



# 152nd activates for first MAFFS mission

*By Tech. Sgt. Emerson Marcus  
Nevada Joint Force Headquarters Public Affairs*

High Roller crewmembers completed their first activation operating the U.S. Forest Service's Modular Airborne Fire Fighting System last week and the first of the unit's C-130s equipped for MAFFS arrived at the base Thursday.

During the last month, 12 aircrew of the 152nd activated as part of the Air Expeditionary Group fighting wildland fires in Idaho, Nevada and Oregon.

The AEG — made up of military C-130 units operating MAFFS — flew 142 sorties, 125.5 flight hours, dispensing more than 3.5 million pounds of retardant on 165 drops during the month-long activation that began in early August.

The AEG includes three National Guard units — the 146th Airlift Wing, of California; the 153rd Airlift Wing, of Wyoming; the 145th Airlift Wing, of North Carolina — and one Air Force Reserve unit, the 302nd Airlift Wing, of Colorado Springs. As part of its new mission to replace the 145th as the fourth MAFFS unit, the 152nd augmented with the 153rd and the 302nd this fire fighting season to gain experience and meet certification.

"Nevada crews have fully embraced the MAFFS mission and are committed to getting full up as quickly and safely as possible," said Col. David Herder, deputy AEG commander. "They have been stepping in to get training with the other units whenever possible. They have been a welcome addition to the MAFFS community."

This fire season effectively started the 152nd's co-pilot certification clock. Co-pilot certification could be completed prior to the 2018 fire season when the unit would enter certification as aircrew commanders. Once the aircrew commander certification is complete, they then begin certification as flight instructors and could



*Lt. Col. Tony Machabee, acting 152nd Operations Group commander, co-pilots a mission over the Pioneer Fire in the Boise National Forest with the 153rd Airlift Wing, Wyoming Air National Guard, on Aug. 6. Much of the Air Expeditionary Group's mission with MAFFS this year was over the Pioneer Fire, which has burned more than 180,000 acres and isn't expected to reach full containment until mid-October, according to U.S. Forest Service fire reports.*

begin the process of training in-house — ready for autonomous fire fighting missions.

"The actual drops have been challenging and exhilarating," said Lt. Col. Tony Machabee, acting 152nd Operations Group commander and the first member of the unit to co-pilot a MAFFS mission. "It's a great feeling to see your immediate results whether we are dropping a protective line of retardant between the fire and someone's property or dropping 'mud' (retardant mix) directly on flames leaping from the tops of trees in an effort to slow the fire's progress."

The 152nd remains at least three years from autonomous fire fighting missions based on the amount of experience crewmembers get flying the low, slow and heavy mission over large-scale wildland fires.

Since 1974, MAFFS — a fire retardant delivery system inserted into C-130 aircraft — has been a joint ef-

*MAFFS cont., page 7*

# Finance Forum

*By Master Sgt. Tony Midmore  
152nd Airlift Wing Finance Office*

## RENTAL CAR PREPAID FUEL

“Prepaid refueling costs are not authorized. The AO may approve vendor refueling charges only if it is not possible for the traveler to refuel completely prior to returning the vehicle because of safety issues or the location of the closest fueling station.” JTR 2830 Special Conveyance.

## RENTAL CAR FUEL

The only person who can claim reimbursement for fueling a rental car is the person who rented the car. If another person fuels the car, the renter claims the fuel and reimburses the second person. JTR 2830 Special Conveyance.

## GOVERNMENT TRAVEL CARD

Before submitting a DTS travel authorization, please be sure your GTC card # and exp. date are current in your DTS profile as well as checking with your Agency Program Coordinator (APC) to make sure your card has been turned on. If you receive a new card please do not wait to activate it. The card must be activated by the cardholder in order for it to be charged. Failure to do this will result in multiple travel complications.

## USE DTS/CTO FOR LODGING!

Effective immediately, TDY lodging must be booked through DTS or the CTO. Please see the JTR, para. 1100, para. 2400, para. 4130. Authorizations will not be approved with lodging procured elsewhere.

## TRAVELLING WITHOUT DTS ORDERS? DON'T!

A DTS travel authorization sets funds aside to reimburse you for your travel expenditures. If you travel without those funds being set aside, you risk funds not being available for your voucher, especially with the current fiscal climate.

## PERFORMING DUTY WITHOUT PAY ORDERS? DON'T!

An AROWS pay order directs you to duty and ensures that you will be paid for that duty. Verbal orders of the commander (VOCO) direct duty, without a written order, only when time prevents the publication of written orders in advance. This should be VERY rare. If you work without a pay order being published, you risk not getting paid for that duty. This is not a scare tactic – it has true potential in the current fiscal climate.

## CLEAR UP TRAVEL VOUCHERS AND PAY ORDERS

We are quickly approaching the end of the fiscal year and it is important that pay orders be certified for pay and travel vouchers be filed. Not only should you get money due to you, but in order to close out the accounting for FY16, the wing needs to clear up all open documents. Help Col. Stark to have a good end-of-FY by doing your part to close out your orders and vouchers.

## UPDATE YOUR EMAILS TO @MAIL.MIL

With the email migration, many systems, including AROWS and DTS, need updating with your new



@mail.mil address, in order to continue to receive notifications. Again, traditional guard members are encouraged to use their home email for DTS. A living document on updating different systems is located at:

G:\AW\_Airlift\_Wing\CPTF\_Comptroller\.

## YOUR PAY IS YOUR RESPONSIBILITY!



### *In this issue:*

*Cover: MAFFS*

*Page 2: Finance Forum*

*Page 3: IG Corner*

*Page 4: Blood Matters*

*Page 5: Fitness Testimonials*

*Page 6: In the Regs with PA*

*Page 7: DPH*

*Page 9: UTA Menu*

*Page 12: Recruiting & Retention*

*Page 13: Family Programs*

*Page 15: Chaplain's Corner*

*Inserts*



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



## Corner

provided only on a “need-to-know” basis to organizations and/or other investigative personnel necessary to complete the inquiry into your allegations and to effectuate corrective actions, if any. Sometimes it is beneficial for those investigative personnel tasked to look into the matter to be able to clarify or obtain additional information from the source of the complaint, if needed. Thus, that is the scenario under which such consent would aid the process.

**NON-CONSENT TO DISCLOSURE:** You have two options when you do not provide consent to disclosure of your identity:

Release your identity to the DoD IG only, via DoD Hotline personnel,

with the understanding that your information will not be released to anyone outside of the DoD Hotline, to include other investigating officials outside of the DoD Hotline, which may be assigned to look into your matter, OR identify yourself with the understanding that only the DoD IG, via DoD Hotline personnel, and the tasked investigator, who may be outside of the DoD Hotline, will know who you are.

If you do not consent to disclosure of your identity, the DoD Hotline will make every effort to protect your identity from disclosure; however, we cannot guarantee confidentiality since disclosure may be required during the investigation or in the course of corrective action. Regardless of the consent disclosure choice you elect, your identity may be disclosed if required by applicable legal authority, or the Director, DoD Hotline, determines that such disclosure is otherwise unavoidable to address the matters contained in the complaint. Such circumstances

*IG Corner cont., page 14*

## The DoD Hotline

If you didn’t already know this, there’s a DoD Hotline where you can also submit a complaint and it’s anonymous. In addition to filing anonymously, you may also indicate your election of consent or non-consent to disclosure.

**CONSENT TO DISCLOSURE:** When providing consent to the disclosure of your identity outside of the DoD Hotline, disclosure is

### High Roller News

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High Roller News is published monthly for all current members of the Nevada Air National Guard, civilian employees, National Guard retirees and government leaders in the state of Nevada. High Roller News is distributed electronically through all Public Affairs channels for information distribution to include the Nevada Air National Guard Sharepoint 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, sex, na-

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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: [paula.s.macomber.mil@mail.mil](mailto:paula.s.macomber.mil@mail.mil)

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



# “Blood Matters”

*By Senior Airman Khasity Cronin  
152nd Airlift Wing Public Affairs*

Thirty-Six Airmen with the 152nd Airlift Wing donated blood during a United Blood Services mobile blood drive Aug. 7 at the Nevada Air National Guard Base in Reno.

United Blood Services visits the Nevada Air National Guard base about every three months. They acquired 33 units of blood during the August blood drive.

“That needle was huge, but as my first time as a blood donor, I was pleased to be able help out our local hospitals and do my part,” Airman

Baylee Hunt said.

Blood is scarce, and donations are greatly needed, nearly 21 million blood components are transferred throughout the U.S. and about 36,000 units of red blood cells are needed each day. United Blood Services is a nonprofit organization providing blood and blood products to local hospitals around the nation.

United Blood Services was founded in 1943 as the Salt River Valley Blood Bank in Phoenix, Ariz. As of today their blood centers across

the country are in more than 500 hospitals and in 18 states providing blood, blood components as well as special services for patients.

Thanks to nearly 6.8 million donors a year, the U.S. collects about 13.6 million units of whole blood and red blood cells. This couldn't be possible without the dedication of the volunteer staff, like Donor Care Specialist, Ms. Reelena Calencuela, who was with mobile United Blood Services bus that came out to the base on August 7.



**Red blood cell compatibility table<sup>[59][60]</sup>**

Recipient <sup>[1]</sup>	Donor <sup>[1]</sup>							
	O-	O+	A-	A+	B-	B+	AB-	AB+
O-	✓	✗	✗	✗	✗	✗	✗	✗
O+	✓	✓	✗	✗	✗	✗	✗	✗
A-	✓	✗	✓	✗	✗	✗	✗	✗
A+	✓	✓	✓	✓	✗	✗	✗	✗
B-	✓	✗	✗	✗	✓	✗	✗	✗
B+	✓	✓	✗	✗	✓	✓	✗	✗
AB-	✓	✗	✓	✗	✓	✗	✓	✗
AB+	✓	✓	✓	✓	✓	✓	✓	✓



*(Photos by Senior Airman Khasity Cronin, 152nd Airlift Wing Public Affairs/Released)*

# Fitness Specialist Success!

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*Editorial by Senior Master Sgt. Paula Macomber  
152nd Airlift Wing Public Affairs*

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From the guy that has somewhere in the neighborhood of 150 “Star Wars” shirts, Jason Stoner has made an impact on this base like no other. He holds individual training sessions, group classes and offers nutritional and fitness advice. He is leaving a positive mark on the base.

Jason’s contract was just renewed and he will be with us for at least another year.

He is always ready, willing and motivated to assist you. The testimonials of the base show how much impact he has had.

If you have any questions, he is available in person at the base fitness center, by text at 775-354-3284 or by email: jasonbstoner@gmail.com.

## *Fitness Testimonials:*

**Paula Macomber:** I started working out with the 152nd Airlift Wing’s Fitness Specialist, Jason (Stoner), back in February (in preparation for my fitness test in May).

After having a child in 2013, I struggled keeping my middle trim. I was running and working out, doing the same thing every time and not seeing any results.

Back in February, I was doing one of my ‘regular’ workouts, when Jason came in and asked if I was

joining them for the group workout. How do I say “No,” when he’s looking at me with witnesses there? Well, I agreed and it changed my view on working out.

In three months and only working out 2-3 times per week, I lost about 3.5 inches in my waist and about ten pounds. I not only passed my fitness test in May, I got one of the highest scores I’ve ever gotten.

Not only did it improve my fitness score by attending the group workouts--but it also eliminated my back pain, which I have struggled with for the past 10 years.

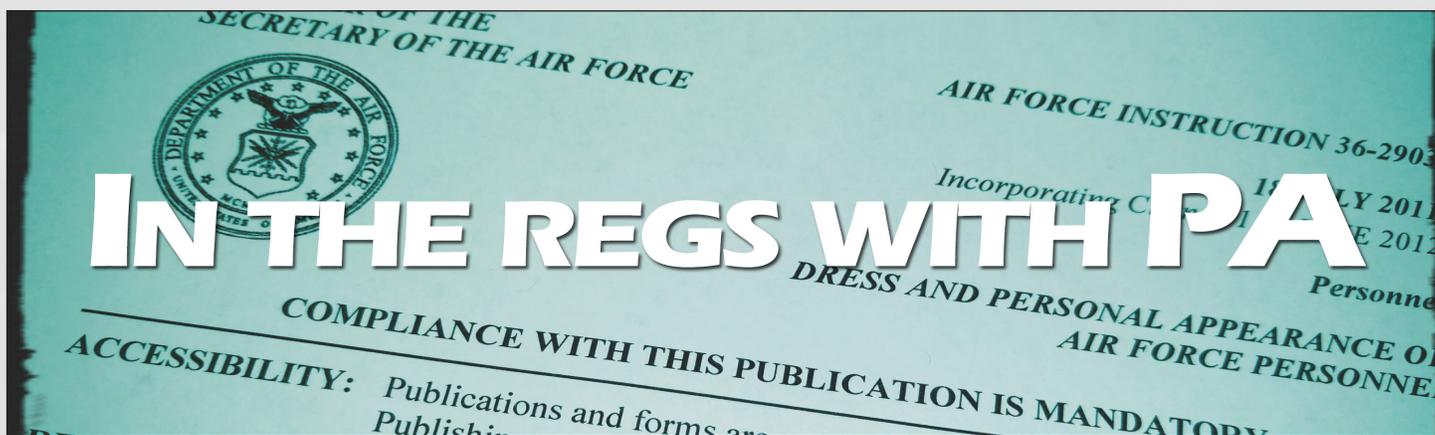
Personally, I want to thank Jason for his dedication, hard work and for simply asking me if I was joining them on that single day which changed my life. Thanks Jason!

**Kristine Mireles:** After the birth of my daughter in March of 2015, Mr. Stoner helped me get back into shape! He helped me get down, not only to the weight I was at before pregnancy, but he helped me lose even more than just my baby weight! He helped me get healthy again by giving me a wide range of exercises, nutritional tips and he motivated me to keep going! Our individual sessions made me stay accountable to my fitness goals.

Mr. Stoner not only has helped me and my fitness goals, but as my squadron’s Unit Fitness Program Manager and Physical Training Leader I see the dedication that he has to our organization. Any time I am conducting a test, he offers to help in any way he can. Whether he is helping the group with a pre-test warm up, or running alongside of them during one of the most challenging components of the test, Mr. Stoner helps our members achieve their goals before, during and after their Fitness Assessment. He is, in my opinion, the best Fitness Specialist our base has ever seen.

**Kylea Sherman:** Jason Stoner has been such a help in my day-to-day life from nutrition, to fitness, to stress management. He came to my unit before the UEI and did a breathing exercise with us to help relieve stress. I’ve had private workout sessions with him and have improved my fitness score from 89% to 93%! I think he is a great asset to our base and hope he knows how many people’s lives he’s touching. Thanks Jason for all you do!

*Fitness, cont. page 10*



*Walking around base, we a times may see fellow High Rollers “out of uniform,” whether it be their hair, their jewelry or other violations. Just to keep the base on its toes and to perhaps clarify the regulations, the Public Affairs staff has decided to start this regular monthly tidbit about uniform regulations. We hope that you enjoy and get some valuable information out of it!*

*By Airman Baylee Hunt  
152nd Airlift Wing Public Affairs*

## *Got Bling?*

If airmen aren't informed on regulation concerning jewelry, their next inspection could include a ding — not bling.

Consider piercings? Be sure to have the information needed to properly gauge this decision. As the Air Force adapts to ever changing trends, it can be challenging to keep up with the AFI's as they update. Here's a small refresher:

AFI 36-2903 paragraph 6.3.1.1: Male Airmen are not authorized to wear earrings on a military installation, or while in uniform or in civilian attire for official duty. Female Airmen may wear small (not exceeding 6 mm in diameter) spherical, round white diamond, gold, white pearl, or silver earrings as a set. Only one set of earrings are authorized to be worn in uniform

in the lower earlobes. Earrings must not extend below the earlobe unless the piece extending is the connecting band on clip earrings.

Want to spice up the uniform? While this is possible, there are some regulations restricting types of bracelets allowed.

AFI 36-2903 paragraph 6.3.1.2: Airmen may wear one bracelet around their wrist. If worn, the bracelet will be conservative in design, no wider than a half inch, gold or silver in color. With the exception of traditional metal POW/MIA/KIA bracelets, which come in colors besides silver, bronze, or gold, remain authorized.

Watches? AFI 6.3.1.3: Must be conservative and only one can be worn around the wrist while in uniform, PTU, or civilian attire in an

official capacity. Conservative examples (not all inclusive) are solid color black, brown, silver or gold. Prohibited examples are diamond-covered, neon, bright colors, and bands that exceed 1-inch width.

Rings? AFI 6.3.1.4: Airmen may wear a total of no more than three rings; wedding sets count as one ring when worn as a set. Rings will be worn at the base of the finger, and will not be worn on the thumb.

Necklaces? 6.3.1.5: Will not be visible at any time. If worn, will be concealed under a collar or under-shirt.

During September drill the 152nd Public Affairs Office will be conducting free jewelry inspection. Come update ABU photos and get jewelry checked for free.



**MAFFS, from cover**

fort between the U.S. Forest Service and the Department of Defense.

The U.S. Forest Service owns MAFFS equipment and supplies ground crew and retardant for fire fighting. The Department of Defense provides C-130 aircraft, flight crews and maintenance and support personnel to fly missions.

The equipment, primarily used for large-scale wildland fire fighting, can discharge up to 3,000 gallons — 28,000 pounds — of retardant in less than five seconds, covering an area one-quarter of a mile long and 60-feet wide. Once discharged, it can be

refilled and airborne in less than 12 minutes.

The National Guard Bureau announced in April that the 152nd would receive the MAFFS mission for wildland fire fighting nationwide.

A planned conversion of the 145th Airlift Wing from the C-130 to the C-17 aircraft, prompted the bureau to evaluate existing C-130 Air National Guard units for a suitable replacement for the mission. All National Guard C-130 units were considered, the bureau said.

“This is a high performing unit,” said Col. Karl Stark, the 152nd Airlift Wing commander. “Over the years, the competitive nature of our busi-

ness in the military has forced us to look deep into our own organization to make sure that we are being as efficient as we can, and that we are making the most out of the resources that we are given. I think, ultimately, because we’ve taken that charge the result of that has brought more opportunities our way for the High Rollers.”

The development of the MAFFS mission in Reno brings large-scale wildland fire fighting capabilities to a Guard unit located in the largest national forest in the lower 48 states — the Humboldt-Toiyabe National Forest — prone to massive fires in recent years.



## National Guard Bureau - Psychological Health Program

### Your Questions, Answered

*Randee Hill, LCSW*  
Wing Director of Psychological Health  
Nevada Air National Guard

**Frequently Asked Questions (FAQ):**

1. Why is the National Guard offering Psychological Health services?

The National Guard Bureau recognizes the unique pressures that Service members and their Families experience, especially given the need for Service members to function at their highest level physically and emotionally. For this reason, the National Guard strives to be relevant, ready and accessible to the National Guard community by:

- Providing help to address full range of personal, emotional and behavioral problems as a result of deployment and any other life stressors
- Supporting individuals for personal readiness and assisting with

those who experience TBI and PTSD

- Ensuring confidentiality, privacy compliant with state and federal laws and guidelines
- Maintaining and improving National Guard member productivity
- Ensuring the Psychological Health Program is part of a comprehensive transition assistance network

2. How will the Psychological Health Program support the Guard leadership and members in my state?

The Airlift Wing Director of Psychological Health (DPH) provides short term/brief solution focused counseling that addresses general conditions of living, life skills, improving relationships at home and at work, stress management, adjustment issues, marital problems, parenting, and grief and loss, to service members and their families. The

DPH also provides mental health and wellbeing education and prevention and crisis intervention services. The DPH is available to help you with any problem that may be affecting your emotional or behavioral life. This type of counseling is referred to as “non-medical counseling” and is not considered to require a mental health diagnosis even though the concerns may be affecting a person’s mental or emotional health. Mental health concerns that would benefit from therapy or medication are referred to as “medical” counseling and are referred to providers in the community. The DPH is also able to respond to training requests and critical incidents, as well as provide unit briefings, training and consultation.

3. How will the program help me? Is it confidential?

National Guard members and  
**DPH cont., page 9**

# 2016 Annual Family Day

**WHO:** NVANG members and their family

**WHAT:** The 152 AW's Annual Family Day

**WHEN:** Saturday September 10th @ 1300—1600, Commanders Call in main hanger, Family Day to follow immediately after.

**WHERE:** 152nd Air Base on the grass area outside building 56

- Food will be provided and catered by Texas Roadhouse, Outback Steak House, and Antonios Tacos!
- A car show, airframe static displays, dunk tank, multiple bounce houses, snow cones, cotton candy, DJ, and much more!



*DPH, from page 7*

their Families can work with their Director of Psychological Health who will assist in the coordination and management of any psychological health need. If needed or requested, we will assess and refer you to a local, qualified counselor or other mental health resource within a reasonable distance from your home. The goal of the Psychological Health Program is to address your concerns in the quickest, least restrictive, most convenient, and least costly manner while strictly respecting your confidentiality.

4. I don't live near a base, VA facility or military treatment facility (MTF). Can I call the Director of Psychological Health on the phone to help me?

Program services are easily accessible. The Director of Psychological

Health is available to provide telephone consultation as well as face-to-face consultation. If you believe you or one of your family members might need assistance, please do not hesitate to contact me!

5. I have scheduled an appointment with my local DPH. What will I need to take to this appointment?

The services of the DPH are confidential and provided free of charge. At your initial appointment, you will be asked to provide basic demographic information, military history, and details regarding the concern for which you are seeking assistance. Once your DPH has completed your interview, you and the DPH will make a plan to address your concerns. If you would benefit from "non-medical" counseling, the DPH can provide that for you. If the DPH assesses that your concern meets the criteria of

a mental health diagnosis and you and the DPH agree that you would benefit from therapy or medication, referred to as "medical counseling," a referral may be made to your local provider, and your DPH will be available to guide you through the whole process. I will do my best to support you to meet whatever challenges you're experiencing. If you're concerned at any point with the service, please let me know:

<https://www.surveymonkey.com/r/QZ8ZMY2>

*To access DPH Services:*

Call: 788-9307

Email: [randee.r.hill.civ@mail.mil](mailto:randee.r.hill.civ@mail.mil)

Drop in: Bldg 500 Rm 145A (SFS)

Randee Hill, LCSW



## UTA Menu

Salad bar will be provided both days

### Saturday 1100-1230

Main Line & Short Order

**MAIN LINE:**

- Beef Brisket
- Savory Baked chicken
- Simmered Red Cabbage
- Creamed Spinach
- Potato Au Gratin
- Wild Rice
- Brown Gravy
- Dinner Rolls
- Soup – Loaded Baked Potato
- Assorted Desserts

**SHORT ORDER LINE:**

- Chicken Wraps
- French Fries / Onion Rings
- Nachos & Cheese
- Burgers
- Chili

### Sunday 1100-1230

Main Line & Short Order

**MAIN LINE:**

- Carne Asada Street Tacos
- Chicken Mexican Casserole
- Refried Beans / Spanish Rice
- Mexican Corn
- Fajita Vegetables
- Jalapeno Corn Bread
- Soup: Chicken Tortilla
- Assorted Desserts

**SHORT ORDER LINE:**

- Chicken Wraps
- French Fries
- Nachos & Cheese
- Burgers
- Chicken Tenders
- 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\*\*



**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, from page 5*

**Rebecca Varnum:** Jason Stoner has been essential to my fitness, nutrition and life. While recuperating from chemotherapy and facing radiation, Jason was able to work with me at my fitness level and help me keep a positive attitude. He worked with me continuously through fatigue and other issues I had to maintain physical activity. After the treatment was complete he was able to ramp up my work outs and get me ready for my physical fitness test. Jason continues to be a consistent supporter and is always available to help me reach my next goal.

**Nichole Landers:** Since my last article in January, I have continued to follow Jason's training plan, even though I have PCS'd to Germany. He still provides me with workout ideas and fitness articles to keep me motivated. I took my PT test in June and scored a 96%, my highest score since Basic Training 6 years ago. In a few weeks, I will be running a half marathon. I wouldn't have been able to keep this up without his support and encouragement.

**Erin Dorsett:** I would like to say that I appreciate Jason's passion as our wing fitness specialist. He gives all he can give every day, no matter how he is feeling or how his Airmen are feeling. He continually tests our abilities and he keeps the work outs fresh. He is full of knowledge, both as a trainer and as a kung fu master - both physical and spiritual. He always makes time for you, no matter what he is doing and he always makes you feel like you're the most important person at that moment. He gives all of himself to this wing and I appreciate all of it.

**Yvonne Downs:** Jason is an amazing, patient, understanding instructor. He has cared about my health and limitations and moved me to do so much more than I thought I could. He has encouraged me to eat better, live better, and see how much more I am capable mentally and physically. I feel very lucky that I have had him help me strive for more out of myself. Thank you Jason!

**Patrick Faenza:** Since Jason joined the team here on base, the quality of my fitness routine has improved. He is readily available for workout tips and advice. The equipment he has added has made the fitness center more accessible for members. The gym is just not a weight room with cardio equipment. Because of his equipment, you can get a workout that is fun and functional. For example, the kettle bells and boxing equipment he provides. Lastly, his positive personality is contagious.

**Cameron Pieters:** Jason Stoner has had a personal impact on my fitness, health and general well-being. After the UEI in March, I was overweight, felt horrible, and couldn't pass my PT test. I started eating better and working out with some results, but eventually plateaued. I reached out to Jason, and 5 months later lost over thirty pounds and six inches from my waist. If you want results, work out with Jason. He will tailor workouts to your needs, push you to maximize your potential, and encourage you to keep going. And the biggest advantage is, it's free.

**Adam Willett:** Jason Stoner's Tai Chi Moving Meditation Class is a tremendous resiliency resource. I

began taking this class when I was working 12-hour night shifts. What I found is that when I got home after taking the class I had much more physical and emotional energy than I did before. This translated into much more positive engagements with my family after such a grueling shift. Now that I am on a regular day schedule I notice that on days I do not practice in the morning I don't have the same lasting and dynamic energy than when I do. As I continue my Tai Chi training I have also noticed improved balance, coordination, and posture.

Jason Stoner's Strength Training Workouts have changed my appearance and strength in ways I didn't think possible. When I started working out with him my fitness level wasn't very high. Without judgment, he met at my performance level and kept pushing me to work harder. In just a year's time I increased my pushup score by six and my sit-ups by 15. Before, I thought I would never get much better at my PT test. Now, I know I can and will keep getting better.

**Larry Vaughn:** The base could not have selected a better fitness specialist than Jason Stoner, he literally pours out all of his heart, sweat, and soul into helping others achieve their fitness goals. I really appreciate the fact that the base has continued to maintain their contract with Mr. Stoner, continuity has helped Mr. Stoner in the implementation of his fitness plan. He hit the ground running the first day he got started out here, by adorning the base gym with motivational material in the form of workout plans, healthy eating tips, and inspiring workout motto's. But it does not stop there, he has a wealth of personal knowl-

edge about dieting, supplements, the latest trends, exercise routines, what to do and not to do, stretching etc.... He is always very creative in how he organizes a workout plan for an individual or group, and most importantly he cares and listens to his clients about their physical and mental fitness. He never seems to tire from answering all your fitness questions. Sometimes he will even go as far as to workout with you, if necessary, which I think would get old after a while, considering his line of work, but I think he does it because his passion is to help people achieve their goals. That's where he gets his personal satisfaction for his job and it really shines through. Thank you Jason Stoner for always bringing your best, so that we can be our best!

*Tim and Sara Schweppe:* Jason Stoner has been an exceptional inspiration to my wife and I. He has dedicated more time and effort than required by his fitness specialist

program. I have seen many members benefit from his experience and motivation that is demonstrated by their success with the fitness test. Jason takes a personal interest in every person that approaches him with a desire for improvement or nutrition. It has been a great pleasure training with and knowing Jason.



HIGH ROLLER NEWS DEADLINES	
2016/2017 DEADLINES	
Please submit your items NLT...	
<b>this date for the next issue:</b>	<b>2016 ISSUES:</b>
<b>By Sept. 21</b>	<i>Oct. Drill</i>
<b>By Nov. 9</b>	<i>Nov. Drill</i>
<b>By Nov 16*</b>	<i>Dec. Drill</i>
	<b>2017 ISSUES:</b>
<b>By Dec 21*</b>	<i>Jan. Drill</i>
<b>By Feb 1</b>	<i>Feb. Drill</i>
<b>By Feb 22</b>	<i>Mar. Drill</i>
<b>By Mar 22</b>	<i>April Drill</i>
<b>By April 26</b>	<i>May Drill</i>
<b>By May 24</b>	<i>June Drill</i>
<b>By June 28*</b>	<i>July Drill</i>
<b>By July 26</b>	<i>Aug. Drill</i>
<b>By Aug 30</b>	<i>Sept. Drill</i>
<b>By Oct 4</b>	<i>Oct. Drill</i>
<b>By Oct 25</b>	<i>Nov. Drill</i>
<b>By Nov 15*</b>	<i>Dec. Drill</i>



# Base-Wide Fitness Test

Sunday @0800  
Fire House

Must wear  
AFPT Gear.



## This Month's Lodging

Lodging for this UTA is at the both the Staybridge and the Hampton Inn. 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

usaf.nv.152-aw.list.lodging@mail.mil

# RECRUITING & RETENTION

By Master Sgt. Colleen Glynn  
Retention Manager

## “Who’s your one?”

We all know someone who would be an asset to the Nevada Air National Guard team, and that could take advantage of the outstanding features and benefits the Air National Guard has to offer. Our challenge to you, there is a flyer attached to the High Rollers News, take it, fill out your information and the information of the “one” that you would like to see be added to our team. Every position is vital and every position needs to be filled. Your Recruiting can’t do it without your support! ...”Who’s your one?”

**SUMMER SESSION & TEXT-BOOK REIMBURSEMENT:** Packets are due to the Retention Office NO LATER than Sunday of September UTA (Sept. 11). Per TAG-NV Guidance, ANY packets submitted after the due date WILL NOT be processed. If you plan to file for reimbursement, you can hand deliver your packet to Master Sgt. Glynn or Master Sgt. Hinen or email to [colleen.a.glynn4.mil@mail.mil](mailto:colleen.a.glynn4.mil@mail.mil)

### THE RULES:

1. You MUST use the most current forms! The most current forms can be found at <http://www.nv.ngb.army.mil/nvng> and then going to the Education Benefits section.

2. Ensure ALL forms listed on the “Textbook Checklist” are included.

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

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

If you have any questions regarding Tuition/Textbook Reimbursement, don’t hesitate to contact your Recruiting & Retention Managers. Glynn is the primary Retention Manager, but if unavailable, Hinen will be able to provide excellent retention services. Need an incentive sheet, tuition waiver, retention or recruiting questions; both the RRM’s will be able to assist.

Glynn (775) 788-4546

Hinen (775) 788-4543



## 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: [Usaf.nv.152-aw.list.pa-public-affairs@mail.mil](mailto:Usaf.nv.152-aw.list.pa-public-affairs@mail.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 2016/2017 DEADLINES

Please submit your items NLT...

<b>this date for the next issue:</b>	<b>2016 ISSUES:</b>
<b>By Sept. 21</b>	<i>Oct. Drill</i>
<b>By Nov. 9</b>	<i>Nov. Drill</i>
<b>By Nov 16*</b>	<i>Dec. Drill</i>
	<b>2017 ISSUES:</b>
<b>By Dec 21*</b>	<i>Jan. Drill</i>
<b>By Feb 1</b>	<i>Feb. Drill</i>
<b>By Feb 22</b>	<i>Mar. Drill</i>
<b>By Mar 22</b>	<i>April Drill</i>
<b>By April 26</b>	<i>May Drill</i>
<b>By May 24</b>	<i>June Drill</i>
<b>By June 28*</b>	<i>July Drill</i>

# Air Races Volunteers Needed



Want to volunteer to help out at this years Reno Air Races?  
Stop by the recruiting office to find out how!  
Reno Air Races are from September 14th thru 18th.



# Airman and Family Readiness

By Fred Barton, Jr, 152<sup>nd</sup> Airlift Wing  
Airman and Family Readiness Program



## What is Air Force COOL Program

Air Force COOL is a pathway for enlisted Airmen to earn industry recognized professional certifications and licenses to enhance their active-duty work and to prepare them as they transition to the civilian job market after they leave the service.

Complete Air Force COOL program details, application procedures, eligibility requirements and AFSC listings are located on the Air Force Portal.

### Eligibility

- Enlisted rank of E3 and above
- Any Air Force component (Regular Air Force, Guard and Reserve)

NOTE: Guard and Reserve members must be on Title 10 or Title 32 active orders.

Possess a 5-skill level in an AFSC mapped to the credential

### Funding

Up to \$4,500 per Airman



## Personal Financial Counselor (PFC)

Personal Financial Consultant, was hired as the full-time Counselor to serve the Service Members and Families of the Nevada Air and Army National Guard. Personal Financial Counselors can assist with budgeting, home and auto purchase planning, establishing and improving credit, retirement planning and other consumer finance topics. PFC's are available during UTA weekends, or at military one source 24/7 at [www.militaryonesource.mil](http://www.militaryonesource.mil) or call 800-342-9647



### 152<sup>AW</sup> Airman and Family Readiness Program Manager

Mr. Fred Barton  
775-788-4585 Office E-mail address: [fred.barton.civ@mail.mil](mailto:fred.barton.civ@mail.mil)  
775-287-4768 Cell Phone

### NV Work for Warriors

Mr. Joseph Tucker  
775-384-5848  
[Joseph.j.tucker9.ctr@mail.mil](mailto:Joseph.j.tucker9.ctr@mail.mil)

### NV Child & Youth Programs

Ms. Amanda Hurley  
775-384-5805  
[Amanda.m.hurley4.ctr@mail.mil](mailto:Amanda.m.hurley4.ctr@mail.mil)

## VA Benefits Description:

Service members qualify for VA benefits. Here is just a few

- VA Home Loan Guaranty
- Burial benefits
- Education Benefits (to include Post 9/11 GI Bill, Montgomery GI Bill, Montgomery GI Bill Selected Reserve, Reserve Education Assistance Program, Veterans Education Assistance Program)
- Education and Career Counseling Automobile and Adaptive Equipment Allowances
- Life Insurance Benefits (to include Service members Group Life Insurance (SGLI), SGLI Traumatic Injury Protection (TSGLI), Family SGLI (FSGLI), Veterans Mortgage Life Insurance)
- Pre-Discharge Disability Compensation Program (to include Integrated Disability Evaluation System, Benefits Delivery and Discharge and Quick Start).
- VA Health Care (In emergency situations or upon referral by TRICARE)

### References:

- [www.benefits.va.gov/homeloans/](http://www.benefits.va.gov/homeloans/)
- [www.prosthetics.va.gov/psas/HISA2.asp](http://www.prosthetics.va.gov/psas/HISA2.asp)
- [www.benefits.va.gov/compensation/claims-special-burial.asp](http://www.benefits.va.gov/compensation/claims-special-burial.asp)
- [www.benefits.va.gov/gibill/index.asp](http://www.benefits.va.gov/gibill/index.asp)
- [www.benefits.va.gov/vocrehab/edu\\_voc\\_counseling.asp](http://www.benefits.va.gov/vocrehab/edu_voc_counseling.asp)
- [www.benefits.va.gov/vocrehab/index.asp](http://www.benefits.va.gov/vocrehab/index.asp)
- [www.benefits.va.gov/compensation/claims-special-auto-allowance.asp](http://www.benefits.va.gov/compensation/claims-special-auto-allowance.asp)
- [www.benefits.va.gov/insurance/](http://www.benefits.va.gov/insurance/)
- [www.benefits.va.gov/predischarge/](http://www.benefits.va.gov/predischarge/)
- [www.va.gov/health/](http://www.va.gov/health/)



## What is eBenefits

The eBenefits Portal is a joint project between the Department of Veterans Affairs and the Department of Defense. eBenefits is a one-stop shop for benefits-related information for Wounded Warriors, Veterans, Service Members, their families, and their caretakers.

Veterans, Service Members, Retirees, and families of Service Members can register for an eBenefits account. As the site continues to develop, we will provide ever-increasing access to benefits-related information and resources.

<https://www.ebenefits.va.gov>





# Chaplain's Corner

*Meeting the needs of our airmen is our priority! Got suggestions? Call us at DSN 788-4651*



*By Ch. Shay Gilliam  
152nd Airlift Wing Chaplain*

A couple months back, during Wingman Day, I did a briefing on ways that a person can exercise his or her spiritual fitness. One of the temperaments that has always interested me is the sensates. If you remember, sensates are those who experience and are inspired by spiritual things through their senses – sight, smell, touch, taste, and sound. In particular, I'd like to focus on those who express spiritual experiences through music.

People are created/hard-wired with a certain aptitude that allows music to directly touch the depths of our souls. Music has the ability to transport you through time and space, manipulate your emotional state, solidify your memories, stop you in your tracks, reveal social injustices, make you loosen your tie (hint, hint, wink, wink), or even motivate you into action. Plato once said about music, “[Music] gives soul to the universe, wings to the mind, flight to

the imagination, and charm and gaiety to life and to everything.” Similarly, Marvin Gaye once mused in a song:

Music is the soul of the man/  
Music makes a happy day/Music  
makes the clouds go by baby/Your  
music keeps my tears inside my  
eyes/Your music makes me want  
to sing/Music is a joy to bring/  
Music is my heart and soul, more  
precious than gold/Happiness to-  
day is just a song away

Music has captivated people for millennia, and has always been useful in recalibrating and re-aligning your mind, body, soul, and spirit. Here are a few tips for you sensates out there that might help you explore this spiritual temperament.

1. Get alone by yourself with your favorite song: There is something to be said for zoning out with your favorite song and letting it pierce your soul. I can remember the first time I listened to *Simply Beautiful* by Al Green. If you haven't heard that song before, listen to it with your eyes closed, let that soul guitar hit you in the sternum, and prepare to use a whole box of tissues by the time he's done. Whenever I am in need of a good, soulful cry, this is one of the songs I turn to.

2. Expand your rotation: There are times when we get stuck in our own music style and fail to realize the many different genres out there and the excellence within them. I took a music appreciation class and fell in love with listening to classical music. Classical music has a way of telling a story with-

out words that few other genres have been able to master. When I need to sit down and concentrate on something and I just can't seem to find the focus, I often put on something classical, re-center myself, and get in tune to what is directly in front of me.

3. Listen on a record player: A friend of mine has a record player and I listened to *The Score* album by The Fugees. I have listened to that album dozens of times, but there was something about the richness of the music coming off of the vinyl album, it added a depth to the music that I never heard before. And as Lauryn Hill belted out “Killing Me Softly”, I was transported back to '96, hands in the air (and no, I didn't care) spirits soaring, and ready to tackle the world.

This list could go on for a while, but these are just a few helpful hints that you may use when trying to experience spirituality through your senses. If you have your own methods of listening to music, let me know, I'd love to compare notes. Also, if you are interested in exploring some of the other temperaments, I am available to help you walk through that as well, regardless of your religious preference. Exercising your spiritual fitness is vital to being a comprehensively fit airman, and this is a fun way to attack that spiritual pillar to ensure there's a tool you have at your disposal to keep you going when life's storms get rough.

As always, Grace and Peace to you and yours, love y'all. Ch. G.



# FITNESS SPECIALIST INFORMATION

In case you didn't know, we have a fitness specialist on base who is willing and able to help you achieve whatever level of fitness you desire. He's here for anyone that needs that little extra bit of motivation to get fit, pass your fitness test, get toned up, feel better, be stronger, think clearer, He is here to help!

His name is Jason Stoner and he is available at the Base Gym (Fitness Center) and by email, phone or text, etc. His cell phone # is 775-354-3284 and he can be reached by email at: [jasonbstoner@gmail.com](mailto:jasonbstoner@gmail.com). He can help with personal training, injury recovery, meditation and many fitness classes.

### *His background is:*

Eagle Scout & Marine Corps Veteran  
38 years martial arts training  
24 years as a fitness trainer

His class schedule is listed below:

### **TUESDAY THROUGH FRIDAY:**

#### **ADVANCED FITNESS:**

06:00-06:25

#### **INTERMEDIATE:**

06:30-06:55

#### **TAICHI/KUNGFU:**

07:00-07:25

#### **INTERMEDIATE/ADVANCED:**

07:30-07:55

#### **INTERMEDIATE:**

08:00-08:25

#### **BEGINNERS:**

09:00-09:30

#### **INTERMEDIATE/ADVANCED:**

10:30-11:00

#### **BEGINNERS:**

1330-1355

#### **ADVANCED:**

1400-1430

#### **INTERMEDIATE:**

1500-1555

#### **INTERMEDIATE/ADVANCED:**

1600-1630

*Monday after drill-no classes*

#### **DRILL WEEKENDS:**

06:30-06:55

These classes are effective and fun. Jason pushes you when you need it and understands when you need to take it easy. Jason is also available for personal training sessions and nutritional advice.

Come on over to the gym, get ready for your next fitness test or just come over to get and stay fit!

**20 minute Circuit Workout**  
**4 sets**

1. high knees  
60 seconds
2. squats  
60 seconds
3. forward lunges  
60 seconds
4. cross-body mountain climbers  
60 seconds
5. push ups  
40 seconds
6. bear crawl  
20 seconds

Neila Rey  
meanrat.com

**Trainer Tip:**  
**SIT LESS, MOVE MORE!**

**Whether you need to, or not, get up every hour for 3-5 minutes to: reach, bend, turn, squat, push and stretch**

**A sedentary lifestyle is more unhealthy than obesity.**

# AIRMAN'S CLOSET

We will be accepting donations throughout the year.

Quarterly, items will be available for pick up.

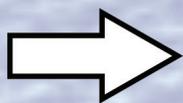
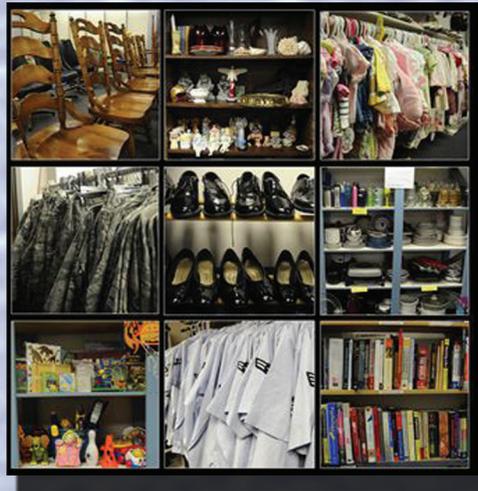
**Drop off locations:**  
IGI Office in Blg. 600, Room 112  
Clothing Issue Counter in Blg. 400

Please bring over your serviceable, gently used, military clothing items and rank (sewn on or removed) that you no longer need and donate them to someone who does.

*Forgot your tie tab?  
Don't want to pay for those shoulder boards you will wear twice?*

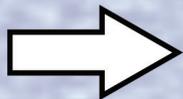
*Check the Airman's Closet first.*

*Save some money and clear out some space in your house and your office!*



**During the week contact:**

**Capt Masten Bethel 788-9392 or  
SMSgt Tracy Woodfolk 785-9771**



**Drill Weekend:**

**1LT Kim Whetzel 785-9773 or  
Capt Megan Sharp 788-4649**



# HUMAN TRAFFICKING

If you suspect Human Trafficking

**REPORT IT!**

Contact the DoD Hotline at:

[dodig.mil/hotline](https://dodig.mil/hotline)

or call toll-free 800-424-9098

Visit [ctip.defense.gov](https://ctip.defense.gov)  
for more information.

For 24/7 assistance, call the  
National Human Trafficking  
Resource Center at 1-888-373-7888.

Send written complaints to:  
Defense Hotline  
The Pentagon  
Washington, D.C. 20301-1900



152 Airlift Wing POC is : Major Joe Deese 775-788-4505



# DO YOU HAVE THE “RIGHT STUFF?”

There will be a Hiring Board for C-130 Pilots and Combat Systems Officers over November Drill.

We are looking for highly motivated, hard-charging individuals who want to join the best to undertake and excel at Undergraduate Pilot Training or Combat Systems Officer Training as an Officer in the Nevada Air National Guard. Applications must be submitted by 14 October 2016.

Visit the link below and click on the application workbook hyperlink.

<http://www.152aw.af.mil/jobseekers/index.asp>

For questions please call Capt David McNally 775-788-9306

## Requirements:

- No older than 28 by October drill for Pilots applications
- Enrolled in your final Bachelor’s degree semester
- Competitive AFOQT Scores
- Flight time preferred
  - Call our Military Personnel Office at (775) 788-4509 to schedule test ASAP

## BeThere for Others.

Everyday connections can make a big difference to someone. Don't assume someone else will make an effort. Be the one who reaches out.

-  Make a call
-  Send a text
-  Grab a cup of coffee
-  Take a walk together
-  Meet up for a workout
-  Stop for a chat at the store

Call for professional help if you become concerned (see resources on the back of this brochure).

## BeThere for Yourself.

Care for yourself — it's as important as the care you give to others.

-  Connect with family and friends
-  Go outdoors for a workout
-  Get plenty of sleep
-  Eat right
-  Volunteer for a good cause
-  Take your dog for a walk

## When to BeThere.

Changes in behavior could mean that a person needs help. Reach out to the people you know if they:

-  Post negative thoughts on social media
-  Act out of sorts or not like themselves
-  Struggle with a relationship
-  Seem anxious or stressed
-  Drink too much



## What we do.

The Defense Suicide Prevention Office supports a collaborative public health approach where suicide prevention is integrated into military, family and civilian policies and programs to reduce suicidal behavior in Service members, their families and DoD civilians. We are working closely with the military services, civilian organizations and the community to create a network of support for suicide prevention efforts. Visit us at <http://www.dsppo.mil>.

DEFENSE SUICIDE  
PREVENTION OFFICE



RESOURCES

★ YOUR ACTION COULD SAVE A LIFE ★



 Send text to 838255



Call. 800-342-9647  
Click. [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)  
Connect. 24/7

 Dial 911

BeThere. Learn how to BeThere  
for yourself and others at <http://www.dsppo.mil>.

# SANGA NEWS

## SANGA accepting treasurer nominations

Senior Master Sgt. Dean Long's departure from the SANGA Board didn't last, well, his last name. Long announced he was stepping down as president earlier this summer. The Board voted Tech. Sgt. Jon Cumings president and Senior Airman Kate Heeran vice president; Cumings formerly vice president and Heeran treasurer. To fill the void, Long assumed the position of treasurer on a temporary basis. So, the Board is actively accepting nominations for the position and Long is still waiting on his retirement from the Board. If you're squared away and want to support this club or know someone who is, contact Tech. Sgt. Emerson Marcus: 775-291-6969 or [emerson.b.marcus.mil@mail.mil](mailto:emerson.b.marcus.mil@mail.mil).

## Special thanks for last UTA volunteer work/donations:

Senior Master Sgt. Shawn Plunket  
Virginia City Brewing Company

SANGA BOARD: Jon Cumings (President); Kate Heeran (VP); Dean Long (Treasurer); Emerson Marcus (PR); Alexander Miller (Secretary).

SANGA STAFF: Kayla Hudson (Bar Manager); Uncle Paulie (Asst. Bar Manager).

BARTENDERS: Melanie Prentiss; Shelby DeSimone; Eric Mckenzie.

# EANGUS

ENLISTED ASSOCIATION OF THE NATIONAL GUARD OF THE UNITED STATES

**JOIN TODAY**  
**FIND OUT ABOUT YOUR BENEFITS**  
**For You, Your Family & Your Future**



**We Are Your Voice On  
Capitol Hill.**

**We are the only Association that has one mission,  
YOU the Enlisted National Guard  
Soldier, Airman, Retiree and Family member.**

**CONTACT YOUR LOCAL  
REPRESENTATIVE:**

JD Escobar AW, NVEANGUS President

Pam Kimberlin HQ, NVEANGUS Membership

Javier Sosa LRS, NVEANGUS Secretary

Michelle Rauch LRS, NVEANGUS Air at Large

Join at [NEVADAEANGUS.org](http://NEVADAEANGUS.org)

For additional information:

Visit [www.eangus.org](http://www.eangus.org) or Call 1-800-234-EANG (3264)



# Our deadliest enemies...



Know your critical information and protect it!  
For help, contact your OPSEC Officer.

Think. Protect. OPSEC.  
[www.ioss.gov](http://www.ioss.gov)



Join us to Honor

# MXG Retirement Party

Coming in January 2017 (Date TBD)

Reno Elks Lodge - 597 Kumle Lane Reno NV 89509  
1800 No Host Bar / 1900 Dinner

E-1 to E-4	\$15
E-5 to E-7	\$20
E-8 and above	\$25
Guest	\$10

WARNER



34 yrs

150 YEARS  
EXPERIENCE

GARDNER



34 yrs

CHANEZ



27 yrs

BARRON



30 yrs

DAWSON



25 yrs

For Tickets contact:

Paul Bright	4749
Adam Hensley	4617
Terry Hunt	4647
Rueben Telles	4741
Tom Hansen	4620
Willy Hartzler	4609
Bill Cranston	4613
Kevin Horsch	4641



## Military & Veterans



Eastern Oregon University is a **MILITARY FRIENDLY® SCHOOL!** Ranked by multiple education guides, EOU is among the top colleges and universities nationwide embracing America's veterans as students.

EOU has a proud tradition of working with student veterans and with active service personnel on campus and abroad through online classes. Our veterans and current military register for classes first, our Army Reserve Officers' Training Corps (ROTC) is active and the Veteran's Club is a great way to connect with other vets on campus!

Our website houses important links and contact information for veterans and active service students who want to attend EOU. Visit us at:

[eou.edu/veterans](http://eou.edu/veterans)

[eou.edu/online](http://eou.edu/online)



Meet our Military and Veteran Coordinator, Kerry Thompson, to help you get started!

*"As a veteran, it is very important for me to advocate for our military and veteran students to make sure they are receiving the assistance they need."*

Email: [kjthompson@eou.edu](mailto:kjthompson@eou.edu)  
Phone: 541-289-2841  
or 888-442-4551  
(VA Processing Center)  
Fax: 541-962-3799

**Apply NOW!**

[eou.edu/admissions/apply](http://eou.edu/admissions/apply)

### To complete:

- Apply for admission at: [eou.edu/admissions/apply](http://eou.edu/admissions/apply) or contact us for a paper application or if we can assist.
- Submit all official transcripts - including military - to EOU Admissions, One University Blvd., La Grande, OR 97850 or FAX to: **541.663.9825**.
- Apply for financial aid by completing the Free Application for Federal Financial Aid (FASFA) online at [fafsa.ed.gov](http://fafsa.ed.gov). The EOU Federal school code is **003193**.
- Complete the EOU "Service to Country" scholarship application at [eou.edu/fao/scholarships](http://eou.edu/fao/scholarships).
- Review your options for military benefits based on your eligibility. Contact your county Veteran Service Officer or go to: [benefits.va.gov/gibill](http://benefits.va.gov/gibill).
- Contact EOU with your military benefits at [registrar@eou.edu](mailto:registrar@eou.edu) or **541.962.3504**. More contact information is available at [eou.edu/veterans](http://eou.edu/veterans).
- Once you are admitted, contact your Military/Veteran Coordinator at [eou.edu/advising](http://eou.edu/advising) or call **541.289.2842**.

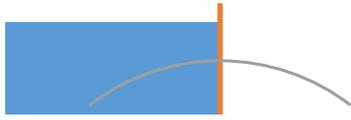
**MILITARY/VETERAN COORDINATOR**  
(Chapter 30, 33, 1606 & 1607)  
[advising@eou.edu](mailto:advising@eou.edu)  
[eou.edu/veterans](http://eou.edu/veterans)  
541.289.2842

**ADMISSIONS OFFICE**  
Inlow Hall 115  
One University Blvd.  
La Grande, OR 97850  
[admissions@eou.edu](mailto:admissions@eou.edu)  
Phone: 541.962.3393  
FAX: 541.663.9825

**FINANCIAL AID OFFICE**  
[fao@eou.edu](mailto:fao@eou.edu)  
541.962.3550

**STUDENT ACCOUNTS**  
(Chapter 31, 33 & Military Tuition Assistance)  
[thirdpartybilling@eou.edu](mailto:thirdpartybilling@eou.edu)  
541.962.3590

**ADVISING CENTER**  
[advising@eou.edu](mailto:advising@eou.edu)  
541.962.3378



# WHO IS YOUR 'ONE'



NV Air National Guard  
Recruiting and  
Retention Office



## WHAT IS

### WHO IS YOUR 'ONE'

Who is your 'one' is a simple way to expand our NVANG family. Each and every one of us on this base is a recruiter and we are looking for your help in keeping a strong and plentiful force. All we ask of you is that you provide us **ONE** highly qualified lead who you would like to see join our family

By providing us **ONE** name and phone number below and returning it back to the recruiting office or one of our recruiters, you will automatically receive a gift from our team.

Please note—we are looking for **highly qualified** leads. Please be advised we are looking for members who:

- 17 or older—can be high school senior
- No serious criminal charges
- No gauges, excessive tattoos or body markings

If you have any questions about qualifications, please feel free to ask a member of our team.

## YOUR 'ONE'

**NAME**

**NUMBER**

--	--

**YOUR NAME AND ORGANIZATION**

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## A HUGE THANK YOU...

The Nevada Air National Guard Recruiting and Retention team is always looking for motivated and dedicated individuals to join our team. Any lead that you provide us will be given the opportunity to speak with one of our highly skilled recruiters. We want to thank you for helping out our team and contributing to our mission to keep a fully qualified and ready force.

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Nevada Air National Guard  
Recruiting and Retention

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