

HIGH ROLLER NEWS

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Vol. 113

January 2025

January Drill Outlook

January 2025 Drill High Roller Cafe

SATURDAY LUNCH

1100-1230

MENU ITEMS:

Chili Mac
Chicken Parmesan
Garlic Orzo
Roasted Potatoes
Cheesy Broccoli
Mixed Veggies
SHORT ORDER:
Cheeseburgers
Chicken Wraps
Tater Tots
Mozzarella Sticks

ADDITIONAL ITEMS:

Salad Bar
Chili
Assorted Desserts

SUNDAY BREAKFAST

0700-0830

MENU ITEMS:

Scrambled Eggs
Loaded Eggs
Sausage Links
Bacon
Biscuits and Gravy
Oatmeal
Pancakes
Hashbrowns

ADDITIONAL ITEMS:

Bagels
English Muffins



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 \$7.10, BREAKFAST MEAL RATE \$4.40

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Bagels
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January 2025 Drill

WHAT IS GO FOR GREEN®?

Go For Green® (GFC) makes it easy to find high-performance foods and drinks to boost your fitness, strength, and health. Look for GFC's best GFC products in your dining facility or cater to help make smart choices that fuel your body and mind, optimize your energy, and help you perform at your best.

GREEN, YELLOW, & RED FOOD CODES

	GREEN	YELLOW	RED
PROCESSING	LEAST PROCESSED	SOME PROCESSING	MOST PROCESSED FOODS
NUTRIENTS	WHOLE FOODS, NUTRIENT PACKED	SOME HEALTHFUL NUTRIENTS	LOWEST QUALITY INGREDIENTS
FIBER	HIGH IN FIBER	LOWER IN FIBER	MINIMAL FIBER
SUGAR	LOW IN ADDED SUGAR	ADDED SUGAR OR ARTIFICIAL SWEETENERS	ADDED SUGAR OR ARTIFICIAL SWEETENERS
FAT	HEALTHY FATS	POOR QUALITY FATS	EXCESS FATS AND/OR TRANS FAT FRIED FOODS

Weather

Sat



43°

25°

Sun



41°

23°

Upcoming Events

1-2 February February UTA

1-2 March March UTA

5-6 April April UTA

April 2025: UEI Capstone



BRING ON THE CELEBRATION!



NEVADA AIR NATIONAL GUARD ANNUAL AWARDS CEREMONY

Sunday
January 12, 2025

9 AM - 12 PM
Fuel Cell Hangar



UNIFORM:
ATTENDEES: OCPs
AWARD RECIPIENTS: Blues



Unit Potlucks to follow!



Nevada Air National Guard's 152nd Airlift Wing Activated for Firefighting to assist in the greater Los Angeles area

Story and Photos by Paula Macomber | 152nd Airlift Wing Public Affairs



NEVADA AIR NATIONAL GUARD BASE, Nev. -- U.S. Northern Command has activated eight C-130 aircraft equipped with Modular Aerial Fire Fighting Systems (MAFFS) and associated personnel to relocate from their home stations to the Channel Islands in Southern California to support firefighting efforts in the Los Angeles area. Some of the aircraft will be operational beginning Jan. 10, with all ready by or before Jan. 12. The 152nd Airlift Wing's "High Rollers" will report on January 11.

The safety of the public, communities and all front-line responders remains the highest priority for all wildland fire agencies. The primary response strategy continues to be aggressive using local area resources from all partners. Our goal is rapid containment to minimize these large wildfires burning in the area. Having military C-130s that can be converted into airtankers provides a critical "surge" capability that can be used to bolster suppression efforts when commercial airtankers are fully committed or not readily available.

"U.S. Northern Command immediately took action as we watched and learned more about the fires in the Los Angeles area. Providing support to civil authorities is a valued part of our homeland defense mission. We're well-practiced and in position to support the Federal Emergency Management Agency (FEMA), National Interagency Firefighting Center (NIFC), and the state of California to assist the many

citizens in need," said General Gregory Guillot, Commander of U.S. Northern Command.

