

# HIGH ROLLER NEWS



## WHAT'S INSIDE?

Chorizo Burritos 'n More Info.....	pg. 3
UNITE - Competition Flyer & Food Info.....	pg. 4-5
Enlisted Field Advisory Council Article .....	pg. 6
Awards Ceremony Poster .....	pg. 8
UNR Honors Col. Grush.....	pg. 9
Coffee with Vets.....	pg. 10
Veterans Elementary School Harvest Festival .....	pg. 11
What's Happening in High Roller Country .....	pg. 12
Haunted Hangars .....	pg. 15
Veterans Day Parade Info.....	pg. 16
EO Article.....	pg. 18
Comm. Sqd. Pumpkin Carving .....	pg. 19
Blood Drive Info.....	pg. 23

**Vol.100**

**November 2023**

# November Drill Outlook

*Happy Thanksgiving  
from the High Roller Cafe*

## SATURDAY HOLIDAY

1100-1230

### MENU ITEMS:

Turkey  
Ham  
Shrimp  
Mashed Potatoes  
Gravy  
Sweet Potato Casserole  
Stuffing  
Broccoli and Cauliflower  
Gratin  
Green Bean Casserole  
Cranberry Sauce  
Cornbread

### ADDITIONAL ITEMS:

Salad Bar  
Clam Chowder

## SUNDAY BREAKFAST

0700-0830

### MENU ITEMS:

Scrambled Eggs  
Loaded Scrambled Eggs  
Bacon  
Sausage Patties  
Biscuits and Gravy  
Hashbrowns  
Oatmeal

### ADDITIONAL ITEMS:

Assorted Fruits

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.

**HOLIDAY MEAL RATE \$11.20, BREAKFAST MEAL RATE \$4.30**

## Weather

Sat



60°

43°

Sun



61°

37°

## Upcoming Events

- 4 November: LRS Chorizo Burritos 'n More Feed (SANGA)
- 5 November: UNITE Event (see flyer pg. 4)
- 10 November: Coffee With Vets (see flyer pg. 10)
- 11 November: Veteran's Day Parade (see flyer pg. 16)
- 7 January: NVANG Awards Ceremony (see flyer pg. 8)
- 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)
- 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.)

