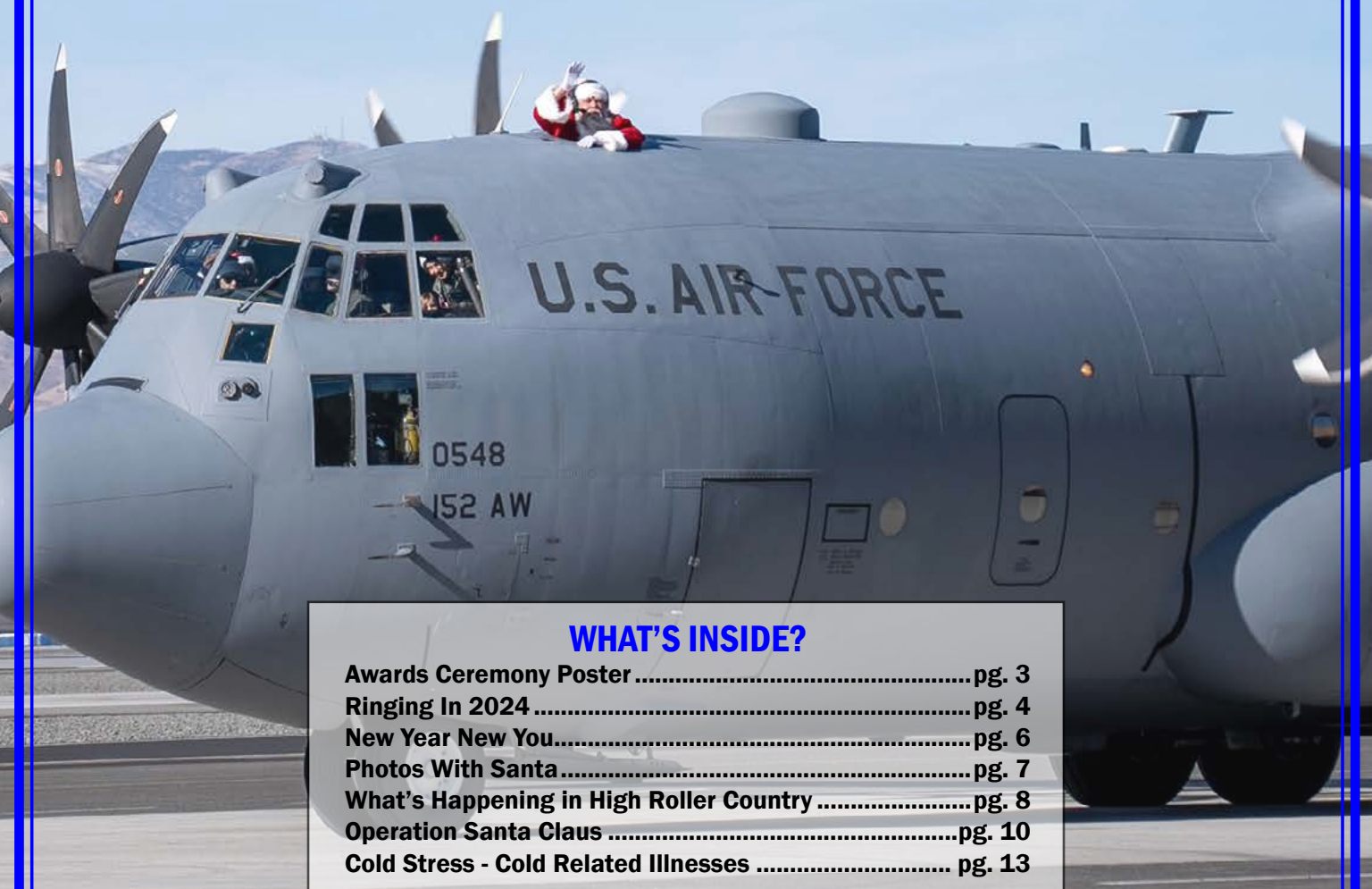


HIGH ROLLER NEWS



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January Drill Outlook

High Roller Cafe

SATURDAY LUNCH

1100-1230

MENU ITEMS:

Beef Stew
Stuffed Pork Loin
Roasted Red Potatoes
Cheesy Cauliflower
Bread Bowl

SHORT ORDER:

Cheeseburgers
Chicken Wraps
French Fries

ADDITIONAL ITEMS:

Salad Bar
Assorted Desserts

SUNDAY BREAKFAST

0700-0830

MENU ITEMS:

Scrambled Eggs
Loaded Scrambled Eggs
Bacon
Chicken Sausage
Pancakes

ADDITIONAL ITEMS:

Assorted Fruits
Bread Slices
Bagels

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

LUNCH MEAL RATE \$6.85, BREAKFAST MEAL RATE \$3.85

Weather

Sat



37°

19°

Sun



34°

17°

Upcoming Events

- 13 April: Military Ball (in Las Vegas)
- 13 April: EANGUS/NGAUS State Conf. (in Las Vegas)
- 12 or 14 April: Army/Air Golf Tournament (@ Red Hawk in Reno)
- 29 April - 5 May: MAFFS Spring Training
- 20 May: Army/Air Golf Tournament (in Las Vegas)
- 18-21 August: EANGUS 53rd Annual Conf. (Detroit, Mich.)
- 23-26 August: NGAUS 146th Annual Conf. (Detroit, Mich.)

HIGHROLLERS



Get your service dress uniform ready!



NEVADA AIR NATIONAL GUARD ANNUAL AWARDS CEREMONY

Sunday
January 7, 2024

9AM - 12PM
Fuel Cell Hangar



Unit Potlucks to follow!



Nevada Guard rings in 2024 with 24 Years of Safeguarding ‘America’s Party’

Photos and Story by: Spc. Adrienne Lopez
17th Sustainment Brigade Public Affairs



Nevada Guard leadership watch the fireworks over the Las Vegas Strip, Jan. 1, 2024. Nevada Guard leadership celebrated the new year after a successful new years eve mission.

LAS VEGAS – The Nevada National Guard completed its 24th year supporting first responders during Las Vegas’ annual New Year’s Eve celebration, “America’s Party,” which attracted over 300,000 attendees.

Approximately 200 Nevada Guard Soldiers and Airmen were on duty during the recent activation, ensuring safety, aiding in crowd control, and providing medical support. The majority of these Guardsmen collaborated with the Las Vegas Metropolitan Police Department on the Strip and downtown for the New Year’s Eve celebration.

The commitment of National Guard Soldiers and Airmen to ensuring a secure New Year’s Eve in Las Vegas spans over two decades, starting with their first activation during the Y2K scare in 2000. This mission has persisted following the events of 9/11, showcasing their enduring dedication to the safety of the annual celebration.

Gen. Daniel Hokanson, chief, National Guard Bureau, attended the mission planning and implementation during the New Year’s celebration.

This is just one example of how the National Guard integrates seamlessly with federal, state and local agencies, whether law enforcement or medical first re-

New Years, cont. next page



Gen. Daniel Hokanson, Chief of the National Guard Bureau, and Maj. Gen. Ondra Berry, the Adjutant General of the Nevada National Guard, visits local law enforcement and the 92nd Civil Support Team in Las Vegas, Nevada, Dec. 30, 2023. Hokanson met with local law enforcement and the 92nd CST to understand the Nevada National Guard’s involvement in New Years Eve festivities.



The 92nd Civil Support Team pose for a photo with Gen. Daniel Hokanson, the Chief of the National Guard Bureau, and Nevada Guard leadership in Las Vegas, Nevada, Dec. 30, 2023. Hokanson met with the 92nd Civil Support Team to understand their involvement in New Years Eve celebrations.

New Years, cont.

sponders, as is the case here in Las Vegas every year,” said Hokanson, the 29th chief of the National Guard Bureau. “The National Guard is always ready, always there in defense of our nation, states and territories.”

The Nevada Army National Guard’s 1st Squadron, 221st Cavalry, played a crucial role as the primary unit overseeing operations and personnel on The Strip during New Year’s Eve. Additionally, the 92nd Civil Support Team provided essential atmospheric monitoring and on-site analytical analysis of suspicious substances.

Furthermore, the Nevada Air National Guard’s 152nd Medical Group supported two local hospitals with approximately 35 personnel for triage assistance, standing ready in case of a mass casualty event during the celebration.



