



Commander's Corner

Suicide Awareness Month

913th,

The world is a tough place but we know one person can have a positive impact on someone in crisis. It only takes one person or one act to save another person's life. As I mentioned previously, suicide prevention is very near and dear to my heart. It's affected me personally and I hope to encourage you to ask for help when needed. I also ask you to look out for one another. Times are tough right now with the pandemic and the economy, so it is imperative to know what is going on amongst your coworkers and friends. Show that you care by being honest and direct with them. Go beyond the

typical response of, "I'm fine" and ask the hard questions. There is no specific formula, but we do know that compassion and genuine concern is a step in the right direction.

Seeking treatment is a sign of strength. If you or someone you know needs help, the National Suicide Prevention Lifeline is available for all at 1-800-273-TALK. Veterans, service members, and their loved ones can call this number to reach the Veterans Crisis Line, and they can also send a text message to 838255.

Respectfully,
Christopher K. Lacouture
Colonel, USAF
Commander



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Contact Us:



987-6970



Air Force COVID Website

AR Dept. Of Health

AFRC COVID Website

CDC Website

Little Rock AFB COVID Website

DoD Updates

Air Force News

Reserve group proves distributed operations combat airlift concept

Air Force Reserve Airmen from 913th Airlift Group, Little Rock Air Force Base, Arkansas planned and participated in a combat airlift distributed operations training exercise across West Virginia, Aug. 22-25.



In total, 8 C-130H and C-130J Hercules aircraft from six locations across the country came together to prove aircrew interoperability in a diverse environment. The Reserve and guard units operated from three basing locations and adhered to strict health precaution measures to participate in the week long training event.

"Our units are called to provide critical cargo and personnel to the warfighter in the most demanding and austere environments," said Maj. Chris Acs, 327th Airlift Squadron chief pilot and overall mission commander. "These training scenarios are critical to building and maintaining that combat airlift capability across the force. We take our deployment experience and provide realistic training to better prepare for the current fight and future situations."

The aircraft launched out of three different airfields to com-



bine along the route into a large formation and fly to specific airdrop locations. Integrating with multiple units while remaining geographically separated during the planning and execution of the training event added a layer of complexity, but provided additional health precautions while functioning in a COVID environment.

For more, right click and copy link



Profiles in Leadership -

Staff Sgt. Tyler Blythe

From an early age, Staff Sergeant Tyler Blythe knew he was destined to be in the Air Force. His grandfather and uncle both served in the Air Force, who continue to inspire him in his career. Blythe enlisted into the active duty Air Force at 18 years old as a maintenance crew chief stationed in Arizona. While deployed in 2015, Blythe was trusted to recover a severely damaged U.S. Marine Corps KC-130J aircraft and derelict helicopter. His efforts helped salvage equipment and parts and he was recognized for his work by the Marine Air Ground Task Force Commander. His hard work and dedication did not stop while deployed, after returning to home station Blythe was recognized through quarterly awards.



For more, right click and copy link

Congratulations

Newly Promoted Members

Congrats to those below who promoted in August!

Tech. Sgt. Kendrick Crawford, 96 APS

Tech. Sgt. Johnathan Spears, 913 MXS

Senior Airman Kyler Simpson, 96 APS

Tuition Assistance Helpful Tips

For additional one-on-one assistance, contact Tech. Sgt. Connie Outlaw, 501-987-4529.



TUITION ASSISTANCE FOR RESERVE AIRMEN

- Can receive 100% for undergrad or graduate study up to \$4500 per fiscal year
- Additional limits of no more than \$250 per semester hour OR \$166.66 per quarter hour
- Only available for courses leading to a degree at a level not already held by the Airman or higher
*Certification or vocational courses are not funded

EXCEPTION: Airmen pursuing an associate degree from the Community College of the Air Force in their primary Air Force Specialty Code are authorized tuition assistance regardless of any other degrees held

- Provided only for courses offered by post-secondary institutions accredited by a national or regional accrediting body recognized by the Department of Education

For more information please contact the Education Office at 501.987.4529

TO APPLY FOR TUITION ASSISTANCE PLEASE VISIT THE AIR FORCE PORTAL AT WWW.MY.AF.MIL

Did you know?

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

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

Volunteer Opportunity!



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.