**HIGH ROLLERS**

152 LRS

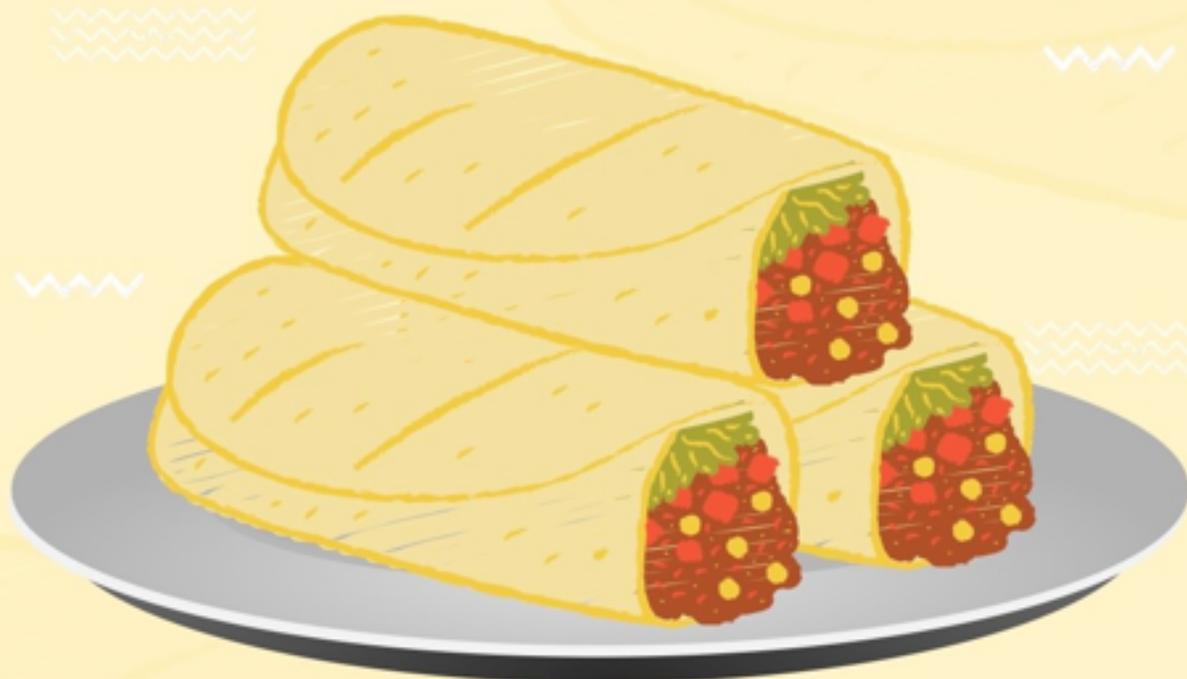
# Chorizo Feed

Saturday, November 4th

0730 – 1000  
SANGA  
\$7/each

- Chorizo Burritos
- Coffee
- Muffins
- Fruit and more!

\*Cash or Venmo





## 152nd UNITE event

We will be hosting our first annual UNITE event, this event is for all squadrons to compete. Coed teams of 10 will participate in all events.

Points will be tracked through all events and tallied at the end.

**FREE BBQ lunch following event!!**

**When:** November 5 (Sunday of drill)

**Where:** Wing quad area (weather permitting) or Fuel Cell

**Time:** 0900-1200

UNITE is a wing/squadron team cohesion/camaraderie/unity event  
Send team rosters to SMSgt David Hill or SrA William Mendez

**November 5th, 2023**

**UNITE Lunch**

**SUNDAY LUNCH**

**1100-1230**

**MENU ITEMS:**

**Pulled Pork Sandwiches**

**Chili Dogs**

**Baked Beans**

**Potato Salad**

**Assorted Chips**

**Assorted Drinks**

**Assorted Desserts**

**THIS EVENT IS OPEN TO ALL WING MEMBERS AND  
THE LUNCH IS PROVIDED BY UNITE FUNDS.**

**LUNCH IS FREE FOR ALL MEMBERS**

# Nevada Air National Guard Hosts Region 7 Enlisted Field Advisory Council Meeting

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

RENO, Nev. (AP) - The Nevada Air National Guard's 152nd Airlift Wing played host to the Region 7 Enlisted Field Advisory Council on Oct. 18 and 19, held at their dining facility. This council, made up of the state command chiefs from California, Nevada, Hawaii, Guam, Arizona, New Mexico, Utah, and Colorado, which gathers quarterly, serves as a forum for addressing critical issues affecting Airmen, devising solutions, and imparting knowledge to enlisted Airmen for addressing new challenges.

The event commenced with Chief Master Sgt. Cameron Pieters, the Senior Enlisted Leader for the State of Nevada, extending a warm welcome to attendees. Following this, representatives from each state within Region 7 presented the 'State of the State,' outlining challenges and key priorities unique to their respective regions.

One of the central topics of discussion was the new deployment model, Air Force Force Generation (AFFORGEN), which replaces the previous Air Expeditionary Force (AEF) model. AFFORGEN entails a 24-month cycle, divided into Prepare, Ready, Available to Commit, and Reset phases, each lasting six months. This shift focuses on unit-based deployments, with entire units preparing, training, deploying, and recovering together, as opposed to deploying small contingents from various units.

The Enlisted Airmanship Continuum (EAC) was another significant topic, highlighting the Air Force's commitment to providing on-demand professional military education with unrestricted access for all Airmen. The EAC aims to offer Airmen greater flexibility in their career development and close developmental gaps.