Gen. Daniel Hokanson, the Chief of the National Guard Bureau, talks to soldiers from the 1st Squadron, 221st Cavalry at Clark County Armory in Las Vegas, Nevada, Dec. 30, 2023. Hokanson was talking with cav soldiers about the state of the National Guard and what the future holds.



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



› Learn about our methodology at hivesystems.io/password

New Year New You

Story by: Capt. Hannah Barrera
152nd Medical Group

Each January almost 40% of the United States makes a New Year resolution. The problem of New Year Resolutions is that they often do not stick. If you are looking at bettering yourself this New Year, let's discuss science-based approaches to achieving your goals. These can be applied to creative, professional, or personal goals.

Today we will look at applying these strategies to someone who is looking to exercise more as their New Year Resolution.

1. **Define Your Vision:** Start by envisioning what a healthier version of yourself looks like. Is it more energy throughout the day, a fitter body, improved mental clarity, or better sleep? Be specific about your aspirations to guide your goal-setting process.

2. **SMART Goals:** Utilize the SMART criteria - Specific, Measurable, Achievable, Relevant, and Time-bound. For instance, rather than saying, "I want to exercise more," make it specific: "I aim to walk for 30 minutes, five days a week." This makes your goal clear, measurable, and achievable.

3. **Break Down Goals:** Break larger goals into smaller, manageable steps. If your ultimate goal is weight loss, break it into smaller milestones, such as

losing 1-2 pounds per week. Celebrate these achievements along the way to stay motivated.

4. **Prioritize and Focus:** Avoid overwhelming yourself with multiple goals at once. Prioritize what's most important to you right now. Focusing on one or two goals at a time increases your chances of success and prevents burnout.

5. **Establish Actionable Plans:** Create a plan of action. Define the specific steps needed to achieve your goals. If it's about healthier eating, plan your meals for the week, create a grocery list, and prep ingredients in advance to avoid unhealthy choices.

6. **Monitor Progress and Adjust:** Regularly track your progress. This could be through journaling, using a fitness app, or simply noting achievements in a planner. Assess regularly and be flexible to adjust your plans if needed.

7. **Stay Accountable and Reward Yourself:** Find an accountability partner or a support group to keep you motivated. Sharing your progress and setbacks with someone can provide encouragement. Also, remember to reward yourself for reaching milestones, but with non-food-related treats to reinforce positive behaviors.

What are SMART Goals?

Every successful business has clearly set and articulated goals to attain specific objectives.
SMART Goals is an acronym for specific, measurable, attainable, relevant, time-based objectives.

SPECIFIC	MEASURABLE	ACHIEVABLE	RELEVANT	TIME-BASED
				
<p>Answer the 5W's:</p> <ul style="list-style-type: none">Who's involved?What do I want to accomplish?When do I want to achieve this?Where does my goal take place?Why is the goal important?	<p>What metrics are you going to use to determine if you meet the goal?</p> <p>If it's a project that's going to take a few months to complete, then plan and set some milestones by considering specific tasks to accomplish.</p>	<p>The goal is meant to inspire motivation. Think about how to accomplish the goal and if you have the tools/skills needed.</p> <p>If you don't currently possess them consider what it would take to attain them.</p>	<p>A goal needs to align with your company objective.</p> <ul style="list-style-type: none">Does this seem worthwhile?Is this the right time?Does this goal align with my other goals?Am I the right person to be working on this project/task?	<p>Anyone can set goals, but if it lacks realistic timing, chances are you're not going to succeed.</p> <p>Ask specific questions about the goal deadline and what can be reached and accomplished within that time period.</p>

VENNGAGE





PHOTOS

With Santa

Story and photos by: Staff Sgt. Angela Crawford
152nd Airlift Wing Public Affairs



On Saturday, Dec. 16, 2023, Santa traded in his sleigh for a C-130 and visited the Nevada Air National Guard Base, spreading holiday cheer to our High Rollers and their families!

The morning was filled with breakfast, bounce houses, cookie decorating, letter writing to the North Pole, photos with Santa, and of course lots and lots of presents!

Thank you to everyone that was able to make this event such a success. Until next year, Santa!

What's happening in High Roller Country!??

WELCOME NEW MEMBERS



Raine Creger enlisted last month - she was sworn in by her mother, a former High Roller, Lt. Col. Rachel Creger. Raine will be in the Public Affairs Office. Welcome to the team!

SAYING GOODBYE



Senior Master Sgt. Fred Beer and Master Sgt. Brian Santor both retired last month!
We wish them both a very happy retirement!

HIGH ROLLERS

MILITARY HEALTH SYSTEM


MHS GENESIS

The Military Health System's new Electronic Health Record

MHS GENESIS PATIENT PORTAL

The MHS GENESIS Patient Portal is a secure website for 24/7 access to yours or your dependents health information, exchange messages with your care team, and sending in outside records. The new patient portal is replacing the TRICARE Online Secure Patient Portal. You will be required to have a DS Logon or CAC.

To access the MHS GENESIS Patient Portal:

- Google "MHS GENESIS Patient Portal" or scan the QR Code below if you wish to access from your phone.
 - If accessing from your phone, you will need the Microsoft Authenticator app 
 - After scanning the QR Code, be sure to open it up in a browser so you can navigate to the Authenticator application.
- Log on with DS Logon or CAC.
 - If you do not have a DS Logon, click "Create New Account" and it will prompt you to create one.

Send a Message to the 152d Medical Group!

You can now send your outside health records via the Messaging function in MHS GENESIS!

- In your MHS GENESIS Patient portal, click "Messaging" at the top of the screen, then click "Send a message."
- Fill in the required fields. (In the "To" box, type in **152** and click "Air Natl Guard 152 MDG Readiness")
- Attach files you want to be input into your medical record.
- You may also use this function to request appointments.



OPERATION SANTA CLAUS

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



Nevada Air National Guard delivered Santa in one of their C-130H aircraft on December 9, 2023 at Atlantic Aviation in Reno, where the spirit of giving took flight with Operation Santa Claus. The collaboration between the Children's Cabinet, Reno-Tahoe Airport Authority and Reno-Tahoe Aviation Group, supported by Atlantic Aviation, the North Valleys Junior Reserve Officer Training Corps (ROTC), Civil Air Patrol and local businesses, aimed to bring holiday magic to families facing adversity.

The Children's Cabinet's Adopt a Family program became the heart of the initiative, reaching out to those in Nevada experiencing job loss, home loss, and financial hardship. Families, eager to make the season bright, filled out the Adopt a Family Form, revealing dreams and wishes that generous individuals and groups pledged to fulfill.

As the community embraced the cause, the Reno-Tahoe Airport Authority provided each family with a tree and basic ornaments, fostering the festive atmosphere. The generosity extended beyond the basic needs, encouraging participants to include additional tree décor in their shopping endeavors.

The event's success depended not only on individual efforts but also on the support of sponsors. Santa Claus Cash Sponsors, with donations of \$500-\$1,000, played a vital role in making the event truly special, contributing to catering, supplies, family trees, pictures with Santa, and more.

The community rallied further with "Reindeer Goods and Services" sponsors, donating time, goods, and services—catering, desserts, photography, décor, and music performances—all weaving together a tapes-



Operation Santa, cont. next page

Operation Santa, cont.

try of holiday joy.

Sponsors were acknowledged with signage at the event, recognition on the airport website, and a special thank you from the Children's Cabinet, reinforcing the sense of unity and compassion that Operation Santa Claus brought to the community.

The event began with demonstrations by the North Valley's Junior Reserve Officer Training Corps (ROTC) and Flips Gymnastics; followed by a parade of small aircraft from Reno-Tahoe Aviation Group and then the delivery of Santa and Mrs. Claus by the Nevada Air National Guard's High Rollers' C-130H. Everyone then filed into the Atlantic Aviation aircraft hangar for fun, games and food.

As the airport buzzed with holiday cheer, the collective efforts of individuals, businesses, and sponsors converged to create a memorable and heartwarming Operation Santa Claus event, proving that the spirit of giving could truly take flight and make a lasting impact on those in need.



