



HIGH ROLLER NEWS

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Vol. 99

RENO

**1964-2023
FLAG AT RENO**

October 2023

October Drill Outlook

October 2023 Drill High Roller Cafe

SATURDAY LUNCH

1100-1230

MENU ITEMS:

Battered Catfish
Mojo Grilled Porkchop
Cilantro Lime Rice
Mac and Cheese
Sauteed Cabbage Strips
Ginger Glazed Carrots

SHORT ORDER:

Cheeseburgers
Chicken Wraps
French Fries

ADDITIONAL ITEMS:

Salad Bar
Assorted Desserts

SUNDAY LUNCH

1100-1230

MENU ITEMS:

Chicken Cordon Blue
Meatballs
Spaghetti Noodles
Cajun Roasted Potatoes
Roasted Zucchini
Corn on the Cob
Garlic Breadsticks

SHORT ORDER:

Cheeseburgers
Chicken Wraps

ADDITIONAL ITEMS:

French Fries
Salad Bar
Assorted Desserts

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

Weather

Sat



73°

43°

Sun



80°

48°

Upcoming Events

14 October: UNR vs. UNLV Football Flyover

27 October: Haunted Hangars

28 October: Nevada Day Parade

11 November: Veteran's Day Parade

HIGHROLLERS

CE Pancake Fundraiser



\$5 or All
you can Eat
for \$10!

Sunday 10/15

CE YARD @0700

Nevada Air National Guard Base Hosts 50th Anniversary Reception for Misty Forward Air Controllers

Story by: Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs

RENO, Nevada (AP) — The 152nd Airlift Wing, known as the High Rollers, at the Nevada Air National Guard Base in Reno played host to an historic event on Friday, September 15, 2023, as they commemorated the 50th Anniversary of the Misty Forward Air Controllers (Misty FACs or Mistys). Organized by retired Maj. Gen. Ronald J. “RJ” Bath, the reception served as a tribute to the courageous Airmen who flew missions over North Vietnam between June 15, 1967, and May 19, 1970.

From the Misty FAC website’s ‘unofficial history’ section: The Misty FACs played a pivotal role during a tumultuous period in history, and their valor has not been forgotten. “Misty” was the radio callsign used by the F-100F Fast Forward Air Controllers (Fast FACs) during the Vietnam War. There were 157 pilots officially assigned to fly missions over North Vietnam.

The choice of Reno as the location for this significant milestone was not incidental. The Misty Forward Air Controllers decided on this venue in recognition of the final year of the National Championship Reno Air Races, adding an extra layer of meaning to the event.

The High Rollers took pride in hosting this reception as a testament to the enduring legacy of these brave Airmen. Members of the 152nd Airlift Wing were able to speak with and socialize with these legends of the Misty FAC group.

Many of the “Mistys” went on to have notable military and aviation careers, in attendance at the reunion were many of these gentlemen:

Retired United States Air Force (USAF) Gen. Ron Fogleman, Former Chief of Staff-Air Force (Misty #86)

Retired USAF Maj. Gen. Don Shepperd, Former Director of the Air National Guard (Misty #34)

Retired USAF Brig. Gen. Rosie Detwiler (Misty #67)

Retired USAF Col. Jonesy Jones (Misty #25)



The Misty Forward Air Controllers, (Misty FACs) Front L-R: Lanny Lancaster Misty #44, Ron Fogleman Misty #86, Charlie Neel Misty #22, Jim Mack Misty #24, Don Shepperd Misty #34, Mario Peraldo Misty #124, Dick Rutan Misty #40, Chuck Shaheen Misty #52, Dave Skilling Misty #104, and back L-R: Vince Cattolica Misty #150, Wells Jackson Misty #50, Dean Echenberg Misty #1, Jonesy Jones Misty #25, Jere Wallace Misty #23, Hog Piner Misty #33, PK Robinson Misty #45, and Rosie Detwiler Misty #67.



Above: Nevada National Guard Leadership and other community members pose with the Misty FACs.

Below: Retired Gen. Ron Fogleman Misty #86, Former Chief of Staff-Air Force is interviewed by the news.



Mistys, cont. next page

Mistys, cont.