Master Sgt. Sammuell Alanis, the Security Forces Superintendent from the 162nd Security Forces Squadron in Tucson, Arizona, spoke about his career journey and the opportunities he seized outside of the EAC, emphasizing the need for Airmen to proactively shape their own careers.

The big take away from Alanis was, "Get comfortable being uncomfortable, and that will shape your career for the better."

The event emphasized that discussions like these

***EFAC, cont. next page***



*The Adjutant General for the State of Nevada, Maj. Gen. Ondra Berry, speaks at the Region 7 Enlisted Field Advisory Council Fall meeting held October 18-19, 2023 at the Nevada Air National Guard base in Reno, Nev. This council, made up of the state command chiefs from each state in the region, gathers quarterly, serves as a forum for addressing critical issues affecting Airmen, devising solutions, and imparting knowledge to enlisted Airmen for addressing new challenges. The states included in Region 7 are: California, Nevada, Hawaii, Guam, Arizona, New Mexico, Utah, and Colorado.*



*Senior Master Sgt. Zachary Michalski, the Noncommissioned Officer in charge of the Modular Airborne Fire Fighting System (MAFFS) for the 152nd Maintenance Group, delivers a detailed briefing on the High Rollers' distinctive domestic mission involving aerial fire fighting using MAFFS equipment during the Region 7 Enlisted Field Advisory Council Fall meeting held October 18-19, 2023 at the Nevada Air National Guard base in Reno, Nev.*

## EFAC, cont.

are essential for fostering growth and development within the Air National Guard.

Attendees had the opportunity to visit the Modular Airborne Fire Fighting System (MAFFS) storage hangar located on the NVANG flightline, where they received a detailed briefing on the High Rollers' distinctive domestic mission involving aerial fire fighting using MAFFS equipment. Senior Master Sgt. Zachary Michalski, the Noncommissioned Officer in charge of MAFFS for the 152nd Maintenance Group, provided valuable insights into this exceptional mission, offering the group a rare glimpse into their specialized responsibilities.

On the second day, Maj. Gen. Ondra Berry, the Adjutant General for the State of Nevada, highlighted the vital role of leadership in upholding America's freedom and expressed his deep appreciation for the dedication of service members. He emphasized the qualities that leaders should possess, including resilience, persistence, initiative, the ability to reimagine tactics, and fostering positive self-talk.

Berry also shared a pivotal moment in his career when, at 23 years of service, he faced non-retention. He was asked to brief higher-level leaders in the Air National Guard. After the briefing, Gen. Craig McKinley, former Chief of the National Guard Bureau, asked him to be forthright and honest about the state of the military at that time. Berry's responses made him reflect on how his negative self-talk had influenced him. This reflection led to the creation of his first 'Mission Statement' for his life, which became a turning point in his career. As a result, McKinley offered him a job to improve some of those things he was dissatisfied with in the military. By this turn of events, he was able to surpass his own expectations.

He stressed the importance of having constructive inner dialogues, noting that energy follows thinking and offered some advice.

"What is life asking of me right now? Have passion, vision and conviction," Berry said, "Your primary job as leaders is to identify and solve problems, accept the challenges that come your way and to act with a sense of urgency. Stay connected to your passion and to never compromise your conscience."

The Enlisted Field Advisory Council meeting also offered Airmen a unique opportunity to witness how ideas and recommendations are deliberated and executed through established channels for change. It also served as a valuable networking opportunity. Airmen from various ranks, ranging from E-2 to E-9, participated in the event.

