



Commander's Corner

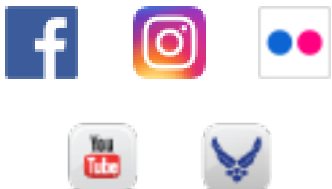
DEOCS Survey Message



Table of Contents

- Commander's Corner..... 1
- [Congratulations](#)..... 3
- [UTA Schedule & info](#)..... 4
- [Health & Wellness](#)..... 5
- [Safe to work question matrix](#).....6
- [Process Improvement & CRF](#) 7
- [Safety Highlight](#) 8
- [OPSEC Spotlight](#) 9
- [Hot off the Press](#) 10
- [Camera Roll](#)..... 11

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<https://www.facebook.com/311119655639815/videos/251190289995503>

Air Force News

Reserve crews traversed Texas landscape for deployment training

The 327th Airlift Squadron used the diverse and large Texas landscape to conduct deployment training among various dirt landing zones, training drop zones, as well as regional and military runways, Feb. 8-12, 2021.

To further enhance training, the unit partnered with the Marine Corps 6th Motor Transport Battalion, Lubbock, Texas, and conducted integrated flying with the active duty Air Force 317th Airlift Wing, Dyess AFB, Texas. Aircrews transported oversized cargo such as an R-11 Aircraft Refueler truck and M119 howitzer artillery equipment, accomplished tactical landing on austere runways, and conducted airdrops of supplies.

“In order to support the combatant commander our crews require the skills necessary to safely deliver critical personnel and equipment in precarious and harsh conditions, including planning around inclement weather,” said Maj. Eric Dueno, 913th Operations Support Squadron director of tactics.



[Click here to read more](#)

Arkansas Reserve unit offers second dose of COVID-19 vaccine



On Sunday, March 7, 2021, the Air Force Reserve 913th Airlift Group administered its second round of COVID-19 vaccines to Reserve personnel on Little Rock Air Force Base, Arkansas.

Group reservists and civilian employees were offered the Moderna COVID-19 vaccine, which is being distributed using the Department of Defense’s phased approach and administered by military medical professionals assigned to the installation.

“I want to sincerely thank our 913th AMDS [Aerospace Medicine Squadron] Reserve medical professionals who came in to knock out our routine medical appointments during the initial vaccine distribution, but who also worked long hours to ensure a smooth vaccine distribution the following day,” said Col. Christopher Lacouture, 913th AG commander. “I am also grateful to our active duty and national guard medical counterparts who also came in to provide additional assistance.”

[Click here to read more](#)

Department of the Air Force to allow shorts for maintainers, updates variety of uniform options

Airmen and Guardians will now have more dress and appearance options with upcoming uniform changes to Air Force Instruction 36-2903, Dress and Appearance.

“These options came directly from feedback from the field through the virtual uniform board and feedback from commands in the field,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel, and services. “We appreciated the feedback we received from Airmen and the opportunity to hear their concerns and ideas. Not all of the ideas fit within our standards or culture, but many do and provided us an opportunity to provide options for our Airmen.”

The following changes will be effective March 15, upon publication of an interim change to Air Force Instruction 36-2903.



[Click here to read more](#)

Congratulations

Newly Promoted Members

Congrats to those below who promoted in March!

- Master Sgt. Scott Reed, 327 AS
- Tech. Sgt. Zackory Putman, 96 APS
- Senior Amn Julia Ford, 913 PA
- Senior Amn Kalee Sexton, 913 PA



MilTax Service for Reservists

Preparing and filing federal and state tax returns for military members can be confusing. Military OneSource has launched its MilTax service for all active, reserve and National Guard members to help get your taxes done right and on time.

Not only does MilTax step you through the process of entering information needed based on current IRS and state requirements, but it allows you to file returns for free with up to three states (if needed) and provides expert tax consultants to answer your questions.

[Click here to read more](#)

Did you know?

