

HIGH ROLLER NEWS



NEVADA
AIR NATIONAL GUARD

Vol. 89

November 2022

November Drill Outlook

November 2022 Drill High Roller Café

Saturday

Holiday Meal

1100-1230

Menu Items:

Turkey
Ham
Garlic Butter Shrimp
Mashed Potatoes
Sweet Potatoes
Gravy
Stuffing
Glazed Carrots
Green Bean Casserole
Dinner Rolls
Clam Chowder

Additional Items:

Salad Bar
Assorted Desserts

Sunday

Lunch

1100-1230

Menu Items:

Sweet and Sour Chicken
Szechuan Beef
Chow Mein Noodles
Fried Rice
Grilled Asparagus
Broccoli
Pot Stickers
Cheeseburgers
Chicken Wraps
French Fries

Additional Items:

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.

Saturday Holiday Meal Rate \$10.05

Sunday Lunch Meal Rate \$6.15

Weather

Sat

Sun



56°

55°

44°

35°

Upcoming Events

Nov. 11: Veteran's Day

Dec. 3-4: December UTA

Dec. 10: Operation Santa Claus

Jan. 7-8: January UTA

HIGH ROLLERS



Col. Evan Kirkwood takes command of the 152nd Airlift Wing



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

The 152nd Airlift Wing held an Assumption of Command Ceremony October 15, where Col. Evan Kirkwood took command of the wing and it's over 1,100 Airmen.

Airmen from across the various sections of 152nd Airlift Wing, along with family and friends, leadership from the Joint Force Headquarters in Carson City and representatives from Congressman Mark Amodei and Senator Catherine Cortez Masto's offices attended the ceremony.

Col. Kirkwood brings with him a vast career of experience and leadership skills that he has acquired during his 28 year career with the High Rollers thus far.

Kirkwood began his career in the Nevada Air National Guard in 1994 as an Airmen Basic serv-

ing in multiple enlisted career fields within the Mission Support Group and the Communications Flight. In 2003, he received his commission and eventually earned his navigator wings in 2004 at Randolph Air Force Base. He has since amassed more than 3,100 hours including 438 combat hours in the C-130 and was selected as the Air National Guard's Top Instructor Navigator in 2012.

Kirkwood has also served in various command positions prior to his current position such as the Director of Operations for the 192nd Airlift Squadron from 2015 to 2016, Commander of the 152nd Maintenance Squadron from 2017 to 2019 and most recently as the Commander of the 152nd Operations Group from 2019 to September 2022.



DEALS ON

VETERAN'S DAY

VETERAN'S DAY

★ RULES OF ENGAGEMENT ★

Thank you for your service! Veterans Day is almost here, & many restaurants & other businesses want to thank you for your service. Please click the QR CODE below for a list of restaurants or businesses that will offer either a FREE or Discounted meal, services or goods to you. Just know that there will be restaurants or businesses not on this list that will also offer either a FREE or Discounted meal, services or goods to you on Friday, 11 November 2022 - Just ask!!

- Offers are for Active Duty, National Guard, Reservists, Retirees, & Veterans, unless otherwise stated.
- Military ID, Veteran ID Card, Drivers License w/ Veterans Stamp, DD Form 214, or other proof of service are required.
- Call ahead to verify the offer – some offers are only at participating locations.
- May only be valid for dine-in meals, beverage may not be included.
- Please tip your wait-staff on the full meal price. It's the right thing to do!