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HIGH ROLLERS



Cold Stress – Cold Related Illnesses

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it is produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

Early Symptoms

Shivering, Fatigue
Loss of coordination

Confusion
Disorientation

Late Symptoms

No shivering
Blue skin
Dilated pupils
Slowed pulse and breathing
Loss of consciousness

First Aid

- Alert the someone and request medical assistance.
- Move the victim into a warm room or shelter.
- Remove their wet clothing.
- Warm the center of their body first—chest, neck, head, and groin—using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Provide warm beverages as they may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.
- If victim has no pulse, begin CPR.

Immersion Hypothermia from Cold Water Immersion

Cold water immersion creates a specific condition known as immersion hypothermia. It develops much more quickly than standard hypothermia because water conducts heat away from the body 25 times faster than air. Typically people in temperate climates don't consider themselves at risk from hypothermia in the water, but hypothermia can occur in any water temperature below 70°F. Survival times can be lengthened by wearing proper clothing (wool and synthetics and not cotton), using a personal flotation device (PFD, life vest, immersion suit, dry suit), and having a means of both signaling rescuers (strobe lights, personal locator beacon, whistles, flares, waterproof radio) and having a means of being retrieved from the water.

Trench Foot

Trench foot, also known as immersion foot, is an injury of the feet resulting from prolonged exposure to wet and cold conditions. Trench foot can occur at temperatures as high as 60 degrees F if the feet are constantly wet. Injury occurs because wet feet lose heat 25-times faster than dry feet. Therefore, to prevent heat loss, the body constricts blood vessels to shut down circulation in the feet. Skin tissue begins to die because of lack of oxygen and nutrients and due to the buildup of toxic products.

Symptoms

Reddening of the skin
Numbness
Leg cramps
Swelling
Tingling pain
Blisters or ulcers
Bleeding under the skin
Gangrene (the foot may turn dark purple, blue, or gray)

First Aid

- Remove shoes/boots and wet socks.
- Dry their feet.
- Avoid walking on feet, as this may cause tissue damage.



Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely cold temperatures, the risk of frostbite is increased in workers with reduced blood circulation and among workers who are not dressed properly.

Symptoms

Reduced blood flow to hands and feet (fingers or toes can freeze)
Numbness
Tingling or stinging
Aching
Bluish or pail, waxy skin

First Aid

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Warm the affected area using body heat; for example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub or massage the frostbitten area; doing so may cause more damage.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

Chilblains

Chilblains are caused by the repeated exposure of skin to temperatures just above freezing to as high as 60 degrees F. The cold exposure causes damage to the capillary beds (groups of small blood vessels) in the skin. This damage is permanent and the redness and itching will return with additional exposure. The redness and itching typically occurs on cheeks, ears, fingers, and toes.

Symptoms

Redness
Itching
Possible blistering
Inflammation
Possible ulceration in severe cases

First Aid

- Avoid scratching
- Slowly warm the skin
- Use corticosteroid creams to relieve itching and swelling
- Keep blisters and ulcers clean and covered

Join the NVANG Color Guard Team



Color Guard Presentation performed at the Greater Nevada Field for the Reno Aces.

Presenting Colors for on-base events such as promotions, retirements, change of command, award ceremonies and etc.

Presenting Colors for our local community events such as sports events, governor's balls, veteran's appreciation, conventions, and many more!

Requirements to join the Color Guard:

- Highly Motivated
- Availability and Commitment
- Exceeded standards set in AFI 36-2903 (Dress and Appearance)
- Your Supervisor's and Commander's approval.

For more information please feel free to contact SMSgt David Hill (david.hill.14@us.af.mil) at 775-788-4575 or SrA William Mendez (william.mendez.4@us.af.mil) at 775-788-9320.

2023

JOINT MENTORSHIP PROGRAM



WHAT IS THIS PROGRAM?

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

WHAT ARE THE BENEFITS OF THIS PROGRAM?

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

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

WHAT IS THE TIMELINE?



Applications for Mentor and Mentee
Deadline: 15 April



Mentor and Mentee Pairing: 28 April



Training for Mentors: 01 May



Pairing Ceremony Beginning of May



Mentorship Duration: May - December

HOW DO I SIGN UP?

**INTERESTED IN
BEING A MENTOR?**



CLICK/SCAN HERE

**INTERESTED IN
BEING A MENTEE?**



CLICK/SCAN HERE



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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



FOR MORE INFO CONTACT: MR. LAWRENCE MCCOY

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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