

Nevada National Guard News

Self-described 'computer geek' rises to rank of Nevada Air Guard general

By 1st Lt. Emerson Marcus 152nd Airlift Wing Public Affairs



Brig. Gen. John Week's biography photo by Senior Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs

John Week planned to leave the Nevada Air Guard in 1989 after completing college courses and reaching the rank of technical sergeant.

squadron sought to transition many processes in an increasingly digital workforce.

"I was impressed with his computer skills and his plain and down to earth personality," said retired Brig. Gen. Larry Cerfoglio, who at the time was the commander of the 152nd Resource Management Squadron.

Three decades later, Week was promoted to the rank of brigadier general during a ceremony 10 a.m. Wednesday, Jan. 27th in the Nevada Air National Guard Base wing auditorium in Reno.

His general officer promotion was the culmination of a journey that almost didn't happen.

"I didn't see myself as officer material," Week said with a laugh about his decision to commission and stay in the Nevada Air Guard.

While serving as a company grade officer at the Nevada Air National Guard Base supply shop, Week also put his computer skills to work as a member of the base network implementation team.

"We didn't have a local area network on the base," he said. "There were a few PCs scattered around the base, but no internet access. There was not enough manpower at the time. They basically

looked around the base for anyone with experience with computers."

Following a decade in supply and helping the Nevada Air Guard transition into the internet age, Week took command of the 152nd Maintenance Squadron. After three deployments to Iraq and moving up the ranks, Week eventually became deputy commander, 152nd Maintenance Group, in 2008.

In 2011, Week was named the director of staff, Nevada Air Guard. A few months into his tenure as director of staff, three Nevada National Guard soldiers and one civilian were killed, with several others injured, in a shooting at the IHOP in Carson City. Donations poured in to support those affected by the shooting.

"I enjoyed my time on the Carson-Tahoe Hospital Foundation board of directors," Week said. "I think it's important, as members of the Nevada Guard, for us to serve our community in various ways. That was one way for me to do that."

In 2014, Week left state headquarters and returned to the wing in Reno as commander of the 152nd Mission Support Group.

"When you're in aircraft maintenance you think of yourself as the support asset, which is true, but without the mission support group you're not going to get it done."

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COVID-19 News

Nevada Guard supports county health districts ramp up vaccination efforts

By 1st Lt. Emerson Marcus 152nd Airlift Wing Public Affairs

The Nevada National Guard ramped up operations this week at community based collection sites around the state in support of county health districts — not just for testing as it has done since last April, but now also for vaccination distribution.

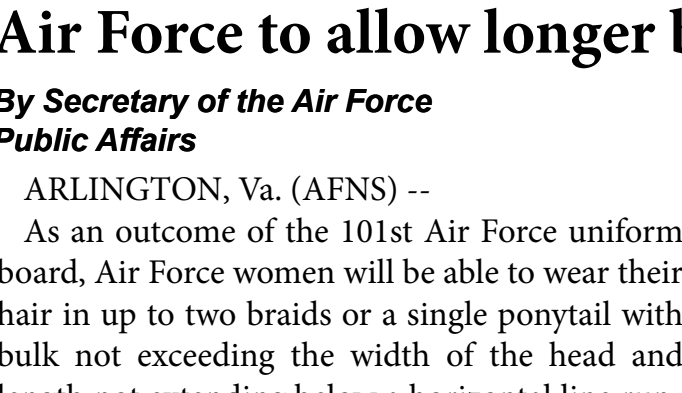


Photo By 1st Lt. Emerson Marcus | The Nevada National Guard ramped up operations at community based collection sites around the state this week in support of county health districts. Photo shows entrance to the testing and vaccination site at the Livestock Events Center in Reno, Jan. 15, 2021.

"As we see a decline in demand for testing and a spike for vaccinations, we are beginning to convert our operations to meet that demand," said Capt. Titus Roberson, officer in charge at Washoe County's testing site at the Livestock Events Center in Reno.