★ FRIDAY NOVEMBER 11TH ★



Ready Roller exercise demonstrates ACE capabilities

Photos by: Senior Airman Michelle Brooks
152nd Airlift Wing Public Affairs

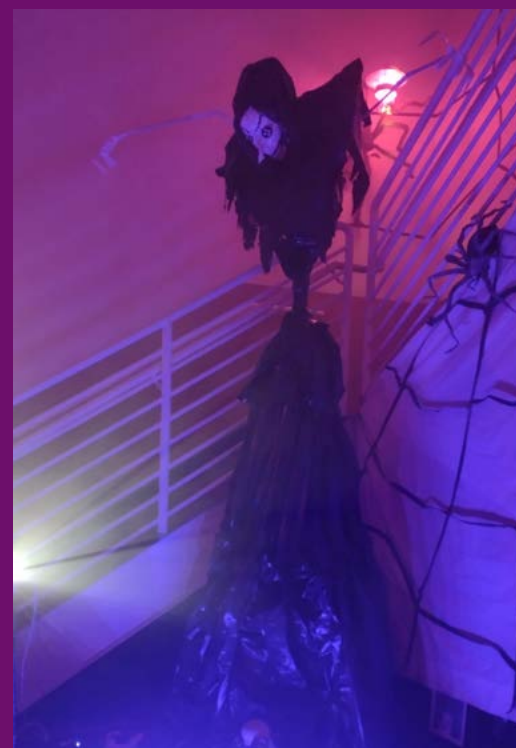


TOP: Airman 1st Class Roslyn Johnson, an Airman with the 152nd Communications Flight, conducts radio communications during the Ready Roller exercise at Amedee Army Airfield in Herlong, Calif. October 15, 2022. MID-LEFT: Senior Airman Herschel Harden, an Airman with the 152nd Security Forces Squadron, secures the airfield perimeter during the exercise. MID-RIGHT: Airmen with the 152nd Logistics Readiness Squadron participate in the exercise. BOTTOM LEFT: Airmen with the 152nd Logistics Readiness Squadron and 152nd Communications Flight participate in the exercise. BOTTOM RIGHT: 152nd Operations Group Airmen wear chemical gear as part of the exercise. The intent of the exercise was to test capabilities in a simulated contested environment, utilizing the Agile Combat Employment concept.



HAUNTED HANGARS A GREAT TURNOUT!

Story by: Fred Barton
152nd Airlift Wing Airman & Family Readiness

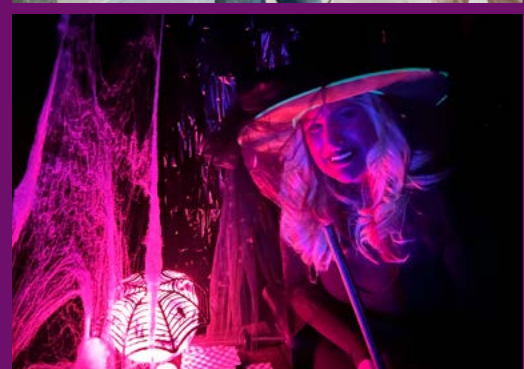


High Rollers, I would just like to say thank you to everyone across the Air Wing and the Soldiers from the Nevada Army National Guard that participated to make the 2022 Haunted Hangars a successful event for all our Airmen, Soldiers and family members that attended this year. Not one of the 497-guests that attended this event Oct. 28th walked away disappointed, maybe scared, but with big smiles on their faces and bags or buckets full of candy, goodies, or treats. An event of this magnitude could not be pulled off without the cooperation and help from everyone on and off the base. There are so many people to thank, so I will not single any one person or organization out but know we could not of hosted this event without their help, time or donations. I only received 19 score cards back on the Haunted House Contest from our guests, for their favorite Haunted House - BUT here is the ranking:

Scaerial Port BLDG 200 = 6 Votes | Comm/SFS/PA BLDG 500 = 6 Votes | Maintenance BLDG 009 = 4 Votes | Intel BLDG 600 = 3 Votes

But just know that everyone was a winner this year! All the time, effort, and creativity you put into your individual Haunted Houses was enjoyed, appreciated, and amazed by everyone that attended this unique "Only" Nevada National Guard Halloween event.

Thank you, FRED BARTON, Airman & Family Program Manager



What's happening in High Roller Country!??

RECENT PROMOTIONS

A new Chief in the House!



Senior Master Sgt Jason Barlow, 152nd Intelligence Squadron is promoted to Chief Master Sergeant!
Congratulations Chief!!

