



Commander's Corner

913th Airlift Group response to COVID-19

1. The COVID-19 virus response has been rapidly changing from all levels of our government, from the federal to the state to the local level. My top concern is the safety and health of our Airmen and their families while ensuring we can complete our mission essential tasks. To those ends, I am issuing the following guidance for the 913th Airlift Group, effective immediately.
2. Our April UTA, scheduled for April 2-5, will be rescheduled to September 14-17. Please work with your chain of command on options you would like to take in the wake of this decision. One option is to reschedule your days to anytime from 8 June through 30 September. Another is to be granted an excusal. A third, which is still being fleshed out, is the possibility of teleworking. If that option interests you, expect further guidance on how to execute that possibility soon. To schedule any remaining annual training, please contact your chain of command.
3. Currently we have very few mission essential obligations to fulfill, but the ones we do have I am fully committed to accomplishing. Per HQ Air Force guidance, any deployment tasking is mission essential. We are only slated for a few at the moment, but those few deployment taskings are my highest priority to support in the short-term.
4. Our Host Wing and Installation Commander have directed the local area to be defined as within the state of Arkansas. As a result, any member of the 913 AG living outside of the state of Arkansas requires approval to report to Little Rock AFB. If you feel it necessary to report to the base, route your request with supporting information through your chain of command and await a final decision.
5. I have directed our Public Affairs Office to keep the most up-to-date information disseminated across our various forms of mass media. Please periodically review those to make sure you know the latest information with regards to the COVID-19 health threat and our current 913 AG posture. 6. Finally, I'd like to thank all of you, fellow Citizen Airmen, for your patience and understanding as we grapple with this evolving public health threat. Your safety is of paramount concern to me and your group and squadron leadership, and I have no doubt continued evolution in our response to COVID-19 will be forthcoming.

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Helpful COVID-19 Links


[Air Force COVID website](#)
[AR Dept. of Health](#)
[AFRC COVID website](#)
[CDC Website](#)
[Little Rock AFB COVID website](#)
[DoD Updates](#)
[913 AG COVID memos link](#)
[Tricare COVID website](#)


987-6970



Air Force News

Air Force Reserve unit launches C-130J four-ship formation

A four-ship formation of C-130J Hercules manned by Air Force Reserve personnel from the 913th Airlift Group took off from Little Rock Air Force Base, Arkansas, March 7.

The low-level flight along the Buffalo River and Pinnacle Mountain included training cargo bundles that were airdropped to simulate delivering supplies to a deployed forward operating base. Arkansas's terrain and available training assets allow for a large number of exercise scenarios to be supported in one location.

"This is a team effort to get any aircraft off the ground," said Maj. Steve "STUD" Freeman, 913th Operations Support Squadron Chief of Weapons and Tactics. "From maintenance, to our Port Dawgs, to our support personnel; each squadron does their part to ensure we can test aircrew readiness and capabilities."

[Click here to read more](#)



Waves of Grief: Tech. Sgt. Alexandria Erwin



Life often blindsides you with tragedy. For Air Force Reserve Tech. Sgt. Alexandria Erwin, she was doing her best to prepare for the inevitable.

Her younger brother Ryan, was losing his 10-year battle with brain cancer. At just 28 years old, Ryan was fighting not only a secondary brain cancer which was a direct result of previous treatment, but doctors also found a third cancer in both his esophagus and lungs. In an effort to focus treatment on the emerging issues, the medical care for the brain cancers were diminished.

Unfortunately, since moving from Washington State to Arkansas it had been quite a few years since Erwin and Ryan had last seen each other.

"Before I left for my deployment in 2018, I had the opportunity to visit my family in Wisconsin. That gave Ryan and me the chance to catch up," said Erwin.

[Click here to read more](#)

Ashes of Tragedy: Growing to enjoy life

Air Force Reserve Master Sgt. Matthew Sheley, is a prior active duty Marine, an Arkansas State Trooper, and not too tough for ask for help.

"Earlier in my life I had three things that stopped me from getting help when I needed it the most: I was a Marine, a trooper, and male," said Sheley. "Bad things happen to good people. I believe you have two choices when tragedy hits: drown your sorrows with bad choices or choose to live."

Sheley met his wife, Andrea, online while he was serving his Marine enlistment in North Carolina and she was attending college in Texas.



"I used my leave to visit my, then, girlfriend spend time and build that relationship" Sheley said. "Once I left the service, I moved to Arkansas to obtain my degree and work as a state trooper. I continued to spend my free time visiting her in Texas."

