## HIGH ROLLER NEWS



#### **December Drill Outlook**





#### **Upcoming Events**

14 December Photos with Santa NVANG Base 12 January Annual Awards Ceremony 11-12 January January UTA

**April 2025: UEI Capstone** 



### Nevada Air National Guard Base Locked Down after Gate Runner Incident

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



RENO – At approximately 12:52 p.m. a sedan driven by a civilian crashed into the main gate at the Nevada Air National Guard Base in Reno. No one was injured in the incident and 152nd Security Forces Squadron personnel quickly apprehended the individual. As a precautionary measure, a lockdown was put into place. The lockdown was subsequently lifted at 2:44 pm.

The Federal Bureau of Investigation and Reno Police Department are both assisting in the investigation.

"Our defenders reacted quickly and appropriately to the incident," Col. Catherine Grush, 152nd Airlift Wing Commander, said, "It's due to their professionalism that there were no further issues."

Additional details about the incident will be provided after the completion of the investigation.





#### **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!



#### High Rollers participate in Veterans Day Celebration with "Partner in Eduction," Veterans Memorial Elementary School

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



RENO, Nev. —The High Rollers of Nevada Air National Guard were honored to be part of the Veterans Day celebration with the Eagles of Veterans Memorial Elementary School on November 9th!!

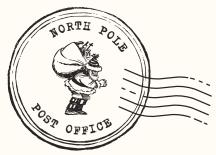
Similar to last year, the Eagles raised the flag in unity and paid tribute to the High Rollers and all other heroes who have served or are still serving in the military.

The High Rollers are partnered with the school through Washoe County School District's Partners in Education Program.

Each of the High Rollers that attended were able to visit a classroom and take questions and/or read a book to the students. After that, the military members were presented with several handmade Veteran's Day cards thanking them for their service.

If you are looking for volunteer opportunities, contact 152nd Airlift Wing Command Chief, Chief Master Sgt. Jeffrey Linton for more information.





## PHOTOS Wilh Jana

Saturday, December 14, 2024 9:00amn - 11:00am NVANG Base - Fuel Cell Hangar

Kids Activities | Bounce Houses | Refreshments



#### **Col. Chris Anastassatos recognized at UNR Game**

Story and Photo by Capt. Emerson Marcus | NVSTHQ Public Affairs



Col. Chris Anastassatos, retired Nevada Air Guardsman and High Roller, was recognized for his military service and 59 years supporting the Nevada Wolf Pack Athletics Department during the beginning of the Wolf Pack's home game against Air Force last night. Well deserved recognition, "Col. Chris!"





#### A Holiday of Hope

Poem by Jeanne Morrow | 152nd Airlift Wing Director of Psychological Health



Twas the month before December and all through the Wing High Rollers are excited for what the holiday will bring

For some it is great! The sights and the sounds.
The music! The parties! Who will buy the next round?

But holidays are tricky: To some they are bliss. For others, they are thinking of all they will miss.

People, traditions, things from their past. Make this holiday different not the same as the last.

Create some new plans. Like nothing before. Buy less drinks and less presents instead of more.

Try a new recipe and share it at work.

Make some cookies or candy they will all go berserk!

Watch a fireplace on YouTube and pretend it is real This holiday is yours—every detail.

Drop by the shelter and walk some dogs who need love. Donate to the homeless some socks or some gloves!

Big tip for the barista who has to work Christmas day. (Give her twenty bucks for a five buck latte!)

This holiday may be unlike those you have known in the past And if you feel sad, it's okay it won't last.

Find ways to feel gratitude, wonder and joy Read a book. Do some yoga. Donate a toy.

Send a text to your mom, reach out to a peer Make a list of your goals for the coming New Year.

What not to do? Well, here is my list: Give up hope, drink too much, break the wall with your fist

Worry about things that are not real at all When you've had no sleep or too much alcohol.

You will not find joy in a bottle of Jack. It makes us say things that we cannot take back.

Don't despair, don't drive drunk, don't call old girlfriends, Don't eat too much pie and please don't overspend!