Retired USAF Col. Lanny Lancaster (Misty #44)

Retired USAF Col. Charlie Neel (Misty #22)

Retired USAF Col. PK Robinson (Misty #45)

Retired USAF Col. Dave Skilling (Misty #104)

Retired USAF Col. Jere Wallace (Misty #23)

Retired USAF Lt. Col. Vince Cattolica (Misty #150)

Retired USAF Lt. Col. Wells Jackson (Misty #50)

Retired USAF Lt. Col. Hog Piner (Misty #33)

Retired USAF Lt. Col. Dick Rutan, world-renowned test pilot (Misty #40)

Retired USAF Capt. Dean Echenberg (Misty #1)

Retired USAF Capt. James E. Mack (Misty #24)

Retired USAF Capt. Chuck Shaheen (Misty #52)

Retired USAF Mario Peraldo (Misty #124)

Distinguished attendees at the reception included prominent figures from the military and aviation world:

Maj. Gen. Ondra Berry, The Adjutant General, State of Nevada

Retired USAF Gen. Greg “Speedy” Martin, former commander of USAFE and of Air Force Materiel Command

Retired USAF Lt. Gen. David Deptula, former Director of Air Force Intelligence and Dean of the Mitchell Institute for Aerospace Power Studies

Retired Maj. Gen. Ron J. Bath, former USAF Strategic Planner and former USAF Director of 2005-2006 Quadrennial Defense Review

Retired Maj. Gen. Steven Lepper, former Deputy Judge Advocate General

Retired Maj. Gen. John Molini, former commander of the Nevada Air National Guard and former 152nd TRW Wing Commander

Retired USAF Brig. Gen. William Burks, former Adjutant General, State of Nevada

Retired Col. Mario Peraldo, a life-long Nevadan who now lives and farms in Fallon

“In the end, we’re really just representative of all the units and of all of those men and women who ended up fighting that war,” Gen. Ron Fogleman, Former United States Air Force Chief of Staff, said. “While the Mistys are a really tight group of men, we really don’t think we are anything special. If you ever hear Maj. Gen. Don Shepperd, the former Director of the Air National Guard, ever talk about it, he’d say that if anyone ever would come up to ask a Misty if they were a hero, he’d say, ‘No, I wasn’t a hero, but I flew with men who were.’”

The event, held on the grounds of the Nevada Air National Guard Base, brought together these veterans, leaders, and aviation enthusiasts, offer-



Members of the Misty Forward Air Controllers celebrated their 50th Anniversary Reunion at the Nevada Air National Guard Base in Reno, Nev. on Sept. 15, 2023. The Misty FACs played a pivotal role during a tumultuous period in history, and their valor has not been forgotten.

ing an emotional moment to reflect on the sacrifices and dedication of the Misty Forward Air Controllers.

The stark difference in the reception of Vietnam veterans upon their return home compared to the warm embrace and support extended to veterans today is a testament to the evolving appreciation for those who have served our nation.

Fogleman said, “I think the United States is very fortunate to have the military services they have and as you know for basically for the last 50 years it’s been an all-volunteer force – so the young men and women of America have stepped up and come forward to defend the nation and as a result of that, there’s been a change in the attitude and support. Things like the Nevada Military Support Alliance--these entities are representative of the appreciation for those people who served. It does your heart good to see those young men and women who are serving being recognized. I don’t think any of us that came back, I know that I wasn’t expecting parades or fly-overs—I just wanted to come home and spend time with my family.”

The Mistys plan to have another reunion in two years at the United States Air Force Museum in Dayton, Ohio.



Lunch and Learn

Join us for a discussion of how to prevent and cope with feelings of exhaustion and cynicism in our work.

Sunday, Oct 15, 1230-1330

Location: DFAC

Presented by:

Jeanne Morrow, LICSW

PREVENTING BURNOUT



NEVADA NATIONAL GUARD 2023

HAUNTED HANGARS

October 27, 2023 | 5:30-8:00PM

This event is for current Nevada National Guard members and Families in the DEERS system



PLEASE USE LINK OR QR CODE BELOW TO REGISTER. RSVP BY THE COB 20 OCT 23

<https://einvitations.afit.edu/inv/rsvp.cfm?i=783631&k=0569410F7856>



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.



152nd Civil Engineer heritage and historic preservation: 40 years at Tallac Historic Site

Story by: Staff Sgt. Michelle Brooks
152nd Airlift Wing Public Affairs

On the wooded shore of Lake Tahoe, approximately three miles northwest of the city of South Lake Tahoe, Calif., lies a former resort that offers visitors the opportunity to step back in time. Maintained and operated by the U.S. Forest Service and nonprofit the Great Basin Institute, the century-old resort is known as Tallac Historic Site. It had been a summer retreat for socially elite Bay Area families in the early 20th century, and for 40 years now, the Nevada Air National Guard civil engineers have been an integral part of the historical preservation and renovation of this site.

The 152nd Civil Engineer Squadron (CES) was back at the site September 10-16, 2023. The engineers completed a project to completely re-roof a shake roof on the Pacheco Cabin at the Pope Estate on the grounds, and also removed debris from the site.

The Nevada civil engineers have made an annual fall trip to Tallac Historic Site since 1983, completing a myriad of jobs while creating their own history and heritage through their work at the site. The Airmen that have worked there have lasting memories of time spent at Tallac.

