



# Commander's Corner

## American Indian Heritage Month



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913th,

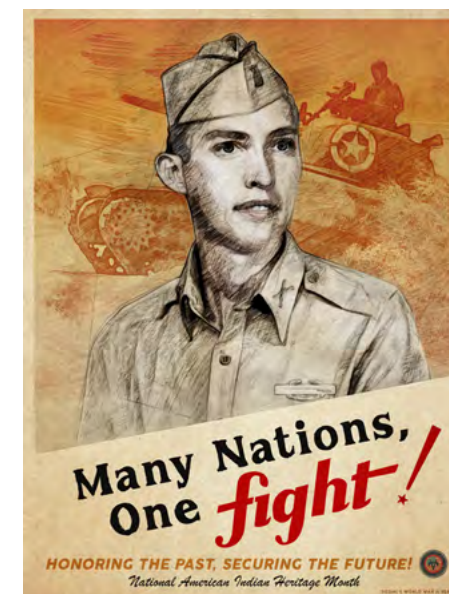
As a professional fighting force, we need every advantage to overcome an opposing force. Diverse groups, cultures, languages, and experiences could be that winning advantage or deciding factor in future conflicts. Currently, there are more than 31,000 American Indian men and women on active duty today. Their unique and diverse culture adds strength to our nation and to our fighting forces. More than 12,000 American Indians served during World War I and 44,000 served in World War II.

During the month of National American Indian Heritage Month, I encourage you to learn about the communication capability the Code Talkers provided during World War II. Soldier of various tribal nations developed secret battle communications based on their languages. Their efforts ensured no allied messages were ever deciphered.

Given the challenges we face today, it is imperative we fully leverage our nation's greatest asset - our Airmen. Across the force, we have an incredible mix of backgrounds, experience, perspectives, and ideas, which is needed to remain the world's greatest Air Force.

Please feel free to stop by the informational displays at the base Exchange during this month to learn more.

Respectfully,  
Christopher K. Lacouture  
Colonel, USAF  
Commander



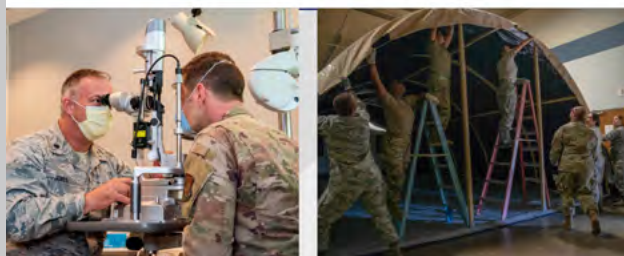
# Air Force News

## 913th Airlift Group leadership charts future of the unit

The Air Force Reserve 913th Airlift Group leadership team took an in-depth look into the group's mission, vision, and priorities to outline goals during a Strategic Alignment Summit, Sept. 9-10.

The event brought in leaders and subject matter experts from each unit within the group to define the direction the organization is heading over the next few years.

"The purpose of this event is to clearly define goals and objectives for our organization that are aligned with 22nd Air Force and Air Force Reserve Command," Said Col. Christopher Lacouture, 913th AG commander, who kicked off the summit. "We have to deliberately focus our time and resources within our scope of influence that will enable us to deliver combat-ready Airmen."



[Click here to read more](#)

## Reservists help Herk Nation celebrate 65 years of community partnership

Little Rock Air Force Base is known as Herk Nation and is the epicenter for C-130 operations. Nestled within the many military organizations is the 913th Airlift Group, which reactivated in July 13, 2014, and is classically associated with the active duty, 19th Airlift Wing.



Five C-130 Hercules aircraft flew in formation with a C-47 Skytrain vintage aircraft Thursday, Oct. 8 across central Arkansas to commemorate Little Rock Air Force Base's first open house event in 1955.

When spectators look up at the aircraft, it is impossible to delineate which plane is flown by active duty or reserve personnel. Reserve units work tirelessly to maintain the same readiness requirements as the active duty counterparts, but with a part-time force.

