



Commander's Corner

Happy Fourth of July



913th,

After a long, difficult year, this Independence Day will be truly special for many people. I hope you all get to safely celebrate with friends and family with a good barbecue.

As we all celebrate during the weekend, let us remember that our founders identified a shared vision that pushes us toward a better tomorrow. That we are all created equal, with inalienable rights of life, liberty, and the pursuit of happiness. May we, as a nation, continue to grow and strive toward that shared vision.

I am grateful for the opportunities that freedom affords and to serve alongside those who serve our great nation.

Happy Independence Day!

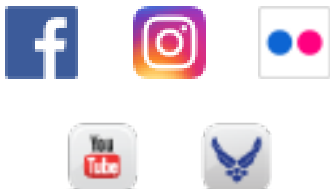
Respectfully,
Colonel Christopher K. Lacouture
913th Airlift Group Commander



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Air Force News

Guard, Reserve ramps up logistics training

'Port Dawgs' from the 189th Aerial Port Flight, Air National Guard, and from the 96th Aerial Port Squadron, Air Force Reserve, created a joint training event at Little Rock Air Force Base, Arkansas, June 3-6, 2021.

The training event required each unit's air transportation specialists, also known as 'Port Dawgs', to use the broad spectrum of their knowledge and skills in order to inspect and prepare equipment, load cargo and process passengers within the allotted time.



"There is a long logistical presence needed to support the warfighter, especially considering the vast distances our forces can project military power," said Capt. Nick Paladino, 96th Aerial Port Squadron operations officer. "Port Dawgs are the linchpin for handling the supplies and personnel through a region on behalf of the combatant commander. We train on a variety of airframes and cargo to ensure the transportation happens quickly and safely."

[Click here to read more](#)

Reserve group stress tests deployment processes during exercise



The Air Force Reserve 913th Airlift Group tested its ability to prepare and process personnel for a deployment in a moment's notice June 6, with a phase 1 exercise at Little Rock Air Force Base, Arkansas.

"In 2019, the group relied heavily on our host wing to provide additional experts to process our personnel efficiently," said Senior Master Sgt. Cathryn Rock, inspector general superintendent. "This exercise is to identify the exact limits of our group's capabilities to process deployers before relying on external assistance."

Regular exercises, such as this event, verify capabilities and identify areas of improvement before units are tasked for real world deployments. There are various training items needed in order to deploy, including having the correct equipment, verifying each individual is medically fit, and ensuring personnel have the proper combat or technical training for the deployed environment.

[Click here to read more](#)

C-130 pilot students conduct Joint Forcible Entry Training in class 21A WSINT

Pilots and aircrew recently flew 26 C-130 variant models from Dyess Air Force Base, Texas, to Nellis AFB, Nevada for a Joint Forcible Entry sortie to culminate their extensive training at the U.S. Air Force Weapons School.

Joint Forcible Entry Operations (JFEO) was the primary objective for the C-130 pilots to execute learned training on how to seize, neutralize and provide air-to-ground manpower. This particular training not only includes Air Combat Command instructors from the 29th Weapons Squadron, but aided Air Mobility Command pilots and their aircrews with a unique experience alike.

"This was my first JFE. The planning was intense; a lot of long hours and lot of hard work by everyone involved," said Capt. Shawn Riley, 29th WPS C-130J pilot.



[Click here to read more](#)

Did you know?

Congrats!



The results are in!

The winners of the 2021 First Period Semi-Annual Awards are:

Amn	A1C Raven S. Davis	MXS
NCO	SSgt Fadarious D. Woods	MXS
SNCO	MSgt Christopher Holmes	MXS
CGO	Capt Ryan G. Christopherson	OSS

Congrats to those who promoted in June!

- Chief Master Sgt. Angela Harvey, 96 APS
- Master Sgt. Kristen Garrett, 96 APS
- Master Sgt. Richard Gibson, 913 MXS
- Master Sgt. Bradley Johnson, 96 APS
- Tech. Sgt. Jacob Henson, 913 MXS
- Tech. Sgt. David Roby, 913 MXS

Operation Homefront

Operation Homefront in partnership with Dollar Tree, will be providing school supplies to DEERS enrolled military children in grades Kindergarten through 12th for the 2021-2022 school year. Supplies will be limited and distributed on a first come, first serve basis. Once your registration is complete, you will receive a confirmation email.