The High Rollers were activated last firefighting season from July 18, 2024-August 30, 2024, flying 74 sorties, accomplishing 77 drops accumulating 207,109 gallons of fire retardant.

"The 152nd Airlift Wing, Nevada Air National Guard, is ready to assist in protecting the people, homes, and businesses in southern California," said Col. Catherine Grush, the Commander of the 152nd Airlift Wing. "Californians are not only our neighbors, but part of our family of guardsmen and women and we are honored to help assist with this effort."

Air tankers are used to help build lines of containment with retardant to help reduce the intensity and slow the growth of wildland fires. Dispatch centers deploy aircraft to drop fire retardant based on requests from civilian Incident Commanders.

The MAFFS program is a joint effort between the U.S. Forest Service and Department of Defense (DoD). The U.S. Forest Service owns the MAFFS equipment and supplies the fire retardant, while the DoD provides the C-130 H and J model aircraft, flight crews, and maintenance and support personnel to fly the missions. The MAFFS aircraft can drop up to 3,000 gallons of fire retardant in less than 10 seconds across a quarter-mile line. The system slides into the back of the military aircraft, and retardant is released through a nozzle on the rear left side.



OPERATION DEEP FREEZE:

High Rollers successfully complete first ever mission assisting with Operation Deep Freeze in Antarctica

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



CHRISTCHURCH, NEW ZEALAND--The 152nd Airlift Wing “High Rollers” from the Nevada Air National Guard recently achieved a historic milestone by participating in Operation Deep Freeze (ODF) for the first time. From December 11 to December 22, 2024, the High Rollers provided crucial support to the annual U.S. military mission in Antarctica flying augmented max duty day missions logging over 30 hours in 3 days in support of ODF. This operation is one of the most challenging peacetime missions undertaken by the U.S. military, owing to the extreme and unpredictable environment of Antarctica—the coldest, windiest, and most inhospitable continent on Earth.

Operating out of Christchurch, New Zealand, the

High Rollers faced immediate challenges due to rapidly changing weather conditions, a hallmark of Antarctic missions. This led to several days of delays before their inaugural mission on December 18, 2024. The team’s patience and readiness paid off as they successfully transported 39 passengers and vital cargo to McMurdo Station in Antarctica aboard their C-130 Hercules aircraft. The High Rollers’ effort marked a significant relief for the 139th Expeditionary Airlift Squadron of the New York Air National Guard, known as the “Raven Gang,” who have shouldered the bulk of ODF missions for decades.

ODF, cont. next page

ODE, from previous page

A Shared Mission

The 139th Airlift Squadron operates specialized LC-130 aircraft equipped with skis, allowing them to land on ice and snow. They have long managed both the North-South resupply runs between Christchurch and McMurdo Station and on-continental missions within Antarctica, including deliveries to remote research stations and the South Pole. The strain on their fleet and personnel has been immense.

Senior Master Sergeant David Ricks, the production superintendent for the 139th Expeditionary Airlift Squadron, expressed his gratitude, stating, “We are so happy to see you guys here. Doing the North-South runs is a relief. That provides us the ability to continue with the on-continental supply and passenger runs. We really appreciate the help that the High Rollers are providing.”

There is one C-17 unit out of the state of Washington which provides the north-south runs during the winter months but during the summer, the runways get too slushy for them to land.

Building a Partnership

The deployment of the High Rollers to Operation Deep Freeze is part of a broader effort to strengthen partnerships within the Air National Guard and alleviate the operational burden on individual units. Col. Catherine Grush, the 152nd Airlift Wing Commander, highlighted the significance of this collaboration. “It is my hope that we can make this an enduring partnership with the New York Air National Guard and the National Science Foundation. We are excited to help out and provide whatever support is needed from us.”