LRAFB Diversity & Inclusion Event, April 9th, Hangar 276



0800-0900 - Unity March (around Hangar 276)

0900-1000 - Diversity & Inclusion Celebration keynote speaker, Mr. Sidney Moncrief (H276)

1400-1500 - Diversity & Inclusion Celebration (H276)
*time block for 913 AG personnel to attend

Vandenberg Gate Closure & Detour

UPCOMING TRAFFIC CHANGES: How YOUR COMMUTE MAY BE AFFECTED
March 15, 2021

Vandenberg Blvd. Road Construction:

- ▶ Inbound traffic of Vandenberg Blvd. will be diverted to the outbound lane
- ▶ Search pit operations will continue at Education Center
- ▶ LRAFB Visitors center will be accessed from Vandenberg Blvd.
- ▶ Marshall Road will be used for outbound traffic
- ▶ Estimated upgrade start date: March 15, 2021
- ▶ Estimated completion date: Mid June
- ▶ Dates subject to change due to weather or unforeseen conditions

FOR UPDATES AND OTHER BASE INFORMATION FOLLOW US ON FACEBOOK AT:
www.facebook.com/littlerockairforcebase

INBOUND TRAFFIC: All traffic will be diverted to the outbound lane. Search pit operations will continue at the education center. The LRAFB Visitor Center will be accessed from Vandenberg Blvd.

OUTBOUND TRAFFIC: Marshall Rd. will be used for outbound traffic.

UTA Schedule

Wednesday, 7 April

0930-1000 - 913 AMDS AoC rehearsal (Bldg 266, Ops auditorium)
 1300-1345 - Pre-UTA & Strategic Alignment Meeting (Bldg 266, Ops conference room)
 1345-1445 - CYQ1 CIMB (Bldg 266, Ops conference room)
 1450-1550 - Squadron Commanders' Meeting (Bldg 266, Ops conference room)
 1500-1530 - First Sgts meeting (TBD)
 1600-1630 - ART/SORTS/DRSS meeting (Bldg 266, Ops conference room)

Thursday, 8 April

0830-0900 - Group Staff Meeting for all group staff members (Outside pavillion)
 0930-1030 - 913 AMDS AoC (Bldg 266, Ops auditorium room)
 1100-1200 - Deployment Processing Working Group (Bldg 266, Ops auditorium room)
 1500-1600 - PRF Stratificaiton meeting (HQ Conf rm)

Friday, 9 April

0800-0900 - Unity March (around Hangar 276)
 0900-1000 - Diversity & Inclusion Celebration keynote speaker, Mr. Sidney Moncrief (H276)
 1100-1200 - Group Staff Directors Meeting (Bldg 262, HQ conf rm)
 1300-1330 - EO Meeting (Bldg 262, HQ conf rm)
 1400-1500 - Diversity & Inclusion Celebration (H276) *time block for 913 AG personnel to attend

Saturday, 10 April

0830-1530 - PHAs, Audio & Dental exams (19 Med group, bldg 1950)
 0800-1200 - Group staff CBRNE tng (Bldg 266, APS auditorium)
 1500-1600 - AG/CC Walk-in Time *Group Staff Directors & Sq/CCs as needed)

Sunday, 11 April

0730-0900 - Fitness Testing (HAWC) deferred until July 2021
 0830-1100 - End of Course testing (Base Education Center)
 0830-1500 - COVID vaccination distribution (Walters Center) *2nd dose personnel only
 0930-1130 - Group Staff extremism stand down briefings (Bldg 266, Ops auditorium)
 1300-1400 - AG/CC Mentoring Time w/ Lt Col (Bldg 266, Ops Conf Rm)
 1430-1530 - Cheater University (Bldg 266, Ops Auditorium; Security Clearance required)

Fiscal Year 21 UTA Schedule

~~3-4 October 2020~~
~~7-8 November 2020~~
~~5-6 December 2020 (reschedule UTA with unit)~~
~~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

Schedule is subject to last minute changes. Check you CSS for the latest schedule.

Health and Wellness

Working on that Fitness

Vital 90 workout classes are available specifically for drill weekends!

Drill Saturdays: 4 p.m.

Drill Sundays: 6 a.m.

Warfit pavilion (near track)

Might move classes indoors to an aircraft hangar (H255) for cold weather. Check 913AG Facebook for updates.

The class in no more than **one hour**. It is a mixture of cardio and strength training. There is a mix of running (not long distance, but short intervals and some sprinting) and rowing into the workouts. Instructors mix it up and many times, will vary our workout depending upon class size.



During the week, Vital 90 classes are held Monday through Friday at 7 a.m. & 11 a.m. and at 6 p.m., Monday through Thursday.