Chief Master Sgt. Rachel Landegent, Arizona State Command Chief, Arizona Joint Force Headquarters,



*Senior Enlisted Leader for the State of Nevada, Chief Master Sgt. Cameron Pieters, speaks at the Region 7 Enlisted Field Advisory Council Fall meeting held October 18-19, 2023 at the Nevada Air National Guard base in Reno, Nev. This council, made up of the state command chiefs from each state in the region, gathers quarterly, serves as a forum for addressing critical issues affecting Airmen, devising solutions, and imparting knowledge to enlisted Airmen for addressing new challenges.*

and Alternate Chair for Region 7 encouraged attendees to harness the power of networking and collaboration with other units across the Air Force and Air National Guard, and even with other services.

"When each leader, at every level, leans into new and uncomfortable situations, their example to overcome challenges, and their direct influence encourages the removal of barriers and limiting beliefs, thus allowing growth of individuals and shaping of our force," Landegent said, "this is the progression for change."

The event provided a platform for Airmen to gain insights into the processes of creating positive change and to connect with peers and leaders from diverse backgrounds.

Landegent also thanked every Wing Command Chief and supervisor that encouraged their Airmen to attend this meeting, and invited more to attend the December National EFAC meeting at the Air National Guard Training and Education Center in Knoxville, Tenn. December 12-14, 2024. Please ask your Air National Guard Wing or State Command Chief for details.





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!**



University of Nevada Reno—honored our first female wing commander, Col. Catherine M. Grush, last month!

Amidst the thunderous two ship C-130 flyover, Colonel Catherine M. Grush took center stage before the epic UNR vs. UNLV football rivalry game. Col. Grush was presented an award by Governor Joe Lombardo and University of Nevada-Reno President Brian Sandoval.

Col. Grush said, "It's an honor to have our wing and myself honored by our local University. As a 1999 alumni of UNR it's a truly special moment to have Governor Lombardo present me a flag. The flag represents the leadership and commitment to our local community. I will forever bleed Silver and Blue!"





# VETERANS DAY

Annual Coffee with Vets!

November 10<sup>th</sup> at 0900

Morning Star Senior Living Facility 2360 Wingfield Rd Sparks, Nv

POC: TSgt Meghan Wosick, [Meghan.Wosick@us.af.mil](mailto:Meghan.Wosick@us.af.mil)

RSVP by November 6<sup>th</sup>

Coffee & Pastries Provided

Ceremony and Award Pinning for Veteran Residents by Current NVANG

Members



## High Rollers team up with Veterans Memorial Elementary School

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

RENO, Nev. (AP) — On October 26, 2023, the 152nd Airlift Wing's renowned "High Rollers" lent a helping hand at Veterans Memorial Elementary School during their highly anticipated Harvest Festival. The event was the beginning of a partnership between the High Rollers and the school, facilitated through the Washoe County School District's Partners in Education program.

Under clear skies and with the autumn sun casting a warm glow, the High Rollers arrived at Veterans Memorial Elementary School, ready to participate in the school's annual Harvest Festival.

The Harvest Festival, a cherished tradition at the school, brought together students, teachers, and the wider community to celebrate the fall season. Attendees enjoyed an array of activities, including games, food and fun. Six High Rollers from the 152nd Airlift Wing enthusiastically engaged in these activities, adding a touch of military camaraderie to the festivities.

"About 280 people attended Harvest Festival and the school raised \$2,050.93," said Monique Madrid, the principal at Veterans Memorial Elementary School. "It was amazing! The funds we raised will go to purchasing supplies/incentives for our Eagle Wings Store which is part of our PBIS (Positive Behavioral Intervention Supports) school-wide system, gifts for our teachers during Teacher Appreciation Week, and toward our fund for new iPads for Kindergarten and First Grade Students."

The partnership between the High Rollers and Veterans Memorial Elementary School is a shining example of the Washoe County School District's Partners in Education program. This program fosters collaboration between local businesses, organizations, and schools to enhance the educational experience and support community growth.

"We're proud to have participated in this event partnering with Veterans Memorial Elementary School," said Chief Master Sgt. Jeffrey Linton, the Command Chief for the 152nd Airlift Wing. "Our involvement in the Harvest Festival is a positive

impact for the High Rollers and for the students, providing everyone with unique experiences and valuable insights."