[Click here to read more](#)

Congratulations

Recently Completed Upgrade Training

March

Amn Ryan Simpson	FSS
Amn Armstead, Jamerick	FSS
Staff Sgt. Dennis Cobb	OSS
Staff Sgt. Tiah Phillips	FSS

Get to know your Airman & Family Readiness team!

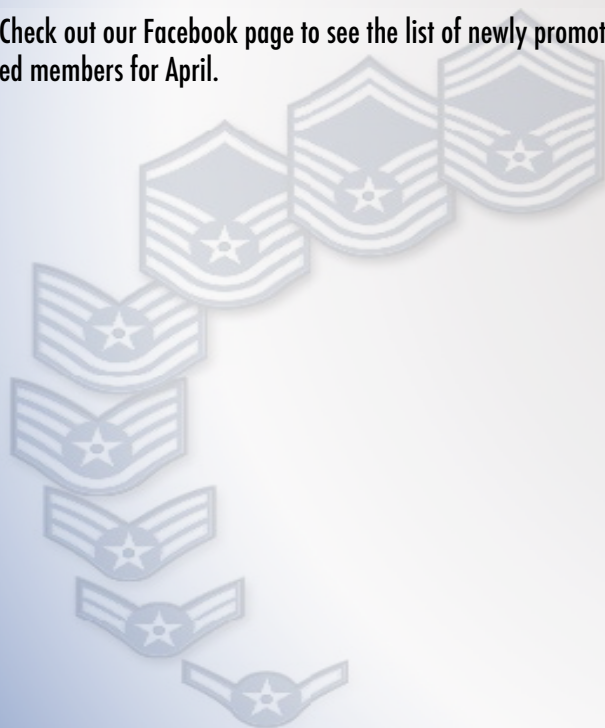
Click on each video
to hear more!



Call 501-987-1234
or 2667 for assistance
during the week.
Typically located at
building 276 during the
week and during drill
weekends.

Newly Promoted Members

Check out our Facebook page to see the list of newly promoted members for April.



Peggy Bennett - Air Force Aid & Financial Counselor



Jeannie Cotten - Family Support



Lyndsey Ballard - Transition Assistance Program



Rudy Rudisill - Employment / Volunteer Consultant

Health and Wellness

Seeking Solitude: A Place of Healing

Courtesy of Chaplain Peter Landers

"As soon as we are alone, inner chaos opens up in us. This chaos can be so disturbing and so confusing that we can hardly wait to get busy again. Entering a private room and shutting the door, therefore, does not mean that we immediately shut out all our inner doubts, anxieties, fears, bad memories, unresolved conflicts, angry feelings and impulsive desires. On the contrary, when we have removed our outer distractions, we often find that our inner distractions manifest themselves to us in full force. We often use the outer distractions to shield ourselves from the interior noises. This makes the discipline of solitude all the more important."

-Henri J.M. Nouwen



Do you ever ask yourself, "How am I doing?" or "What is really going on with me?" With the busyness of life and career, it is easy to lose sight of how we are feeling. We can become disconnected with what is happening in the inner sanctuary of our heart and mind. As caretakers, we are vulnerable to burn-out and compassion fatigue when we focus solely on the needs of others. It is vital that we take time to re-connect with who we are, what we want, and what we need. May we connect with ourselves through solitude and contemplation so that we can push past the chaos to a place of peace. May we connect with ourselves through activities or surroundings that bring us happiness so that we can share joy with those around us. May our time alone remind us of our true identity and awaken our soul.

Stress Relief during COVID-19 Brochure



Little Rock Air Force Base Chapel will be providing Facebook Livestream worship services each Sunday.

The times are:
9 a.m. - Catholic Mass
11 a.m. - Protestant Service

They continue to offer the Sacrament of Confession at the chapel. Check their Facebook page for updates.

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



Q: What happens if a Reservist is in danger of having a “bad year” due to COVID-19 travel restrictions?

A: Liberal excusal or reschedule policies to include future ‘super’ four-day UTAs are a course of action commanders can consider to facilitate members achieving a good year. Virtual options to continue required training and events are also encouraged, when feasible. Individual members may work with their unit leadership for reschedules or equivalent training opportunities. Members should work with their chains of command for options available to meet satisfactory retirement and fiscal year requirements.

Q: Is the March Yellow Ribbon Event cancelled?

A: Yes, all Yellow Ribbon Events have been cancelled through May 11, 2020.

Q: Will Reserve units cancel the Seasoning Training Program?

A: The discretion to cancel STP resides with commanders. Unit commanders will determine if members on STP are mission essential for operations.