Update Fitness Due Date Matrix

[Click here to view the due date matrix](#)

Air Force Personnel Center

[Click here to visit the AFPC fitness site](#)

Fitness test moved to July story

[Click here to read more](#)

FITNESS & SPORTS CENTER

Monday - Thursday: 5 AM - 10 PM

Friday: 5 AM - 7 PM

Saturday: 9 AM - 6 PM

Sunday, Holidays and Down Days: 24 Hour Fitness Access Only (registration required)

To register for 24 Hour Access, please see the front desk during regular hours.

The Power of Positive Communication

By Chaplain Landers

My cell phone battery only holds a charge for so long: if I do not recharge it, it will no longer perform. People are not so different from batteries. If we consume energy from people without refilling them, they will eventually not perform. Communication is our electricity. Every word and action communicates positive or negative energy. We can charge each other with positive energy by communication, or we drain each other with negative energy.

Have you ever felt drained by the communication of another person? Have you ever felt energized? Some people have a gift, they are like the energizer bunny. Many people with this gift end up becoming famous or rising to the top of their companies. Like Dale Carnegie who started at the bottom of a company and worked his way quickly to the top. He wrote a book about his secrets in: *How to Win Friends and Influence People*. His secret was his communication and the way he treated people.

Everyone has the ability to energize others: even simple actions like kind words and encouragement go a long way. How is your communication, both verbal and nonverbal? Self-awareness of your communication may be the key to your success. Take time today to energize someone; start with a smile or a compliment, people will love you for it.

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.



- [Air Force COVID Website](#)
- [AFRC COVID Website](#)
- [Little Rock AFB COVID Website](#)
- [AR Dept. Of Health](#)
- [CDC Website](#)
- [DoD Updates](#)
- [Pfizer Vaccine Factsheet](#)
- [Moderna Vaccine Factsheet](#)

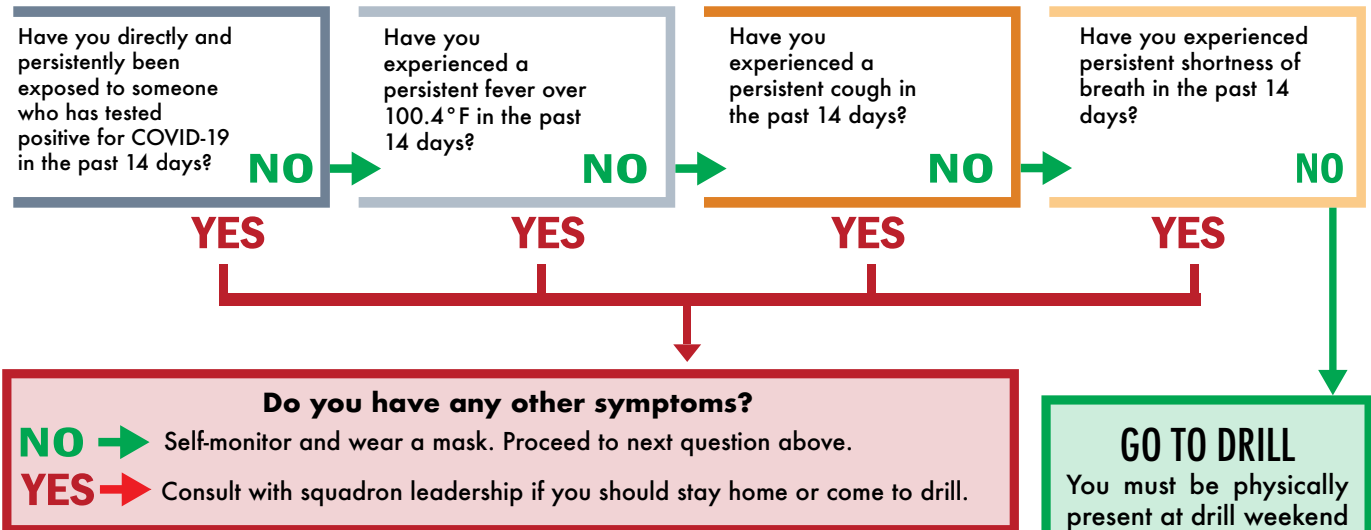
CDC COVID-19 Vaccine Myths & Facts



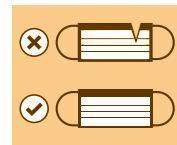
Click on the image or right click to copy the web address read Myths and Facts about COVID-19 Vaccines



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.