The event not only offered a day of fun and learning but also an opportunity for the High Rollers to connect with the community they serve; one of the state's strategic priorities. It served as a reminder of the strong bonds between the military and the local educational institutions, which play an essential role in shaping the future of Washoe County.

As the sun set on the Harvest Festival, the 152nd Airlift Wing's High Rollers bid farewell to the students, teachers, and families of Veterans Memorial Elementary School, leaving behind a lasting impression of unity and collaboration in the community.



*Both top and bottom: Airmen from the 152nd Airlift Wing and Administrators from the school stop to pose for a couple photos at the festival. (Courtesy Photo)*



What's happening in High Roller Country!??

## RECENT PROMOTIONS



Senior Master Sgt. Joshua Leggett was promoted to Chief last month! Congratulations Chief Leggett!!

## SAYING GOODBYE



Maj. Rachel Brown retired last month. We wish her well in retirement!



Col. Steve Mills took his final flight on Thursday, Nov. 2nd. We wish him a happy retirement as well.

Congratulations to all!

**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.



# 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



PROVIDED BY **lyft**

# HIGH ROLLERS



# A Halloween Tradition at Nevada Air National Guard's Haunted Hangars

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

NEVADA AIR NATIONAL GUARD BASE, RENO, Nev.- On Friday, October 27, 2023, the Nevada Air National Guard base was abuzz with excitement as over 450 military members and their families arrived excitedly for the annual Haunted Hangars event.

Haunted Hangars is an opportunity for the base community to come together and celebrate the spirit of Halloween. Families from all over the base, donned in an array of costumes, arrive with high expectations of experiencing a spooktacular time. This event is a base wide effort, with members from every section, unit, or squadron in one way or another providing some sort of support to this event.

Fred Barton, the Military and Family Readiness Program Manager for the Nevada Air National Guard took over the Haunted Hangars event in 2012 and has worked diligently to make the event something the base looks forward to every year. "I felt I could take this event to another level of excitement with the support of the different squadrons, and units' participation, and with the support of the Nevada Chapter of the USO, Blue Star Mom's, and the base Morale, Welfare and Recreation," said Barton.

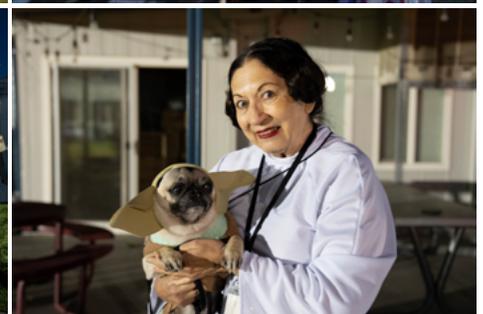
Since Barton has taken over this event, it has continued to get bigger, better, and more innovative throughout the years. This year's event consisted of five different "Haunted Hangars" dispersed throughout the base that ranged from many different themes and levels of scariness. The themes ranged from the beloved children's

movie COCO to the horrifying Scaerial Port, where visitors' screams could be heard from outside. While the event centers on the Haunted Hangars, that is not all that is offered to the families. The event also boasts creative Trunk or Treats, Bounce houses, a pumpkin patch with decorating station, food, refreshments, and lots and lots of candy!

Technical Sgt. Nate Vezina, a member of the 152nd Intelligence Squadron, said, "The Haunted Hangars event lets competitive and creative spirits really shine through these elaborate hangars they create. It's also an amazing way to bring squadrons and families together for a fun and safe night. I hope that this event continues to grow, and they continue to add even more kid-friendly themes, because they have absolutely nailed the scary/horror themes!"

The Haunted Hangars event continues to be a great way to get families from both the Air and Army National Guard together for a fun, safe and thrilling event and allows all our members to witness the great creativity, pride, and tradition of the members.