The High Rollers’ participation not only brought fresh resources and enthusiasm to the mission but



Aircrew from the Nevada Air National Guard’s 152nd Airlift Wing pose on “the ice” in Antarctica for the unit’s first mission there.

also marked an important step in building capacity and resilience within the U.S. military’s Antarctic operations. Their success underscores the importance of joint efforts in addressing the logistical and environmental challenges of operating at the bottom of the world.

Looking Ahead

The 152nd Airlift Wing’s role in Operation Deep Freeze demonstrates their adaptability and commitment to excellence. While their debut in Antarctica was marked by delays due to adverse weather, their professionalism and dedication ensured a successful mission that set a strong foundation for future contributions. As the High Rollers look toward the possibility of making this partnership enduring, their involvement signals a promising future for more collaborative and efficient support for the U.S. Antarctic Program.



MAINTENANCE PIE IN THE FACE CONTEST

Photos by Tech. Sgt. Albert Valladares | 152nd Airlift Wing Public Affairs



LOGISTICS SQUADRON DONATES BACKPACKS

Photos by Tech. Sgt. Albert Valladares | 152nd Airlift Wing Public Affairs



NEW ADJUTANT GENERAL HOLDS TOWN HALL

Photos by Tech. Sgt. Albert Valladares | 152nd Airlift Wing Public Affairs



What's happening in High Roller Country!??

PROMOTIONS



Tech. Sgt. Laramy Wonderley was promoted to master sergeant; 1st Lt. Alex Norris was promoted to captain; and Master Sgt. Keith Trimble was promoted to senior master sergeant!

Congratulations to all of you! Great Job!!!



Fred Barton retired from his position as Airman and Family Programs Manager! We are very sad to see him go!

Congratulations Fred!!

HIGH ROLLERS

WELCOME TO THE HIGH ROLLER TEAM! NEW ENLISTEES!

New Enlistees:

Angeli Ursua, 152 LRS
Joshua Ramos Quintanilla, 152 LRS
Caleb Guevara, 152 MXS
Michal Cimoszuk, 192 AS
Dominique Romero, 152 MDG
Michelle McCrobie, 152 AMXS
Carson Ricketts, 152 OSS
Frank Zavala, 152 IS
Chelsey Mattingly, 152 IS
Alfredo Hernandez, 152 IS



BREAKING NEWS

● **LIVE**

Key Spouse Program Rebranded

The Department of the Air Force recently announced the Key Spouse Program is changing to the Commander's Key Support Program.

The updated program expands opportunities for Airmen, federal employees and family members to contribute to their units, allowing anyone interested, irrespective of marital status, to hold roles as long as volunteer duties do not conflict with primary responsibilities. Volunteers will now be identified as Key Support Liaisons.

In addition to a new name, the program incorporates new readiness, resource and connectedness objectives designed to help commanders meet the needs of the modern family.

For more information contact:

Angie Solberg
Key Support Mentor
(775) 781-0027
152cksp@gmail.com



152d Continuous Improvement and Innovation – CI²



Mission

People, Purpose, and Process equals Performance

Vision

To educate, advise, mentor, and empower subject matter experts in their fields to own and improve processes, enhancing our wing's lethality, agility, and readiness

Have an idea or need information? Contact your Wing Process Manager Lt Col Masten Bethel

Email: masten.bethel.1@us.af.mil

Teams: 152 CI2 - Continuous Improvement and Innovation

CI² Portal: Continuous Improvement & Innovation Portal (CI²) - home1 (dps.mil)