FAREWELLS



Col. David Clark retires after over 30 years of service in the Nevada Air National Guard. Congratulations Col. Clark and Good luck in your retirement Sir.



Capt. Nicole McCray is showered with water and champagne after her final flight "fini-flight" Nov. 1, 2022. She is set to retire November 5th. Good luck in your retirement Ma'am.

BLOOD DRIVE

Because of you, life doesn't stop.



Nevada Air National Guard “Thanks for Giving” Blood Drive

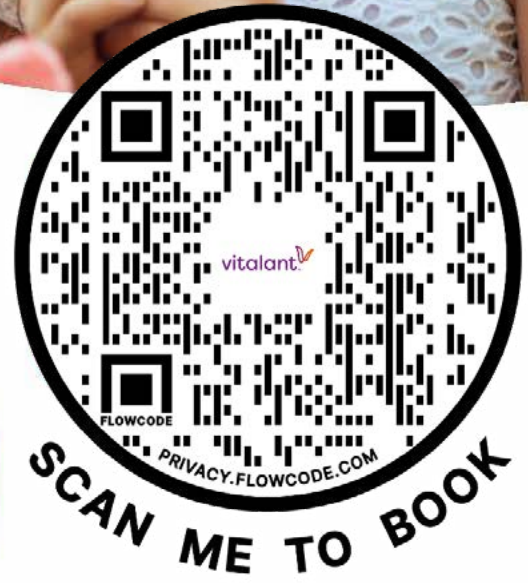
Sunday November 6th, 2022

8:30 AM – 2:30 PM

FREE NEVADA T-SHIRT FOR ALL DONORS

**Donate on the Vitalant Bus (Near Sanga)
1776 National Guard Way
Reno, NV 89502**

To book your appointment, visit
DONORS.VITALANT.ORG and search
Blood Drive Code: **NVAirGuard**
Or call **Tracy Woodfolk 775-788-4792**



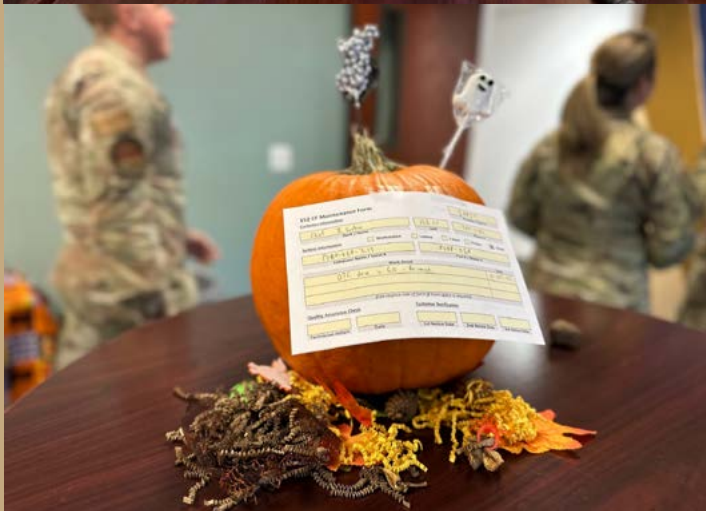
 **DONATE BLOOD**
vitalant.org 877-25-VITAL

vitalant 

152CF PUMPKINPALOOZA



The Communications Flight held their annual Pumpkin Carving Contest last drill weekend. The Radio Shop came in for the WIN--with their Punkin Burger. Congratulations Radio Shop!!





CEREMONIES START @ 11:11 AM
PARADE KICKS OFF @ 11:30 AM

**MARCH WITH
THE
152D AIRLIFT WING**

HIGH ROLLERS 

AT THE:

— ★ —

VETERAN'S DAY PARADE

— ★ —

MEET DOWNTOWN
@ S. Sierra St. & Court St.

★ ★ ★

FRIDAY

NOVEMBER 11 • 11:11 AM

WEAR OCPS • BRING YOUR FAMILY

PLEASE ARRIVE BY 10:30 AM

STATE PAO: 775-887-7252 FOR INFO




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.

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.

