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Contact Us:



987-6970



Commander's Corner

Are you as Ready as the Commander?

913th,

I strive to lead by example. I will post my readiness report from ARCnet outside the command section with the header "Are you as ready as the Commander?" I will not direct you to be ready then neglect my own readiness. I will be accountable to you just as you are accountable to me.

There are readiness items that are out of our control, such as the fitness assessment being moved to January 2021. I'll be the first in line to take my test in January. Until then, I've taken the opportunity to address my personal readiness items within our control. I ask you all to do the same.

Respectfully,
Christopher K. Lacouture
Colonel, USAF
Commander

Commander's Call Letter



ARCnet Individual Readiness Detail

CHAS: All
Type: Details
PWS: 9/24/2020 12:23:26 PM
"FOR OFFICIAL USE ONLY" (RAW DCOM 5200 D1, Volume 4, DoD Information Security Program: Controlled Unclassified Information)

[Click here for the definition of Mobilization and Participation Readiness](#)

General Info: Data From MIPDS as of 9/19/2020

Name	[REDACTED]	Mob Auth	Other
Participation Readiness	Needs Attention	Position #	[REDACTED]
Mobilization Readiness	Ready	PAS	[REDACTED]
Duty Title	[REDACTED]	Office Symbol	[REDACTED]
Det	NA	Location	0913 ALF
Unit	913 AIRLET GP	Click here to view the definition of DAU codes	
MSD	HYT	ETS	TAFMS
			100215

Medical Readiness: Data From ASMS as of 9/23/2020

Overall IMR Status	Needs Attention	Green
Actions Needed	None	
HERPMA		
Status	Last PMR	
Green	Apr 19 2020	
Immunization		
Status	Source	
Yellow	PMR	

Fitness Readiness: Data From AFIMS as of 9/18/2020

Fitness Status	Excellent	AC	Cardio	Pushups	Situps	Overall score
Test Date	14 Jan 2020	Next Due Date	Jan 31 2021	20.00	52.00	10.00

Security Clearance Readiness: Data From MIPDS as of 9/19/2020

Security Status Indicator	Fully Ready		
Data Involvement	Years Valid	SAR of Position	Clearance Awarded
00 Nov 2015	90	6	SECRET

AFSC Training Readiness: Data From MIPDS as of 9/19/2020

AFSC Training Status	Fully Ready			
PAFSC	DAFSC	CAFSC	Status Code	Status Date
[REDACTED]	[REDACTED]	NCNE	-	-

AFAT Readiness: Data From APLS as of 9/24/2020

Total Force Ancillary Training Status	Not Ready				
CAC	EP	CTIP	RFI	SAFR	SP
02/04/20	03/07/20	04/05/19	04/05/19	04/05/19	05/03/20

Comments

*AFCSBPS data source filters out certain data sets *SECRET individuals should contact their Unit Security Manager to resolve issues

ARCnet can be found on the AF Portal. There is a Readiness tab located on the top menu header. Select "My Readiness Report" to see your readiness status from various reporting systems.

ARCnet link (CAC enabled)

Air Force News

The Rock welcomes Air Force Reserve 913th Airlift Group commander

The 913th Airlift Group welcomed Col. Christopher K. Lacouture as its new commander during an assumption of command ceremony at Little Rock Air Force Base, Arkansas, Sept. 12.



The ceremony was also live streamed on the 913th AG's official Facebook page in order to maintain COVID-19 social distancing measures.

Presiding over the ceremony was the commander of 22nd Air Force, Maj. Gen. John P. Healy. The 913th AG was activated on July 13th, 2014 and reports directly to 22nd Air Force, Air Force Reserve Command.

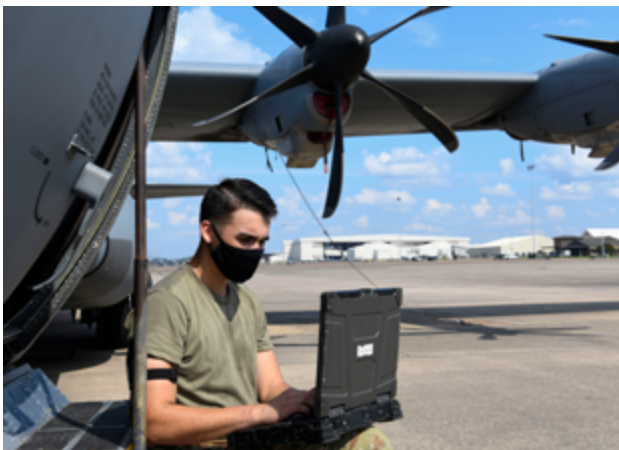
"I ask a lot of each of my commanders. It is a challenging task to assume command as we continue to battle this pandemic, all while sustaining crucial operations," he said. "Col. Lacouture has been doing great things since he took command and I have every confidence in his ability to lead the 913th."