Barton concluded, "My favorite part of the event is being able to witness all the families and their kids dressed up in their different costumes and the excitement on the kids' faces with the activities happening all over the base. Also, knowing that all the National Guard families are leaving with a lot of goodies, smiles and wonderful memories will always make this event so meaningful."





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

**MARCH WITH  
THE  
152D AIRLIFT WING**

**HIGH ROLLERS**

**AT THE**

★

**VETERANS  
DAY PARADE**

★

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

★ ★ ★

**SATURDAY**  
**NOVEMBER 11 • 11:11 AM**

WEAR OCPs • BRING YOUR FAMILY

**PLEASE ARRIVE BY 10:30 AM**

STATE PAO: 775-887-7252 FOR INFO

152 AIRLIFT WING

CATHOLIC MASS

# SCHEDULE

EACH SUNDAY OF UTA

1200Hrs WING AUDITORIUM

LECTORS NEEDED  
CONTACT CHAPLAIN CORPS FOR DETAILS

# NINTH ANNUAL 152ND COMMUNICATION SQUADRON PUMPKIN CARVING CONTEST!

Imagination, carving knives, and a touch of Halloween spirit was all part of 152nd Communication Squadron's pumpkin carving contest this year.

This fun annual tradition occurs every October drill. Check out the creations! Which one is your favorite?



# 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. 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.

## References

Franks AH, Harmsen HJM, Raangs GC, Jansen GJ, Schut F, Welling GW. Variations of bacterial populations in human feces measured by fluorescent in situ hybridization with group-specific 16S rRNA-targeted oligonucleotide probes. *Appl Environ Microbiol*. 1998;64(9):3336-3345.

Ejemot RI, Ehiri JE, Meremikwu MM, Critchley JA. Hand washing for preventing diarrhoea. *Cochrane Database Syst Rev*. 2008;1:CD004265.

Aiello AE, Coulborn RM, Perez V, Larson EL. Effect of hand hygiene on infectious disease risk in the community setting: a meta-analysis. *Am J Public Health*. 2008;98(8):1372-81.

Huang DB, Zhou J. Effect of intensive handwashing in the prevention of diarrhea illness among patients with AIDS: a randomized controlled study. *J Med Microbiol*. 2007;56(5):659-63.

Rabie T. and Curtis V. Handwashing and risk of respiratory infections: a quantitative systematic review. *Trop Med Int Health*. 2006 Mar;11(3):258-67.

Freeman MC, Stocks ME, Cumming O, Jeandron A, Higgins JPT, Wolf J et al. Hygiene and health: Systematic review of handwashing practices worldwide and update of health effects. *Trop Med Int Heal* 2014; 19: 906–916.

Wang Z, Lapinski M, Quilliam E, Jaykus LA, Fraser A. The effect of hand-hygiene interventions on infectious disease-associated absenteeism in elementary schools: A systematic literature review. *Am J Infect Control* 2017; 45: 682–689.

Liu L, Johnson HL, Cousens S, Perin J, Scott S, Lawn JE, Rudan I, Campbell H, Cibulskis R, Li M, Mathers C, Black RE; Child Health Epidemiology Reference Group of WHO and UNICEF. Global, regional, and national causes of child mortality: an updated systematic analysis for 2010 with time trends since 2000. *Lancet*. 2012 Jun 9;379(9832):2151-61.

Burton M, Cobb E, Donachie P, Judah G, Curtis V, Schmidt WP. The effect of handwashing with water or soap on bacterial contamination of hands. *Int J Environ Res Public Health*. 2011 Jan;8(1):97-104.

Azor-Martínez E, Cobos-Carrascosa E, Gimenez-Sanchez F, Martínez-López JM, Garrido-Fernández P, Santisteban-Martínez J, Seijas-Vazquez ML, Campos-Fernandez MA, Bonillo-Perales A. Effectiveness of a multifactorial handwashing program to reduce school absenteeism due to acute gastroenteritis. *Pediatr Infect Dis J*. 2013 Oct 3.