Similar drive-thru operations include the Cashman Center in Las Vegas, the state's largest site dedicated solely to vaccinations. Nevadans wanting vaccinations must make appointments through their county health district before arrival at each site.

Guardsmen began assisting Washoe County with vaccinations on Wednesday and continued operations Friday. The goal is to eventually get to a point where the health district distributes up to 2,400 vaccinations per day in Washoe County, said Mast Sgt. Michael Link, non-commissioned officer in charge at the Livestock Events Center testing and vaccination site.

"Vaccination is the way forward to get back to any sort of normalcy," said Link, who has worked at the testing site since last April. Link, a traditional or part-time Guardsmen with the 152nd Civil Engineer Squadron, temporarily left his full-

time employment last year working facilities grounds maintenance at the Truckee Meadows Water Authority.

"TMWA (my employer) has been completely supportive of me leaving to help with the testing and vaccination missions here at Livestock Events Center," Link said. "They understand how important this is for our community."

Roberson, who temporarily left his full-time employment in September at the Reno-Tahoe International Airport, said he began noticing a decrease in testing demand with an increase for vaccinations in mid-December. That's when county personnel began vaccinations for medical professionals and first responders.

In Washoe County, that currently includes educators in the Washoe County School District. Citizens aged 70-and-up are expected to begin vaccinations later this month, Roberson said. About 60 Nevada Army and Air Guardsmen are working at

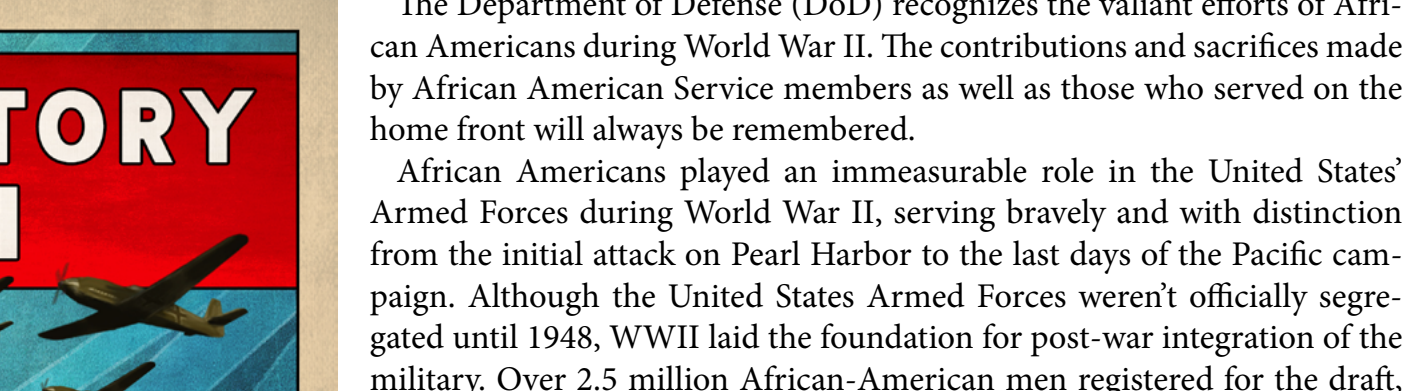
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Air Force News

Air Force to allow longer braids, ponytails, bangs for women

By Secretary of the Air Force Public Affairs

ARLINGTON, Va. (AFNS) -- As an outcome of the 101st Air Force uniform board, Air Force women will be able to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve in seam at the under arm through the shoulder blades.



Upon publication of the new standards in Air Force Instruction 36-2903 in February, female Airmen will be able to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve in seam at the under arm through the shoulder blades. In addition, women's bangs may now touch their eyebrows, but not cover their eyes. (Courtesy graphic)

These new changes will be effective upon publication of the new standards in Air Force Instruction 36-2903 in February.

