



# Commander's Corner

## Suicide Prevention Month Message



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### Click to Connect:



987-6970



913th,

Many of you know that I hold suicide awareness near and dear to my heart. It has affected me personally and I know it is an issue prevalent throughout the world. Death by suicide exists in every corner of the world, any religious group, and age group.

There is a lot of work to be done to help break down the barriers to seeking help. It takes incredible strength to seek and ask for help. We are all humans who have feelings, experience fear, and are sometimes vulnerable. When we are physically injured or ill, we reluctantly schedule a medical appointment. There is a variety of medical specialists and treatments to help us recover. Same with mental health. There is a variety of specialists and counseling to help stabilize you when working through the stressors of life.

At times, life can be overwhelming. We ask many of you to balance civilian and military careers. We value what you bring to the 913th family. So if you ask for help, regardless of status, we will do everything in our power to find the support and resources you need.

Respectfully,  
Christopher K. Lacouture  
Colonel, USAF  
Commander



Connect to Protect:  
Support is Within Reach

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**<sup>TM</sup>  
 1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

# Air Force News

## A Note from Col. Lacouture: Mandatory vaccines for the 913th

The Secretary of Defense has mandated that all military personnel get vaccinated against COVID-19. I am waiting for Air Force and Reserve specific guidance from AFRC. We will not have COVID vaccinations during the September UTA. Plan for the October UTA to be the first mandatory vaccination event for unvaccinated members of the 913th.

If you are not vaccinated, take the time between now and the October UTA to gather information from reputable sources if you have questions or concerns about the COVID-19 vaccine. Remember, the vaccine is mandatory and there will be consequences to refusing to get vaccinated unless you have an approved exemption. While an exemption is being staffed, you will not be required to get the vaccination. I attached the letter from Secretary Austin directing vaccination and the instructions governing religious and medical exemptions in case you want to pursue an exemption.

If you have been vaccinated off-base, please provide the necessary documentation to the 913th AMDS to get that information into your medical record.

I am vaccinated as is my wife and 17 year old daughter. My 9 year-old daughter will be vaccinated once the FDA approves emergency use for children younger than 12.

Once the Air Force releases guidance I will distribute it down the chain of command.

## Rally in the Rockies 2021 Exercise Prep



Members of the 913th Airlift Group have been gearing up for the Rally in the Rockies exercise, partnering with other units from around the country to prepare multi-capable Airmen for future fights.

[Click here to see how RitR21 was made](#)



## Air Force releases dress and appearance changes

New dress and appearance updates will soon be released following feedback, testing from Airmen and reviews conducted as a part of the 2020 Air Force Uniform Board.

“We remain committed to maintaining an iterative approach with our dress and appearance standards,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. “During this most recent review we approved several updates fully aligned with our Air Force standards and culture that maintain our focus on warfighting while providing options to meet many of the needs of our Airmen.”

Uniform Board changes will be effective upon publication in Air Force Instruction 36-2903, Dress and Appearance of Air Force Personnel, which is expected to publish in early October 2021. Below are examples of a few changes to the updated AFI:

- Male bulk hair standards increase from 2 inches to 2.5 inches
- Cosmetic tattooing on the scalp is authorized for men
- The size of hair accessories increases from 1 inch to 2 inches for females
- Hosiery is optional for females with any combination of the dress uniform
- Transparent piercing spacers are authorized
- Wing commanders may authorize the local wear of approved OCP morale patches on Fridays or during special events

[Click here to read more](#)

# Congratulations

## Newly Promoted Members

Congrats to the folks who promoted in August!

Master Sgt. Nolen Bartow, 913 MXS  
 Master Sgt. Oscar Cerna, 913 AMDS  
 Master Sgt. Connie Outlaw, 913 FSS  
 Staff Sgt. Stephen Clark, 327 AS

### A&FRC Embedded Support



Airman & Family Readiness Center support will still be available the Monday through Friday of the week before and after the UTAs below:

11-12 September – Ms. Peggy Bennett and Ms. Stephanie Koonts will be at the embedded office (B276 room 115)

2-3 October – Ms. Lyndsey Ballard and Mr. Mike “Rudy” Rudisill will be at the embedded office (B276 room 115)

4-5 December – Mr. Mike “Rudy” Rudisill and Ms. Stephanie Koonts will be at the embedded office (B276 room 115)

# Did you know?

## Joint Services Support *presents*



**WHEN:** 18 September from 0900-1600  
**WHERE:** BLDG 7301 on Kansas Ave (Camp Robinson)  
**WHO:** Current service members of all branches and components and adult DEERS enrolled dependents.

The Employment Emporium is an employment preparation event that will offer walk-in (no appointment needed) services from 0900-1600 for:

- Assistance with Applying for Jobs
- Career Exploration and Interest/Skills Evaluation
- CIV Resume Writing
- Credit Advocacy and Education
- Expanded Education Options and Financial Aid Resources
- Federal Resume Writing
- Student Loan Counseling

Questions? Contact Joanna Murray, Arkansas Military OneSource Consultant at 501-322/0202/joanna.murrayterpening@militaryonesource.com OR Katina Dimitro, Soldier and Family Readiness Program Lead at 501-212- 4019/katina.s.dimitro.civ@mail



Active duty members, Air Force Reserve and Air National Guard members and their dependents 18 and older who are eligible for treatment in the military health system, and Air Force civilian (appropriated and non-appropriated) employees are eligible to receive support from the 19th Airlift Wing SAPR office. **Help is available regardless of status.**

Sexual Assault Response Coordinator:  
 1240 Thomas Avenue  
 Rooms 118 and 120

Hours: 7 a.m. - 4 p.m., Monday - Friday

Office Phone: (501) 987-2697

24-Hour Hotline: (501) 987-SARC (7272)



# UTA Schedule



## September UTA Schedule



### UTA Schedule, Friday, 10 September 21

**\*\*No Intel Support available Thursday – Sunday due to RTR**

- 1300-1400 Pre-UTA Meeting & Strategic Alignment (HQ Conf Rm)
- 1400-1450 FMB (HQ Conf Rm)
- 1500-1550 Sq Commander Meeting (HQ Conf Rm)
- 1500-1600 1st Sgt Meeting (Bldg. 266)
- 1600-1630 ART/SORTS/DRRS Meeting (HQ Conf Rm)

### UTA Schedule, Saturday, 11 September 21

- 0800-1030 Newcomer's Brief (\*\*HQ Conf Rm\*\*)
- 0800-0900 F2F Profiles (Clinic) \*\*must hand-carry medical documentation
- 0830-1100 Labs/immunizations/Audio/Optometry/Dental Exams (Clinic)
- 1030-1130 EO Meeting (HQ Conf Rm)
- 1230-1330 Group Staff Meeting (HQ Conf Rm) \*All Group Staff
- 1330-1430 Group Staff Directors Meeting (HQ Conf Rm) \*Group Staff Directors
- 1500-1600 AG/CC Walk-In Time \*Group Staff Directors and Sq/CCs as needed

### Fitness Assessments, Saturday, 11 September 21

- 0630-0800 APS Fitness Assessments (Warfit Pavilion)
- 0830-1000 AMXS Fitness Assessments (Warfit Pavilion)

### SAPR Classes, Saturday, 11 September 21

- 0900-1000 96 APS (APS Auditorium)
- 0900-1000 913 OSS & Group Staff (Ops Auditorium)
- 1030-1130 913 AMXS (APS Auditorium)
- 1030-1130 327 AS (Ops Auditorium)
- 1300-1400 96 APS (APS Auditorium)
- 1300-1400 913 FSS (Ops Auditorium)
- 1430-1530 913 AMXS (APS Auditorium)
- 1430-1530 913 AMDS (Ops Auditorium)

### UTA Schedule, Sunday, 12 September 21

- 0830 EOC/PME testing (Base Ed Center)
- 0900-1000 Helping Agencies Meeting (HQ Conf Rm) \*\*IG, JA, Safety, Chaplain, EO
- 1000-1100 Art 137 UCMJ Brief (HQ Conf Rm)
- 1200-1500 CSS, AFIPPS, HSR Training (HQ Conf Rm)
- 1430-1530 CHEATER University (Bldg 266, Ops Auditorium) \*\*Security Clearance required

### Fitness Assessments, Sunday, 12 September 21

- 0700-0830 AMDS Fitness Assessments (Warfit Pavilion)
- 0730-0900 FSS/Group Staff Fitness Assessments (Warfit Pavilion)
- 0830-1000 327th/OSS Fitness Assessments (Warfit Pavilion)

## 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

### Put some fun in your children's fitness

The Physical Activity Guidelines for Americans were developed by the U.S. Department of Health and Human Services as recommendations to improve and maintain Americans' physical and mental health. The guidelines for adults include 150 minutes of moderate-intensity physical activity each week—with at least 2 days dedicated to muscular strength—but the recommendations for children are a little different.

#### Children's physical activity guidelines

Children ages 6–17 should aim for at least one hour of moderate-to-vigorous physical activity daily. Muscle- and bone-strengthening activities are included in that hour and should be performed at least 3 days a week.

The adult guidelines require continuous aerobic activity, while children only need to accumulate a total of 60 minutes daily. Children generally exercise and play in spurts—which isn't always technically considered aerobic because the duration isn't long enough, but it gets the job done.

For young children ages 3–5, the guidelines are even less specific. Children should be physically active throughout the day. Adults can encourage active play, such as pushing toys and climbing safely.

#### Types of activities

Aerobic activity at a moderate-intensity level should make up most of the daily 60 minutes. Moderate intensity will make it difficult for your child to talk to you when they are playing. Lower-level activities for longer times—such as hiking—are okay too. Aerobic activities include running, skipping and



hopping, riding a bike, and walks. Playtime doesn't need to be organized and can be spread throughout the day. One way to add minutes is to make sure that any "child vehicles"—any toy a child rides—isn't motorized. Physically moving what they ride can add to activity time and also build muscular strength.

Muscle strengthening is important for growth and development. Unlike adults, kids don't need focused resistance training to improve muscle strength. Weightlifting isn't bad for kids, but they need to use appropriate weights, exercises, frequency, and supervision. It's easier to encourage muscle strengthening for kids the old-fashioned way—play. Climbing on playground equipment or makeshift obstacle courses is the best exercise for strength gains. Most young kids find them more fun than dedicated resistance training. Muscle-strengthening activities should be included in the 60 minutes of daily activity at least 3 times per week.

Bone strengthening—in addition to getting enough calcium and vitamin D—is essential to stimulate bone growth in

children. Osteoporosis (a condition in which bones become weak and brittle) is said to be a childhood disease that presents in adulthood. The fastest bone growth takes place in late childhood through puberty, but then it slows down until the age of 25. After 25, bone mass decreases. Not building enough bone mass in childhood might put your child at risk for osteoporosis in their old age. Bone growth is stimulated by weight-bearing activities that send forces up and down the body. Walking, running, and jumping are good examples of weight-bearing activities. These activities should also make up part of the daily 60 minutes, at least 3 days per week.

The three different types of activities aren't mutually exclusive; a bone-strengthening activity can also be muscle-strengthening and aerobic.

Here are some examples of what your child's active week might look like:

**Monday:** Plan a playground playdate for your child with the other kids in the neighborhood. Monkey bars, hopscotch, and other obstacles help build muscular strength and provide bone strengthening.

**Tuesday:** Encourage your child to take an energetic bike ride with you after school. This provides vigorous-intensity aerobic activity. Visit the Rails-to-Trails website for some ideas.

[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.

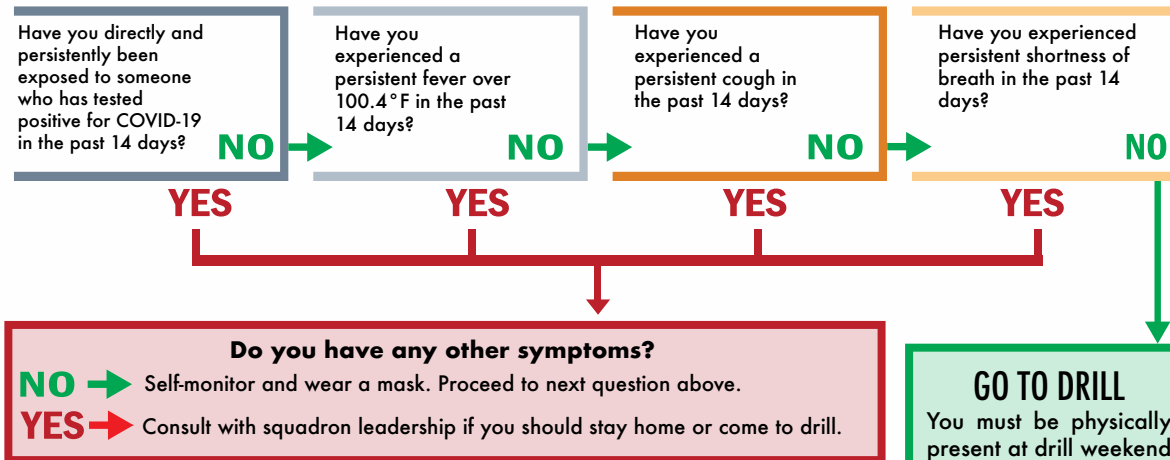


- Air Force COVID Website
- AFRC COVID Website
- Little Rock AFB COVID Website
- AR Dept. Of Health
- CDC Website
- DoD Updates

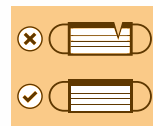
LRAFB Mask Guidance: Most facilities will require masks indoors regardless of vaccination status.



## 913th Airlift Group Safe to Work Questions



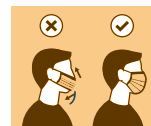
### How to Wear Cloth Face Coverings



**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

## CBD IN THE DoD



### MARIJUANA v. HEMP

A cannabis plant can be classified as marijuana or hemp depending on its level of tetrahydrocannabinol (THC) – 0.3% or less THC content is considered hemp, more than 0.3% is considered marijuana.

### CANNABIDIOL (CBD)

CBD can be derived from either marijuana or hemp. CBD is not well regulated, the Food and Drug Administration does not certify THC levels in products, and CBD products may omit or inaccurately represent their THC content. Use of CBD products, including those derived from hemp, could lead to a positive urinalysis for THC.





### LEGALITY OF MARIJUANA

Knowing use, possession, or distribution of marijuana and any product derived from or containing marijuana, including CBD, is illegal for all military members under Article 112a, Uniform Code of Military Justice (UCMJ). The UCMJ applies at all times and in all places to active duty military members.

### LEGALITY OF HEMP

Each service has prohibited the use of hemp or hemp-derived products, including CBD. A knowing violation of those prohibitions is an offense under Article 92, UCMJ.

- Air Force: AFMAN 44-197, paragraph 1.2.2.1
- Army: AR600-85, section 4-2p
- Navy and Marines: ALNAV 057/19, paragraph 3
- Coast Guard: COMDTINST M1000.10A, chapter 5, section D.1





### CIVILIAN EMPLOYEES


Use of marijuana and its derivatives, including CBD, is illegal for federal civilian employees. While it is not currently illegal for civilians to use hemp-derived CBD products, use of these products is risky and could lead to a positive urinalysis for THC. If a civilian employee tests positive for THC, use of hemp-derived CBD would not qualify as a valid excuse.

### BOTTOM LINE

It is illegal for military members to ingest (smoking, vaping, eating, transdermal patches, etc.) CBD in any form! It is illegal for federal civilian employees to use marijuana and its derivatives, including CBD, and risky to use hemp-derived CBD!



\* The FDA has only approved one prescription drug containing CBD, called Epidiolex®, and individuals with a valid prescription are permitted to use this.



## BACK ON TOUR

ARKANSAS BLOOD INSTITUTE


# Little Rock Air Force Base 913 AG Blood Drive

**Sunday, September 12**  
**11 a.m. - 2:30 p.m.**  
*Bloodmobile at Building 262*

To schedule an appointment, visit [arkbi.org](http://arkbi.org) and use sponsor code 090W or call 877-340-8777.

*For a limited-time only, all donors will receive Hemoglobin A1C blood sugar testing, which can help monitor diabetes risk.*

**Donate blood & you'll receive a Back on Tour t-shirt\* & one free entry to the Little Rock Zoo!**



☎ 877-340-8777    🌐 ARKBI.org    🇺🇸 Arkansas Blood Institute

\*while supplies last. Photo ID required.

# Safety Highlights

## Hazard Safety Tips

Courtesy of the AFRC Safety Office

# If you **SEE** a hazard, **REPORT** it!

HAZARD REPORT		Control Number assigned to safety professional	Date Submitted
To: Installation Safety Office (by airmen & civilians)			
913AG/SES	OPTIONAL: Job #: Doc. Typ. 913 AMEN		
<b>PART I HAZARD</b> (This is required to initiate reporting board)			
Description (Use this format: Who, What, Where, When)			
On 17 Feb 21 at approximately 1734 hrs, an employee entered the facility and was walking down the hall. The employee tripped on a floor tile protruding from the floor and fell to the floor sustaining minor cuts and bruises to the left forearm and knee. One other staff has seen and heard of many employees tripping on these tiles. We've reported this to the facility manager several times in the past, however, the hazard still exists and employees continue to slip.			
Type of hazard (e.g., physical or chemical, falling from unsecured ground, liquids, gases or dust, falls, or heat or fire hazard, etc.)			
May 1995, hallway - tile is raised from floor creating a tripping hazard.			
Recommendation (if any)			
Have floor tiles repaired/replaced to ensure tiles do not protrude from floor.			
<b>PART II INVESTIGATION OF HAZARD</b>			
Investigator (Name) Valid Email <input type="checkbox"/> Yes <input type="checkbox"/> No Risk Assessment (Add date)			
WHO: Anybody can submit one!			
WHY: To get a hazard removed or corrected.			
WHAT: A procedure which provides a way to report any type of hazard.			
WHEN: Submit anytime you feel a hazard cannot be corrected in house.			
HOW: Route through your supervisor and Unit Safety Representative. If this is not feasible, send directly to the Wing Safety Office.			
Reference: AF 91-202			
Date Investigated	Investigator (Name, Grade and Title/Position)	Signature	

AF Form 457, 26110117 Please always complete in ink or in blue ink. Use an indelible ballpoint or rollerball pen. Form 457 (Rev. 10/18)

There are several ways to report safety hazards.

- 1) Complete the **AF Form 457, Hazard Report** that is located on your unit's safety bulletin board, or electronically on e-Pubs.
- 2) Using the **Airman Safety App (ASAP)**, which may be downloaded from the App Store or Google Play.
- 3) Call or email the Safety office directly.

☎ (501) 987-4536

✉ 913AG.SE.Safety@us.af.mil

**Hazard Recognition**  
**HAZARDS ARE EVERYWHERE.**  
**WHAT RISKS AREN'T YOU SEEING?**





# OPSEC Highlights

Courtesy of Threat Post

## Iranian APT Lures Defense Contractor in Catfishing-Malware Scam

Most people have probably heard of catfishing. That’s when someone adopts a fake online persona, usually to trick someone into falling in love. Now, threat actors have developed their own spin on the grift, developing appealing – objectively hot – profiles to charm victims into downloading malware.

In a new report, Proofpoint details how the group TA456, associated with the Iranian Revolutionary Guard, invested years in developing the false profile of a fantasy woman named Marcella Flores, an impossibly shiny haired aerobics instructor from the U.K., to rein in unsuspecting targets.

The first signs of Marcella on social media started in 2018, according to Proofpoint’s analysis. Starting about eight months ago, Proofpoint found TA456 used the Marcella Flores profile to slowly build a relationship with someone who worked for a subsidiary of an aerospace defense contractor in the U.S. Over the months, Marcella shared many emails, pictures and even a video to build trust.

It wasn’t until early June that the attackers sent an email from Marcella Flores with the malware, the report added.

“Designed to conduct reconnaissance on the target’s machine, the macro-laden document contained personalized content and demonstrated the importance TA456 placed on the target,” Proofpoint’s report said, adding the malware is a new iteration of the Liderc malware, which Proofpoint calls Lempo.



### TA456 Lempo Malware

Once it gains a foothold in a target’s system, Lempo performs reconnaissance and exfiltrates data to an email account controlled by TA456. Then, it deletes the host artifacts to cover its tracks, the report explained.

As for the attack chain, an Excel macro drops the Lempo reconnaissance tool and Windows does the rest.

“Leveraging built-in Windows commands it enumerates the host in a variety of ways, records the collected data and then exfiltrates the intelligence to an actor-controlled email account using Microsoft’s Collaboration Data Objects (CDO),” Proofpoint wrote. “CDO, previously known as OLE Messaging or Active Messaging, is an application programming interface

included with Microsoft Windows and Microsoft Exchange Server products.”

Lempo collects sensitive domain data, computer and user-name information, firewall rules, IP config information and tons of other useful stuff that could be used to launch a successful supply-chain attack on the government or various contractors.

In fact, Proofpoint’s Sherrod DeGrippe told Threatpost the fake “Marcella” profile they found was also connected on social media with others who publicly identify themselves as employees of defense contractors.

“TA456’s years-long dedication to significant social engineering, benign reconnaissance of targets prior to deploying malware, and their cross-platform kill chain makes them a very resourceful threat actor and signifies that they must be experiencing success in gaining information that meets their operational goals,” DeGrippe said. “TA456 has demonstrated themselves as one of the most resourceful Iranian-aligned threats tracked by Proofpoint. More broadly, Iranian cyber-espionage groups continue to have success with extensive social-engineering targets.”

[Click to read more](#)

# Hot Off The Press

(Satire)

Courtesy of Tech Sgt. Christian Diaz, 913 MXS

## Machine Wash Only

With so many pockets, belt loops, and Velcro patches to consider, washing OCP's can be a real drag. HotP hit the streets to ask the big question on everyone's mind: "How often do you wash your pants?"

Honestly like once a week, max. - TSgt Brill

I thought you weren't supposed to wash them? It ruins the bug repellent. - SrA Lavalla

Every single day. Twice if I sit on engine shop's couch. - MSgt Diaz

Laundry? That's woman's work. You'll have to ask my husband. - TSgt Danielle Enderby



## Ask HotP

Dear HotP,  
I've been waiting for my SSgt line number, but they keep pushing back the announcement date. I told my mom about it, but she just said, "That's nice, sweetie." I don't think she gets how big a deal this is!  
-Salty SSgt Select Select

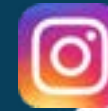
Dear Salty SrA,  
Most civilians don't know what the ranks mean, so it's no surprise if your mom doesn't understand all the excitement. To help her out, translate your rank into something she'll understand; your place in the trash hierarchy. After all, trash doesn't take itself out. Someone has to do it.

- AB, Amn, ATC: You take the trash out.
- SrA: You round up the Amn and guide them to the dumpster.
- SSgt: You pick a SrA to spearhead the trash cleanup. Sometimes you pick yourself to spearhead the trash cleanup.
- TSgt: Congrats! You've been promoted to Building Cleanup Monitor!
- MSgt: You yell at the trash monitor if you see any trash.
- SMSgt: You make snide comments during roll call about how trash doesn't magically take itself out.
- CMSgt: Trash pretty much takes itself out.

Hope this helps!  
-HotP

# Camera Roll

Click to connect:



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