[Click here to read more](#)

## Profiles in Leadership - Staff Sgt. Tiah Phillips

Adventure called to Staff Sergeant Tiah Phillips when she joined the Air Force at 17 years old. She started as a C-130H loadmaster, ensuring the safe loading of aircraft cargo and personnel. Then, taking the opportunity to train into vehicle operations, she deployed to Kuwait and Iraq in 2011. She drove dozens of convoy missions in tractor trucks, bring back heavy equipment from forward operating bases as operations were drawn down. "Deployment was one of the most terrifying and confidence boosting experiences of my life. I would 100 percent do it again. I really felt part of the mission."

As her active duty, six-year enlisted commitment ended, Phillips used her education benefits to pursue a psychology degree. "After a two year break from the service, I realized how much I missed the uniform and structure so I joined the local Reserve unit as a Knowledge Management technician." Bringing her positive, "can-do" attitude to the unit, Phillips can be seen helping or hosting numerous morale and welfare events in addition to her daily duties. "The Reserves feels more like a family than a job."



[Click here to read more](#)

# Congratulations

## Newly Promoted Members

Congrats to those below who promoted in October!

Senior Master Sgt. Mary Thomas, 327 AS  
 Tech. Sgt. Tyler Blythe, 913 MXS  
 Tech. Sgt. Kevin Mailhiot, 96 APS  
 Tech. Sgt. Quinton Reinhardt, 913 OSS  
 Tech. Sgt. Jarren Terry, 327 AS  
 Staff Sgt. Jacob Carmichael, 96 APS  
 Senior Amn Brittany Holmes, 96 APS  
 Senior Amn Micco Moore, 913 MXS  
 Amn 1st Class Bethany Woodruff, 913 FSS

## "Bad Year" due to COVID-19

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

**A:** If members cannot meet their FY participation requirements, as outlined AFMAN 36-2136, commanders are authorized to excuse AT and IDT in accordance with AFMAN 36-2136 and the CAFR's Intent memo referenced above. Unfortunately, at this time there is no waiver for allowing anything less than 50 points in a Retention/Retirement year to count as a satisfactory year of service for promotion and retirement purposes in accordance with 10 USC 1223 and DoDI 1215.07. AFR Headquarters is working with OSD to determine other methods of relief to our Airmen that will fall short of a "good year".

[Click here for AFRC COVID website](#)

# Did you know?

## Political Activity for Reservists and Federal Civilians

The current election cycle continues to take center stage and you should be aware of the rules for Reservists and Federal Civilians. Everyone is encouraged to vote and you should register to vote, if you haven't. The DoD encourages military members to carry out this obligation of citizenship. To register to vote based on your state, visit: <https://www.fvap.gov/> or <https://www.usa.gov/register-to-vote>. Understand your voting options, whether absentee/mail-in, early voting or Election Day in-person voting. Remember to follow applicable safety protocols, due to Covid-19, no matter the voting option you select.

## Tax Defferal

In an effort to provide economic relief during the COVID-19 pandemic, a Presidential Memorandum was released, Aug. 8, along with guidance put out by the Internal Revenue Service, Aug. 28, to temporarily defer Social Security (Old Age, Survivors, and Disability Insurance (OASDI), tax withholdings. This will be effective through the end of the 2020 calendar year.



## Patriot Award - Employer Support for the Guard & Reserve



Don't forget to submit your civilian supervisor for the Patriot Award!

Fill out the online form below and send us a video about how they help you get the mission done to [913thairliftgroup@gmail.com](mailto:913thairliftgroup@gmail.com)

<https://www.esgr.mil/Employer-Awards/Patriot-Award/Form>



# Health and Wellness

## Work-life balance in the military

Courtesy of Human Performance Resource Center

Work-life balance describes the (ideally harmonious) relationship between your job responsibilities, personal pursuits, and family obligations. But it's a balance that Warfighters don't always find so easily. Military Service Members take on jobs and duties that go well beyond punching a time card from 9-to-5. And if they're married, their spouses (who also might be balancing careers) often support the home front so they can. Enlistment is a commitment to a life dictated by your duties and responsibilities, and it's a lifestyle devoted to honor and service. It's a commitment your family has to make too. That's why phrases such as "enlist a Military Service Member, retain a family" ring true in discussions about work-life balance in the military because your career impacts everyone. And at the end of the day, a healthy work-life balance affects performance, so it's important to find a way forward that works for you and your family.