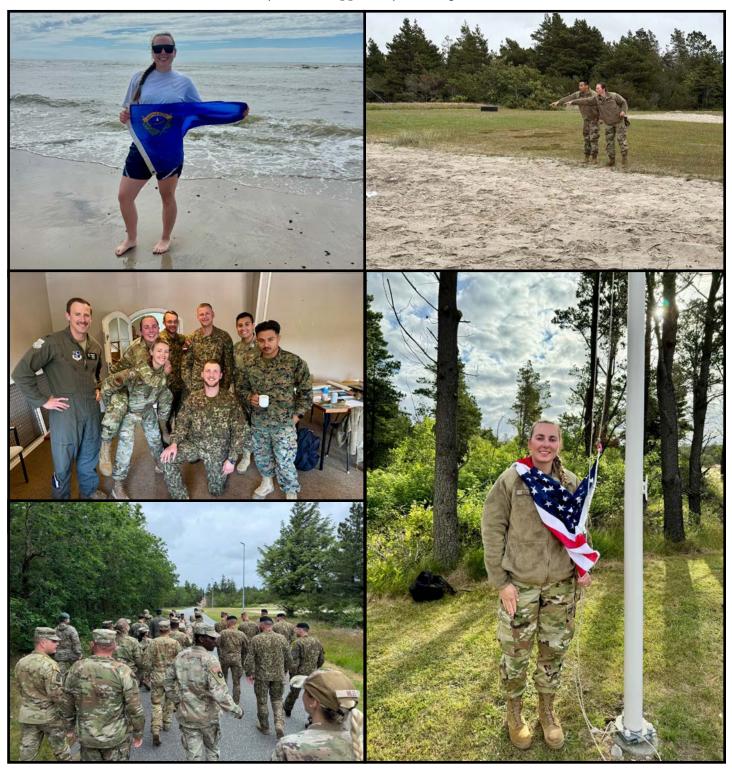
Be peaceful. And grateful. Know that you are the GOAT. Have a great season. And hey don't forget to vote!

And you will hear me exclaim as I drive down Plumb Lane & turn right
Happy Holiday's High Rollers! And to all a good night.

Jeanne Morrow, DPH

### High Roller, Tech. Sgt. Victoria Balaam Selected for Military Reserve Exchange Program in Denmark

Story Senior Master Sgt. Paula Macomber | 152nd Airlift Wing Public Affairs Courtesy Photos supplied by Tech. Sgt. Balaam



NEVADA AIR NATIONAL GUARD BASE, Nev. – Tech. Sgt. Victoria Balaam was one of only 46 American personnel chosen to attend the prestigious Military Reserve Exchange Program (MREP) in Denmark from June 25 to July 8, 2024. Balaam, selected out of 240 applicants, joined an elite group of 170 U.S. service members selected to train across four partner nations: Den-

mark, the United Kingdom, Germany, and Estonia.

The annual MREP aims to strengthen international partnerships and alliances in line with priorities set by the Secretary of Defense and the Secretary of the Air Force. Participants, drawn from the U.S. Guard and Reserve, train alongside allied forces to share knowledge,

Balaam, cont. next page

#### ESGR, from previous page

build relationships, and develop leadership skills.

During her time in Denmark, Balaam participated in the Leadership Course for Squad Leaders at the Danish Home Guard training center, Camp Nymindegab (Hjemmeværnsskolen Nymindegablejren). This course, which mirrors the U.S. Noncommissioned Officer Academy (NCOA) curriculum, provided insights into leadership from a Danish perspective, focusing on conflict management, motivational strategies, and the distinctions between squad and team dynamics.

Balaam's class included 16 U.S. participants, as well as Latvian soldiers and a Danish Army Sergeant, with instruction provided by Danish and Estonian trainers. The training emphasized teamwork, which, as Balaam explained, "was built naturally throughout the course without us realizing it, demonstrating how to create strong, cohesive teams in our own units."

The exchange program also fostered cultural connections through nightly "country nights," where participants from nations including Denmark, Estonia, Poland, Latvia, Lithuania, and several African countries shared food, traditions, and presentations. Balaam recalled the camaraderie of celebrating U.S. Independence Day on July 4, surrounded by international friends and allies.

"This was a once-in-a-lifetime experience," said Balaam. "Not only did I gain invaluable leadership skills, but I also learned so much about other cultures and military practices. The friendships I formed will last a lifetime."

MREP eligibility criteria include being a Guard or Reserve member in good standing, meeting rank and retainability requirements, and demonstrating professional competence and diplomacy. Balaam's selection reflects her dedication to professional development and her role as a goodwill ambassador for the U.S. Armed Forces.

#### 152nd Logistics Readiness Squadron collect and donate filled backpacks to children at local schools

Story and photos by Tech. Sgt. Albert Valladares | 152nd Airlift Wing Public Affairs



NEVADA AIR NATIONAL GUARD BASE, Nev.-Airmen from the 152nd Logistics Readiness Squadron reached out to Echo Loder and Robert Corbett Elementary Schools to give out backpacks filled with toys, school supplies and clothing to those who are less fortunate. The children were able to show their appreciation, talk about their experiences with Airmen and were filled with joy upon seeing what was in their bags.

Senior Airman Jeremiah Pangan thought of the

drive during his time in church and wanted to get his team involved. "I feel like we should always try to give back to the community, " said Pangan. "I know some kids can struggle this time of year and the Nevada Air National Guard should be a source of inspiration to the younger generation who will one day take over in our place."

152nd LRS hopes to continue doing events like this with other service members and community for the years to come.

#### Join Us for Breakfast with the First Sergeants!



When: Saturday, December 7, 2024

Time: 0900 hours

Where: DFAC (Dining Facility)

#### Calling all Airmen!

This is a great opportunity to meet with the current First Sergeants and learn about the Additional Duty First Sergeant program. Bring your questions and insights, and enjoy breakfast while discussing important topics impacting our units.

#### What to Expect:

- Open Q&A session with First Sergeants
- Networking opportunities
- Valuable insights on roles and responsibilities

#### Why Attend?

- Get to know your First Sergeants
- Share your thoughts and concerns
- Foster camaraderie within the unit

Don't miss out on this chance to connect and communicate! We look forward to seeing you there!

## WELCOME TO THE HIGH ROLLER TEAM! NEW ENLISTEES!

#### **New Enlistees:**

Feroah, Kaycie	11/2/2024	E-2	1D7X1	152 IS
Kowatch, Tanner	11/8/2024	O-1	21R	152 MOF
Valladares, Albert	11/5/2024	E-6	3N0X6	152 AW
Schneider, Carson	11/8/2024	E-3	1A1X1	192 AS
Mamuad, Jeffrey	11/13/2024	E-4	2T2X1	152 LRS
Farias, Gabriel	11/14/2024	E-3	1D7X1	152 IS
Vokes, Mason	11/19/2024	E-5	4N0X1	152 MDG
Campbell, Talan	11/21/2024	E-3	2R2X1	152 MOF
Schade, Kairi	11/20/2024	E-1	4N0X1	152 MDG
Tracy, Joshua	11/20/2024	E-3	2A6X2	152 MXS
Alleyne, Nina	11/26/2024	E-1	1N0X1	152 IS
Barcega, Bernard	11/26/2024	E-1	1D7X1	152 IS
Billings, Austin	11/22/2024	E-1	1D7X1	152 IS
Kohler, Luke	11/26/2024	E-3	1N0X1	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 1<u>52cksp@gmail.com</u>



#### What's happening in High Roller Country!??

#### RETIREMENT





Chief Master Sgt. Jason Farnsworth retired and there was a retreat held in honor of his many years of service!

Congratulations Chief!!



#### 152d Continuous Improvement and Innovation – Cl<sup>2</sup>



#### 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 Cl2 - Continuous Improvement and Innovation

Cl<sup>2</sup> Portal: Continuous Improvement & Innovation Portal (Cl<sup>2</sup>) - home 1 (dps.mil)



## Toin our

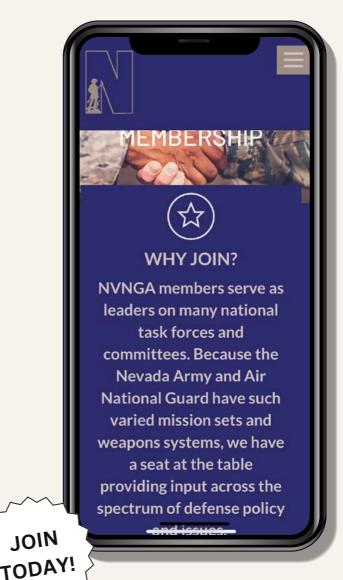
# SPECIAL MEMBERSHIP

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

\$250 digital lifetime (LIMITED TIME OFFER)

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

SIGN UP NOW



BATTLE BORN

IP TO OUR NEW MEMBERSHIP

Reno, 2023).

SIGN UP TO OUR NEW MEMBERSHIP

SIGN UP TO OUR NEW ME

SIGN UP TO OUR NEW MEMBERSon







## WIN A CRUISE & AIRFARE

\$20- 10 ENTRIES \$40- 20 ENTRIES

EARN ADDITIONAL ENTRIES WHEN YOU PURCHASE MORE!

\$80- 40 + 5 FREE ADDITIONAL ENTRIES! \$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.



The Air National Guard is thrilled to unveil a new incentive program designed to reward individuals at every stage of their military journey. With locations available nationwide, find your place in the Air National Guard today!

Contact your local ANG recruiter for more details.

NON PRIOR: UP TO \$50,000

PRIOR SERVICE: UP TO \$75,000

RE-ENLISTMENT: UP TO \$90,000



**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



## MILITARY HEALTH SYSTEM MILITARY HEALTH SYSTEM

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.
  - o 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 <u>152</u> 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 (<a href="mailto:david.hill.14@us.af.mil">david.hill.14@us.af.mil</a>) at 775-788-4575 or SrA William Mendez (<a href="mailto:william.mendez.4@us.af.mil">william.mendez.4@us.af.mil</a>) at 775-788-9320.



## 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







#### **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.

•••••

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

Email: lawrence.mccoy.1@us.af.mil
Superintendent, Learning Development
TEC University
McChap Tygon ANCR TN

McGhee Tyson ANGB, TN

DSN: 266-3803 Comm: 865-336-3803

Telework: 865-386-8391

## SIX MONTHS TO COMPLETE SIGN UP HERE: tec.mediashareiq.com

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



#### 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



WWW.NEVADAEANGUS.ORG

HAVE YOU EVER CHECKED OUT THE WING'S PUBLIC WEBSITE?
HERE IS THE LINK:



ENJOYS