Q: What are the rules for rescheduling Reserve PT tests? For how long do they hold? What if my local base has suspended PT testing?

A: As of 16 Mar 20, all fitness assessments have been suspended for all Department of the Air Force personnel until Jun 2020. More information will be forthcoming as this situation evolves.

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~~

2-3 May 2020

6-7 June 2020

No July UTA

1-2 August 2020

12-13 September 2020

14-17 September 2020 (April reschedule)

[AFRC COVID website](#)

[AFRC/CC's Intent](#)

[Little Rock AFB COVID website](#)

[Tricare COVID website](#)

Base Happenings



**NOW HIRING
RESERVE
RECRUITERS**

QUALITY OF LIFE ENHANCEMENT

AGR special duty assignments around the globe with no deployment requirement, Bonus pay, Education, Health insurance,

Flexible schedule,
Possible active duty retirement.
More than 85% of our recruiters stay for a career.

COME FIND OUT WHY

To learn more about a career in Air Force Reserve recruiting, Contact us at: (478) 327-0147 or hqafrc.cpm.information@us.af.mil



Base Available Services as of 20 March

[Click here for latest update](#)

Schools and Childcare

Arkansas Lighthouse Academies, Inc.: Closed

School Age Care: Open

Child Development Center: Open

Infant Toddler : Open

Chapel - Remains closed for in person programs. However, they will now livestream programs through their Facebook page:

9:00 a.m. Catholic Mass

11:00 a.m. Protestant Service

For additional questions, please call the Chapel (501) 987-6014

Defense Commissary Agency: Operating Hours

Sunday	1000-1800
Monday	Closed
Tuesday	0900-1900
Wednesday	0900-1900
Thursday	0900-1900
Friday	0900-1900
Saturday	0900-1900

WE WILL NOT BE OPEN FOR EARLY BIRD SHOPPING

Dining Facilities - Open; bowling alley has food service only.

BX - Open during normal operating hours

Fitness Center -

Until further notice, Fitness Center will be closed.

Jacksonville-Little Rock University Center - The Jacksonville-Little Rock AFB University Center will close Mar. 18 at 1200 p.m., until further notice. Members requiring education services should email education@us.af.mil for assistance.

All Universities located within the Center will close on Mar. 17 at 4:30 p.m., until further notice. Students should contact their respective university directly for all student related matters.

All testing administered at the Center will be canceled and rescheduled when the Center reopens.

Little Rock AFB FamCamp is closed until further notice. Current residents may continue their stay, however, no new patrons will be permitted into the camp. We apologize for any inconvenience and will update as the situation changes.

Safety Highlights

Hygiene tips to protect yourself



Clean your hands often

* Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

* If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

* Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

* Avoid close contact with people who are sick

* Put distance between yourself and other people if COVID-19 is spreading in your community.

This is especially important for

people who are at higher risk of getting very sick.



Stay home if you're sick

* Stay home if you are sick, except to get medical care. Learn what to do if you are sick.



Cover coughs and sneezes

* Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

* Throw used tissues in the trash.

* Immediately wash your hands with soap and water for at least 20

seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

* If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should

do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.

* If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

* Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

* If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

[Click here to read more](#)



[Click on the video to see and hear more!](#)

OPSEC Highlights

Avoid Coronavirus

Here are some tips to help you keep the scammers at bay:

* Don't click on links from sources you don't know. They could download viruses onto your computer or device.

* Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

* Ignore online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease 2019 (COVID-19) – online or in stores.



* Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

[Click here to read more](#)

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

Online security tips for working from home

Teleworking during the Coronavirus outbreak?

While working from home can help slow the spread of the virus, it brings new challenges: juggling work while kids are home from school; learning new software and conferencing programs; and managing paper files at home. As you're getting your work-at-home systems set up, here are some tips for protecting your devices and personal information.

Start with cybersecurity basics. Keep your security software up to date. Use passwords on all your devices and apps. Make sure the passwords are long, strong and unique: at least 12 characters that are a mix of numbers, symbols and capital and lowercase letters.

Secure your home network. Start with your router. Turn on encryption (WPA2 or WPA3). Encryption scrambles information sent over your network so outsiders can't read it. WPA2 and WPA3 are the most up-to-date encryption standards to protect information sent over a wireless network. No WPA3 or WPA2 options on your router? Try updating your router software, then check again to see if WPA2 or WPA3 are available. If not, consider replacing your router. For more guidance, read *Securing Your Wireless Network and Secure Remote Access*.

[Click here to read more](#)

Camera Roll



Click to connect:



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