Process Improvement & CRF

Posturing for the Future Fight

In September 2020, the 913th Airlift Group conducted a Strategic Alignment where squadron leaders identified goals that would make the organization a more lethal fighting force. Currently, there are five ongoing process improvement projects that will be individually highlighted in future stories.

With emerging requirements across the force to prepare for the future fight, the Air Force Reserve 913th Airlift Group is working toward a secure facility that will meet the demands of mission planning and intelligence research and analysis.

“In order to know what we are up against and to effectively train, we need the proper facility and appropriate security cleared personnel,” said Capt. Nicolas Moore, 913th Operations Support Squadron director of intelligence. “We are working with a variety of agencies for the proper approvals and funding that will advance our combat training for the entire installation.”



[Click here to read more](#)

Free Green Belt Training



Air Force leaders have charged all Airmen to accelerate change across every level of the Air Force. Green Belt training online is now offered to all Military and Civilian personnel.

The course is spaced out over nine weeks, requiring an hour each day to complete the training without significantly impacting duties. The course is accessible on the government network or personal devices.

The course is made up of 36 hours of self-paced online training and four hours of structured virtual class time. Each Reserve student can receive points only credit time in addition to the certificate of completion, continuing education credits, and a special experience identifier.

Click on the link below to sign up for training. Be sure to place Jim Henjum (james.henjum@us.af.mil) as your group POC.

[Click here to sign up](#)

T-56

Centralized Repair Facility Highlight

FY21 Production:

Engines: 41

Props: 22

Total QAR Inspections: 14

Current as of March 26, 2021



Safety Highlights

Spring Time Safety Concerns

Courtesy of the 913 AG Safety Office



SPRING DRIVING SAFETY

- Spring showers bring May flowers – and wet driving conditions, which can create a variety of driving hazards.
 - Check out the various spring driving safety tips below:
 - Slow down on slick roads, and increase your following distance even when mist begins to fall. Just a small amount of water can mix with oil and grease on the road to create slippery conditions.
 - Share the road: Warm weather brings out motorcyclists, bicyclists and pedestrians.
 - Understand the impact of medications on driving: For many people, spring means seasonal allergies. Over-the-counter allergy drugs can have side effects or interact with other medications to diminish your driving ability.
 - If possible, go around potholes: Deep potholes can throw your car out of alignment or worse, forcing you to buy a new wheel and a new tire.
- Avoid driving through large puddles: Driving through water can impair your brakes, cloud your vision, or cause you to hydroplane.
- Keep your tires properly inflated: Full tires can reduce the damage caused by potholes and other road hazards.

Tornado Season

Although severe weather can happen at any time, peak tornado season for Arkansas historically begins in April and continues through May. That's why it's important to know your risks and plan ahead. [Ready.gov](https://www.ready.gov) contains information that can help you prepare for hazardous weather so you and your family can stay safe. Learn more about tornadoes and other hazardous weather, and making a family emergency plan. It's important to practice your plan, to lessen panic and chaos, should you be faced with an actual threat.



13 years later: A look back at Arkansas' longest tracked tornado

On February 5, 2008, many people headed to the polls for the 2008 primary election, including in Arkansas, but many sheltered for their lives due to a tornado outbreak.

That outbreak resulted in the longest tracked tornado in Arkansas history.

The 122-mile-long EF-4 tornado's track started in Yell County near the community of Centerville and tracked to the north-east.

Chief Meteorologist Ryan Vaughan was on the air for hours tracking the storms.

Towns like Atkins and Clinton, which are outside of Region 8, were hit by the tornado. EF-4 damage was recorded in Clinton when the storm moved through.

The tornado continued northeast into Stone County where EF-2 and EF-3 damage was found in the southern part of the county.

The tornado would move into Mountain View, where more EF-4 damage was found. The Stone County Medical Center was damaged in the storm, along with other buildings on Main Street.