### Work-life balance for military families

More than half of active-duty and reserve forces have family responsibilities. Whether it's your partner, kids, or older

family members, most Warfighters have people who depend on them at home. As a unit, you have to navigate separations, moves and relocations, unpredictability, and worries about safety. What's more is that the commitment to the job is more than just by choice. Warfighters are legally bound to the military for years at a time so you all have to find a way to make it work, even when the road gets tough.

With all that, it can be challenging to find balance when the line between your career and your personal life isn't so clear. This is especially true for dual military couples and families. Still, the desire for work-life balance continues to be highly valued by members of the force. For example, one of the top concerns reported by Military Service Members is the amount of time away from their families. Work-life balance is important for the military too since it's a major factor in retention. Positive work-life balance is related to job satisfaction and commitment, while negative balance is linked to turnover intentions.

### How work-life balance affects performance

What's work-life balance? Or a better question: What does it look like when your work and personal life are in conflict? And what does "conflict" actually mean?

Work-life balance (and conflict) go both ways: What goes on at work affects what happens at home and vice versa. This is sometimes called "spillover" because the events or emotions of the day spill over into different aspects of your life. Start by thinking about work-to-family conflict. In this direction,

your role in the military interferes with your family life because your work spills over into your home. Negative experiences at work and with co-workers are linked to depression and anxiety, and they can affect your relationships with loved ones.

[Click here to read more](#)



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.

[Click here to read more](#)

## UTA Schedule

### **Pre-UTA Schedule, Friday, 6 Nov 2020**

1300-1400 Pre-UTA Staff mtg (HQ conf rm)  
 1430-1500 Quarterly Status of Discipline (HQ Conf Rm)  
 1430-1500 First Sgts mtg (Bldg 266, Ops conf rm)  
 1500-1530 ART/SORTS/DRRS mtg (Bldg 266, Intel vault)

### **UTA Schedule, Saturday, 7 Nov 2020**

0830-1530 PHA & Dental Appts (Bldg 1090, 19th Medical Group)  
 0900-1000 UCMJ Reenlistment brief (Bldg 262, rm 113)  
 0930-1030 FSS Assumption of Command Ceremony (Bldg 266, APS auditorium)  
 0930-1200 Lt Col Jordan fini flight take-off (3-ship)  
 1000-12000 3F5 Training (Bldg 266, 327 AS Conf rm)

### **UTA Schedule, Sunday, 8 Nov 2020**

PT Testing canceled until January 2021  
 0830 EOC/PME testing (Base Education Center)  
 0830-1530 Audio & Dental exams (Bldg 1090, 19th Medical Group)  
 0900-1000 OSS Change of Command Ceremony (Bldg 266, 327 auditorium)  
 1300 FSS in-house Training (Bldg 262, FSS Conf rm)  
 1500-1530 Commanders meeting (HQ Conf rm)

### Chaplain Notes

Saturday - 0830 - 0845 Guided Meditation  
 (Chaplain Office, Bldg 266, rm 122)  
 Sunday - 0830 - 0845 Christian Prayer Service  
 (Chaplain Office, Bldg 166, rm 122)

### 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.**

## COVID-19

[Air Force COVID Website](#)

[AFRC COVID Website](#)

[Little Rock AFB COVID Website](#)

[AR Dept. Of Health](#)