[Click here to read more](#)

Passion powers success: Airman 1st Class Micco Moore

The 913th Aircraft Maintenance Squadron recently gained an Airman who is firing on all cylinders through basic military and technical training and hasn't slowed down since joining the unit.

Air Force Reserve Airman 1st Class Micco Moore, a 913th AMXS crew chief, used his passion and determination to fuel himself through training and stand out amongst his fellow Airmen along the way.



Before joining the unit, Moore had already developed a strong interest in how things are built along with the lifestyle brought on by the military.

[Click here to read more](#)

Profiles in Leadership - Master Sgt. David Underwood

This prior Marine has geared aircrew up for the fight across the globe and multiple airframes. Master Sgt. David Underwood started his career as a Marine Flight Equipment Technician responsible for inspecting, repairing parachutes, flight survival equipment, and more. "While in high school I read my uncle's book draft, which told of his time in the Vietnam War as a Marine," he said. "His experiences and who he is as a person inspired me to serve."

The military helped him travel the world from Iraq, Japan, Guam, Bahrain, and Spain. After losing his grandparents before a deployment, Underwood decided to settle down near family and look for other options. "After 12 years of service, I thought about all the significant life events that I've missed and what I would miss as my parents' health declined," he said. "I looked into the Reserves and found opportunities with the 913th Airlift Group."



[Click here to read more](#)

Air Force News

Political Activity for Reservists and Federal Civilians - What you need to know:

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.

[Click here to read more](#)

Department of the Air Force pushes fitness testing to Jan. 1 2021

Official physical fitness assessments across the Department of the Air Force will resume Jan. 1, 2021, officials announced Sept. 16.

To continue minimizing close contact among personnel during the ongoing COVID-19 pandemic and ensure units and personnel are fully ready to resume, testing has been delayed from October to January, and testing in January will move forward without obtaining waist, height and weight measurements.



"We know people are staying fit regardless, but we want to give our Airmen enough time to prepare," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr.

[Click here to read more](#)

CSAF outlines strategic approach for Air Force success

In his first major pronouncement as Air Force Chief of Staff, Gen. Charles Q. Brown, Jr., declared Aug. 31 that the service must go fast, must collaborate more effectively with Congress and military, industry and allied partners, and "must accelerate the transition from the force we have to the force required for a future high-end fight."

"We can't predict the future, but we can definitely shape the future," Brown said during a media roundtable in which he presented the 8-page strategic approach entitled, "Accelerate Change or Lose."

"So I think we have a window of opportunity to accelerate some of those changes. And personally, I'd rather drive than ride. I'd rather try to help shape what's going on versus sitting back observing and being impacted by what's going on," he said.

According to Brown, "the document itself is really about why we need to change and foreshadow some aspects of the 'what' and the 'how.'"

"We must rise to the occasion," he added.

The directive is a mixture of Brown's expectations for what is required to ensure air superiority and for the Air Force to fulfill its mission to defend the United States and its interests. Though only 8-pages, the document spans a range of critical topics that touch on doctrine, Air Force culture, and the changing threats and adversaries the nation confronts.

[Click here to read more](#)

Congratulations

Newly Promoted Members

Congrats to those below who promoted in Septembert!

Senior Master Sgt. Michael Wilcox, 327 AS

Master Sgt. Michael Hopson, 913 OSS

Master Sgt. Jose Vargas Gonzalez, 96 APS

Tech. Sgt. John Butler, 913 FSS

Tech. Sgt. Anthony Miller, 327 AS

Staff Sgt. Ryan White, 913 MXS

Amn Kenneth Williams, 913 MXS

Suicide Awareness Video Link

Check it out on our Facebook page here or on our Sharepoint page: <https://fb.watch/lm9tlUmmB/>

Tuition Assistance Helpful Tips

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

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.