Lau CH, Springston EE, Sohn MW, Mason I, Gado-la E, Damitz M, Gupta RS. Hand hygiene instruction decreases illness-related absenteeism in elementary schools: a prospective cohort study. *BMC Pediatr*. 2012;12:52.

2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 1.

Master D, Hess Longe SH, Dickson H. Scheduled hand washing in an elementary school population. *Fam Med*. 1997;29(5):336-9.

Bowen A, Agboatwalla M, Luby S, Tobery T, Ayers T, Hoekstra RM. Association between intensive handwashing promotion and child development in Karachi, Pakistan: a cluster randomized controlled trial. *Arch Pediatr Adolesc Med*. 2012 Nov;166(11):1037-44.

Hogerzeil H. Promoting rational prescribing: An international perspective. [PDF – 6 pages] *Br J Clin Pharmacol*. 1995;39:1-6.

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 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

## ***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!**

## ***HOW DO I SIGN UP?***

**INTERESTED IN  
BEING A MENTOR?**



**CLICK/SCAN HERE**

**INTERESTED IN  
BEING A MENTEE?**



**CLICK/SCAN HERE**

# BLOOD DRIVE

Because of you, life doesn't stop.



1 DONATION, CAN SAVE 3 LIVES.

## NV Air National Guard Thanks-for-Giving

**Sunday November 5th 8:30am-2pm**



Donate in the Bloodmobile  
(Near Sanga)



All donors will receive a limited-edition Nevada T-Shirt and will be entered in for a chance to win 1 of 5 \$5,000 prepaid gift cards.



To sign up, contact Tracy Woodfolk @  
775-788-4792 Tracy.Woodfolk@us.af.mil

vitalant.



**BOBINSKY'S BOOK EXCHANGE**  
**NOW OPEN**

**PUBLIC AFFAIRS OFFICE**

**BUILDING 500 - ROOM 213**

.....

**BRING YOUR GENTLY USED BOOKS; LOOK THROUGH WHAT WE ALREADY HAVE!!**

.....

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

.....

**775-788-4515**





U.S. AIR FORCE

# Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

## SELF

Stress Management  
Physical Fitness  
Mental Fitness  
Spiritual Fitness  
Financial Services  
Wellness



## FAMILY & FRIENDS

Spouses  
Partners  
Friends  
Virtual Friends  
Family Members  
Mentors



## PEER/SOCIAL

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



## SUPPORT ENTITIES

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



## CLINICAL/MEDICAL HEALTH

TRICARE  
Mental Health Clinic  
Behavioral Health  
Counseling  
ADAPT



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

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

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

\*Available resources may vary by installation.

# TEC-U

## LEADERSHIP CERTIFICATE PROGRAM\* ONLINE

### NOT THE TYPICAL 2-HOUR CBT!

### SIX MANDATORY COURSES

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

### TWO OPTIONAL COURSES

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

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

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



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

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



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

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

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

# 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                                   |



LEGACY

**HIGHROLLERS**

WITH OVER 20 YEARS OF MILITARY SERVICE

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?

Fighting for Premium Free  
Healthcare for DSG, MDAY  
Members

Scholarships &  
Emergency Grants

E4 and below 1 year FREE  
membership  
Coupon code E4BELOW



NVEANGUS

WWW.NEVADAEANGUS.ORG

# Handwashing

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



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

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

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

### Handwashing helps prevent infections for these reasons:



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



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



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



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

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



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

## When should you wash your hands?

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

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

## What type of soap should you use?



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

## How does handwashing help fight antibiotic resistance?

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

Studies have  
shown that  
handwashing  
can prevent

**1 in 3**

diarrhea-related  
sicknesses and

**1 in 5**

respiratory  
infections, such as  
a cold or the flu.

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

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