Master Sgt. Dominic Tanzi, 152nd CES operations management noncommissioned officer in charge, has worked at Tallac with CES since 1998. Tanzi was at the site on September 11th, 2001.

"I was working at the site on 9/11 and everything was very still and quiet in Tahoe. I looked out over the lake and saw fighter aircraft fly



Airmen from the 152nd Civil Engineer Squadron, Nevada Air National Guard, pose for a group photo in front of the shake roof at Tallac Historic Site, South Lake Tahoe, Calif., September 15, 2023. The 152nd Civil Engineer Squadron has been working on historical restoration construction projects at Tallac Historic Site since 1983 (U.S. Air National Guard photo by Staff Sgt. Michelle Brooks).



U.S. Air Force Airmen from the 152nd Civil Engineer Squadron work to restore a shake roof on a cabin at Tallac Historic Site, South Lake Tahoe, Calif., September 11, 2023. The 152nd Civil Engineer Squadron has been working on historical restoration construction projects at Tallac Historic Site since 1983.

Tallac, cont. next page

Tallac, cont.

over, and I knew everything would change, “said Tanzi.

Tanzi can connect his time at the site with a major turning point in our nation’s history, other Airmen can reflect on their time there as foundational for their career with the Guard.

“My first trip with the Guard was to Tallac in 2009 and I was an Airman 1st Class,” stated Master Sgt. Anthony Hinen, 152nd CES water systems fuel maintenance noncommissioned officer in charge. “I learned so much during that trip through mentorship. Now I get the opportunity to mentor younger Airmen here.”

Some of the newest members of 152nd CES were at Tallac this past September, having the opportunity to train and receive mentorship from Tanzi, Hinen, and others, in addition to creating their own memories of Tallac.

“This being my first TDY (Temporary Duty Travel), it is nice being around the people I work with at drill. It’s all sorts of different shops, not just my own, so it’s a unique experience to learn and get to know people better,” said Adan Albarran Ayala, 152nd CES structural specialist. “It’s a way to build bonds you can’t build in other ways.”

The bonds made during these trips also occur off the jobsite. After work, the engineers barbecue together and enjoy time at the lake.

Senior Airman Jason Frentiu, 152nd CES heavy equipment operator, went on his first trip to Tallac Historic Site with the squadron. “We get opportunities to build relationships and tighten our culture as a squadron. It is an awesome experience to be part of.”



U.S. Air Force Airman 1st Class Adan Albarran Ayala, 152nd Civil Engineer Squadron structural specialist, uses a hammer to help restore a shake roof at Tallac Historic Site, South Lake Tahoe, Calif., September 11, 2023. The 152nd Civil Engineer Squadron has been working on historical restoration construction projects at Tallac Historic Site since 1983.



U.S. Air Force Airmen from the 152nd Civil Engineer Squadron work to restore a shake roof on a cabin at Tallac Historic Site, South Lake Tahoe, Calif., September 11, 2023. The 152nd Civil Engineer Squadron has been working on historical restoration construction projects at Tallac Historic Site since 1983.



Military & Family Readiness Events

Event	Date/Time of Event	Must RSVP by date	Location of Event	Point of Contact	Air or Joint Event
USO Lunch	25 Oct 23 1100-1230	20 Oct 23	Air National Base	Fred Barton	Air
Haunted Hangars	27 Oct 23 1730-2000	18 Oct 23	Air National Base	Fred Barton	Joint

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Nevada Air National Guard Base Hosts Exclusive Tour for Military Enthusiasts and Veterans

Story by: Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs

Reno, Nev. The Nevada Air National Guard base welcomed a group of military enthusiasts and veterans from the Military Officers Association of America on Wednesday, September 20, 2023.

The day began with a warm welcome and a video highlighting the history and role of the Nevada Air National Guard.

The tour then took participants through key areas of the base, providing insights into the National Guard's operations. Notable stops included the Operations Group's Aircrew Life Support Section, where attendees saw the dedication to aircrew safety.

Visiting the flightline allowed participants to get a close look at the C-130 Hercules aircraft, showcasing the National Guard's essential equipment. The Fire House showcased the readiness of personnel for emergency situations.

The Modular Containerized Small Arms Training Set (MCSATS) revealed the advanced training resources available at the base. This emphasized the commitment to high-quality training.

The tour left attendees with a profound respect for the Nevada Air National Guard's professionalism and dedication.

The event was considered a success, fostering mutual respect and understanding between the military and the community it serves.



