the Guard's Cyber School.

"The cyber security program at Jacksonville High School is just one of the many reasons Central Arkansas was recognized as a 2020 Great American Defense Community," said Grace Marvin, ADC director of communications. "The strength of the installation/community relationship is apparent in the numerous quality of life initiatives that both the region and the base are committed to maintaining."

They were also able to sit in with base leadership, discussing the successful passage of state legislation to benefit our military and retiree community, including the exemption of military retirees from paying state income tax, automatic licensure for military spouses and veterans coming in from other states, and exempting all Arkansas National Guard members from tuition for higher education opportunities, among many other programs.

"The ADC brings together groups like this around the country to celebrate the good things that happen so we can learn from one another and make sure those practices are deployed all around the country," Driskill said.



Right click to copy the link and [read more:](#)

Air Force News

Air Force Reserve Command to align with Total Force budget decisions

ROBINS AIR FORCE BASE, Georgia --

Air Force Reserve Command leaders are taking steps, along with other major commands, to address changes to Total Force fleets in the Air Force Fiscal Year 2021 Presidential Budget released today.

"The Air Force Reserve FY21 budget remains in line with the Department of the Air Force plan for long-term strategic investment and modernizing for the future end fight," said Lt. Gen. Richard Scobee, Air Force Reserve Command commander and chief of the Air Force Reserve. "This budget makes tough, but needed, choices to address tomorrow's security challenges."

Scobee and Air Force Reserve leaders are working with leadership and staffs at the other major commands on how specific changes to weapon systems will align with Air Force priorities.

For example, the FY21 budget calls for the reduction of C-130 Hercules over the next several fiscal years. While there are no impacts to the AFR C-130H fleet in the FY21 budget, Total Force C-130H reductions will remove 24 of the oldest, unmodified C-130H aircraft from the Air Force's inventory. These actions require prudent operational risk balancing to meet Joint Force tactical airlift needs, according to Air Mobility Command senior leaders. At the



time of the FY21 budget release, no decision has been made on what non-Air Force Reserve units will be affected by C-130 force structure adjustments.

Right click to copy link to [read more](#)

Full time to part time with benefits

LITTLE ROCK AIR FORCE BASE, Ark. --

You can still serve the military part-time in the Reserve, whether you are about to finish your active duty commitment or have a few years left. Palace Chase and Palace Front are programs offered to active duty members to transition toward part-time reservists, serving one weekend per month and two weeks a year.

The Palace Chase program allows active duty Airmen to apply to be transferred to a reserve unit while they still have an active duty service commitment.

"Palace Chase allows the Air Force to retain quality personnel by provide them various ways to continue serving," said Master Sgt. Lyndsay Moen, Palace Chase and Palace Front liaison recruiter. "The ability to choose available jobs and apply to units across the country allows Airmen to pursue other opportunities such as full-time school and a stable environment for their families."

Right click to copy link to [read more](#)



Congratulations

Recently Completed Upgrade Training List
February:

Amn First Class Harris, Timara
Staff Sgt. Blattner, Justin
Tech. Sgt. Jones, Brittney
Tech. Sgt. Scheider, Justin

Promotion List

Master Sgt. Murray, Michael
Staff Sgt. Anderson, Shanice
Staff Sgt. Cartwright, Houston
Staff Sgt. Patino, Samantha
Senior Airman Alexander, Lewis
Senior Airman Gutierrez, Charles

Semi-Annual award winners!

Congrats to the Airmen below who won the
Semi Annual award for their categories!

Airman category -

Senior Airman Chloe Lawrence, 96 APS

Non-commissioned Officer -

Master Sgt. David Underwood, 913 OSS

Senior NCO -

Master Sgt. Kyle Gilbertson, 913 OSS

Meet our Airman & Family Readiness Team

UTA Weekend Office Hours 0700-1600

Phone 501-987-1234

Building 276 Across from Hungry Herk

Mike "Rudy" Rudisill *Employment/Volunteer Consultant*



Michael.rudisill.3@us.af.mil 501-987-2667 or 501-987-1234

Generalist on all 14 A&FRC programs

"I'm excited about the opportunity to be a part of the 913th family and assisting you and yours with any issues that you may be having. Together we can work through the programs available on and off base for you and your family. Your success is our success."

Transition Assistance Program **Lyndsey Ballard**

LyndseyBallard.2@us.af.mil

We appreciate the opportunity to be a part of the 913th AG team. I look forward to putting my background in education, employment, transition assistance, and all things Airman & Family Readiness to work for you!



Peggy Bennet *Air Force Aid/Financial*

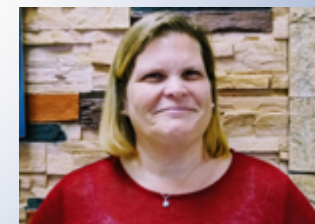
peggy.bennett.1@us.af.mil Accredited Financial Counselor

"We are here for you! Taking care of our airmen and their families is our mission. We look forward to being a part of your team, your family and your mission."