GET HOME SAFE ON THE HIGH ROLLERS

SCAN QR CODE OR USE
PROMO CODE: ROLLER22

AVAILABLE ALL WORKDAYS, 1630-2400 FROM BASE
(ONLY) TO YOUR DESTINATION



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HIGH ROLLERS

Join our

SPECIAL MEMBERSHIP

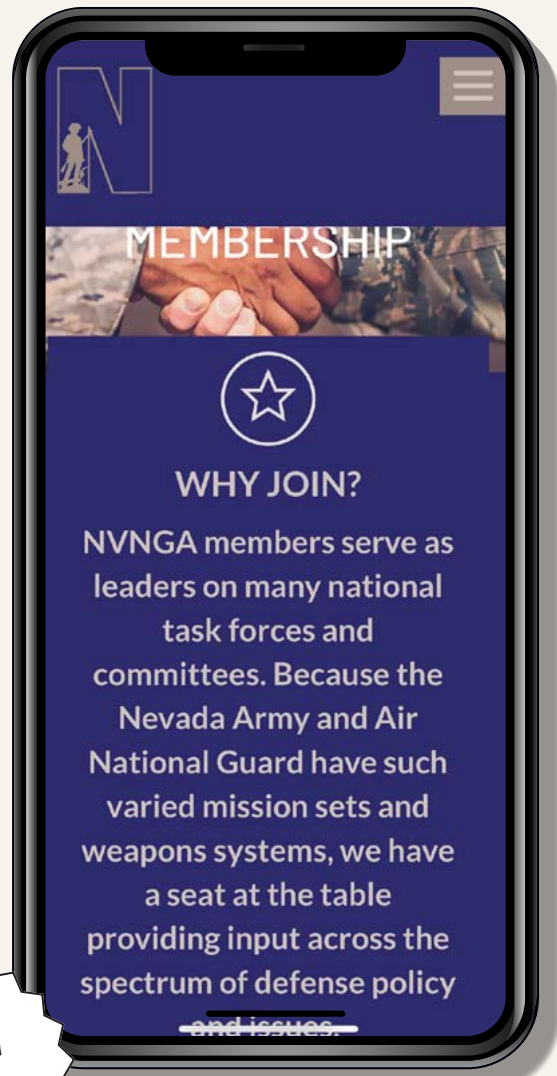


Nevada National Guard Association works for you! The local chapter of the National Guard Association of the United States (NGAUS), NNGA lobbies for members here in Nevada, recently gaining tuition waiver assistance for family of service members, a Tax Free Holiday every Nevada Day Weekend and putting Nevada on the map hosting two of the past three NGAUS conferences (Las Vegas, 2021, and Reno, 2023).

\$250 digital lifetime (LIMITED TIME OFFER)

To become a member, visit:
<https://www.nganv.org/membership-form>

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\$100- 60 + 10 FREE ADDITIONAL ENTRIES!

\$200- 100 + 50 FREE ADDITIONAL ENTRIES!

YOUR PURCHASE OF RAFFLE TICKETS SUPPORTS THE 2025
EANGUS CONFERENCE IN RENO, NV

TEXT EANGUS2025 TO 33100 TO ENTER
- OR -



SCAN THE QR CODE TO ENTER!

Nevada National Guard Presents

Yoga for Mental Wellness

Mindful Resilience Yoga
with **Nikky Randel**, RYT-200,
Mindful Resilience and Trauma
Sensitive Yoga Instructor



Scan to view upcoming dates
and for registration.
New dates added monthly.

YOGA PROMOTES MENTAL WELLBEING BY REDUCING STRESS, ENHANCING MOOD, AND INCREASING SELF-AWARENESS THROUGH MINDFULNESS PRACTICES. IT IMPROVES CONCENTRATION, EMOTIONAL BALANCE, AND RELAXATION, LEADING TO BETTER SLEEP AND INCREASED RESILIENCE IN FACING LIFE'S CHALLENGES.



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VISIT WEBSITE



ONLINE UNIFORMED SERVICES ID CARD (USID) RENEWAL

USID CARDS

- Issued to retired and reserve uniformed Service members, dependent family members, and other eligible individuals in accordance with DoD policy
- Used for access to benefits, privileges, and DoD facilities

CURRENT RENEWAL PROCESS

- ❌ Must be done **in person** at a RAPIDS site
- ❌ Often requires an appointment scheduled in advance
- ❌ No opportunity to renew online



WHAT'S CHANGING?