152 AIRLIFT WING

CATHOLIC MASS

SCHEDULE

EACH SUNDAY OF UTA

1200Hrs WING AUDITORIUM

LECTORS NEEDED
CONTACT CHAPLAIN CORPS FOR DETAILS

THE FINAL FLAG AT RENO: Reno Air Races closes the chapter at Reno

By Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs



RENO, Nev. (AP) — In a stunning display of precision and power, the 152nd Airlift Wing took to the skies above the final year of the National Championship Reno Air Races (held September 13-17, 2023), leaving spectators in awe of their prowess. The flyovers, which marked a memorable moment in aviation history, occurred on Thursday, September 14, 2023 and Saturday, September 16, 2023.

The skies over the Reno-Stead Airport roared to life as the C-130 from the 152nd Airlift Wing soared over the show center, dazzling onlookers with both of their flyovers.

The 152nd Airlift Wing, based at the Nevada Air National Guard base in Reno, showcased their versatility with the demonstrations of their C-130 Hercules aircraft. The flyover on Thursday included a cargo delivery system combat airdrop by dropping a bundle weighing 80 to 500 pounds, with a pre-packed parachute, executed with military precision while the flyover on Saturday included two C-130s from the 152nd Airlift Wing displaying similar talent.

The Reno Air Races, a beloved tradition in the world of air racing, was given a patriotic and thrilling send-off by the National Guard unit. Thousands of aviation enthusiasts, families, and racing fans gathered to witness the entire final 5-day event.

The 152nd Airlift Wing's flyover served as a fitting tribute to the racers, aviators, and spectators who make the Reno Air Races a cherished and celebrated event in the aviation world.

Taken from the Reno Air Races' webpage: We're looking for a new home for the National Championship Air Races and want ideas from our air race family and beyond to help make it possible. While we're hoping for a lot, we absolutely need the following in terms of airport, venue and regional impact:

- Suitable primary and secondary runway lengths of 7000' or more
- Land area with open, unobstructed space to allow for all 7 current race classes (roughly 4,800 acres)
- Available hangar space – minimum 50,000 sq ft (can be multiple facilities) or, office/operations/briefing space, suitable parking areas/capacity, and RV/Camping available space, propane and waste dump services.
- Proximity to adequate population center with hotel capacity, airline access and rental car availability.

If you need more information or want to submit a proposal, send your ideas, thoughts or notions of things we should include or look for in our next home? Leave us a note at ideas@airrace.org.



Show Me the Science

Why Wash Your Hands?

Handwashing in Communities: Clean Hands Save Lives

Story submitted by: Maj. Michelle Palmer
152nd Medical Group



Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

How germs get onto hands and make people sick

Feces (poop) from people or animals is an important source of germs like Salmonella, E. coli O157, and norovirus that cause diarrhea, and it can spread some respiratory infections like adenovirus and hand-foot-mouth disease. These kinds of germs can get onto hands after people use the toilet or change a diaper, but also in less obvious ways, like after handling raw meats that have invisible amounts of animal poop on them. A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs. 1. Germs can also get onto hands if people touch any object that has germs on it because someone coughed or sneezed on it or was touched by some other contaminated object. When these germs get onto hands and are not washed off, they can be passed from person to person and make people sick.

Washing hands prevents illnesses and spread of infections to others

Handwashing with soap removes germs from hands. This helps prevent infections because people frequently touch their eyes, nose, and mouth

without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick. Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick. Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.

Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Teaching people about handwashing helps them and their communities stay healthy. Handwashing education in the community:

- Reduces the number of people who get sick with diarrhea by 23-40% 2, 3, 6
- Reduces diarrheal illness in people with weakened immune systems by 58% 4
- Reduces respiratory illnesses, like colds, in the general population by 16-21% 3, 5
- Reduces absenteeism due to gastrointestinal illness in schoolchildren by 29-57% 7

Not washing hands harms children around the world

About 1.8 million children under the age of 5

Handwashing, cont. next page

Handwashing, cont.

die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world 8. Handwashing with soap could protect about 1 out of every 3 young children who get sick with diarrhea 2, 3 and almost 1 out of 5 young children with respiratory infections like pneumonia 3,5. Although people around the world clean their hands with water, very few use soap to wash their hands. Washing hands with soap removes germs much more effectively 9. Handwashing education and access to soap in schools can help improve attendance 10,11,12.

Good handwashing early in life may help improve child development in some settings 13. Estimated global rates of handwashing after using the toilet are only 19%6.

Handwashing helps battle the rise in antibiotic resistance

Preventing sickness reduces the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds) 2, 5. Antibiotics often are prescribed unnecessarily for these health issues 14. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world. Handwashing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

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13. 14.

Last Reviewed:

September 10, 20

Show Me the Science - Why Wash Your Hands? | Handwashing | CDC <https://www.cdc.gov/handwashing/why-handwashing.html#print/1/3>



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
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Friends
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Mentors



PEER/SOCIAL

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



SUPPORT ENTITIES

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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
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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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**Fighting for Premium Free
Healthcare for DSG, MDAY
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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.

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

www.cdc.gov/handwashing