Health and Wellness

Sleep, exercise, and weight management

Sleep, exercise, and weight management are all interconnected. Regular exercise helps control circadian rhythms, or your “sleep/wake cycle.” This can help you to fall asleep more easily at night, get a better night’s rest, and be more alert during the day—all of which



can improve weight management. On the flip side, major disruptions to your circadian rhythm over time can lead to increased risk of cardiovascular disease, diabetes, and cancer.

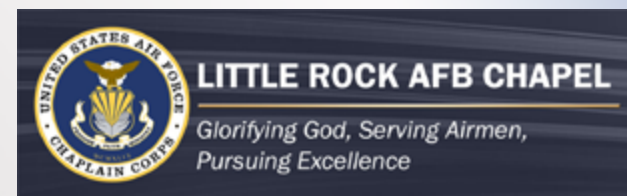
Getting enough regular, restful sleep is another key to maintaining a high level of physical performance and recovering from exercise, particularly for endurance activities. Sleep restric-

Courtesy of Human Performance Resource Center

tion decreases the total work athletes are able to perform. For example, in an endurance event such as a physical fitness test, not getting enough sleep can decrease your performance. As you get more restful sleep and are able to maintain a high level of exercise, your risk for cardiovascular disease and diabetes goes down as your fitness improves.

Sleep is especially important when you’re trying to lose weight because it helps maintain your resting metabolic rate (RMR), the amount of energy you burn at rest. One of the main factors that drives your RMR is how much lean body mass you have. Limiting sleep can affect lean body mass, which would reduce your RMR. Bottom line: Getting the recommended 7–8 hours of sleep each night plays a significant role when you’re trying to lose weight –and keep it off.

[For more, right click and copy link](#)



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.

[For more, right click and copy link](#)

UTA Schedule

Pre-UTA Schedule, Friday, 11 Sept 2020

1300-1400 Pre-UTA Staff 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, 12 Sept 2020

0830-1530 Small Arms Training for 913OSS & 327AS (CATM, bldg 1393)
0830-1130 Dental Appts (bldg 1090, 19 Medical Group, 2nd flr)
0900 UCMJ Reenlistment brief (Bldg 262, rm 113)
1000-1100 3F5 Training (HQ Conf rm)
1030 Local flight take-off (2-ship)
1300-1430 Flight Physical & PHAs (bldg 1090, 19 Medical Group)
1300 -1400 913 AG Assumption of Command (Herk Hall, invite only, Facebook live stream)

UTA Schedule, Sunday, 13 Sept 2020

PT Testing canceled until October
0830 EOC/PME testing (Base Education Center)
0900 Unit Safety Rep meeting (Bldg 266, rm 106)
1000 UCMJ Reenlistment Brief (Bldg 262, rm 113)
1100-1430 Blood Drive (Blood Mobile by Bldg 266)
1300 Supervisor Safety Training (Bldg 284, rm 127)
1300 CSS 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.

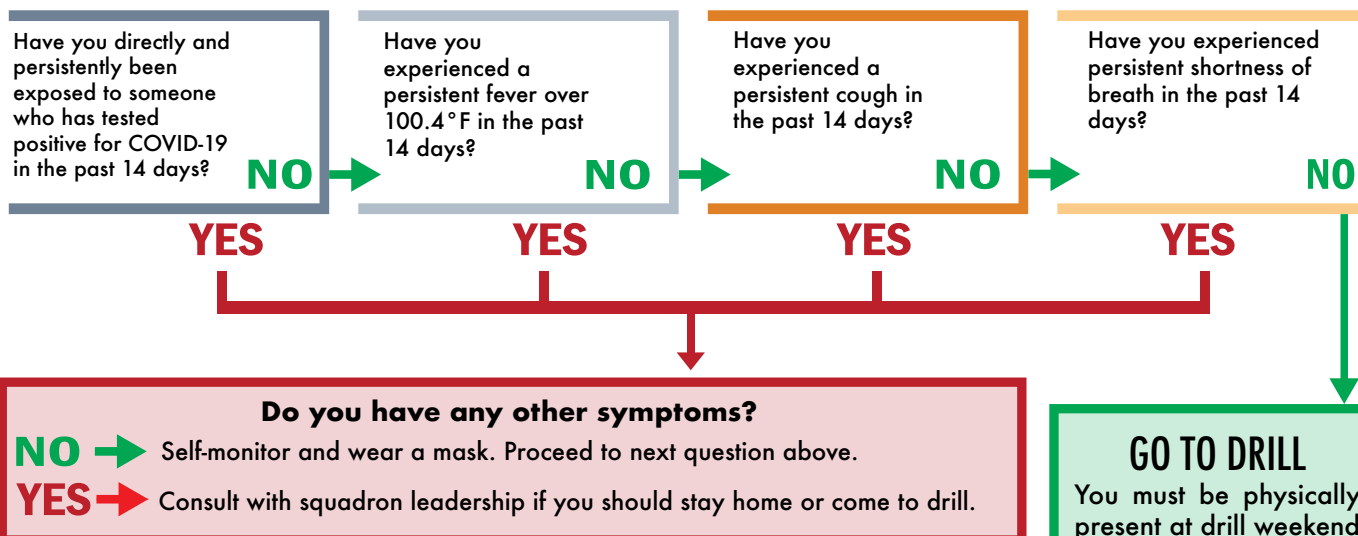
MyPers Fitness Testing Guidance (CAC required)