ELIGIBILITY:
 Post 9/11 wounded, ill or injured service members of any rank, both currently serving and those no longer serving in the military
 or
 All branches/components of active duty, National Guard and reserve forces in any duty status and of any rank

REGISTER AT:
<https://operationhomefront.org/event/btsb-little-rock-afb-ar>

POC:
 Lisa Henson - lisa.Henson@operationhomefront.org



UTA All Call highlights & Suicide Awareness

If you missed the June UTA All Call you can read the highlights in the synopsis sent via email. If you are due for the annual Suicide Awareness Training you can view the brief video at one of the links below. Please updated your training status with unit training managers after viewing.

Facebook: <https://fb.watch/68vr18YRlx/>

Share Drive: 913AG\Squadrons\913AG-GROUP-PUBLIC\Training Materials

SharePoint (upload in progress): <https://afrc.eim.us.af.mil/sites/913AG/PA/SitePages/>

YouTube (not available on mil network): https://youtu.be/JEPB_gJ1xVI

Did you know?

Air Force coins official Maintenance Duty Uniform, adds immediate wear of tactical OCP caps

Air Force commanders of units with aircraft maintenance, industrial and other labor intensive Air Force Specialty Codes will have the option to authorize wear of a standardized, maintenance duty uniform, also referred to as coveralls, which may be worn on a day-to-day basis upon publication of the updated AFI 36-2903 anticipated for August 2021.

The career fields authorized to wear the MDU are: 2A, 2F, 2G, 2M, 2P, 2S, 2T, 2W, 3E, 3D, 1P.

“The MDU idea was presented to the 101st uniform board in November 2020 as a way to help increase readiness and timeliness from the work center to the flight line,” said Chief Master Sergeant of the Air Force JoAnne S. Bass. “We are hoping this change will instill a sense of culture and inclusivity for our maintainers who work to keep the mission going 24/7.”

When authorized by commanders, the sage MDU will be unit funded and members will wear the basic configuration consisting of a nametape, service tapes and rank along with the higher headquarters patch on the left sleeve and a subdued U.S. flag and organizational patch on the right sleeve. The coyote brown t-shirt, OCP patrol or tactical cap, coyote brown or green socks, and coyote brown boots, are worn with the uniform. The MDU will not be utilized for office work environments, non-industrial or non-labor tasking, but is authorized for wear when transiting from home to duty location and all locations on installations. It must be worn in serviceable condition. Local coverall variants are still authorized but only

[Click here to read more](#)

Air Force readdresses women’s hair standard after feedback



Building on women’s hair updates announced in February 2021, the Air Force will further revise Air Force Instruction 36-2903 to address differences in hair density and texture.

Previously, hair worn in a bun, braid, ponytail or equivalent could not extend beyond the width of the head. Beginning June 25, when hair is secured behind the head, the hair may extend six inches to the left and to the right and six inches protruding from the point where the hair is gathered. The 12-inch total width must allow for proper wear of headgear.

“Change doesn’t happen overnight, and sometimes it takes another iteration to arrive at the best solution,” said Air Force Chief of Staff Gen. CQ Brown, Jr. “This updated guidance represents meaningful progress. The feedback we received from our Airmen highlighted the need to reevaluate the policy and ultimately, make it more inclusive.”

[Click here to read more](#)

UTA Schedule

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

Fiscal Year 22 UTA Schedule

- 2-3 October 2021
- 6-7 November 2021
- 4-5 December 2021
- 8-9 January 2022
- 5-6 February 2022
- 5-6 March 2022
- 31 Mar - 3 April 2022
- 30 April - 1 May 2022
- 4-5 June 2022
- No July UTA
- 6-7 August 2022
- 10-11 September 2022

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)

The class is 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.

Air Force releases updated fitness test score breakdown

[Click here to read more](#)

Updated Fitness Scoring Charts

[Click here to visit the latest charts](#)

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.