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

Health and Wellness

Get into fighting weight: A Total Force Fitness Guide

Courtesy of Human Performance Resource Center

CHALLENGE 1: Assess your habits
Your first challenge, should you choose to accept it, is to assess your current health habits as they relate to sleep, stress, exercise, and diet. The rest of the challenges can be completed in any order, but it's important to start with this one. You'll be able to use this workbook more effectively—and ultimately achieve your weight-loss goals—if you first identify your strengths and areas for improvement and then set a solid goal.



The first part of Challenge 1 is to record your habits for a week. Use the habits tracking sheet in the Tasks section below to record 4 things every day for one week:

How many hours of sleep did you get last night? (Shoot for 7-8 hours.)

How much exercise or physical activity did you get today?

(Aim for 30+ minutes of moderate exercise.)

How many fruits and vegetables did you eat today? (Aim for 4-5 servings each day.)

How would you describe your mood today?

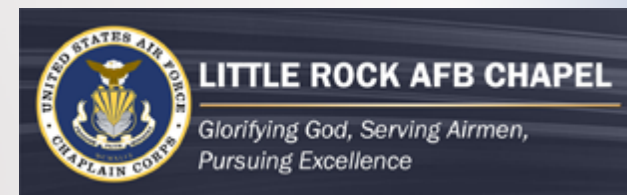
At the end of the week, assess how you did. Compare your results to the recommendations on the tracking sheet. Where did you fall short? What areas can you improve on? In some cases there isn't necessarily a right answer, such as how you felt on a given day.

The goal isn't to be perfect with every habit every day but to be mindful of your health habits and make small adjustments where you can.

Once you've reviewed your habits, set up SMART goals to look for areas of improvement so you're more likely to achieve your weight-loss goals. (Specific, Measurable, Achievable or Actionable, Relevant, Time sensitive)

Rather than just saying "I want to lose weight," SMART goals help you map out how you'll get there. A good SMART goal might sound like, "I will lose 15 pounds in the next 12 weeks by starting to implement healthier choices, because I need to pass my PT test."

[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, 2 Oct 2020

1300-1400 Pre-UTA Staff mtg (HQ conf rm)

1400-1500 CIMB (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, 3 Oct 2020

0830-1530 Medical Appts (bldg 1090, 19 Medical Group)

0830-0930 Newcomers Orientation (APS auditorium)

0900-1000 UCMJ Reenlistment brief (Bldg 262, rm 113)

0900-1100 Non-EAD Commissioning Board (APS/CC office)

1030-1330 Local flight take-off (2-ship)

UTA Schedule, Sunday, 4 Oct 2020

PT Testing canceled until January 2021

0800-1200 APS static trainer (flightline)

0830 EOC/PME testing (Base Education Center)

0900-1000 Unit Safety Rep meeting (Bldg 266, rm 106)

1000-1100 UCMJ Reenlistment Brief (Bldg 262, rm 113)

1300-1400 Supervisor Safety Training (Bldg 284, rm 127)

1300-1400 CSS Training (Bldg 262, FSS Conf rm)

1400-1430 Cheater University (327 auditorium)*

*secure briefings covering merging threats, aircraft, tactics; verify clearance with security manager; POC Capt Moore)

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 266, 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

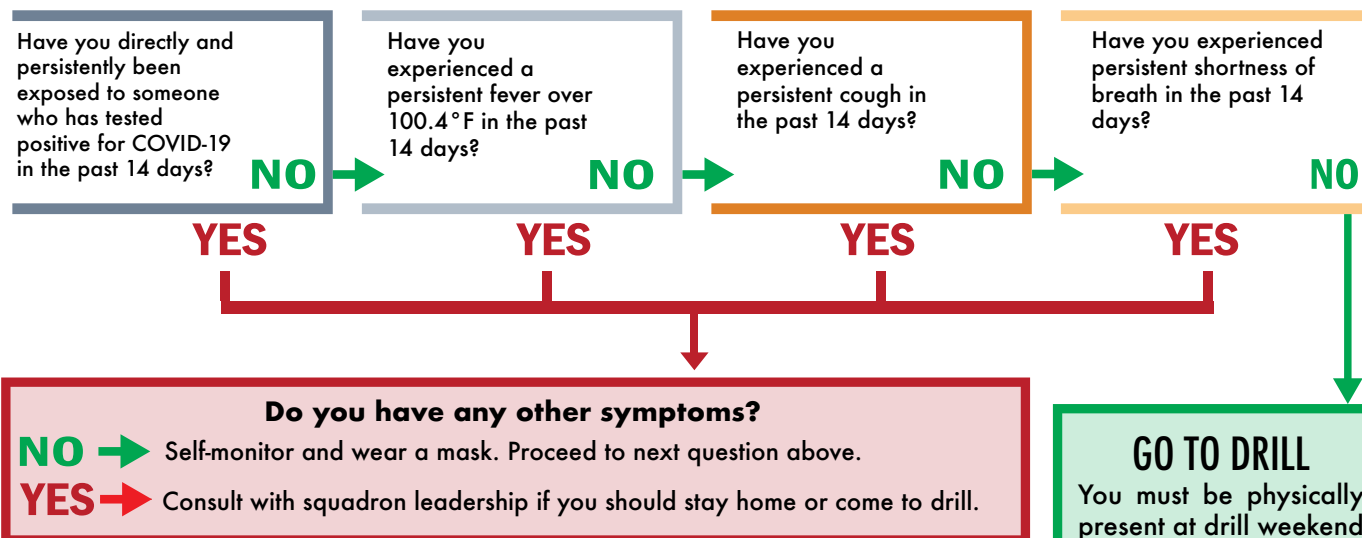
7-8 August 2021

11-12 September 2021

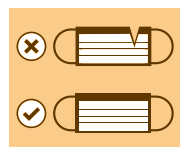
Personnel scheduled to physically show for drill are requested to answer the "Safe to Work" questions below. Communicate with your supervisors if you have questions or concerns.



913th Airlift Group Safe to Work Questions



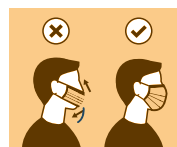
How to Wear Cloth Face Coverings



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.

AFRC/CC's Intent

AFRC COVID website

Air Force COVID Website

Little Rock AFB COVID Website

AR Dept. Of Health

CDC Website

DoD Updates

Fitness Testing Guidance (16 Sept)

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/

EAGLE ROCK LOOP BACKPACKING TRIP OCT 10-12

Difficulty: HARD (26.8 - 30 mile loop), to include multiple water crossings (small & large)

Elevation Gain: 4006 feet

Location: Langley, AR (Quachita Mountains)

Trip duration: 3 Days (2 overnights) Approx. 10 miles/day

Trip dates: October 10-12

Trailhead departure point: Little Missouri Falls on Forrest Road 25 (Camping Area B)

Departure time: 0800

WHAT TO PACK

- Backpack
- Tent (light 1-2 person tent)
- Sleep system (foam/air mattress; sleeping bag)
- Food & Water (to include water filtration system)
- Lighter/matches
- First aid kit; headlamp; compass; poncho/rain jacket/pants in case of rain
- Additional clothing
- Hygiene items
- Sunglasses; walking poles

visit: <http://ouachitamaps.com/Eagle%20Rock.html> for a map

POCs: MSgt Debra Gingrich & SMSgt Brad Womack

Safety Highlights

Hunting Safety



Hunting season is underway. Some people find joy in hanging out in the wee hours of the morning waiting hours for that one shot at that prize buck. The excitement!!! If you're one of those people, hopefully you're not too excited and forget your basic weapon safety tips. Keep in mind guns are not the only weapon used for hunting. Some hunters prefer bows, which are just as lethal as a gun. Unintentional discharges of either could result in serious injuries.

Treat every weapon as if it is loaded.

Handle every weapon with care.

Identify the target before you fire.

Never point at anything you don't intend to shoot.

Keep the weapon on safe and your finger off the trigger until you intend to fire.

Using a tree stand offers many advantages to hunters; how-

Fall Safety

Courtesy of the 913th Safety Office

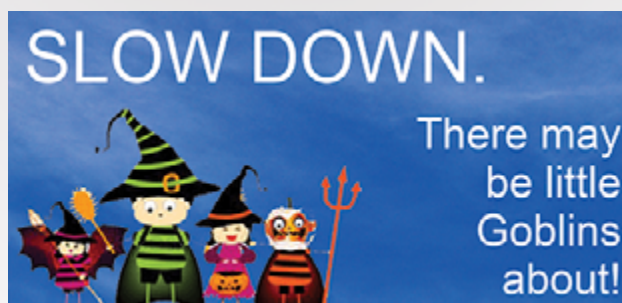
ever, hunting from an elevated position also includes certain risks and can cause serious injury or death. Hunters can be injured if/when they fall from or while climbing tree stands. If you use a tree stand use care and take your time.