Contact your program

24/7/365

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

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

Air Force EAP
1-866-580-9078 (TTY 711)
www.AFPC.AF.MIL/EAP



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 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.



**Coffee with Vets at
MorningStar Senior
Living of Sparks**

**20 Volunteers
Needed!**

**Coffee & Pastries
Served**

**POC: SSgt Meghan
Wosick**

775-741-5880

Meghan.Wosick@us.af.mil



**Date: November 11th
Time:0900**

**Address: 2360
Wingfield Hills Rd
Sparks, Nv**

**RSVP Via Phone, Email
or AF Connect App by
November 9th**

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

EMPLOYEE ASSISTANCE PROGRAM

While the Fall season brings with it opportunities for bonfires, chilly evenings, and piles of Autumn leaves, it also signals the season of change as we go back-to-school and move through the holidays.

Learn how to cope with these challenges and more with your AF EAP program.

MONTHLY WEBINAR – EMPLOYEES

- Thriving Through the Holidays | November 9
Click here to register (copy hyperlink into your browser)

FINANCIAL WELLNESS MONTHLY WEBINAR

- How to Navigate Your Finances While Caregiving | November 8
Register here: 9 am PT | 12 pm PT (copy hyperlink into browser)
Webinar is 1 hour

WEEKLY WEBINARS

- Care-giving—Legal/Financial Issues | November 8 | 3pm EDT
- Cultivating Civility in Your Work Environment | November 15 | 3pm EDT
- NO WEBINAR due to holiday | November 22
- Developing a Positive Mindset | November 29 | 3pm EDT

NOTE: No pre-registration required for weekly webinars. Attendance is limited to 100 participants.

Log on to start: <https://magellanhealth.adobeconnect.com/afdonwhs/>

Webinars last approximately 1 hour and will be recorded for on demand viewing approximately 7-10 days after initial presentation at www.afpc.af.mil/eap.

Want to catch up on a missed AF EAP webinar? Find this quarter's webinars here.
Support. Advice. Help.

24 hours a day. Every Day.

866-580-9078

www.afpc.af.mil/eap

Follow us on Facebook@AirForceEAP

<https://www.facebook.com/AirForceEAP/events>



"The Air Force Employee Assistance Program provides non-clinical, short-term support, information and counseling for work/life balance concerns. Use of the Air Force Employee Assistance Program does not constitute a court or administrative agency ordered "Mental Health Condition" of incompetency or directed use of a "Mental Health Professional" as reportable on a Security Clearance Questionnaire (SF-86)."

November Webinar Series



EMPLOYEE
ASSISTANCE
PROGRAM

866-580-9078

WWW.AFPC.AF.MIL/EAP

Tuesdays 3pm - 4pm EST

- November 1* **Retiring in a Recession - Building a Foolproof Financial Plan**
- November 8* **Care-giving Legal/Financial Issues**
- November 15* **Cultivating Civility in Your Work Environment**
- November 22* **NO WEBINAR**
- November 29* **Developing a Positive Mindset**

To join the meeting:

Log on a few moments before the training is scheduled to start:
<http://magellanhealth.adobeconnect.com/afdonwhs/>

Webinars are recorded and will be posted under Learning Events tile on website 7-10 days following the live date! Log on to your EAP website through www.afpc.af.mil/EAP

<https://www.facebook.com/AirForceEAP/events>



HIGH ROLLER REUNION

Saturday
November
12TH 2022

SANGA
5:30 PM

'Tri-tip'
Potatoe &
Green Salads

\$20 PER
PERSON
*CASH ONLY

*RSVP by Sunday Nov.
6th

CONTACTS

CMS Doug Nummer # 741-8792
CMS Jimmy Warner # 303-2001
CMS Cindy Sullivan # 376-3705
SMS Dave Raschen # 351-9150
COL. Jeff Turney # 848-3632





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>

Why Join NVEANGUS?

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Emergency Grants

E4 and below 1 year FREE
membership
Coupon code E4BELOW



NVEANGUS

WWW.NEVADAEANGUS.ORG