"As I outlined in Action Order A: Airmen, this decision is a commitment to supporting the Airmen We Need and sustaining the culture and environment of excellence that will continue to make the Air Force an attractive career choice for Airmen and families," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. "I'm thankful for the feedback and research conducted from a number of women leaders, the Women's Initiative Team, the Air Force uniform board, and our joint teammates."

Team, stating constraints to hair grooming standards resulted in damage to hair, migraines and in some cases, hair loss. The detailed work done by the Women's Initiative Team to research and support the recommendation was greatly appreciated by the uniform board.

"In addition to the health concerns we have for our Airmen, not all women have the same hair type, and our hair standards should reflect our diverse force," said Chief Master Sergeant of the Air Force JoAnne S. Bass. "I am pleased we could make this important change for our women service members."

In addition to addressing issues associated with

personal health and hair loss, adjusting female hair standards supports ongoing efforts to address diversity and inclusion in the ranks. Earlier this year and in her role leading the Defense Department's Diversity Board, then-Secretary of the Air Force Barbara M. Barrett played a prominent role in supporting these types of adjustments to ensure a more inclusive culture in the services.

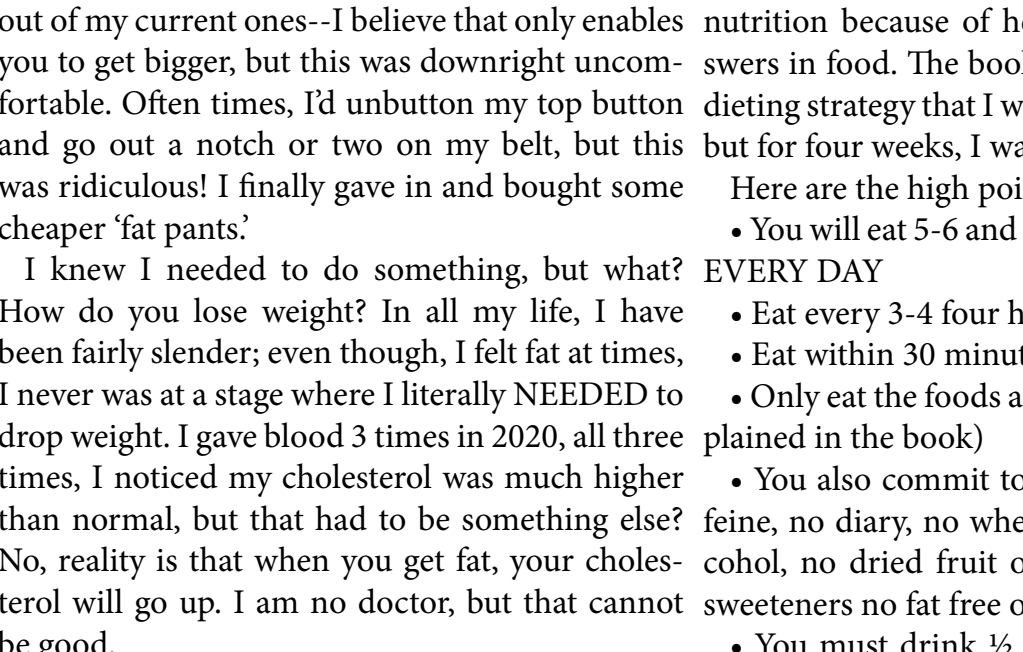
The Air Force chief of staff approved the policy after considering feedback from the force, the uniform board recommendation, and the professional image and standards of the Air Force and

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Military Equal Opportunity

Celebrating Black History Month

Courtesy Story and Photo by Master Sgt. Adam Willett Equal Opportunity Director



POSTER (LEFT): The Department of Defense Black History Month poster is the first in a series of posters commemorating the 75th Anniversary of World War II. Each commemoration poster will highlight the significant contributions of special observance groups towards achieving total victory in this watershed event. Each poster is reminiscent of the colors and styles found in the 1940's Recruitment and Victory posters from the World War II era.

The Department of Defense (DoD) recognizes the valiant efforts of African Americans during World War II. The contributions and sacrifices made by African American Service members as well as those who served on the home front will always be remembered.

African Americans played an immeasurable role in the United States' Armed Forces during World War II, serving bravely and with distinction from the initial attack on Pearl Harbor to the last days of the Pacific campaign. Although the United States Armed Forces weren't officially segregated until 1948, WWII laid the foundation for post-war integration of the military. Over 2.5 million African-American men registered for the draft, and Black women volunteered in large numbers.

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." - President Harry S. Truman

If you would like more information on how to celebrate diversity in your work area please visit www.deomi.org or contact the 152nd Equal Opportunity Office in Building 56 Room 9B, call 788-4649, or email Master Sgt. Adam Willett, EO Director, adam.willett@us.af.mil.

Airlift Wing Fitness and Dieting Success Stories

I shed those pesky quarantine pounds--you can too; here's how

A book and diet review: The Fast Metabolism Diet, by Haylie Pomroy

By Senior Master Sgt. Paula Macomber 152nd Airlift Wing Public Affairs

RENO, Nev., To say I gained a few pounds over the quarantine last year would be an understatement. Here I was working from home—right in the next room were cupboards of 'junk food' and I didn't let that go to waste. A handful of chocolate chips here, a bag of Frito's there and by Christmas, I was a good 15-20 pounds over what I am comfortable with.

great and had lost that uncomfortable 'belly fat.' I went home that night and downloaded the book. Once I started reading it, I really had a hard time putting it down. Finally, a 'diet' that makes sense to me. Pomroy was born with food allergies, an autoimmune disease and fragile X syndrome; when a horrific car accident led her to learning how food affects you and how to heal yourself from many different types of ailments using food.

I don't like buying new clothes because I grew out of my current ones—I believe that only enables you to get bigger, but this was downright uncomfortable. Often times, I'd unbutton my top button and go out a notch or two in and bought, but this was ridiculous! I finally gave in and purchased some cheaper 'fat pants.'

Although, not a doctor, she was on her way to become a veterinarian and changed her degree to nutrition because of her passion for finding answers in food. The book provided me insight to a dieting strategy that I wasn't sure I could maintain, but for four weeks, I was willing to give it a try.

I knew I needed to do something, but what? How do you lose weight? In all my life, I have been fairly slender; even though, I felt fat at times, I never was at a stage where I literally NEEDED to drop weight. I gave blood 3 times in 2020, all three times, I noticed my cholesterol was much higher than normal, but that had to be something else? No, reality is that when you get fat, your cholesterol will go up. I am no doctor, but that cannot be good.

Here are the high points of the diet:
• You will eat 5-6 and sometimes 7 meals per day EVERY DAY
• Eat every 3-4 hours per day
• Eat within 30 minutes of waking up
• Only eat the foods allowed on your 'phase' (explained in the book)
• You also commit to: no refined sugar, no caffeine, no dairy, no wheat, no corn, no soy, no alcohol, no dried fruit or fruit juices, no artificial sweeteners no fat free or diet foods.
• You must drink 1/2 your body weight in fluid ounces per day in water.
• You must stay on the plan the full 28 days.

One day I ran into a co-worker in the hallway and I told him I was trying to lose weight and he said that he and his wife had read The Fast Metabolism Diet, by Haylie Pomroy and did the diet. He said for the first time in many years, they felt

There are other rules (easing inorganic, eating nitrate free the phases in order and only exercising 3 times per week). This sounded like a

lot of rules, but it's only for four weeks.

Not that I have ever been that great of an 'eater'—known in middle school to take the coins my grandad had hidden (just for me) and eat \$1.05 worth of Eskimo Pie ice cream bars for lunch, but I do feed my family healthy foods now.

As I embarked on the diet, eating within 30 minutes of waking was probably the most difficult part because, honestly, who wants to jump out of bed after waking up to prepare a meal? Not me, I like to start my day a little slower. My strategy for this was to have the food ready, waiting by the stove, so that I could pop up, throw on my robe and head to

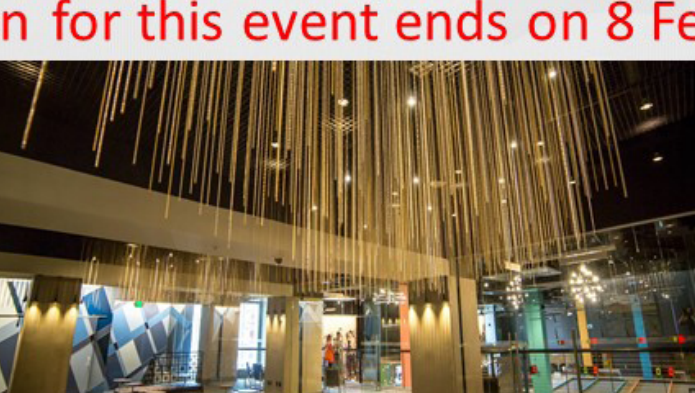
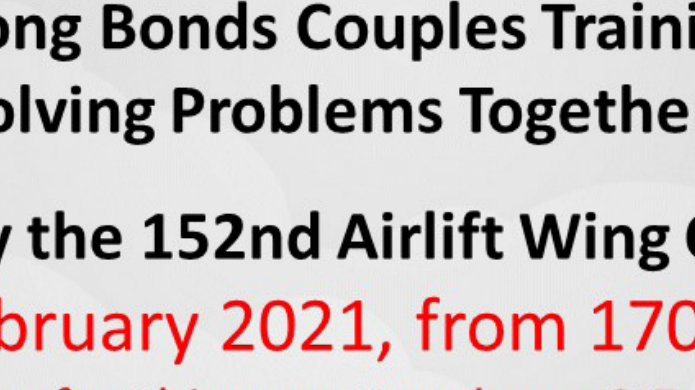
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Airman & Family Readiness

Rain, Snow, and Sunshine, the Northern Nevada USO Staff and Volunteers treat Airmen and Soldiers working the fight against COVID-19 to a FREE hot meal

By Fred Barton, Manager 152nd Airlift Wing Airman & Family Readiness

RENO, Nev., Even during a global pandemic, and Reno receiving more snow in the last two days than we have in the last couple of years, the USO is always working side by side with service members around the world, including members of the Nevada National Guard on the frontlines supporting the fight against COVID-19. Since April 2020, the Northern Nevada USO has been supporting Nevada National Guard's Airmen and Soldiers in support of our Governor's mission, with tasty, nutritious, and fulfilling lunch-time meals twice a month.



Special thanks to the Gary Sinise Foundation "The Lt. Dan Band" for his continued support to the Airman and Soldiers of the Nevada National Guard, and the USO Staff and Volunteers for supporting this great event for our National Guard members. The Gary Sinise Foundation and the USO are committed to continue providing wholesome meals to our Guard members for the whole of the year, so be looking for a great meal coming your way soon!!

Brigadier General Glen Martel Chief of Staff, Nevada Air National Guard Cordially invites you to the Nevada Air National Guard's Outstanding Airmen of the Year and Awards Ceremonies via Facebook Live and Teams On Sunday, 31 January 2021 152nd Airlift Wing Auditorium Awards Ceremony begins at 9:00am and Outstanding Airmen of the Year begins at 10:15am For more information, please contact: CMSgt James Lindsay (775) 782-4080 James.lindsay@us.af.mil

DO YOU HAVE THE "RIGHT STUFF?"

There will be a Hiring Board for C-130 Combat Systems Officers October 3-4 of UTA drill. We are looking for highly motivated, hard-charging individuals who want to join the best Combat Airlift unit in the country. This comes with the opportunity to excel at Undergraduate Combat Systems Officer Training and as an Officer in the Nevada Air National Guard. Applications (hard copy and electronic) must be received by 30 August 2020.

- Requirements: Preferred age no older than 33 for Degrees • Enrolled in your final Bachelor's degree semester • Flight time preferred • Competitive AFQT Scores • Call our Base Training Office at (775) 788-4511 to schedule test ASAP

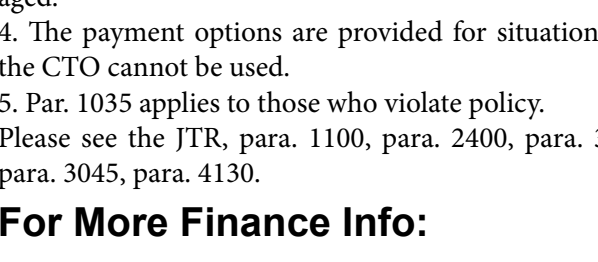
For questions contact: 152.OG.Officer.Hiring@us.af.mil

SOMETHING NEW ON THE MOBILE APP!

Nevada Air National Guard Retention Team presents: RETENTION NOW AVAILABLE ON THE MOBILE APP FRONT PAGE Learn: 1. Who your 'Retention Team' is 2. Unit Career Advisors for each unit 3. Federal and State Education Benefits 4. JOB OPPORTUNITIES 4. Applicable SCHOOL forms available too! You can even directly contact retention through the app! CHECK IT OUT TODAY!

Strong Bonds Couples Training "Solving Problems Together"

Sponsored by the 152nd Airlift Wing Chaplain Staff 14 February 2021, from 1700-2100 Registration for this event ends on 8 February 2021



If interested, Please contact Chaplain Crandell (209) 324-4904 donald.crandell@us.af.mil Or Fred Barton (775) 287-4768 fred.barton@us.af.mil

Meal and Training Materials Provided REGISTER NOW SPACE IS LIMITED TO 22 COUPLES

PT Testing BASE-WIDE PT TEST BE READY!

COMBATING TRAFFICKING IN PERSONS U.S. DEPARTMENT OF JUSTICE

THERE'S NO ONE SAFE VICTIMS INCLUDE EVERY RACE, GENDER, NATIONALITY, SOCIAL STATUS, ECONOMIC STATUS, IMMIGRATION STATUS. RECOGNIZE INDICATORS PHYSICAL AND BEHAVIORAL SIGNS OF COERCION, LACK OF FREEDOM OR FREE WILL, MISTREATED, OR FEEL OF ADDITIONAL RESOURCES INCLUDE: HUMAN TRAFFICKING HOTLINE AT 1-888-373-7888 800-424-9098 NATIONAL HUMAN TRAFFICKING HOTLINE 1-888-373-7888 FOR MORE INFORMATION GO TO: https://CTIP.defense.gov

Lodging Information

For the hotel location members can contact Services' billing office at: 775-788-9320 or 152.AW.Lodging.Org@us.af.mil

Members must sign-in with the hotel representatives to ensure they are accounted for in the rooms. Failure to sign-in or not showing up for a confirmed reservation will result in by-name notification to AW/CCS. The cut-off day for reserving a room is COB three days prior to drill. The cut-off day to cancel reservations is COB two days prior to drill. Members are authorized Friday night stays if they are outside the commuting distance. Please see the map on OneHome. Members on any type of orders will make their own reservations and pay for it on their GTC. Services provides at least two base billeting list updates during the month to provide a list of members who are currently signed up for lodging. All RUTA lodging requests must be submitted NLT 72 hours before needed and all RUTA lodging is provided at Stead. If member goes elsewhere or does not notify Services in advance, charges will not be reimbursed. If a member is on any type of orders, the member will make their own reservations and pay for it on their GTC. The member then will be reimbursed on their travel voucher with the receipt.