[Click here to read more](#)

OPSEC Highlights

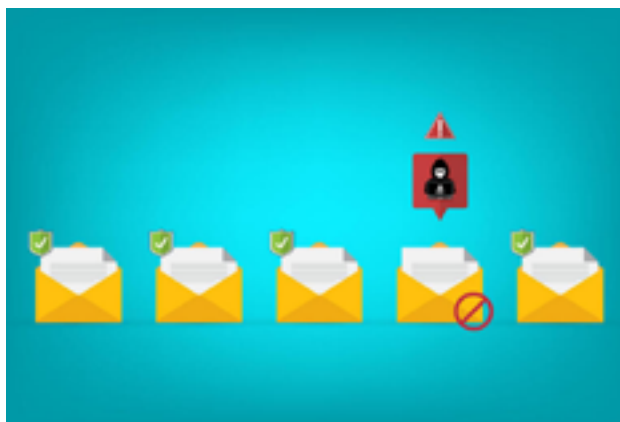
Courtesy of TechRepublic

Phishing emails: More than 25% of American workers fall for them

Since COVID-19 arrived on the scene in the spring of 2020—a global health crisis that has upended the way we think of life and work—employers have been forced to reckon with the idea of a “normal” workplace, and, whenever possible, have moved work to the digital realm.

Terranova Security’s new “2020 Gone Phishing Tournament,” part of its Phishing Benchmark Global Report, looks at the impact of phishing attacks on the remote workforce, citing an increase in phishing simulation clicks, as well as compromised data. Because of so many new home office environments, new ways of collaborating, and rapidly evolving guidelines for security, threats like phishing campaigns, malicious web-sites, and fake apps have proliferated during the early days of the virus. In fact, in the three months of 2020, according to the report, remote workers were hit with 30,000 more “suspicious messages,” and a 667% increase in COVID-related spear phishing.

The new “Gone Phishing Tournament,” part of National Cybersecurity Awareness Month, was held over 11 days in October 2020, and included participants from 98 countries. The testing was conducted in 12 languages. Participants were presented with a real-world scenario, courtesy of Microsoft, that simulated phishing emails and web pages. The test detected whether participants clicked suspicious links or entered information in a webpage form plate.



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“This year’s report illustrates the growing need for security awareness training initiatives that utilize real-world phishing simulations as a practical educational tool,” said author and Terranova Security CEO Lise Lapointe. “Organizations must take these phishing benchmarking results seriously and take the necessary steps to ensure every user has the knowledge needed to safeguard against the latest and most complex cyber threats.”

Participants fared worse than in 2019—this year, nearly 20% quickly clicked phishing links, versus 11% previously. Also, many more (67%) of those who clicked used their login credentials, whereas only 2% did so in 2019. Performance varied by industry—the public sector fared worse, with a 28.4% click rate and 24.7% submission rate, whereas education and finance and insurance came in at 11.3% and 14.2%.

The other key takeaway is that the North American participants performed the most poorly on the test, resulting in a 25.5% click rate and 18% credential submission rate. European participants, on the other hand, had rates of 17% and 11%.

“The results are a clear indication that security leaders need to do more, especially when you consider that the event took place during National Cyber Security Awareness Month,” added Theo Zafirakos, CISO at Terranova Security, in the press release. “It’s a time of year when learning and communication opportunities around phishing tend to be heightened, which means the results showcase the importance of implementing or refining continuous awareness initiatives.”

[Click to read more](#)

Hot Off The Press (Satire)

Courtesy of Staff Sgt. Christian Diaz, 913 MXS

BTZ, Milkshakes, & Among Us

BREAKING NEWS

Below the Zone packages are due Oct. 30. This has caused a wave of collective anxiety among the local Airmen. In an exclusive interview, Tech. Sgt. Pringle offered HotP his best tips about speaking before the BTZ review board. "For one, the board doesn't expect you to have all the answers. 'I don't know' is always acceptable. Two, uhh... take the time to gather your thoughts. There's no rush to answer."

But how long of a pause is acceptable? "Nothing longer than 60 seconds," Pringle says. "Best thing is just to start doing push-ups. When you hit that perfect 67, you'll know the pause is beginning to get awkward."

In other news, the swimsuit portion of the review has been canceled due to Covid. Airmen who failed to obtain a shaving waiver can breathe a sigh of relief.

CONSOLIDATED TOOLKIT MENU UPDATE

To kick off the new fiscal year, CTK will start serving milkshakes at the tool counter. Whenever the ice cream machine is running, customers can now order chocolate and vanilla shakes alongside the usual torque wrenches, radios, and PPE. Anyone who orders the "#1 meal deal" will also receive a sandwich from Tech. Sgt. Clark's lunch along with a complimentary 2-liter of diet soda. First come, first serve.



Camera Roll

Click to Connect:

