



EGGSTRAVAGANZA!!!

*By Mr. Fred Barton, Manager
Airman & Family Readiness*

This year's "Eggstravaganza," the joint Air and Army National Guard children's Easter party, was on April 4 at Rancho San Rafael Regional Park here in Reno. Many hands from many different programs contributed to the event's success. The Nevada Child and Youth program coordinator, the Airman and Family Readiness Program manager, and Family Assistance specialists transformed part of the park into a playground for Air and Army National



One young man attempts to get a 'head start' on the egg hunt, behind the Easter Bunny's back at this year's Eggstravaganza at Rancho San Rafael in Reno. Photo by Capt. Jason Yuhasz, 152nd Airlift Wing Public Affairs. (RELEASED)

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Guard children and their families. Volunteers of the National Guard and from the local community decorated and created an Easter theme that was enjoyed by families and kids of all ages.

For activities, there were: Easter egg hunts, face painting, football toss, a giant tick-tac-toe board and four bounce houses. Refreshments included: hotdogs, bratwurst, chips, cookies, popcorn and cotton candy. A live DJ kept the crowd going with a mix of music.

This year's event was attended by the Easter Bunny, several Nevada National Guard general officers and over 600 Air and Army National Guard members and their families.

The Nevada National Guard and the Guard's Family Programs could never coordinate an event of this magnitude without support of the local community. There were over 75 volunteers from the following organizations: 152nd Airlift Wing Key Volunteers, Army National

Eggs, cont. next page

Eggs, from cover

Guard Family Readiness Group, 152nd Airlift Wing Morale Welfare and Recreation, donations from the Command Sergeants Major fund, the Reno chapter of the American Red Cross, local VFW posts (Reno and Sparks chapters), The American Legion, Reed High Junior Reserve Officer Training Corps, Zeta Iota Chapter of Beta Alpha PSI, Amazon, and National Guard spouses.

Many thanks to all of those who helped make the “Eggstravaganza” a success!



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Home of the **HIGH ROLLERS**



*By Lt. Col. Shelly Assiff
 152nd Airlift Wing Inspector General*



Corner

Whistleblower Protection Program

Whistleblowers disclose acts of illegality, fraud, waste, and abuse (FWA) which can prevent government failure in the future. Individuals sometimes feel afraid and/or intimidating to report any type of an illegal action or FWA for fear of reprisal. For more than 20 years, the DoD IG has investigated whistleblower reprisal allegations involving the Department's military members, civilian employees. Air Force members, family members and civilian employees are protected under the DoD IG system which provides a safe, authorized conduit for DoD whistleblowers to disclose any type of illegal actions being practiced in the military. So feel assured if you witness any type of wrongdoing, you are protected under the Whistleblower Protection Act of 1989.

DoD Whistleblower Hotline: 1-800-424-9098



High Roller News

In accordance with Department of Defense Instruction 5120.4, the High Roller News is an authorized, unofficial publication of the Nevada National Guard. Content is not necessarily the official view of, nor is it endorsed by, the U.S. government, the Department of Defense, the Nevada National Guard or the state of Nevada.

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intranet page. Comments, contributions and letters to the editor must be signed and include the writer's full name and mailing or email address. Letters should be brief and are subject to editing. Other print and visual submissions of general interest to our diverse civilian employees, Nevada National Guard military members, retirees and families are invited and encouraged. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or the U.S. Air Force or the Nevada Air National Guard of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion,

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Please send articles and photos with name, phone number, e-mail and complete mailing address and comments to:

**High Roller News
 152nd Airlift Wing Public Affairs Office
 1776 National Guard Way
 Reno, NV 89502**

Or email: 152aw.highroller@ang.af.mil

Publication of material is determined by available space and reader interest. The staff reserves the right to edit all material.

THE MAIL MUST GO THROUGH



*By Master Sgt. (ret) Sam D. Macaluso
the Ghost Writer in the Sky*

April 3, 2015 marks the 155th anniversary of one of the more romantic eras in the west, The Pony Express. The freighting group of Russell, Majors and Waddell undertook the great adventure of having mail couriers travel 2,000 miles in 10 days. The firm built a number of relay stations from St. Joseph, Missouri, to Sacramento, California. They hired 80 riders and a number of station keepers, and stock clerks; bought 400-500 horses, top feed and had a fleet of wagons to haul supplies to the stations. All this was completed in 65 days so that the service could begin on the first part of April.

April 3, 1860 riders left St. Joseph, Missouri and Sacramento, California with riders waiting all along the route. The Pony Express traveled through seven states including: Missouri, Nebraska, Wyoming, Colorado, Utah, Nevada and California, a total of approximately 2,000 miles. Runs were originally made once per week but within a few months runs were made twice per week. The riders kept to the ten day requirement for getting the mail through. When

President Lincoln was elected in November 1860, the news of his election made it from St. Joseph to Sacramento in seven days seventeen hours!

What about the Pony Express in Nevada? There were 29 relay stations in Nevada which were situated 20-35 miles apart. The Nevada portion of the route was 420 miles long and follows approximately where highway US 50 exists now (through the center of the state). Riders were paid \$100 per month and station keepers got \$125 per month. Riders carried the mail in a mochila (lightweight leather cover put over a horse's saddle). It had four lockable canisters that kept the mail safe until it reached its destination. The price of postage was high. A letter cost \$5.00 per ½ ounce (which is \$108.00 in today's funds).

The Pony Express in Nevada had its share of troubles. Shortly after starting the runs, the Pyramid Lake Indian Wars erupted causing disruption of service that lasted about 4 weeks from May - June 1860. During the course of the Pony Express in Nevada seven stations were burned or destroyed (had to be rebuilt), 16 employees were killed, and 150 horses were driven off. Native American trouble in Nevada cost

the company about \$75,000 (equates to \$1,500,000 in today's funds).

Nevada has another distinction; a Pony Express rider in Nevada, Pony Bob Haslam, made the longest ride in Pony Express history. He rode 380 miles in 36 hours. His ride began at Stateline, Nevada traveling the mail east to nearly the middle of Nevada. He rested nine hours and retraced his ride carrying the west-bound mail back to Stateline. At some stations there were no horses, at another station, the rider refused to go, other stations were either destroyed by Native American attacks or the employees were chased off or killed. He made an extra \$100 for his ride.

The Pony Express lasted only 19 months from April 3, 1860 to October 26, 1861. Two days prior on October 24th the telegraph arrived in Sacramento. News could then travel in a matter of minutes instead 10 days. The Pony Express was discontinued.

During the 19 months of the Pony Express there were about 330 runs made each way totaling 650,000 miles (which would be over 25 times around the earth at the equator). Approximately 35,000 pieces of mail were carried, of which 23,000 pieces

Mail, cont. page 9



Airman and Family Readiness

By Fred Barton, Jr, 152nd Airlift Wing
Airman and Family Readiness



What is AFPAAS?

Air Force Personnel Accountability and Assessment System (AFPAAS) standardizes a method for the Air Force to account, assess, manage, and monitor the recovery and reconstitution process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. AFPAAS provides valuable information to all levels of the Air Force chain of command, allowing Commanders to make strategic decisions which facilitate a return to stability.

AFPAAS allows Air Force Personnel to do the following:

- ✓ Report Accounting Status
- ✓ Update Contact/Location information
- ✓ Complete Needs Assessment
- ✓ View Reference information



SANGA hosted the second annual Key Volunteers (KV) / Family Readiness Group (FRG), Italian dinner potluck on, Friday, 27 March 2015. This event brought together Commanders, KV's and FRG members from both the Air and Army National Guard to share ideas on how to better serve our Nevada National Guard Airman, Soldiers and families during deployment cycles, day to day problem and joint family events. This event was so successful the last two years, there are already plans to host this event next year.

WHAT IS COMPREHENSIVE AIRMAN FITNESS?

Comprehensive Airman Fitness is a method of building resilience that helps Airmen and their families become better equipped to cope with the difficulties of military life. It revolves around four core components of fitness: social, spiritual, mental and physical. For more information on this great family program: www.ready54.org/

Upcoming Family Program Events:

Key Volunteer meeting, 8 Apr 15, 5:30PM, Wing Conference Room
JCF meeting, 16 Apr 15, 9:00AM-2:00PM, Boy & Girl Club, Reno
Integrated Delivery Service, 16 Apr 15 (1:00PM, Wing Conference Room)
Four Lenses course, 18 Apr 15, 9:00AM-12:00PM, Air Base (DFAS)
Strong Bonds, couples retreat, 24-25 Apr 15 Las Vegas
Yellow Ribbon Event for MXG/OPS, 9 May15, Reno, Location: TBD
Yellow Ribbon Event for Deployed member spouses, 16 May15, Loc:TBD
Strong Bonds, couples retreat, 15-17 May 15, Reno, Location: TBD
Youth Spring Day Camp 21-27 Jun 15, Southern, CA
Volunteer Workshop 24-27 Jul 15 (Reno, Location TBD)
Yellow Ribbon Event, 22-23 Aug 15, Reno, Location: TBD

152nd Air Lift Wing Airman and Family Readiness Program Manager

Mr. Fred Barton

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What is ESGR?

Employer Support of the Guard and Reserve (ESGR) is a Department of Defense (DoD) office that develops and promotes supportive work environments for Service members in the National Guard through outreach, recognition, and educational opportunities that increase awareness of applicable laws, and resolves employer conflicts between the Service members and their employers.

ESGR Recognition Program

Recognition of supportive, of steadfast employers is one of the most important elements of ESGR's mission to promote a cooperative culture of employer support for the National Guard members. ESGR State Committees actively promote awards as a key element in the publicly acknowledging employers' support, while strengthening relationships between Service members and employers. These awards honor the sacrifices made by so many employers year after year.

For more information on submitting your employers for an award, please contact Mrs. Jenetah Walker-Taylor, at 775-384-5836 or Email her at jenetah.r.walker-taylor.ctr@mail.mil



The Key Volunteers say goodbye to one of our own: The Key Volunteers say goodbye to one of our own: Joni Moore. Joni stepped down as the Airlift Wing's Key Volunteer on March 11, 2015. Joni was the lead Key Volunteer for the Wing for the last three years and was the driving force for introducing the Key Volunteer program to the 152AW. Her leadership and dedication to this program were the key factors for the program's success. On behalf of the Wing, the Airmen and the many families Joni Moore served over the years, we would like to give a BIG High Rollers THANK YOU and wish you the best of luck in all your future endeavors!!

Military OneSource Tax Filing Services:

H&R Block at Home Basic®, through the Military OneSource website and telephonic tax consultations, provides free access to a customized version of the basic H&R Block at Home electronic tax-filing product. This customized product allows for free federal filing and state filing (up to three states). Provided by the Department of Defense, H&R Block at Home Basic is available to active duty, National Guard, and Reserve service members and their families. Tax consultants are available seven days a week from 7:00 a.m. - 11:00 p.m. Eastern Standard Time (EST). Contact Military One Source Tax Hotline at 1-800-730-3802 or go to Military OneSource Tax Filing Services at: www.militaryonesource.com

IMPROVE YOUR ODDS

Prepare For Wildfire!



Learn how at LivingWithFire.info

Funding for this poster provided by a WUI/Community Assistance Grant from the Bureau of Land Management-Nevada State Office in cooperation with University of Nevada Cooperative Extension, an EEO/AA institution.

Nevada Wildfire Awareness Month (NWAM) May 1-31, 2015 - Living With Fire Program

What Can Homeowners Do?

Much of Nevada is considered a high fire hazard environment. Homeowners living in our state's fire prone areas should learn how to live more safely with the wildfire threat. The information presented here is organized in terms of what to do before the fire starts, during the fire and after the fire.

Before the Fire addresses vegetation management, home construction and preparation for evacuation.

During the Fire describes how to effectively and safely evacuate when wildfire is threatening, including what you should wear, what you should take and how to leave your home.

After the Fire provides recommendations on how to safely enter

your property after the fire threat has passed, what to check for, landscape care and dealing with insurance claims. Please visit the web site below, this information is currently being updated, so check back soon!

The 152nd Airlift Wing Fire Emergency Services personnel will be dropping off **The Next Step in Wildfire Preparedness** pamphlets to your orderly rooms.

Visit the **Living With Fire** website at www.LivingWithFire.info

Calling All Runners!

Registration is now open for the 2015 Wildfire Awareness Half Marathon and 5K Run.

When: Saturday, May 9. Half Marathon begins at 8 a.m. with the 5K to follow.

Where: Washoe Lake State Park, Washoe Valley, Nevada.

Cost: \$35.00, limited to 300 total runners. Participants will receive a race shirt, goodie bag, medal, snacks and refreshments.

Benefit: 100% of the proceeds will be donated to the Wildland Firefight Foundation, a non-profit organization that provides assistance to fallen firefighters' families and to firefighters injured in the line of duty.

To register or see the race course, go to: <http://desertskyadventures.com/wildlandreno>

Here is the link that provides the Nevada Wildfire Awareness Month Events : <http://www.livingwithfire.info/wildfire-awareness-month> More events are forthcoming.



Recruiting, from previous page

As we all know, the month of February is always shorter than all the other months, but you wouldn't think so with Nevada Air National Guard's recruiting team. February of 2015, they broke all Air National Guard records for recruiting here in Reno. There were 22 enlistees total and that is more than any February



FITNESS ASSESSMENT

Base-Wide Fitness Test
for March

Sunday
0800

Fire House

CHANGE A LIFE
CHANGE THE BASE
CHANGE THE FUTURE

BE A MENTOR

CONTACT YOUR FIRST SERGEANT OR CHIEF TO SIGN UP!!

Chaplain's Corner



*Ch. 1Lt Shay Gilliam
152nd Airlift Wing Chaplain's Office*

Enjoy April

April is a fun and busy time of year for people all over the world. Looking at the religious calendar for the month, there are over a billion people all over the world that are going to be celebrating some kind of festival with their families, friends, and in some cases, complete strangers. My family and I are not outside of this celebratory time of year. We had a special dinner with some friends to celebrate Passover (a Jewish holiday with some Christian connotations), and we also attended services for Good Friday and Easter. For us, we get an opportunity to celebrate Jesus' resurrection from the dead and thank him for ensuring we will see him face-to-face one day. Easter, however, is not the only thing going on in April.

As I mentioned before, Jewish people around the world are celebrating Passover – God rescuing them out of slavery and making them a national people. It is a very



interesting story that will have you in a food coma by the end of the week...a week long celebration!?! Internationally, April is also a time that practicing Hindus in India will celebrate the birth of their deity Hanuman Jayanti, and Buddhists in Southeast Asia are celebrating the Theravada New Year.

For those who are outside of the religious fervor, April is still a great time of celebration. Easter egg hunts are a highlight for a lot of families, and chocolate bunnies everywhere are cowering in fear. For the grossly misunderstood practical jokers out there, April is the month where they can let their true-selves shine. My grandmother was a practical joker and I used to have to sleep with one eye open this time of year. I still have flashbacks of fake spiders under my pillow and clear plastic wrap over my toilet bowl. Also, for the late spring breakers, there are a lot of festivities that still need to happen, and a lot of Mexican shorelines that need exploring.

I don't know what you're going to be celebrating this April, whether it be Easter, Passover, Hanuman Jayanti, Theravada New Year, April Fools, or taking an extra opportunity to celebrate a late Spring Break in Cancun. Whatever you decide to do, enjoy yourself, have fun, and may the blessings and mercies of God be upon you all and keep you and your family safe.



2015 Calcium and Bone Health

*Submitted by Master Sgt. Jessica Bean
152nd Medical Group Public Health*

Calcium and Bone Health

Bones play many roles in the body. They provide structure, protect organs, anchor muscles, and store calcium. Adequate calcium consumption and weight bearing physical activity build strong bones, optimizes bone mass, and may reduce the risk of osteoporosis later in life.

Peak Bone Mass

Peak bone mass refers to the genetic potential for bone density. By the age of 20, the average woman has acquired most of her skeletal mass. A large decline in bone mass occurs in older adults, increasing the risk of osteoporosis. For women this occurs around the time of menopause.

It is important for young girls to reach their peak bone mass in order to maintain bone health throughout life. A person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. Inadequate calcium consumption and physical activity early on could result in a failure to achieve peak bone mass in adulthood.

Osteoporosis

Osteoporosis or “porous bone” is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to an increase risk of bone fractures typically in the wrist, hip, and spine.

While men and women of all ages and ethnicities can develop osteoporosis, some of the risk factors for osteoporosis include those who are

- Female
- White/Caucasian
- Post menopausal women
- Older adults
- Small in body size
- Eating a diet low in calcium
- Physically inactive

4–8	800
9–13	300
14–18	1300
19–30	1000
31–50	1000
51–70	1200
70 or older	1200
Pregnant & Lactating	1000
14–18	1300
19–50	1000

Source: Dietary Reference Intakes for Calcium, National Academy of Sciences, 1997

Vitamin D also plays an important role in healthy bone development. Vitamin D helps in the absorption of calcium (this is why milk is fortified with vitamin D).

Weight-Bearing Physical Activity

Regular physical activity has been associated with many positive health benefits including strong bones. Like proper calcium consumption, adequate weight-bearing physical activity early in life is important in reaching peak bone mass. Weight-bearing physical activities cause muscles and bones to work against gravity. Some examples of weight bearing physical activities include

- Walking, Jogging, or running
- Tennis or Racquetball
- Field Hockey
- Stair climbing
- Jumping rope
- Basketball
- Dancing

Calcium

Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body cannot produce calcium; therefore, it must be absorbed through food. Good sources of calcium include

- Dairy products—low fat or non-fat milk, cheese, and yogurt
- Dark green leafy vegetables—bok choy and broccoli
- Calcium fortified foods—orange juice, cereal, bread, soy beverages, and tofu products
- Nuts—almonds

Recommended Calcium Intakes:

Recommended amount of calcium vary for individuals. Below is a table of adequate intakes as outlined by the National Academy of Science.

Ages	Amount mg/day
Birth–6 months	210
6 months–1 year	270
1–3	500

Medical, from previous page

- Hiking
- Soccer
- Weight lifting

Incorporating weight-bearing physical activity into an exercise plan is a great way to keep bones healthy and meet physical activity recommendations set forth in the Dietary Guidelines for Americans.

Adults: Engage in at least 30 minutes of moderate physical activity [on] most, preferably all, days of the week

Children: Engage in at least 60 minutes of moderate physical activity [on] most, preferably all, days of the week

Selected Resources:

Best Bones Forever!

A bone health campaign for girls and their BFFs to “grow strong together and stay strong forever!”

Also available for Parents.

Bone Health and Osteoporosis: A Surgeon General’s Report

By 2020, one in two Americans aged 50 years or older will be at risk for fractures from osteoporosis or low bone mass.

NIH National Resource Center

Information about the prevention, early detection, and treatment of osteoporosis and related bone diseases.



Mail, from page 4

originated in San Francisco & Sacramento. However, the company lost money and was virtually ruined. The company lost between \$500,000 and \$700,000. In today’s funds the company would have lost between \$10 & \$14 million.

In Nevada of the 420 miles of the Pony Express route only about 20 miles is located on private property. You can visit several Pony Express stations in Nevada. Fort Churchill and Buckland’s Station, Sand Springs (located near Sand Mountain), Cold Springs (located about 60 miles east of Fallon) and Ruby Valley Station (moved to the Elko Museum) are a few of the sites you can enjoy and see how the riders lived and survived during this time. They were a tough bunch!



**PUBLIC AFFAIRS
WANTS YOU**

to star in the
**152 Seconds of High Roller News
on Channel 17**

If you are interested in honing your ‘acting/speaking’ skills, contact:
**Master Sgt. Paula Macomber of the
152nd Public Affairs Office, 788-4515**

**We are looking for a few
Good Airmen!**

DID YOU KNOW?

Anyone can submit an article for publication in the High Roller News. All we ask is that you give us editorial rights and get it to us before the deadline. Yes, everyone wants to know what is going on in your unit! If you, or someone you know, is involved in the community, or you know of interesting “happenings” involving a fellow guard member, please send them to: 152aw.highroller@ang.af.mil. Please include photos. Depending on the space we have, we will include the article and photos. If we don’t receive the article by the deadline, we will try to include it in the next issue.

**HIGH ROLLER NEWS DEADLINES
2015 DEADLINES**

Please submit your items NLT...

this date for the next issue:	2015 ISSUES:
By Dec. 30	<i>Jan Drill</i>
By Jan. 28	<i>Feb Drill</i>
By Feb. 25	<i>Mar Drill</i>
By Apr. 1	<i>Apr. Drill</i>
By Apr. 22	<i>May Drill</i>
By May 27	<i>June Drill</i>
By Jul. 22	<i>Aug. Drill</i>
By Sept. 2	<i>Sept. Drill</i>

**TRY
SOMETHING
NEW**

**TUNE INTO
CHANNEL 17**

**FOR THE 152 SECONDS
OF HIGH ROLLER NEWS**

**WE WELCOME FEEDBACK FOR
ADDITIONS
IMPROVEMENTS
SUGGESTIONS**

**THANK YOU,
152ND PUBLIC AFFAIRS OFFICE**

Go for Green: Information and Guidelines

Thank you for your interest in *Go for Green*, a nutritional recognition labeling system designed to provide a quick snapshot of the nutritional value of food choices in this facility. Food items are labeled GREEN (eat often), YELLOW (eat occasionally), and RED (eat rarely) based on the impact food can have on your overall performance according to the following guidelines:



GREEN: EAT OFTEN

Entrees: Less than 300 calories, less than 10 g of fat, and less than 480 mg sodium.

Starchy Sides: Less than 200 calories, less than 230 mg of sodium, and a good source of fiber.

Fruit: Whole fresh fruit or frozen fruit with no added fat, sugar or sauces. Fruit canned in own juices.

Vegetables: Less than 100 calories.

Desserts: Less than 150 calories and less than 6 g of fat.

Dairy: Fat-free to 1% fat.

Beverages: Water, calorie-free or low calorie beverages, and 100% fruit juice.



Green Condiments include: Fat free or low fat mayonnaise in moderation, vinegar based salad dressings, or low fat salad dressing in moderation.



YELLOW: EAT OCCASIONALLY

Entrees: 300 to 500 calories, 480-700 mg of sodium, and 10 to 15 g of fat.

Starchy Sides: 200 to 300 calories, and 230 to 480 mg of sodium.

Fruit: Fresh fruit with added sugar, canned fruit in light syrup, or dried fruit.

Vegetables: 100 to 200 calories

Desserts: 150 to 300 calories, and 6 to 12 g of fat.

Dairy: 2% fat.

Beverages: Sports drinks.

Yellow Condiments include: Reduced fat mayonnaise, reduced fat margarine/spreads free of trans fats, reduced fat salad dressing, reduced fat cream cheese, reduced fat sour cream, low sodium soy sauce, BBQ sauce, jelly, jam, honey, syrup, and light cream sauces made with water or low fat milk.



RED: EAT RARELY

Entrees: More than 500 calories, more than 700 mg of sodium, and more than 15 g of fat.

Starchy Sides: More than 300 calories and more than 480 mg of sodium.

Fruit: Canned fruit in heavy syrup, or dried fruit covered in yogurt or chocolate.

Vegetables: More than 200 calories.

Desserts: More than 300 calories, and more than 12 g of fat.

Dairy: Whole or 4% fat.

Beverages: Fruit drinks, energy drinks, and regular soda.

Red Condiments include: Full fat mayonnaise, butter and margarine, full fat salad dressing, full fat cream cheese and full fat sour cream, tarter sauce, soy sauce, nacho cheese dip, cream sauces such as alfredo sauce, and gravy made from meat fat drippings.

PERFORMANCE NUTRITION

GO FOR GREEN

Go For Green is a nutritional recognition labeling system designed to provide a quick snapshot of the nutritional value of food choices in this facility. Food items are labeled GREEN (eat often), YELLOW (eat occasionally), and RED (eat rarely) based on the impact food can have on your overall performance.

When you Go For Green, you're choosing entrees with less than 300 calories and 10g of fat; starchy sides with less than 200 calories; whole fresh or frozen fruits without added fat, sugar or sauces, or fruit canned in its own juices; vegetables with less than 100 calories; desserts with less than 150 calories and 6g of fat; dairy from fat-free to 1% fat; and low calorie or calorie-free beverages. See handout for sodium information.



HIGH PERFORMANCE FOODS
EAT OFTEN



MODERATE PERFORMANCE FOODS
EAT OCCASIONALLY



PERFORMANCE LIMITING FOODS
EAT RARELY



Detailed nutritional information on the Go For Green Initiative will be made available by this dining facility upon request.

New Menu Color Codes:

The menu looks a little different this month. 152nd Services wants you to let you know what is healthy and what is not. We are labeling our menu with the go for GREEN colors so that you can make smart choices in your eating. See the above for the legend of what colors indicate what!

UTA Menu

SALAD BAR WILL BE PROVIDED BOTH DAYS.

Saturday

Main Line & Short Order

1100-1230

MAIN LINE:

Pork Loin / Savory Baked Chicken
Franconia Potatoes / Ginger Rice

French Green Beans

Peas & Carrots

Chicken Gravy

Dinner Rolls*

Soup: Chicken Tortilla

Asst. Pies

SHORT ORDER:

Chicken Wraps

Cheeseburgers / Chicken Strips

Nachos and Cheese

French Fries

Chili

Sunday

Main Line & Short Order

1100-1230

MAIN LINE:

Chicken Fajitas

Beef Enchiladas / Cheese Enchiladas

Spanish Rice / Refried Beans

Calico Corn

Fajita Vegetables

Dinner Rolls*

Soup: Chicken Tortilla

Asst. Pies

SHORT ORDER:

Chicken Wraps

Cheeseburgers

Nachos and Cheese

French Fries

Onion Rings

Chili

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.

Regular Meal Rate: \$5.55

Finance Forum

By Tech. Sgt. Jeannine Rainey
152nd Airlift Wing Finance Office

GOING ON ORDERS? WE WANT TO PAY YOU.

He appreciates your volunteer spirit, but Col Stark wants you to get paid, so E-Certify your orders. If you do not have a CAC reader at home, please be sure to E-Certify your pay orders on base on the last day of duty. Orders must be signed both at the beginning and end of any order of 30 days or more ("long tour"). Be sure that your order has fully been signed prior to logging out of AROWS. If you need assistance, please get with your orderly room or contact the Finance office.

The following orders are still not available for E-Certification and must be wet ink signed by both the member and Certifying Official: Temporary AGR orders and Pipeline BMT/Tech School. Pipeline pay will automatically be started by the Finance Office.

TRAVEL NOTES

Which email address you use for your DTS profile has great consequences. That address is where DTS sends airfare itineraries and notifications such as rejected authorizations and vouchers and debt actions. If you are a traditional and you have your .mil address in DTS, you may not be receiving critical emails, so we recommend you use your personal email address.

When ordered to a TDY location for over 30 days and authorized off-base per diem, the flat rate per diem is mandatory. Even if the DTS order mistakenly shows full rate, the per diem will be reduced for the full period, either on an amendment or on the voucher. Know your per diem entitlements. See JTR, Chap. 4, Pt. B (4250)

DOWNLOAD & SAVE YOUR LES

Back when you received a paper pay stub, you filed it for later reference, right? So why do so few people save their electronic LES's? MyPay only provides the last 12 months of LES's, so the Finance office fields numerous requests for LES data that could and should have been saved by the member. The time saved by personnel not saving their LES's is exchanged for time Finance personnel spend in researching it for them. Please download and save your LES's – the U: drive is a perfect place for them

"What is this LES for?"

If you look at your traditional military LES and don't know what duty it is paying, just look at the remarks block. There is a portion explaining what you are being paid for, such as "INACTIVE DUTY TRAINING 28 DEC 14 1 29 DEC 14 2" [e.g., the two periods of a UTA day] or "ACTIVE DUTY (AD) FOR TRAINING: 03 SEP 14 TO 09 SEP 14" [AT or ST orders].

DOWNLOAD & SAVE YOUR LES

Back when you received a paper pay stub, you filed it for later reference, right? So why do so few people save their electronic LES's? MyPay only provides the last 12 months of LES's, so the Finance office fields requests for LES data that could and should have been saved by the member. The time saved by personnel not saving their LES's is exchanged for time Finance personnel spend in researching it for them. Please download and save your LES's – the U: drive is a perfect place for them.

GTC PLASTIC BEING REPLACED

Citibank is going to the "Chip and PIN" credit cards for increased secu-

rity. Currently, new and expiring accounts are receiving the new cards and all others will start receiving them soon, ahead of expiration. Two important actions are required by you: 1) ensure your address with Citi is current; 2) activate your card when you receive it and update the expiration in DTS. Lack of action in either of these will cause problems for you and your unit.

DIGITAL SIGNATURES & ARCHIVE

Many forms are now made to never need to be printed. They have a digital signature block and, when signed, those certificates can be traced back to the signer, electronically. Because it is electronic, the tracing back process requires the original form – a printed version of that digitally signed form is no longer considered to be signed. If you have a digitally signed document and it must be printed, all signatures must be in wet ink.

FINANCE OFFICE HOURS

The Finance office is open for all customer service from 0900 to 1600, all work days and UTAs. Outside those hours, please leave a voice mail or send an email. For issues that must be addressed immediately, please call 788-9331.

How was your experience with us??

Please fill out our online customer service satisfaction survey! We appreciate any and all feedback. <https://eis.ang.af.mil/org/152AW/WingStaff/CPTF/Pages/Survey.aspx>

REMEMBER: ~ YOUR PAY, YOUR RESPONSIBILITY!!





PUBLIC AFFAIRS WANTS YOU

to star in the
152 Seconds of High Roller News
on Channel 17

If you are interested in honing your
'acting/speaking' skills, contact:
Master Sgt. Paula Macomber of the
152nd Public Affairs Office, 788-4515

**We are looking for a few
Good Airmen!**

FITNESS ASSESSMENT

Base-Wide Fitness Test

for March

Sunday

0800

Fire House

FITNESS ASSESSMENT

The Resource Protection Team Needs...YOU!

The Nevada Air National Guard Resource Protection Team is looking for five volunteers to join our team.

The RPT provides assistance to Security Forces (SFS) personnel in times of natural disasters, civil disturbance or when short-handed during daily operations. They are provided the same qualification training which SFS personnel would receive. They work hand-in-hand with SFS personnel during POTUS and dignitary visits.

Some basic qualifications to join the RPT are:

1. Must be a 5 skill level in your current AFSC;
2. Must have your supervisors' approval;
3. Must have at least two years of retainability; and
4. Must not have ANY domestic violence convictions.

Benefits of joining are:

1. Receive four extra AT/ST days per fiscal year;
2. A Nevada RPT Ribbon (after three years);
3. Receive a SFS Beret (after completing 40 hour in-service training);
4. Get proficiency qualifications on multiple weapons systems.

Interested parties should contact Master Sgt. Ron Reburn at 788-4563. Leave a message, if no answer.

Mom of an Airman

*Feature by Ms. Karen Enslin, Mother
152nd Airlift Wing Key Volunteer Member*

As a single mother of two young ladies I have always thought that I had two choices. Try to control them and tell them what was best or try to listen and learn from them and learn enough about them so I could point them in the right direction of a happy, productive life. The reason you are reading this article is because I am the mom of an American Airman. My daughter, Elyssa, is a member of the 152nd Security Forces Squadron and currently deployed. That is quite a sentence right there. I say it to myself all the time. Most frequently when she is telling me of an exercise that her and LT, Nokolibby, Pitts or countless other last names, abbreviations or acronyms are running that night. I dare say that I have grown to know these people by the same abbreviations, last names and acronyms that she refers to them by. Other times I say it out loud just to make it real. Yes, Elyssa did choose to join the military and yes, she did choose this job but most importantly yes, she does truly love her job.

What we didn't tell her recruiter is that when Elyssa enlisted, the family enlisted as well. I became hyper sensitive to all things military and found out just how little my daughter was willing to share with me about her military life. In the little that Elyssa would share I found myself quite confused. Not knowing military ways, etiquette or language. Again, I had to make a choice to find the answers and acclimate my-



self to this type of lifestyle or stay in the unknown. I chose to find out as much as a civilian possibly could. I was lucky enough to meet one of the men she spoke so highly of and his wife at a retirement party. I could instantly see why Elyssa would want to do her best for him. He had a great sense of humor, very approachable and maybe even a little surprised that Elyssa was with her mom but I instantly felt welcome. I met his wife as well and had the opportunity to share some of my concerns with her. She almost instantly mentioned being a Key Volunteer for the 152nd and maybe even Elyssa's squadron. I was thrilled to accommodate her invitation to the upcoming meeting.

I distinctly remember the first meeting that I attended. I was very nervous and quite intimidated by the rank and titles that were introducing themselves and I also remember asking myself what my title

was when it very simply was and is, "Mom". Once my title was disclosed I was pleasantly surprised at how welcomed I was here too! I have attended as many meetings as possible for many reasons. First and foremost I thoroughly enjoy being a support system for our airmen and their families. The facts and services that are available to the families are truly too much for one person to know about but, finding out who will have the answers for the airmen and their families is key. Since Elyssa has been deployed I find comfort in being around the uniform, being around the people that have maybe already been there and the countless poor souls that have let me bend their ear with my plethora of questions. I am not so sure that I would be as comfortable with my questions if I wasn't a key volunteer. I have had the opportunity to share with other

Mom, cont. page 16

Recruiting and Retention Notes

RECRUITING OFFICE:

Recruiting has been very busy, working North Valley's High Schools Panther Challenge and various activities throughout our community. To top off a busy month, the Nevada Air National Guard just hosted over 400 students from the Washoe County School districts JROTC program. The cadets enjoyed themselves, the staff who assisted enjoyed themselves, making this the most successful event with this group of future leaders we have seen in years! The round robins were phenomenal and we want to thank everyone who participated! We have had amazing feedback from not only the instructors but also the cadets (Army has to pick up their game)! We want to thank Maintenance, Operations, Firehouse, Security Forces, CERFP and Life Support for taking two days out of their busy schedule to supply troops to assist us with this venture. We also want to thank Staff Sgt. Reeser, Airman Wheeler and our recruiting team for leading the cadets around base. They logged in some miles but did it with enthusiasm! Thank you everyone again, it takes a team to make events like this successful!

Staff Sgt. Kimball shipped out to recruiting school on April 5th. We wish him the best of luck and we are enthusiastic to for his return to join our ranks as a recruiter!

If you have always wanted to be part of an amazing team, share your "guard" experiences in your community and support the organization you are proud to be a part of, recruiting is currently hiring for a full time AGR recruiter. Contact Master Sgt. Baker for more infor-

mation. We'd love you to be a part of our highly dynamic team of professionals who love being Nevada Guardsmen and women (and love to talk about it).

Quick note, the entire Recruiting and Retention team will be TDY to Gulfport Mississippi beginning Sunday of the UTA weekend. Any questions or concerns please contact our administrative support at 775-788-4545 or contact Master Sgt. Baker on his cell phone at 775-527-7742.

Have an awesome UTA High Rollers, thank you for your service and your camaraderie.

RETENTION OFFICE:

The school semester is coming to a close and it is time to start preparing for Textbook Reimbursement packets to be submitted. There are some set rules that **MUST** be followed in order to have your packet processed.

1. You **MUST** use the most current forms. The most current forms can be found at:

www.nevadaguard.gov

In the Education Benefits section.

2. Ensure **ALL** forms listed on the "Textbook Checklist" are included. This includes the Vendor Registration form **AND** the Change of Address Form. (If you haven't changed your address, you will only fill in the left side column.)

3. Course syllabus **MUST** have your purchased book listed as required.

4. Receipts **MUST** show payment, an order form is not sufficient.

5. Address on all correspondence and your voided check must match.

I also want to explain the transfer

process to transfer to another State or pursue other military opportunities outside of NVANG. The process starts with discussing your desire to transfer with your commander, and once he approves, you can start the request for "Conditional Release" process. The **ONLY** approval authority is the Adjutant General. The primary document used is the AF Form 1288 / Conditional Release. Your transfer will not be considered if **ANY** of the following conditions exist:

1. Fitness Program Failure;
2. Unexcused absences within the last 12 months;
3. Assignment Limitation Code (ALC);
4. Referral EPR/OPR;
5. Outstanding GTC balance.

If you qualify, you will report to the retention office manager with a copy of your last fitness test (must be passing and within 12 months) and page 1 of an AF 1288 completed. You will also be required to have the 2nd endorsement on page 2 of the 1288 completed with the information from your new gaining unit. TAG-NV will **NOT** consider any conditional release without this information completed. You will also be required to sign a memorandum requesting conditional release consideration and outlining your responsibilities in the process. This memorandum is then taken to your commander for his endorsement and then is routed through the chain of command for TAG-NV consideration. After receiving the AF Form 1288 back with TAG approval, you have 90 days to enlist into another unit. If you are not gained into an-

R&R, cont. next page

Re&R, from previous page

other unit within 90 days, the conditional release expires. The last step in the process is to return the 1288 with the 3rd endorsement completed by your gaining unit along with your new enlistment documents (DD4) to the NVANG ROM and Separations clerk who will process your transfer.

If you have any questions regarding textbook reimbursement or conditional release, don't hesitate to contact the retention office manager. Have a GREAT UTA weekend!

***Mom, from page 14***

parents their worry and pride for the children. When my daughter first left for her destination I did what I think most parents do. They become hyper productive, start a dozen or so odd jobs and paste a smile on their face when truly they are dying inside because they would rather take the place of their "baby" then to see them go. Then as you are reaching out to everyone to ask if they are ok or if they need help you get a phone call from someone asking you if you are ok... it becomes very personal, very quickly. In that moment that you realize that maybe that is just what you needed was for someone from the base, that your daughter, son, sister, brother, mother and or father calls his or her second home, cares if you are ok. When I got this call I was told something that ironi-

cally I hadn't thought of. I was told that when I get nervous or scared for Elyssa to remember how well she has been trained for this and just as quickly as the tears and fear started, they stopped. There have since been times where I have had to pull these words back into my mind and find peace there. Ironically, the same place that I have agreed to be strong and informative and helpful to is the same place that has given me strength, kept me informed and helped me cope with the separation. I would love to thank all the Airmen that have willingly agreed to leave their families to ultimately protect our borders and the families that have stayed behind to clear the way for our airmen to keep their mind on the mission and the mission on their mind.



April Lodging

Lodging for this UTA is at the Best Western from Friday to Sunday. 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/CC. 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 SharePoint.

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.

Members can contact Services' billeting office at:
775-788-9320 or at 152aw.lodging@ang.af.mil.

INSPECTION



Maj. Shannon Manning
152nd Airlift Wing Inspection Section

What is Commanders Intent in the new Air Force Inspection System? Per AFI 1-2, Commander's Intent:

4.1. With a clear understanding of the intent of an assigned mission, commanders have the responsibility and authority to act, and to trust subordinates to complete their assigned missions. To that end, all commanders will:

4.1.1. At all times display exemplary conduct as defined above.

4.1.2. Establish a healthy command climate.

4.1.3. Have a propensity for action.

4.1.4. Deliberately execute the duties and responsibilities outlined above, to include all aspects

of executing the mission, leading people, managing resources, and improving the unit.

4.1.5. Apply the tenets of effective command and control as defined in Joint Publication 1, Doctrine for the Armed Forces of the United States, and Air Force Doctrine Volume 1, Basic Air Force Doctrine, to increase the ability of commanders to make sound and timely decisions and enhance unity of effort.

3.1. **Execute the Mission.** Commanders hold the authority and responsibility to act and to lead their

units to accomplish the mission.

3.2. **Lead People.** Effectively leading people is the art of command. Commanders must maintain effective communication processes and ensure unit members are well disciplined, trained and developed.

3.3. **Manage Resources.** Commanders are entrusted with resources to accomplish a stated mission.

3.4. **Improve the Unit.** Continuous process improvement is a hallmark of highly successful organizations.



Nevada National Guard Child & Youth Program invites you to a...
**Month of the Military Child
Celebration**



Saturday

18 April 2015

11:00 am - 2:00 pm

North Las Vegas Readiness Center

Google map: 6400 Range Road, Las Vegas, NV

A free military family event filled with fun, food, activities, games, and entertainment sponsored by local and national community organizations.

Open to ALL Branches of the Military, Military ID required Guard, Reserve, Active Duty, Retired, Wounded Warriors, Survivor Families, Veterans

Pre-REGISTRATION required at <https://www.surveymonkey.com/s/2015SpringFling>

For more information, contact Delana Cardenas, Lead Child & Youth Program Coordinator, Contractor, Nevada National Guard 702-694-4476 delana.j.cardenas.ctr@mail.mil



free! fun for the whole family!

• FREE BBQ lunch • Face Painting • Games • Crafts • Train Rides • Activities • Archery • Bounce House • Entertainment •

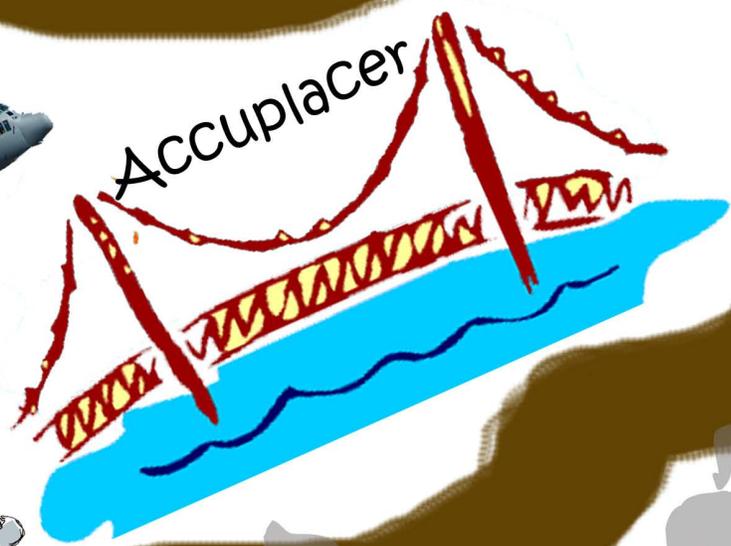
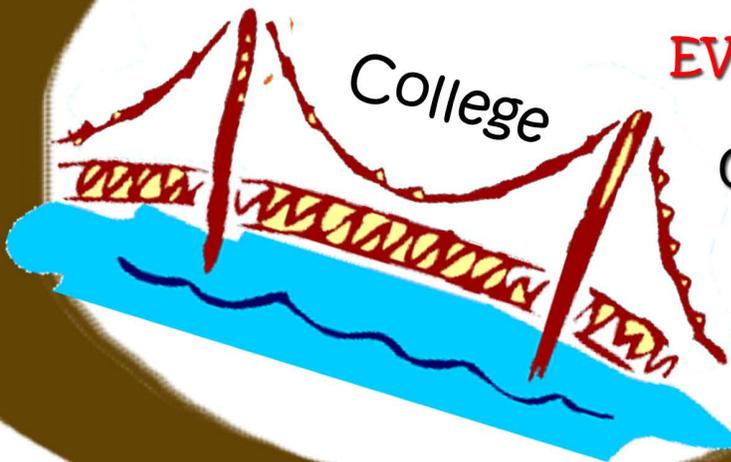
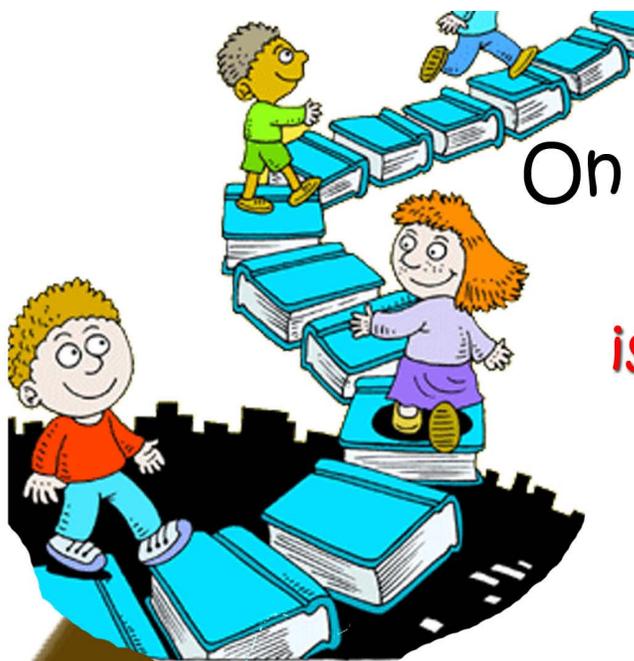


On the road to your CCAF??

Your **FIRST** bridge
is taking the **Accuplacer**!!

The Base Training Office
offers the Accuplacer
EVERY Thursday at 1300
and
EVERY UTA Sunday at 1300

Call Base Training today
788-4538 or 788-4511
to schedule yours!



CCAF
Bound



Home of the
HIGHROLLERS



Bring your child to work day!

Thursday, April 23



FLYER WILL BE POSTED
BASE-WIDE SOON!



ticket talk



NAS FALLON INFORMATION, TICKETS & TOURS PH: (775) 426-2275 / 2865 • FAX: (775) 426-2307

Phone orders are sent out via Fed Ex 1 day delivery for a nominal charge.

Prices subject to change. *If you do not see what you are looking for, please ask!*

Updated 7/12/2013

Disneyland	MWR Prices		Gate Prices + tax	
	Ticket Description	2013 ADULT 10 & Up	2013 CHILD Age 3-9	ADULT
1 Day 1 Park- Black out 12/25-31/2013	\$91.00	\$85.00	\$92.00	\$86.00
1 Day Hopper (exp: 12/31/13)	\$136.00	\$130.00	\$137.00	\$131.00
2 Day 1 Park/Day (exp: 1/13/14)	\$172.00	\$159.25	\$175.00	\$162.00
2 Day Hopper (exp: 1/13/14)	\$205.25	\$192.50	\$210.00	\$197.00
3 Day 1 Park/Day (exp: 1/13/14)	\$208.75	\$194.00	\$225.00	\$209.00
3 Day Hopper (exp: 1/13/14)	\$239.50	\$225.00	\$260.00	\$244.00
4 Day 1 Park/Day (exp: 1/13/14)	\$231.75	\$213.25	\$250.00	\$230.00
4 Day Hopper (exp: 1/13/14)	\$262.25	\$244.00	\$285.00	\$265.00
5 Day 1 Park/Day (exp: 1/13/14)	\$245.50	\$226.25	\$265.00	\$244.00
5 Day Hopper (exp: 1/13/14)	\$276.00	\$257.00	\$300.00	\$279.00
Deluxe Annual Pass (1 st day of use by 12/31/13)	\$498.00 All ages 3+		\$499.00	
Premium Annual Pass (1 st day of use by 12/31/13)	\$668.00 All ages 3+		\$669.00	
SoCal City Pass (exp: 12/31/13) (3 day hopper @ Disneyland w/ 1 Magic Morning, 1 day @ Sea World & 1 day @ Universal Studios.)	\$312.25	\$273.50	\$319.00	\$279.00



Disneyland, CA
3 Day Hopper \$122.75

Black out dates and restrictions do apply. Please see separate flyer for more details!

Walt DisneyWorld, FL

- 4 Day Hopper, \$153.25
- 4 Day Water Park Fun & More, \$153.25
- 4 Day Hopper & Water Park Fun & More, \$180.75



Ask us about great rates at select Walt Disney World and Disneyland Resorts!

FLORIDA ATTRACTIONS	
<i>Tickets must be special ordered and can take up to 10 days for delivery.</i>	
Walt Disney World 'Magic Your Way' allowing for options!	Prices vary based on the options you choose!!
Universal Orlando -Special Military Salute tickets now available! Ask for details!	
Sea World / Aquatica / Bush Gardens	Prices vary based on the options you choose!!

NEVADA and CALIFORNIA Attractions	MWR PRICES		GATE PRICES +tax	
Wild Island Water Park in Sparks Wild Island Attractions: High Ballocity, Laser Maze, Outdoor Mini Golf, Black Light Golf, Indy Cars	\$21.75 (ages 4+) \$4.50		\$27.99 \$5.00-\$6.50	\$21.99
Churchill Arts Council Special Events- Various Dates	\$18.00		\$20.00	
Reno Aces Infield Reserved Seating Regular Season Mid July: Fan Fest, Home Run Derby & All Star Game!	\$15.25 \$6.00/\$14.00/\$18.00		\$16.00-20.00 \$8.00/\$18.00/\$23.00	
MS Dixie/ Tahoe Queen Emerald Bay Sightseeing MS Dixie/ Tahoe Queen Sunset Dinner Cruise	\$37.00 \$60.00	\$9.00 (3-11) \$23.00 (3-11)	\$47.00 \$75.00	\$10.00 \$25.00
Discovery Museum in Reno Ages 1-99	\$6.00		\$8.00	
Century Theaters Movie Tickets Save \$\$\$ for prime time showings after 6pm!	\$8.25		\$9.75	
GOLF (Tickets must be purchased by Active Duty) Fallon Golf Course Fallon Golf 10 rounds Punch Card Dayton Valley Golf Club	\$21.00 \$210.00 \$36.00		\$35.00 \$250.00 \$45.00	
See's Candy Gift Certificates (1 lb)	\$14.75		\$21.10	
Great America San Jose CA	\$35.75 (All ages 3+)		\$59.99	\$39.99
Knott's Berry Farm - expiration: 12/31/13 (Ch: 3-11; less 48"/Seniors 62+)	\$32.50	\$25.00	\$62.00	\$33.00
Legoland (San Diego Area) - Buy 1 day get the 2nd day FREE! 2nd day must be used by 7days of first use. Expiration 12/31/3	\$49.75 (All ages 3+)		\$98.00	\$88.00
Legoland Resort Hopper - Lego/Sealife/Waterpark PLUS FREE 2nd day. 2nd day must be used by 7days of first use. Waterpark opens 3/9/13. Expiration 12/31/13	\$59.50 (All ages 3+)		\$104.00	\$94.00
Medieval Times Buena Park CA - Also available in DC, FL, GA, IL, NJ, SC, TX, and Toronto, Canada; ask for additional pricing.	\$39.75	\$33.00 (0-12)	\$58.65	\$36.45
Monterey Bay Aquarium Adult (18-64) Senior (65+) Student (13-17) Child (3-12)	Ad \$33.50 / Sr \$30.50 St \$30.50 / Ch \$19.50		Ad \$34.95 / Sr \$31.95 St \$31.95 / Ch \$21.95	
Sea World Active Duty? Free + 3 @ www.herosalute.com	\$63.75 (All ages 3+)		\$78.00	\$70.00
San Diego Safari Park – Expiration 12/31/13. Pass includes Journey to Africa and Conservation Carousel. Active Duty FREE with valid ID	\$39.00	\$30.25 (3-11)	\$44.00	\$34.00
San Diego Zoo – Expiration 12/31/13. Pass includes Guided Bus Tour, Express Bus, & Skyfari Aerial Tram. Active Duty FREE with valid ID	\$39.00	\$30.25 (3-11)	\$42.00	\$32.00
Santa Cruz Boardwalk Unlimited Rides All Day + 2 attraction visits	\$32.50		\$40.90	
Six Flags Discovery Kingdom Vallejo CA	\$36.50 (All ages 3+)		\$59.99	\$39.99
Six Flags Magic Mountain Valenica CA	\$36.50 (All ages 3+)		\$64.99	\$39.99
Universal Studios Hollywood – Good for 12 months after first activation. Must activate by 12/31/13. 2013 Blackout dates: July 3-7, 13/14, 20/21, 27/28; Aug 3/4, 10/11, 31; Sep 1/2; Dec 21/22, 25-31. Blackout dates do NOT apply to Activation Date, only subsequent visits.	\$70.50 (All ages 3+)		\$84.00	



Call. 800-342-9647 Click. MilitaryOneSource.mil Connect. 24/7

Financial Counseling & Planning

Need help making a budget? Thinking about buying or leasing a new car? Worried about paying off your credit card debt?

Highlights

NO COST Confidential help and information from trained counselors on topics such as financial benefits for military members, managing a budget, planning for major purchases such as a car or home, and saving and investing

Coaching on how to address difficult issues such as foreclosure, late mortgage payments and debt consolidation, including helping individuals contact their creditors and negotiate late fees, interpreting interest rates and building affordable payment plans

In-person or telephonic counseling options available

Additional information and resources on Military OneSource's Money Management page, including articles, tools and links to helpful websites

Information for all stages of financial planning including article titles such as "Financing a College Education," "Home Buying," and "Financial Planning in Your Twenties and Thirties"

Helpful tools and resources including calculators to figure out how much to save for retirement or spend on a new car, podcasts on topics such as repairing credit and managing deployment pay, as well as links to useful websites such as the Better Business Bureau and the Thrift Savings Plan

Access to each service's Personal Financial Management Program, which provides classes and seminars, counseling and information on financial issues at installations, as well as access to each service's financial relief organization for help with emergency expenses

Call. 800-342-9647 Click. MilitaryOneSource.mil Connect. 24/7

Military OneSource can help! Military OneSource financial counselors can provide confidential help and support to active-duty, National Guard and reserve members and their families on a wide range of financial issues by telephone, online or face to face at no cost

EVALUATIONS PROGRAM

The Enlisted Evaluations System (EES) is the aspect of giving members the knowledge of their progress in their career knowing where they stand regarding primary/additional duties, standards, conduct, military bearing, character, fitness, training, teamwork/followership, and leadership recommendations and statements. It is important that the below is addressed to members regarding the new evaluation procedures.



AIRMAN COMPREHENSIVE ASSESSMENT (ACA)

Feedback is the most important aspect of a members career and how they are progressing, needing improvement, and so forth. Within the first 60 days of supervision, the rater is responsible to conduct an initial ACA session to discuss with the member the rater's expectations for the job and standards that will be used to evaluate performance. In addition to the initial feedback and midterm feedback (halfway between the initial feedback and projected close-out of the member's next EPR). It is important that ratees know that it is not only their rater, rater's rater and commander's responsibility to ensure they receive ACA sessions, but also it's their ultimate responsibility.

STATIC CLOSE-OUT DATE (SCOD)

One of the biggest changes to the EES will be the implementation of SCODs. The philosophy behind this was to build an easier more predictable evaluation program that is based on the grade of the individual rather than their independent evaluation timeframe. The SCOD will ensure all members in the same grade have the same evaluation period and will have an evaluation that closes out on the same day.

EVALUATIONS AND ACA TRAINING

Training will be conducted following the new evaluation changes that will affect all Air National Guardsmen regarding evaluations on Thursday, April 9th at 1400-1500 and also on Saturday, April 11th at 1000 - 1030 during UTA. Training will be in regards to briefing the new process and schedule for EPRs and CSS training on updating the projections in MilPDs.

Questions? Concerns? Please e-mail the below organizational inbox or DSN below:

152 AW/ Personnel <152AW.Personnel@ang.af.mil>
DSN: 830-4508 / 830-4520 / 830-4510