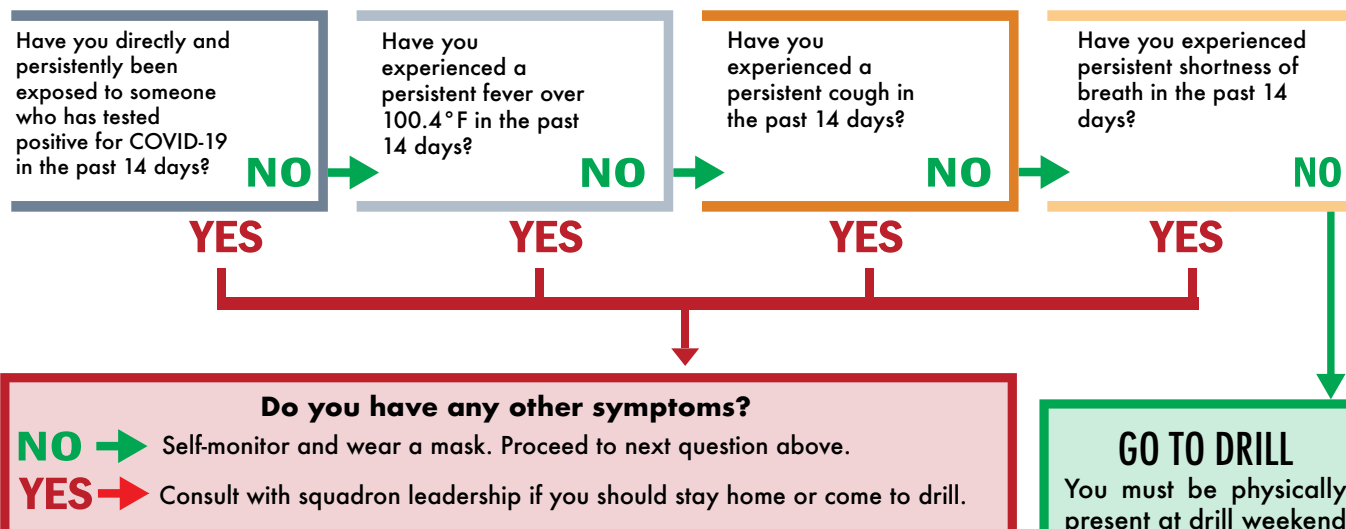
[CDC Website](#)

[DoD Updates](#)

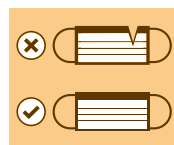
[PT Testing Guidance \(16 Sept\)](#)



## 913th Airlift Group Safe to Work Questions



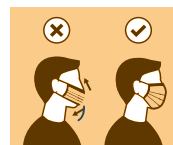
## How to Wear Cloth Face Coverings



**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.



# Informational Flyers



## COMBATING TRAFFICKING IN PERSONS U.S. DEPARTMENT OF DEFENSE



**There's no  
One face**



### STOP Human Trafficking

Force, fraud, or coercion to compel a person to provide labor, services, or commercial sex.

Victims come from all backgrounds and can be women, men, and children.

Any minor (under 18 years of age) involved in commercial sex is a victim of human trafficking.

### Recognize SIGNS

Physical/Environmental Indicators include signs of abuse, no identification, confined to worksite.

Psychological/Behavioral Indicators include submissive, anxious, lack of free will.

### REPORT IT

Chain of Command

Local Law Enforcement

DoD Inspector General Hotline

1-800-424-9098 or visit <http://www.dodig.mil/hotline>

National Human Trafficking Hotline

1-888-373-7888.



For more information go to:  
[CTIP.defense.gov/](http://CTIP.defense.gov/)



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The mobile app or desktop version of the Wellbeats application is not authorized for installation on government devices unless approval is granted in writing from the AFEN Approving Authority under the provisions of DODI 8510 and 8500.

# Safety Highlights

## Time Changes



Daylight Saving Time comes to an end at 2 a.m. on 1 Nov. 20.

Don't forget to turn clocks **BACK** 1 hour.

This is a great time to check/change the batteries in smoke and carbon monoxide detectors.

These little devices save lives and should be function checked annually.

## Fall Safety Tips

### Deep Fried Food Safety

- Place fryer on a level surface
- Do not overfill the pot with cooking oil
- Wear oil and heat resistant safety gear
- Keep a grease-related fire extinguisher close
- Turkey should be completely thawed and dry before submerging in oil
- Do not leave fryer unattended at any time
- When done, have a place ready to safely sit the bird down

Remember food safety...Use safe food handling and cooking by keeping hot foods hot and cold foods cold.

Disinfect food prep areas to avoid cross- contamination and foodborne illness.



Courtesy of the 913th Safety Office

### Ladder Safety

- Use the right ladder for the job (e.g., step ladder vs. extension ladder; also, do not use metal ladders when performing electrical tasks).

- Inspect ladders prior to use, to ensure there are no visible defects (e.g., bent, missing steps, locking device is missing/damaged) and that it is in good working condition.

- Ensure the ladder is fully extended before starting work.
- The base of the ladder should be secured and placed on stable, level ground.

- Ensure ladder is tall enough for you to reach work areas. The highest permitted standing level on a step ladder is two steps down from the top.