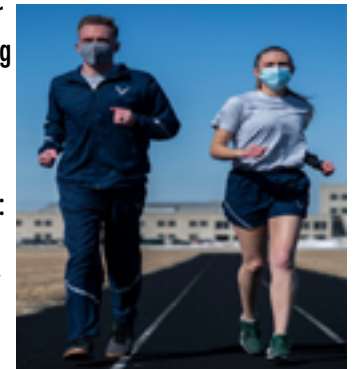
Physical fitness training series: Mental fitness

High levels of physical fitness are required to do well on your physical fitness test (PFT). But being physically strong can only take you so far. Strong mental-fitness strategies are vital to help you max the test and get closer to optimal performance.

Goal setting for fitness training

The first step to leveraging mental fitness to optimize physical fitness is to set SMART goals. Setting specific goals will help you define an end point, rather than “get better” goals. For physical fitness, it works well to set a long-term goal that’s about 6 months out and more short-term goals with milestones that you can check off along the way. Coupled with a progressive workout program, this plan will help you get fit and perform well on your fitness test.

You can also set yourself up for success by using “when... then” statements or “implementation intentions.” You might think, “WHEN (obstacle or opportunity), THEN I will (effective plan).” “When...then” statements help you make your workout plan automatic. For example, if you’re struggling to decide whether to work out in the morning, after work, or after dinner each day, you could make a plan: “WHEN I come home from work, THEN I’ll immediately change into my running clothes and go for a run.”



[Click here to read more](#)

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
- DoD updated Mask Rules

LRAFB Mask Guidance: Most facilities will require masks if personnel are not fully vaccinated.

Facilities such as the Medical Treatment Facility and Walters (during POD Ops only) will require Mandatory Mask Wear.

ATTENTION

MASKS MUST BE WORN
IN THIS FACILITY



REGARDLESS OF YOUR
VACCINATION STATUS

*IN ACCORDANCE WITH CDC GUIDANCE, MAINTAIN PHYSICAL DISTANCE FROM PATIENTS, VISITORS, NOT A PART OF YOUR GROUP, AT ALL TIMES

ATTENTION

MASKS MUST BE WORN
IN THIS FACILITY

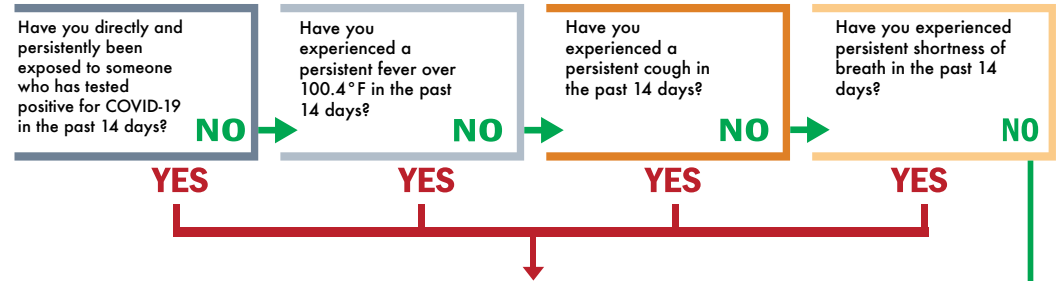


IF YOU ARE NOT FULLY
VACCINATED

*IN ACCORDANCE WITH CDC GUIDANCE, FULLY VACCINATED PERSONS MUST BE AT LEAST TWO WEEKS BEYOND THEIR FINAL DOSE



913th Airlift Group Safe to Work Questions



Do you have any other symptoms?

NO → Self-monitor and wear a mask. Proceed to next question above.

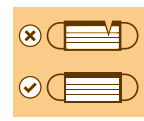
YES → Consult with squadron leadership if you should stay home or come to drill.

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.

Process Improvement & CRF

Continuous Process Improvement

USAF to use VR technology for C-130 maintenance training

The US Air Mobility Command (AMC) and Air Education and Training Command (AETC), along with the US Air Force (USAF), have teamed up to develop a virtual reality (VR) platform for training purposes.

The VR solution will allow the USAF to offer safe and effective training to new maintenance airmen on mission-essential tasks.

The technology is focused on the C-130 and is expected to be completed by mid-2020. It is being designed to provide a visual environment covering the intricate details of the C-130H Hercules and C-130J Super Hercules aircraft.