EFMP - Family Support **Jeannie Cotten**

Ina.Cotten@us.af.mil

"I enjoy working with military families whether it is with adults or children. I look forward to working with the men and women of the 913th to build more resilient families."



UTA Schedule

Pre-UTA Schedule, Friday, 6 March 20

1045 4-ship Take Off
 1300-1400 Pre UTA Staff meeting (HQ conf rm)
 1400-1430 CIMB 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, 7 March 20

0800-1200 Finance hours (Bldg 262, rm 133)
 0830-1530 AMDS Appointments (Bldg 1090)
 0900 UCMJ Reenlistment Brief (Bldg 262, rm 113)
 0930-1300 Blood Drive (Bloodmobile between bldgs 266 & 262)
 1000 4-ship Take Off
 1130-1300 Chief Lord's Going Away Lunch (Casa Mexicana Restaurant, Sherwood)
 1400-1500 April 2020 Development Day Planning mtg (HQ Conf rm)

UTA Schedule, Sunday, 8 March 20

0730-0900 Fitness Testing (HAWC)
 0800-1200 Aircraft Static Trainer (flightline)
 0830 EOC/PME testing (Base Ed Center)
 0900 Catholic Mass (Base Chapel)
 1000 UCMJ Reenlistment Brief (Bldg 262, rm 113)
 1000 WIT Quarterly Training Meeting (Bldg 266, 327 AS/913 OSS Conf rm)
 1100 Protestant Service (Base Chapel)
 1130-1230 Col Collister Lunch with First Sgts (DFAC)
 1300-1400 CSS Training - Strength reporting & PERSCO (Bldg 262, FSS Conf rm)
 1500-1530 Commanders Meeting (HQ Conf rm)

Military Family & Life Counselor

Work Cell: 501-297-0662

Located near A&RC Team in Bldg 276 during UTA

March UTA walk about schedule:

Saturday

0715 - APS

0730 - MXS

1600 - AMDS

Sunday

0730 - 327 AS/913 OSS

0745 - FSS/Group Staff

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



WILDERNESS MEDICINE COURSE

7-8 MARCH
REGISTER BY 3 MARCH
\$50 FOR R4R QUALIFYING PARTICIPANTS
\$80 FOR ALL OTHERS

Prepare for the unexpected with this engaging, hands-on introduction to wilderness medicine.

Learn the patient assessment system, how to provide effective first aid treatments for injuries & illnesses common in the outdoors & how to make appropriate evacuation decisions.

"Course will be taught both in the classroom & outdoors regardless of weather so come prepared!"

*Course is suited for all experience levels & those who's outdoor adventures are within an eight hour response time for EMS. Register online at rockinatherock.com/stemtrip. 72 hour cancellation required. Only 10 spots available. Ages 16 & up.

at the **WALTERS COMMUNITY SUPPORT CENTER | 987-3365**

@rockinatherock       **FORCE SUPPORT SQUADRON**  www.rockinatherock.com  19 FSS E-Newsletters  Little Rock Air Force Base Mobile App



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.



UFC 248

TWO TITLE FIGHTS

ADESANYA vs ROMERO

ZHANG vs JOANNA

MAR 7 SAT

DOORS OPEN AT 6 PM | AGES 18 & OVER
\$ 70 WINGS | \$5 DOMESTIC DRAFT PITCHERS | \$5 FROZEN MARGARITAS | \$10 ONE-TOPPING MEDIUM PIZZAS

at **HANGAR 1080 | 987-5555**

@rockinatherock       **FORCE SUPPORT SQUADRON**  www.rockinatherock.com  19 FSS E-Newsletters  Little Rock Air Force Base Mobile App

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

Courtesy of Chaplain Landers

Words of Wellness

Many of us, myself included, juggle work, career, and ministry with the demands of home, marriage, and children. We attempt to balance work and home with a sense of dedication and grace.

This UTA I wanted to offer some encouragement to the working parents as well as those of you who seek to retain your youthful spirit. Recently I happened upon a great article about 15 ways to build self-esteem and confidence in teens. The article along with other resources on Big Life Journal's website reminds adults, youth, and kids alike that we are never too old or too young to foster hope, resiliency, and a growth mindset.

Below is the link for the article and the 15 tips that are sure to improve the wellbeing of all of us. May we all keep growing and improving!

<https://biglifejournal.com/blogs/blog/build-self-esteem-confidence-teens>

1. *Love Unconditionally*
2. *Embrace a growth mindset in your home*
3. *Make room for failure*
4. *Praise the process and tie it to the outcome*
5. *Help them gain new and lacking skills*
6. *Be a family that doesn't give up*
7. *Give reassurance*
8. *Talk about assertiveness*
9. *Practice at home*
10. *Embrace self-compassion*
11. *Encourage diversity in activities & interests*
12. *Give less advice*
13. *Ask for advice*
14. *Listen*
15. *Model confidence*

Additional Services

Beginning March UTA

Saturdays 0830-0845: **Guided meditation**

Sundays 0830-0845: **Christian prayer service**

Where: 913th Chaplain Office: Building 266, Room 122.

If you have any questions or concerns, please email nyssa.curtis.2@us.af.mil, or call our office, 987-5153.



Safety Highlights

Medication Drop Off

Courtesy of the City of Little Rock

Prescription drugs should never be disposed of in the landfill or flushed down toilets. Always take any unused drugs to a drug take back location to ensure proper disposal of all types of medication.



There are six (6) medicine take back locations in Little Rock. Visit the [Arkansas Take Back](#) website to find the location nearest to you.

The Little Rock Police Station located at 700 W. Markham has a 24 hour drug take back station. When you walk into the station turn left and there will be a locked door with signage for the drop off. You can bring any sort of medicine to this take back location, no questions asked.



You can recycle empty white medicine bottles in your household recycle cart. They are made of a type of plastic that is easy to recycle.

Do not put yellow medicine bottles in your recycle cart. They are made of a mixture of plastics that are difficult and expensive to recycle.

Daylight Savings - 10 March

Daylight Saving Time (DST) is the practice of setting the clocks forward one hour from standard time during the summer months, and back again in the fall, in order to make better use of natural daylight.

Clocks Back or Forward?

"Spring forward, fall back" is one of the little sayings used to remember which way to set your watch. You set your clock forward one hour in the spring when DST starts (= lose 1 hour), and back one hour when DST ends in the fall (= regain 1 hour).



OPSEC Highlights

Social Engineering Fraud: A Case Study

Courtesy of the Risk Management Magazine

The cybersecurity landscape has witnessed an alarming rise in social engineering incidents in which criminals trick employees into wiring funds out of corporate accounts into the crooks' own ledgers. Also known as business email compromise, recent examples include Ubiquiti Networks, which was swindled out of \$47 million, and Bitpay, which lost \$1.8 million. The FBI reports that more than 17,000 enterprises have lost a total of \$2.3 billion in these scams over the past two years, and this form of theft has grown more than 270% since January 2015.

My company, Centrifly, has been the target of several of these social engineering attempts. By using our experience as a case study, hopefully others can avoid crippling losses.

A Firsthand Account: Two years ago, Centrifly's vice president of finance received an email from our CFO, Tim Steinkopf, which appeared to be a forwarded request from me, the CEO, asking that a wire transfer for \$347,493.41 be sent to a third-party account. The email included a PDF attachment with wire instructions for a company called Indeva Corporation and included a U.S.-based Citibank account. Many wire scams reference banks in China, so this scam was seemingly more advanced.

Right click to copy link and [read more](#)

Tips to avoid disaster and other scams



You're most likely to get scammed when you're most vulnerable or least expecting it. Scammers know this. That's why some of the most common rip-offs involve: home repair and other frauds after a natural disaster, foreclosure rescue scams, pension and charity scams. Learn how to protect yourself from:

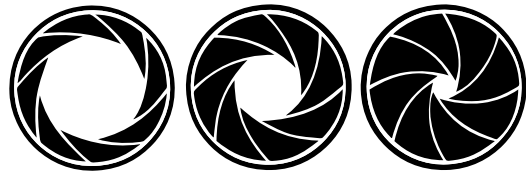
- * Con artists who prey on disaster victims. Common scams include those involving home repair frauds, fake government representatives and fake charities. The Consumer Financial Protection Bureau has tips for how to protect yourself.

- * Foreclosure rescue scams. Having a hard time making your mortgage payments or facing foreclosure? You have options to save your home. But beware of scammers who guarantee to stop your foreclosure (no one can promise that) or tell you not to contact your lender, your lawyer or your credit housing counselor (they all can be helpful). See how to sniff out such scams at fdic.gov.

- * Sham charity operators and dishonest pension advisors. Service members, veterans and their families are targets for crooked charity operators and dishonest advisers who claim to offer free help with paperwork for pensions, including some attorneys and financial planners. Check out justice.gov/fraudtaskforce for more information.

Understanding what steps to take to get ahead of fraudsters helps to reduce your chances of getting scammed or your identity stolen. Contact Military OneSource to connect to a personal financial counselor at your installation.

"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.

Instructions for signing up

1. Log onto the Appointment Plus website using the URL: <https://booknow.appointment-plus.com/6brvd3tk> which is accessible on personal computers.
2. You must create an account to sign up.

Course Registration

Open until end of day 7 March, Saturday