- ✅ Sponsors can request card renewals **online, from anywhere**
- ✅ Cards will be mailed to the cardholder via US mail
- ✅ No in-person requirement for most renewals



REQUIREMENTS

- Sponsor must be a CAC holder or have a DoD Self-Service Logon username/password
- Must be requesting a renewal of an active USID card
- Sponsor and Cardholder must have email addresses listed in DEERS that they have authorized DoD to use for contacting them
- Sponsor's personnel status must extend at least 30 days into the future
- Cardholder has a photo saved in DEERS taken in the last 12 years
- Cardholder's mailing address is present in DEERS and is in United States
 - USID cards **cannot** be shipped to PO Boxes

FOR MORE INFORMATION

See ID Card Office Online (IDCO): <https://idco.dmdc.osd.mil/idco/>



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.



TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2024

How did we make this? Learn at hivesystems.com/password

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	3 secs	6 secs	9 secs
5	Instantly	4 secs	2 mins	6 mins	10 mins
6	Instantly	2 mins	2 hours	6 hours	12 hours
7	4 secs	50 mins	4 days	2 weeks	1 month
8	37 secs	22 hours	8 months	3 years	7 years
9	6 mins	3 weeks	33 years	161 years	479 years
10	1 hour	2 years	1k years	9k years	33k years
11	10 hours	44 years	89k years	618k years	2m years
12	4 days	1k years	4m years	38m years	164m years
13	1 month	29k years	241m years	2bn years	11bn years
14	1 year	766k years	12bn years	147bn years	805bn years
15	12 years	19m years	652bn years	9tn years	56tn years
16	119 years	517m years	33tn years	566tn years	3qd years
17	1k years	13bn years	1qd years	35qd years	276qd years
18	11k years	350bn years	91qd years	2qn years	19qn years



› Hardware: 12 x RTX 4090 | Password hash: bcrypt

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.



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MWR
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Military & Family Readiness Center
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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.mediashareio.com



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

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

*This is a total force course,
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Bullet Writing Course is Air Force Specific



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U.S. DEPARTMENT OF DEFENSE



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IMMEDIATELY TO YOUR CHAIN OF COMMAND OR
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1-888-373-7888

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

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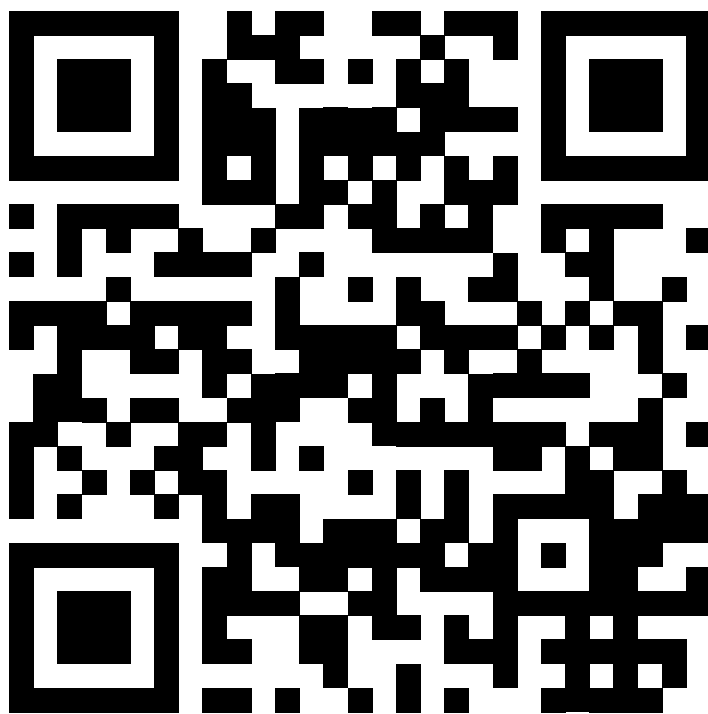


NVEANGUS

WWW.NEVADAEANGUS.ORG

**HAVE YOU EVER CHECKED OUT
THE WING'S PUBLIC WEBSITE?**

HERE IS THE LINK:



ENJOY!