Contractor Mass Virtual is working on the development of the VR training platform. The computer software company is involved in providing virtual offerings to several organisations.

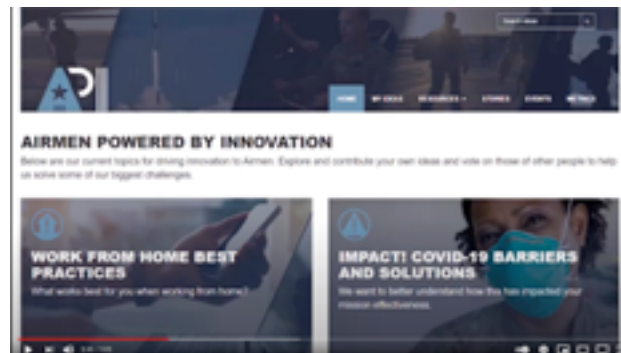


[Click here to read more](#)



Air Force Reserve Command leadership supports improvement, innovation and creativity to improve and reform the Air Force Reserve organization through Continuous Process Improvement and Innovation.

Have an idea? Need help pitching your idea to leadership? Contact Jim Henjum (james.henjum@us.af.mil)



T-56 Centralized Repair Facility Highlight

FY21 Production:

Engines: 55
Props: 28


Current as of May 28, 2021



Safety Highlights

FIREWORKS SAFETY TIPS

Courtesy of the 913 AG Safety Office

- 
- A large firework with red, white, and blue streaks is exploding in the night sky. Below it, a military aircraft is visible, with the letters 'USAF' on its wing. The scene is dark, with the firework providing the main light source.
- Make sure fireworks are legal in your area
 - Never allow kids to play w/or ignite fireworks
 - Keep a bucket of water or hose nearby
 - Never use fireworks while impaired by alcohol
 - Only use fireworks away from people, houses and flammable material
 - Anyone using fireworks or standing nearby should wear protective eyewear
 - Never point or throw fireworks at another person
 - Do not try to re-light or handle malfunctioning fireworks
 - Soak firework duds in water for a few hours before discarding



[Fireworks Safety Video](#)

OPSEC Highlights

Courtesy of Theregister

US nuclear weapon bunker security secrets spill from online flashcards since 2013

Details of some US nuclear missile bunkers in Europe, which contain live warheads, along with secret codewords used by guards to signal that they're being threatened by enemies, were exposed for nearly a decade through online flashcards used for education, but which were left publicly available.

The astonishing security blunder was revealed by investigative journalism website Bellingcat, which described what it found after "simply searching online for terms publicly known to be associated with nuclear weapons."

The flashcards "detail intricate security details and protocols such as the positions of cameras, the frequency of patrols around the vaults, secret duress words that signal when a guard is being threatened and the unique identifiers that a restricted area badge needs to have," Bellingcat reported.

Merely googling "PAS" (protective aircraft shelter), "WS3" (weapons storage and security systems) and "vault" (the US military term for nuclear weapons bunkers) together with the names of US Air Force stations in Europe came back with flashcards used in training and hosted on websites Chegg, Quizlet, and Cram.

Materials found by Bellingcat suggested the protocols had been in use as recently as April, though the oldest dated back to 2013. The flashcards themselves have since been deleted, with the US Air Force telling Bellingcat it was "investigating the suitability of information shared via study flashcards."



Some flashcards included the locations and sightlines of surveillance cameras pointed at key entrances, and the locations of modems networking the vaults' systems with the wider base. Precisely which vaults were being used to store nuclear warheads was detailed in some cards.

The investigative website's findings are similar to the open-source intelligence it found when looking at beer-rating app Untappd last year. Using Bellingcat's techniques, The Register was able to easily identify key government personnel working in militarily sensitive establishments.

Online OPSEC is important: subscribing to ebooks website Scribd and searching for certain terms can reveal all manner of confidential manuals and handbooks, and slide-deck website Prezi occasionally contains internal slideshows the content of which probably wasn't intended to be published to the wider world.

Think of it this way: if you're uploading sensitive data to a website that isn't operated by or contracted to your company (or the government in this case), you probably shouldn't do it. Particularly if you're guarding nuclear weapons.

[Click to read more](#)

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

Camera Roll

Click to Connect:

