

# HIGH ROLLER NEWS



**Vol. 91**

**January 2023**

# January Drill Outlook

## January 2023 Drill High Roller Café

### Saturday

#### Lunch

1100-1230

#### Menu Items:

Caribbean Jerk Chicken  
Fried Catfish  
Baked Mac and Cheese  
Cheesy Grits  
Garlic Green Beans  
Butter Beans  
Hush Puppies

Cheeseburgers  
Chicken Wraps  
French Fries

#### Additional Items:

Assorted Desserts  
Salad Bar

### Sunday

#### Lunch

1100-1230

#### Menu Items:

Beef Stew  
Stuffed Pork Loin  
Roasted Red Potatoes  
Creamed Spinach  
Breadsticks

Cheeseburgers  
Chicken Wraps  
French Fries

#### Additional Items:

Assorted Desserts  
Salad Bar

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.

**New CY23 Lunch Meal Rate \$6.85**

## Weather

Sat



42°

33°

Sun



43°

32°

## Upcoming Events

**Jan. 7-8: January UTA**

**Jan. 11: STARBASE Grand Opening**

**10-16 April: MAFFS Spring Training**

**30 April - 5 May: Mustang Roller Readiness Exercise**

**HIGHROLLERS**

# Six-Ship C-130 Inter-Fly Amid Fleet Grounding

Story and Photos by: Senior Airman Thomas Cox  
152nd Airlift Wing Public Affairs



NEVADA AIR NATIONAL GUARD BASE - RENO, Nev. – Six C-130 aircraft from three Air National Guard and one Air Force Reserve Airlift Wings flew a joint inter-fly airdrop training mission throughout Northern Nevada and California, December 16, 2022.

The 152nd Airlift Wing (AW) from the Nevada Air National Guard, 153rd AW from the Wyoming Air National Guard, 146th AW from the California Air National Guard and the 302nd AW from the Air Force Reserve, Colorado Springs, all took part in the inter-fly.

This joint training comes a few months after a large amount of the C-130H fleet was grounded due to propeller maintenance issues.

This issue did not affect these wings, as many, if not all their aircraft, have recently been upgraded to new NP-2000 propellers; except for the 146th AW, as they are equipped with the C-130J Super Hercules aircraft, which were not affected by the propeller issue.

“This was a great opportunity to get all four wings together and to be able to work with each other as a team,” said Maj. Dimitrius Kassebaum, Nevada Air National Guard C-130 instructor pilot and 192nd Airlift Squadron Director of Operations. “We were able to see what each wing does good or does bad and we all ultimately took a lot away from this and were able to learn a lot from each other.”

The units flew in a single file formation while performing an aerial delivery training mission at the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif.

They then flew in formation around several areas in Northern California and Northern Nevada before all six aircraft landed back at the Nevada Air National Guard Base.

The interoperability of the units did not just start there, however.

Throughout the entire week prior, the 152nd AW, 153rd AW and the 302nd AW flew in a four-ship configuration, completing multiple day and night training missions throughout the Reno-Tahoe area in northern Nevada.

These four units are also the same four that make up the units selected for the Modular Airborne Fire-fighting Systems (MAFFS) mission in support of U.S. Northern Command/1st Air Force and the United States Forest Service.

The MAFFS mission serves as a surge capacity for the United States Forest Service in the efforts to suppress wildfires across the United States if local resources become inundated due to demand. In the 2022 fire year, C-130s from the Nevada Air National Guard and the California Air National Guard were activated to Boise, Idaho and dropped over 16,000 gallons of fire retardant across Idaho and eastern Oregon.





# NVANG

## *Annual Awards & AOY Banquet*

In honor of Amn, NCO, SNCO, 1Sgt,

Honor Guard and CGO member of the Year

SATURDAY 1800HRS | FEBUARY 4TH 2023

DINNER | NO HOST COCKTAILS

**Kerak Shine Temple**  
4935 Energy Way

Social & Dancing to 2300hrs

Attire: Business Casual &  
Nominees in Service Dress

Italian Dinner to include Salad,  
Meat Lasagna, Chicken Alfredo with  
Pasta, Garlic Bread and Dessert

Civilians \$50

E1 - E4 \$25

E5 - E6 \$35

E7 - E9 \$45



CW1 - CW5 \$45

01 - 03 \$45

04 - 05 \$55

06 - Above \$65



[www.nevadaeangus.org](http://www.nevadaeangus.org)

# Celebrating Martin Luther King Day

Article Courtesy of: 152nd Equal Opportunity Office

Each year, on the third Monday in January, the Department of Defense joins the nation in honoring the life and legacy of Dr. Martin Luther King Jr.

King is remembered as America's preeminent advocate of nonviolence and a leader of the Civil Rights Movement. While others were fighting for equality by "any means necessary," he used the power of words and acts of nonviolent resistance. King's achievements are well documented.

However, few people know of the history and connection he had with the island of Bimini in the Bahamas. King chose Bimini because it was where his friend, politician and civil rights reformer Adam Clayton Powell, Jr. had a home. Artist Tommy Saunders worked as a personal assistant for King during his visits.

Meanwhile, Tommy's older brother Ansil, a boat builder and champion bonefisher, became King's guide and friend. He would take King to secluded parts of the island where he could be alone with his thoughts. Like King, Ansil Saunders is a deeply religious man, and the two quickly bonded over their faith.

During one visit to Bimini, King wrote notes for his Nobel Peace Prize acceptance speech, which he gave in Oslo in 1964.

In 1968, King returned to the island. Saunders, again, found a quiet place on Bonefish Creek, where King would write his final speech, "I've Been to the Mountaintop."

Saunders shared in a later interview, his conversation with King. He said, "He told me 'You know, Ansil, I don't think I'll make 40 years old.'" He went on to share, "We didn't have time to fish because he wanted to just write at that time. He came to Bimini to feel peaceful."

On April 4, 1968, days after returning from Bi-

**REMEMBER!**  
In Bimini, Bahamas, King wrote one of his most inspiring speeches, "I've Been to the Mountaintop." It was delivered a few weeks later in Memphis, Tennessee, one day before King was assassinated on April 4, 1968.

**CELEBRATE!**  
"And I've looked over, and I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land."

**ACT!**  
A Day On,  
Not a Day Off!

MARTIN LUTHER KING, JR. DAY  
JANUARY 16, 2023

mini, Martin Luther King Jr. was assassinated in Memphis, Tennessee.

The Defense Department recognizes that freedom and equality, are true force multipliers and imperative to the national defense and the strength of our nation. Dr. King recognized the power of service. Observing MLK Day through service continues the DoD's mission of promoting change and building communities.

If you would like more information, please visit [www.deomi.org](http://www.deomi.org) or contact the 152nd Equal Opportunity Office in BLDG 56 Room 34, call 788-4649, or email Master Sgt. Adam Willett, EO Director, [adam.willett@us.af.mil](mailto:adam.willett@us.af.mil).





# BOBINSKY'S BOOK EXCHANGE NOW OPEN

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**BUILDING 500 – ROOM 213**

.....

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THROUGH WHAT WE ALREADY HAVE!!

.....

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

.....

**775-788-4515**



*What's happening in High Roller Country!??*

## RECENT PROMOTIONS



Master Sgt. Sherri Clark is promoted to Senior Master Sergeant during December's Unit Training Assembly. Congratulations Senior Master Sgt. Clark!!



Maj. Frank Chavez was recently promoted to Lieutenant Colonel. Congratulations Lt. Col. Chavez!!

## NEW RESPONSIBILITIES



192ND AIRLIFT SQD  
NEW COMMANDER:  
LT. COL. PATRICK SARGENT



152ND SECURITY FORCES SQD  
NEW COMMANDER:  
LT. COL. SHAUN CRUZE



152ND FORCE SUPPORT SQD  
NEW COMMANDER:  
MAJ. KIMBERLY WHETZEL



152ND LOGISTICS READINESS SQD  
NEW COMMANDER:  
LT. COL. LANCE KING

Congratulations to all!

**HIGH ROLLERS**



DEPARTMENT OF THE AIR FORCE  
OFFICE OF THE CHIEF OF STAFF  
UNITED STATES AIR FORCE  
WASHINGTON DC 20330



SEP 23 2022

Airmen & Families –

We are in awe of the talent in our Air Force. We see it every day and want to remind you how valuable you are. We especially appreciate our base visits when we get a chance to interact directly with you and witness first-hand how you are thriving at the mission and in life. Thank you for making us the most dominant Air Force in the world.

We also know that none of us are immune to life's challenges. Some we can see coming, while others surprise us. Some are professional and some are personal. Whatever it is, our Air Force team is built to help. Our culture encourages seeking help and ensures we have support in place for you and your families when those life challenges do surface. Reaching out for help is simple and can be tailored to your specific needs.

One of our greatest sources of strength to meet the unique challenges of military life comes from our connection with others across a *Spectrum of Resilience* (see attached). Every one of us has a stake in taking care of ourselves and each other, through our connections and with the help of a multitude of resources available to you and your families. The *Spectrum of Resilience* starts with the resilience skills we use to take care of ourselves and expands from there to supportive opportunities and resources available to all of us. These resources span across family and friends, peer connection and support groups, support entities from front-line leaders to chaplains, and then to clinical and medical health services. Engaging with these resources early and in the right places along the spectrum supports a healthy body, mind, and community which strengthens our ability to cope with stress. Well-being can be nurtured regularly, even in advance of stress. When life stressors become overwhelming, we encourage the full use of the *Spectrum of Resilience* engaging at the point you feel most comfortable to gain the support you need.

The *Spectrum of Resilience* also emphasizes our individual responsibilities as Wingmen to our co-workers, friends, and families. Be present and ready to help your Wingman should you see that there could be a need. That is the embodiment of community, connection, and care that we all (at any rank) deserve and want in our culture. Being proactive by setting the example with your own resilience and supporting your fellow Airmen through the *Spectrum of Resilience* will help grow and maintain a more ready and fit force. A force that is ready to face whatever the future holds in our mission and in our lives.

Each one of us has the responsibility to foster a healthy climate by connecting with our fellow Airmen and their families, leading by example, providing guidance, and knowing what resources exist. Familiarize yourself with the *Spectrum of Resilience*, seek out the help you need at any level, and be a support, help, or bridge for others.

Thanks for all you do for our Air Force!

JoAnne S. Bass  
Chief Master Sergeant of the Air Force

Charles Q. Brown, Jr.  
General, USAF  
Chief of Staff



U.S. AIR FORCE

# Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

## SELF

Stress Management  
Physical Fitness  
Mental Fitness  
Spiritual Fitness  
Financial Services  
Wellness



## FAMILY & FRIENDS

Spouses  
Partners  
Friends  
Virtual Friends  
Family Members  
Mentors



## PEER/SOCIAL

Religious Groups  
MWR  
Shared Hobbies  
Professional  
Organizations  
Sports Teams  
Clubs  
Co-Workers



## SUPPORT ENTITIES

Chaplains  
Military & Family  
Readiness Center  
Victim Advocates  
Victims Counsel  
Employee Assistance  
Ops Support Teams  
True North  
Unit Leaders  
Military OneSource



## CLINICAL/MEDICAL HEALTH

TRICARE  
Mental Health Clinic  
Behavioral Health  
Counseling  
ADAPT



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

Visit <https://www.resilience.af.mil/>

for more information on resources available to you and your family.

\*Available resources may vary by installation.

# TEC-U

## LEADERSHIP CERTIFICATE PROGRAM\* ONLINE

### NOT THE TYPICAL 2-HOUR CBT!

### SIX MANDATORY COURSES

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

### TWO OPTIONAL COURSES

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

### **EASY AS 1, 2, 3!**

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



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

**[tec.mediashareiq.com](http://tec.mediashareiq.com)**



### **FOR MORE INFO CONTACT: MR. LAWRENCE MCCOY**

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

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

**Magellan**  
HEALTHCARE.

# Momentum

## Coping with seasonal changes

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

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

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

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

Contact your program

# 24/7/365

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

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

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Air Force EAP  
**1-866-580-9078 (TTY 711)**  
[www.AFPC.AF.MIL/EAP](http://www.AFPC.AF.MIL/EAP)

## Discount Center

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



## Mind Your Mental Health

### November is National Family Caregivers Month

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

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

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### How to practice yoga

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

## Managing Work-Life Flow

### Positivity and resilience

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

## Money Matters

### November 2022 financial webinar

#### How to Navigate Your Finances While Caregiving

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

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

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

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



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



## COMBATING TRAFFICKING IN PERSONS U.S. DEPARTMENT OF DEFENSE



# THERE'S NO ONE FACE

VICTIMS INCLUDE EVERY RACE, GENDER, NATIONALITY,  
SOCIAL STATUS, ECONOMIC STATUS, IMMIGRATION STATUS.

# RECOGNIZE INDICATORS

PHYSICAL AND BEHAVIORAL SIGNS OF COERCION, LACK OF  
FREEDOM OR FREE WILL, MONITORED, OR FEARFUL.

# REPORT SUSPICIONS

IMMEDIATELY TO YOUR CHAIN OF COMMAND OR  
LOCAL LAW ENFORCEMENT.

## ADDITIONAL RESOURCES INCLUDE:

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

**800-424-9098**

NATIONAL HUMAN TRAFFICKING HOTLINE

**1-888-373-7888**

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

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# Handwashing

## at Home, at Play, and Out and About



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

### How can washing your hands keep you healthy?

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

### Handwashing helps prevent infections for these reasons:



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



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



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



### What is the right way to wash your hands?

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



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

## When should you wash your hands?

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

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

## What type of soap should you use?



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

## How does handwashing help fight antibiotic resistance?

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

Studies have  
shown that  
handwashing  
can prevent

**1 in 3**

diarrhea-related  
sicknesses and

**1 in 5**

respiratory  
infections, such as  
a cold or the flu.

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

**[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)**