AFRC COVID website

AFRC/CC's Intent



913th Airlift Group Safe to Work Questions

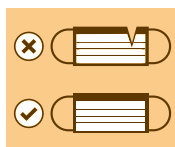


GO TO DRILL

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.

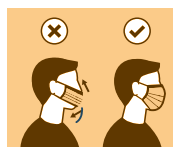
How to Wear Cloth Face Coverings



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.

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/

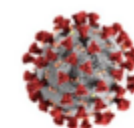


For more, right click and copy link



913TH AIRLIFT GROUP BLOOD DRIVE

EVERY
DROP
COUNTS



FREE
COVID
ANTIBODY
TEST



SUNDAY, SEPT. 13, 11A.M.-2:30P.M.
BLOOD MOBILE WILL BE PARKED BY BLDG 266

Safety Highlights

Driving Buzzed IS Driving Drunk

Courtesy of the 913th Safety Office



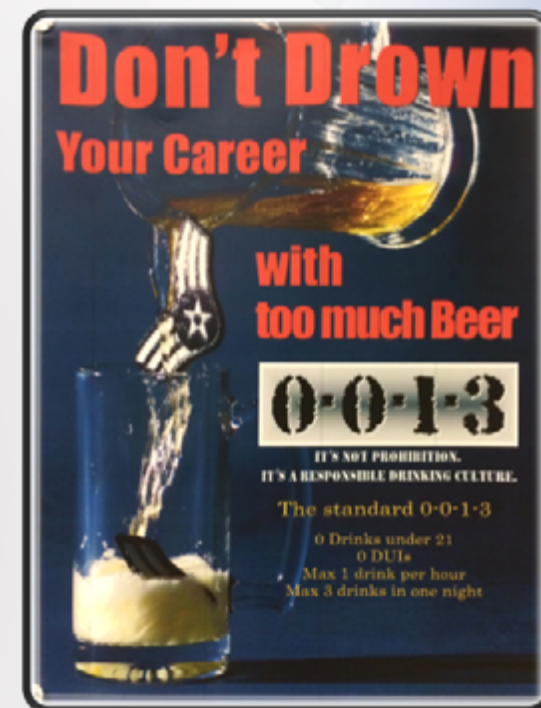
You've heard it many times: don't drink and drive. Unfortunately, it still happens. You might have a few drinks and assume you're under the 0.08% blood alcohol concentration (BAC) limit. Keep in mind, driving buzzed IS driving drunk.

In order to drink responsibly, it's important to understand that beer, wine and liquor all have different amounts of alcohol, so a standard drink of each type of alcohol may look very different. While the sizes vary, these drinks each have the same amount of alcohol and are a "standard drink":

- 12 ounces of beer (5% alcohol)
- 8 ounces of malt liquor (7% alcohol)
- 5 ounces of wine (12% alcohol)
- 1.5 ounces or a "shot" of 80-proof (40% alcohol) spirits or liquor



Even if you think you're safe to drive, it's not worth the risk. If you are going to drink...remember 0-0-1-3 as a good guide:



Always have a PLAN...some responsible options would be to have a sober driver, stay where you are, stay within walking distance of a hotel or friend's house, or call one of the following: a taxi/Uber/Lyft, AADD 501-987-2233, your wingman or supervisor.

Have fun, but also make smart choices...NO REGRETS.
[Airman Talks About The Consequences of a DUI](#)



OPSEC Highlights

Ex-intel officer gets 10 years for leaking military secrets to China

Courtesy of Court House News

A former Defense Intelligence Agency officer who sold U.S. military intelligence to Chinese officials will spend 10 years in prison, a federal judge ruled Tuesday.

Ron Rockwell Hansen, a retired warrant officer with the U.S. Army and former intelligence case officer with the Defense Intelligence Agency, pocketed more than \$800,000 over four years by selling insider information and technology to China before tipping his hand by trying to recruit a second DIA officer.

Hansen, 59, of Syracuse, Utah, was reported to the FBI and arrested in 2018. Records show he had made 40 trips to China since 2013.

When Hansen returned from several of those trips, the FBI obtained court orders to search his luggage. Hansen, who is fluent in Mandarin and Russian, regularly brought tens of thousands of dollars in cash back from China, along with thumb drives hidden in places like balled up socks stuffed in his shoes.

Hansen originally faced 15 counts of espionage, smuggling and financial charges, though he pleaded guilty to only one count of attempting to leak national defense information to a foreign government this past March.

A plea agreement called for an agreed-upon sentence of 15 years.

For more, right click and copy link

Mandatory OPSEC training

In accordance with the Secretary of Defense (SECDEF) memo, "Reinforcing Operations Security and the Importance of Preventing Unauthorized Disclosures," dated July 20, 2020, the following four courses are mandatory to reinforce operations security and to prevent unauthorized disclosures. DoD personnel – military, civilian, and on-site contractors – are required to:

Step 1: View [the SECDEF video](#).

Step 2: Complete OPSEC mandatory training courses, or other equivalent training authorized by your component.

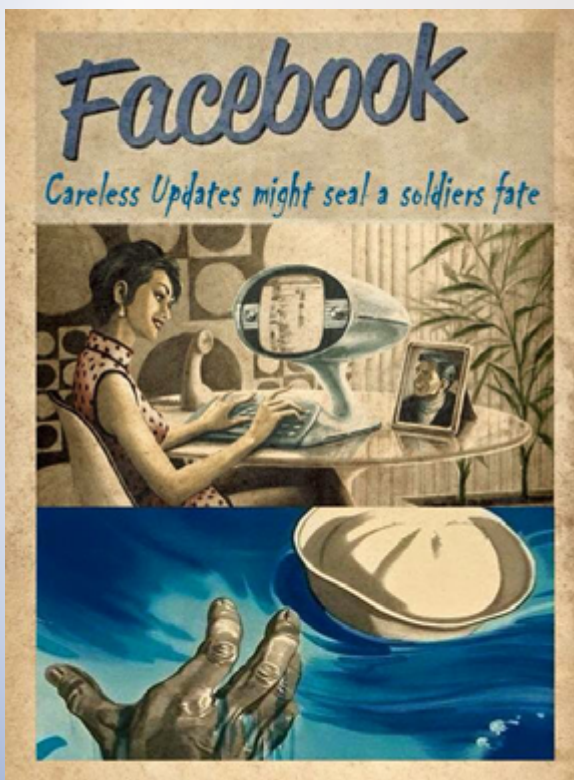
Step 3: Save your course certificates after completion as there will be no record.

Step 4: Send your certificates to your supervisor and Unit Training Manager for accountability.

These courses do not provide a record of completion. You **MUST** print and/or save the certificate at the end of the course and examination.

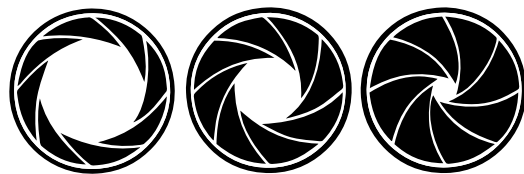
- OPSEC Awareness for Military Members, DoD Employees and Contractors
- Unauthorized Disclosure of Classified Information for DoD and Industry
- Insider Threat Awareness
- Introduction to Information Security

For more, right click and copy link



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

Camera Roll



Click to connect:



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