Safe hunting begins with Hunter Education. Visit [AGFC](#) for more information.

[Click here to read more](#)

Halloween Safety

- Costumes should be made of flame-retardant material
- Add reflective tape to the costume or bag your child is using to carry candy
- Make sure children are with an adult
- Trick-or-treat in familiar neighborhoods
- Wear well-fitting, sturdy shoes
- Ensure masks fit and don't block vision
- Keep candles and jack-o-lanterns away from landings and doorsteps where costumes could brush against the flame



There are many activities/sources which pose a great risk for accidental fires and injuries this time of year. They are fireplaces/furnaces, space heaters, candles, leaf burning, bonfires, cooking, turkey frying, Christmas trees & lights, overloaded electrical outlets, to name a few.

Cooking is the #1 cause of home fires and home fire injuries. Unattended cooking is the leading cause of fires in the kitchen.

Please visit [NFPA Fire Prevention Week](#) to learn more.

[Click here to read more](#)

OPSEC Highlights

Drinking Beer with a Side of OPSEC Violations

The internet is a tricky place, and our devices allow us to outsmart ourselves regularly.

In a recent piece the good folks at Bellingcat (the same team that dissected the Skripal poisoning in the UK by the GRU), took a deep dive into what appears to be a perfectly benign app, "Untappd," which is used by 9 million beer drinkers around the world. One of the features of the app is to allow the user to "Check in" at their beer-drinking establishment. It might be a brewery, their kitchen, an embassy, military base or secret intelligence facility.



UNTAPPD

The creators of the app had a simple goal: help users to find good beer. Individuals check-in and provide comments on beers, establishments and rate both. The geolocation data used by the app is pulled via an API using Foursquare – a well established app. Individuals can use the Untappd app to share their observations with various social networks, including Facebook and Twitter.

Courtesy of Clearance Jobs

Establishments can use the app to gin up a customer base by encouraging commentary about their line-up of brews – think of it as a combination of Yelp and Foursquare for the beer aficionado.

OPSEC AND GEOLOCATION

The Department of Defense conducted an OPSEC review in 2018 on how the internet of things, specifically apps which collect geolocation data, could be a threat to operational security by providing confirming information to adversaries as to personnel and facility location. The 2018 review was generated following the revelation by Strava Labs that personnel were jogging and that their health and fitness apps were tracking their routes.

OPSEC and counterintelligence briefings abound on the threat posed by personal devices to mission, personnel and facility. Finding Waldo has never been easier when you leave a trail of empty beer mugs.

The Bellingcat review of the beer lover's app, Untappd, demonstrates to us the need to repeat the OPSEC message again and again. The researchers were able to identify users by name and create a trail of their travels through the various check-in's they logged on the app or collating the info with other social network postings. Examples culled from Untappd by Bellingcat included:

"U.S. drone pilot, along with a list of both domestic and overseas military bases he has visited, a naval officer, who

checked in at the beach next to Guantanamo's bay detention center as well as several times at the Pentagon, and a senior intelligence officer with over seven thousand check-ins, domestic and abroad. Senior officials at the U.S. Department of Defense and the U.S. Air Force are included as well."

And while many will smile at some of the identified locations: "Duck and Cover" which is the Embassy bar in Kabul, for example. There are other locales which should raise an eyebrow, including Ramstein Air Base, or the alleged CIA training facility at Camp Perry, VA. In the former, 588 individuals have been checking into the air base, logging their brews and filing photos (including those of military IDs, facilities, and armament).

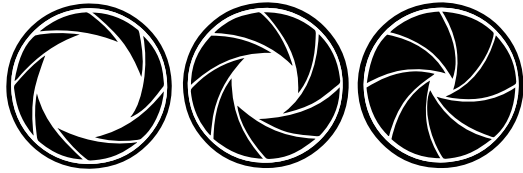
In the latter, Bellingcat was able to pinpoint the residential building on Camp Perry featured in a posting by a user by collating open source information with the photos and data from the user's profile and postings.



[Click to read more](#)

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

Camera Roll



Click to connect:



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

