

HIGH ROLLER NEWS



Vol. 94

April 2023

April Drill Outlook

April 2023 Drill High Roller Café

Saturday

Lunch

1100-1230

Menu Items:

Meat Sauce
Honey-Glazed Salmon
Roasted Potatoes
Spaghetti Noodles
Mix Vegetables
Broccoli
Cheeseburgers
Chicken Wraps
French Fries
Additional Items:
Salad Bar
Assorted Desserts

Sunday

Breakfast

0730-0900

Menu Items:

Breakfast Burritos
Loaded Eggs
Scrambled Eggs
Boiled Eggs
Bacon
Corned Beef Hash
Biscuit and Gravy
Hashbrown
Grits

IF YOU ARE ACTIVE GUARD RESERVE (AGR), ON ANY KIND OF ORDERS (ANNUAL TRAINING, STATE ACTIVE DUTY, MPA, TITLE 10), OR AN OFFICER YOU MUST PAY.

Lunch Meal Rate \$6.85
Breakfast Meal Rate \$4.30

Weather

Sat



54°

37°

Sun



50°

27°

Upcoming Events

8 April: The Hunt is on! Kids Easter Egg Hunt

12 April: NVANG 75th Anniversary Cake Cutting

15 April: Governor's Military Ball

10-16 April: MAFFS Spring Training

21 April: Earth Day

26 April: Denim Day

30 April - 5 May: Mustang Roller Readiness Exercise

13 May: Military Spouse Appreciation Lunch

3 June: Family Day / Multicultural Day

19 August: Elks Pool Party

19 August: Aces Military Appreciation Night

HIGHROLLERS

Determination and Drive: Nevada Air National Guard's Maintenance Group Ladies are Leading the Way

Story by: Senior Master Sgt. Paula Macomber

Photos by: Staff Sgt. Michelle Brooks
152nd Airlift Wing Public Affairs Office



MXG Commander, Col. Catherine Grush; 152nd Aircraft Maintenance Squadron (AMXS) Commander, Maj. Merridy Young; AMXS Chief, Chief Master Sgt. Jennifer Harrell; and AMXS First Sergeant, Master Sgt. Cully Picciuto. Chief Harrell was recently promoted and was the first female to be promoted to the rank of chief master sergeant in the MXG.



For years, the world of Aircraft Maintenance was considered a male-dominated profession. The Nevada Air National Guard's (NVANG) 152nd Maintenance Group (MXG) has gone from 2 females in the group in the mid-1990s to 53 females and many serving in various leadership roles today.

Starting with the group commander, Col. Cath-

erine Grush, who began her career as a pilot for the NVANG's 192nd Airlift Squadron in 2001. She went on to becoming the first NVANG pilot in history to break the 1,000-hour mark of combat flying hours. She was the commander of the 152nd Maintenance Operations Flight from March 2008 through Septem-

MXG, cont. next page

MXG, cont.

ber of 2009 – going on to be the 152nd Maintenance Squadron Commander.

Her ability to think strategically and her personal drive scored her a position as the Weapon Systems Manager for C-130 aircraft at Joint Base Andrews, Md. from October 2014 through August 2015. She came back to the 152nd Airlift Wing to run the Maintenance Squadron again and then worked several different positions at the Nevada National Guard Joint Force Headquarters in Carson City, Nev.

Grush has amassed more than 2,000 flight hours and has multiple overseas deployments to include serving in OPERATIONS CORONET OAK, ENDURING FREEDOM and IRAQI FREEDOM.

“I have never thought of my time in maintenance as breaking records or being different,” said Grush, “I love airplanes and I love what we do. The personnel in the MXG drive themselves and those around them to be better. Maintainers strive to develop officers and enlisted members in our organization. Embracing development through education, leadership and sometimes outright competition, we, in maintenance, want to think outside the box, try new ideas and embrace processes that make all of us better.”

The 152nd Maintenance Group also currently has at the helm of the 152nd Aircraft Maintenance Squadron a female by the name of Maj. Merridy Young, who has been a part of the female movement within the Nevada Air National Guard ever since when she was the navigator on the first “all female flight crew” back in 2014.

Young enlisted into the NVANG in August of 2009, serving as a Maintenance Management Production mechanic. She commissioned in 2011 and became a Combat System Officer and earned the Instructor Navigator rating. Young has multiple overseas deployments including serving in OPERATIONS CORONET OAK, INHERENT RESOLVE and EXERCISES FLINTLOCK AND CENTRAL ACCORD.

“The Maintenance Group has been a welcoming environment where I have been challenged and found new confidence,” Young said, “It’s an honor to serve and grow with all the maintainers who take pride in

their military service.”

One of the MXG’s First Sergeants, Master Sgt. Cully Picciuto, a former Education and Training manager and Emergency Management specialist, who says that she feels her role is challenging, supportive and rewarding.

“I am very aware of being one of the few women of color in this leadership role,” Picciuto said, “but I love the opportunity. I love what I do and I’m honored that I can be there for my Airmen.”

Picciuto continued, “The ability to engage with all members in the squadron and hearing about their experiences, roles, and responsibilities has made me a better Airman and more intuitive to the world of maintenance. Everyone is very pleasant and hard working. They’re always up for the challenge and always exceed in whatever task they’re given. They’ve taught me so much by just listening and watching what they do. I’ve been in this squadron since 2020 and it has been very rewarding.”

The MXG finally got its first female chief master sergeant this past month, with Senior Master Sergeant Jennifer Harrell being promoted to the rank of chief master sergeant on February 4, 2023.

A career-long maintainer, Harrell enlisted into the Air National Guard in 2002 in the 152nd Aircraft Generation Squadron as a C-130H Aircraft Aerospace Maintenance Technician. She joined to get money for college and needed to supplement the cost of tuition.

“I was activated for The Global War on Terrorism almost immediately upon my return from tech school,” Harrell shared, “I served on two deployments in the Middle East and worked full-time on orders learning everything there was about being an aircraft mechanic. When I finished those 2 years of orders, I realized I wanted to work out here full time. Knowing I wanted this to be my career, I set my sights high and wanted to go as far as I could. Chief was on the radar for sure.”

Over the course of her career, Harrell has deployed in support in support of OPERATION NOBLE EAGLE, OPERATION IRAQI FREEDOM, and OPER-

MXG, cont. next page

MXG, cont.

ATION INHERENT RESOLVE. She served in many different capacities in the 152nd Maintenance Group, such as Assistant Crew Chief, Isochronal Dock Inspector, Dedicated Crew Chief and Quality Assurance. She also served as a Training Manager in both the Maintenance Training Office and Base Training Office, assisting members in enhancing their knowledge and skills across the organization. Because of her extensive knowledge of maintenance and training, she was selected to serve on a statutory tour at the Air National Guard Readiness Center at Joint Base Andrews, Maryland. She served as the Aerospace Systems Major Command (MAJCOM) Functional Manager, overseeing four separate maintenance air Force specialty codes and Aircraft Maintenance Training Manager where she developed maintenance training programs and policy to further develop the Air National Guard across 54 states and territories and 89 flying wings.

Harrell credits her motivation and drive for success to the Airmen she works with and the mission as a whole.

“I thrive on ensuring we meet the mission every day and revel in the chaos of making sure at the end of the day it all came together successfully, no matter what curveballs were thrown,” said Harrell, “however, seeing the Airmen succeed and helping them meet their goals has also been a huge motivator for me to keep pushing forward in my career.”

She believes that women have a hard time believing in themselves and having enough confidence to go for those goals.

“The doors are open, the ceilings are high, we can achieve anything we want as long as we put the effort in and continue to support each other,” she added, “Find those allies of any gender that push you, challenge you, hold you accountable, and make you better. The landscape of the military, in my experience, has changed over the last 21 years of my service with regards to being a female. We are breaking barriers, and nothing can stop us.”

As far as long-term goals for the first MXG chief, Harrell--she isn't stopping anytime soon.

“I am a pretty young chief. I have a lot of fight still in me to make the Nevada Air National Guard and the United States Air Force even better. I'd like to stay in MXG for a little longer to continue doing great things with regards to our mission. But after that I could look at moving to another part of the Wing or State, including Command Chief. I also have entertained going back up to the National Guard Bureau for another tour possibly. Who knows? I just want to be somewhere I will continue to make a difference and help

the Airmen and our mission.”

Chief Master Sgt. Paul Bright, who has been in the Maintenance Group since 1994 said that women maintainers are reaping the benefits of their hard work.

“In recent years there has been a significant shift in the number of females within the 152nd MXG, not only in entry level or office positions,” Bright said, “rather, they're now rising into leadership roles. This is a direct result of their hard work and dedication. Overall, the MXG has accepted a culture in which ALL hard work is recognized, and we're now reaping the benefits.”

This has been inspiring for him as this shift happened.

“All of the women (in maintenance) bring different sets of values to the table,” he continued, “best yet they can turn a wrench better than most and with eagle like attention to detail. They impact every aspect of Maintenance and are represented in almost all maintenance specialties. The presence of our female leaders in Aircraft Maintenance has definitely inspired the women within the organization to pursue their dreams. It is a positive impact for those who want to explore future leadership roles.”

Women and men have different leadership styles and Bright welcomes that diversity.

“Women each bring their own styles of leadership however they have a perfect balance of being authoritative, yet approachable.” Bright also added, “they're great listeners, empathetic, and have excellent communication skills. They demand that members work hard and aim for excellence. As leaders they encourage team members to share their ideas and opinions, they are inclusive which helps in improving the efficiency of the team. They are Mentors to the entire Maintenance Group!”



Nevada Air National Guard

192nd Fighter Squadron, 12 April 1948

ANNIVERSARY CELEBRATION



**PLEASE
JOIN US**

APRIL 12, 2023

1300 @ NVANG BASE

FOR CAKE CUTTING

RSVP: 775-887-7252



Governor's Military Ball

Saturday, April 15th, 2023



U.S. AIR FORCE

SILVER LEGACY GRAND EXPOSITION HALL

407 N. Virginia St , Reno , NV 89501

Cocktails 1800

Dinner 1900

Meal Options: Choice of Beef, Chicken or Vegetarian

Attire: Mess Dress; Semi-Formal Class A or Formal

RSVP/Pay: <https://www.nganv.org/events>

Rooms Block available: <https://book.passkey.com/go/SRSNE23>

TICKET COST

E-1 - E-4:	\$30
E-5 - E-6:	\$40
E-7 - E-9:	\$50
CWO's:	\$50
Civilians	\$50
O1- O3:	\$50
O4- O-5:	\$60
O-6- Above:	\$65

Established 1947



MILITARY & FAMILY READINESS UPCOMING EVENTS:

Event	Date/Time of Event	Must RSVP by date	Location of Event	Point of Contact	Air or Joint Event
Kids Spring Event	8 April 23 1100-1300	1 April 2023	Air National Guard Base	Fred Barton	Joint (149)
USO Lunch/ Mobile Truck	24 April 23 1100-1300	18 April 2023	Air National Guard Base	Fred Barton	Air
Spouse Luncheon	13 May 23 1100-1300	5 May 2023	Air National Guard Base (DFAC)	Fred Barton	Joint (11)
VA SAVE Suicide Prevention	2 June 23 1000 and 1300	26 May 2023	Air National Guard Base	Fred Barton	Air
Multi-Cultural Fair	4 June 23		Air National Guard Base	MSgt Farley	Air
Annual ELKS Lodge Pool Party	19 August 23 1000-1500	4 August 2023	Reno ELKS Lodge	Fred Barton	Joint (21)

WEAR YOUR JEANS

PARTICIPATE
IN
DENIM DAY

WEDNESDAY

26th

APRIL

THE HISTORY BEHIND IT

Italy, 1990s

An 18-year old girl is picked up by her married 45-year old driving instructor for her very first lesson. He takes her to an isolated road, pulls her out of the car, wrestles her out of one leg of her jeans and forcefully rapes her. Threatened with death if she tells anyone, he makes her drive the car home. Later that night she tells her parents, and they help and support her to press charges. The perpetrator is arrested and prosecuted. He is convicted of rape and sentenced to jail.

He appeals the sentence. The case makes it all the way to the Italian Supreme Court. Within a matter of days the case against the driving instructor is overturned, dismissed, and the perpetrator released. In a statement by the Chief Judge, he argued, "because the victim wore very, very tight jeans, she had to help him remove them, and by removing the jeans it was no longer rape but consensual sex."

Enraged by the verdict, within a matter of hours the women in the Italian Parliament launched into immediate action and protested by wearing jeans to work.

PHOTO @ 1000
FRONT OF BLG 56

24/7 152 AW SEXUAL ASSAULT RESPONSE LINE: 775-240-5922

DOD SAFE HELPLINE 24/7 HOTLINE: 877-995-5247

Nevada Air National Guard

MULTICULTURAL Day



SATURDAY
JUNE 3, 2023
NOON-1630

- LIVE MUSIC**
- PERFORMANCES**
- FOOD**
- and more!**

NVANG BASE | QUAD AREA
(NEAR THE FLAGPOLE)

Days of Remembrance

Article Courtesy of: 152nd Equal Opportunity Office

DAYS OF REMEMBRANCE
APRIL 16-23



Days of Remembrance was established by the U.S. Congress to memorialize the six million Jews murdered in the Holocaust as well as the millions of victims who were targeted for racial, political, ideological, and behavioral reasons. More than one million children were killed.

Millions of ordinary people witnessed the crimes of the Holocaust in the countryside and city squares, in stores and schools, in homes and workplaces.

Across Europe, the Nazis found countless sympathizers who willingly worked with them or were complicit in their crimes. The victims had no control over their fates. The rescuers, on the other hand, made choices. The rescuers chose to risk their families' lives to intervene and help those being persecuted.

Irena Sendler made the choice. She smuggled 2,500 Jewish children to safety.

When World War II broke out, she was a 29-year-old social worker, employed by the Welfare Department of the Warsaw municipality. She managed to obtain a permit from the municipality that enabled her to enter the ghetto to inspect the sanitary conditions.

She began smuggling children using a variety of methods. She hid children under stretchers, carried them through sewer pipes and underground passages, in trunks and suitcases, and by ambulance.

Her hope was that one day the children would be reunited with their families, so she wrote down the names on tissue paper along with their whereabouts and buried the information in jars underneath an apple tree.

In October 1943, she was arrested. She managed to stash away incriminating evidence such as the coded addresses of children. She was placed in the Piawiak Prison and interrogated. Her legs and feet were fractured and she was sentenced to death. The Zegota organization, unbeknownst to her, bribed the executioner and helped her to escape.

When the war ended, she dug up the jars and started the daunting task of reuniting the children with their families. Most, if not all, of the parents of the children she saved had since died at the Treblinka death camp.

Over half of the Righteous Among the Nations recognized by Yad Vashem are women. If you would like to read additional stories of women rescuers go to: <https://www.yadvashem.org/yv/en/exhibitions/righteous-women/index.asp>

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 BLDG 56 Room 34, call 788-4649, or email Master Sgt. Adam Willett, EO Director, adam.willett@us.af.mil.



2023

JOINT MENTORSHIP PROGRAM



WHAT IS THIS PROGRAM?

This program's goal is to continue to develop and enhance force development by providing opportunities for leadership and personal development.

WHAT ARE THE BENEFITS OF THIS PROGRAM?

As a mentor, you can help another person to grow and develop as well as share experience and knowledge.

As a mentee, you acquire additional skills, knowledge or abilities and improve networking/access to influential people!

WHAT IS THE TIMELINE?

-  Applications for Mentor and Mentee Deadline: 15 April
-  Mentor and Mentee Pairing: 28 April
-  Training for Mentors: 01 May
-  Pairing Ceremony Beginning of May
-  Mentorship Duration: May - December

HOW DO I SIGN UP?

INTERESTED IN BEING A MENTOR?



CLICK/SCAN HERE

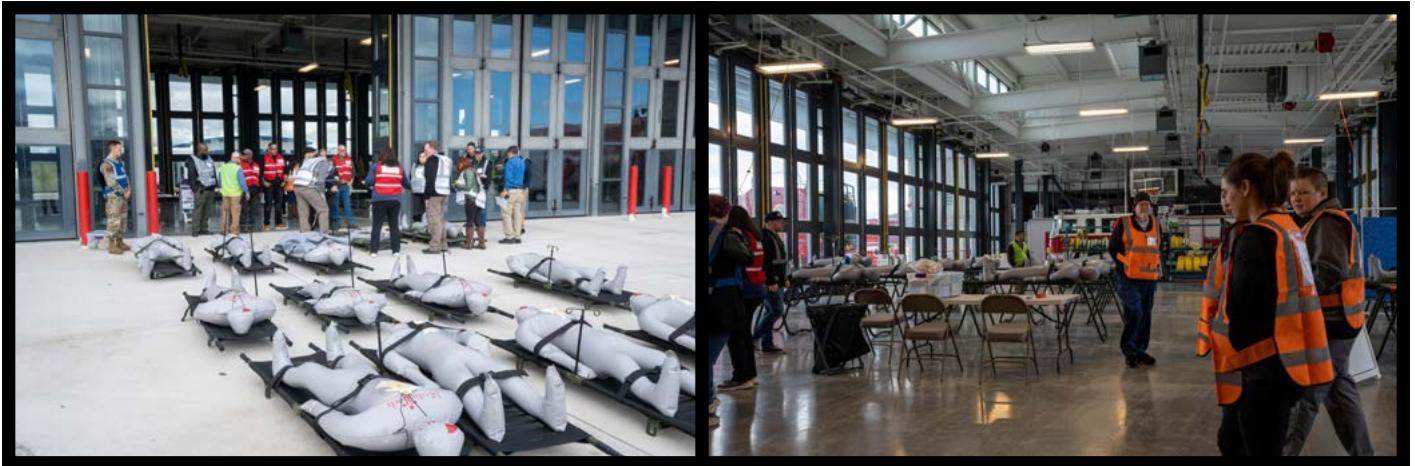
INTERESTED IN BEING A MENTEE?



CLICK/SCAN HERE

Nevada Air Guard hosts Veterans Healthcare Administration Exercise

Story and Photos by: Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs



The Nevada Air National Guard base hosted the Veterans Healthcare Administration (VHA)'s patient transport exercise in the fire house on March 15, 2023. This exercise provided the Reno Veterans Administration (VA) Medical Center and other community stakeholders (Nevada State Health Department, Washoe County Health Department (WCHD), Veteran's Administration Sierra Nevada Health Care System, Washoe County Office of Emergency Management, Reno-Tahoe Airport Authority, and local hospitals) the opportunity to collaboratively practice receiving patients flown to the area in response to a disaster of national significance. The NVANG Fire Department provided the facility and the 152nd Communications Flight (152CF) assisted with communications.

This exercise simulated the activation of the National Disaster Medical System (NDMS) that resulted in the receipt, triage, processing, monitoring, and subsequent transport of 35 patients to Reno area hospitals flown in on C-130s from hospitals in a simulated disaster-affected part of the United States (in this case, Memphis after an earthquake).

During this NDMS activation, the base would serve as a receiving hub for patients from disaster-stricken hospitals that would be transported into the Reno/Northern Nevada area for continued care. The VA Medical Center (VAMC) staff are trained and practice with community partners so that collaboration of capabilities is noted prior to a large-scale incident to ensure that the patients are safely transported to the right

place at the right time using the right resources. VA doctors, nurses, pharmacists, medical clerks, and logisticians would manage the patients, while REMSA and WCHD coordinate patient hospital destinations and ambulance transport, and the National Guard would provide the necessary support and resources to make it happen (Fire Station and 152CF).

This integral training is important when the real possibility of receiving those in serious need from other parts of the country could happen during an actual disaster. Classroom orientation was provided last year to the community stakeholders as part of the preparation required for this exercise. The hands-on training and orientation to the patient reception team (VA Medical Center staff, REMSA, and Washoe County Health) at the fire station was provided by Rafael Vargas and five other VA Emergency Management Specialists.

Vargas, an 18-year Emergency Management Specialist assigned as an Area Emergency Manager (AEM) supporting the Reno VA Medical Center, directed the exercise with the assistance of several others.

"I'm privileged to be working with our local and state partners to ensure that we're collectively ready to keep President Lincoln's promise to care for those in need during disasters," Vargas said.

He is one of approximately 40 AEMs strategically placed around the country who work with local VA medical facilities and communities, daily,


VA, cont. next page

VA, cont.

to assist with mitigation, preparedness, response, and recovery efforts. His job is to provide subject matter expertise assistance to the VA's regional Veterans Integrated Service Networks (VISNs) and their associated VA Medical Facilities and is deployable within CONUS to ensure the continuity of VA health care operations during disasters and other emergencies that impact or threaten to impact the delivery of health care services to Veterans. AEMs also play a key role in NDMS patient movement operations, by providing technical assistance and support to VA medical facilities designated as Federal Coordinating Centers (facilities responsible for managing patient movement to local hospitals and track patients until they return home). He is also a Registered Nurse (the only one in the AEM cadre), and retired Navy Nurse Corps lieutenant. Three other AEMs assisted (from Los Angeles, San Francisco, and Las

Vegas) along with the Reno VAMC Emergency Manager, her assistant, and her VISN Emergency Manager.

"I wanted to take this opportunity to thank everyone involved for assisting the VA with its first Patient Reception Exercise in Northern Nevada since 2018," Vargas continued, "This exercise would not have been possible without their input, guidance, resources, and expertise. My colleagues at VHA's Office of Emergency Management and at the Reno VA Medical Center enjoyed working with everyone involved and look forward to continuing doing so with the 152nd the other Northern Nevada community partners. I must also say that the exercise players, nearly 40+ of them civilians without any military experience, left with a greater appreciation of the Air National Guard and its capabilities. Thank you all for providing that experience."



Spectrum of Resilience
Supporting Airmen and their Families to help them thrive

SELF	FAMILY & FRIENDS	PEER/SOCIAL	SUPPORT ENTITIES	CLINICAL/MEDICAL HEALTH
Stress Management Physical Fitness Mental Fitness Spiritual Fitness Financial Services Wellness	Spouses Partners Friends Virtual Friends Family Members Mentors	Religious Groups MWR Shared Hobbies Professional Organizations Sports Teams Clubs Co-Workers	Chaplains Military & Family Readiness Center Victim Advocates Victims Counsel Employee Assistance Ops Support Teams True North Unit Leaders Military OneSource	TRICARE Mental Health Clinic Behavioral Health Counseling ADAPT

We encourage Airmen and their Families to seek out the help needed at any level, and to be a support, help or bridge for others across the full Spectrum of Resilience.

Visit <https://www.resilience.af.mil/>
for more information on resources available to you and your family.
*Available resources may vary by installation.



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BUILDING 500 - ROOM 213

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**BRING YOUR GENTLY USED BOOKS; LOOK
THROUGH WHAT WE ALREADY HAVE!!**

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**FOR MORE INFORMATION,
CALL THE PA OFFICE:**

.....
775-788-4515



MILITARY SPOUSE *Appreciation Luncheon*

Saturday 13th May
11am - 1pm
Doors Open at 10:45am

152d Airlift Wing | Base Dining Facility
1776 National Guard Way

Guest Speakers | Lunch | Prizes

Please RSVP by Friday 5th May

<https://invitations.afit.edu/inv/anim.cfm?i=715997&k=056047007250>



NEVADA NATIONAL GUARD

JOIN US FOR THE 11TH ANNUAL

POOL Party



**NEVADA NATIONAL GUARD
FAMILIES PICNIC AND POOL PARTY**

AUGUST 19, 2022

10:00- 3:00 PM

FREE HOT DOGS / HAMBURGERS WITH ALL THE TRIMMINGS WATER AND SOFT DRINKS.

**ENJOY THE DAY...THE POOL...
AND ...THE FOOD !**



NVANG
MAINTENANCE
GROUP, WILL BE
SPONSORING
"A WATER-GUN"
COMPETITION
DURING THIS EVENT

<https://einvitations.afit.edu/inv/rsvp.cfm?i=717827&k=056045017950>

POC:

Fred Barton
M&FRPM

fred.barton@us.af.mil

OR

Ana Gauna

Soldiers and Family
Readiness Specialist

ana.m.gauna.nfg@mail.mil

SCAN ME



TEC-U

LEADERSHIP CERTIFICATE PROGRAM* ONLINE

NOT THE TYPICAL 2-HOUR CBT!

SIX MANDATORY COURSES

- PERSONAL/PROFESSIONAL DEVELOPMENT (1HR)
- INTRODUCTION TO LEADERSHIP (1HR)
- FUNDAMENTALS OF LEADERSHIP (2HRS)
- EFFECTIVE COMMUNICATION (1HR)
- CONFLICT RESOLUTION (1HR)
- FEEDBACK (1HR)

TWO OPTIONAL COURSES

- BULLET WRITING (2 HRS)
- COACHING (1HR)
- CHANGE MANAGEMENT (1HR)
- TEAM CULTURE (1HR)
- DICHOTOMY OF LEADERSHIP (1HR)

EASY AS 1, 2, 3!

1. THERE ARE SIX MANDATORY "CORE" CLASSES TO COMPLETE.
2. CHOOSE TWO OF THE "OPTIONAL" CLASSES TO COMPLETE.
3. COMPLETE A "CAPSTONE" STUDY, IN WHICH A SCENARIO WILL BE GIVEN TO ANSWER QUESTIONS ON HOW TO APPLY THE CONCEPTS AND PRINCIPLES LEARNED. THIS IS THE CULMINATION OF ALL THE PREVIOUS LESSONS.



**SIX MONTHS TO COMPLETE
SIGN UP HERE:**

tec.mediashareiq.com



FOR MORE INFO CONTACT: MR. LAWRENCE MCCOY

Email: lawrence.mccoy.1@us.af.mil
Superintendent, Learning Development
TEC University
McGhee Tyson ANGB, TN
DSN: 266-3803 Comm: 865-336-3803
Telework: 865-386-8391

*This is a total force course,
open to all services and civilians
Bullet Writing Course is Air Force Specific




Magellan
HEALTHCARE.

Momentum

Coping with seasonal changes

It's getting to be that time again—when daylight dwindles and temperatures tumble. The heaviness accompanying the transition to winter can challenge your body as you try to adjust to changes in light, temperature and weather.

However, there are steps you can take to minimize the gloom.

- **Go easy.** Acclimating to seasonal change takes about two weeks in people who are generally healthy.
- **Exercise regularly.** Regular workouts (even just walking) will help you stay strong and manage seasonal changes better.
- **Seek light.** Natural light improves your mood and is a natural source of vitamin D.
- **Drink water.** Staying well hydrated helps the body protect tissues and joints, keep the body's temperature normal and better weather seasonal changes.

Additional sources: Healthwise, YogaBasics, VeryWellMind, NationalToday, 24/7 Wall St.

Discount Center

This season, save money on the products and services you use and value most. Your program includes access to LifeMart online shopping, offering savings (as much as 60%) on travel, entertainment, regional attractions, cars, and day-to-day essentials like groceries, food delivery and child care.

Contact your program

24/7/365

for confidential, no-cost help for you and your household members.

Live Webinar—Join our webinar on how to manage seasonal stress: *Thriving Through the Holidays*, on Wednesday, November 9. Register [here](#).

Air Force EAP
1-866-580-9078 (TTY 711)
www.AFPC.AF.MIL/EAP



Mind Your Mental Health

November is National Family Caregivers Month

This is a time to recognize and celebrate those who lovingly give baths, clean houses, shop for and comfort loved ones who are elderly or ill. Providing care is a supremely challenging role, and caregivers deserve our support and praise. If you're a caregiver:

- **Acknowledge and be proud of how much you do.** There's no such thing as a perfect caregiver, so just do your best to get through each day.
- **Take breaks.** Arranging for respite care services (via skilled caregiving coverage in-home or at a center) will give you much-needed time off.
- **Maintain good diet, sleep and exercise habits.** Make sure to eat balanced meals. Try not to give in to stress eating. Also, get enough sleep; strive for 7–8 hours per night.
- **Talk with others about your challenges.** A caregiving support group is a great way to share information, support and encouragement.

Visit MagellanHealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.

Working on Wellbeing

How to practice yoga

- Yoga is a diverse collection of techniques and practices aimed at integrating the mind, body and spirit. It involves movement and breathing exercises. Many people practice yoga to improve overall health including flexibility, stress relief and physical fitness.
- Learn about beginning yoga, its styles and poses (asanas) via YouTube videos, books, or online or in-person classes. Start with short, straightforward yoga sessions including basic beginner's stretching postures, then gradually add more challenging postures.

Managing Work-Life Flow

Positivity and resilience

Resilience is an inner strength that helps you bounce back from life's difficulties. An important part of resilience is maintaining a positive, hopeful outlook. This doesn't mean intentionally ignoring problems; it means recognizing that setbacks are *temporary* and that you have the ability to navigate through challenges. When facing a difficult time, list possible ways you could adapt to the situation. Positively shift your focus from the impact of problems to what you will do next.

Money Matters

November 2022 financial webinar

How to Navigate Your Finances While Caregiving

Tuesday, November 8. Register here: [9 am PT](#) | [12 pm PT](#)

While caregiving can be a labor of love, it also can be challenging and overwhelming. Consider different caregiving scenarios and their associated budgeting, healthcare and estate planning implications. Review ways to cover current caregiving expenses while still enabling the caregiver(s) to fund their long-term goals.

TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	2 secs	7 secs	31 secs
8	Instantly	Instantly	2 mins	7 mins	39 mins
9	Instantly	10 secs	1 hour	7 hours	2 days
10	Instantly	4 mins	3 days	3 weeks	5 months
11	Instantly	2 hours	5 months	3 years	34 years
12	2 secs	2 days	24 years	200 years	3k years
13	19 secs	2 months	1k years	12k years	202k years
14	3 mins	4 years	64k years	750k years	16m years
15	32 mins	100 years	3m years	46m years	1bn years
16	5 hours	3k years	173m years	3bn years	92bn years
17	2 days	69k years	9bn years	179bn years	7tn years
18	3 weeks	2m years	467bn years	11tn years	438tn years

2023 NVANG MHAM Events



The NVNG J9 is hosting various events, activities, and resources this **Mental Health Awareness Month (MHAM)** for Soldiers, Airmen, family members, and NVNG civilian staff to participate in. Some events are shown below, and others are on the virtual calendar that can be accessed by scanning the QR code. **#ConnectToCare** this May by going to one or all of the events!

Upcoming Events

Mobile Vet Center on 2-3 June
from 0800 to 1700 @ the parking lot
across from BLDG 56

VA's S.A.V.E. on 2 June
from 1000 to 1130 &
1300 to 1430 @ TBA

safeTALK on 3 June
from TBA @ TBA

Therapy Dogs on 3 June
from 0800 to 1700 @ the Air Base



RENO MOBILE VET CENTER WILL BE AT WCA ON 2 APRIL

FROM
0830 to 0930
AND
1030 to 1600



Visit www.va.gov/reno-vet-center/ for more information on the Reno Vet Center.



LEGACY

HIGH ROLLERS

WITH OVER 20 YEARS OF MILITARY SERVICE

If you have over 20 years military service and would like to be included on the new “High Roller Board” on the TV at the entrance of Building 56--make sure your Official Photo (Blues photo) is up-to-date and current. Let Public Affairs know and we will include your photo.



COMBATING TRAFFICKING IN PERSONS
U.S. DEPARTMENT OF DEFENSE



THERE'S NO ONE FACE

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, MONITORED, OR FEARFUL.

REPORT SUSPICIONS

IMMEDIATELY TO YOUR CHAIN OF COMMAND OR
LOCAL LAW ENFORCEMENT.

ADDITIONAL RESOURCES INCLUDE:

HUMAN TRAFFICKING DOD HOTLINE AT
DODIG.MIL/HOTLINE OR CALL TOLL-FREE

800-424-9098

NATIONAL HUMAN TRAFFICKING HOTLINE

1-888-373-7888

FOR MORE INFORMATION GO TO: <https://CTIP.defense.gov>

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Handwashing

at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sickneses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

Studies have shown that handwashing can prevent

1 in 3

diarrhea-related sicknesses and

1 in 5

respiratory infections, such as a cold or the flu.

For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

www.cdc.gov/handwashing