- When using ladders to access another level, secure & extend the ladder at least 3 feet above the landing point to provide a safe hand hold.

- Maintain 3 points of contact with the ladder at all times.
- Do not carry any tools or materials in your hands when climbing a ladder and do not lean away from the ladder to carryout your task. Always keep your weight centered between the side rails.

- Do not use ladders near doorways. If you need to use a ladder near a doorway, make sure the door is locked.





# OPSEC Highlights

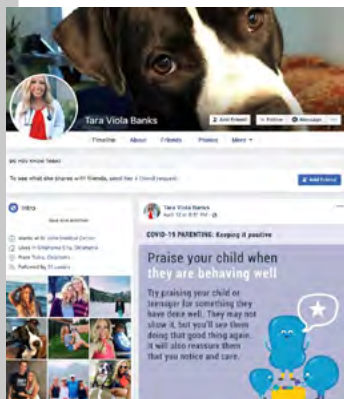
Courtesy of NBC News

## Catfishing during coronavirus: How an old internet scam still tricks people

An internet search for Mike Sency's name immediately yields hundreds of accounts spread across social media and dating websites.

Many of the profiles contain small differences, such as the photos used, the spelling of his name, even various details about his hobbies and interests. But they all share one common trait: They're fake.

Sency is used to it. For years, pictures he posted online have been used to create fake profiles by people looking to scam others, often out of money, a practice generally known as catfishing. His problem isn't a new one, but it is an issue that has proven nearly impossible to stop.



*This is the fake account on Facebook that Kaytlin Cupp says she and her friends reported 400 times before it was taken down by Facebook. The impersonating account was luring victims to donate to an illegitimate coronavirus charity account.*

"I can spend anywhere from two to three hours reporting these fake accounts a week," said Sency, 30, who lives in Virginia Beach, Virginia, and serves as a chaplain bodyguard in the U.S. Navy. "It's definitely taken a life of its own."

Since the start of 2019, his Facebook messages have filled up with hundreds of people claiming they've been scammed out of tens of thousands of dollars because of fake accounts using his name and likeness.

"I try to empathize and I try to help," Sency said. "But people forget that I'm a victim as well, and it hurts my feelings. I am worried about how this is going to affect my future and my family – even my mom gets calls from strangers claiming they know me because of these fake accounts."

Deception has been part of the internet since its earliest days as a consumer tool, but the practice of using stolen photos arose as more people began creating social media and online dating profiles in the early 2000s. By 2012, catfishing had become a cultural phenomenon with an MTV documentary show that year chronicling the deceptions of online dating.

Despite more widespread awareness of such schemes, taking people's photos for fake accounts is growing more common as internet impersonating scams continue to rise. More than 19,470 people reported being victims of confidence fraud and romance cybercrimes worth about \$475 million, according to the FBI's 2019 Internet Crime Report; that's up by 1,000 reports since 2018.

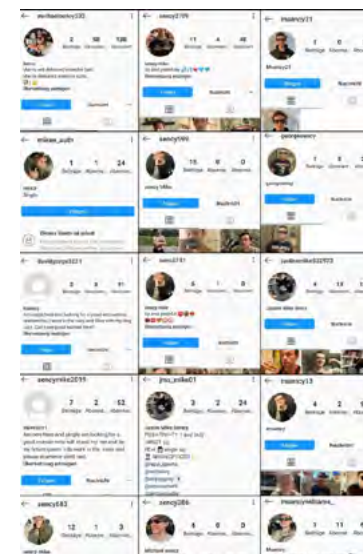
And as more of the world shifts online because of stay-at-home orders amid the coronavirus pandemic, some cybersecurity experts are warning consumers to be on high alert.

Ahmed Banafa, a professor of engineering at San Jose State University, said as platforms like the videoconferencing app Zoom become more ubiquitous, people's identities may be increasingly stolen in new and creative ways.

Even video may not be safe.

"It's easier to get people's photos and likeness now," Banafa said. "Three years ago, we didn't have TikTok. There are so many dating apps. We are sharing on more platforms."

Social media platforms don't have much incentive to address fake profiles and they likely won't change without some form of government regulation, he said.



*There are hundreds of fake accounts using Mike Sency's name, photo and likeness online. These are a few examples from Instagram.*

[Click to read more](#)

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

## Camera Roll

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